

Healthy Carrot Muffins

12 muffins

INGREDIENTS

- 1 3/4 cups white or reg whole wheat flour
- 1 1/2 tsp baking powder
- 1 tsp ground cinnamon
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 2 cups peeled and grated carrots
- 1/2 cup roughly chopped walnuts
- 1/2 cup raisins, reg or golden
- 1/3 cup melted coconut oil or olive oil
- 1/2 cup maple syrup or honey
- 2 eggs, preferably at room temperature
- 1 cup plain Greek yogurt
- 1 tsp vanilla extract
- 1 Tbsp turbinado sugar for topping

INSTRUCTIONS

1. Preheat oven to 425°F. Grease muffin tin with butter or non-stick cooking spray.
2. In a large mixing bowl, combine the flour, baking powder, cinnamon, baking soda, salt, ginger and nutmeg. Blend well with a whisk. In a separate small bowl, toss the raisins with 1 tsp flour so they don't stick together. Add the grated carrots, chopped walnuts and floured raisins to the other ingredients and stir to combine.
3. In a medium mixing bowl, combine the oil and maple syrup and beat together with a whisk. Add the eggs and beat well, then add the yogurt and vanilla and mix well. If the coconut oil solidifies in contact with cold ingredients, gently warm the mixture in the microwave in 30 second bursts.
4. Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are ok). Divide the batter evenly between the 12 muffin cups. Sprinkle the tops of the muffins with turbinado sugar. Bake muffins for 13 to 16 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
5. Place the muffin tin on a cooling rack to cool. If you have leftover muffins, store them covered at room temperature for two days, or in the refrigerator for up to 4 days. Freeze leftover muffins for up to 3 months.

ITALIAN-STYLE HEALTHY EGG MUFFINS

Hurry The Food Up

INGREDIENTS

- 6 sun-dried tomatoes in oil
- 4 cherry tomatoes
- 2 spring onions
- 6 eggs
- 3.5 oz (100 g) low fat feta cheese
- (½ tsp) Salt to taste
- 1 tsp olive oil
- ⅓ cup (3 g) basil, fresh

INSTRUCTIONS

1. Preheat the oven to 390°F.
2. Chop the **spring onions**, **cherry tomatoes**, **sun-dried tomatoes** and **basil**.
3. In a mixing bowl whisk sun-dried tomatoes, cherry tomatoes, basil, spring onions, **eggs** and **salt** together.
4. Crumble in the **feta cheese** and stir one more time.
5. Grease the muffin slots with **olive oil**. Pour the mix evenly into the muffin slots.
6. Bake for 20 minutes.

Quick Red Lentil Soup (v) (vegan except for optional garnish)

INGREDIENTS

vegetable oil

1 finely chopped onion*

1 c. red lentils

1 can (13-16 oz.) crushed or diced tomatoes

4 c. vegetable stock

salt

Seasonings: basil (or spices like ginger, cumin, garam masala)

Optional: sour cream or plain yogurt for garnish

*If you like, add other vegetables, like finely chopped celery and shredded carrots, and simmer for a few minutes in the stock before adding the tomatoes and lentils.

INSTRUCTIONS

1. Fry onion in oil until soft.
2. Add lentils, tomatoes, and stock.
3. Bring to a boil, then simmer about 20 minutes, stirring as needed.
4. Season to taste with salt, basil (1 tsp. or more dry, or 4 fresh basil leaves), or spices, if you prefer.
5. If desired, serve with a small dollop of sour cream or plain yogurt.

Black Rice and Pistachio Salad (v)

INGREDIENTS

1 c. black rice, washed (soak overnight to reduce cooking time)
2 medium navel oranges
3 T. orange juice
2 T. extra-virgin olive oil
1 T. white wine vinegar
1 c. coarsely chopped roasted, salted pistachios
4 T. coarsely chopped dried tart cherries
salt

INSTUCTIONS

1. Cook the rice according to the package directions, until tender but not mushy.
2. Cut both oranges in half. Set one aside.
3. Squeeze the juice from one orange into a medium size bowl.
4. Whisk 1 ½ T. juice with the oil, vinegar, and ¼ t. salt.
5. Separate the segments of the other orange and cut each into 3 or 4 pieces.
6. Add the chopped cherries and orange pieces to the dressing and toss to combine.
7. Let sit at room temperature, stirring occasionally, for 20 to 30 minutes.
8. Add more orange juice or salt to taste.
9. Chill.

Thai Pasta Salad (V) (vegan, unless use honey in the dressing)

INGREDIENTS

Salad dressing*

- ½ c. smooth or crunchy peanut butter
- 2 T. low sodium soy sauce (or tamari for gluten-free dressing)
- 2 T. rice vinegar
- 2 T. agave nectar for a vegan dressing (or honey for a vegetarian dressing)
- 2 T. fresh lime juice
- ½ t. ground ginger (or 2 t. minced or grated fresh ginger)
- ½ t. garlic powder (or 2 t. minced or a grated fresh garlic clove)
- 1 or 2 t. sesame oil
- ½ to 1 t. sriracha (or more to make it spicier)
- Optional:* ¼ c. coarsely chopped cilantro

Pasta

- 12 oz. pasta (wheat or bean- or vegetable-based for gluten-free)

Vegetables

Chopped celery, fresh bean sprouts, fresh or cooked carrots, blanched broccoli, frozen or fresh green peas, green beans or seasonal vegetables of your choice.

Protein

- 1 block extra firm tofu, pressed between dish cloths and then cut into cubes and sautéed.
or 1 c. cooked faux “chicken”

INSTRUCTIONS

1. Cook the pasta according to package directions.
2. Whisk salad dressing ingredients together in a large bowl until smooth.
3. Add the pasta while hot so it absorbs some of the dressing and mix well.
4. Add any cooked or blanched vegetables.
5. Add cubes of sautéed tofu or chunks of faux chicken and mix in gently.
6. After the mixture has cooled, add the *raw* salad items.

*This is a forgiving recipe - experiment with the amounts of ingredients in the dressing to suit your taste.

Black Bean Sweet Potato Enchiladas

INGREDIENTS

Filling (in Dutch oven)

Avocado or other vegetable oil

1¼ lbs. sweet potatoes (2 small-to-medium)

1 (15 oz.) can black beans, rinsed and drained, or 1½ cups cooked black beans, drained

2 oz. (½ c.) grated Mexican blend or Cheddar cheese

2 (4 oz.) cans of diced green chiles

2 T. lime juice

½ t. ground cumin

1/8 t. chili powder

salt and pepper

2 c. salsa (verde or red tomato)

Remaining Ingredients

10 corn tortillas

2 oz. grated Cheddar or Monterey Jack cheese

2 T. sour cream or yogurt

¼ c. chopped fresh cilantro

INSTRUCTIONS

1. Preheat the oven to 400°F.
2. Peel and cut the sweet potatoes into ½" cubes and coat lightly with oil.
3. Place in a 9x13" baking dish and roast 20 to 30 minutes, until they're tender.
4. Move the sweet potatoes to a large bowl.
5. Pour enough salsa into the baking dish to lightly cover the bottom (about ½ cup).
6. In a medium mixing bowl, combine the beans, chiles and spices.
7. Stir the seasoned beans into the sweet potatoes.
8. Add salt and pepper to taste.
9. Warm the tortillas, one by one in a skillet, or heat all at once in a microwave wrapped in a damp tea towel so they don't break when you bend them.
10. Wrap the tortillas in a clean tea towel to keep them warm.
11. Spread each tortilla with about ½ c. filling down the center, wrap both sides over the filling, and place them side-by-side in the baking dish.
12. Top with the remaining salsa and the cheese.
13. Bake for 20 to 25 minutes, until sauce is bubbling and the cheese is lightly golden.
14. After baked, top with the yogurt and fresh cilantro and serve hot.

Green Chile Bake

Adapted from a recipe by Maureen Callahan, Associate Food Editor at Cooking Light

INGREDIENTS

- 2 T. butter or vegetable oil
- 1 c. chopped onion
- 2 garlic cloves, minced
- 1 t. ground cumin
- ¼ t. salt
- 1½ c. dry long-grain rice
- 2 eggs (or 1¼ c. egg substitute)
- 1 (14.5 oz.) can Mexican-style stewed tomatoes with jalapeño peppers and spices, undrained
- 1 (8-ounce) can no-salt-added tomato sauce
- 1 c. (4 oz.) shredded Monterey Jack cheese, or use half Manchego cheese
- 3 (4 oz.) cans whole green chiles, drained and cut into strips
- Oregano sprigs (optional)

INSTRUCTIONS

1. Cook the rice according to package directions.
2. Preheat oven to 375°F.
3. Melt the butter or oil in a medium nonstick skillet over medium-high heat.
4. Add the chopped onion and minced garlic, and sauté for 5 minutes.
5. Remove from heat and stir in ground cumin and salt.
6. Combine onion mixture, rice, and egg or egg substitute in a bowl.
7. Combine tomatoes and tomato sauce in a bowl.
8. Spread 1¼ c. tomato mixture in bottom of a 9x13" baking dish, and top with 1½ c. rice mixture.
9. Arrange half of the green chiles on top of rice mixture, and sprinkle with half of cheese.
10. Repeat the procedure with the remaining tomato mixture, rice mixture, and chiles.
11. Bake uncovered for 30 minutes.
12. Sprinkle top with remaining cheese mixture and bake 5 minutes more or until the cheese is melted.
13. Garnish with oregano sprigs, if desired.
14. Serve hot.

Lentil Stew (v)

INGREDIENTS

2 c. dried French green lentils
1 (28 ounce) can of whole tomatoes
3 T. oil (avocado or virgin olive)
1 medium onion
2 c. celery
2 c. sweet potato or red potatoes
8 to 10 medium carrots
2 T. Italian herbs or spices like cumin and paprika.
Salt or vegetable stock (I use 1 T. Fody vegetable garlic- and onion-free soup base)

INSTRUCTIONS

The lentils:

In a large pot:

1. Bring 2½ c. of water to boil.
2. Rinse the lentils well before adding to the boiling water.
3. Bring back to boil, then turn heat down to simmer.
4. Simmer & stir often!
5. Drain off and set aside the liquid from the tomatoes.
6. Add juice from the canned tomatoes as liquid cooks down.
7. Add just enough more water to keep lentils from sticking or burning.
8. Check for tenderness at 25 minutes; cook 5 to 10 minutes more, until just tender.
9. Add 1 T. salt or vegan soup stock.

The vegetables:

While the lentils are cooking, wash and dice the celery; peel and chop the carrots, potatoes, and onion.

In a separate large pot or Dutch oven on the stovetop:

1. Heat 2 to 3 T. oil on medium setting,
2. Sauté the onion.
3. Add the chopped sweet or red potatoes, carrots and celery, cover and simmer for 15 minutes, stirring often, adding remaining juice from the tomatoes.
4. Quarter and add the canned tomatoes and bring back to a simmer, adding more tomato juice or water if it gets too dry.
5. Add dried herbs or spices of your choice.

Mix in the cooked lentils, adding tomato juice if thinner consistency is desired.
Add salt and additional seasoning to taste and serve hot. (Great left over!)

For a festive *vegetarian* version, top Yorkshire pudding and bake. (See the next recipe.)

Lentils Yorkshire

Prepare the **Lentil Stew** recipe, above, keeping it thick. Cook the vegetables in a Dutch oven if you have one.

While the vegetables are cooking, prepare the Yorkshire pudding.

Yorkshire Pudding Topping

INGREDIENTS:

- 1 c. unbleached white flour
- 1 T. baking powder
- ¼ t. salt
- 3 eggs
- 1 c. milk (cow's or unsweetened soymilk)
- ½ c. yogurt

INSTRUCTIONS

1. Preheat oven to 400°F while mixing the batter.
2. Whisk together and set aside the flour, baking powder and salt.
3. In a separate bowl beat the eggs and milk.
4. Mix in the dry ingredients slowly into the liquid.
5. Add yogurt (or ¼ c. more soymilk) and blend it in.
6. After mixing the lentils and vegetables, pour the batter on top in a large oven-proof pan (or the Dutch oven).
7. Bake 25 to 30 minutes, or until browned and toothpick comes out clean.

Quinoa and Vegetable Stir Fry (v)

INGREDIENTS

1 c. dry quinoa

(NOTE: lighter color quinoa tends to be milder)

1½ to 2 T. vegetable oil

1 small onion, diced

½ c. each: carrots, celery, delicata squash or winter squash, chopped to ¾" - 1" pieces.

1 c. fresh or frozen green peas

1 t. ground cumin

1 T. smoked paprika

Salt and pepper

INSTRUCTIONS

1. Rinse and add the quinoa to 2 c. boiling water with 1 t. salt in a medium pot.
2. Turn down to a simmer, cover and cook for 15 to 20 minutes, until tender but not mushy.
3. Stir, cover, and set aside.
4. Meanwhile, heat the oil in a large pan over medium heat.
5. Stir in the onion and spices.
6. Add chopped celery, carrots and any squash, cover, stirring frequently and cook until tender.
7. Add the peas to thaw or cook for a few minutes.
8. Mix the quinoa into the vegetables, or serve them separately if you prefer.
9. Serve hot.

Roasted Vegetables with Chickpeas (v)

INGREDIENTS

4 T. vegetable oil
1 medium delicata or small butternut squash, peeled and seeded
2 c. red potatoes
2 c. sweet potatoes
1 c. carrots
½ c. of mushrooms
3 or 4 large fresh tomatoes
1 can of chickpeas, drained
½ can of pineapple chunks (place the rest in a jar with the juice for use later)
1 T. each smoked paprika and cumin (or other spices of your choosing)
Salt and pepper

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Dice squash, red potatoes, sweet potatoes, carrots and put into a mixing bowl.
3. Add ½ t. salt, the spices and a small amount of ground pepper.
4. Mix the seasoned vegetables with 4 T. oil and pour into an oiled 9x13" baking pan.
5. Bake for 15 minutes, shifting with a spatula once to keep from sticking.
6. Remove pan from oven, mix in the chopped mushrooms, pineapple chunks and chickpeas.
7. Slice the tomatoes in half, salt lightly, and place in the pan with sliced side up.
8. Return pan to oven, bake for about 15 minutes more, until the squash and potatoes can be easily pierced with a fork.
9. Serve hot.

Note: This is a very forgiving recipe. Any of the vegetables or the pineapple can be omitted, and other seasonings used. Diced beets are good roasted if added with the other diced vegetables at the beginning.

Zesty Lentil and Vegetable Enchiladas

(vegetarian, or vegan if use a non-dairy cheese)

INGREDIENTS

½ c. dry brown or green lentils
1 Tbsp. olive oil
1 c. (2 small) thinly sliced carrots
1 tsp. chili powder
2 c. quartered, thinly sliced zucchini (about 1 large zucchini)
1 c. (1 medium) fresh tomato
1 ½ c. (6 oz.) shredded Monterey Jack cheese, divided (I like to use more!)
(8) 8-inch soft tortillas, warmed
Salsa (about 1 cup)

INSTRUCTIONS

1. Bring 1 1/3 c. water and lentils to a boil. Reduce heat to low, cover, and cook 20-25 minutes or until tender.
When done, drain and rinse in cold water.
2. Grease a 12x7½ inch baking dish; preheat oven to 350°F.
3. Heat oil in large skillet over medium-high heat. Add carrots and chili powder, stirring constantly, for 3 minutes.
4. Add zucchini; cook 2-3 minutes or till veggies are crisp-tender.
5. Remove from heat; stir in lentils, tomato, and ¾ c. cheese.
6. Spoon ½ c. veggie mixture down center of each tortilla; roll up.
Place seam-side down in baking dish and cover.
7. Bake 8 minutes; uncover and bake 8-12 minutes or till heated through.
8. Spoon salsa over enchiladas and sprinkle with remaining cheese.
9. Bake 3-4 minutes or until the cheese is melted.

Vegan chocolate mousse (v)

INGREDIENTS

1 box silken tofu

2/3 c. maple syrup

1 bag chocolate chips

Optional: seedless raspberry preserves

INSTRUCTIONS

1. Melt chocolate chips.
2. Blend tofu and syrup in blender.
3. Add the melted chocolate and blend until well mixed.
4. If desire, blend a few spoons of raspberry preserves.
5. Chill.