

WEEK 1 ~ Rice Recipes

Parsnip and Celery Pilaf

25 min 10 min prep: Makes 6 Servings

- 1 tablespoon butter
- 1 1/2 cups parsnips, peeled and chopped
- 1/3 cup celery, sliced 1/4 inch thick
- 1/4 cup onions, diced
- 1 1/2 cups uncooked organic brown rice
- 1/4 cup water
- 1/2 teaspoon sea salt
- 3/8-1/2 teaspoon dried thyme
- 1/8 teaspoon fresh ground black pepper
- 3 cups organic chicken broth or vegetable broth
- 4 tablespoons diced water chestnuts, toasted

1. Heat the butter in a large saucepan over medium heat. Add parsnip, celery and onions, and cook 4 minutes, stirring occasionally. Do not let the vegetables brown.
2. Add cooked rice and the next 5 ingredients (rice through broth), and bring to a boil. Cover, reduce heat, and simmer 10 minutes. (Consult the package of your brown rice for exact cooking time.)
3. Stir in water chestnuts

Black Bean Stuffed Peppers

35 min prep: Makes 8 Servings

- 1 cup dried black beans
- 4 bell peppers
- 1 tablespoon butter
- 1 cup chopped onions
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1 tablespoon wine vinegar
- 2 1/2 cups cooked organic brown rice
- 1 pinch sea salt
- 1 medium ripe tomato, chopped

1. Prepare the beans. Use 3 cups water and cook on stovetop for 60 minutes after presoak or quick soak. For pressure cooker cook 15 to 20 minutes.
2. Cut peppers in half lengthwise and remove seeds then steam cut side down over 1/2 inch boiling water until nearly tender. About 9 minutes. Rinse with cold water then drain and set aside.
3. Preheat oven to 350.
4. Heat butter in a skillet over medium heat, sauté the onion until translucent and soft then add the chili, cumin, basil, oregano, beans and vinegar mixing well.
5. Stir in the rice, salt and tomato and remove from the heat.
6. Fill peppers with bean mixture and place on a shallow baking dish. Bake covered for 15 minutes or until tender.
7. Serve Immediately. Red Lentil loaf is a recommended accompaniment as well as a Fresh salsa and a mixed greens salad.

Brown Rice & Lentils

50 min 5 min prep: Makes 3 Servings

- 1 tablespoon butter
- 1 large onion, diced
- 1/2 green pepper, diced
- 1/2 cup organic brown rice, uncooked
- 1/2 cup lentils, uncooked
- 1 1/2 teaspoons cumin
- 1/2 teaspoon coriander
- 1/4 teaspoon turmeric
- 1/4 teaspoon hot sauce (or to taste)
- 2 cups vegetable broth or chicken broth

1. Saute onion with butter in medium saucepan until onion is translucent. Add green pepper; saute for 3 minutes. Add rice; saute 2 more minutes. Add lentils, spices, hot sauce, and veggie broth. Cover and bring to boil; simmer 35-40 minutes, or until water is mostly absorbed.

Vegetable Brown Rice Risotto

25 min 10 min prep: 2 Servings

- 1 cup organic brown rice
- 2 medium yellow squash, julienned
- 1/2 red onion, diced
- 1 medium carrot, grated
- 1 tablespoon tomato paste
- 3 garlic cloves
- 4 asparagus, chopped in fours
- 1 cup mushrooms, raw
- 1 pinch sea salt
- 1 cup water

1. cook brown rice separately.
2. heat garlic and onions in pot until soft. add carrots and tomato paste and stir. add all vegetables, and water.
3. cook until soft, add seasoning and stir. once rice is cooked, mix into pot and stir.

Mushroom Oven Rice

1 1/4 hours 20 min prep

- 1 cup uncooked long grain rice
- 1/4 cup butter
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped onions
- 1 cup sliced fresh mushrooms
- 1 (14 1/2 ounce) can chicken broth
- 1/3 cup water
- 2 tablespoons soy sauce or Bragg's amino acid
- 1 tablespoon parsley flakes

1. In a large skillet, saute the rice in butter for 2 minutes or until golden brown.
2. Add celery and onion; cook and stir for 2 minutes.

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3. Add mushrooms; cook and stir until the celery is tender.
4. Pour into a greased 1 1/2 quart casserole dish. Stir in the broth, water, soy sauce and parsley.
5. Cover and bake at 350 degrees for 45-50 minutes or until liquid is absorbed and rice is tender.

Salad Recipes

Mango Coconut Cucumber Salad

5 min 5 min prep: Makes 6 Servings

- 1 cucumber, peeled, seeded, diced
- 1 mango, peeled and diced
- 1-2 tablespoon lime juice
- 1-2 tablespoon lemon juice
- 1/2 teaspoon chili peppers, minced
- 1 small red pepper, minced
- 2 tablespoons dried shredded coconut

- 1 Mix everything in a bowl. Chill for 15-20 minutes before serving. Works very well with Brazilian, Thai or Indian dishes!

Fresh Spinach & Avocado Salad

20 min 10 min prep: Makes 2 Servings

- 1 large avocado
- 1 lime, juice of
- 8 ounces fresh baby spinach leaves
- 4 ounces cherry tomatoes
- 4 scallions, sliced
- 1/2 cucumber, cut into chunks
- 2 ounces radishes, sliced
- herbs, sprigs to garnish

1. Cut the avocado in half, remove the pit, and strip off the skin. Cut the flesh into slices.
2. Transfer to a plate, drizzle with the lime juice and set aside. Wash and dry the spinach leaves. Put into mixing bowl.
3. Cut the larger cherry tomatoes in half and add all the tomatoes to the mixing bowl, with the scallions, cucumbers, and sliced radishes. Add your dressing in and toss.

Greek Salad

15 min 15 min prep: Makes 4 Servings

Dressing

- 1/3 cup extra virgin olive oil
- 1 teaspoon dried oregano
- 1 teaspoon minced garlic
- 1 tablespoon red wine vinegar
- 1 tablespoon fresh lemon juice
- salt and pepper

Salad

- 1 head romaine lettuce, torn into bite-size pieces
- 1 cucumber, peeled, seeded and sliced

- 1 small red onion, thinly sliced
- 1 red bell pepper, seeded and cut into thin strips
- 2 tomatoes, cut into thin wedges
- 10 fresh mint leaves, finely chopped
- 15-16 kalamata olives
- 4-5 mild pepperoncini peppers, whole
- Sea salt
- pepper

1. Whisk together the olive oil, oregano, garlic, wine vinegar, and lemon juice in a small bowl.
2. Season to taste with salt and pepper. Combine salad ingredients in a serving bowl. Toss with dressing; serve

Oliveau Salad Dressing

20 min 10 min prep: Makes 6 Servings

- 2 cloves garlic, minced
- 2 tablespoons Dijon mustard
- 1/2 teaspoon celery salt
- 1 dash sea salt
- 1 dash freshly ground pepper
- 2 tablespoons balsamic vinegar
- 1 tablespoon wine vinegar (or boutique vinegar)
- 1/2 cup extra virgin olive oil

1. Place minced garlic, mustard, celery salt, S&P, vinegars of choice in bowl.
2. Very slowly whisk in olive oil until emulsified (thick and creamy). Place in glass container.
3. Can be refrigerated for 2 weeks and brought to room temperature prior to dressing salad.

Spicy Salad Dressing

2/3 cup olive oil

1/3 cup vinegar

- 3 tablespoons fresh squeezed lemon juice
- freshly ground black pepper
- 2 cloves garlic, minced
- 1/4 teaspoon dry mustard
- 1 dash Tabasco sauce
- 1/2 teaspoon paprika
- 1 Packet stevia
- 1/4 teaspoon basil leaves, crushed
- 1/2 teaspoon leaf oregano, crushed
- 1/4 teaspoon thyme, crushed
- 2 serrano peppers, minced

1. Blend all ingredients thoroughly. Chill.

Lemon Mint Dressing

15 min 15 min prep: Makes 4 Servings

- 2 cloves garlic, minced
- 1/2 cup fresh lemon juice

- freshly ground black pepper & Salt
1/2 cup olive oil
2 tablespoons finely chopped fresh mint

1. Prepare the dressing: In a small bowl, whisk together the garlic, lemon juice, sugar, salt, and pepper.
2. Slowly add the olive oil, whisking until blended. Stir in the mint. Taste for seasoning.

Pecan Garlic Salad Dressing

- 10 min 10 min prep
1/2 cup extra-virgin olive oil
1/4 cup red wine vinegar
10 pecan halves, toasted
1 Packet stevia
2 cloves garlic, peeled and halved

1. Combine all ingredients in food processor and process until mixture is smooth. Chill before serving
2. I recommend a salad of romaine lettuce; orange slices sliced green onions and thinly sliced raw mushrooms.

Garlic & Red Wine Vinegar Salad Dressing

- 5 min 5 min prep
2/3 cup extra virgin olive oil
1/3 cup red wine vinegar
1 clove garlic (crushed)
1/2 teaspoon salt
1/4 teaspoon fresh ground pepper

1. Place all ingredients in jar you can shake. Seal with lid. Shake well. Pour over choice of greens.

Quinoa Risotto

- 55 min 15 min prep: Makes 4 Servings
1 1/2 cups quinoa (available at health food stores)
1 teaspoon butter
1 large onion, chopped
1 cup vegetable broth
3/4 cup almond or rice milk
1 1/2 teaspoons sage, chopped
8 ounces asparagus

1. Place quinoa in strainer and rinse thoroughly, drain.
2. Place quinoa in fry pan and cook over med heat, stir often, until darker in color (8 minutes) Remove from pan and set aside. Increase heat to med-high.
3. Melt butter and add onion and 2 Tab water. Cook, stir often, until onion is soft.
4. (Add water 1 Tab at a time if seems dry) To pan add broth, milk, quinoa, (if using dried sage add here).
5. Bring to boil, stir often.

6. Reduce heat and simmer, uncovered, stir occasionally until quinoa is almost tender to bite (10 minutes) Meanwhile, snap off and discard tough ends of asparagus, then cut stalks diagonally into 1-inch pieces.
7. Add asparagus to quinoa mixture and cook, stir often, until asparagus is tender when pierced and almost all liquid is absorbed. (5 minutes) Reduce heat and stir often until mixture thickens.
8. Remove pan from heat and gently stir in chopped fresh sage.
9. Transfer to a shallow serving dish