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## TORTELLINI SALAD WITH AVOCADO AND FETA



Serves: 6 servings

Prep time: 20 mins

Total time: 20 mins

*This salad can be varied according to what you have on hand. Toss the avocado with the lemon juice immediately to prevent it from turning brown.*

### INGREDIENTS:

- ½ pound / 225 g tortellini (approximately 2-1/2 cups / 625 ml uncooked)
- 1 avocado
- ¼ cup / 60 ml lemon juice
- 1 red pepper, in 1-inch / 2.5 cm chunks (approximately 1 cup / 250 ml)
- ¼ cup slivered sun-dried tomatoes
- 10 Kalamata olives, pitted and slivered
- ¼ cup / 60 ml chopped artichoke hearts
- 12 cherry tomatoes
- ½ large cucumber, cut in chunks
- 1 green onion, sliced
- ¼ cup / 60 ml olive oil
- 1 tablespoon / 15 ml balsamic vinegar
- 2 teaspoons / 10 ml oregano
- 1 teaspoon / 5 ml dried basil
- ¼ cup / 60 ml fresh chopped parsley
- ⅓ cup / 80 ml crumbled feta
- Fresh cracked pepper

### DIRECTIONS:

1. Cook the tortellini in a pot of boiling water until they are tender. This should take about 5 minutes. Drain and cool by running under cold water. Place in large mixing bowl.
2. While tortellini is cooking, place lemon juice in a large mixing bowl.
3. Peel and chop avocado into ½-inch / 1.25 cm cubes. Toss immediately with lemon juice.
4. Add cooked tortellini and remaining ingredients.
5. Toss until well mixed. Serve immediately or refrigerate for up to two days.

## SWEET CHILI HEAT PEANUT NOODLE SALAD (VEGAN)



Serves: 6-8

Prep time: 30 mins

Total time: 30 mins

*This salad is very flexible and can incorporate whatever vegetables you have on hand. Thinly sliced cabbage is an excellent addition. You can use carrots, cucumbers, celery, kale, peppers, fennel, zucchini, or any of your favorite fresh produce. Long noodles work best in this recipe. If you don't have any Chinese noodles available, you can use spaghetti or other long pasta.*

### INGREDIENTS:

#### Salad:

- 8 cups / 2 liters assorted vegetables, thinly sliced
- 2 green onions (green tops included), thinly sliced
- 3 cups / 750 ml cooked noodles, rinsed and cooled

#### Salad Dressing:

- ½ cup / 125 ml peanut butter
- ⅓ cup / 80 ml sweet Asian chili sauce (*you can find this in the import or condiment section of most grocery stores*)
- 1 tablespoon / 15 ml lime juice
- 1 clove garlic, minced (or ½ teaspoon / 2.5 ml dried garlic powder)
- 1 tablespoon minced fresh ginger (or 1-1/2 teaspoons / 7.5 ml dried)
- ¼ teaspoon / 1.25 ml ground pepper
- ½ cup / 125 ml warm water
- 1 tablespoon / 15 ml soy sauce
- 1 teaspoon / 5 ml sesame oil
- ½ teaspoon / 2.5 ml dried chili flakes
- 2 tablespoons / 30 ml sesame seeds or ¼ cup / 60 ml chopped peanuts (optional)

### DIRECTIONS:

1. In large mixing bowl, toss vegetables, green onions and noodles together until mixed.
2. In separate bowl, combine all of the dressing ingredients and whisk together until it is smooth. (You can also add them to the bowl of a food processor and blend until smooth.)
3. Pour dressing over vegetables and noodles in bowl.
4. Toss until the dressing is evenly distributed over the salad. Sprinkle with sesame seeds or peanuts (if using) before serving.

### Notes

*Try to cut vegetables to a uniform thickness for this recipe. Long, thin strips will be the most appealing.*



## LENTIL BARLEY SALAD WITH LEMON THYME VINAIGRETTE



Serves: 6-8

Prep time: 15 mins

Cook time: 30 mins

Total time: 45 mins

*This salad stores well in the fridge and makes a great meatless main course or lunch. When you are cooking your lentils and barley, you can double or triple the amounts and keep some cooked in the fridge or freezer for quick meals. This dish is best with De Puy lentils: these are small green lentils that keep their shape well during cooking. If you can't find them at your local store, you can substitute brown or green lentils in the recipe.*

### INGREDIENTS:

- 2 cups / 500 ml cooked lentils
- 2 cups / 500 ml cooked barley
- 1/3 cup / 80 ml olive oil
- 1/4 cup / 60 ml lemon juice
- 1 teaspoon / 5 ml Dijon mustard
- 1/2 teaspoon / 2.5 ml salt
- 1/4 teaspoon / 1.25 ml ground pepper
- 1 teaspoon / 5 ml dried thyme (or 1 tablespoon / 15 ml fresh)
- 1 tablespoon / 15 ml honey
- 1 cup / 250 ml coarsely grated carrot
- 1 cup / 250 ml finely diced red pepper
- 1 green onion, thinly sliced
- 1/4 cup / 60 ml finely diced fennel
- 1/4 cup / 60 ml chopped parsley
- 1/2 cup / 125 ml toasted walnuts (optional - see note)
- 1 tablespoon / 15 ml lemon juice
- 1/2 teaspoon / 2.5 ml salt

### Notes

*To toast nuts: place nuts on a cold fry pan and turn the heat to medium. Stir or toss frequently. The nuts should become lightly browned and begin to smell fragrant when they are done. Remove them from the heat immediately and turn out of pan into the salad or a small bowl until you are ready to use them. You will need to keep a close eye on the nuts. It should only take about 5 minutes to toast them. They can burn very quickly once they are toasted.*

*If you do not have walnuts, you can substitute sunflower seeds in the recipe. Toasting is not completely necessary, but it does improve the flavor of the nuts.*

### DIRECTIONS:

1. *If you do not have cooked lentils and barley available, cook them separately. **To cook lentils**, place 1 cup of lentils in a saucepan and cover with 2 cups of cold water. Bring to a simmer over medium-high heat, then reduce heat to low and cover. Lentils should simmer for 20 minutes until they are tender but retain their shape. Remove them from the heat and let sit for 5 minutes before draining any excess water. (I add a clove of garlic cut into slivers to the cooking water for extra flavor.)*
2. ***To cook barley**, cover 1/2 cup of barley with 3 cups of water. Bring to a simmer over medium-high heat, then reduce heat to low and simmer for 25 minutes (for pearl barley) and up to 45 minutes (for pot barley). The barley grains should be swollen and tender but still a bit chewy when they are cooked. You can reduce the cooking time by soaking the barley for at least 4 hours before cooking. Drain any excess water from the barley. You can save this cooking water to use when making vegetable stocks.*
3. *Combine lentils and barley in large mixing bowl.*
4. *In small bowl, whisk together olive oil, 1/4 cup / 60 ml lemon juice, mustard, 1/2 teaspoon / 2.5 ml salt, pepper, thyme and honey. Stir dressing into lentil mixture until well-blended.*
5. *Add carrot, red pepper, green onion, fennel, parsley, and walnuts to lentils. Stir until everything is evenly distributed.*
6. *Sprinkle the 1 tablespoon / 15 ml lemon juice and 1/2 teaspoon / 2.5 ml salt over the salad and stir gently.*
7. *Let the salad sit for at least an hour to give the flavors time to blend.*

## KALE, FIG AND CHICKPEA SALAD WITH OLIVES AND FETA



Serves: 4-6

Prep time: 15 mins

Total time: 15 mins

*This is a perfect make ahead salad. The kale is sturdy enough to keep in the fridge without getting wilted, so you can toss this together and keep it in the fridge for weekday lunches. It's substantial enough to serve as a main course salad, or makes a nice side.*

### INGREDIENTS:

- 10 Kalamata olives, pitted and quartered
- 4 sundried tomatoes, minced
- 6 dried figs, diced
- 1 green onion, thinly sliced
- 2 cups / 500 ml cooked chickpeas (or a 16 oz / 540 ml can)
- ¼ cup / 60 ml finely chopped parsley
- 4 cups kale / 1 liter, torn into bited-sized pieces
- ¼ cup / 60 ml olive oil
- 3 tablespoons / 45 ml lemon juice
- 1 tablespoon / 15 ml balsamic vinegar
- 1-1/2 teaspoons / 7.5 ml brown sugar
- ¼ teaspoon / 1.25 ml pepper
- ½ teaspoon / 2.5 ml dried chili flakes
- 1 teaspoon / 5 ml sumac (optional)
- ½ cup / 125 ml crumbled feta

### DIRECTIONS:

1. Toss together olives, sundried tomatoes, figs, onions, chickpeas and kale.
2. Sprinkle olive oil, lemon juice, balsamic vinegar, brown sugar, pepper, chili flakes, sumac (if using) over salad. Toss until kale is evenly coated with the dressing.
3. Add feta and toss to distribute.

### NOTE:

*If you have some extra time, you can roast the chickpeas and add them just before serving for an additional blast of flavor. Toss them with 2 tablespoons / 30 ml of oil, 1/2 a teaspoon / 2.5 ml of salt, 1 teaspoon / 5 ml of chili powder and 1 tablespoon / 30 ml of brown sugar. Bake at 400 degrees F / 204 degrees C for 30-40 minutes until they are crisp.*



## BULGUR SALAD WITH ORANGE, DATES AND MINT



Serves: 4 as main dish; 6-8 as side dish

Prep time: 20 mins

Cook time: 10 mins

Total time: 30 mins

*This salad uses whole grain bulgur, which can be found at most large supermarkets. If you need to eat gluten-free, you could substitute a whole grain jasmine or basmati rice. In addition to the nutrition, the whole grains add a better texture to this salad.*

### INGREDIENTS:

- 1 cup / 250 ml medium whole grain bulgur
- ½ cup / 125 ml coarsely chopped dates (about 10 dried dates)
- 2 cups / 500 ml orange juice
- 1 tablespoon / 15 ml honey
- ½ onion (about ½ cup / 125 ml), finely chopped
- ½ tablespoon / 7.5 ml olive oil
- 1 teaspoon / 5 ml cinnamon
- ½ teaspoon / 2.5 ml salt
- ¼ teaspoon / 1.25 ml pepper
- ½ cup / 125 ml coarsely chopped walnuts
- 2 tablespoons / 30 ml chopped fresh mint
- ¼ cup / 60 ml pomegranate seeds
- ¼ cup / 60 ml crumbled feta

### DIRECTIONS:

1. Place bulgur and dates in a large mixing bowl.
2. Combine orange juice and honey in separate bowl or pan, and heat to boiling point in microwave or on stove.
3. Pour heated juice over bulgur and let sit for 15-20 minutes so that the bulgur absorbs the juice.
4. While bulgur is soaking, heat a frying pan over medium heat.
5. Add olive oil and coat pan. Add chopped onion and cook until softened. Do not let the onions brown. If they start to brown, turn down the heat.
6. Add cinnamon to pan and stir to coat the onions. Add salt and pepper and cook for about 1 minute.
7. Remove onions from pan. Add walnuts and stir frequently over medium heat until the nuts are lightly toasted, about 3 minutes.
8. Add onions, nuts and chopped mint to soaked bulgur. Toss gently and fluff with a fork.
9. Let cool completely, then place in serving dish.
10. Top with pomegranate seeds and feta.

### Notes

*Dairy free alternative: Instead of feta, you can use 2-4 tablespoons of sliced Kalamata olives or other black olives. The saltiness from the feta or olives gives a nice balance to the salad.*

## TACO PASTA SALAD



Serves: 10-12

Prep time: 25 mins

Total time: 25 mins

*You can add different vegetables according to your preferences. The tortilla chips will get soft in the salad as it sits. If you prefer, you can serve them on the side and people can sprinkle them on their salads.*

### INGREDIENTS:

- 4 cups / 1 liter uncooked rotini or penne pasta
- 1 red bell pepper, cut into 1-inch / 2.5 cm squares
- 1 green bell pepper, cut into 1-inch / 2.5 cm squares
- 1-1/2 cups / 375 ml corn
- 1 cup / 250 ml cherry tomatoes

### Black Beans:

- 1 tablespoon / 15 ml olive oil
- 1 medium onion, finely diced (about 1 cup / 250 ml)
- 3-4 cloves garlic, minced
- 1 teaspoon / 5 ml salt
- 1 tablespoon / 15 ml cumin
- 1 tablespoon / 15 ml chili powder
- 2 cups / 500 ml cooked black beans
- 1/3 cup / 80 ml water
- 2 teaspoons / 10 ml oregano

### Dressing:

- 1 avocado, peeled and cut in chunks
- 2 tablespoons / 30 ml lime juice
- 1/4 teaspoon / 1.25 ml salt
- 1/4 teaspoon / 1.25 ml pepper
- 1/2 cup / 125 ml salsa
- 1/4 cup / 60 ml sour cream
- 2 tablespoons / 30 ml olive oil

### To finish:

- 1 cup / 250 ml grated Monterey Jack or Cheddar cheese
- 2 cups / 500 ml crumbled tortilla chips
- 1/2 head iceberg lettuce, shredded (optional)

### DIRECTIONS:

1. Bring a large pot of water to a boil, and cook pasta until it is tender but not too soft. This should take approximately 7-8 minutes. *(Adding salt to the water will improve the taste of the pasta. One teaspoon / 5 ml should be enough.)*
2. Drain and rinse pasta with cold water. Place in a large mixing bowl with red and green peppers, corn and cherry tomatoes. Toss to mix.

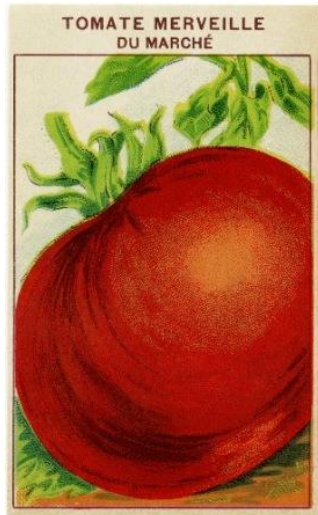
### Prepare beans:

1. While pasta is cooking, heat a frying pan over medium heat. Add oil and stir to coat pan. Add onions and cook 2-3 minutes until onions are soft. Do not let onions brown. If they start to brown, turn down the heat. Add garlic and salt and cook for 1-2 minutes more.
2. Add cumin and chili powder and stir to coat vegetables. Cook, stirring frequently to prevent spices from burning, for 1-2 minutes. Add beans and coat with spice mixture.
3. Add water and simmer for 10 minutes or until the mixture has thickened. Stir frequently to prevent beans from sticking. Add oregano.
4. Remove beans from heat. Let them cool slightly, then mix gently into the pasta.

### Prepare dressing:

1. Mash avocado with a fork. Add lime juice and salt.
2. Stir in salsa, sour cream and oil until thoroughly combined. Pour over pasta and toss to coat.
3. Gently stir in grated cheese and tortilla chips.
4. Place shredded lettuce (if using) in serving bowls, and spoon pasta salad over.

## SIMPLE CREAMY TOMATO BASIL SOUP



Serves: 4-6

Prep time: 10 mins

Cook time: 25 mins

Total time: 35 mins

*This soup uses canned tomatoes for a quick soup with lots of color and flavor. The cream helps smooth out the flavor and texture, but you can leave it out for a dairy-free soup.*

### INGREDIENTS:

- 1 tablespoon / 15 ml olive oil
- 1 medium onion, diced (1 cup / 250 ml)
- 2 cloves garlic, minced
- 1 teaspoon / 5 ml salt
- 1 (28 oz / 796 ml) can diced tomatoes, undrained
- 2 cups / 500 ml vegetable stock
- 1 tablespoon / 15 ml brown sugar
- 1 teaspoon / 5 ml dried basil
- ¼ cup / 60 ml rice
- ¼ cup / 60 ml whipping cream (optional)

### DIRECTIONS:

1. Heat medium-sized pot over medium heat, then add olive oil.
2. Add onions to pot, and cook 2-3 minutes until they begin to get soft. Do not let onions brown.
3. Add garlic and half of the salt. Cook 2-3 more minutes until soft. If vegetables start to brown, turn heat down.
4. Add tomatoes (with juice from the can), stock, brown sugar, basil and rice.
5. Bring to a boil, then reduce heat and simmer until rice is fully cooked - about 15-20 minutes.
6. Let soup cool slightly, then puree in blender.
7. Return to soup pot. Add remaining salt.
8. If you are using the cream, heat the soup to boiling point, and stir in cream.
9. When cream is thoroughly blended in, heat soup until it begins to bubble.
10. Remove from heat and serve.

### Notes

You can replace the dried basil with 1 tablespoon / 15 ml fresh basil. Add fresh basil at the end of the cooking time, before pureeing.

## SWEET POTATO & RED LENTIL SOUP WITH COCONUT (VEGAN)



Serves: 6 servings

Prep time: 15 mins

Cook time: 30 mins

Total time: 45 mins

*The red lentils make this a filling and substantial soup for an easy winter dinner. If you are serving the soup as the start to a meal, you can leave out the lentils for a less filling soup.*

### INGREDIENTS:

- 2 tablespoons / 30 ml olive oil
- 1 medium onion, chopped (about 1 cup / 250 ml)
- 2 medium carrots, peeled and sliced (about 1 cup / 250 ml)
- 4 small sweet potatoes, peeled and cut in chunks (about 2 cups / 500 ml)
- ½ cup / 125 ml red lentils
- 4 cups / 1 liter vegetable stock
- ½ teaspoon / 5 ml salt
- ¼ teaspoon / 2.5 ml pepper
- ½ teaspoon / 2.5 ml coriander
- 1 teaspoon / 5 ml ginger
- ½ cup / 125 ml coconut milk
- 3 tablespoons / 45 ml chopped cilantro (optional)

### DIRECTIONS:

1. Heat a large pot over medium heat and add olive oil.
2. Cook onions in the oil until soft but not browned.
3. Stir in salt and coriander.
4. Add carrots, sweet potatoes and lentils. Stir to coat with onion and spice mixture.
5. Add chicken stock, pepper and ginger.
6. Bring mixture to a boil. Turn down and simmer, covered, until vegetables are soft - about 25 minutes.
7. Let soup cool slightly, then puree in blender and return to pot.
8. Return to simmer, and add coconut milk. Stir until thoroughly mixed, and simmer gently for 5 more minutes.
9. Sprinkle with chopped cilantro (if using) and serve.

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## SPLIT PEA SOUP (VEGAN)



Serves: 8

Prep time: 20 mins

Cook time: 1 hour 20 mins

Total time: 1 hour 40 mins

*This frugal soup makes a satisfying one dish meal. It makes good use of cold season vegetables and provides excellent nutritional value.*

### INGREDIENTS:

- 1 tablespoon / 15 ml oil
- 1 medium onion, chopped (about 1 cup / 250 ml)
- 2 cloves garlic, minced
- ¼ cup / 60 ml brown rice
- 1 cup / 250 ml yellow split peas
- 4 cups / 1 liter vegetable stock
- 2 cups / 500 ml chopped cabbage
- 2 cups / 500 ml chopped kale
- 2 medium carrots, chopped (about 1 cup / 250 ml)
- 3 stalks celery, chopped (about 1 cup / 250 ml)
- 1 (28 oz / 796 ml) can chopped tomatoes
- 2 cups / 500 ml water
- 2 teaspoons / 10 ml oregano
- 1 teaspoon / 5 ml basil
- 1 teaspoon / 5 ml thyme
- ¼ cup / 60 ml chopped parsley (optional)
- 1 teaspoon / 5 ml salt
- ¼ teaspoon / 1.25 ml ground pepper
- ¼ teaspoon / 1.25 ml chili pepper flakes

### DIRECTIONS:

1. Heat a large saucepan over medium-low heat. When pan is hot, add oil and swirl to coat pan. Add onions and cook until soft - about 3-4 minutes. (If onions start to brown, turn down the heat.)
2. Add garlic and cook 1-2 minutes longer.
3. Add rice and split peas and stir to coat with the onion mixture in the pan. Toast for 1-2 minutes, then add vegetable stock.
4. Bring stock to a boil, then cover and turn down heat to low. Simmer for 45 minutes to 1 hour. The peas should be soft but still retain their shape.
5. Add the remaining ingredients and bring the mixture back to a boil. Turn down heat, and simmer until the carrots and cabbage are tender, about 20 minutes.
6. Serve hot.

### Notes

*You can replace the vegetable stock with water if you don't have stock available. The soup will still taste great, but the stock will add deeper flavor.*

*You can replace the kale with additional cabbage.*



## SUMMER STEW WITH CHICKPEAS AND FENNEL



Serves: 6

Prep time: 15 mins

Cook time: 20 mins

Total time: 35 mins

*This meatless stew is good any time of year, and can be made ahead of time as the flavors will actually improve. If you make it ahead of time, add the kale when you reheat it so that it keeps some of its shape.*

### INGREDIENTS:

- 1 tablespoon / 15 ml olive oil
- 1 medium onion, coarsely chopped (about 1 cup / 250 ml)
- 2-3 cloves garlic, sliced
- 1 teaspoon / 15 ml salt
- 2 cups / 500 ml cooked chickpeas
- 1 large can (28 oz / 796 ml) diced tomatoes
- ¼ cup / 60 ml chopped sun-dried tomatoes (optional)
- ½ bulb fennel, sliced
- 10 Kalamata olives, pitted and quartered
- 4 medium potatoes, cut in 1 inch / 2.5 cm cubes
- 1 tablespoon / 15 ml dried oregano
- 2 teaspoons / 10 ml dried basil
- 1 teaspoon / 5 ml dried thyme
- ½ teaspoon / 2.5 ml red pepper flakes
- ¼ teaspoon / 1.25 ml ground pepper
- 2 cups / 500 ml roughly chopped kale
- ¼ cup / 60 ml grated parmesan (optional)

### DIRECTIONS:

1. Heat a saucepan over medium-low heat. Add oil to heat pan and swirl to coat the bottom.
2. Add onion and cook for 2-3 minutes until it starts to soften. Add garlic and salt and cook 1-2 minutes longer. Do not let the onion or garlic brown. If they start to brown, turn down the heat.
3. Add remaining ingredients except kale (chickpeas, tomatoes, fennel, olives, potatoes, oregano, basil, thyme, pepper flakes and ground pepper). Bring mixture to the boiling point then reduce heat and cover. Simmer for 10 minutes, then add the kale and continue simmering until the potatoes are tender.
4. Serve sprinkled with parmesan (if using).

## CREAMY POTATO SOUP



Serves: 8

Prep time: 15 mins

Cook time: 20 mins

Total time: 35 mins

*This soup is simple and soothing, and perfect for a busy winter night.*

### INGREDIENTS:

- 2 tablespoons / 30 ml butter
- 1 medium onion, chopped (about 1 cup / 250 ml)
- 2 stalks celery, chopped (about ½ cup / 125 ml)
- 6 medium potatoes, peeled and cut into chunks
- 4 cups / 1 liter chicken or vegetable stock
- 2 cups / 500 ml milk (or 1-1/2 cups / 375 ml milk and ½ cup / 125 ml cream)
- 1 teaspoon / 5 ml salt
- ½ teaspoon / 2.5 ml ground white pepper

### DIRECTIONS:

1. Melt butter over medium heat in saucepan.
2. Add onions, and cook until softened.
3. Add celery and cook 5 minutes longer.
4. Add ½ teaspoon salt.
5. Add stock and potatoes.
6. Bring to boiling point, then simmer over low heat until potatoes are tender.
7. Puree mixture in blender until smooth.
8. Return to pan and add milk, remaining salt and pepper.
9. Heat to boiling point and serve.

## ROCK AND A HARD PLACE THREE BEAN CHILI (VEGAN)



Serves: 10

Prep time: 20 mins

Cook time: 30 mins

Total time: 50 mins

*You can use whatever combination of beans you have on hand for this recipe. You can also add chopped peppers or other vegetables and simmer gently until they are tender but not overcooked. If you are planning to freeze the chili, do not add the additional vegetables or they will get mushy when thawed.*

### INGREDIENTS:

- 2 tablespoons oil
- 2 onions, roughly chopped (about 2 cups / 500 ml)
- 4 cloves garlic, sliced
- 1 teaspoon salt
- 1 small can (5.5 oz / 156 ml) tomato paste
- 2 tablespoons / 30 ml chili powder
- 1-1/2 tablespoons / 22.5 ml cumin
- 2 large cans (28.8 oz / 796 ml) diced tomatoes
- 1 cup / 250 ml salsa
- 1 tablespoon / 15 ml dried oregano
- 1/4 cup / 60 ml brown sugar
- 1/4 cup / 60 ml fresh parsley (or 1 tablespoons / 15 ml dried parsley)
- 1 (19 oz / 540 ml) can chickpeas, drained and rinsed (or 2 cups / 500 ml cooked chickpeas)
- 1 (19 oz / 540 ml) can kidney beans, drained and rinsed (or 2 cups / 500 ml cooked kidney beans)
- 1 (19 oz / 540 ml) can black beans, drained and rinsed (or 2 cups / 500 ml cooked black beans)
- 2 cups / 500 ml canned or frozen corn kernels

### DIRECTIONS:

1. Heat a large saucepan over medium heat. When the pan is heated, add the oil and swirl to coat pan. Add onions and cook for 2-3 minutes, or until onions begin to soften. Add garlic and salt and cook for 1-2 minutes longer. Do not let vegetables brown. If they start to brown, turn down the heat.
2. Add tomato paste, chili powder and cumin and stir to coat onions. Cook for one minute, then add tomatoes, salsa, oregano, brown sugar, parsley and beans and corn.
3. Bring mixture to boiling point, then reduce heat and simmer for 25-30 minutes.
4. Serve hot, or refrigerate for up to three days.

## RED LENTIL MISO SOUP (VEGAN)



Serves: 4

Prep time: 15 mins

Cook time: 25 mins

Total time: 40 mins

*This soup is easy to make, and can be varied by adding different vegetables*

### INGREDIENTS:

- 1 tablespoon / 15 ml oil
- 1 medium onion, finely chopped (about 1 cup / 250 ml)
- 3 cloves garlic, minced
- 1 tablespoon / 15 ml grated ginger (or 1 teaspoon / 5 ml dried ginger)
- 1 cup / 250 ml sliced mushrooms
- ½ cup / 125 ml red lentils
- 4 cups / 1 liter vegetable stock
- ¼ teaspoon / 1.25 ml ground pepper
- ¼ cup / 60 ml miso

### DIRECTIONS:

1. Heat a medium saucepan over medium-low heat. When pan is hot, add vegetable oil and swirl to coat pan.
2. Add onions and cook for 2-3 minutes until they have started to soften. Add garlic and ginger and cook for 1-2 minutes longer, stirring frequently. Do not let the onions or garlic brown. If the vegetables start to brown, turn down the heat.
3. Add mushrooms and cook until they have begun to soften, about 2-3 minutes. Add lentils and toss to coat with the vegetable mixture.
4. Pour vegetable stock into pan and sprinkle with the pepper. Increase heat to med-high and bring soup to a simmer. Simmer covered for 20 - 25 minutes. The lentils should be very soft and have lost their shape.
5. Add the miso and stir into the soup until it is blended in. Bring soup up to simmering point again and remove from heat.
6. Serve hot.

## CABBAGE SOUP WITH CHICKPEAS AND PASTA (VEGAN)



Serves: 10

Prep time: 15 mins

Cook time: 20 mins

Total time: 35 mins

*This soup makes a big batch, and can be refrigerated for up to three days.*

### INGREDIENTS:

- 1 tablespoon / 15 ml olive or vegetable oil
- 1 medium onion, finely chopped (about 1 cup / 250 ml)
- 2 cloves garlic, minced
- 2 large carrots, peeled and diced (about 1-1/2 cups / 375 ml)
- 2 stalks celery, diced (about 1 cup / 250 ml)
- 1/2 teaspoon / 2.5 ml salt
- 1 small can (5.5 oz / 156 ml) tomato paste
- 2 cups cooked chickpeas (or one 14 oz / 540 ml can - drained and rinsed)
- 6 cups / 1.5 liters vegetable stock
- 1 large can (28 oz / 796 ml) diced tomatoes
- 1-1/2 teaspoons / 7.5 ml brown sugar
- 1/4 cup / 60 ml chopped parsley (or 1 tablespoon / 15 ml dried parsley)
- 2 teaspoons / 10 ml dried oregano
- 1-1/2 teaspoons / 7.5 ml dried basil
- 1 teaspoon / 5 ml dried thyme
- 1/2 teaspoon / 2.5 ml dried chili flakes
- 1/4 teaspoon / 1.25 ml ground pepper
- 1/2 head cabbage, roughly chopped (about 4 cups / 1 liter)
- 1 cup / 250 ml uncooked pasta
- 1/2 teaspoon / 2.5 ml salt

### DIRECTIONS:

1. Heat a large saucepan over medium heat. When the pan is heated, add the oil and swirl to coat pan. Add onions and cook for 2-3 minutes, or until onions begin to soften. Add garlic, carrots, celery and salt and cook for 1-2 minutes longer. Do not let vegetables brown. If they start to brown, turn down the heat.
2. Add tomato paste and stir to cook vegetables. Cook for one minute, then add chickpeas, stock, tomatoes, brown sugar and herbs (parsley, oregano, basil, thyme, chili flakes and ground pepper). Bring to boiling point.
3. Add cabbage and pasta and 1/2 teaspoon of salt and bring back to boil. Reduce heat and simmer, uncovered, for 15 minutes.
4. Serve hot or refrigerate for up to three days.



## BLACK BEAN, CORN AND PUMPKIN SOUP (VEGAN)



Serves: 6

Prep time: 10 mins

Cook time: 20 mins

Total time: 30 mins

*This is a great pantry recipe: you can use canned beans, corn, pumpkin and vegetable stock for a fast meal from your cupboards.*

### INGREDIENTS:

- 1 tablespoon / 15 ml olive oil
- 1 medium onion, finely chopped (about 1-1/4 cups / 310 ml)
- 2 cloves garlic, minced
- ½ tablespoon / 22.5 ml chili powder
- 1 teaspoon / 5 ml coriander
- ½ teaspoon / 2.5 ml cinnamon
- 1 teaspoon / 5 ml salt
- 4 cups / 1 liter vegetable stock
- 2 cups / 500 ml pumpkin puree (canned or fresh cooked)
- 2 cups / 500 ml black beans
- 2 cups / 500 ml fresh, canned or frozen corn kernels
- 1 teaspoon / 5 ml oregano
- 1 tablespoon / 15 ml lemon or lime juice
- ¼ teaspoon / 1.25 ml pepper

### DIRECTIONS:

1. Heat a saucpan over medium-low heat. Add oil to heat pan and swirl to coat the bottom.
2. Add onion and cook for 2-3 minutes until it starts to soften. Add garlic and cook 1-2 minutes longer. Do not let the onion or garlic brown. If they start to brown, turn down the heat.
3. Add chili powder, coriander, cinnamon and salt. Stir to coat onions and cook for 1 minute, stirring frequently to keep spices from sticking or burning.
4. Add stock. Stir in pumpkin until smooth.
5. Add beans, corn, oregano, lemon or lime juice, and pepper.
6. Bring to a simmer and cook for 20 minutes. Stir occasionally to keep the soup from sticking.
7. You can serve the soup immediately. It will taste even better if made ahead and reheated.

## BLACK BEAN SOUP (VEGAN)



Serves: 6

Prep time: 20 mins

Cook time: 40 mins

Total time: 1 hour

### INGREDIENTS:

- 1 tablespoon / 15 ml olive oil
- 2 medium onions, finely chopped (about 2 cups / 500 ml)
- 4-5 cloves garlic, minced
- 1 tablespoon / 15 ml chili powder
- 1 tablespoon / 15 ml cumin
- 1-1/2 teaspoons / 7.5 ml coriander (optional)
- 1/2 teaspoon / 2.5 ml salt
- 1 small can (5.5 oz / 156 ml) tomato paste (about 1/2 cup / 125 ml)
- 4 cups cooked black beans (or two 19 oz / 540 ml cans)
- 4 cups / 1 liter vegetable stock
- 1 cup / 250 ml salsa
- 1 tablespoon / 15 ml oregano
- 1/2 teaspoon / 2.5 ml salt
- 1/4 teaspoon / 1.25 ml pepper
- 1 tablespoon / 15 ml lime juice

### DIRECTIONS:

1. Heat a frying pan over medium heat. Add oil and stir to coat pan. Add onions and cook 2-3 minutes until onions are soft. Do not let onions brown. If they start to brown, turn down the heat. Add garlic and 1/2 teaspoon / 2.5 ml salt and cook for 1-2 minutes more.
2. Add chili powder, cumin and coriander and stir to coat vegetables. Cook, stirring frequently to prevent spices from burning, for 1-2 minutes. Add tomato paste and stir to combine thoroughly. Cook for another minute.
3. Add beans, vegetable stock, salsa, oregano, 1/2 teaspoon / 2.5 ml salt and pepper. Bring soup to a simmer on stovetop at medium-high heat, then reduce heat to medium-low. Cover and simmer for 30 - 40 minutes, or until soup has started to thicken.
4. Crush some of the beans with the back of a spoon or a potato ricer. Stir in lime juice and serve.

### Slow cooker version:

1. After cooking the onions, garlic, spices and tomato paste, add all ingredients except lime juice to a 4.5 quart slow cooker and cook on high for 2-1/2 to 3 hours, or low for 5-6 hours.
2. You can omit the step of cooking the onions, spices and paste and simply add all ingredients (except lime juice) to the slow cooker.

## CHEAP AND CHEERFUL SLOW COOKER CARROT SOUP



Servings: 10

Prep time: 10 mins

Cook time: 6 hrs

Total time: 6 hrs 10 mins

*This simple soup is easy and healthy - low in fat and high in vitamins.*

### INGREDIENTS:

- 1 large onion chopped coarsely (about 1 cup / 250 ml)
- 8 medium carrots cut into large chunks
- 8 cups / 2 liters vegetable stock
- 1/3 cup / 80 ml rice or 1/2 cup / 125 ml red lentils
- 1 teaspoon / 5 ml salt
- 1/4 teaspoon / 1.25 ml pepper
- 2 teaspoons / 10 ml powdered ginger
- 1/2 cup / 125 ml whipping cream or milk

### DIRECTIONS:

1. Place all ingredients except cream in slow cooker.
2. Cook on low for 6-8 hours (depending on your cooker) until carrots are very soft.
3. Cool soup and blend in batches until smooth.
4. Put pureed soup in saucepan and bring to boiling point. Add cream and heat just until soup returns to simmering point.
5. Serve hot.



Servings: 6

Prep time: 15 mins

Cook time: 10 mins

Total time: 25 mins

*You can prep your vegetables in advance to make this quick dish even faster. Use whatever combination you prefer.*

#### **INGREDIENTS:**

- 1 tablespoon / 15 ml vegetable oil
- 1 large onion, roughly chopped ( approx 2 cups / 500 ml)
- 2-3 cloves garlic, sliced
- 1/2 teaspoon / 2.5 ml salt
- 1 tablespoon / 15 ml chili powder
- 1/2 cup / 125 ml lemon juice
- 1/3 cup / 80 ml honey
- 1/4 teaspoon / 1.25 ml ground pepper
- 3 cups / 750 ml cooked chickpeas
- 3 cups / 750 ml chopped vegetables (try broccoli, peppers, carrots, cauliflower)
- 1/2 teaspoon / 2.5 ml dried chili flakes
- Cooked rice for serving

#### **DIRECTIONS:**

1. Heat a pan over medium heat and add oil. Swirl to coat the pan.
2. Add onions and cook for 2 minutes or until they are beginning to soften. Add garlic and cook for a minute longer. If they start to brown, turn down the heat.
3. Add salt and chili powder and stir to coat the onions and garlic. Add lemon juice, honey and ground pepper and bring to a simmer. Let simmer for 2-3 minutes.
4. Add chickpeas, chopped vegetables and chili flakes. Simmer for 5 minutes or until vegetables can be pierced with a fork.
5. Serve over rice.



Serves: 8-10

Prep time: 20 mins

Cook time: 1 hour 10 mins

Total time: 1 hour 30 mins

*These peppers can be prepared one or two days in advance and refrigerated until needed. You can use red or yellow peppers in place of the green peppers if you prefer.*

#### INGREDIENTS:

6 green peppers, cut in half, seeds removed

#### Filling:

- 2 tablespoons / 30 ml olive or vegetable oil
- 1 medium onion, finely chopped (about 1 cup / 250 ml)
- 1 medium carrot, finely diced (about 1 cup / 250 ml)
- 2 stalks celery, finely chopped (about 1 cup / 250 ml)
- ½ teaspoon / 2.5 ml salt
- 1 tablespoon / 15 ml paprika (see note)
- ¼ teaspoon / 1.25 ml ground pepper
- 1 cup / 250 ml uncooked brown rice
- ½ cup / 125 ml uncooked green or brown lentils
- 3 cups / 750 ml vegetable stock

#### Sauce:

- 1 small can (5.5 oz / 156 ml) tomato paste
- 1 large can (28 oz / 796 ml) tomatoes
- ¼ cup / 60 ml brown sugar
- ½ teaspoon / 2.5 ml salt
- 1 teaspoon / 15 ml dried dill
- 1 tablespoon / 30 ml dried onion flakes (or ¼ cup finely chopped fresh onion)
- ½ teaspoon / 2.5 ml garlic powder (or one clove fresh garlic, minced)
- ¼ cup / 60 ml cider vinegar

#### Notes

*Paprika can range from mild to hot. The 1 tablespoon called for in this recipe is for a mild or 'sweet' paprika.*

#### DIRECTIONS:

1. Place peppers (open side up) in one large or two small baking pans.
2. Prepare filling:
3. Heat a large saucepan over medium heat. When the pan is heated, add the oil and swirl to coat pan. Add onions and cook for 2-3 minutes, or until onions begin to soften. Add garlic, carrots, celery and salt and cook for 1-2 minutes longer. Do not let vegetables brown. If they start to brown, turn down the heat.
4. Add paprika and ground pepper and stir to coat vegetables. Add rice and lentils and stir to coat with paprika mixture. Add vegetable stock and bring mixture to boiling point. Reduce heat to maintain a simmer and put lid on pan. Simmer for 35-40 minutes or until stock is absorbed and there is no liquid visible on the bottom of the pan when checked by pushing aside some of the rice with a spoon.
5. Fluff rice and lentils with a fork and remove from heat. Let sit for 5 minutes with lid on before using.
6. While rice is cooking prepare sauce:
7. Place all ingredients (tomato paste, tomatoes, brown sugar, salt, dill, onion flakes, garlic powder and vinegar) in a food processor or blender. Process until smooth.
8. If you do not have a food processor, you can chop the tomatoes finely and stir all ingredients together until well mixed.
9. To prepare peppers:
10. Stuff peppers with rice mixture. Pour sauce over stuffed peppers and cover pans with aluminum foil. Turn oven to 350 degrees F / 176 degrees C and place pans in oven. Bake for 30 minutes, or until peppers are tender.



## TOFU-FREE LASAGNA



Serves: 6-8

Prep time: 30 mins

Cook time: 2 hours

Total time: 2 hours 30 mins

### INGREDIENTS:

- 1 tablespoon / 25 ml olive oil
- 1 medium onion, finely chopped (about 1 cup / 250 ml)
- 2 cloves garlic, finely chopped
- ½ cup / 125 ml red lentils
- Small can tomato paste (5.5 oz / 156 ml)
- ½ teaspoon / 2.5 ml salt
- 2 large (28 oz / 796 ml) cans diced tomatoes
- 1-1/2 tablespoons / 25 ml dried oregano
- 2 teaspoons / 10 ml dried basil
- 2 tablespoons / 30 ml balsamic vinegar
- 1-1/2 tablespoon / 25 ml brown sugar
- ½ teaspoon / 2.5 ml ground pepper
- ½ teaspoon / 2.5 ml salt
- 2 cups / 500 ml vegetable stock
- ½ cup / 125 ml coarse bulgur
- 1-1/2 cups / 375 ml boiling water
- 8 lasagna noodles
- 3 cups / 750 ml grated mozzarella cheese
- ¼ cup / 60 ml grated Romano or Parmesan cheese

### Notes

**Make ahead:** The lasagna can be prepared in advance and refrigerated overnight. Cover with aluminum foil before refrigerating. Remove from the fridge and bake in preheated 350 degree oven. Bake for 1 hour and 15-20 minutes before removing the aluminum foil and continue baking as indicated in the recipe.

Rather than freezing a prepared lasagna, prepare and freeze the sauce. Grate the cheese and toss with 1 tablespoon of cornstarch and freeze in a separate container. Thaw the ingredients and you can prepare your lasagna in minutes. The noodles will retain a better texture this way.

### DIRECTIONS:

#### To make sauce:

1. Heat a large saucepan over medium heat. Add olive oil.
2. Add onions and ½ teaspoon salt. Cook until onions have softened - about 2-3 minutes. Do not let onions brown. If they start to brown, turn down the heat. Add garlic and cook for 1-2 minutes longer.
3. Add tomato paste. Stir until the vegetable are coated with the paste, and cook for 1-2 minutes. Stir in the lentils and cook 1 minute longer. Continue stirring to keep the paste from sticking.
4. Add the diced tomatoes, oregano, basil, balsamic vinegar, pepper, the additional ½ teaspoon of salt, and the vegetable stock. Cook over medium heat, stirring regularly as lentil will settle towards the bottom of the pot and may stick. Simmer gently for 25 - 30 minutes, or until lentils are no longer hard.
5. While the sauce is simmering, place the bulgur in a bowl and pour the boiling water over it. Let it sit for 15 minutes, then drain any excess water that has not been absorbed. Add the soaked bulgur to the sauce while it is simmering.
6. When the sauce is done, the bulgur should be firm, but not hard. The lentils and bulgur will continue cooking as the sauce cools,
7. Remove the sauce from the heat and let cool. The lasagna can be made with warm sauce, but the noodles will have a better texture if the lasagna is assembled with fully cooled or cold sauce.

#### To assemble lasagna:

1. Preheat oven to 350 degrees F.
2. Cover the bottom of an 8x8-inch pan with a thin layer of the prepared sauce. Layer 4 lasagna noodles over the sauce. Cover with ½ the remaining sauce. Sprinkle 1 cup of grated mozzarella over the sauce.
3. Place remaining noodles over the cheese, and cover with remaining sauce. Top with the remaining cheese and sprinkle with the grated Romano or Parmesan.
4. Pat the cheese down, and cover the lasagna with aluminum foil. Tent the foil slightly to keep it from sticking to the cheese.
5. Bake at 350 degrees for 1 hour, then remove foil. Continue cooking until the cheese has melted and turned golden brown.
6. Remove the cooked lasagna from the oven and let sit 15 minutes before cutting and serving.

## ONE-DISH BEANS AND CORNBREAD



Serves: 6-8

Prep time: 20 mins

Cook time: 30 mins

Total time: 50 mins

*This base for this easy meatless main can be prepared ahead and refrigerated or frozen until you need it. Top with a simple cornbread, and you have dinner in the oven in minutes. Vary it by changing the beans, adding more spices, or adding ½ cup of grated cheese to the cornbread.*

### INGREDIENTS:

#### Beans:

- ½ tablespoon / 7.5 ml oil
- 1 medium onion, finely chopped (about 1 cup / 250 ml)
- 4 cloves garlic, minced
- ½ teaspoon / 2.5 ml salt
- 1 tablespoon / 15 ml ground cumin
- 3 cups / 750 ml cooked pinto beans
- 1-1/2 teaspoons / 7.5 ml dried oregano
- ¼ teaspoon / 1.25 ml ground pepper
- ½ teaspoon / 2.5 ml chili flakes
- 1 (28 oz / 796 ml) can diced tomatoes

#### Cornbread:

- ½ cup / 125 ml cornmeal
- 1 cup / 250 ml whole wheat flour
- 1 teaspoon / 5 ml baking soda
- ½ teaspoon / 2.5 ml salt
- 1 cup / 250 ml buttermilk or sour milk
- ¼ cup / 60 ml vegetable oil
- 1 egg
- 1 cup / 250 ml fresh, frozen or canned corn kernels

#### Notes

**Make ahead:** The beans can be prepared ahead of time and refrigerated for several days or frozen until you are ready to use them. Thaw frozen beans before topping with the cornbread.

**Time saver:** You can use a prepared mix to save time.

### DIRECTIONS:

#### Beans:

1. Heat saucepan over medium heat. Add oil and spread to coat pan. Add onions and cook for 2-3 minutes until the onions have started to soften. Add minced garlic and continue cooking for another 1-2 minutes. (If the onions and garlic start to brown, turn down heat.)
2. Add cumin and salt and stir to coat vegetables in pan.
3. Add beans and stir. Add tomatoes, oregano, ground pepper and chili flakes. Bring mixture to a simmer, uncovered, and let simmer for 10-15 minutes. It should thicken a bit as it cooks.
4. While the bean mixture is cooking, prepare the cornbread.

#### Cornbread

1. In mixing bowl, stir together cornmeal, flour, baking soda and salt.
2. In separate bowl, beat buttermilk, oil and egg until thoroughly combined. Pour the buttermilk mixture over the flour and stir just until mixed. Add the corn, stirring gently to distribute it through the batter. The batter will be a bit thick.

#### Assemble.

1. Preheat oven to 400 degrees F / 204 degrees C.
2. Pour the cooked beans into a 9x9-inch / 23x23-cm baking dish. Top with cornbread. Spread the cornbread mixture as close to the edges of the baking dish as you can.
3. Place the dish on a baking tray to catch and drips, and bake for 25-30 minutes. The cornbread topping should be golden brown and a toothpick inserted into the center of the dish should come out clean.
4. Remove from oven and serve.

## MOTHER HUBBARD ONE-DISH LENTILS AND RICE (VEGAN)



Serves: 6 servings

Prep time: 5 mins

Cook time: 1 hour

Total time: 1 hour 5 mins

*This basic dish is healthy, frugal and quick to prepare.*

### INGREDIENTS:

- 1 tablespoon / 15 ml vegetable oil
- 1 medium onion, chopped (about 1 cup / 250 ml)
- 2 cloves garlic, minced
- 1 cup / 250 ml brown rice
- 1 cup / 250 ml brown or green lentils
- 1 large can (28 oz / 796 ml) diced tomatoes, with their juice
- 2 cups / 500 ml vegetable stock or water
- 1 teaspoon / 5 ml salt
- ¼ teaspoon / 1.25 ml pepper
- 2 teaspoons / 10 ml dried oregano
- 1 teaspoon / 5 ml dried basil
- ½ teaspoon / 2.5 ml dried chili flakes

### DIRECTIONS:

1. Heat a large saucepan over medium heat.
2. Add oil to pan. Add onions and cook for 2-3 minutes until the onions have begun to soften. If they start to brown, turn down the heat.
3. Add garlic and cook for 1-2 more minutes.
4. Add rice and stir to coat.
5. Add lentils, tomatoes, stock, salt, pepper, oregano, basil and dried chili flakes.
6. Bring mixture to a simmer, then cover and turn down heat to maintain simmer. To cook in the oven, bring to simmer then cover and place in a preheated 350 degree F oven for 1 hour.
7. Let simmer for 1 hour, or until all the water has been absorbed.
8. Take off the heat and let sit for 5 minutes.
9. Stir and serve.

## LENTIL RICE CROQUETTES (VEGAN)



Serves: 4-5 (3-4 croquettes each)

Prep time: 50 mins

Cook time: 45 mins

Total time: 1 hour 35 mins

*These meatless croquettes are simple to make, taste great, and pack in some good nutrition with red lentils and brown rice.*

### INGREDIENTS:

1 tablespoon / 15 ml olive oil  
1 medium onion, finely diced (about 1 cup / 250 ml)  
2 cloves garlic, minced  
½ teaspoon / 2.5 ml salt  
1 cup / 250 ml brown rice  
½ cup / 125 ml red lentils  
4 cups / 1 liter vegetable stock  
1 teaspoon / 5 ml dried oregano  
1 teaspoon / 5 ml dried basil  
1 tablespoon / 15 ml dried parsley (or 2 tablespoons / 30 ml fresh)  
1 tablespoon / 15 ml dried onion (optional)  
½ teaspoon / 2.5 ml chili pepper flakes  
¼ teaspoon / 1.25 ground pepper  
⅓ cup / 80 ml breadcrumbs  
½ tablespoon / 7.5 ml cornstarch

### Notes

#### ***Make ahead:***

*The cooked lentil and rice mixture will keep in the fridge for several days, so you can make it ahead of time for use later in the week.*

*You can form the croquettes a day before needed, and keep them refrigerated until you are ready to bake them. You may need to add a few minutes of extra cooking time when they are cold.*

### DIRECTIONS:

1. Heat a medium saucepan over med-low heat. When pan is hot, add olive oil.
2. Add onions and cook for 2-3 minutes, or until onions begin to soften. (If the onions start to brown, turn down the heat.) Add garlic and salt, and continue cooking for 1-2 minutes.
3. Add rice and lentils and toss with cooked onion. Heat for 2-3 minutes, stirring frequently to prevent sticking.
4. Add stock, oregano, basil, parsley, dried onion (if using), pepper flakes and ground pepper.
5. Cover and bring the mixture to a boil.
6. Turn down heat to a simmer and cook for 45-50 minutes. Liquid should be absorbed. *(You can stir the rice and lentils from time to time as they get closer to the cooking time limit. If there is still a lot of liquid, continue cooking until it is absorbed.)*
7. When the mixture is fully cooked, take it off the heat and stir. Place in the fridge and let it cool completely.
8. While the rice is cooling, stir together the breadcrumbs and cornstarch.
9. When the rice and lentil have cooled, form small cylinders or rolls with about 2 tablespoons / 30 ml of the mixture. Roll in the breadcrumbs, and place on parchment-lined baking tray.
10. When all the croquettes have been formed, bake in preheated 375 degree F / 190 degree C oven until they are lightly browned - about 35-40 minutes. Turn them once during the last 10 minutes of cooking time to brown on the other side.
11. Serve hot.



## PIZZA ROLLS



Serves: 12 rolls

Prep time: 20 mins

Cook time: 30 mins

Total time: 50 mins

*These pizza rolls can be baked and frozen for up to two months. Remove from the freezer and let thaw, wrap in aluminum foil and reheat in a 350 degree F / 176 degree C oven until heated through - about 10 minutes.*

### INGREDIENTS:

#### Pizza dough:

- 1-1/2 cups / 375 ml all-purpose flour
- 1-1/2 cups / 375 ml whole wheat flour
- 1/4 cup / 60 ml ground flax (you can substitute cornmeal or wheat germ)
- 1 tablespoon / 15 ml rapid-rise (or instant) yeast
- 1 tablespoon / 15 ml sugar
- 1 teaspoon / 5 ml salt
- 1 cup / 250 ml hot water
- 2 tablespoons / 30 ml olive oil
- 1 tablespoon / 15 ml lemon juice
- 1/4 cup / 60 ml cornmeal

#### Sauce:

- 1 (6 oz / 170 g) can tomato paste
- 1 tablespoon / 15 ml balsamic vinegar
- 1-1/2 teaspoons / 7.5 ml brown sugar
- 1 teaspoon / 5 ml oregano
- 1 teaspoon / 5 ml basil
- 1 teaspoon / 5 ml dried parsley (or 1 tablespoon / 15 ml fresh chopped parsley)
- 1 tablespoon / 15 ml dried onion flakes
- 1/2 teaspoon / 2.5 ml garlic powder
- 1/4 teaspoon / 1.25 ml ground pepper
- 1/4 teaspoon / 1.25 ml chili pepper flakes (optional)

#### Toppings:

- 1-1/4 cups / 310 ml grated mozzarella cheese
- 1/4 cup / 60 ml grated Parmesan cheese

### DIRECTIONS:

#### To make the dough:

1. Stir together all-purpose flour, whole wheat flour, yeast, sugar, and salt. Add hot water, oil and lemon juice and stir until dough forms a soft ball. Add additional water if needed to moisten all the flour. Add 1 tablespoon / 15 ml at a time and repeat as needed to form a soft ball of dough.
2. Sprinkle cornmeal on counter or cutting board. Roll dough on the board and knead for a few minutes until dough is smooth.
3. Cover dough and let it sit while you prepare the toppings. Let dough rise for 25-30 minutes.

#### Sauce:

1. Mix all the sauce ingredients together in a small bowl and stir until blended.

#### To assemble rolls:

1. Line a baking sheet with parchment paper.
2. Sprinkle your rolling surface with cornmeal and roll the dough out into a 12x16 inch / 30x40 cm rectangle.
3. Spread the dough evenly with the sauce using a brush or knife to smooth it as close to the edges as possible. Sprinkle the grated mozzarella over evenly.
4. Roll the dough along the long side. You will have a 12 inch / 40 cm roll.
5. Cut the dough into twelve equal slices. (I find it easier to get even pieces if I cut it in half, then cut each half into two pieces, then cut each of the pieces into three.)
6. Place the rolls on the lined baking sheet. Sprinkle each roll with 1 teaspoon of grated Parmesan.
7. Preheat the oven to 400 degrees F / 204 degrees C. Let the rolls rise on the counter while the oven preheats.
8. When the oven is heated, bake the rolls for 25-30 minutes.



## ALMOST CABBAGE ROLLS CASSEROLE (VEGAN)



Serves: 6 - 8

Prep time: 10 mins

Cook time: 2 hours 30 mins

Total time: 2 hours 40 mins

*The taste of cabbage rolls without all the work. Serve with boiled potatoes, pickled beets and sour cream.*

### INGREDIENTS:

- 1 tablespoon / 15 ml vegetable oil
- 1 large onion, finely chopped (about 1-1/4 cups / 310 ml)
- 2 cloves garlic, minced
- 1 cup / 250 ml yellow split peas
- ½ cup / 125 ml uncooked brown rice
- 1 cup / 250 ml water
- ½ teaspoon / 2.5 ml salt
- ¼ teaspoon / 1.25 ml pepper
- 2 teaspoons / 10 ml paprika
- 1 teaspoon / 5 ml dried dill
- 1 can (28 oz / 796 ml) tomatoes (whizzed in blender or food processor)
- 2 tablespoons / 30 ml brown sugar
- ¼ cup / 60 ml cider vinegar
- ½ teaspoon / 2.5 ml salt
- ½ head of cabbage, coarsely chopped (approx 6 cups / 1,5 liters)

### DIRECTIONS:

1. Heat a saucepan over medium-low heat. When the pan is hot, add the oil. Add onions and stir until onions are softened. Do not let the onions brown. If they start to brown, turn down the heat.
2. Add garlic and cook for 1-2 more minutes, stirring to keep garlic from browning.
3. Add split peas and rice and stir to coat with onion. Stir in salt and pepper.
4. Add water and bring to a boil. Lower the heat and cover. Let the peas simmer for 15 minutes. They will soften slightly but will not be completely cooked.
5. In a small bowl, stir together pureed tomatoes, paprika, dill, brown sugar, vinegar and additional ½ teaspoon salt.
6. Layer ⅓ of the cabbage in the bottom of a large casserole dish. Place half of the split pea mixture over the cabbage.
7. Cover peas with another ⅓ of the cabbage. Repeat layers, topping with remaining cabbage.
8. Pour tomato sauce over the dish. Do not stir.
9. Cover the dish and let sit for 20-30 minutes.
10. While the dish is resting, preheat the oven to 325 degrees F / 163 degrees C.
11. Bake for 2 hours without stirring.
12. Remove from oven and serve.

### Variation:

*Replace some of the cabbage with sauerkraut for additional flavor. Drain and rinse the sauerkraut before using to remove excess salt.*

## LEMONY MEDITERRANEAN POTATO AND CANNELLINI BEANS (VEGAN)



Serves: 6

Prep time: 15 mins

Cook time: 30 mins

Total time: 45 mins

*This meatless dish is full of flavor. Serve it with some good bread for a complete meal. You can serve some crumbled feta on the side for sprinkling on the dish at the table. Garnish with some fresh lemon slices for an eye-appealing effect.*

### INGREDIENTS:

- 1 tablespoon / 15 ml olive oil
- 1 large onion, roughly chopped (about 1-1/2 cups / 375 ml)
- 4 cloves garlic, sliced
- 6 medium-sized potatoes (about 7 cups / 1.75 liters), cut into 1-inch / 5 cm chunks
- 2 cups / 500 ml cannellini beans (or 1 14 oz / 398 ml can)
- 2 cups / 500 ml sliced cabbage or kale (*see \* in recipe instructions*)
- ½ cup / 125 ml lemon juice
- 1 cup / 250 ml vegetable stock
- ¼ cup / 60 ml fresh chopped parsley
- 2 teaspoons / 10 ml dried oregano
- 1 teaspoon / 5 ml dried rosemary
- 12 kalamata olives, pitted and quartered
- ¼ cup / 60 ml sliced sundried tomatoes
- Freshly ground pepper to taste

### DIRECTIONS:

1. Heat a large saucepan or Dutch oven over medium heat.
2. When pan is hot, add oil and swirl to coat bottom of pan. Add onions and cook for 2-3 minutes or until softened. Add garlic and cook 1-2 minutes longer. Do not let the onions and garlic brown. If they start to brown, turn down the heat in the pan.
3. Add potatoes, beans and cabbage and toss gently with onions. (\*If you are using kale, do not add until after the dish has simmered for 15 minutes or the kale will get overcooked.) Add lemon juice, stock, parsley, oregano, rosemary, olives and sundried tomatoes and pepper and heat mixture to boiling point. Reduce heat to a simmer and cover pot.
4. Simmer covered for 20-25 minutes until potatoes are tender. Stir occasionally to make sure vegetables are not sticking. If there is still a lot of liquid in the pot when potatoes are done, remove the cover and simmer for an additional 5 minutes to reduce some of the liquid.
5. Serve hot.



Serves: 4- 6

Prep time: 10 mins

Cook time: 30 mins

Total time: 40 mins

*This dip is easy to prepare and can be made ahead of time and stored in the freezer or fridge. You can serve it as a snack, or as a light meal with tortilla chips and veggie sticks. Use up leftovers in a wrap with lettuce, tomatoes, and green onion.*

#### INGREDIENTS:

- 1 tablespoon / 15 ml olive oil
- 1 medium onion, finely chopped (about 1 cup / 250 ml)
- 2 cloves garlic, minced
- 2 tablespoons / 30 ml [taco seasoning](#)
- 2 cups cooked black beans (or 1 can - 19 fl oz / 540 ml)
- 1 cup / 250 ml salsa
- 1 teaspoon / 5 ml oregano
- 1 tablespoon / 15 ml dried onion (optional)
- 1-1/2 cups / 375 ml grated cheese - cheddar, mozzarella, Monteray Jack, or a combination (this is equal to about 4 oz / 113 g )

#### Notes

##### **Freezer instructions.**

*After spooning beans into baking dish, let cool. When cool, top with grated cheese. Cover tightly with aluminum foil, and place in a freezer bag. Remove as much air as possible from the bag and tie or seal. Freeze or up to 3 months.*

*Remove from freezer the day before serving. Baked thawed beans in preheated 350 degree F / 176 degree C oven for 45 minutes. Cheese should be melted with some lightly browned spots, and center of dish should be hot.*

*The dip can also be prepared a day ahead of time and kept in the fridge. Bake in preheated 350 degree F / 176 degree C oven for 35-40 minutes.*

#### DIRECTIONS:

1. Preheat oven to 350 degrees F / 176 degrees C.
2. Heat a fry pan over medium heat. When it is hot, add oil and swirl to coat the pan.
3. Add onions and cook until the onions are soft - about 3 mins. Do not let the onions brown. If they start to brown, turn down the heat.
4. Add garlic and cook for 1-2 more minutes.
5. Add taco seasoning and stir to coat onions and garlic. Turn down heat and cook for one minute, stirring to keep spices from burning.
6. Add black beans. If you haven't chopped them or pulsed in a food processor, you can mash them with a potato masher to break them up a bit.
7. Add salsa, oregano and dried onion (if using). Stir to combine all ingredients. Continue to mash briefly if you are using the potato masher.
8. Heat mixture for 2-3 minutes, stirring to keep it from sticking.
9. Take pan off heat, and spoon beans into a 9-inch / 23-cm pie dish or small baking dish. Smooth the top.
10. Cover with cheese, and bake in preheated oven until cheese is melted and golden - approximately 30 minutes.
11. Serve dip hot with tortilla chips and sour cream and additional salsa on the side.

## HARVEST CELEBRATION PIE (VEGAN)



Serves: 10-12

Prep time: 25 mins

Cook time: 45 mins

Total time: 1 hour 10 mins

*You can make the pastry and filling up to two days in advance, then assemble the pie when you need it. Let the pastry warm up slightly before rolling.*

### INGREDIENTS:

- Pastry for a double-crust pie
- 2 tablespoons / 30 ml olive oil
- 1 medium onion, finely chopped (about 1 cup / 250 ml)
- 1 small can tomato paste (5.5 oz / 156 ml)
- 1 tablespoon / 15 ml molasses
- ½ teaspoon / 2.5 ml salt
- ¼ teaspoon / 1.25 ml ground pepper
- 1 cup / 250 ml red lentils
- 4 cups / 1 liter vegetable stock
- 8 cups / 2 liters chopped vegetables (use a combination of your favorite vegetables)
- ½ teaspoon / 2.5 ml dried thyme
- ½ teaspoon / 2.5 ml ground sage
- 2 tablespoons / 30 ml chopped parsley
- 1 cup / 250 ml canned pumpkin or pumpkin puree
- ½ teaspoon / 2.5 ml salt

### DIRECTIONS:

#### Filling:

1. Heat a large saucepan over medium-low heat. When the pan is hot, add the oil. Swirl to coat pan.
2. Add the onion and ½ teaspoon salt and cook for 2-3 minutes until the onion has softened. Do not let the onion brown. If it starts to brown, turn down the heat.
3. Add the tomato paste and stir to coat the onion. Cook for 1-2 minutes. Add the molasses and mix thoroughly. Cook about ½ a minute longer. Add the lentils and coat with the tomato mixture.
4. Add stock, vegetables, thyme, sage, and parsley. Stir until the lentils are mixed in with the liquid. Bring the mixture to a simmer. Cover and simmer for 10 minutes.
5. Stir in the pumpkin and remaining salt. Bring back to a simmer.
6. Remove from heat and let cool.

#### Prepare pie:

Preheat oven to 375 degrees F / 190 degrees C.

1. Divide dough into two pieces.
2. Roll bottom piece out to fit the bottom and sides of a 9 or 10-inch / 23 or 25 cm pie pan. Fill with the vegetable mixture. (Depending on the types of vegetables you used, there may be some leftover filling).
3. Roll out the remaining dough. Brush the edges of the bottom layer lightly with water. Press the top layer onto the bottom layer and fold the edges under. Crimp or pinch the edges to make a decorate pattern.
4. Cut a few slashes in the pie. Bake in preheated oven for 35-40 minutes, or until top is lightly browned.
5. Remove from heat and let sit at least 10 minutes before serving.
6. Cut into wedges and serve.





Serves: 8-10

Prep time: 20 mins

Cook time: 10 mins

Total time: 30 mins

*These veggie burgers are easy to make and have great taste and texture. The mixture can be made ahead and refrigerated for up to 2 days, and shaped when you are ready to use it.*

#### INGREDIENTS:

- 1 tablespoon / 15 ml oil
- 1 medium onion, finely chopped (about 1 cup / 250 ml)
- 2 cloves garlic, minced
- 2 cups / 500 ml chickpeas
- 1 cup / 250 ml cooked brown rice
- ¼ cup / 60 ml lemon juice
- 1 teaspoon / 5 ml salt
- 1-1/2 teaspoons / 7.5 ml dried oregano
- 1 teaspoon / 5 ml cumin
- ¼ teaspoon / 1.25 ml ground pepper
- 2 tablespoons / 30 ml chopped parsley
- 1 medium carrot, grated (about 1 cup / 250 ml)
- ½ red bell pepper, finely chopped (about ½ cup / 125 ml)
- ½ cup / 125 ml chickpea flour (you can substitute breadcrumbs or oatmeal)
- ⅓ cup / 80 ml cornstarch

#### DIRECTIONS:

1. Heat a frypan over medium-low heat. When the pan is heated, add onions and cook until soft (about 2-3 minutes). Do not let the onions brown: if they start to brown, turn down the heat.
2. Add garlic and cook 1-2 minutes longer. Remove pan from heat.
3. Put chickpeas and rice in bowl of food processor. Pulse a few times to break the chickpeas up a bit. Add the remaining ingredients except cornstarch (cooked onion and garlic, lemon juice, salt, oregano, cumin, ground pepper, parsley, carrot, bell pepper and chickpea flour).
4. Process in food processor until the ingredients are mixed. Process in short intervals and scrape down sides of bowl as needed. The burger mix should not be too smooth - it should still have some texture.
5. Make burgers with approximately ½ cup / 125 ml of the mixture.
6. Place the cornstarch on a plate or in a flat bowl. Place each burger in the cornstarch, then turn over to dredge the other side. Repeat until all burgers have been coated.
7. Pan fry burgers in a lightly oiled pan or grill until they are browned and crisp. Turn over to brown the other side. Keep warm until serving.



## FAST AND EASY DIY PIZZA



Makes: 1 (12-14 inch/ 30-35 cm) pizza

Prep time: 15 mins

Cook time: 25 mins

Total time: 40 mins

*This pizza dough is so easy to make, you'll wonder why you ever bought frozen or take-out. You can prepare your toppings while the dough rises, and pop it into the oven as soon as you're done.*

### INGREDIENTS:

- 1-1/2 cups / 375 ml all-purpose flour
- 1-1/2 cups / 375 ml whole wheat flour
- 1/4 cup / 60 ml ground flax
- 1 tablespoon / 15 ml sugar
- 1 teaspoon / 5 ml salt
- 1 tablespoon / 15 ml rapid-rise yeast (or 1 envelope)
- 1 cup / 250 ml hot water
- 2 tablespoons / 30 ml olive oil
- Cornmeal or extra flour for kneading
- Toppings of choice

### Notes

*If needed because the dough seems dry and is not forming a ball, add an extra tablespoon or two of water.*

### DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. Sprinkle a 12 or 14-inch pizza pan with cornmeal.
3. Place all-purpose flour, whole wheat flour, flax, sugar, salt and yeast in mixing bowl. Stir to blend.
4. Add oil to hot water and add to flour. Stir until dough starts to form a ball.
5. Sprinkle a clean, flat surface with cornmeal or flour, and dump dough onto the surface. Knead until dough forms a smooth ball (about 5 minutes).
6. *(You can also use the dough hook on a stand mixer. Mix until the dough forms a smooth ball. This will only take a few minutes.)*
7. Flatten dough and roll or stretch it to fit the prepared pan.
8. Let dough rise for 10 minutes, or while you prepare toppings.
9. Top your pizza and place it in preheated oven.
10. Bake for 20-25 minutes, or until cheese is lightly browned and crust is puffy and browned.
11. Slide pizza from pan and let cool 5 minutes before cutting and serving.

## CANNELLINI AND POTATO TURNOVERS (VEGAN)



Makes: 24 turnovers

Prep time: 10 mins

Cook time: 25 mins

Total time: 35 mins

*This filling can also be used to make baked nuggets. Scoop spoonfuls of the filling and roll into small balls. Roll the balls in breadcrumbs and bake at 350 degrees F / 176 degrees C for 20-25 minutes. The filling will keep well in the fridge for 2-3 days, so you can prepare it ahead of time to use when you need it.*

### INGREDIENTS:

- 2 cups / 500 ml cooked cannellini beans or chickpeas (or 1 19 oz / 540 ml can, drained and rinsed)
- 3 medium potatoes, peeled and cooked (see note)
- 3 cloves garlic, minced
- 1 teaspoon / 5 ml salt
- ¼ cup / 60 ml lemon juice
- ¼ cup / 60 ml chopped parsley
- 1 green onion, chopped
- ½ teaspoon / 2.5 ml chili pepper flakes
- ¼ teaspoon / 1.25 ml ground pepper
- Optional: 2 cups / 500 ml chopped greens (for example: spinach, kale or chard)
- 1 batch of pastry (enough for a double crust)

### Notes:

*You can use leftover mashed potatoes (about 1-1/2 cups / 375 ml) or prepare 3 medium potatoes for the recipe.*

### DIRECTIONS:

1. Preheat oven to 375 degrees F / 190 degrees C. Line baking sheets with parchment paper, or brush very lightly with oil.
2. In mixing bowl, combine all ingredients except pastry and mash together until well-blended.
3. Divide pastry into 24 balls and roll each out into a 4-5 inch / 10-12.5 cm circle.
4. Place 2 tablespoons of filling on one half of each pastry circle. Dampen edges of circle with a finger dipped in water, then fold the top of pastry over filling. Seal edges and turn edge up and over to create a more decorative edge, or press lightly with a fork.
5. Place turnovers on prepared baking sheets, and cut a slit in the top of each one. The turnovers will not spread or leak much during cooking, so you can place them quite close together on the tray.
6. Bake for 20-25 minutes or until lightly browned.
7. The filling will be very hot. Let it the turnovers cool slightly before serving. Can be served warm or cold.

## BUTTERNUT SQUASH PHYLLO TURNOVERS



Makes 15-18

Prep time: 1 hour

Cook time: 25 mins

Total time: 1 hour 25 mins

*These turnovers can be a meatless alternative for Thanksgiving or other celebration dinners. Or make them mini-sized and keep in the freezer to serve as appetizers anytime.*

### INGREDIENTS:

- 1 medium butternut squash
- 3-4 cloves garlic
- 1 teaspoon / 5 ml dried thyme
- 1 teaspoon / 5 ml salt
- ½ teaspoon / 2.5 ml chili pepper flakes
- ½ tablespoon / 7.5 ml dried onion flakes
- ¼ teaspoon / 1.25 ml ground pepper
- 1 cup / 250 ml grated Gruyere cheese
- 1 (1 lb / 500 g) package phyllo dough, defrosted
- ⅓ cup / 80 ml olive oil
- ¼ cup / 60 ml toasted pumpkin seeds or pepitas (optional)

### DIRECTIONS:

1. Preheat oven to 350 degrees F / 180 degrees C.
2. Cut squash in half. Remove seeds and place cut side down on baking dish. Fill dish with one inch of water.
3. Wrap garlic in a piece of aluminum foil.
4. Place squash and garlic in oven and bake until the squash is tender, about 50 minutes.
5. Remove squash and garlic and let cool.
6. Scoop cooked squash into a mixing bowl.
7. Add roasted garlic, thyme, salt, chili pepper, onion, ground pepper and cheese.
8. Mix thoroughly.
9. Remove phyllo from fridge and unwrap.
10. Place unwrapped phyllo to one side of your working space. Remove one sheet and place on working surface.
11. Brush lightly with oil. Cover with another piece phyllo. Lightly brush with oil. Top with one more layer of phyllo.
12. Cover unused dough with a slightly damp cloth to keep it from drying out.
13. Cut the layered pieces into 3 strips lengthwise. Place about 1-1/2 tablespoons on the bottom right corner of each.
14. Fold the phyllo over towards the left. Then fold towards the top. Then fold towards the right. Repeat these folds until the whole strip is folded. Brush lightly with oil and place on a prepared baking pan. Top with a few pumpkin seeds, if using.
15. Repeat with the remaining phyllo dough and filling until all your turnovers have been formed.
16. Bake for 20-30 minutes, or until lightly golden.
17. Remove from oven and remove to cooling rack. Let cool 5-10 minutes before serving.
18. Leftover turnovers can be refrigerated and eaten cold or reheated briefly in the oven.

### Notes

*Phyllo pastry is usually available in the frozen foods section of the grocery store. You will find it near the frozen pie shells and pastry.*

*If your store doesn't have phyllo, you can use this filling with puff pastry. Follow the package instructions for cooking.*

## BLACK BEAN CORNBREAD BAKE



Serves: 10-12

Prep time: 15 mins

Cook time: 30 mins

Total time: 45 mins

*You can add additional vegetables to the cornbread: finely chopped red peppers, jalapenos, or ½ cup of salsa. Serve the cornbread with salsa and sour cream and a tossed salad on the side for a simple lunch or dinner.*

### INGREDIENTS:

#### Black Beans:

- 1 tablespoon / 15 ml olive oil
- 1 medium onion, finely chopped (about 1 cup / 250 ml)
- 4 cloves garlic, minced
- ½ teaspoon / 2.5 ml salt
- 1 tablespoon / 15 ml chili powder
- 1 tablespoon / 15 ml cumin
- 2 cups / 500 ml cooked black beans
- ¼ cup / 60 ml water
- 2 teaspoons / 10 ml oregano
- ¼ teaspoon / 1.25 ml ground pepper

#### Cornbread:

- 1 cup / 250 ml whole wheat flour
- 1 cup / 250 ml cornmeal
- 1 teaspoon / 5 ml baking powder
- 1 teaspoon / 5 ml baking soda
- ½ teaspoon / 2.5 ml salt
- 1 cup / 250 ml milk
- ¼ cup / 60 ml vegetable oil
- 1 egg

#### Other ingredients:

- 1 cup / 250 ml grated cheddar cheese
- 1 cup / 250 ml corn kernels

### DIRECTIONS:

#### Instructions

1. Preheat oven to 350 degree F / 176 degrees C. Lightly grease a 9x13-inch / 23x33 cm baking dish.

#### Prepare beans:

1. Heat a frying pan over medium heat. Add oil and stir to coat pan. Add onions and cook 2-3 minutes until onions are soft. Do not let onions brown. If they start to brown, turn down the heat. Add garlic and salt and cook for 1-2 minutes more.
2. Add cumin and chili powder and stir to coat vegetables. Cook, stirring frequently to prevent spices from burning, for 1-2 minutes. Add beans and coat with spice mixture.
3. Add water and simmer for 10 minutes or until the mixture has thickened. Stir frequently to prevent beans from sticking. Add oregano.
4. Remove beans from heat. Let them cool slightly.

#### Prepare cornbread:

1. Stir together flour, cornmeal, baking powder, baking soda and salt in a large mixing bowl.
2. In separate bowl, beat milk with the vegetable oil and egg.
3. Add milk mixture to the cornmeal and stir gently until mixed. Add cooked beans, grated cheese and corn kernels. Stir gently to incorporate, then spread into prepared pan.
4. Bake for 25-30 minutes, or until the cornbread is lightly browned and toothpick inserted in the center comes out clean.
5. Can be served hot or at room temperature. Store leftovers in the fridge for 2-3 days.





Serves: 6

Prep time: 10 mins

Cook time: 40 mins

Total time: 50 mins

*This is more of a formula than a recipe. You can vary it according to your preferences and what you've got on hand.*

**INGREDIENTS:**

- 6 eggs
- 2 cups / 500 ml milk (or some combination of milk and cream)
- Salt and pepper to taste
- 2 cups / 500 ml lightly cooked vegetables
- 1 cup / 250 ml grated cheese
- 1-3 teaspoons / 5 - 15 ml herbs

**DIRECTIONS:**

**Instructions**

1. Preheat oven to 350 degrees F / 177 degrees C.
2. Lightly grease a 10-inch / 25 cm pie dish.
3. In mixing bowl, beat together eggs, milk, salt and pepper.
4. Spread vegetables in baking dish and sprinkle with herbs and cheese.
5. Pour egg mixture over vegetables and bake dish for 35-40 minutes. The center should be firm and the top browned. The dish will continue cooking for a few minutes after it has been removed from the oven, so the frittata will firm up more as it cools.
6. Let the dish cool for 5 minutes, then cut into wedges and serve.



## APPLE CHEDDAR BAKE



Serves: 6-8

Prep time: 30 mins

Cook time: 30 mins

Total time: 1 hour

*This dish is easy to prepare and can be made in advance the night or morning before you want to serve it. Just take it out of the fridge and bake when needed. Try it with some warmed maple syrup.*

### INGREDIENTS:

- 8 cups / 2 liters bread, cut into 1-inch / 2.5 cm cubes
- 2 apples, peeled, cored and roughly chopped (about 2 cups / 500 ml)
- ½ cup / 125 ml raisins
- 1 tablespoon / 15 ml cinnamon
- 1 teaspoon / 5 ml dried ginger
- ½ teaspoon / 2.5 ml salt
- 1 tablespoon / 15 ml dried onion flakes
- 1 cup / 250 ml grated Cheddar cheese
- 4 eggs, beaten
- 2-1/2 cups / 625 ml milk
- ¼ cup / 60 ml flour
- ½ teaspoon / 2.5 ml salt
- ½ teaspoon / 2.5 ml baking powder

### DIRECTIONS:

1. Preheat oven to 350 degrees F / 176 degrees C.
2. Grease a 9x13-inch / 23x33 cm baking dish.
3. Place bread in large mixing bowl. Toss with the chopped apples, raisins, cinnamon, ginger and ½ teaspoon salt. Add the cheddar and stir until blended.
4. In separate bowl, beat eggs, milk, flour, baking powder and salt. Pour over the bread.
5. Toss the bread to thoroughly coat it with the egg mixture.
6. Let the bread sit for 20-30 minutes. Gently toss the mixture occasionally to ensure that the egg is all absorbed by the bread.
7. Place the soaked cubes in the prepared pan. Cover the dish with aluminum foil and bake for 30 minutes until golden brown. Remove the foil and bake for 5-10 minutes until the top is lightly browned. It should feel firm but not hard to the touch when it is cooked, and a toothpick inserted in the center will come out dry.
8. Remove from the oven and let sit for 5 minutes.
9. Serve with warm syrup.

### Notes

This recipe is very adaptable.

- Use different types of bread, or a mixture of what you have on hand. Bread that is least a day old is best. Any stale bread that is not too hard is fine.
- You can omit the cheese and onion flakes and add ¼ cup / 60 ml sugar for a sweet version.
- For the chopped apples, substitute berries or other fresh or dried fruit.
- Vary the spices: try cardamom, ginger or nutmeg.
- Use all milk, or substitute part cream or evaporated milk.

## EASY MAKE-AHEAD STRATA



Serves: 8

Prep time: 10 mins

Cook time: 40 mins

Total time: 50 mins

*This recipe is simple to put together and suitable for any meal of the day. It can be made ahead and kept in the fridge for up to a day before baking. You can use this recipe as a starting point and vary with your favorite additions.*

### INGREDIENTS:

- 1 loaf of a dense textured bread- at least one day old, cut into large cubes (about 8 cups / 2 liters of cubes)
- 1 medium onion, finely chopped (about 1 cup / 250 ml)
- 2 cloves garlic, finely minced
- 1 tablespoon / 15 ml vegetable oil
- 6 eggs
- 1 cup / 250 ml milk
- 1 cup / 250 ml cream
- 1 teaspoon / 5 ml salt
- ¼ teaspoon / 1.25 ml pepper
- 1 cup / 250 ml grated Swiss cheese (Gruyere or Emmenthal)

### Notes

*This recipe can be adapted to include any of your favorite ingredients. You can also reduce the eggs from 8 to 6 if you prefer. You can use different types of bread, but the bread needs to be dense so that it is sturdy enough and doesn't become mushy when the eggs are added.*

*You can lighten the dish up by using all milk instead of milk and cream, or by reducing the cream by ½ a cup and replacing it with milk.*

*If you are serving this strata after refrigerating for several hours, preheat the oven, remove strata from fridge and bake. Add 10 minutes to the covered baking time.*

### DIRECTIONS:

1. If you are planning to cook the strata right away, preheat the oven to 350 degrees F / 177 degrees C. Lightly grease a 9x9-inch / 23x23-cm baking dish.
2. Place bread cubes in large mixing bowl.
3. Heat a frypan over medium-low heat. Add vegetable oil and swirl to coat pan. Add onions and cook for 2-3 minutes until onions are soft. Do not let them brown. If the onions start to brown, turn down the heat.
4. Add minced garlic and cook for 1-2 more minutes until the garlic is soft. Do not let the garlic brown.
5. Add onions and garlic to bread, and toss to combine.
6. In separate bowl, beat together eggs, milk, cream, salt and pepper.
7. Pour the egg mixture over the bread cubes.
8. Sprinkle grated cheese over the bread and eggs, then toss to combine the ingredients.
9. Let sit for 10 minutes, tossing occasionally to give bread a chance to absorb the egg mixture.
10. Spoon bread into prepared pan, and pour any remaining egg mixture over the bread.
11. Cover loosely with aluminum foil, and bake for 30 minutes. Remove tinfoil and bake for 10 minutes more, or until top is lightly browned and feels firm to touch. *(It is better to let it be slightly underdone than overcooked, as the heat from the dish will continue to cook it when it is removed from the oven.)*
12. Remove from oven and let strata sit for 5 minutes before cutting and serving.

## SWEET CHILI TOFU KEBABS WITH MELON AND PEPPERS (VEGAN)



Serves: 10 skewers

Prep time: 25 mins

Cook time: 10 mins

Total time: 35 mins

*These kebabs can be grilled or baked and are a great addition to a summer barbecue.*

### INGREDIENTS:

#### Kebabs:

- 12 oz / 350 g package extra firm tofu
- ¼ cup / 60 ml cornstarch
- ½ teaspoon / 2.5 ml salt
- ¼ teaspoon / 1.25 ml pepper
- ½ small cantaloupe, peeled and cut into 2-inch / 3.25 cm cubes
- 1 red pepper, cut into 1-1/2 inch / 3.25 cm squares
- ¼ of a small red onion, cut into wedges

#### Sauce:

- ⅓ cup / 80 ml sweet Thai or Chinese chili sauce
- 1 tablespoon / 15 ml lime juice
- 1 clove garlic, minced (or ¼ teaspoon / 1.25 ml garlic powder)
- 1 tablespoon / 15 ml minced fresh ginger (or 1 teaspoon / 5 ml dried ginger)
- ¼ teaspoon / 1.25 ml ground pepper
- 1 tablespoon / 15 ml soy sauce
- 1 teaspoon / 5 ml sesame oil
- 2 tablespoons / 30 ml warm water
- 10 bamboo skewers

### DIRECTIONS:

1. Preheat oven to 400 degrees F / 204 degrees C. Line a baking sheet with parchment paper.
2. Cut the tofu in half horizontally and place each half on one half of a clean towel. Cover the tofu with the other half of the towel and press firmly to absorb any excess liquid.
3. Cut each half of tofu into 15 cubes.
4. Combine the cornstarch, salt and pepper in a plastic bag. Add the tofu cubes and toss to coat.
5. Place the tofu on the prepared baking sheet and bake for 15-20 minutes, or until the cubes are lightly browned.
6. While tofu is baking, prepare the sauce by combining the chili sauce, lime juice, garlic, ginger, pepper, soy sauce, sesame oil and warm water until thoroughly mixed.
7. When tofu is baked, remove from oven and let cool slightly then prepare skewers.
8. For each skewer, combine as follows: tofu, pepper, cantaloupe, onion (repeat once) and end with an additional cube of tofu.
9. Brush the prepared skewers with the chili sauce mixture. Grill lightly until cantaloupe and peppers are slightly softened, or bake in 400 degree F / 204 degrees C oven for 10 minutes.

## STICKY TOFU TERIYAKI (VEGAN)



Serves: 6 servings

Prep time: 10 mins

Cook time: 20 mins

Total time: 30 mins

*The sauce for this tofu is very easy to prepare and can be made ahead and refrigerated for up to a week.*

### INGREDIENTS:

#### Tofu:

- 1-1/2 lbs / 750 g firm or extra firm tofu (2 packages)
- 1/3 cup / 80 ml cornstarch
- 1/2 teaspoon / 2.5 ml salt
- 1/4 teaspoon / 1.25 ml ground pepper

#### Sauce:

- 1/2 cup / 125 ml soy sauce
- 1/2 cup / 125 ml water
- 1/4 cup / 60 ml brown sugar
- 2 tablespoons / 30 ml rice wine vinegar
- 1 tablespoon / 15 ml sesame oil
- 1/2 teaspoon / 2.5 ml ground pepper
- 1/2 teaspoon / 2.5 ml garlic powder (or 2 garlic cloves, finely minced)
- 1 teaspoon / 5 ml ground ginger (or 1 tablespoon / 15 ml fresh grated ginger)

### DIRECTIONS:

1. Preheat oven to 400 degrees F / 204 degrees C. Line a baking sheet with parchment paper.
2. Slice the tofu in half horizontally so that you have 4 slabs that are each about 1-inch / 2.5 ml thick. Place the slabs on one half of a clean towel and cover with the other half. Press firmly to squeeze out extra water and to dry the surface.
3. Remove the towel and cut the slabs into 1-inch / 2.5 ml cubes.
4. Mix the cornstarch, salt and pepper together in a bowl or bag. Add the tofu cubes and toss quickly until lightly coated.
5. Place cubes on prepared baking sheet and bake for 15-20 minutes, or until they are lightly browned.
6. While the tofu is baking, prepare the sauce by combining all the sauce ingredients (soy sauce, water, brown sugar, vinegar, sesame oil, pepper, garlic and ginger) in a medium pan or sauce pan.
7. Bring to a simmer over medium heat and simmer for 5 minutes, stirring occasionally as it cooks. Remove from heat.
8. When the tofu is cooked, place it in the pot with the sauce and return to medium-low heat. Coat the tofu cubes with the sauce, and cook, stirring frequently, until the sauce is sticky on the tofu.
9. Remove from heat and serve with noodles or rice.

## HONEY SRIRACHA TOFU



Servings: 4 servings

Prep time: 10 mins

Cook Time: 30 mins

Total time: 40 mins

*This tofu dish is fast and easy to prepare, and even non-tofu fans will like the texture. You can double the sauce if you want extra for serving over rice or noodles with the tofu.*

### INGREDIENTS:

- 1/4 cup / 60 ml cornstarch
- 1/2 teaspoon / 2.5 ml salt
- 1 lb / 454 g firm or extra firm tofu
- 1/4 cup / 60 ml honey
- 2 tablespoons / 30 ml lime juice
- 1 tablespoon / 15 ml sriracha sauce

### DIRECTIONS:

1. Preheat oven to 425 degrees F / 220 degrees C. Line a baking tray or cookie sheet with parchment paper.
2. Combine cornstarch and salt in small bowl.
3. Cut tofu into small cubes (about 1/2-inch / 1.25 cm) and toss in cornstarch.
4. Place tofu cubes on parchment-lined baking tray and bake for 25 - 30 minutes. The tofu should start to turn a light golden brown. Turn after about 20 minutes to lightly brown other side of cubes.
5. While tofu is baking, combine honey, lime juice and Sriracha sauce.
6. When tofu is cooked, remove from oven and set aside.
7. Heat the Sriracha sauce in a frypan, then add tofu and toss to coat. Cook over med-high heat for 2-3 minutes, tossing frequently.
8. Serve hot with rice or noodles and steamed vegetables.





Serves: 4-6

Prep time: 10 mins

Cook time: 5 mins

Total time: 15 mins

*If you don't want to use TVP in this recipe, you can substitute crumbled extra-firm tofu.*

#### INGREDIENTS:

- 1 cup / 250 ml dehydrated TVP (textured vegetable protein)
- 1 tablespoon / 15 ml soy sauce
- ¼ teaspoon / 1.25 ml garlic powder
- 1-1/2 teaspoons / 3.75 ml dried onion
- ¾ cup + 2 tablespoons / 187.5 ml boiling water
- ¼ cup / 60 ml hoisin sauce
- ¼ cup / 60 ml ketchup or tomato paste
- ½ cup / 125 ml vegetable stock or water
- 1-1/2 teaspoons / 7.5 ml soy sauce
- 1-1/2 teaspoons / 7.5 ml Dijon mustard
- 1 tablespoon / 15 ml sesame oil
- ½ teaspoon / 2.5 ml ground pepper
- 1 tablespoon / 15 ml sweet Thai chili sauce
- ¾ teaspoon / 3.75 ml five spice powder (optional - see note)
- 1 tablespoon / 15 ml vegetable oil
- 1 onion, finely chopped (about 1 cup / 250 ml)
- 3 cloves garlic, minced

*\*Five Spice Powder is a combination of fennel, cinnamon, cloves, star anise and Szechuan peppercorns. It has a very distinctive taste. You should be able to find it in the spice section of larger supermarkets, or in Asian grocery stores.*

#### DIRECTIONS:

1. In small bowl, combine TVP, 1 tablespoon / 15 ml soy sauce, garlic powder and dried onion. Mix and pour boiling water over all. Stir and let sit for 5-10 minutes while you prepare the rest of the ingredients.
2. In separate bowl, stir together the hoisin sauce, ketchup, vegetable stock, 1-1/2 / 7.5 ml soy sauce, mustard, sesame oil, ground pepper, chili sauce, and five spice powder (if using). Set sauce aside.
3. Heat a pan over medium heat. When the pan is heated, add the oil and swirl to coat pan. Add onions and cook for 2-3 minutes, or until onions begin to soften. Add garlic and cook for 1-2 minutes longer. Do not let vegetables brown. If they start to brown, turn down the heat.
4. While onions and garlic are cooking,
5. Add rehydrated TVP and stir to coat with garlic and onions.
6. Add hoisin sauce mixture and stir to combine. Bring to a simmer and cook for 5 minutes.
7. Serve over rolls, rice or noodles.

## BIG BATCH MEATLESS RED LENTIL SPAGHETTI SAUCE (VEGAN)



Makes: approx 16 cups / 4 liters

Prep time: 10 mins

Cook time: 45 mins

Total time: 55 mins

*A batch of this meatless sauce will make enough for several meals, so it's great to have on hand in the freezer for quick meatless weeknight dinners.*

### INGREDIENTS:

- 2 tablespoons / 30 ml vegetable oil
- 2 medium onions, finely chopped (about 3 cups / 750 ml)
- 4 cloves garlic, minced
- 1 cup / 250 ml red lentils
- 1-1/4 cup / 310 ml tomato paste (or two small 5.5 oz / 156 ml cans)
- 1/2 teaspoon / 2.5 ml salt
- 4 large cans (28 oz / 796 ml) diced tomatoes
- 3 tablespoons / 45 ml dried oregano
- 1-1/2 tablespoons / 22.5 ml dried basil
- 2 teaspoons / 10 ml dried rosemary
- 1-1/2 teaspoons / 7.5 ml dried thyme
- 1/4 cup / 60 ml balsamic vinegar
- 3 tablespoons / 45 ml brown sugar
- 1 teaspoon / 5 ml ground pepper
- 1/2 teaspoon / 2.5 ml salt
- 4 cups / 1 liter vegetable stock
- 1/2 cup / 250 ml whole grain bulgur

### DIRECTIONS:

1. Heat a stockpot or large saucepan over medium-low heat. When the pan is heated, add oil and swirl to coat pan. Add onions and cook until soft, about 3-5 minutes. *Don't let the onions brown. If they start to brown turn down the heat.*
2. Add garlic and cook for 1-2 more minutes.
3. Add lentils to pot and stir to coat with onion mixture. Toast for a minute or so, then add tomato paste and mix thoroughly. Cook the tomato paste for 3 - 5 minutes, stirring frequently to keep the paste from sticking.
4. While the onion mixture is cooking, whizz the tomatoes in a food processor or blender until they are well broken up. *(If you do not have a food processor or blender, omit this step. Breaking up the tomatoes gives a more consistent texture to the sauce, but it will taste fine either way.)*
5. Add the remaining ingredients except for bulgur (tomatoes, oregano, basil, rosemary, thyme, balsamic vinegar, brown sugar, ground pepper, salt and vegetable stock).
6. Bring the mixture to a simmer over medium heat, stirring regularly as lentils will tend to settle to the bottom of the pot and may stick. Cover and simmer for 25-30 minutes. Lentils should be softened but still hold their shape.
7. Stir bulgur into sauce. Simmer for an additional 10 -15 minutes. Remove sauce from heat and add more salt and pepper if needed. The lentils and bulgur will continue to soften as the sauce cools.
8. Let the sauce cool at room temperature for up to 1 hour, then divide into freezer containers and refrigerate until cool. Label and freeze.
9. Sauce will keep for up to 6 months in the freezer. Defrost in fridge or in microwave, then heat and serve.

## MEDITERRANEAN TORTELLINI (WITH SUN-DRIED TOMATOES, OLIVES AND ARTICHOKE HEARTS)



Serves: 6-8

Prep time: 20 mins

Cook time: 10 mins

Total time: 30 mins

*This dish, which can be made with items from the freezer and pantry, is a good one for winter days when the roads are icy.*

### INGREDIENTS:

#### Ingredients

4 cups / 1 liter uncooked tortellini  
1 tablespoon / 15 ml olive or vegetable oil  
1 medium onion, finely chopped (about 1 cup / 250 ml)  
3 cloves garlic, minced  
1/3 cup slivered sun-dried tomatoes (see note)  
12 Kalamata olives, pitted and sliced  
1/2 cup / 125 ml chopped artichoke hearts  
1/2 cup / 125 ml chopped spinach (I use thawed frozen spinach, squeezed dry and chopped)  
1/4 cup / 60 ml finely chopped fresh parsley (or 1 tablespoon / 15 ml dried)  
1-1/2 teaspoons / 7.5 ml dried oregano  
1 teaspoon / 5 ml dried basil  
1/4 teaspoon / 1.25 ml freshly ground pepper  
2 tablespoons / 30 ml balsamic vinegar  
1 cup / 250 ml crumbled feta cheese

### DIRECTIONS:

1. Bring a large pot of water to boiling point and add tortellini. Return to boiling point, then turn off heat and remove from the burner. Let the tortellini sit while you prepare the rest of the recipe.
2. Heat a large saucepan over medium heat. When the pan is heated, add the oil and swirl to coat pan. Add onions and cook for 2-3 minutes, or until onions begin to soften. Add garlic and cook for 1-2 minutes longer. Do not let vegetables brown. If they start to brown, turn down the heat.
3. Add the sun-dried tomatoes, olives, and artichoke hearts. Stir to coat with onion mixture and let cook for 1-2 minutes.
4. Add the spinach, parsley, oregano, basil, pepper and balsamic vinegar. Cook for an additional 5 minutes over low heat.
5. Drain the tortellini and toss with the onion mixture and feta cheese. Serve warm.

### Notes

*Sun-dried tomatoes in oil are far more expensive than dried tomatoes without oil. In this recipe you can use the dried tomatoes (without oil) without soaking them in water to soften them up. They will soften as they cook with the other ingredients. If you prefer, you can soak them for a couple of minutes in hot water before draining and using in the recipe.*

## BUTTERNUT CRANBERRY PASTA BAKE



Servings: 12

Prep time: 30 mins

Cook time: 45 mins

Total time: 1 hr 15 mins

*This dish is easy and can be prepared in advance, so it makes a great meatless option for a holiday meal.*

### INGREDIENTS:

- 4 cups / 1 liter uncooked pasta (use rotini, cavatappi or penne)
- 4 cups / 1 liter cooked, mashed butternut squash
- 2 tablespoons / 30 ml dried onions (or 1/2 cup / 125 ml chopped fresh onion)
- 1-1/2 teaspoons / 7.5 ml dried thyme
- 2 cups / 500 ml grated Gruyere cheese
- 1 teaspoon / 5 ml salt
- 1/2 teaspoon / 2.5 ml ground pepper
- 1 cup / 250 ml whipping cream
- 1-1/3 cups / 330 ml cranberry sauce (or 12 oz / 348 ml can - use whole berry, not jellied)

### Topping

- 2 cups / 500 ml breadcrumbs
- 1 tablespoon / 15 ml Dijon mustard
- 1 tablespoon / 15 ml olive oil
- 1/4 cup / 60 ml grated Parmesan or other hard cheese

### DIRECTIONS:

1. Cook pasta in a large pot of boiling salted water until tender. Drain and rinse with cold water to cool.
2. In large mixing bowl, stir together cooked squash, dried onion, thyme, salt, pepper and Gruyere cheese. Add cooked pasta and mix. Stir in whipping cream.
3. Lightly grease a large casserole dish. Spread half the pasta mixture into the dish. Spread cranberry sauce over, and top with remaining pasta.
4. **For topping:** In small bowl, mix breadcrumbs, mustard, olive oil and grated cheese. Top pasta with the crumb mixture.
5. Dish can be refrigerated for up to two days, or baked immediately. Bake in a 350 degree F / 176 degree C oven for 45-50 minutes until lightly browned. Add 15 minutes to baking time if the dish has been refrigerated before cooking.

### Recipe Notes

*You can cook a whole squash in your slow cooker.*

*Pierce the squash in one or two spots, then place directly in the slow cooker. Cover and cook on low for 3-4 (depending on your slow cooker). Let the squash cool. Cut in half and scoop out seeds, then peel or scrape the squash from the skin.*



## ONE POT PASTA AND LENTILS



Serves: 4-6

Prep time: 15 mins

Cook time: 20 mins

Total time: 35 mins

*You can vary this easy one-pot dish by adding different vegetable or herbs.*

### INGREDIENTS:

- 1 tablespoon / 15 ml vegetable oil
- 1 onion, chopped (1 cup / 250 ml)
- 2-3 cloves garlic, minced
- ½ teaspoon / 2.5 ml salt
- 2 cups / 500 ml uncooked pasta
- ½ cup / 125 ml red lentils
- 3 cups / 750 ml vegetable stock
- 1 28 oz / 796 ml can diced tomatoes
- 2 teaspoons / 10 ml dried oregano
- 1 teaspoon / 5 ml dried thyme
- ¼ teaspoon / 1.25 ml ground pepper
- 1 tablespoon / 15 ml lemon juice
- ¼ cup / 60 ml chopped parsley
- 2 cups / 500 ml chopped spinach (optional)
- ½ cup / 125 ml grated Parmesan (optional)

### DIRECTIONS:

1. Heat pan over medium heat. When pan is hot, add oil.
2. Add onions to pan and cook for 2-3 minutes until onions have softened. Add garlic and cook 1-2 minutes longer. Do not let onions and garlic brown. If they start to brown, turn down the heat.
3. Add salt. Stir to mix in with onions, then add pasta, lentils, vegetable stock, tomatoes, oregano, thyme, pepper and lemon juice.
4. Bring mixture to boiling point, then reduce heat to medium-low and cover. Simmer for 20 minutes, stirring occasionally to make sure mixture doesn't stick.
5. Remove lid. Add parsley (and spinach and Parmesan if using).
6. Heat for one minute longer (or until cheese has melted, if using).
7. Remove from heat and serve



## PUTTANESQUE SAUCE (VEGAN)



Serves: 6

Prep time: 10 mins

Cook time: 15 mins

Total time: 25 mins

*This sauce can be made ahead of time and warmed up before serving. You do not need to add salt to this recipe as it gets plenty from the olives, artichoke hearts and capers.*

### INGREDIENTS:

- 2 tablespoons / 30 ml olive oil
- 4-5 cloves garlic, sliced
- ¼ - ½ teaspoon / 1.25 - 2.5 ml chili flakes
- 1 tablespoon / 15 ml capers, rinsed and finely chopped (see note)
- 1 can (28 oz / 796 ml) diced tomatoes
- ½ cup / 125 ml roughly chopped Kalamata olives (about 12 olives)
- ½ cup / 125 ml roughly chopped marinated artichoke hearts
- 1 teaspoon / 5 ml dried basil
- 1 teaspoon / 5 ml dried oregano
- Fresh ground pepper to taste

### DIRECTIONS:

1. Place olive oil in a small bowl and stir in sliced garlic and chili flakes. Let the mixture sit while you prepare the rest of the ingredients.
2. Place a pan over medium heat and add the garlic mixture. Heat until the garlic is soft but not browned. Reduce the heat if the garlic starts to brown.
3. Add capers, tomatoes, olives, artichoke hearts, basil, oregano and pepper.
4. Bring to a simmer and cook for 15 minutes.
5. Remove from heat. Serve over pasta.

### Notes

*Capers are the tiny pickled buds of a Mediterranean bush. They add a pungent flavor to many dishes.*

*If you cannot find them or they are too expensive where you live, this dish will taste fine without them, so don't worry.*

## PUMPKIN SAGE SAUCE



Serves: 4-6

Prep time: 15 mins

Cook time: 10 mins

Total time: 25 mins

*This smooth sauce goes well over tortellini or other stuffed pastas, but can be used with any pasta you prefer. It's quick and easy to put together - perfect for a busy weeknight meal.*

### INGREDIENTS:

- 1 tablespoon / 15 ml butter
- 1 medium onion, finely chopped (1 cup / 250 ml)
- ½ - 1 teaspoon / 2.5 - 5 ml salt
- 3 tablespoons / 45 ml all-purpose flour
- 1 cup / 250 ml milk
- 1 cup / 250 ml pumpkin puree
- 1 teaspoon / 5 ml dried sage (or 1 tablespoon / 15 ml fresh)
- ½ teaspoon / 2.5 ml dried thyme (or 1-1/2 teaspoons / 7.5 ml fresh)
- ¼ teaspoon / 1.25 ml ground pepper
- 2 tablespoons / 30 ml whipping cream
- ¼ cup / 60 ml grated Parmesan

### DIRECTIONS:

1. Melt butter in medium saucepan.
2. Cook onion in the butter until softened, but not browned.
3. Add ½ teaspoon of salt and stir into onions.
4. Add the flour and stir thoroughly into onions. Cook, stirring to prevent sticking, for 2-3 minutes.
5. Add milk and stir until smooth.
6. When the milk is warm, and the sauce has begun to thicken slightly, add pumpkin puree, sage and thyme. Continue cooking until thickened.
7. Stir cream into sauce. Add grated Parmesan and stir until melted.
8. Add pepper. Taste and additional ½ teaspoon salt if needed.
9. Serve over hot cooked pasta, with additional grated cheese.

## QUICK AND EASY HOISIN NOODLES (VEGAN)



Serves: 4 servings as a main dish / 6-8 as a side dish

Prep time: 10 mins

Cook time: 10 mins

Total time: 20 mins

*Serve these noodles with a side of steamed vegetables and some crispy tofu for a complete meal. Or just serve them as is for a quick meal on the go.*

### INGREDIENTS:

#### Sauce:

- ¼ cup / 60 ml hoisin sauce
- 1 tablespoon / 15 ml soy sauce
- 1 tablespoon / 15 ml lime juice
- 1 clove garlic, minced (or ¼ teaspoon / 1.25 ml garlic powder)
- 1-1/2 teaspoons minced fresh ginger (or ½ teaspoon / 1.25 ml dried ginger)
- 1 tablespoon / 15 ml sweet chili sauce
- 1-1/2 teaspoons / 3.75 ml Dijon-style mustard
- 1-1/2 teaspoons / 3.75 ml brown sugar

#### Noodles:

- 1 tablespoon vegetable oil
- 4 cups / 1 liter cooked or fresh noodles (I use udon noodles - about 1-1/2 lbs / 800 g)
- 3 green onions, chopped

#### Garnish

1 tablespoon / 15 ml sesame seeds

### DIRECTIONS:

#### Prepare sauce:

1. In small mixing bowl, stir together all sauce ingredients (hoisin, soy, lime juice, garlic, ginger, chili sauce, mustard and brown sugar) until smooth. Set aside.

#### Prepare noodles:

1. Heat a frying pan or large saucepan over med-low heat. When the pot is hot, add the oil and swirl to coat the bottom of the pan.
2. Add the noodles and toss to coat with oil. Cook 1-2 minutes, stirring to keep noodles from sticking. Add chopped onions and toss with noodles.
3. Add sauce and toss with noodles. Cook for 5 minutes. Noodles should be well-coated with the sauce and warmed through. Remove noodles from heat and place in serving dish. Sprinkle with sesame seeds.
4. Noodles can be eaten warm or cold. Store leftover noodles in covered container in fridge for 1-2 days.

## READY IN AN INSTANT RED LENTIL DAHL (VEGAN)

*Make multiple batches of this dahl to keep on hand for quick dinners. Wrap leftovers with rice in a tortilla or roti for lunch.*



Serves: 6

Prep time: 5 mins

Cook time: 20 mins

Total time: 25 mins

### INGREDIENTS:

- 1 cup / 250 ml uncooked red lentils
- 3 tablespoons / 45 ml dehydrated onions
- ½ teaspoon / 2.5 ml garlic powder
- Spice mix (see note)
- To cook: 4 cups / 1 liter water or vegetable stock

### DIRECTIONS:

1. Place lentils, onions, garlic powder and spice mix in a jar. Cover and store until needed.
2. Best if used within 6 months.

#### To cook:

3. Empty lentils into a medium saucepan. Add 4 cups water or vegetable stock. Bring to a boil, then reduce heat to medium-low and simmer for 20 minutes. Stir occasionally to prevent sticking.
4. Serve over rice or potatoes, or with flatbread.

### NOTE:

#### Spice Mix:

1 tablespoon / 15 ml cumin  
1-1/2 teaspoons / 7.5 ml coriander  
1 teaspoon / 5 ml salt  
1 teaspoon / 5 ml cinnamon  
1 teaspoon / 5 ml ginger  
1 teaspoon / 5 ml paprika  
1 teaspoon / 5 ml turmeric  
1/2 teaspoon / 2.5 ml mustard powder  
1/2 teaspoon / 2.5 ml ground pepper

**Or substitute 2-3 tablespoons of prepared curry powder**

## SPLIT PEA BARLEY STEW (VEGAN)



Serves: 8 servings

Prep time: 15 mins

Cook time: 30 mins

Total time: 45 mins

*You can use pearl or pot barley in this stew. If you use pot barley, you will need to cook it for a slightly longer time, and may need to add more than the 1 cup / 250 ml of water specified in the recipe.*

### INGREDIENTS:

- 2 tablespoons / 30 ml oil
- 2 onions, chopped (about 2 cups / 500 ml)
- 4 cloves garlic, minced
- ½ teaspoon / 2.5 ml salt
- 1 tablespoon / 15 ml molasses
- 2 large carrots, diced (about 2 cups / 500 ml)
- 4 stalks celery, chopped (about 1-1/2 cups / 375 ml)
- 1 cup / 500 ml yellow split peas
- ½ cup / 125 ml barley
- 8 cups / 2 liters vegetable stock
- 2 tablespoons / 30 ml parsley
- 1 teaspoon / 5 ml thyme
- ½ teaspoon / 2.5 ml sage
- ½ teaspoon / 2.5 ml ground pepper
- 1 cup / 250 ml water
- ½ teaspoon / 2.5 ml salt
- 1 tablespoon / 15 ml lemon juice

### DIRECTIONS:

1. Heat a large saucepan or pot over medium heat. When the pot has heated, add the oil and swirl to coat pan. Add onions and cook for 2-3 minutes until they start to soften. Add garlic and cook for 1-2 minutes longer. Do not let the onions or the garlic start to brown. If they start to brown, turn down the heat.
2. Add salt and molasses and stir to coat onions. Cook for 1 minute, stirring frequently.
3. Add carrots, celery, split peas, and barley. Stir to coat and let cook for one more minute.
4. Add vegetable stock, parsley, thyme, sage and ground pepper.
5. Bring mixture to a boil, uncovered, then reduce heat to a simmer and cover.
6. Let the stew simmer for 20 minutes, stirring occasionally.
7. Add water, and cook, covered, for an additional 10 minutes, stirring occasionally to keep stew from sticking to bottom of pan. When split peas are tender, add remaining salt and lemon juice.
8. Let stew cool for 10 minutes, then serve. It will thicken as it cools.

*If you are preparing the stew in advance, you can thin it with stock or water if you prefer it to be less thick.*



## SLOW COOKER BAKED BEANS (VEGAN)



Serves: 8 servings

Prep time: 20 minutes

Cook time: 8 hours

Total time: 8 hours

*Use a 4.5 quart / 4.5 liter slow cooker for best results.*

### INGREDIENTS:

- 1 lb / 454 g navy beans (or small white beans)
- 2 tablespoons / 30 ml vegetable oil
- 2 cups / 500 ml finely chopped onion
- 1-1/2 cups / 375 ml tomato paste or sauce
- 1 teaspoon / 5 ml salt
- 1/2 cup / 125 ml brown sugar
- 1/4 cup / 60 ml molasses, maple syrup, honey or additional brown sugar
- 1/4 cup / 60 ml cider vinegar
- 1 teaspoon / 5 ml dried mustard
- 1 teaspoon / 5 ml dried ginger
- 1/2 teaspoon / 2.5 ml ground pepper
- Boiling water

### DIRECTIONS:

1. In large saucepan, cover beans with fresh water and bring to a boil. Boil beans for 10 minutes.
2. While beans are cooking, heat a pan over medium-low heat. Add oil to heat pan and swirl to cover pan.
3. Add onions and cook until soft. Add tomato sauce or paste and stir to coat onions. Cook for 1-2 minutes.
4. Add salt, brown sugar, molasses, mustard, ginger and pepper. Cook, stirring for 5 minutes and remove from heat.
5. Add cooked beans to slow cooker and spoon tomato sauce over. Stir to coat beans. Cover beans with boiling water so that there is an inch of water above the beans. Cover and turn slow cooker to high. Cook on high for one hour, then reduce heat and cook for 8-10 hours (the time will vary depending on your slow cooker.)
6. If the beans still seem liquidy at the end of the cooking them, remove the lid of the slow cooker and turn the heat up to high. Let cook for 30 minutes to reduce the sauce.

## SLOW COOKER REFRIED BEANS (VEGAN)

*Before I cook any beans in the slow cooker, I always boil them for 10 minutes on the stovetop. While this is not absolutely necessary for pinto beans, it is a precaution that I take when cooking slow-cooking all beans.*

*Boiling for 10 minutes neutralizes the toxin phytohaemagglutinin which is present in many varieties of beans. This toxin can cause severe gastrointestinal problems at fairly low doses. It is particularly a problem with kidney beans, so boiling kidney beans is absolutely essential. (In fact, I wouldn't recommend using a slow cooker at all for kidney beans.)*



Yield: 6 cups / 1.5 liters

Prep time: 15 mins

Cook time: 6 hours

Total time: 6 hours 15 mins

### INGREDIENTS:

- 2-1/2 cups / 625 ml uncooked pinto beans
- 4-5 cloves garlic, sliced
- 1 onion, finely chopped (about 1 cup / 250 ml)
- 1 tablespoon / 15 ml cumin
- 2 teaspoons / 10 ml chili powder (optional)
- 1 tablespoon / 15 ml dried oregano
- 1 teaspoon / 5 ml salt
- ½ teaspoon / 2.5 ml ground pepper
- 4 cups / 1 liter vegetable stock
- 1 tablespoon / 15 ml lime juice

### DIRECTIONS:

1. Place beans and garlic in a large saucepan and cover with cold water. Bring beans to a boil over high heat, then reduce heat to medium-high and boil, uncovered, for 10 minutes.
2. Drain beans and place in **4-qt / 4 liter slow cooker**. Add onion, cumin, chili powder (if using), oregano, salt, pepper and vegetable stock. Stir to combine.
3. Place lid on slow cooker and turn to high. Cook on high for one hour, then reduce heat to low and cook for 3-4 hours. (Or start on slow and cook for 5-6 hours.) To test if beans are cooked, mash one bean with the back of a spoon. It should mash easily and the center should be smooth without any dry bits. *The cooking time can vary depending on your model of slow cooker and the age of the beans. Older beans generally take longer to cook.*
4. When beans are cooked, mash with a potato masher until the beans have a texture you like. If you prefer a very smooth mash, you can whizz them in the food processor or blend them with an immersion blender.)
5. Stir lime juice into mashed beans. Serve, use in a recipe, or store in fridge for up to 4 days.

## SLOW COOKER TACO POTATOES



Serves: 6 main dish servings / 8-10 side dish servings

Prep time: 10 mins

Cook time: 3 hours

Total time: 3 hours 10 mins

*You can substitute 2 tablespoons of taco seasoning for the cumin and chili powder. You can serve this as a side dish, or as a meatless main dish. As a main dish, offer some guacamole, salsa and sour cream on the side.*

### INGREDIENTS:

- 4 medium potatoes (approximately 1 lb / 500 g)
- 1 medium onion, finely chopped (about 1 cup / 250 ml)
- 1 tablespoon / 15 ml olive oil
- 1 teaspoon / 5 ml salt
- ¼ teaspoon / 1.25 ml ground pepper
- 1 tablespoon / 15 ml cumin
- 1 tablespoon / 15 ml chili powder
- 1 tablespoon / 15 ml oregano
- 2 cups / 500 ml cooked black beans
- 1 cup / 250 ml prepared salsa
- 1 cup / 250 ml grated cheese (optional)

### DIRECTIONS:

1. Scrub potatoes and cut into 1-inch / 2.5 cm cubes. Place in slow cooker with onions. Toss with olive oil. Add salt, pepper, cumin, chili powder and oregano and toss to coat potatoes evenly.
2. Spread black beans over potatoes and top evenly with salsa.
3. Turn slow cooker to high and cook for 2-1/2 to 3 hours, or until potatoes are tender.
4. Remove lid from dish and sprinkle cheese over (if using). Let the cheese sit for 5 minutes or until melted.
5. If serving as a main dish, offer with guacamole, salsa and sour cream.

### Notes

*This recipe was tested in a 4 quart / 4 liter oval shaped slow cooker. Each slow cooker is different, so the cooking time may vary. Test the potatoes after 2-1/2 hours and continue cooking if needed.*