

**ANTIOCH MISSIONARY BAPTIST CHURCH OF CAROL CITY
EMPOWERMENT FAST
DINNER RECIPES**



Ancient Grain and Vegetable Patties

- 2 cups water or vegetable stock
- 2/3 cup millet, rinsed, and drained
- 1/3 cup quinoa, rinsed, and drained
- 1/2 t. salt
- 1/2 t. dried basil
- 1/4 t. dried oregano
- 1/4 t. dried thyme
- 1/8 t. freshly ground black pepper
- 1/2 cup raw almonds
- 1/2 cup raw sunflower seeds
- 3/4 cup red onion, finely diced
- 1 T. olive oil, plus additional for oiling cookie sheet
- 1/2 cup baby bella mushrooms (or other mushrooms of choice), roughly chopped
- 1/3 cup carrot, finely diced
- 1/3 cup celery, finely diced
- 1/3 cup red pepper, destemmed, deseeded, and diced
- 1 T. garlic, minced
- 1 cup spinach or Swiss chard, triple washed, patted dry, and roughly chopped
- 3 T. quinoa flour or brown rice flour

2 T. tamari, soy sauce, or Bragg Liquid Aminos
2 T. freshly chopped parsley
1 T. balsamic vinegar
1 t. hot pepper sauce
2 T. cornmeal

In a medium saucepan, place the water, and bring to a boil. Add the millet, quinoa, salt, basil, oregano, thyme, and pepper, stir to combine, and return the mixture to a boil. Cover the saucepan, reduce the heat to low, and simmer the grains for 18-20 minutes or until all of the water has been absorbed. Remove the saucepan from the heat and set aside to cool. Meanwhile, in a dry non-stick skillet, place the almonds and sunflower seeds and cook them over medium heat for 3-5 minutes or until lightly toasted and fragrant. Transfer them to a small bowl to cool. In the same skillet, saute the red onion in the olive oil for 3 minutes to soften. Add the mushrooms, carrot, celery, and red pepper, and continue to saute an additional 5 minutes or until the vegetables are crisp tender. Add the garlic and saute an additional 1 minute. Remove the skillet from the heat.

Transfer the slightly-cooled grains to a medium bowl. Finely chop the toasted almonds and sunflower seeds and add them to the cooked grains. Add the sauteed vegetable mixture, along with the remaining ingredients except the cornmeal, and stir well to combine. Using a little olive oil, lightly oil (or mist with oil) a non-stick cookie sheet and set aside. Place the cornmeal on a small plate. Using a 1/2 cup measuring cup, portion the grain-vegetable mixture into 6 patties. Dust the patties on all sides with the cornmeal and place them on the prepared cookie sheet. Bake at 350 degrees for 25-30 minutes or until lightly browned. Serve the patties plain or with your choice of condiments.

Yield: 6 patties

Barbecued Seitan Strips

1 cup vital wheat gluten
3 T. nutritional yeast flakes
2 t. onion powder
1 t. garlic powder
1 cup water or vegetable stock
safflower oil, for oiling pan
1 cup [Sweet and Spicy Barbecue Sauce](#)

In a medium bowl, place the vital wheat gluten, nutritional yeast, onion powder, and garlic powder, and stir well to combine. Using your hands, mix the water into the dry ingredients, and work into a soft dough that will feel very moist to the touch. Using a little safflower oil, lightly oil (or lightly mist) a 9-inch square baking pan. Transfer the dough to the prepared pan, and using your hands, flatten the dough to evenly cover the

bottom of the pan. Using a sharp knife, cut the dough into 8 strips lengthwise, turn the pan a quarter turn, and then make one cut through the middle widthwise to form 16 pieces. Bake the seitan for 20 minutes at 350 degrees. Prepare the Sweet and Spicy Barbecue Sauce according to the recipe instructions. After 20 minutes of baking, remove the pan from the oven. Spread a little of the Sweet and Spicy Barbecue Sauce over each of the puffed strips. Return the pan to the oven and bake an additional 12-15 minutes. Serve the strips as an appetizer or main dish, or chop and use to add flavor to soups, salads, grains, and side dishes.

Yield: 16 Seitan Strips

Sweet and Spicy Barbecue Sauce

1 dried New Mexico chile
water
1 1/2 cups onion, diced
1 T. safflower oil
1 T. garlic, minced
1 - 28 oz. can tomato puree
1/2 cup Sucanat (or brown sugar from sugar beets)
1/4 cup apple cider vinegar
1 T. brown mustard
1 t. salt
1/4 t. cumin
1/4 t. freshly ground black pepper

Begin by removing the stem and seeds from the dried New Mexico chile. Place the chile in a small bowl, cover with cold water, and set aside for 10-15 minutes to rehydrate. In a medium saucepan, saute the onion in the safflower oil for 5 minutes or until lightly browned. Add the garlic and saute an additional 1 minute. When the chile has rehydrated, transfer it to a cutting board and finely mince it. Add the minced chile, along with the remaining ingredients to the saucepan and stir well to combine. Reduce the heat to low and simmer the sauce for 20 minutes. Taste and adjust the seasonings, to taste. Use as a sauce for sandwiches and main dishes, or to add flavor to sauces, grains, vegetables, or side dishes.

Yield: 4 Cups

Jazzman Jambalaya

1 - 8 oz. pkg. multigrain tempeh
1/4 cup olive oil, divided
2 T. [Creole Seasoning](#), divided
2 T. tamari or soy sauce
1 1/2 cups onion
1 cup celery, diced
1 cup green pepper, destemmed, deseeded, and diced
1 cup red pepper, destemmed, deseeded, and diced
1 jalapeno, destemmed, deseeded, and diced
1 1/2 cups basmati rice (or other white rice), rinsed
2 T. garlic, minced
2 cups vegetable stock or water
2 cups tomato, deseeded, and diced (or 1 - 14 oz. can diced tomatoes)
1 bay leaf
1 t. salt
1 - 15 oz. can red beans, drained, and rinsed
1/2 cup green onion, thinly sliced
1/4 cup freshly chopped parsley



Using your fingers, crumble the tempeh into small pieces onto a plate. In a large pot, saute the tempeh in 2 T. olive oil for 5 minutes. Sprinkle 1 T. [Creole Seasoning](#) over the tempeh and saute an additional 1 minute. Add the tamari, stir well to coat the tempeh, and continue to cook an additional 2-3 minutes or until the liquid has evaporated. Transfer the tempeh to a plate and set aside. In the same pot, saute the onion, celery, green pepper, red pepper, and jalapeno in the remaining 2 T. olive oil for 5 minutes to soften. Add the rice and garlic, stir well to combine, and continue to cook an additional 2-3 minutes or until the rice turns opaque. Add the vegetable stock, tomatoes, remaining Creole Seasoning, bay leaf, and salt, and bring the mixture to a boil. Cover, reduce the heat to low, simmer for 20-25 minutes or until the rice is tender and most of the liquid is absorbed. Remove the lid, add the reserved tempeh and remaining ingredients, stir well to combine, and recover the pot. Remove the pot from the heat and let sit for 10 minutes to allow the flavors to blend. Can be served as a side dish, main dish, or as a filling for wraps or sandwiches.

Serves 6-8

Salt-Free Creole Seasoning

3 T. paprika
2 T. garlic powder
2 T. onion powder

1 T. dried basil
1 T. dried oregano
1 T. cayenne pepper
1 T. freshly ground black pepper
1 T. white pepper
1 1/2 t. dried thyme
1 t. dry mustard

In a small bowl, stir together all of the ingredients. Store in an airtight container in a cool place.

Yield: 3/4 cup

Baked Five-Spice Seasoned Tofu

1 lb. firm tofu
1 cup vegetable stock
1/4 cup soy sauce
2 T. toasted sesame oil
1 T. garlic, minced
1 T. ginger, minced
1 T. sesame seeds
1/2 t. Chinese five-spice powder

Wrap the block of tofu in a clean, lint-free towel, place it in a colander, and place the colander in the sink. Place a plate over the towel-covered tofu, then a heavy can or other weight on top, and leave to press for 30 minutes. Remove the tofu from the towel and cut into 1/2-inch thick slices. Lightly oil (or spray with oil) a 9 x 13-inch baking pan, place the tofu slices in a single layer in the baking pan, and set aside.

In a small bowl or measuring cup, whisk together the remaining ingredients, and pour the mixture over the tofu slices. Bake at 350 degrees for 15 minutes. Remove the baking pan from the oven, carefully flip over the tofu slices, and bake an additional 10-15 minutes or until all of the liquid has been absorbed. Use as slices or dice for use in salads, sandwiches, vegetable or grain side dishes, or add to stir fries. Stores in an airtight container in the refrigerator for 5-7 days.

Yield: 1 lb. or 8-9 slices

Black Bean Chili-Topped Baked Sweet Potatoes

4 large sweet potatoes, washed well (do not peel)
1/2 cup onion, diced
1 1/2 t. olive oil
1/2 cup green pepper, destemmed, deseeded, and diced
1/2 cup Roma tomatoes, destemmed, deseeded, and diced
2 t. garlic, minced
1/2 t. chili powder
1/2 t. ground cumin
1/4 t. salt
1/8 t. freshly ground black pepper
1 - 15 oz. can black beans, rinsed, and drained
1 - 8 oz. can tomato sauce
hot pepper sauce, to taste

Using a fork, pierce the skins of the sweet potatoes in several places. Place an oven-proof rack on a cookie sheet and place the sweet potatoes on the rack. Bake at 400 degrees for 60-75 minutes or until the sweet potatoes feel soft when gently squeezed. While the sweet potatoes are baking, prepare the black bean chili. In a medium saucepan, saute the onion in the olive oil for 3 minutes to soften. Add the green pepper and saute an additional 3-4 minutes or until the vegetables are tender. Add the tomatoes, garlic, and seasonings, and saute an additional 2 minutes. Add the black beans, tomato sauce, and season to taste with hot pepper sauce, stir well to combine, and simmer the chili for 10 minutes. Taste and adjust seasonings, to taste. Remove the saucepan from the heat. When the sweet potatoes are tender, remove the cookie sheet from the oven and leave the sweet potatoes on the rack to cool for 5 minutes. For each serving, place one sweet potato on a plate or in a bowl, split it open, ladle some of the black bean chili over the top, and serve.

Serves 4

Blueberry Corncakes

1 1/4 cups whole wheat pastry flour, divided
3/4 cup cornmeal
1 1/4 t. baking powder
1/2 t. baking soda
1/4 t. sea salt
1 1/3 cups soy milk, rice milk, or other non-dairy milk of choice

1/2 cup apple juice or water
10 oz. fresh or frozen blueberries
safflower oil

Place 2 T. of the whole wheat pastry flour in a medium bowl and set aside. In a large bowl, place the remaining whole wheat pastry flour, cornmeal, baking powder, baking soda, and salt, and stir well to combine. In a small bowl, place the soy milk and apple juice, and whisk well to combine. Add the wet ingredients to the dry ingredients and stir until just mixed. Place the blueberries in the medium bowl with the reserved whole wheat pastry flour and gently toss to thoroughly coat the blueberries with the flour. Gently fold the blueberries into the batter.

Using a little safflower oil, lightly oil a large non-stick skillet (or griddle), and place it over medium heat. Using a 1/4 cup measuring cup, portion the batter into the hot skillet, and cook until the corncakes have bubbles on top and the edges are slightly dry, about 3 minutes. Using a spatula, carefully flip over the corncakes and cook an additional 2-3 minutes or until golden brown. Transfer the corncakes to a non-stick cookie sheet and place in a 200 degree oven to keep warm while continuing with the remaining batter. Lightly oil the skillet again with a little safflower oil and repeat the cooking procedure for the remaining batter. Serve the corncakes with your choice of jams, preserves, syrups, or fresh fruit.

Yield: 16 pancakes

Curried Grilled Tofu Cutlets

2 lbs. firm tofu, patted dry
2 cups [Curry and Herb Marinade](#)

Cut each block of tofu in half lengthwise. Turn each half cut-side down on the board, and cut through the outer edge of the block of tofu 3 times to yield 4 tofu cutlets from each half. This means that each block of tofu will yield 8 tofu cutlets. On a large cookie sheet, place a clean, lint-free towel, or a layer of natural, unbleached paper towels, then all of the tofu cutlets in a single layer, followed by another layer of toweling, and finally place another large cookie sheet on top. Place several large cans or something very heavy on top of the cookie sheet and leave tofu to sit for 1 hour. This process is known as cutting tofu into cutlets and pressing. I use this technique a lot as it makes the texture of the tofu much firmer.

Cover the bottom of a large casserole dish with a third of the marinade, place the pressed tofu cutlets on top, and pour the remaining marinade over the top. Cover, place in the refrigerator, and leave to marinate for 1 hour. Place the cutlets on a hot grill and cook for 7-8 minutes per side or until lightly browned around the edges. Transfer the grilled cutlets to a platter and serve two cutlets per person.

Serves 8

Curry and Herb Marinade

3 cups orange or yellow pepper, destemmed, deseeded, and diced
3/4 cup white wine or white grape juice
1/3 cup shallot, finely chopped
1/3 cup lemon juice
1/3 cup olive oil
3 T. Bragg Liquid Aminos or tamari
4 t. curry powder
1/4 t. salt
1/8 t. pepper
1/3 cup freshly chopped basil
1/3 cup freshly chopped parsley

In a blender, place all of the ingredients, except the chopped basil and parsley, and blend for 1-2 minutes or until thoroughly combined. Add the herbs and blend an additional 10 seconds. Transfer marinade to a bowl. Use as a marinade for vegetables or soy products.

Yield: 3 Cups

Curried Vegetable Kebabs

16 large florets of broccoli
16 large florets of cauliflower
16 button mushrooms, wiped clean
2 large red onions, each cut into 8 wedges
2 green peppers, destemmed, deseeded, and cut into 16 pieces
2 orange or yellow peppers, destemmed, deseeded, and cut into 16 pieces
2 red peppers, destemmed, deseeded, and cut into 16 pieces
1 eggplant, destemmed and cut into 1-inch cubes
1 cup [Curry and Herb Marinade](#)
8 bamboo skewers

Fill a pot with water and bring it to a boil. Add broccoli and cook 1-2 minutes or until it turns bright green. Remove the broccoli with a slotted spoon and immediately plunge into a bowl of ice water to stop the cooking process. Remove the broccoli from the ice water and allow to dry on a towel. Repeat the same process with the cauliflower. Thread the vegetables onto the skewers in the following order: 1 button mushroom, 1 wedge of red onion, 2 pieces of orange pepper, 2 cauliflower florets with the tops facing outward, 2 pieces of green pepper, 2 pieces of eggplant, 2 pieces of red pepper, 2 broccoli florets

with the tops facing outward, 1 wedge of red onion, and end with 1 button mushroom. Repeat the same procedure for the remaining skewers. Place the skewers in a large casserole dish, pour the marinade over the top of the kabobs, and rotate them a bit to fully coat with the marinade. Cover, place in the refrigerator, and allow to marinate for 1 hour. Place the skewers on a hot grill, turn them over often, and cook until lightly charred on all sides, approximately 10 minutes total cooking time. Transfer the kabobs to a large platter and serve 1 kabob per person.

Serves 8

Curry and Herb Marinade

3 cups orange or yellow pepper, destemmed, deseeded, and diced
3/4 cup white grape juice
1/3 cup shallot, finely chopped
1/3 cup lemon juice
1/3 cup olive oil
3 T. Bragg Liquid Aminos or tamari
4 t. curry powder
1/4 t. salt
1/8 t. pepper
1/3 cup freshly chopped basil
1/3 cup freshly chopped parsley

In a blender, place all of the ingredients, except the chopped basil and parsley, and blend for 1-2 minutes or until thoroughly combined. Add the herbs and blend an additional 10 seconds. Transfer marinade to a bowl. Use as a marinade for vegetables or soy products.

Yield: 3 Cups

Tempeh Maple Sausage

2 - 8 oz. pkgs. tempeh, cut into cubes
2 t. Herbes de Provence
1 t. garlic powder
1 t. onion powder
1/4 t. freshly ground black pepper
1/2 cup whole wheat flour
1/2 cup apple, peeled, cored, and finely chopped
1/4 cup maple syrup
2 T. apple juice
2 T. safflower oil, plus additional for oiling pan
2 T. tamari

Begin by placing the cubes of tempeh in a steamer basket, steam for 15 minutes, and then set aside to cool. Using your fingers, crumble the steamed tempeh into a medium bowl. Add the Herbes de Provence, garlic powder, onion powder, and pepper, and toss well to thoroughly coat the tempeh with the seasonings. Add the remaining ingredients and stir well to combine.

Line a cookie sheet with a piece of parchment paper and set aside. Using a 1/4 cup measuring cup, portion the sausage patties by lightly filling the measuring cup with the tempeh mixture and gently pack into the cup with the back of a spoon. Flip the measuring cup over on to the prepared cookie sheet and give it a tap to release the patty. Repeat the portioning procedure for the remaining tempeh mixture, yielding 10 patties. Place the cookie sheet in the refrigerator and chill the patties for 1 hour or more.

Using a little safflower oil, lightly oil a non-stick skillet and place it over medium heat. In batches, cook the tempeh sausage patties until well browned, about 5-7 minutes. Carefully flip them over with a spatula and cook the patties an additional 5 minutes or until golden brown and crisp around the edges. Add additional safflower oil to the skillet, as needed, to prevent the patties from sticking between batches. Serve as a side dish, a sandwich filling, or crumble the cooked sausage patties on pizza, or use to add to sauces or main dishes.

****Note:** These tempeh sausage patties can be prepared in larger batches, precooked, and frozen in an airtight container for later use. Then simply reheat in the oven or in a nonstick skillet until heated through.

Yield: 10 sausage patties

Soybean Patties with Brown Bean Gravy

Soybean Patties:

1 cup dry soybeans, sorted, and rinsed
1 1/4 cups pecans
1 cup vegetable stock or water
2 T. Ener-G Egg Replacer
2 T. water
2 cups quick cooking oats
1 cup onion, finely diced
1/2 cup celery, finely diced
1/3 cup soy sauce

2 T. nutritional yeast flakes
1/4 t. freshly ground black pepper
safflower oil, for cooking patties

Brown Bean Gravy:

1 - 15 oz. can soybeans, drained, and rinsed
3/4 cup vegetable stock
1/2 cup onion, finely diced
1/4 cup nutritional yeast flakes
2 T. soy sauce
1 t. garlic, minced
1/2 t. salt
1/4 t. pepper
1/4 t. rubbed sage

Place the dry soybeans in a bowl, cover with water, and place in the refrigerator to soak overnight. Place the pecans on a cookie sheet and bake at 350 degrees for 5 minutes or until lightly toasted and fragrant. Remove the pecans from the oven and set aside to cool. Transfer the cooled pecans to a food processor and pulse a few times to finely chop them. Transfer the finely chopped pecans to a small bowl and set aside. Wipe out the food processor for use again.

Drain the soaked soybeans, place them in the food processor with the vegetable stock, and blend for 1-2 minutes or until smooth. In a large bowl, whisk together the egg replacer and water, for 1 minute or until very frothy. Add the soybean puree, chopped pecans, and the remaining soybean patties ingredients, and stir well to combine. Set the soybean patties mixture aside for 10 minutes to allow the flavors to blend and the oats to rehydrate.

Lightly oil (or spray) a large baking dish with a little safflower oil and set aside. Lightly oil (or spray) a non-stick skillet with a little safflower oil and place over medium heat. Using a 1/3 cups measuring cup, portion the soybean mixture into patties and slightly flatten them. Cook the patties for 3-5 minutes per side or until lightly browned. Transfer the cooked patties to the prepared baking dish and set aside.

To make the gravy, in a blender or food processor, place all of the gravy ingredients, and blend until smooth and creamy. Transfer the bean gravy mixture to a small saucepan. Place the saucepan over low heat and simmer the gravy, while stirring often, until heated through. Taste and adjust seasonings, as needed. Spoon a little of the gravy over the soybean patties and then bake the patties at 350 degrees for 20-25 minutes or until heated through. Serve the soybean patties topped with additional gravy. Serve as a side dish, main dish, or as a sandwich filling.

Yield: 6 servings

Sunday Brunch Frittata

1 1/2 cups potatoes, peeled, and diced
1 1/2 T. safflower oil
3/4 cup onion, diced
3/4 cup red pepper, destemmed, deseeded, and diced
3/4 cup zucchini, diced
1 T. garlic, minced
1/3 cup green onion, thinly sliced
1/3 cup Roma tomatoes, deseeded, and diced
1/4 cup freshly chopped parsley
1 lb. firm tofu, crumbled
1/2 cup soy milk, rice milk, or other non-dairy milk of choice
2 T. arrowroot
2 T. nutritional yeast flakes
1 1/2 t. agar-agar flakes
1 t. Dijon mustard
1 t. salt
1/8 t. turmeric
1/8 t. white pepper

In a non-stick skillet, saute the potatoes in the safflower oil for 5 minutes. Add the onion and saute an additional 3 minutes. Add the red pepper, zucchini, and garlic, and saute an additional 3 minutes. Add the green onion, tomato, and parsley, and saute an additional 1 minute to soften them. Remove the skillet from the heat. Lightly oil a 10-inch quiche pan or spring-form pan and set aside. In a food processor, place the remaining ingredients and process for 2 minutes or until it forms a smooth puree. Pour half of the tofu mixture into the prepared quiche pan, then all of the cooked vegetable mixture, and top with the remaining tofu mixture. Using a spoon, slightly swirl the two mixtures together, and then smooth the top. Bake at 375 degrees for 35-45 minutes or until the filling is firm to the touch and dry on the top. Remove the frittata from the oven and allow to cool for 15 minutes before cutting. Serve warm, cold, or at room temperature.

Yield: One 10-inch frittata

Spinach and Roasted Red Pepper Layered Tempeh Loaf

3 red peppers, destemmed, deseeded, and cut into quarters lengthwise
olive oil

2 - 8 oz. pkgs. tempeh, cut into 1-inch cubes
1 cup onion, finely diced
1 T. olive oil
1 1/2 T. garlic, minced
1 - 10 oz. pkg. spinach, triple washed, destemmed, and roughly chopped
3 cups water
1/3 cup tamari
1/3 cup ketchup
1/3 cup peanut butter
4 cups TVP (textured vegetable protein) granules
1 cup rolled oats
2 t. dried basil
2 t. dried oregano
1 t. dried thyme
1/4 t. freshly ground black pepper
1 cup whole wheat flour
1/4 cup freshly chopped parsley
3 T. nutritional yeast flakes

Place the red peppers, skin side up, on a cookie sheet. Using your fingers, coat the skins with a little of the olive oil. Place the peppers under the broiler and broil for several minutes or until the skin has charred and blackened. Remove the cookie sheet from the oven, place the peppers in a brown bag, and allow them to cool in the bag for 15 minutes. Remove the peppers from the bag, remove and discard the blackened skins, place the peppers on a plate, and set aside.

Meanwhile, place the cubes of tempeh in a steam basket, and steam the tempeh for 20 minutes. Remove the tempeh from the steamer basket and allow it to cool for 15 minutes. Using your fingers, crumble the tempeh into small pieces, place it in a small bowl, and set aside. In a non-stick skillet, saute the onion in olive oil, for 5-7 minutes or until lightly browned. Add the garlic and saute an additional 2 minutes. Remove the skillet from the heat, transfer the onion mixture to a plate, and set aside. In the same skillet, place the roughly chopped spinach, cook over medium heat for 1-2 minutes or until just wilted, transfer to a plate, and set aside.

In a saucepan, combine the water, tamari, ketchup, and peanut butter, and bring to a boil. In a large bowl, place the TVP, oats, basil, oregano, thyme, and pepper, and stir well to combine. Pour the hot tamari mixture over the TVP mixture, stir well to combine, and set aside for 10 minutes to rehydrate. Add the crumbled tempeh, sauteed onion mixture, flour, parsley, and nutritional yeast flakes, stir well to combine, and set aside for 5 minutes to allow the flavors to blend.

Lightly oil (or spray with a light mist of oil) two 9x5x3-inch loaf pans. To assemble each meatless loaf: place 3 cups of the tempeh-TVP mixture in the prepared loaf pan. Press it

firmly to cover the bottom and sides of the pan, cover with 1/4 of the roasted red peppers, evenly layer half of the wilted spinach, cover with another 1/4 of the roasted peppers, top with another 2 cups of the tempeh-TVP mixture, and press down slightly to pack the layers down.

Repeat the procedure for the remaining loaf pan. Bake at 375 degrees for 35-45 minutes or until heated through and browned on top. Allow the loaves to sit in the pans for 10 minutes, then invert them on to a large plate or platter, and slice each loaf into 8 pieces with a sharp knife.

*Leftover slices make an excellent sandwich filling.

Yield: Two 9x5x3-inch loaves or 16 slices

Raw Vegetable Lasagne Extravaganza!

- 1/4 cup green pepper, destemmed, deseeded, and finely diced
- 1/4 cup red pepper, destemmed, deseeded, and finely diced
- 1/4 cup carrot, finely diced
- 1/4 cup celery, finely diced
- 2 T. green onion, minced
- 1-2 medium zucchini, very thinly sliced on the diagonal (need 24 slices)
- 1/4 cup [Garlic and Herb Marinade](#), divided
- 1 recipe of [Artichoke Paté](#)
- 1 recipe of [Tomato and Herb Paste](#)

Begin the raw lasagne by preparing the marinated vegetables. In a small bowl, place the green pepper, red pepper, carrot, celery, and green onion, and stir to combine. In medium bowl, place the slices of zucchini, drizzle 2 T. of the Garlic and Herb Marinade over the zucchini, and move the slices of zucchini around in the bowl to thoroughly coat the slices with the marinade. Add the remaining 2 T. of the Garlic and Herb Marinade to the chopped vegetable mixture and toss well to combine. Place the zucchini slices and chopped vegetable mixture in the refrigerator and leave them to marinate for several hours to soften them slightly and infuse them with the flavors of the marinade.

Remove the marinating vegetables from the refrigerator. Prepare the Artichoke Paté and Tomato and Herb Paste according to their recipe instructions. Assemble the pieces of lasagne on a large platter. To assemble each piece of raw lasagne: place one slice of the marinated zucchini, carefully spread 1 T. of the Artichoke Paté over the slice of zucchini, then 1 T. of the chopped marinated vegetables, followed by 1 t. of the Tomato and Herb Paste, repeat the layers, and place a slice of zucchini on top. Repeat the layering procedure with the remaining ingredients. Serve 2 or more pieces per person.

Serves 3-4

Garlic and Herb Marinade

1/4 cup water
1/4 cup lemon juice
1/4 cup olive oil
1/4 cup freshly chopped basil
1/4 cup freshly chopped parsley
4 t. garlic, minced
sea salt and freshly ground black pepper, to taste

In a small bowl, place all of the ingredients, season to taste with salt and pepper, and whisk well to combine. Transfer the mixture to an airtight container and store in the refrigerator. Use as a marinade or dressing, or to add flavor to sauces, salads, grains, or other side dishes.

Yield: 1 Cup

Artichoke Pate

1/2 cup raw almonds
water
2 T. raw pine nuts
3/4 cup artichoke hearts, quartered
2 T. water
2 t. lemon juice
2 t. garlic, minced
1/4 t. sea salt

Begin by placing the almonds in a small bowl, cover them with water, place them in the refrigerator, and leave them to soak overnight to loosen their skins. Remove the almonds from the water, squeeze each almond between your thumb and forefinger to remove the skin, place them on a towel, and set them aside to dry. In a blender or food processor, place the almonds and pine nuts, and process for 1-2 minutes to finely grind them. Scrape down the sides of the container, add the remaining ingredients, and process for 1-2 minutes to form a smooth puree. Taste and adjust seasonings, as needed. Transfer the mixture to an airtight container and store in the refrigerator. Serve as a dip or spread for vegetables, crackers, or breads, as a sandwich filling, or to add flavor to sauces, dressings, salads, grains, or other side dishes.

Yield: 1 1/4 Cups

Tomato and Herb Paste

8 sun-dried tomatoes
water
2 T. freshly chopped basil
2 T. freshly chopped parsley
1 T. garlic, minced
1 T. olive oil
1/8 t. sea salt

In a small bowl, place the sun-dried tomatoes, cover them with water, and set them aside for 20-25 minutes to rehydrate. Drain the water from the sun-dried tomatoes, but reserve it for use in the recipe. Transfer the rehydrated tomatoes to a food processor, add 3 T. of the soaking liquid (saving the remainder for use in another recipe), and process for 1 minute. Scrape down the sides of the container, add the remaining ingredients, and process for 1-2 minutes to form a smooth puree. Taste and adjust seasonings, to taste. Transfer the mixture to an airtight container and store in the refrigerator. Serve as a dip or spread for vegetables, crackers, or breads, as a sandwich filling, or to add flavor to sauces, dressings, salads, grains, or other side dishes.

Yield: 1/2 Cup

Rainbow Vegetable Curry with Basmati Rice

4 cups water
2 cups basmati rice, rinsed well
2 cups red onion, cut into half moons
1 T. olive oil
2 T. unbleached flour
2 cups vegetable stock
2 T. curry powder
1 delicata or acorn squash, peeled, deseeded, and cut into 1-inch cubes
2 cups broccoli, cut into small florets
2 cups cauliflower, cut into small florets
2 cups carrot, sliced
1 cup red pepper, destemmed, deseeded, and diced
1 cup orange or yellow pepper, destemmed, deseeded, and diced
1 - 14 oz. can coconut milk
1/2 cup frozen peas, thawed
3 T. freshly chopped mint
1/2 t. salt
1/4 t. freshly ground black pepper

In a large saucepan, place the water, and bring it to a boil. Add the basmati rice, cover, reduce heat to low, and simmer for 15 minutes. Remove the saucepan from the heat, do not lift the lid, and set aside for 5 minutes to allow the rice to steam. Meanwhile, in a large pot, saute the red onion in olive oil for 5 minutes or until soft. Add the flour, stir well to coat the onions, and cook an additional minute while stirring constantly to slightly cook the flour. Add the vegetable stock and curry powder, stir well, and cook over medium heat for 2-3 minutes or until slightly thickened. Add the squash, broccoli, cauliflower, carrot, red pepper, and orange pepper, and stir well to thoroughly coat the vegetables with the broth mixture. Cover, reduce heat to low, and simmer for 20 minutes or until the vegetables are tender. Add the remaining ingredients, stir well, and simmer an additional 3-5 minutes to allow the flavors to blend. Taste and adjust the seasonings as needed. Fluff the basmati rice, transfer the rice to a large platter, and top with the vegetable curry.

Serves 6-8

Radiant Beet and Kale Penne Pasta

1 1/2 cups onion, diced
2 T. olive oil, divided
4 cups beets, peeled, and diced
8 cups lacinato kale (also called dinosaur kale), or other kale variety, roughly chopped
1 T. garlic, minced
3 T. freshly chopped dill
1 T. freshly chopped thyme
3/4 t. salt
1/2 t. freshly ground black pepper
1 lb. whole wheat penne, rigatoni, or farfalle pasta
2 T. nutritional yeast flakes

In a large non-stick skillet, saute the onion in 1 T. of the olive oil for 3 minutes to soften. Add the beets and continue to saute the mixture an additional 7-8 minutes, or until the beets are crisp-tender. Add the kale and garlic and saute an additional 3 minutes. Add the fresh herbs, salt, and pepper, continue to saute the mixture until the kale starts to wilt, and then remove the skillet from the heat. Meanwhile, in a large pot of salted boiling water, cook the penne pasta until al dente. Remove 1 cup of the pasta cooking liquid and set aside. Drain the penne pasta well and return it to the large pot. Add the reserved cooking liquid, remaining 1 T. of olive oil, and nutritional yeast, and toss well to thoroughly coat the cooked pasta. Add the sauteed vegetable mixture to the pasta, toss well, and watch the pasta turn a vibrant rosy color. Transfer the mixture to a large platter or bowl for service.

Serves 6-8

Mushroom and Eggplant Cakes

1 cup onion, diced
1/2 cup red pepper, destemmed, deseeded, and diced
1/2 cup orange or yellow pepper, destemmed, deseeded, and diced
2 T. olive oil
1 1/2 lbs. eggplant, peeled, and cut into 1/2-inch cubes
1 cup baby bella mushrooms or other mushrooms of choice, roughly chopped
2 T. garlic, minced
2 T. dry sherry
2 T. balsamic vinegar
1/4 cup freshly chopped basil
1/4 cup freshly chopped parsley
2 T. freshly chopped rosemary
1 t. salt
1/2 t. freshly ground black pepper
1/3 cup whole wheat flour
2 T. nutritional yeast flakes
3/4 cup breadcrumbs
1/4 t. paprika

In a large non-stick skillet, saute the onion and both types of peppers in the olive oil for 5 minutes to soften. Add the eggplant and saute an additional 5 minutes. Add the mushrooms and garlic and saute an additional 3 minutes. Add the dry sherry and balsamic vinegar, reduce the heat to low, and simmer for 3 minutes. Add the fresh herbs, salt, and pepper, and continue to simmer the vegetable mixture until the vegetables are tender. Remove the skillet from the heat and set aside to cool. When the mixture is cool, transfer the mixture to a large bowl, add the flour and nutritional yeast, and stir well to combine.

Lightly oil a non-stick cookie sheet and set aside. Place the breadcrumbs on a plate, toss them with the paprika, and set aside. Divide the vegetable mixture into 12 portions. Using your hands, roll each portion into a ball, and flatten them slightly to form cakes. Press the cakes into the breadcrumbs, covering them evenly on all sides. Place the cakes on the prepared cookie sheet. Repeat the procedure for the remaining vegetable mixture. Cover and chill the cakes for 2 hours or overnight. Bake at 375 degrees for 5-7 minutes or until golden brown, flip the cakes over, and bake them an additional 5-7 minutes or until golden brown on the other side. Serve two cakes per person.

Yield: 12 cakes or 6 servings

Moroccan Vegetable Stew with Herbed Couscous

2 cups onion, diced
2 t. olive oil
1 T. tomato paste
5 cups vegetable stock, divided
2 cups acorn or delicata squash, peeled, deseeded, and cut into 1-inch pieces
2 cups butternut squash, peeled, deseeded, and cut into 1-inch pieces
1 1/2 cups turnips, peeled, and cut into 1-inch pieces
1 1/2 cups carrot, cut in half lengthwise, and cut into 1-inch pieces
1 1/2 cups celery (including the green tops), cut into 1-inch pieces
1 1/2 T. ground cumin
2 t. paprika
1 t. salt
1/2 t. freshly ground black pepper
2 cups cabbage, cut into 1-inch pieces
1 1/2 cups zucchini, cut in half lengthwise, and cut into 1-inch pieces
1 - 15 oz. can chickpeas, drained and rinsed
1/3 cup freshly chopped Italian parsley
2 cups couscous
1/2 t. salt
2 T. freshly chopped dill

In a large pot, saute the onion in olive oil for 5 minutes or until soft. Add the tomato paste, stir well to coat the onions, and saute an additional minute to release its flavor. Add 2 cups vegetable stock, acorn squash, butternut, turnips, carrot, celery, cumin, paprika, salt, and pepper, and stir well to combine. Cover, reduce the heat to low, and simmer for 20 minutes. Add the cabbage, zucchini, and chickpeas, stir well, cover, and simmer an additional 15 minutes or until the vegetables are tender. Add 3 T. chopped parsley, taste, and adjust seasonings as needed. Meanwhile, in a large saucepan, place the remaining 3 cups vegetable stock, and bring to a boil. Add the couscous and salt, cover, remove from the heat, and set aside for 5 minutes. Fluff the couscous with a fork and stir in the remaining chopped parsley and chopped dill, and fluff lightly to incorporate. Serve individual servings in bowls and top with a sprinkle of additional ground cumin, if desired.

Serves 8-10

Jazzman Jambalaya

1 - 8 oz. pkg. multigrain tempeh
1/4 cup olive oil, divided
2 T. [Creole Seasoning](#), divided
2 T. tamari or soy sauce
1 1/2 cups onion
1 cup celery, diced
1 cup green pepper, destemmed, deseeded, and diced
1 cup red pepper, destemmed, deseeded, and diced
1 jalapeno, destemmed, deseeded, and diced
1 1/2 cups basmati rice (or other white rice), rinsed
2 T. garlic, minced
2 cups vegetable stock or water
2 cups tomato, deseeded, and diced (or 1 - 14 oz. can diced tomatoes)
1 bay leaf
1 t. salt
1 - 15 oz. can red beans, drained, and rinsed
1/2 cup green onion, thinly sliced
1/4 cup freshly chopped parsley

Using your fingers, crumble the tempeh into small pieces onto a plate. In a large pot, saute the tempeh in 2 T. olive oil for 5 minutes. Sprinkle 1 T. [Creole Seasoning](#) over the tempeh and saute an additional 1 minute. Add the tamari, stir well to coat the tempeh, and continue to cook an additional 2-3 minutes or until the liquid has evaporated. Transfer the tempeh to a plate and set aside. In the same pot, saute the onion, celery, green pepper, red pepper, and jalapeno in the remaining 2 T. olive oil for 5 minutes to soften. Add the rice and garlic, stir well to combine, and continue to cook an additional 2-3 minutes or until the rice turns opaque. Add the vegetable stock, tomatoes, remaining Creole Seasoning, bay leaf, and salt, and bring the mixture to a boil. Cover, reduce the heat to low, simmer for 20-25 minutes or until the rice is tender and most of the liquid is absorbed. Remove the lid, add the reserved tempeh and remaining ingredients, stir well to combine, and recover the pot. Remove the pot from the heat and let sit for 10 minutes to allow the flavors to blend. Can be served as a side dish, main dish, or as a filling for wraps or sandwiches.

Serves 6-8

Salt-Free Creole Seasoning

3 T. paprika
2 T. garlic powder
2 T. onion powder
1 T. dried basil

1 T. dried oregano
1 T. cayenne pepper
1 T. freshly ground black pepper
1 T. white pepper
1 1/2 t. dried thyme
1 t. dry mustard

In a small bowl, stir together all of the ingredients. Store in an airtight container in a cool place.

Yield: 3/4 cup