



Nourishing compassion for our bodies, the earth and all beings.

Easy Recipes Regularly Enjoyed by the Plant Powered Earth Holders

Breakfasts

Easy Fruited Oats Breakfast (makes 1 serving)

It doesn't get much simpler than this for a filling, delicious, unprocessed breakfast! This is a great idea for breakfast on-the-go because the oats soften after soaking for a short period of time!

¼ - ¾ cup rolled oats
cinnamon and nutmeg, to taste
¼ to 1 cup soy, rice, almond milk
Fresh fruit and dried fruit of choice
Ground flax seeds
Other nuts and seeds of choice
1 teaspoon liquid sweetener, such as maple syrup (optional)

1. Place raw rolled oats in a bowl.
2. Sprinkle on a layer of cinnamon and small amount of nutmeg.
3. Stir in ½ - 1 cup soy, rice or almond milk or other dairy alternative.
4. Top with seasonal fruit: blueberries, bananas, strawberries, apples, peaches, raisins (as examples) and a small amount of sweetener, if desired.
5. Top with small amount of nuts or seeds of choice: walnut, ground flax, pumpkin, sunflower seeds.
6. Stir and enjoy!
(Add more dairy alternative, if needed.)

Recipe by Veg-Appeal, www.veg-appeal.com

Banana Nut Oat Clusters (makes 12 clusters, depending on size; one serving is about 3 clusters)
1/2 cup raisins, chopped dates, or dried cranberries
2 tablespoons warm water to soak dried fruit
2 medium bananas, mashed
1 1/2 cups old-fashioned oats
2 tablespoons of peanut or almond butter (optional)
1/2 cup chopped walnuts or almonds
1/4 cup unsweetened coconut (optional)
1 teaspoon vanilla
1/2 teaspoon cinnamon
Olive oil or canola oil for oiling cookie sheet

1. Add 2 tablespoons of warm water to dates or raisins and soak for 10 minutes. (If dried fruit is moist, no need to soak.)
 2. Preheat oven to 325 degrees.
 3. Combine the mashed bananas and the oats (and peanut butter, if using). Add the nuts, coconut, vanilla, cinnamon, and the soaked dates, raisins, or cranberries. Mix well.
 4. Scoop a heaping tablespoon of mixture and place onto a slightly oiled cookie sheet. Continue with the remaining batter.
 5. Bake for 13 minutes or until golden brown.
- Recipe by Veg-Appeal, www.veg-appeal.com

Breakfast Rice Pudding (6 1/2-cup servings)

2 cups cooked brown rice (left-over rice is great!)
1 1/2 cups vanilla-flavored rice, soy, or almond milk
¼ cup raisins
2 tablespoons maple syrup
1 teaspoon vanilla extract
1/4 teaspoon cinnamon

In a medium saucepan combine all ingredients and bring to a slow simmer. Cook uncovered, stirring occasionally, for about 10 to 20 minutes, or until thick. Serve hot or cold.

Modified from recipe from [Foods That Fight Pain](#) by Neal Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.

Lunches

Quick Bean Burritos (makes 4 servings)

These colorful burritos wrap up a perfect balance of flavor and nutritional value and are versatile enough that you can add any leftover vegetable, grain, or bean that is in your refrigerator! Arugula, basil, mint, and cilantro add wonderful flavor!

- 1 15-ounce can low-fat or fat-free vegetarian refried beans
- 1 cup cooked brown rice (you may use cooked quinoa instead, or leave out this ingredient if you don't have any on hand)
- 1/2 -2/3 cup (defrosted) frozen corn - optional
- 4 whole-wheat or whole wheat & corn tortillas (preferably low-fat)
- 1 cup shredded romaine lettuce or any other dark green lettuce or spinach
- 1/2 cup chopped red cabbage
 - 1/2 cup salsa
 - 1/2 cup guacamole or 8 slices avocado
- 1 lime, cut in half (optional)
- 1. Heat beans, rice and corn all together in small saucepan or in microwave until warmed through.
- 2. Heat a tortilla until it is warm and soft, in a large skillet, microwave, or over the flame of a gas stove.
- 3. Spread about 3/4 cup of the beans/rice/corn down the center of the tortilla, then top with 1/4 cup lettuce, 2 tablespoons salsa, 2 tablespoons guacamole or 2 slices of avocado, and a small amount of the red cabbage.
- 4. Squeeze on a little bit of the lime, if desired.
- 5. Fold the bottom end toward the center, then roll the tortilla around the filling.
- 6. Repeat with remaining tortillas, or let those dining make their own.

Recipe by Marge Wurgel

Quickie Quesadillas (makes 4 servings, 1 quesadilla each)

This makes a fast meal, when combined with a salad and piece of fruit. Hummus may be refrigerated for a few days. The quesadillas won't hold together the same as cheese quesadillas, but they are delicious!

- 8 sprouted multi-grain (such as Food for Life brand), whole wheat, or corn tortillas (for food-to-go, sprouted multi-grain tortillas hold up really well)
 - 1 cup of roasted red pepper hummus
 - 1/2 cup chopped green onions
 - 1/2 cup diced tomatoes
 - 1/2–1 cup salsa, to taste
1. Spread a tortilla with 2 tablespoons of hummus and place on a large skillet, hummus side up, over medium heat. Sprinkle with onions, tomatoes, and salsa.
 2. Top with a second tortilla and cook until bottom tortilla is warm and soft, 2 to 3 minutes. Gently turn over, careful not to empty the ingredients, and cook second side for another minute. Remove from the pan and cut in half. Repeat with remaining tortillas.
 3. To make more than one at a time, these may also be made by placing them on a cookie sheet, broiling one side until it just starts to get golden, removing the pan, flipping the quesadillas over, then broiling the other side.

Recipe from The Survivor's Handbook: Eating Right for Cancer Survival, by Neal D. Barnard, M.D.

Simple and Delicious Sandwich (makes 1)

- 2 slices whole grain bread or 1 whole wheat bagel cut in half
 - 1/4 cup hummus (any type, esp roasted red pepper)
 - 2 slices of fresh tomato
 - 2 leaves of lettuce or a few leaves of arugula
 - 1/2 avocado, sliced
 - 3 slices of Tofurky Brand Smoked Turkey Sandwich "Meat" (optional)
 - Slices of any other of your favorite veggies or shredded carrots (optional)
1. Start with bread/bagel as it is or toast it.
 2. Put hummus on both sides of the bread/bagel.
 3. Add avocado and other veggies.



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Dinners

Simple Veggie Stir-Fry with Peanut Sauce (makes 4 servings; prep time: 15 minutes; cooking time: 8 minutes)

Prepare all vegetables and measure all ingredients before you start cooking, as the stir-frying happens quickly. If you are really in a hurry, you can stir-fry the main ingredients and at the end just add soy sauce or salt instead of making the sauce, or use a purchased sauce and add just before cooking has completed. Other vegetables that work very well in stir-fry dishes include: green or yellow bell peppers, mushrooms, bok choy, cauliflower, and celery.

Sauce

- 3 tablespoons soy sauce OR gluten-free tamari
- ¼ cup peanut butter
- 2 tablespoons water
- 1 tablespoon vinegar of your choice
- 1 tablespoon maple syrup
- 1/8 teaspoon crushed red pepper flakes or cayenne pepper (optional)

Stir-Fry Ingredients

- ¼ cup water or veggie broth (have some extra on hand)
- 1 cup chopped red onion
- 2 cloves garlic, finely chopped
- 1-2 cup diagonally sliced carrots, less than 1/4 inch thick
- 1 large red bell pepper
- 3-4 cups small broccoli florets
- 1 (16-oz) package extra firm tofu cut into small cubes OR 1 15-ounce can (or 1 ½ cups) of your favorite beans, drained

1. Combine the sauce ingredients, mix well, and set aside.
2. Heat the water/veggie broth in a wok or large skillet over medium-high heat. Add veggies and garlic and stir-fry for about 6 minutes or until just crisp-tender (adding extra water/broth, if needed).
3. Add in the tofu cubes or beans.
4. Add the sauce and continue cooking, while stirring, for 1-2 minutes.

Recipe by Marge Wurgel

Any Veggie Coconut Curry (makes 6 servings)

The vegetables listed below are favorites, but any vegetables you have on hand can be used along with the non-dairy milk and spices. If you decide to use coconut milk, it is important to note that this product has a high fat content and should be used in moderation. Try lite coconut milk to get the sweet nutty coconut flavor without all the fat. Cauliflower, squash, and sweet potatoes are other tasty choices. This is a great way to use up "going-bad" fresh or frozen vegetables! Serve over rice or your favorite whole grain. Stored in a covered container in the refrigerator, leftover Any Veggie Coconut Curry will keep for up to 3 days.

3 cups cooked brown rice, bulgar or whole wheat noodles
1 cup lite coconut milk, or 1 cup non-dairy milk + 1 teaspoon coconut extract
1 cup fresh or frozen green peas
1 15-ounce can garbanzo beans, drained and rinsed, or 1 1/2 cups cooked garbanzo beans
8 mushrooms, sliced
2 cups chopped broccoli florets, or 1 10-ounce package frozen chopped broccoli florets
3 cups chopped kale
1 medium potato or sweet potato (peeling optional)
1 pinch cayenne pepper
1/2 teaspoon turmeric
1 teaspoon ground cumin
1 1/2 tablespoons curry powder
1/4 cup vegetable broth or water
3 large carrots, cut into rounds or chopped
4 garlic cloves, minced or pressed (about 4 teaspoons)
1 large onion, chopped
3 tablespoons reduced-sodium soy sauce

1. In a large saucepan, sauté onion, garlic, and carrots in vegetable broth or water on medium-high heat until onion become translucent.
2. Add curry, cumin, turmeric, and cayenne. Cook for 2 to 4 minutes, stirring often.
3. Add potato, kale, broccoli, mushrooms, beans, peas, and coconut milk or non-dairy milk mixture. Cover and reduce heat to medium-low. Simmer for 10 to 20 minutes, stirring occasionally, until potato can be pierced easily with a fork.
4. Sprinkle with soy sauce before serving. Serve over rice or noodles.

Recipe from *The Survivor's Handbook: Eating Right for Cancer Survival* by Neal D. Barnard, M.D. and Jennifer Reilly, R.D.



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Yamadillas

This is an easy, healthy variation on the classic quesadilla. We like to have these with a green salad for a simple supper. This kid-friendly recipe makes quite a large amount. However, Yamadillas store well overnight in the refrigerator. Reheated on the griddle the next day, they'll taste just like they were freshly made.

- 2 pounds garnet yams, peeled and diced or cut into chunks
- 2 tablespoons vegetable broth
- 2 teaspoons fresh lime juice
- 1-2 teaspoons minced chipotle peppers in adobo sauce (or any thick, spicy salsa)
- 1-2 teaspoons ground cumin
- 1 teaspoon minced garlic
- 1 can (15 ounces) or 1 ½ cups black beans, drained and rinsed
- 8 whole wheat tortillas
- Fresh salsa of your choice

1. Put the yams in a stainless-steel saucepot with enough water to cover. Bring to a boil, then reduce the heat and simmer, covered, until soft, about 12 minutes. Drain the water and add the vegetable broth to the yams. Mash with a potato masher until quite smooth, then stir in the lime juice, chipotle, cumin, and garlic. Mix well, stir in the black beans, and mix again.
2. Heat a nonstick griddle or large skillet over medium heat. Spread some of the yam mixture on half of a tortilla, then fold it over and flatten. Place the folded tortilla on the griddle and cook it for about 2 1/2 minutes on each side, flipping several times to make sure it doesn't burn. Repeat with the remaining yam mixture and tortillas. Serve topped with salsa and/or guacamole.

Recipe slightly modified from the original by Mary McDougall in *Forks Over Knives*

Pan-Seared Portobello Mushrooms (makes 4 servings)

These giant mushrooms make a hearty, meat like entree. Serve them with brown rice, pasta, or couscous. You may also make a sandwich with them.

- 4 large Portobello mushrooms
- 2 teaspoons olive oil
- 2 tablespoons red wine or water
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon balsamic vinegar
- 2 garlic cloves, pressed
- ½ teaspoon dried oregano

1. Clean mushrooms, trimming stems flush with bottom of caps.
2. Mix oil, wine or water, soy sauce, vinegar, garlic, and oregano in a large skillet. Heat until mixture begins to bubble, then add mushrooms, top side down.
3. Reduce to medium heat, cover and cook 3 minutes. If the pan becomes dry, add 2 to 3 tablespoons of water.
4. Turn mushrooms and cook second side until tender when pierced with a sharp knife, about 5 minutes. Serve hot.

Recipe by Jennifer Raymond, M.S., R.D., from *Healthy Eating for Life for Women* by Kristine Kieswer

Easy Polenta and Beans

Here is a quick and easy supper idea invented by Plant Powered Earth Holder Eve Heidtman's husband, Denis. They like to have this with steamed peas and some fruit. If their 6'3" son is home, they increase the polenta and add blue corn chips.

1 cup polenta (coarse corn meal)
2/3 cup water
1 tablespoon oil
1 small onion (about 6 oz.)
1-2 cloves garlic
1 green pepper, chopped
1-2 cups thickly sliced mushrooms
1 can black beans, drained and rinsed
about 1/4 c. salsa
a few tablespoons of black bean dip mix (such as Fantastic Foods brand)*
about 1/3 cup water
2 2/3 c. water
1/4 tsp. salt
1 or 2 tomatoes, chopped

1. Soak the polenta in 2/3 c. water and set aside.
2. In a large frying pan, saute the onion and garlic in the oil. After a few minutes, stir in the green pepper and mushrooms. When the vegetables are getting soft, stir in the black beans, salsa, bean dip powder and water. (*If you don't have bean dip mix, you may be able to get the sauce effect by mashing some beans in water.)
3. Place the 2 2/3 cups of water and salt in a saucepan and bring to a boil.
4. Stir in the polenta and turn down to low. Stir so it doesn't burn on the bottom. It will thicken in just a couple of minutes.
5. When the beans and veggies are hot and you have achieved a nice sauce (add water as needed), add the chopped tomatoes and cook a couple more minutes until they are hot.
6. Scoop the polenta onto plates and top with the bean mixture. Enjoy!



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Curried Red Lentils with Barley or Rice

A quick, easy and satisfying soup. It is delicious over steamed cauliflower.

1 cup red lentils
1/2 cup barley or rice
6 cups water
1/2 cup chopped onion
1-2 cloves minced garlic
3/4 teaspoon salt
1/2 teaspoon minced fresh ginger root (or powdered ginger)
1/4 teaspoon turmeric
1 1/2 teaspoon curry powder (Madras suggested)
1 teaspoon cumin
1 or 2 potatoes, skin on or off, cubed (optional)
Chopped tomato and/or cilantro for garnish

1. Simmer the lentils, barley or rice, onion, garlic, salt and spices in the water about 20 minutes.
2. Add the potato cubes and cook 15 or 20 more minutes.
3. Just before serving, add a little chopped tomato and/or cilantro. Recipe from Faith, a member of the Thursday Night Sangha, Portland

Mindful Pine Nut Tofu

'This is quite possibly the best dinner ever'--Laura

4 teaspoons pine nuts
1 tablespoon low-sodium soy sauce
1/2 teaspoon black pepper
8 ounces firm tofu, drained and sliced crosswise into 1/2-inch-thick slices
2 teaspoons olive oil
2 medium garlic clove(s), minced
6 cups Swiss chard, fresh, rinsed well and chopped

1. Set a large nonstick skillet over medium-high heat. When pan is hot, add pine nuts and sauté until golden brown, shaking the pan often to prevent burning, about 3 minutes; remove pine nuts from pan and set aside.
2. Combine soy sauce and pepper in a shallow dish. Add tofu; turn to coat.
3. Heat oil in the same pan over medium-high heat. Add tofu and sear until golden brown, about 2 minutes per side. Remove tofu from pan using a spatula and cover with foil to keep warm; set aside.
4. Add garlic to the same pan and sauté until just golden, about 2 minutes; add Swiss chard and cook until wilted, about 30 seconds.
5. Transfer Swiss chard to individual plates and top with seared tofu and pine nuts.

Side Dishes

Vo Su Chard

Vo Su is the invitation to 'businesslessness'. No-effort. That's what this chard recipe is.

2 bunches of chard—wash well, remove ribs, chop coarsely
Lemon juice
Salt and pepper

After rinsing the chard, shake lightly (don't dry), lightly salt.

1. Put in stock pot at medium heat and cover. Cook for about 5 minutes until wilted a bit.
2. Remove cover and let the rest of the water steam out.
3. Remove to a colander and let cool for about 20 minutes.
4. Refrigerate until ready to eat.
5. When ready to eat, sprinkle with lemon juice and fresh ground pepper.

Carrots, Zucchini, and Mint a la Pierre Franey

All you need for this are carrots, zucchini, mint, olive oil, and 10 minutes!

1. Cut three carrots and two zucchinis into bite-sized pieces—rounds or sticks.
 2. Heat olive oil and add carrots. Cover and cook for a few minutes until half-cooked.
 3. Add zucchini and cover, shaking occasionally, and cook about 5 minutes more until all are crisp-tender.
 4. Sprinkle with mint, salt, and pepper.
- Enjoy!

Carrots Provencal

You can still be plant-based and eat French food. This is a wonderful recipe from Patricia Wells Cooks in Provence.

2 tablespoons olive oil
2 pounds peeled carrots, sliced diagonally
1 head of plump garlic, peeled and cloves halved
Sea salt to taste
30 good quality black olives, pitted and halved (Kalamata or French Nyons work well)

- In a large skillet, heat oil until hot but not smoking.
- Add carrots, stir to coat with oil, and stir.
- Reduce heat to moderate.
- Cover and braise for 20 minutes, stir regularly.
- Add the garlic, season with salt, and stir.
- Reduce heat to low and continue to cook until carrots are almost caramelized and garlic is soft and tender, about 15 minutes more.
- Sprinkle with olives, stir and taste for seasoning.
- Serve hot or at room temperature.



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Roasted Cauliflower

Blasting cauliflower florets in a hot oven concentrates their natural sweetness, turning them into something akin to vegetable candy. Stick in the oven and then go get in the hammock with the dog.

1 medium head cauliflower cut into 1 1/2-inch-wide florets (8 cups)

2 tablespoons extra-virgin olive oil

1/4 teaspoon salt

1. Put oven rack in middle position and preheat oven to 450°F.
2. Toss cauliflower with oil and salt in a large bowl.
3. Spread in 1 layer in a large shallow baking pan (1 inch deep) and roast, stirring and turning over occasionally, until tender and golden brown, 25 to 35 minutes. Really let it cook down.
Make a LOT!

Desserts

Stuffed Dates

This incredibly simple, naturally sweet recipe is satisfying and delicious. It's even elegant enough to serve to dinner guests.

Dates (Medjool are the best)

Nut butter (natural peanut, almond, or cashew)

Whole blanched almonds (toasted, unblanched almonds are also wonderful)

1. Carefully slit dates with a sharp knife and remove pits
2. Fill slit with about 1/2 teaspoon nut butter
3. Gently press in 1 almond
4. If desired, slightly warm stuffed dates for a few seconds in the microwave (be careful not to do it too much!)

Recipe by Jo Stepaniak in *Breaking the Food Seduction* by Neal Barnard, M.D.

Banana "Ice Cream" (serves 2)

Preparation time: 5 minutes (if bananas are already frozen)

Note: *This is best eaten right away, as re-freezing this will leave you with a solid, slightly icy block.*

2 large, ripe bananas, peeled, sliced or chunked and frozen in a plastic bag

Up to about 3/4 cup soy or almond milk (start with 1/2 cup)

1 teaspoon vanilla

Optional – add one of the following:

1/4 cup raw walnuts or cashews

1 teaspoon peanut butter

1 teaspoon carob powder or cocoa powder

Sprinkling of nutmeg, cinnamon or pumpkin pie spice

To be really decadent, put in both carob/cacao and peanut butter!

1. Put frozen banana, vanilla, and 1/2 cup soy/almond/rice milk in a high speed blender (adding nuts, peanut butter, or carob/cocoa if you are using any of them). If it's too thick to blend, add a bit of "milk", testing the desired thickness.
2. Blend until you reach the consistency of ice cream that you want, adding more "milk" if necessary.
3. If using nutmeg, cinnamon or pumpkin pie spice, sprinkle on after putting in serving dishes.

Recipe by Marge Wurgel