

# WEEK 2 ~ Breakfast Recipes

## Almond Butter Banana Cake

5 min prep: Makes 1 Serving

- 1 Rice cake
- 1 Tbs Almond butter
- 1 Banana, sliced
- 1 Handful of sliced almonds

4. Spread almond butter over the rice cake. Place slices of banana over nut butter, and sprinkle sliced almonds over the entire rice cake.

## Main Course Recipes

### Black Bean Burgers

20 min 10 min prep Makes 3-4 Servings

- 4 cups cooked black beans, well drained
- 1 red onion, finely chopped
- 1 red bell pepper, seeded and finely chopped
- 1 poblano peppers, roasted and chopped (optional)
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 2 tablespoons chopped fresh cilantro
- 1/4 teaspoon cayenne pepper
- salt and pepper
- tablespoon olive oil

1. In a large bowl, mash the beans with a potato masher.
2. Mix in the red onion, red bell pepper, poblano or other roasted pepper, cumin, chili powder, cilantro, cayenne and salt and pepper.
3. Heat the oil in a heavy skillet over med-high heat. Form the mixture into patties and fry, about 2 minutes per side.

### Crock Pot Layered Dinner

6½ hours 20 min prep Makes 6 Servings

- 4 Sweet potatoes, sliced
- 1 large onion, sliced
- 2 carrots, sliced
- 1 green pepper, sliced
- 1 zucchini, sliced
- 1 cup frozen/fresh broccoli crowns
- 1 cup frozen/fresh cauliflower crowns

#### Sauce

- 2 1/2 cups tomato sauce
- 1/4 cup Bragg's amino acid or soy sauce
- 1 teaspoon ground thyme
- 1 teaspoon dry mustard
- 1 teaspoon dried basil
- 2 teaspoons chili powder
- 1/2 teaspoon ground cinnamon
- .1/8 teaspoon sage
- 2 tablespoons parsley flakes

1. Layer vegetables in crockpot in order given. Mix together ingredients for sauce and pour over vegetables.
2. Cook 12 hours on low or 6 hours on high.

## Vegetarian Moussaka

1¼ hours 20 min prep Makes 6-8 Servings

- 1 large eggplant
- 1/2 teaspoon salt
- 3 tablespoons butter
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1/2 red pepper, chopped
- 1/2 yellow pepper, chopped
- 1/2 green pepper, chopped
- 1 teaspoon paprika
- 1/4 teaspoon hot paprika (or squirt of something spicy)
- 1 egg, beaten
- 1/4 cup tomato paste

1. Peel and cube eggplant. Rinse well and place in pot of water with 1/4 tsp salt. Simmer until tender, ~ 15 minutes.
2. While the eggplant is cooking, sauté the onion, garlic and peppers in 1 Tbs butter till just starting to brown.
3. Drain the eggplant in a strainer and mash it with a potato masher to make a mush and drain excess water.
4. Place eggplant in pan with peppers. Add 1 Tbs butter, tomato paste, and seasoning (paprika and spicy). Add salt to taste. Remove from heat and let cool slightly. Add egg.
5. Oil a pyrex round or square dish with remaining 1 Tbs of butter. Place eggplant mixture in it.
6. Bake for 45 minutes at 350 or microwave on high for about 12 minutes.

## 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

10. Place quinoa in strainer and rinse thoroughly, drain.
11. 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. Melt butter and add onion and 2 Tbs water. Cook, stir often, until onion is soft.
12. (Add water 1 Tbs at a time if seems dry) To pan add broth, rice milk, quinoa.
13. Bring to boil, stir often. 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.
14. 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. Remove pan from heat and gently stir and chopped fresh sage.

# Side Dish Recipes

## Dr. Steph's Famous Guacamole

5 min prep Makes 3 Servings

- 2 Avocados
- 2 Cloves of fresh garlic
- 1 Juice of one Lime ~ Freshly squeezed
- 1 Tbs Fresh basil
- Salt and pepper

1. Mix all ingredients into a food processor and blend until smooth.

## Sautéed Spinach with Garlic

20 min 10 min prep

- 2 tablespoons olive oil
- 4 cloves garlic, sliced thinly lengthwise
- 2 lbs fresh spinach, washed and leaves damp
- salt & freshly ground black pepper

1. In a large sauté pan, heat olive oil over medium heat. Add garlic, and cook until golden brown, 2 to 3 minutes.
2. Using a slotted spoon, transfer garlic to paper towels; reserve. Discard oil.
3. Place some olive oil in the pan, and heat over medium heat. Coarsely chop spinach and stalks.
4. Working in batches, add damp spinach to the pan. Cover, and cook until spinach just begins to wilt, 4 to 5 minutes.
5. Transfer the cooked spinach to a metal bowl, and cook remaining spinach. Season with salt and pepper.
6. Sprinkle reserved garlic over spinach, and serve warm.

## Mashed Cauliflower

35 min 15 min prep

- 1 head cauliflower
- 3 ounces rice or almond milk
- 1/4 teaspoon white pepper
- 1/2 teaspoon kosher salt
- 2 garlic cloves, minced
- paprika

1. Cut cauliflower into florets of even size. Drop into boiling salted water and cook for about 15 minutes
2. Put rice milk in the processor (or blender). Add cooked cauliflower and garlic and blend until creamy.
3. Add salt and pepper to taste. Pour into 1 quart greased casserole dish. Top with a light sprinkle of paprika and bake in 350° oven for about 20 minutes or until bubbly and hot.

# Salad Recipes

## Raspberry & Walnut Salad

20 min 20 min prep Makes 4 servings

- 4 tablespoons extra-virgin olive oil
- 2 tablespoons raspberry puree
- 2 tablespoons raspberry vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 (12 ounce) package gourmet salad greens

- 1 1/2 cups fresh raspberries
- 1/3 cup chopped toasted walnuts

1. To make the dressing: in a small bowl, whisk the olive oil, raspberry puree, raspberry vinegar, salt, and pepper together. In a serving bowl, toss the salad greens, raspberries, and walnuts together.
2. Pour the dressing over the salad; toss to coat. Season with salt and pepper to taste

## **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

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

## **Greek Cranberry Salad**

15 min 15 min prep: Makes 4 Servings

- 5 ounces salad greens, Spring Mix is good
- 3/4 cup dried cranberries
- 1/4 cup thinly sliced red onions
- 1 cup coarsely chopped pecans
- 1/4 cup red wine vinegar
- 1/4 cup olive oil
- 1/2 cup loosely packed parsley sprigs
- 2 dashes garlic powder
- 1 Packet Stevia (if desired for the dressing)
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

1. Prepare the dressing. Pour the red wine vinegar, olive oil, parsley, garlic powder, oregano, salt and pepper into a blender. Blend well until the ingredients are combined and the parsley is well processed.
2. Toss the greens, nuts, cranberries, onions, with the dressing. Serve immediately

## **Strawberry Spinach Salad**

22 min 10 min prep: Makes 4 Servings

- 1/4 cup sliced almonds, toasted
- 1 1/2 cups strawberries, hulled and quartered
- 1/2 cup cucumbers, sliced and cut in half
- 1/4 cup red onions, sliced into thin wedges
- 1 (6 ounce) package baby spinach

1. Preheat oven to 350°F.
2. Salad: Spread almonds in single layer over bottom of small pan. Bake 10-12 minutes or until lightly toasted. Remove from oven; cool almonds in pan.
3. Meanwhile, hull strawberries; cut strawberries into quarters. Score cucumber lengthwise; remove seeds. Slice cucumber; cut slices in half. Slice onion into thin wedges. Place spinach in large serving bowl; add strawberries; cucumber and onion. Whisk dressing; pour over salad, gently tossing to coat. Sprinkle with almonds. Serve immediately.