

THE WHOLE FOODS DIET

*The Lifesaving Plan for
Health and Longevity*

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Whole Foodie Basics Shopping List

- ✓ **Whole grains**—Brown rice, quinoa, barley, millet, etc. *You can buy these in the bulk section or in bags.*
- ✓ **Dried beans and lentils**—Black beans, cannellini beans, garbanzo beans, kidney beans, pinto beans, red lentils, brown lentils, French lentils, etc. *You can buy these in the bulk section or in bags.*
- ✓ **Canned beans** (no added salt)—Black, cannellini, garbanzo, kidney, pinto, etc. *More expensive than dried beans, these are handy to have on hand for when you need a quick meal.*
- ✓ **Oatmeal**—steel cut or rolled
- ✓ **Whole grain pasta**—100% whole wheat, along with brown rice, quinoa, whole spelt, etc.
- ✓ **Canned tomatoes** (no added salt)
- ✓ **Oil- and sugar-free marinara sauce**
- ✓ **Vegetable broth** (low-sodium with no added oil)
- ✓ **Frozen fruits**—including berries, mangoes, grapes, bananas, and other favorites. *Use these in smoothies, stir them into oatmeal, or eat them right out of the freezer as a snack.*
- ✓ **Frozen vegetables**—including corn, mixed green veggies, and any other favorites. *Call on these when you have very little time; they are just as health-promoting as fresh veggies.*
- ✓ **Frozen cooked whole grains**—Look for brown rice or whole grain medleys. *Keep on hand in a pinch—you can defrost them in the microwave, steam, or toss straight into soup.*
- ✓ **Nuts** (no added oil, salt, or sugar)
- ✓ **Flax- and/or chia seeds**
- ✓ **Cold cereals** (no added sugar or refined grains)—such as puffed corn, rice, millet, and kamut
- ✓ **Condiments**—Look for sugar-free mustard, hot sauce, sriracha, Tabasco, and so on.
- ✓ **Soy sauce** (low sodium) or Bragg Liquid Aminos
- ✓ **Vinegars**—Balsamic, apple cider, red wine, etc.
- ✓ **Fresh fruits**—including berries, bananas, apples, lemon or lime for dressings, and any other favorites. *These are perishable, so buy only what you need for a week.*
- ✓ **Fresh vegetables**—including leafy greens (like spinach, kale, romaine), cruciferous veggies (like broccoli or cauliflower), starchy vegetables (like potatoes or sweet potatoes), other vegetables (like green beans, zucchini, peppers, onions, mushrooms, garlic), and any other favorites. *These are perishable, so buy only what you need for a week.*
- ✓ **Fresh salsa** (oil-free)
- ✓ **Hummus**—We like the Roots and Engine 2 brands, with no added oil.
- ✓ **Tofu**
- ✓ **Tempeh**
- ✓ **Miso**—Start with lighter varieties if you're not accustomed to miso.
- ✓ **Dried fruits**—including dates, raisins, mango, and any other favorites
- ✓ **Unsweetened applesauce**
- ✓ **Nut or soy milk** (unsweetened)—We like the WestSoy brand, specifically the unsweetened plain soy milk.
- ✓ **Frozen veggie burgers**—We like Engine 2 brand, with no added oil. *These are great for a quick meal or snack, and you can heat them in the toaster!*
- ✓ **Corn or whole wheat tortillas**—*You can use these to make easy oil-free chips too (see technique, page 273).*
- ✓ **Whole grain wraps**—We like the Engine 2 and Ezekiel 4:9 brands.
- ✓ **Whole grain pizza crust**—We like Engine 2 brand as well as Nature's Highlights, which is also gluten-free. *Keep them in the freezer for a fast dinner option.*
- ✓ **100% whole grain bread**—We like Dave's Killer Bread Good Seed variety and Ezekial.
- ✓ **Brown rice or corn cakes**—or other whole grain, oil-free crackers (try Mary's Gone Crackers for gluten-free varieties).
- ✓ **Nut butter** (no added oil or sugar)
- ✓ **Herbs and Spices**—Basil, oregano, thyme, bay leaves, onion powder, garlic powder, ginger, black pepper, nutmeg, cinnamon, paprika, cayenne, crushed red pepper, turmeric

Whole Foodie Basics

Chef-created recipes are wonderful for introducing you to new flavors and fresh ways to prepare delicious, nutritious meals. But we all have days when there is simply no time to reach for a recipe book, and we just want to throw together a quick meal with ingredients from the fridge, the freezer, or the pantry. That's where the Whole Foodie Basics come in. You don't need a recipe to create these meals—just follow the basic blueprints and create your own meals using whatever ingredients you have on hand. Any of these options will provide a simple, satisfying meal that won't take you long to prepare.

Note: Suggested quantities are per serving; adapt as needed to feel satisfied.

Whole Foodie Breakfast Bowl

Oatmeal or cold cereal is a hearty base for combinations of fruits and some nuts.

Base—oatmeal (cooked, see technique page 265) or cold cereal (unsweetened) with soy or other nondairy milk

Toppings—favorite fruits, fresh or frozen

Optional—1 small handful of chopped nuts or dried fruit

Whole Foodie Wrap

Perfect for lunch on the run, a whole grain wrap with hearty bean spread and lots of fresh veggies can provide a satisfying and portable meal.

Whole grain wrap—whole wheat, brown rice, or other

Bean spread—hummus (see recipe, page 281) black bean spread, white bean spread, or other

A couple handfuls of salad greens—romaine, baby spinach, arugula, spring mix, or other

Other raw veggies—try grated carrots or zucchini, sliced cucumbers, radishes, tomatoes, or peppers, or anything else you have in your fridge

A condiment—whole grain mustard, salsa, sriracha sauce, Oil-Free Herb Pesto (see recipe, page 299), relish

Optional: to make a fuller meal, add cold cooked grains such as brown rice or quinoa, or sliced avocado.

Whole Foodie Salad

Salads don't have to be appetizers—add whole grains and beans, along with greens and plenty of raw or cooked veggies for a full meal.

A big bowl of greens—romaine, baby spinach, arugula, kale, spring mix, or other

1 cup of raw or cooked veggies—try steamed broccoli or cauliflower, crunchy snow peas, radishes, cucumbers, peppers, or any other favorites

½ to 1 cup beans (precooked or canned, rinsed)—try black, pinto, cannellini, garbanzo, or other

½ to 1 cup whole grains (precooked or frozen)—brown rice, quinoa, barley, or whichever grain you have batch-cooked this week

Oil-free dressing (see formula, page 279)

Whole Foodie Bowl

The variations on a meal in a bowl are endless (see pages 286-287 for some of our favorites). Here's a simple formula for making your own Whole Foodie bowls.

1 to 2 cups steamed or raw greens—spinach, kale, romaine, or other

1 cup whole grains (precooked or frozen)—brown rice, quinoa, barley, or whichever grain you have batch-cooked this week

1 to 2 cups steamed veggies—broccoli, cauliflower, green beans, zucchini, or other

1 cup beans (precooked or canned, rinsed)—warm these with veggie broth, a little soy sauce or Bragg Liquid Aminos, and your favorite herbs and spices. Add enough liquid to become a sauce.

To assemble, put greens in a bowl, pile grains and steamed veggies on top, then pour beans and sauce over the whole bowl and enjoy!

Optional: You can also experiment with making oil-free sauces for

your bowls (like No-Oil Marinara, page 283, or a variety of nut- and seed-based sauces you can easily make in your high-speed blender).

Whole Foodie Smoothie

Sometimes you need to eat breakfast on the run, and that's when a smoothie is a quick choice. For those trying to lose weight, eating breakfast (e.g., oatmeal and fruit) over drinking breakfast (e.g., smoothie) may help you reach your goals more efficiently. Find two of our favorite smoothie recipes on page 267, but when you want to create your own, follow this blueprint:

1 banana

1 cup of other fruit (fresh or frozen)—berries, apple, mango, pear, or other

A couple big handfuls of raw greens—kale, spinach, romaine, or other

1 small handful of nuts—or a tablespoon of chia seeds or ground flaxseeds

Water or unsweetened nondairy milk of your choice—1 to 2 cups, depending on how thick you like your smoothie

Blend all ingredients and enjoy

Animal Foods on the 28-Day Eat Real Food® Plan

This 28-Day Eat Real Food Plan can be 100% plant-based, or you can choose to eat some animal foods (10% or less of your calories). Some of our recommended recipes include an animal food option; others can easily be adapted. For example, you might add some grilled chicken or fish to a stir-fry or salad, add a little cheese as a topping to a pasta dish or a salad, or add an egg at breakfast.

To keep your animal foods below 10% of your calories, treat them as a condiment and eat no more than once a day (see page 167 for sample quantities) or save them for a special meal once or twice a week in larger servings.

How to Use the 28-Day Meal Plan

We've designed the 28-Day Eat Real Food Plan using the recipes found in chapter 15 of this book. You can follow it exactly, or mix and match to suit your preferences. If you're pressed for time, you can always fall back on one of our Whole Foodie Basics (see page 248).

Remember, we want you to eat enough and feel satisfied, so if any of our suggested meals doesn't fill you up, add extra fruit or veggies, have some hearty whole grain bread with your soup, or start your meal with a big salad that includes grains and beans.

As you gain confidence in Whole Foodie eating and cooking, use this template to create your own meal plans based on your favorites. Here are the principles that underlie our plan, which you can also use when you begin to create your own.

Plan a week of meals at a time. If you work Monday to Friday, you might do your planning Friday evening or Saturday morning, including making a shopping list, so you can use some time on the weekend to shop and prepare. If you use our plan, look over the recipes we suggest and make shopping lists accordingly.

Make your ingredients multitask. Especially if you're cooking for only one or two people, it makes sense to plan several meals that use similar ingredients. That way you won't end up with half-used bags of produce, bunches of herbs, cans of beans, or jars of condiments.

Batch-cook. If you are able to set aside a couple hours once a week for what's known as batch-cooking—preparing staples in large quantities for use throughout the week or to be frozen in serving-size bags for reheating—you can save a lot of time on the day-to-day meals. Many people like to do this on Sunday afternoon or evening. You'll see that the 28-Day Eat Real Food Plan includes a weekly batch-cooking session, with tasks such as:

- Cook a big pot of whole grains
- Cook a big pot of beans (or use canned beans if you prefer)
- Cook a big pot of soup that you can reheat for a couple lunches
- Bake potatoes or sweet potatoes
- Make sandwich or wrap fillings (hummus, baked tofu, etc.)

You may also want to:

- Steam a big batch of mixed vegetables—they'll keep for a few days and you can add them cold to salads
- Wash the fruits and vegetables
- Wash and dry the greens
- Cut snack-size sticks of carrot, celery, and peppers
- Blend up a jar of no-oil salad dressing (see formula, page 279)
- Make homemade nut milk (see technique, page 266)

If you don't have time to do all this, or just don't feel like spending the time in the kitchen consider buying ready-washed, cut, or prepared versions of these foods at many markets.

Love your leftovers! Even when it's not your weekly batch-cooking session, get in the habit of making more than you'll need. Our plan often repurposes leftovers from dinner for lunch the next day, and we'll tell you when you need to cook extra. You can also cook extra and freeze in portion-size containers for nights when you just don't have time to do more than defrost, warm, and serve.

The 28-Day Eat Real Food® Plan

A Note about Servings Most of our recipes are designed for four people (unless stated otherwise), but these are simply guidelines, and we want to encourage you to cook and eat enough that you feel satisfied, and to adapt the recipes accordingly. In our batch-cooking instructions, we tell you how many servings you need to make per person so you can calculate the appropriate quantity. As you become familiar with cooking this way, you'll learn how much to prepare. And it's never a problem if you make too much—just eat as leftovers or freeze for the future.

WEEK 1

ON THE WEEKEND	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Cook brown rice (see technique, page 286)—Cook enough for at least five servings per person.</p> <p>Bake tofu (see technique, page 285)—Make enough for at least two servings per person. Cut half in cubes (for topping) and the rest in slices (for sandwich fillings).</p> <p>Make hummus (see recipe, page 281)—Make enough for at least two servings per person. (If you don't have time, buy oil-free hummus.)</p> <p>Make Hearty Split Pea and Spinach Soup (see recipe, page 270)—Make enough for at least two servings per person. Tip: don't add the spinach yet—toss it in when you reheat so it's fresh and green.</p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipes, page 250; eat extra fresh fruit if still hungry.</i></p> <p>LUNCH Whole Foodie Wrap with hummus and veggies Use the hummus you made (or an oil-free brand) on a whole grain wrap, and add lots of greens and veggies. <i>See recipe, page 248.</i></p> <p>DINNER Romantic Rice Bowl with chicken or tofu <i>See recipe, page 286.</i> Use the rice and baked tofu cubes you made on the weekend, or add chicken if you prefer.</p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipes, page 250; eat extra fresh fruit if still hungry.</i></p> <p>LUNCH Hearty Split Pea and Spinach Soup, whole grain bread You prepared this on the weekend—heat, stir in the baby spinach, and enjoy.</p> <p>DINNER Penne Puttanesca with Roasted Red Pepper Sauce over whole wheat pasta, green salad <i>See recipe, page 297.</i></p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipes, page 250; eat extra fresh fruit if still hungry.</i></p> <p>LUNCH Baked tofu sandwich with avocado and sprouts Use the baked tofu you made on the weekend as the filling for a satisfying sandwich, together with mustard, fresh greens or sprouts, and sliced tomatoes.</p> <p>DINNER Mushroom Stroganoff with brown rice, green salad <i>See recipe, page 297.</i> You can steam or microwave the brown rice you cooked on the weekend. NOTE: Make twice as much as you need—you'll have this again for lunch tomorrow.</p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipes, page 250; eat extra fresh fruit if still hungry.</i></p> <p>LUNCH Mushroom Stroganoff with brown rice leftovers, green salad</p> <p>DINNER Hearty Split Pea and Spinach Soup, Pita Pizza with Herb Pesto and Green Veggies Use the rest of the soup you prepared on the weekend. <i>See Pita Pizza recipe, page 298.</i> NOTE: Make extra herb pesto to use in a lunch wrap tomorrow.</p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipes, page 250; eat extra fresh fruit if still hungry.</i></p> <p>LUNCH Whole Foodie Wrap with hummus and herb pesto Use the hummus you made on the weekend or an oil-free brand; add the herb pesto from last night as a condiment and lots of fresh veggies.</p> <p>DINNER Pineapple-Ginger Rice Bowl with Edamame, Kale Waldorf Salad <i>See recipes, pages 280 and 288.</i> Make extra to have for lunch over the weekend.</p>	<p>BREAKFAST Veggie and Tofu Scramble <i>See recipe, page 268.</i></p> <p>LUNCH Pineapple-Ginger Rice Bowl and Kale Waldorf Salad leftovers Use the leftovers from last night's dinner.</p> <p>DINNER Garden Picnic Pasta Salad with Veggies, Herbs, and Orange-Miso Tahini Dressing, steamed greens <i>See recipes, pages 301 and 302.</i> Make extra—this pasta salad is served cold and will make a perfect lunch for tomorrow.</p>	<p>BREAKFAST Whole Wheat Blueberry Pancakes <i>See recipe, page 269.</i></p> <p>LUNCH Garden Picnic Pasta Salad with Veggies, Herbs, and Orange-Miso Tahini Dressing Enjoy last night's pasta again for lunch today.</p> <p>DINNER Baked sweet potatoes with Cashew Sour Cream, steamed veggies, salad <i>See recipe, page 284.</i> NOTE: You'll bake sweet potatoes as part of your batch-cooking for next week, so make enough for dinner as well.</p>

WEEK 2

ON THE WEEKEND	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Bake sweet potatoes—Cook enough for at least three servings per person. (<i>Cook a couple extra if you'd like to try making our Sweet Potato Chocolate Mousse on page 305 this week!</i>)</p> <p>Cook quinoa (see technique, page 287)—Cook enough for at least three servings per person.</p> <p>Cook pinto beans (see technique, page 288)—Cook enough for at least three servings per person. (<i>If you don't have time, use canned beans.</i>)</p> <p>Make Not-Tuna Salad (see recipe, page 278)—Make enough for at least two servings per person.</p> <p>Make Fresh Salsa (see recipe, page 284)—Make enough for at least two servings per person. (<i>This is very quick to make, but if you don't have time, buy oil-free salsa.</i>)</p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipe, page 250; eat extra fresh fruit if still hungry.</i></p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>Try taking some of your baked sweet potatoes and mashing them in with oatmeal and cinnamon.</p> <p>OR Smoothie <i>See recipe, page 250; eat extra fresh fruit if still hungry.</i></p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipe, page 250; eat extra fresh fruit if still hungry.</i></p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipe, page 250; eat extra fresh fruit if still hungry.</i></p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipe, page 250; eat extra fresh fruit if still hungry.</i></p>	<p>BREAKFAST Veggie and Tofu Scramble <i>See recipe, page 268.</i></p>	<p>BREAKFAST Whole Wheat Blueberry Pancakes <i>See recipe, page 269.</i></p>
	<p>LUNCH Whole Foodie Wrap with Not-Tuna Salad Use the salad you made on the weekend as a filling for your wrap, along with fresh greens or veggies in your fridge.</p>	<p>LUNCH Sesame Peanut Noodles Enjoy last night's dinner as a chilled noodle salad for lunch.</p>	<p>LUNCH Not-Tuna Salad sandwich, Cream of Cauliflower and White Bean Soup with Garlic Croutons <i>See recipe, page 275.</i></p>	<p>LUNCH Whole Foodie burrito Use the extra refried beans from last night, along with cooked quinoa, salsa, avocado, and lettuce to make a delicious burrito with your favorite whole grain wrap.</p>	<p>LUNCH Whole Foodie Salad with quinoa and pinto beans Use the last of your precooked quinoa and beans to fill out a big salad.</p>	<p>LUNCH Whole Foodie Wrap with hummus, greens, and veggies</p>	<p>LUNCH Smoky Bean and Root Veg Chili <i>See recipe, page 276.</i> You'll be batch-cooking this hearty chili for next week, but get an early start and you can eat it for lunch as well.</p>
	<p>DINNER Cream of Cauliflower and White Bean Soup with Garlic Croutons <i>See recipe, page 275. Make extra!</i> Sesame Peanut Noodles <i>See recipe, page 295. Make extra for lunch tomorrow—these are great.</i></p>	<p>DINNER Mighty Bowl of Goodness <i>See recipe, page 287.</i> Use precooked quinoa for this nourishing meal in a bowl.</p>	<p>DINNER Refried Beans and Avocado Soft Tacos <i>See recipe, page 300.</i> Use the pinto beans you cooked on the weekend. Make extra refried beans to use for your lunch burrito tomorrow. Use your fresh salsa too.</p>	<p>DINNER Mashed Sweet Potatoes, Kale Waldorf Salad <i>See recipe, page 280.</i> Use some of your baked sweet potatoes.</p>	<p>DINNER Pita Pizza with Herb Pesto and Green Veggies <i>See recipe, page 298.</i> Try different veggies than when you made this last night. Make lots of extra herb pesto—you'll use this tomorrow for dinner.</p>	<p>DINNER Whole grain spaghetti with herb pesto and roasted veggies Use half of the extra herb pesto you made last night as a sauce for the pasta. Use the rest to coat veggies (whatever you have in the fridge) and roast in the oven until they start to brown.</p>	<p>DINNER Baked potatoes with Cashew-Chive Sour Cream, salad You'll be baking potatoes as part of your batch-cooking for next week, so make enough for dinner as well! <i>See recipe, page 284.</i></p>

WEEK 3

ON THE WEEKEND	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Bake potatoes—Make enough for at least two servings per person.</p> <p>Make White Bean Hummus (see recipe, page 281; substitute cannellini beans for garbanzos)—Make enough for at least two servings per person.</p> <p>Cook barley (or brown rice if gluten-free; see technique, page 286)—Make enough for at least two servings per person.</p> <p>Make Smoky Bean and Root Veg Chili (see recipe, page 276)—Make enough for at least three servings per person.</p> <p>Make No-Oil Marinara (see recipe, page 283)—Make enough for at least one serving per person plus extra to freeze. <i>(If you don't have time, buy oil-free marinara—look for the Engine 2 brand or the Whole Foods Market 365 brand.)</i></p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipe, page 250; eat extra fresh fruit if still hungry.</i></p> <p>LUNCH Whole Foodie Wrap with white bean hummus and veggies <i>See recipe, page 248; use the hummus you made on the weekend.</i></p> <p>DINNER Tempeh Curry with Sweet Potatoes and Green Beans, brown rice, salad <i>See recipe, page 292.</i> Make extra curry so you can have it for lunch tomorrow.</p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipe, page 250; eat extra fresh fruit if still hungry.</i></p> <p>LUNCH Tempeh Curry with Sweet Potatoes and Green Beans leftovers</p> <p>DINNER Whole Foodie Bowl with pasta and No-Oil Marinara Sauce <i>See recipe, page 283.</i> Get creative with whatever veggies are in your fridge—steam them and add to whole grain pasta to make a simple bowl topped with the marinara sauce you made on the weekend.</p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipe, page 250; eat extra fresh fruit if still hungry.</i></p> <p>LUNCH Whole grain sandwich with white bean hummus, roasted red peppers, and avocado</p> <p>DINNER Smoky Bean and Root Veg Chili over barley (or brown rice if gluten-free), green salad Use the chili and barley you made on the weekend.</p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipe, page 250; eat extra fresh fruit if still hungry.</i></p> <p>LUNCH Smoky Bean and Root Veg Chili leftovers, green salad</p> <p>DINNER Mushroom Stroganoff with mashed potatoes, Kale Waldorf Salad <i>See recipes, pages 280 and 291.</i> Make extra for lunch tomorrow! Remember the delicious Mushroom Stroganoff with brown rice from week one? Now try it as a topping for mashed potatoes (make these with baked potatoes, mashed with a little nondairy milk.)</p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipe, page 250; eat extra fresh fruit if still hungry.</i></p> <p>LUNCH Mushroom Stroganoff leftovers, barley, green salad</p> <p>DINNER Asian Wild Rice and Kale Salad with Toasted Seeds and Miso-Citrus Dressing <i>See recipe, page 280.</i> Make extra for lunch tomorrow!</p>	<p>BREAKFAST Veggie and Tofu Scramble <i>See recipe, page 268.</i></p> <p>LUNCH Asian Wild Rice and Kale Salad leftovers</p> <p>DINNER Indian-Spiced Veggie Burgers, sweet potato No-Oil Fries <i>See recipes, pages 293 and 294.</i></p>	<p>BREAKFAST Whole Wheat Blueberry Pancakes <i>See recipe, page 269.</i></p> <p>LUNCH Whole Foodie Salad with Indian-Spiced Veggie Burger leftovers Slice the extra burgers you made last night to top a hearty salad with cold whole grains and lots of veggies.</p> <p>DINNER Coconut Corn Chowder, whole grain bread, steamed veggies <i>See recipe, page 273.</i> You'll be batch-cooking this delicious soup to eat next week, so make enough for dinner tonight as well. Serve with hearty whole grain bread and steamed veggies.</p>

WEEK 4

ON THE WEEKEND	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Bake tempeh (see technique, page 285)—Make enough for at least two servings per person.</p> <p>Cook black beans (see technique, page 288)—Make enough for at least four servings per person.</p> <p>Cook brown rice (see technique, page 286)—Make enough for at least three servings per person.</p> <p>Make Coconut Corn Chowder (see recipe, page 273)—Make enough for at least two servings per person.</p> <p>Make Fresh Salsa (see recipe, page 284)—Make enough for at least three servings per person. <i>(If you don't have time, buy oil-free salsa.)</i></p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipe, page 250; eat extra fresh fruit if still hungry.</i></p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipe, page 250; eat extra fresh fruit if still hungry.</i></p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipe, page 250; eat extra fresh fruit if still hungry.</i></p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipe, page 250; eat extra fresh fruit if still hungry.</i></p>	<p>BREAKFAST Whole Foodie Breakfast Bowl with oatmeal or cold cereal, fresh fruit <i>See page 248 for basic recipe and ideas.</i></p> <p>OR Smoothie <i>See recipe, page 250; eat extra fresh fruit if still hungry.</i></p>	<p>BREAKFAST Veggie and Tofu Scramble <i>See recipe, page 268.</i></p>	<p>BREAKFAST Whole Wheat Blueberry Pancakes <i>See recipe, page 269.</i></p>
	<p>LUNCH Whole Foodie Wrap with baked tempeh, hummus, greens, and veggies</p>	<p>LUNCH Black Bean Salad with Avocado-Lime Dressing <i>See recipe, page 278.</i> This is a quick salad to make using precooked black beans and frozen corn. Serve on a bed of greens.</p>	<p>LUNCH Jhap Chae Stir-Fry with noodles Reheat the leftovers from Monday night's dinner for lunch.</p>	<p>LUNCH Whole Foodie burrito The leftovers from last night's taco bowl make an easy burrito filling for lunch.</p>	<p>LUNCH Whole grain tempeh BLT sandwich Use your baked tempeh in place of bacon and add lettuce and tomato.</p>	<p>LUNCH Spicy Tortilla Soup with Black Beans Enjoy the leftovers from last night's soup for lunch.</p>	<p>LUNCH Penne Puttanesca with Roasted Red Pepper Sauce leftovers, green salad</p>
	<p>DINNER Jhap Chae Stir-Fry with noodles <i>See recipe, page 296.</i> Make extra so you can eat this for lunch on Wednesday.</p>	<p>DINNER Pineapple-Ginger Rice Bowl with Edamame <i>See recipe, page 288.</i></p>	<p>DINNER Austin Taco Bowl <i>See recipe, page 289.</i> Use your precooked black beans and brown rice to make this quickly and easily. Make extra so you can use leftovers for a burrito lunch tomorrow.</p>	<p>DINNER Coconut Corn Chowder, whole grain bread, salad Use the last of the soup you made on the weekend for this simple, satisfying dinner.</p>	<p>DINNER Spicy Tortilla Soup with Black Beans <i>See recipe, page 271.</i> Use the last of your black beans for this fun Friday night soup.</p>	<p>DINNER Penne Puttanesca with Roasted Red Pepper Sauce, green salad <i>See recipe, page 297.</i> Remember this delicious zesty pasta from week one? Make enough so you can enjoy it for lunch tomorrow as well.</p>	<p>DINNER Garden-Stuffed Potato Cacciatore with a big Whole Foodie Salad <i>See recipe, page 302.</i> You might plan to batch-cook baked potatoes for next week today while you're making this dinner.</p>

Whole Foodie Recipes

BREAKFASTS

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Veggie and Tofu Scramble
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Spicy BBQ Tahini Sauce
How to Make White Balsamic Glaze

No-Oil Marinara Sauce

Fresh Salsa

Cashew Sour Cream

How to Make Baked Tofu or Tempeh

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How to Cook Rice

Mighty Bowl of Goodness

How to Cook Quinoa

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How to Cook Beans

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Red Pepper Pico

Avocado-Jalapeño Crème

ENTRÉES

Mushroom Stroganoff

Tempeh Curry with Sweet Potatoes and Green Beans

Indian-Spiced Veggie Burgers

How to Make No-Oil Fries

Sesame Peanut Noodles

Jhap Chae Stir-Fry

Penne Puttanesca with Roasted Red Pepper Sauce

Pita Pizza with Herb Pesto and Green Veggies

Oil-Free Herb Pesto

Refried Bean and Avocado Soft Tacos

Garden Picnic Pasta Salad with Veggies, Herbs, and

Orange-Miso Tahini Dressing

Garden-Stuffed Potato Cacciatore

DESSERTS AND SWEETS

Oatmeal-Raisin Cookies

Sweet Potato Chocolate Mousse

Raspberry Nice Cream

BREAKFASTS

Oatmeal Fruit Shake

Created by Derek Sarno

Serves 2

Make too much oatmeal? This is a healthful way to use the extra for a quick, nutritious smoothie with flavorful options.

1 cup oatmeal, already prepared and cooled (see basic technique, below)

1 apple, cored and roughly chopped

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How to Cook Oatmeal

Oatmeal is a wonderful nutritious breakfast that lends itself to many variations of toppings and flavors. You can try rolled oats, which cook quickly and have a soft texture, or steel-cut oats, which take a little longer and produce a more chewy oatmeal. Oatmeal can be made with water or your favorite nondairy milk (although this option increases calorie density). You can also cook oatmeal overnight—simply bring to a boil, then turn off the heat and cover. In the morning just reheat and serve.

Rolled oats: Use 1 cup dry oats to 2 cups water or nondairy milk. Bring to boil, then simmer, stirring occasionally, until oats are tender and consistency is as thick as you like (5 to 12 minutes).

Steel-cut oats: Use 1 cup dry oats to 2 to 3 cups water or nondairy milk. Bring to boil, then simmer, stirring occasionally, until oats are tender and consistency is as thick as you like (10 to 30 minutes depending on brand). If you have a rice cooker, try soaking the oats overnight in the rice cooker then turning it on in the morning—your oatmeal will be ready in about 20 minutes.

Topping ideas: Stir in frozen berries and a few nuts or a small handful of raisins, top with fresh fruit, stir in cooked sweet potato and cinnamon, make it savory with tamari, spinach, and chopped nuts...get creative!

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- 1 banana, peeled and halved
- 1 cup baby spinach
- 2 cups coconut water
- 2 cups ice
- ½ teaspoon ground cinnamon
- 1 teaspoon pure vanilla extract

Add all ingredients to blender.

Blend from low to high for several minutes until smooth.

Recipe note: Play with different versions by using a nondairy milk instead of coconut water for added creaminess or by using different fruits, such as berries or mango (frozen or fresh). Adjust thickness by adding less or more liquid.

Per serving: 270 calories, 1.5g total fat, 0g saturated fat, 0mg cholesterol, 65mg sodium, 58g total carbohydrate (7g dietary fiber, 28g sugar, 0g added sugars), 5g protein, 2mg iron

How to Make Nut Milk

1 cup nuts makes about 2¾ cups

Making nut milk is easy—just allow time to soak the nuts. Try almonds, walnuts, cashews, or hazelnuts.

Soak the nuts for at least 10 hours in cold water.

Combine nuts and 3 cups fresh water in a blender and blend until very smooth.

Strain through a double thickness of cheesecloth, a fine-mesh strainer, or a nut-milk bag (optional).

Note: Unless you use the nut milk for coffee or tea, it doesn't need to be strained and you can keep all that healthy fiber. Just shake or stir the pitcher every time you use it.

Refrigerate in an airtight container up to three days.

Pumpkin Pie Smoothie

Serves 2

This delectable, healthful smoothie is packed with nutrients. Top each serving with ground flaxseeds or a pinch of nutmeg if you like.

- 1 cup pumpkin puree
- 1 large ripe banana
- 1 cup unsweetened soy milk or almond milk
- 2 pitted dates
- ½ teaspoon pure vanilla extract
- 1¼ teaspoons pumpkin pie spice
- 5 ice cubes
- Ground flaxseeds, to taste (optional)
- Pinch of nutmeg (optional)

Combine all ingredients in a blender and blend until smooth.

Per serving: 150 calories, 2.5g total fat, 0g saturated fat, 0mg cholesterol, 65mg sodium, 30g total carbohydrate (4g dietary fiber, 17g sugar, 0g added sugars), 5g protein, 1mg iron

Breakfast Green Machine Smoothie

Created by Chad Sarno

Serves 2

This vegetable- and fruit-packed smoothie is a nutritious meal on the go. With the addition of matcha green tea powder, this smoothie will give a kick of energy to start your day off right.

- 1 cup peeled and chopped cucumber (1 medium cucumber)
- 2 or 3 leaves green kale
- ½ cup baby spinach
- 1 banana, peeled
- ½ cup frozen mango
- 3 tablespoons hemp hearts (buy these in most natural foods stores)
- 1 teaspoon matcha (find this green tea powder in the tea section of most natural foods stores)

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1 cup nondairy milk of your choice, unsweetened

Combine all ingredients in a blender and blend on high until smooth.

Per serving: 210 calories, 8g total fat, 1g saturated fat, 0mg cholesterol, 120mg sodium, 29g total carbohydrate (3g dietary fiber, 18g sugar, 0g added sugars), 8g protein, 3mg iron

Veggie and Tofu Scramble

Serves 4

This vegan veggie-packed alternative to scrambled eggs makes a terrific breakfast, lunch, or dinner. Finely chopping vegetables in a food processor saves time, and this step can be done the night before if mornings are hectic. Serve it with whole grain tortillas and your favorite hot sauce if you like.

2 cups lightly packed spinach leaves

1 large tomato, quartered

½ red or yellow bell pepper, quartered

½ red onion, quartered

3 cloves garlic

1 (14-ounce) package firm tofu, well drained*

⅛ teaspoon fine sea salt

**To drain, remove from packaging, wrap in paper towels, and gently press.*

In a food processor, combine spinach, tomato, bell pepper, onion, and garlic, and pulse until finely chopped (or chop by hand). This mixture can be covered and refrigerated up to one day.

Put vegetable mixture in a large skillet and bring to a simmer over medium-high heat. Crumble in tofu and sprinkle with salt. Cook, stirring and breaking up any large chunks of tofu, until most of the liquid has evaporated, about 8 minutes. Serve warm.

Per serving: 120 calories (60 from fat), 7g total fat, 1g saturated fat, 0mg cholesterol, 100mg sodium, 7g total carbohydrate (2g dietary fiber, 2g sugar, 0g added sugars), 12g protein, 2.7mg iron

Whole Wheat Blueberry Pancakes

Serves 4

These whole wheat pancakes are studded with warm blueberries and make a healthy morning treat. Freeze pancakes in stacks of three for breakfast later in the week.

2 cups whole wheat pastry flour

2 teaspoons baking powder

1 teaspoon ground cinnamon

¼ teaspoon fine sea salt

1 cup unsweetened plain almond milk, soy milk, or rice milk

¼ cup unsweetened applesauce

1 teaspoon pure vanilla extract

1¼ cups fresh or frozen blueberries

In a large bowl, whisk together flour, baking powder, cinnamon, and salt.

In a separate medium bowl, whisk together almond milk, ¼ to ½ cup water (or additional almond milk), applesauce, and vanilla until blended. Pour milk mixture into flour mixture and stir until evenly combined. Set batter aside to rest 10 minutes (batter will be very thick).

Heat a cast-iron griddle or nonstick skillet over medium heat until hot. Stir blueberries into batter. Ladle about ¼ cup batter onto the griddle and cook about 2 minutes or until bottoms are golden. Flip and cook 1 to 2 minutes longer, until pancakes are cooked through.

Per serving (about 3 pancakes): 260 calories (15 from fat), 2g total fat, 0g saturated fat, 0mg cholesterol, 350mg sodium, 52g total carbohydrate (10g dietary fiber, 7g sugar, 0g added sugars), 9g protein, 3mg iron

SOUPS

Hearty Split Pea and Spinach Soup

*Created by Derek Sarno**Serves 4 to 6*

There is something so nurturing about a warm bowl of soup in your hands with your favorite whole grain seeded bread. This comforting split pea soup is a one pot meal that's perfect for cold days.

- 1 cup diced white onion
- ½ cup diced carrot
- ½ cup diced celery
- 1 cup diced red russet potato
- 4 cloves garlic, minced
- 1 tablespoon minced fresh thyme
- 7 to 8 cups low-sodium vegetable broth (to taste)
- 1½ cups dry green split peas, soaked overnight*
- ¼ cup parsley, lightly packed and chopped, plus more for garnish
- 2 tablespoons fresh lemon juice
- 1 teaspoon ground black pepper
- 4 ounces baby spinach
- 1 lemon, cut into wedges for garnish

**If peas didn't soak, double cooking time (see directions below for details).*

Place soup pot on medium to high heat. When pot is heated, add the onion and dry-sauté (see technique, page 271) until onion begins to stick and get slightly translucent. Add the carrot, celery, potato, garlic, and thyme; stir well, allowing to sauté an additional 2 minutes. Add about ¼ cup of the vegetable broth to deglaze the pan if needed.

Add split peas and vegetable broth. Bring to a simmer and allow to cook on low to medium about 20 to 25 minutes. (*Note: If peas did not soak in advance, double this time.*)

How to Sauté without Oil

Cooking without oil may be new to you, but it's not hard—and it's an easy way to make meals that much healthier.

For onions: Place sauté pan on medium to high heat. When pot is heated, add the onions and dry-sauté them, stirring frequently until they begin to stick, you begin to see some coloration on the bottom of the pan, and the onions begin to turn slightly translucent. Add about 2 to 3 tablespoons of vegetable stock (or water) to deglaze the pan and caramelize the onions to start your dish.

For other veggies: Place sauté pan on medium to high heat, and add a little vegetable stock or water to steam-fry veggies.

Add the parsley, lemon juice, pepper, and a bit more broth if needed to thin. Allow to cook 5 to 8 additional minutes.

Turn off heat and stir in spinach. The spinach will steam and wilt the heat of the soup as you add it in.

Garnish with fresh parsley and lemon wedges.

Stir and serve with a slice of your favorite seeded whole grain bread.

Recipe note: This can also be made in a slow cooker set on low for 6 to 8 hours.

Per serving: 290 calories, 1g total fat, 0g saturated fat, 0mg cholesterol, 260mg sodium, 56g total carbohydrate (17g dietary fiber, 12g sugar, 0g added sugars), 18g protein, 4mg iron

Spicy Tortilla Soup with Black Beans

Serves 8

This simple, spicy soup is great for parties. Create a build-your-own-soup bar with avocado, Cashew Sour Cream (see recipe, page 284), chopped lettuce, red onion, and loads of fresh herbs, then let guests create their own delicious bowls.

4 corn tortillas

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- 1 large yellow onion, peeled and diced (about 1 cup)
- 1 jalapeño pepper, seeded and diced
- 2 tablespoons Mexican Spice Blend (see recipe, below)
- Zest and juice of 1 lime
- 2 (28-ounce) cans no-salt-added diced tomatoes (or 4 pounds fresh, chopped)
- ¼ cup chopped fresh cilantro
- 1 (15-ounce) can no-salt-added black beans, drained and rinsed, for garnish
- 1 avocado, diced, for garnish

Preheat the oven to 350°F. Place tortillas in a single layer on a rimmed baking sheet. Cook tortillas about 10 minutes, flipping to opposite side halfway through. Remove from oven when chiplike. Break into bite-size pieces.

Heat a large soup pot over high heat. Add onion, jalapeño, Mexican Spice Blend, and lime zest. Cook until fragrant and onion starts to soften, about 3 minutes. Add water as needed to avoid burning. Add diced tomatoes

Mexican Spice Blend

Makes about 6 tablespoons

Blend together these flavorful spices to elevate any dish, from simple rice and beans or tofu tacos to creamy squash soup.

Store in an airtight container.

- 2 tablespoons paprika
- 2 tablespoons no-salt-added chili powder
- ½ teaspoons onion powder
- ½ teaspoons garlic powder
- ½ teaspoons ground cumin
- ½ teaspoons ground black pepper
- ¼ teaspoon cayenne or ground chipotle pepper (optional)

and 2 cups water. Bring to a boil, reduce heat to a gentle simmer, and cover. Continue to simmer, 15 to 20 minutes. Puree soup with an upright or immersion blender. Add lime juice and cilantro. Serve with no-oil baked tortilla chips (see technique, below), black beans, and avocado.

Per serving (about 1 cup): 170 calories (40 from fat), 4.5g total fat, 0.5g saturated fat, 0mg cholesterol, 30mg sodium, 27g total carbohydrate (7g dietary fiber, 8g sugar, 0g added sugars), 6g protein, 1mg iron

Coconut Corn Chowder

Created by Derek Sarno

Serves 6

Hearty, fun, and delicious! This is one of our all-time favorites.

- 3 medium russet potatoes, peeled and cut into 1-inch cubes
- 5 or 6 cloves garlic
- 1 cup diced white onion
- 1 tablespoon minced garlic
- 2 tablespoons minced ginger
- 1 teaspoon ground black pepper
- 1 teaspoon crushed red pepper flakes
- 1 bay leaf
- 2 pounds frozen or fresh corn off the cob
- 1 (13.5-ounce) can coconut milk
- Juice of 2 limes
- ¼ cup fresh torn mint leaves plus extra whole mint leaves for garnish
- 1 teaspoon fine sea salt

How to Make No-Oil Tortilla Chips

Most tortilla chips are laden with oil and salt, but you can easily make a healthier version at home! Cut whole grain tortillas in wedges, sprinkle with paprika or cayenne (if you like them spicy), and bake in the oven until crispy.

Add potatoes and whole garlic cloves to a medium-size pot with enough water to cover. Bring to a boil and cook until tender and a fork can slide through them. Drain, rinse, and save cooking water aside, equivalent to 6 cups.

On stove top, warm a large pot on medium-high heat. When pot is heated, add the onion and dry-sauté (see technique, page 271), stirring frequently until onion begins to stick slightly and you begin to see some coloration on the bottom of the pan, roughly 1 to 2 minutes. Add minced garlic, ginger, and black and red pepper and stir for another minute.

Add water/potato broth (left over from cooking potatoes), bay leaf, and 1 pound of the corn. Bring to a slow boil. Once it begins to boil, lower heat to medium low and allow to simmer.

Separately, in a blender, add the second pound of corn, 1 cup of the cooked potato, and the coconut milk, and blend into a creamy consistency (add a little extra water only if needed to loosen so it blends evenly).

Slowly add this creamy corn mixture to the pot, stirring to mix well with the other ingredients. Add the remaining cooked diced potatoes and allow mixture to slowly come back to a simmer, stirring often.

Right before serving, add lime juice and salt, and stir in torn mint. Garnish with the extra fresh mint sprigs; additional chili peppers are optional.

Variations: This versatile recipe lends itself to creative variations. Basil or Thai basil is a nice addition with the mint and as a garnish. For spice lovers, add fresh Thai chiles or jalapeño, also good for garnishing for those special occasions. For a thick and savory oatmeal, whisk in 1 cup of rinsed oats at the same time you add water. For a festive style, have condiments like fresh bean sprouts, cilantro, mint, basil, and a variety of veggies as topping options.

Per serving: 370 calories, 15g total fat, 12g saturated fat, 0mg cholesterol, 420mg sodium, 60g total carbohydrate (6g dietary fiber, 8g sugar, 0g added sugars), 8g protein, 4mg iron

Cream of Cauliflower and White Bean Soup with Garlic Croutons

Created by Chad Sarno

Serves 4 to 6

The combination of creamy cauliflower and cannellini beans is the best prescription for a cold day. Pair this flavorful soup with crunchy garlic croutons for a hearty meal on its own or as a delicious start to multiple courses.

SOUP

- 2 cups diced white onion
- ¼ cup chopped garlic
- 7 cups low-sodium vegetable broth
- 4 cups cauliflower florets
- ½ cup peeled and cubed white Japanese sweet potato
- 1 (15-ounce) can white cannellini beans, strained and rinsed well
- 2 tablespoons nutritional yeast
- ¼ teaspoon ground white pepper
- 1½ tablespoons onion granules
- 1½ tablespoons garlic granules
- Sea salt to taste

CROUTONS

- 4 slices whole grain bread, cut into large cubes
- 1 tablespoon garlic granules
- ½ tablespoon onion granules
- ¼ teaspoon ground black pepper
- Splash of low-sodium vegetable broth

Place soup pot on medium to high heat. When pot is heated, add the onion and dry-sauté until onion begins to stick and get slightly translucent (see technique, page 271). Add the garlic and stir well, allowing to sauté an additional 2 minutes. Add about ¼ cup of the vegetable stock to deglaze the pan, stirring well.

Reduce heat to medium. Add the remaining ingredients and bring to a simmer, allowing it to simmer about 12 minutes. Turn off heat.

Take pot off heat and, using an immersion blender, blend the soup until smooth. Alternatively, carefully pour into a blender and blend until smooth, then return to the pot.

Place the pot on low heat and continue to cook 5 to 8 minutes, allowing the soup to reduce slightly. Season with sea salt to taste.

To prepare the croutons: Preheat oven to 350°F. In a mixing bowl, toss the cubed bread with the spices and a splash of vegetable broth. The vegetable broth will help the spices stick.

Place on sheet pan lined with parchment paper and bake 4 to 6 minutes or until crisp. Remove and use as croutons for this soup or salads.

Per serving (soup and croutons): 230 calories, 2g total fat, 0g saturated fat, 0mg cholesterol, 440mg sodium, 39g total carbohydrate (6g dietary fiber, 12g sugar, 0g added sugars), 11g protein, 2mg iron

Smoky Bean and Root Veg Chili

Created by Derek Sarno

Serves 4 to 6

This is an ideal recipe for a slow cooker. You can set it and forget it for a few hours. The longer and more slowly it's cooked, the more flavor develops. If you do not have a slow cooker, prepare it on the stovetop in a large pot. There should be plenty for leftovers. Serve with brown rice, barley, farro, or other whole grain on the side.

- 2 (14-ounce) cans kidney beans (no salt added), strained**
- 2 (14-ounce) cans pinto beans (no salt added), strained**
- 1 (28-ounce) can diced tomatoes (no salt added)**
- 1 (26-ounce) can strained tomatoes**
- 1 (7-ounce) can tomato paste**
- ½ cup dates, pasted (soaked in hot water for one hour and smashed into a paste)**
- 1 good-size sweet potato, peeled and diced medium**

- 2 large carrots, cut in ½-inch half moons**
- 1 large turnip, diced**
- 1 medium onion, diced**
- 4 tablespoons chili powder**
- 4 tablespoons ground cumin**
- 1 tablespoon granulated garlic**
- 1 tablespoon granulated onion**
- 1 tablespoon ground black pepper**
- 1 teaspoon coarse sea salt (optional)**
- 1 teaspoon smoked paprika**
- 2 bay leaves**

In slow cooker: Add all ingredients, stir to incorporate, and cook 4 to 6 hours on high or 6 to 8 hours on low.

On stovetop: Add all ingredients, stir to incorporate, and cook on medium-low heat for several hours, stirring frequently to avoid burning and sticking to the bottom. If you have a large Dutch oven, place in oven at 300°F and cook 3 hours at 325°F, stirring every 30 minutes.

Serve with a whole grain such as brown rice and condiments (see notes below).

Recipe notes and options: This recipe lends itself to a variety of garnishes and assorted toppings. Here are some ideas:

- ¼ cup thinly sliced jalapeños**
- 1 cup diced red onion**
- ½ cup fresh cilantro leaves for garnish**
- 1 cup Cashew Sour Cream (see recipe, page 284)**
- ½ cup black olives, diced**
- 2 avocados, diced**
- ½ cup diced bell peppers (assorted colors for vibrancy)**

Per serving (without garnish): 400 calories, 2.5g total fat, 0g saturated fat, 0mg cholesterol, 320mg sodium, 79g total carbohydrate (10g dietary fiber, 26g sugar, 0g added sugars), 18g protein, 5mg iron

SALADS

Not-Tuna Salad

Makes 3 cups

Enjoy the flavor and texture of tuna salad with this vegetarian mixture of garbanzo beans (also known as chickpeas), apples, and pecans. Perfect for sandwiches or wraps, or as a spread on crackers.

- 1 (15-ounce) can no-salt-added garbanzo beans, rinsed and drained**
- ½ apple, cored and chopped**
- ¼ cup finely chopped celery**
- ¼ cup chopped pecans**
- 2 tablespoons dill relish**
- 2 tablespoons finely chopped red onion**
- 2 tablespoons chopped fresh dill**
- 2 tablespoons fresh lemon juice**
- 1 teaspoon kelp granules**
- Ground black pepper to taste**

Pulse the garbanzo beans in the bowl of a food processor until coarsely chopped. Transfer to a medium bowl and add apple, celery, pecans, relish, red onion, dill, lemon juice, and kelp granules. Stir until well combined. Season with pepper and chill until ready to serve.

Per serving (½ cup): 90 calories, 4.5g total fat, 0g saturated fat, 0mg cholesterol, 55mg sodium, 11g total carbohydrate (3g dietary fiber, 3g sugar, 0g added sugars), 3g protein, 0mg iron

Black Bean Salad with Avocado-Lime Dressing

Serves 4

This colorful salad features a quick dressing made from creamy avocado, tangy lime juice, and zesty cilantro.

- 1 ripe avocado, mashed**
- ¼ cup chopped fresh cilantro**

How to Make No-Oil Salad Dressing

Nuts and fruits can make for creamy, juicy, and flavorful salad dressings without any extracted oils. Plus you get the health benefits of nutrient-dense foods. Save money by using your imagination and what's in your pantry to come up with new flavor combinations, and skip the store-bought dressings, which aren't as healthy or as tasty.

- ½ cup chopped nuts, such as walnuts, cashews, almonds, or pecans**
- ½ cup chopped fresh fruit, such as plums, peaches, blueberries, or strawberries**
- ¼ cup unsweetened soy milk or nut milk**
- 1 tablespoon lemon or lime juice (or vinegar)**

Puree all ingredients in a food processor or high-powered blender until smooth.

- 2 tablespoons lime juice**
- 2 (15-ounce) cans no-salt-added black beans, rinsed and drained**
- 4 cups shredded romaine lettuce**
- 1 cup grape tomatoes, halved**
- 1 cup corn kernels, fresh or thawed if frozen**
- 1 small red bell pepper, chopped**
- ½ cup toasted pumpkin seeds**

In a large bowl, whisk together avocado, cilantro, and lime juice until blended. Add beans, lettuce, tomatoes, corn, pepper, and pumpkin seeds, and toss until evenly coated.

Per serving: 400 calories, 17g total fat, 2.5g saturated fat, 0mg cholesterol, 30mg sodium, 49g total carbohydrate (17g dietary fiber, 4g sugar, 0g added sugars), 19g protein, 2mg iron

Kale Waldorf Salad

Serves 4 to 6

This variation on the classic Waldorf salad uses kale instead of lettuce and adds apple and walnuts to the dressing for a creamy consistency without the typical mayonnaise base.

- 4 cups packed finely chopped kale, preferably dinosaur kale
- 1 large red apple, such as Fuji or Honeycrisp, chopped
- 3 large stalks celery, thinly sliced
- ½ cup toasted and chopped walnuts
- ¼ cup plus 2 tablespoons raisins
- 2 tablespoons Dijon mustard
- 1 tablespoon red wine vinegar
- ⅛ teaspoon fine sea salt

Place kale in a large bowl. Add half the apple along with celery, ¼ cup walnuts (keeping ¼ cup for the dressing), and ¼ cup raisins (keeping 2 tablespoons for the dressing).

Put remaining apple in a blender along with remaining ¼ cup walnuts, remaining 2 tablespoons raisins, mustard, 2 tablespoons water, vinegar, and salt. Puree until well combined and slightly thick, adding water if needed to thin. Pour dressing over salad and toss to combine.

Per serving: 130 calories (60 from fat), 7g total fat, 0.5g saturated fat, 0mg cholesterol, 120mg sodium, 16g total carbohydrate (3g dietary fiber, 11g sugar), 2g protein, 0.7mg iron

Asian Wild Rice and Kale Salad with Toasted Seeds and Miso-Citrus Dressing

Created by Chad Sarno

Serves 4

In this Asia-inspired salad, the nuttiness of the wild rice is complemented by the toasted seeds, shredded kale, and sweet acidic dressing with a kick of ginger.

- 3 cups cooked wild rice

- 3 tablespoons sliced green onion
- ¼ cup shredded carrot
- 2 cups stemmed and shredded kale
- 3 tablespoons chopped fresh cilantro
- ¼ cups 100% orange juice
- 1 tablespoon unseasoned rice vinegar
- 2½ tablespoons white miso
- 1 tablespoon finely minced ginger
- 1 clove garlic, finely minced
- 3 tablespoons dry toasted sesame seeds

After wild rice is cooked and cooled, handmix in the green onion, carrot, kale, and cilantro, and set aside.

In a small bowl, whisk the orange juice, vinegar, miso, ginger, and garlic well until smooth.

Mix the sauce thoroughly with the rice mixture.

Garnish with sesame seeds and serve.

Per serving: 210 calories, 4g total fat, 0g saturated fat, 0mg cholesterol, 330mg sodium, 36g total carbohydrate (3g dietary fiber, 5g sugar, 1g added sugars), 8g protein, 2mg iron

SPREADS, SAUCES, AND SANDWICH FILLINGS

Simple No-Oil Hummus

Serves 6

This homemade hummus is made without the traditional olive oil and is a delicious dip, perfect for entertaining or as a snack. Pair with lightly toasted pita bread, crisp veggies, stuffed grape leaves, and a selection of olives. Cannellini or Great Northern beans can be substituted for the garbanzo beans.

- 2 cloves garlic
- 1 (15-ounce) can no-salt-added garbanzo beans, rinsed and drained
- 3 tablespoons lemon juice
- 2 tablespoons tahini (sesame paste)
- ½ teaspoon ground cumin
- ½ teaspoon reduced-sodium tamari
- ¼ teaspoon ground coriander
- Cayenne pepper to taste
- 2 tablespoons finely chopped fresh parsley

Put garlic in a food processor and pulse to roughly chop. Add garbanzos, ¼ cup water, lemon juice, tahini, cumin, tamari, coriander, and a pinch of cayenne, and process until creamy and smooth. Transfer to a bowl, cover, and chill for at least 1 hour.

Before serving, let hummus come to room temperature. Stir in parsley.

Per serving: 80 calories, 3.5g total fat, 0g saturated fat, 0mg cholesterol, 25mg sodium, 10g total carbohydrate (2g dietary fiber, 1g sugar, 0g added sugars), 4g protein, 0mg iron

Spicy BBQ Tahini Sauce

Makes about 1½ cups

This delicious earthy, spicy sauce can be used to top your Whole Foodie Bowls, steamed vegetables, baked potatoes, and more.

How to Make White Balsamic Glaze

This simple vinegar syrup is wonderful for drizzling over roasted or steamed veggies.

Pour 2 cups white balsamic vinegar into a small saucepan. Place on medium heat. When it starts to simmer, lower to low-medium heat and continue to reduce until the vinegar becomes thicker and reduced to about ⅓ to ½ cup. (Be sure to put a vent on during this process; the aroma is strong but so worth the sweet acidity of the syrup.)

- ½ cup tahini
- ⅓ cup vinegar-based Louisiana-style hot sauce
- 1 tablespoon tomato paste
- 1 tablespoon nutritional yeast
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon smoked paprika
- ½ teaspoon coarse sea salt
- ½ teaspoon ground black pepper

Add all ingredients to a blender or bowl with ⅓ cup water and whisk together until smooth.

Per serving (about 2 tablespoons): 100 calories, 8g total fat, 1g saturated fat, 0mg cholesterol, 210mg sodium, 4g total carbohydrate (0g dietary fiber, 0g sugar, 0g added sugars), 3g protein, 1mg iron

No-Oil Marinara Sauce

Makes about 3 cups

Use this simple marinara sauce as a topping for your favorite whole grain pasta or for steamed veggies.

- ½ cup reduced-sodium vegetable broth
- 1 cup finely chopped white onion
- 4 cloves garlic, finely chopped
- ⅓ teaspoon crushed red pepper flakes (optional)
- 2 tablespoons no-salt-added tomato paste
- 2 (15-ounce) cans no-salt-added chopped tomatoes
- 1 tablespoon balsamic vinegar
- 2 tablespoons thinly sliced fresh basil
- 1 tablespoon finely chopped fresh oregano
- ¼ teaspoon fine sea salt
- Freshly ground black pepper

In a large skillet over medium-high heat, bring broth to a simmer. Add onion, garlic, and crushed red pepper and cook until onion is translucent, about 5 minutes. Add tomato paste and cook 1 minute, stirring

constantly. Reduce heat to medium, stir in tomatoes, and cook about 15 minutes to blend flavors, stirring occasionally to make sure mixture doesn't stick to the pan. Remove from heat and stir in vinegar, basil, oregano, salt, and pepper. Serve warm or chill until ready to serve.

Per serving (about ¼ cup): 25 calories (0 from fat), 0g total fat, 0g saturated fat, 0mg cholesterol, 95mg sodium, 4g total carbohydrate (1g dietary fiber, 3g sugar), 1g protein, 0.7mg iron

Fresh Salsa

Makes about 2 cups

Salsa has lots of advantages: It seems indulgent, but it's actually a healthy choice because it's fat-free and loaded with flavorful vegetables. It's inexpensive, especially when the ingredients are homegrown or in season. It's versatile because you can make it hotter with more peppers or sweeter with fruit. And it's easy!

- 2 cups chopped tomatoes (or a combination of tomatoes and fresh peaches, nectarines, mangoes, or grapes)**
- ½ cup chopped yellow or white onion**
- 2 tablespoons chopped fresh cilantro**
- 2 tablespoons lime juice**
- 1 to 2 jalapeño or serrano peppers, stemmed, seeded, and finely chopped**
- ¼ teaspoon fine sea salt (optional)**

Put all ingredients in a bowl, toss well, and serve chilled or at room temperature.

Per serving (about ½ cup): 25 calories (0 from fat), 0g total fat, 0g saturated fat, 0mg cholesterol, 5mg sodium, 6g total carbohydrate (1g dietary fiber, 3g sugar), 1g protein, 0.3mg iron

Cashew Sour Cream

Makes about 1¼ cups

This simple vegan sour cream is wonderfully rich and tasty. Try it with chopped salads in place of mayonnaise, with anything Mexican, or on its own as a dip for vegetables or crackers.

- 1 cup raw cashews**
- 2 teaspoons cider vinegar**
- 1 teaspoon lemon juice**
- ⅛ teaspoon fine sea salt**

Place cashews in a cup or small bowl and cover by about half an inch with boiling water. Let soak 30 minutes. Drain cashews and place in a blender with vinegar, lemon juice, salt, and about ¼ cup water. Blend until very smooth, adding more water as required to puree the mixture.

Variations: Use lime juice instead of lemon juice and add jalapeño, to taste, for a spicy Mexican sour cream. Add chopped fresh chives or dill to make a delicious topping for baked potatoes.

Per serving (¼ cup): 150 calories, 12g total fat, 2g saturated fat, 0mg cholesterol, 60mg sodium, 8g total carbohydrate (1g dietary fiber, 2g sugar, 0g added sugars), 5g protein, 1mg i

How to Make Baked Tofu or Tempeh

Savory baked tofu or tempeh can be used as a sandwich filling or added to salads or bowl meals. Try this simple marinade or experiment with adding different herbs and spices.

Makes enough marinade for a 1-pound block of tofu or tempeh

- ¼ cup low-sodium soy sauce**
- ½ cup balsamic vinegar**
- 2 dates**
- 1 tablespoon Dijon mustard**

Preheat the oven to 350°F. Combine all the marinade ingredients in a blender and blend until smooth. Drain tofu and gently press with a paper towel to remove water. Cut tofu or tempeh into cubes (for salads or bowls) or slices (for sandwiches). Toss in the marinade, cover, and leave to sit for at least half an hour. Spread on a baking sheet and bake 15 to 20 minutes.

WHOLE BOWL MEALS

Romantic Rice Bowl

Serves 2

It doesn't have to be Valentine's Day for you to share this "rice bowl built for two" from a large decorative bowl with two pairs of chopsticks.

- ¾ cup low-sodium chicken or vegetable broth**
- ⅔ cup uncooked brown rice**
- ¼ pound chicken tenderloins or 4 ounces tofu, cubed**
- 2 cups broccoli florets**
- 2 carrots, thinly sliced**
- ½ red bell pepper, thinly sliced**
- ½ avocado, thinly sliced**
- 1 sheet toasted nori, cut or torn into small pieces**
- ¼ cup 100% orange juice**
- ½ teaspoon barley miso**

Combine broth, ⅓ cup water, rice, and chicken (if using) in a medium pot and bring to a boil. Reduce heat to medium low, cover, and simmer until rice is almost tender, about 35 minutes.

Scatter broccoli and carrots over rice mixture, cover, and continue to cook until vegetables are tender, 6 to 8 minutes more. Transfer broccoli and

How to Cook Rice

Use 1 cup rice to 2 cups water. Put rice and water into a small pot and bring to a boil over medium-high heat. Reduce heat to medium-low, cover pot, and simmer just until liquid is completely absorbed and rice is tender, about 40 minutes. No peeking until then; valuable steam escapes. Set covered pot off the heat 10 minutes, then uncover and fluff rice with a fork.

For perfect rice every time, you might consider investing in a rice cooker.

carrots to a plate, then shred chicken or add tofu, stirring it into the rice. Spoon rice and chicken into a large bowl and attractively arrange broccoli, carrots, pepper, avocado, and nori on top. In a small bowl, whisk together orange juice and miso; drizzle over bowl, or serve on the side for dipping.

Per serving: 290 calories (80 from fat), 9g total fat, 1.5g saturated fat, 35mg cholesterol, 210mg sodium, 34g total carbohydrate (8g dietary fiber, 8g sugar, 3g added sugar), 20g protein, 1.8mg iron

Mighty Bowl of Goodness

Serves 4

We predict this colorful one-dish meal will become a new favorite.

- 1 cup quinoa**
- 1 cup sprouted green lentils or sprouted mung beans**
- 1 bunch kale, stemmed, chopped, and steamed, or 1 head broccoli, cut into florets and steamed**
- 16 ounces grilled tofu, chicken, or salmon (optional)**
- 1 avocado, cut into wedges**

FOR SERVING

- Bragg Liquid Aminos**
- Mixed fresh herbs, such as parsley, cilantro, or basil**
- 1 lemon, cut into wedges**

Cook quinoa (below) and cook lentils or mung beans separately according to package instructions. Divide quinoa among four bowls. Top with lentils, kale, or broccoli and your choice of tofu, chicken, or salmon, if using. Garnish with

How to Cook Quinoa

Use 1 cup quinoa to 2 cups water. Rinse quinoa in a fine-mesh sieve until water runs clear, drain, and transfer to a medium pot. Add water and salt and bring to a boil. Cover, reduce heat to medium low, and simmer until water is absorbed, 15 to 20 minutes. Set aside off the heat 5 minutes; uncover and fluff with a fork.

avocado. Serve with liquid aminos, herbs, and lemon wedges.

Per serving (does not include optional tofu, chicken, or salmon): 440 calories, 12g total fat, 1.5g saturated fat, 0mg cholesterol, 75mg sodium, 70g total carbohydrate (16g dietary fiber, 3g sugar, 0g added sugars), 21g protein, 2.7mg iron

Pineapple-Ginger Rice Bowl with Edamame

Serves 4

This meal in a bowl is delicious as is or topped with baked tofu, steamed fish, or roasted chicken. If you don't have leftover brown rice on hand, use a package of frozen cooked brown rice as a shortcut.

- ¾ cup low-sodium vegetable broth**
- 1 tablespoon finely grated ginger**
- 2 tablespoons brown rice miso or light yellow miso**

How to Cook Beans

Spread dried beans in a single layer on a large sheet pan; pick through to remove and discard any small stones or debris and then rinse well.

Soak the beans using one of these two methods:

Traditional soaking method: In a large bowl, cover beans by three inches with cold water, cover, and set aside at room temperature 8 hours or overnight.

Quick soaking method: In a large pot, cover beans by three inches with cold water, cover, and bring to a boil. Boil for 1 minute, remove pot from heat, and set aside, covered, 1 hour.

Drain soaked beans and transfer to a large pot. Cover by two inches with cold water, add a couple of bay leaves, and bring to a boil; skim off and discard any foam on the surface. Reduce heat, cover, and simmer, gently stirring occasionally, until beans are tender, 1 to 1½ hours. Drain beans, discard bay leaves, and season with salt. (*Note: Don't add salt before you finish cooking, or it may prevent the beans from softening.*)

- 4 cups cooked brown rice**
- 2 cups shelled edamame**
- 1½ cups chopped fresh pineapple**
- ¼ cup chopped fresh cilantro**

In a large, deep skillet, bring broth and ginger to a simmer over medium-high heat; simmer 2 minutes. Remove skillet from heat and whisk in miso. Return to heat, add rice, edamame, and pineapple, toss gently, and cook until liquid is absorbed and rice is hot throughout, 3 to 5 minutes more. Stir in cilantro and serve.

Per serving: 360 calories (40 from fat), 5g total fat, 0g saturated fat, 0mg cholesterol, 380mg sodium, 66g total carbohydrate (10g dietary fiber, 8g sugar), 14g protein

Austin Taco Bowl

Created by Chad Sarno

Serves 4 to 6

Austin is not only the capital of the Lone Star State and the birthplace of Whole Foods Market, it is also referred to by locals as the taco capital of the States. This bowl is a hearty whole food bowl on its own, or make it more fun and serve with a side of your favorite warmed tortillas.

- 2 cups fresh or thawed frozen corn off the cob**
- ½ teaspoon ground cumin**
- 1 teaspoon chili powder**
- 1 teaspoon onion granules**
- 3 cups black beans, cooked fresh (see technique, page 288) or 2 (14-ounce) cans no-salt-added black beans (strained and rinsed)**
- 3 cups short-grain brown rice, cooked (see page 286)**
- ½ head romaine lettuce, shredded**
- 1 Red Pepper Pico recipe (see recipe, page 290)**
- 1 Avocado-Jalapeño Crème recipe (see recipe, page 290)**
- ½ cup dry toasted pumpkin seeds**
- Hot sauce (optional)**
- Whole wheat or corn tortillas, warmed (optional)**

Preheat oven to 400°F. In a small bowl, add the freshly shucked or thawed corn. Mix with the cumin, chili powder, and onion granules. Spray a baking sheet or line with parchment paper and spread corn evenly. Roast 5 minutes. Remove and allow to cool. Set aside.

To assemble the bowls: Evenly distribute the beans, rice, roasted corn, and lettuce in each bowl. Top each bowl with Red Pepper Pico and Avocado-Jalapeno Crème, and garnish with pumpkin seeds.

Serve with your favorite hot sauce, if you like, and warmed tortillas to assemble your own tacos.

Per serving: 530 calories, 19g total fat, 2.5g saturated fat, 0mg cholesterol, 50mg sodium, 78g total carbohydrate (7g dietary fiber, 8g sugar, 0g added sugars), 20g protein, 3mg iron

Red Pepper Pico

As well as topping the Austin Taco Bowl, this can be served as a salsa.

Makes a bit over 1½ cups

- ½ cup small-diced red bell pepper
- ¾ cup seeded and small-diced Roma tomato
- ¼ cup small-diced red onion
- ½ jalapeno, seeded and finely minced
- 1 tablespoon lime juice
- 1 clove garlic, finely minced
- 3 tablespoons chopped fresh cilantro
- Sea salt to taste

In small mixing bowl, gently toss all ingredients well.

Per serving: 5 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 1g total carbohydrate (0g dietary fiber, 1g sugar, 0g added sugars), 0g protein, 0mg iron

Avocado-Jalapeno Crème

Use as a zesty topping for the Austin Taco Bowl, or serve as a creamy dip.

Makes about 1½ cups

- 2 avocados

- 2 cloves garlic
- 2 tablespoons lime juice
- 1 jalapeño, seeded
- ¼ cup cilantro, chopped
- ¼ cup almond or soy milk, unsweetened
- Sea salt to taste

In a food processor, blend all ingredients until smooth.

Per serving: 45 calories, 4g total fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 3g total carbohydrate (1g dietary fiber, 0g sugar, 0g added sugars), 1g protein, 0mg iron

ENTRÉES

Mushroom Stroganoff

Serves 4 to 6

Firm, flavorful mushroom varieties such as cremini, portobello, shiitake, and oyster are ideal for this delicious vegan recipe. It's excellent served over barley.

- ⅔ cup raw cashews
- 2 teaspoons red wine vinegar
- Pinch fine sea salt
- 1½ pounds assorted mushrooms
- 3 shallots, thinly sliced
- 2½ cups mushroom broth or low-sodium vegetable broth
- 1 tablespoon Dijon mustard
- 1 tablespoon paprika
- ½ teaspoon ground black pepper
- 3 tablespoons chopped fresh parsley or dill, for garnish

Place cashews in a small bowl and cover by about 1 inch with boiling water. Let soak 30 minutes. Drain, discarding soaking liquid. In a blender, combine cashews, ¼ cup water, vinegar, and salt, and blend until smooth;

add more water, a tablespoon at a time as needed, to make a cashew cream (consistency should be similar to sour cream).

Halve or quarter small mushrooms and thickly slice large ones. Place mushrooms and shallots in a heavy pot and set over medium heat. Cook, stirring frequently, until the mushrooms begin to brown; add broth a few tablespoons at a time to keep mushrooms from sticking to the bottom of the pan. Cook, adding more broth as needed, until mushrooms are browned and softened, 10 to 12 minutes.

Stir in remaining broth, mustard, paprika, and pepper. Bring to a boil, lower heat, and simmer until mushrooms are very tender and sauce is thickened, about 25 minutes. Stir in ½ cup of cashew cream. Sprinkle with parsley and serve with remaining cashew cream on the side.

Per serving: 170 calories, 9g total fat, 1.5g saturated fat, 0mg cholesterol, 380mg sodium, 20g total carbohydrate (2g dietary fiber, 5g sugar, 0g added sugars), 9g protein, 2.7mg iron

Tempeh Curry with Sweet Potatoes and Green Beans

Serves 4

Tempeh absorbs the rich spices and coconut milk in this simple curry. Cook the rice and steam the tempeh while prepping other ingredients and the dish will come together quickly.

- 1 cup long-grain brown rice**
- 1 (8-ounce) package tempeh**
- 1½ cups low-sodium vegetable broth**
- 1 medium yellow onion, chopped**
- 2 cloves garlic, finely chopped**
- 1 tablespoon freshly grated ginger**
- 1 tablespoon curry powder**
- 2 teaspoons ground cumin**
- 1 (13.5-ounce) can light coconut milk**
- 1 large sweet potato, peeled and cut into ½-inch chunks**
- ½ pound green beans, trimmed and cut into 1-inch pieces**

- ¼ cup chopped fresh cilantro**
- ¼ teaspoon fine sea salt**

Bring rice and 2 cups water to a boil in a medium saucepan. Reduce heat to low, cover pot, and simmer just until liquid is completely absorbed and rice is tender, about 40 minutes. Meanwhile, arrange steamer basket in a pot. Add just enough water to reach bottom of basket. Bring to a boil. Cut tempeh in half and place in the steamer basket. Reduce heat to medium low, cover, and steam about 15 minutes or until tender. Remove tempeh and set aside until cool enough to handle. Cut into ½-inch cubes.

Bring ½ cup broth to a simmer in a large deep skillet over medium-high heat. Add onion, garlic, and ginger and cook 5 minutes or until onion is translucent and tender, stirring occasionally. Stir in curry and cumin and cook 1 minute. Add coconut milk, potato, tempeh, and remaining 1 cup broth. Bring to a boil. Reduce heat to medium low, cover, and cook 10 minutes. Stir in green beans and return to a simmer, uncovered. Cook about 5 minutes longer or until potatoes and green beans are tender. Stir in 3 tablespoons cilantro (keeping 1 tablespoon for garnish) and salt. To serve, spoon curry over rice and garnish with remaining 1 tablespoon cilantro.

Per serving: 530 calories, 12g total fat, 6g saturated fat, 0mg cholesterol, 210mg sodium, 85g total carbohydrate (14g dietary fiber, 10g sugar, 0g added sugars), 26g protein, 6.3mg iron

Indian-Spiced Veggie Burgers

Serves 4

Serve these delicious curry-flavored burgers with cilantro, mango salsa, or sliced avocado. With their rich cashew creaminess, these are quite a calorie-dense meal, so think of them as an occasional treat if you are trying to lose weight.

- 1 cup peeled and diced russet potato**
- ½ cup small cauliflower florets**
- 1½ cups raw unsalted cashews**
- ½ cup thawed frozen peas**

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- ⅓ **cup diced green onions**
- 2 teaspoons curry powder**
- 1½ teaspoons onion granules**
- ¼ **teaspoon fine sea salt**
- ¼ **teaspoon ground black pepper**

Cook potato in boiling water until very soft, about 15 minutes. Drain and cool slightly. Cook cauliflower in boiling water until very soft, about 6 minutes. Drain and cool slightly.

Preheat oven to 400°F. Place cashews in a food processor and pulse until finely ground. In a large bowl, combine potato, cauliflower, cashews, and remaining ingredients. Use your hands to break up chunks of potato and cauliflower, and press the ingredients until they hold together. With damp hands, form into patties, about 4 inches in diameter and ¾ inch thick.

Place on a parchment paper-lined baking sheet. Bake 15 minutes, then flip burgers and continue to bake until lightly browned on the other side, about 15 minutes longer.

Forming neat veggie burgers: Dampen the inside of a ½-cup measuring cup and pack it with the burger mixture, pressing down firmly. Turn the cup over and shake it gently to release the mixture into the palm of your hand, then press down with your other hand until the patty is about ¾ inch thick.

How to Make No-Oil Fries

Preheat oven to 450° F.

Cut potatoes or sweet potatoes into sticks or wedges.

Toss potatoes with a little salt and your favorite herbs or spices (try rosemary, thyme, smoked paprika, cayenne, or cumin).

Spread potatoes in a single layer on a baking sheet lined with parchment paper and bake near the top of the oven until potatoes are browned and cooked through, about 25 minutes.

Freezing and reheating cooked veggie burgers: Cool cooked burgers and wrap individually in plastic wrap and then foil, or place them in individual resealable plastic bags and freeze up to 6 months. To reheat, unwrap the burgers, place on a parchment paper-lined baking sheet, and reheat at 300°F until heated through, 20 to 25 minutes.

Per serving (1 burger): 340 calories, 23g total fat, 4g saturated fat, 0mg cholesterol, 180mg sodium, 26g total carbohydrate (4g dietary fiber, 5g sugar, 0g added sugars), 11g protein, 4.5mg iron

Sesame Peanut Noodles

Serves 4

Serve this colorful noodle dish at room temperature or chilled.

- 1 (8-ounce) package 100% whole grain soba noodles**
- 2 cups snow peas, strings removed**
- 2 tablespoons roasted, unsalted, unsweetened smooth peanut butter or almond butter**
- 2 tablespoons rice vinegar**
- 1 tablespoon reduced-sodium tamari**
- 1 tablespoon sesame tahini**
- ⅛ teaspoon crushed red pepper flakes**
- 2 cloves garlic, minced or very thinly sliced**
- 1½ cups shredded carrots**
- 1 red bell pepper, thinly sliced**
- 1 bunch green onions, thinly sliced**
- 3 tablespoons toasted sesame seeds**

Cook soba noodles according to package directions. Add snow peas with 1 minute cooking time remaining. Drain noodles and snow peas thoroughly. Meanwhile, in a large bowl, whisk together peanut butter, vinegar, tamari, tahini, red pepper flakes, and garlic. Add a splash of warm water if needed to thin the sauce so it will coat the vegetables and noodles. Add noodles, snow peas, carrots, bell pepper, green onions, and sesame seeds. Toss to coat thoroughly. Serve at room temperature or chilled.

Per serving: 400 calories, 12g total fat, 1.5g saturated fat, 0mg cholesterol, 230mg sodium, 59g total carbohydrate (6g dietary fiber, 6g sugar), 11g protein, 7.2mg iron

Jhap Chae Stir-Fry

Created by Derek Sarno

Serves 4

FOR THE COOKING SAUCE

- ¼ cup brown unseasoned rice vinegar
- ¼ cup low-sodium tamari
- 2 dates, pasted (soaked in hot water for one hour and smashed into a paste)
- 1 tablespoon toasted sesame seeds
- 1 tablespoon nori flakes (take a quarter of a nori sheet and crush into fish food-size flakes)
- ½ teaspoon crushed red chili flakes
- ¼ teaspoon smoked paprika
- 1 clove garlic, minced
- ¼ teaspoon coarse sea salt
- ½ teaspoon ground black pepper

- 1 large yellow onion, halved, skin removed, and thinly julienned
- 1 cup shredded Brussels sprouts
- 2 cup julienned shiitake or oyster mushrooms
- Juice of 1 orange (or ¼ cup water)
- 1 pound firm tofu
- Cooking Sauce (above)
- 2 packages (8 ounces) sweet potato noodles or kelp glass noodles or brown rice vermicelli, prepared according to package directions, rinsed and set aside
- 2 carrots, shredded (purple, orange, or yellow)
- ¼ cup fresh cilantro leaves, chopped
- 8 ounces spinach, steamed, cooled, excess water squeezed out, and chopped

Blend all the Cooking Sauce ingredients 2 minutes in a blender.

Heat wok or large sauté pan on medium-high heat, add onions, and dry-sauté (see technique, page 271) 1 minute, then add Brussels sprouts

and shiitakes; instead of adding oil, splash ¼ cup water and/or squeeze juice from orange as needed to keep from sticking to the pan and sauté 3 to 5 minutes, stirring frequently until slightly browned and cooked.

Add tofu and Cooking Sauce and cook 3 minutes. Bring to quick boil and add noodles and mix together well. Remove from heat.

Serve with shredded carrots and fresh cilantro sprigs, with steamed spinach on the side.

Per serving: 400 calories, 6g total fat, 0.5g saturated fat, 0mg cholesterol, 940mg sodium, 69g total carbohydrate (5g dietary fiber, 14g sugar, 1g added sugars), 19g protein, 7mg iron

Penne Puttanesca with Roasted Red Pepper Sauce

Created by Chad Sarno

Serves 4 to 6

This simple pasta has subtle spiciness and screams flavor with the addition of olives, capers, and fresh herbs. It pairs perfectly with whole grain penne. Also spread this sauce on Pita Pizzas (page 298).

- 8 ounces whole wheat penne
- 1 cup small-diced white onion
- Crushed red chili flakes to taste
- 3 cloves garlic, minced
- ½ cup low-sodium vegetable broth
- 3½ chopped roasted red bell peppers
- ¼ cup pine nuts, dry toasted
- 1 tablespoon balsamic vinegar
- ¼ teaspoon crushed red chili flakes
- 3 tablespoons pitted and chopped kalamata olives
- 3 tablespoons strained capers
- ¼ cup chopped fresh flat leaf parsley
- 3 tablespoons fresh basil chiffonade

Bring a large pot of water to boil for the pasta. Pour in the pasta, stir frequently, and cook until tender, 9 to 11 minutes. Strain.

Place sauté pan on medium to high heat. When pan is heated, add the onion and dry-sauté (see technique, page 271), stirring frequently until onion begins to stick, you begin to see some coloration on the bottom of the pan, and they begin to turn slightly translucent. Add the chili flakes and garlic and cook for 2 minutes, stirring well. Add 2 to 3 tablespoons of vegetable broth to deglaze the pan and remove from heat.

In a blender, add the sautéed onion and garlic, remaining vegetable broth, roasted red peppers, pine nuts, and balsamic vinegar; blend until smooth. Pour pepper puree into a medium saucepan over medium-low heat and slowly bring to a simmer, stirring frequently. Add crushed red chili, olives, capers, parsley, and basil (reserve some fresh herbs for garnish). Stir well and remove from heat. Add in the cooked penne and fold to coat pasta well. Serve hot, garnished with remaining fresh parsley and basil.

Per serving: 280 calories, 10g total fat, 1g saturated fat, 0mg cholesterol, 630mg sodium, 39g total carbohydrate (1g dietary fiber, 7g sugar, 0g added sugars), 10g protein, 4mg iron

Pita Pizza with Herb Pesto and Green Veggies

Created by Chad Sarno

Serves 4

Looking for a quick meal that the kids will love to prepare? Pita pizza night is a way to get creative with sauces and veggies you have on hand for a quick handheld dinner the whole family will enjoy.

- 4 to 6 whole wheat pita bread rounds, or Engine 2 Plant-Strong Tortillas (Sprouted Ancient Grain or Brown Rice)**
- 1 to 1½ cups Oil-Free Herb Pesto (see recipe, page 299)**
- 1 head of kale, stemmed, lightly steamed, and coarsely chopped**
Small zucchini, sliced on a mandoline in long ribbons
- 1¼ cups small broccoli florets, lightly steamed**
- 1 cup Brussels sprout leaves**
- ½ cup very thinly sliced onion**
- ½ cup sliced olives (optional)**
- ½ cup chopped fresh basil**

Freshly cracked black pepper

White Balsamic Glaze to finish (optional; see technique, page 282), or Spicy BBQ Tahini Sauce (see recipe, page 282)

Preheat oven to 400°F. Spray sheet pans lightly with oil or line with parchment paper, and place tortillas or pita bread on pans.

Spread each with about a quarter cup of the herb pesto. Top each pizza with the chopped kale, zucchini ribbons, broccoli, Brussels sprout leaves, shaved onion, olives (if using), and basil.

Place in oven and bake until edges of pitas or tortillas are browned and crisp, about 12 to 15 minutes.

Remove from oven and slice each into 4 to 6 pieces. Finish with cracked black pepper.

Drizzle with White Balsamic Glaze or Spicy BBQ Tahini Sauce before serving.

Recipe note: Looking for more sauces for pizzas? Check out the Penne Puttanesca with Roasted Red Pepper sauce (see page 297) for a flavor-packed option.

Per serving: 270 calories, 10g total fat, 1.5g saturated fat, 0mg cholesterol, 600mg sodium, 39g total carbohydrate (3g dietary fiber, 5g sugar, 0g added sugars), 13g protein, 4mg iron

Oil-Free Herb Pesto

Makes about 2 cups

- 2 cups lightly packed chopped basil leaves**
- ¼ cup chopped parsley**
- ¼ cup chopped leeks**
- 2 cloves garlic**
- ½ cup lightly dry toasted pine nuts**
- 2 tablespoons nutritional yeast**
- ½ avocado, pit and skin removed**
- ½ teaspoon coarse sea salt**

In a food processor, add all ingredients. Blend to finely minced, taking

off lid and scraping sides as needed. Once the mix is finely minced, add a small amount of water and blend a bit more, leaving some texture so the mixture is not fully smooth. You may need a bit more water to get the thickness you desire for pizzas.

Use on pasta or pizza, or as a spread for sandwiches and wraps.

(Note: If using for pasta, you may need to dilute the sauce a bit more with a splash of vegetable stock, soy milk, or water to thin.)

Per serving (¼ cup): 60 calories, 4.5g total fat, 1g saturated fat, 0mg cholesterol, 150mg sodium, 3g total carbohydrate (0g dietary fiber, 0g sugar, 0g added sugars), 2g protein, 1mg iron

Refried Bean and Avocado Soft Tacos

Serves 4

Perfectly seasoned beans are balanced by the fresh flavors of avocado, lettuce, and tomato for a healthier version of a fast-food favorite. Kick up the heat with your favorite hot sauce!

- 1 white onion, finely chopped
- 2 cloves garlic, minced
- 1½ cups low-sodium vegetable broth
- 2 (15-ounce) cans no-salt-added pinto beans (about 3 cups), drained and rinsed
- 1½ teaspoons cumin
- ½ teaspoon fine sea salt
- ¼ teaspoon ground black pepper
- 8 corn tortillas
- 2 cups shredded romaine lettuce
- 3 Roma tomatoes, diced
- 1½ avocados, thinly sliced

Heat a large skillet over medium heat until hot. Add onion and garlic and cook 3 to 4 minutes or until they begin to stick to the skillet (see dry-sauté technique, page 271). Stir in ½ cup broth and cook 6 to 8 minutes or until onion is translucent and very tender. Reduce heat to medium low, add beans, and cook 2 to 3 minutes to soften, stirring frequently. Mash beans

with a potato masher. Stir in remaining broth, cumin, salt, and pepper. Cook 5 minutes longer or until warmed through, stirring occasionally and adding water or more broth as needed for desired consistency.

In a dry skillet over medium heat, warm each tortilla to soften. Top with a generous scoop of bean mixture. Add lettuce, tomatoes, and avocados. Fold in half and serve with your favorite salsa.

Per serving: 420 calories (110 from fat), 13g total fat, 1.5g saturated fat, 0mg cholesterol, 340mg sodium, 64g total carbohydrate (20g dietary fiber, 5g sugar), 14g protein

Garden Picnic Pasta Salad with Veggies, Herbs, and Orange-Miso Tahini Dressing

Created by Derek Sarno

Serves 6 or more

We love this creamy umami bomb of earthy deliciousness for dinner or lunch—and leftovers the next day! It's easy to prepare and can be done the day before so it's ready to go when you want.

- 2 small zucchini, thinly sliced into half moons
- 2 cups bite-size broccoli florets
- 1 cup coarsely diced onion
- 3 cups lightly packed bite-size, hand-torn kale (rinsed and cleaned)
- 1 pound whole grain or gluten-free fusilli pasta, cooked and rinsed
- 1 (14-ounce) can chickpeas, drained and rinsed
- 1 cup halved cherry tomatoes
- ¼ cup lightly toasted pine nuts
- ¼ cup lightly packed coarsely chopped parsley
- ¼ cup lightly packed coarsely chopped basil
- 1 tablespoon minced garlic
- 1½ cups Orange-Miso-Tahini Dressing (see recipe, page 302)

Fill a medium saucepan three-quarters full of water, bring to boil, and add zucchini, broccoli, and onion. Blanch 3 minutes until tender and the colors pop vibrantly. Just before draining, mix in torn kale. Remove from heat, strain, and rinse with cold water until cooled.

In a large bowl, combine freshly cooled, rinsed, and drained pasta, chickpeas, cooked and raw veggies, pine nuts, herbs, garlic, and half the dressing. Mix in additional dressing until creamy and the consistency you like. Save leftover dressing for later use, to refresh, or to serve on the side.

Per serving: 510 calories, 18g total fat, 2g saturated fat, 0mg cholesterol, 350mg sodium, 76g total carbohydrate (5g dietary fiber, 9g sugar, 1g added sugars), 22g protein, 5mg iron

Orange-Miso Tahini Dressing

Makes about 3 cups

- 1 cup tahini
- ½ cup fresh orange juice (from 2 to 3 oranges)
- ½ cup warm water
- ¼ cup white miso
- Juice of 1 lime
- 1 teaspoon minced garlic
- ½ teaspoon crushed red chili flakes
- ½ teaspoon smoked paprika
- ½ teaspoon onion powder
- ¼ cup finely chopped parsley

Add all ingredients to bowl or blender and mix well to incorporate. May be done the night before and can keep in the fridge for a couple weeks.

Per serving (2 tablespoons): 70 calories, 5g total fat, 0.5g saturated fat, 0mg cholesterol, 80mg sodium, 4g total carbohydrate (0g dietary fiber, 1g sugar, 0.5g added sugars), 2g protein, 1mg iron

Garden-Stuffed Potato Cacciatore

Created by Derek Sarno

Serves 4 or more

The delicious cacciatore can be prepared the day before or in a slow cooker the day of.

- 4 large russet potatoes
- 1 onion, diced medium
- 1 medium zucchini, sliced into ½-inch moons

- 2 bell peppers, 1-inch diced
- 1 large carrot, cut into ½-inch moons
- 2 stalks celery, cut into ½-inch pieces
- 10 ounces white mushrooms, quartered
- 2 cups halved cherry tomatoes
- 6 cloves garlic, coarsely chopped
- 1 teaspoon black pepper
- 1 bay leaf
- ½ teaspoon coarse salt
- 1 tablespoon cumin
- 1 teaspoon dried oregano or ¼ cup lightly packed fresh leaves
- 1 (14-ounce) can diced tomatoes (no salt added)
- 1 cup lightly packed coarsely chopped fresh basil
- ½ cup roughly chopped flat leaf parsley
- 2 cups Cashew Sour Cream (see recipe, page 284; add ¼ cup chives, omit jalapeño)

Preheat oven to 375°F. Scrub potatoes and place on a baking pan. Bake 45 minutes or until cooked through (a skewer or knife can easily slide through). Carefully slice each potato in half, leaving the skin intact. Fluff and scoop out some of the flesh to mix with the cacciatore.

In a large skillet or saucepan, water-sauté onion (see technique, page XXX), add remaining vegetables (through garlic), and stir to incorporate. Sauté 5 minutes. Add pepper, bay leaf, salt, cumin, and oregano and cook another 5 minutes. Add canned tomatoes, lower the heat to medium low, and cook 20 minutes, stirring occasionally. Stir in fluffed potato flesh.

Take off heat. Stir in fresh basil and parsley.

Cover each potato half with a good portion of cacciatore and a dollop or two of Cashew Sour Cream, and bake 15 minutes more.

Remove from oven. Serve with a green salad.

Per serving: 380 calories, 9g total fat, 1.5g saturated fat, 0mg cholesterol, 270mg sodium, 66g total carbohydrate (8g dietary fiber, 13g sugar, 0g added sugars), 13g protein, 5mg iron

DESSERTS AND SWEETS

Oatmeal-Raisin Cookies

Makes about 2 dozen

These classic gluten-free cookies get natural sweetness from rehydrated raisins. To vary the flavor, add chopped nuts or other dried fruits.

- 1 cup raisins**
- 1 cup gluten-free rolled oats**
- 1 teaspoon baking powder**
- 1 teaspoon ground cinnamon**
- ¼ teaspoon ground nutmeg**
- ¼ teaspoon fine sea salt**
- ½ cup no-salt-added cashew butter**
- 1 teaspoon pure vanilla extract**

Preheat oven to 350°F. Line 2 baking sheets with parchment paper. Soak ½ cup of the raisins in warm water at least 10 minutes, leaving the remaining ½ cup dry. Drain and reserve ¼ cup of the soaking liquid. Pulse ¾ cup of the oats in a blender or food processor until finely ground and powdery, setting aside the remaining ¼ cup. (Do not wash the food processor.) In a large bowl, whisk together oat flour, baking powder, cinnamon, nutmeg and salt; set aside. Combine raisins and ¼ cup of the soaking liquid in the food processor. Pulse to chop, then puree until smooth. Add cashew butter and vanilla then puree until creamy. Add raisin mixture, remaining ½ cup whole raisins, and remaining ¼ cup oats to oat mixture. Stir thoroughly until all the oat flour is absorbed.

Drop heaping teaspoons of dough on the prepared baking sheets, spacing cookies about 1 inch apart. Gently flatten each with the back of a spoon. Bake until cookies are lightly browned on the bottom, 10 to 12 minutes.

Let cookies cool on the baking sheet for 5 minutes, then transfer them

to a wire rack and let cool completely. Cookies will keep in an airtight container at room temperature up to 3 days or in the freezer up to 2 weeks.

Per serving (1 cookie): 70 calories, 3g total fat, 0.5g saturated fat, 0mg cholesterol, 45mg sodium, 9g total carbohydrate (1g dietary fiber, 3g sugar, 0g added sugars), 2g protein, 0.6mg iron

Sweet Potato Chocolate Mousse

Serves 4 to 6

This rich vegan mousse gets its silky texture and irresistible sweetness from pureed sweet potatoes. Substitute canned pumpkin or pureed bananas for the sweet potato if you like. Use this mousse as a simple pie filling or layer it with fresh fruit for an easy parfait.

- ¾ cup pitted dates, soaked in warm water 10 minutes to soften**
- 2 cups sweet potato purée (fresh or canned)**
- 2 tablespoons no-salt-added unsweetened almond butter**
- ¾ cup unsweetened almond milk**
- ½ cup unsweetened cocoa powder**
- ½ teaspoon ground cinnamon**
- 1 teaspoon pure vanilla extract**
- 3 tablespoons flaxseed meal**

Drain soaking liquid from dates, squeeze out any excess water, and place dates in a food processor or high-speed blender. Add sweet potato, almond butter, almond milk, cocoa, cinnamon, vanilla, and flaxseed meal, and puree until well combined and creamy. Refrigerate mousse in an airtight container up to 3 days or freeze up to 5 days.

If using for a pie filling, pour mousse into a baked piecrust. Cover tightly and refrigerate at least 2 hours or overnight before serving.

Per serving (½ cup): 250 calories, 6g total fat, 1.5g saturated fat, 0mg cholesterol, 65mg sodium, 49g total carbohydrate (10g dietary fiber, 24g sugar, 0g added sugars), 6g protein, 1.8mg iron

Raspberry Nice Cream

Serves 4

With a little blender and freezer magic, raspberries, bananas, and rich cashews become a sweet and flavorful "ice cream."

6 ounces raspberries, fresh or frozen and thawed

½ cup raw whole cashews, soaked in warm water at room temperature at least 2 hours, drained

2 bananas, peeled, thickly sliced and frozen

Purée raspberries and cashews in a blender or food processor until smooth, adding up to ¼ cup water if needed to purée. Add bananas and purée again, scraping down the sides often, until very smooth.

Transfer to a tightly sealed freezer-safe container and freeze until just solid, about 4 hours. (If you make far in advance, soften at room temperature 15 minutes before scooping.)

Per serving (about ½ cup): 170 calories, 8g total fat, 1.5g saturated fat, 0mg cholesterol, 0mg sodium, 26g total carbohydrate (2g dietary fiber, 11g sugar, 0g added sugars), 4g protein, 1.4mg iron