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Arabic salad

2 diced roma tomatoes
1 zucchini, peeled and chopped
1/2 onion chopped very fine
2 Tsp cumin
cilantro and cayenne to taste
2 Tbs lemon juice
1 Tbs water
1 Tbs olive oil
1 tsp flax oil
drops sesame oil

Toss and refrigerate. Serve with parsley sprigs

Easy to digest version:

Steam chopped onion, zucchini and tomato for 6 minutes. Chill and mix with other ingredients.

Asparagus and new potatoes

1 large bunch of asparagus
10 small new potatoes
1 lemon
1 clove garlic
1 Tbs olive oil
1 tsp flax oil
pinch of cayenne pepper
fresh cilantro
fresh dill

Mash the garlic in a small bowl and mix in with both oils and the juice from the lemon and set aside.

Cut the hard ends off one bunch of asparagus and rinse.

Halve 10 small new potatoes and steam in wok for 15 min. Or until just barely done.

Put in asparagus and steam for another 5 minutes,
serve and sprinkle with chopped dill and cilantro

dust with cayenne pepper and drizzle oil mixture over the top

Asparagus, sun-dried tomato

Pinch of cayenne pepper

1 tsp .balsamic vinegar

1 Tbs olive oil

1 tsp flax oil

several sprigs of parsley. Separate crowns from parsley and finely chop the stalks

1 Tbs chopped sun-dried tomatoes

8 oz asparagus,

optional: shredded fresh basil leaves; fresh oregano or marjoram

Finely chop sun dried tomatoes and parsley stalks and marinate them in the oils, vinegar and cayenne for several hours.*

steam asparagus for six minutes or till just tender

serve asparagus, pour on sauce and sprinkle with parsley crowns and other herbs.

*for easy to digest version: steam the finely chopped tomatoes and parsley stalks for 15 minutes before marinating

Spread tomatoes on a platter. Sprinkle with remaining herb and garlic mixture and drizzle with more olive oil.

Balsamic mushrooms

1 lb mushrooms

2 Tbs balsamic vinegar

1 Tbs red wine

1\2 tsp sesame oil

4 sprigs of parsley

Separate parsley crowns and finely chop stems.

Braise the parsley stems with mushrooms in the vinegar ,wine and sesame oil and reduce to sauce like thickness.

Serve and sprinkle with parsley crowns

Bean Burritos Enchilada Style

1 (1-pound) bag pinto beans
2 teaspoons salt
1/4 cup olive oil
6 flour tortillas
1 1/2 cups grated cheddar cheese
2 tablespoons flour
1 teaspoon cooking oils
1 tablespoon chili powder
1/2 cup hot sauce
1 1/2 cups water

Wash and pick through the pintos. Put in crock pot and cook all day with 1 tsp. of salt. Put olive oil in a large skillet on medium high heat, saute 1/2 chopped onion and 1/2 cup chopped peppers. Add the beans with a slotted spoon mashing them with a potato masher as you go. Bring to slow bubble; turn down to simmer for 15 minutes. Add bean stock if needed. If too much liquid, let it cook down. Salt to taste. In a medium sauce pan, mix cooking oil with flour and chili powder. Turn on to high heat and whisk in the water and hot sauce, stirring until hot bubbly and smooth. Prepare burritos with tortilla filled with beans and cheese. Roll up and place in cassarole dish. Pour enchilada sauce over all and sprinkle with remaining cheese. Bake @ 350 for 15 - 20 minutes

Bean dip

1 cup pinto beans
2 chopped roma tomatoes
1 clove garlic, finely chopped
2 scallions, finely chopped
1 finely chopped jalapeno pepper
pinch of cumin
dash of lemon juice or balsamic vinegar

Cook the beans til very soft
mix in other ingredients and chill.

I use a crock pot to cook beans all day.

Bean Soup

Cook on high setting of crock pot

1 pound bag of mixed dried beans
1 chopped onion
1 cup chopped carrots
1 cup chopped cilantro OR other seasonal herbs
6 ounces green chile salsa Trader Joe's
3 tablespoons soy sauce
1 teaspoon salt
1/4 teaspoon pepper
1 can crushed or fresh tomatoes

Wash beans. Put all in a crock pot and cover with water so that there is twice as much water. Cook all day on high setting.

Black bean burritos

1 cup cooked black beans
1 red bell pepper [chopped]
1 green bell pepper [chopped]
2 garlic cloves [chopped]
tortillas
salsa [try salsadip 1 from this recipe collection]

Combine beans, peppers, garlic and salsa.
Put into a tortilla and microwave until done.

Warm tortillas in oven or a covered frying pan over low heat, turning frequently for 3-5 minutes.

Brassicurry

1 cup cauliflower florets.
1 cup broccoli florets.
2 cups potatoes [1\2 in. Cubes]
2 Tbs olive oil.
1 tsp cumin seeds.
1 tsp flax oil
2 Tbs chopped ginger root
3 cloves garlic.
1 tsp turmeric.
1 tsp cayenne pepper.
3 roma tomatoes.
1 Tbs curry powder.

Heat olive oil and sauté cumin seeds for about a minute.
Add garlic and ginger, stir and add potatoes , turmeric and chili powder and stir.
Add tomatoes and simmer for about 5 minutes.
Add cauliflower and broccoli and high heat for about a minute.
Lower heat, cover and let simmer for about 15 minutes.
Stir in the flax oil and serve

Goes well with brown basmati rice.

Broccoli Bisque

1 bunch chopped and steamed broccoli
1 chopped onion
2 tablespoons butter
2 tablespoons flour
1 quart soup stock
1 teaspoon basil
2 teaspoons parsley
2 cups cream
1 cup pasta cooked

Saute onion in butter in large kettle. Stir in flour. Add stock, broccoli and seasonings.
Salt and pepper to taste. Bring to boil. Add cream and pasta. Simmer 10 minutes.

Broccoli dip

1 cup cooked broccoli stems, [peeled]
1 Tbs fresh-squeezed lemon juice.
1/4 tsp curry powder.
2 cloves garlic, minced.
1 roma tomato, diced.
1 scallion, sliced.
1 jalapeno pepper, chopped.

In a food processor, blend the broccoli stems with the lemon juice, curry, garlic and pepper until completely smooth.
Mix with the remaining ingredients and chill before serving.

Brown basmati rice

1 cup brown basmati rice.
1 cup water.
1\2 cup white wine.
1\4 cup frozen peas.
1 clove garlic.[chopped]
1 tsp fresh ginger. [chopped]
1 Tbs olive oil.
1 Tbs chopped parsley.
Optional: 1 tsp curry powder.

Wash and rinse rice and set aside,
sauté ginger and garlic with oil and 1 Tbs of water in saucepan for 1 minute.
Add rice and stir while sautéing for 30 sec over high heat.
Add water and curry powder and boil moderately until rice begins to pit.
Add wine and frozen peas and keep heat up just until it comes back to a boil.
Cover tightly and turn the heat down to simmer and let cook for 20 minutes.
Turn off heat and leave pot covered on burner for another 15 minutes
serve and sprinkle parsley over top

Butternut squash

1 small butternut squash, peeled and coarsely chopped.
1 large carrot, thinly sliced.
1 stalk celery, chopped.
1 large onion, coarsely chopped.
Juice from one large orange.
1 Tbs no-salt seasoning.
1\4 cup white wine.

Steam squash for 10 minutes and set aside.

Brown onions in skillet, add carrots and celery and orange juice and sauté for 5 minutes.
Add squash and other ingredients and reduce for 5 min. Or until texture is just right.

Garnish with fresh parsley.

Carribeans

1 green bell pepper, chopped.
1 cup black beans, cooked.
3 roma tomatoes, diced.
1\2 cup frozen corn.
Fresh pineapple chunks.
1\2 tsp ginger, chopped.
1 tsp curry powder.
Pinch of cinnamon.
Pinch of nutmeg.
Heat it all up in a saucepan, thinning it with any left over pineapple juice or water.

Serve over brown basmati rice.

Christmas yams

1 large yam.
2/3 cup cranberries, cut into halves.
1 small yellow onion, minced.
3 cloves garlic, minced.
2 Tbs fresh ginger, grated.
1/2 cup unsweetend apple sauce.
Pinch of cinnamon.
1/4 tsp allspice.
1/4 tsp mustard powder.
3/4 cup vegetable stock[or 1 veggie cube dissolved in water].
1\2 cup shredded cabbage.

Steam yam until soft.

Peel and cut into 1 in. Cubes.

Simmer onion over medium-high heat for 3 minutes.

Add 2 Tbs of the stock and stir until liquid reduces.

Add garlic, ginger, and another t. Of stock, reduce to low heat and cook for 2 more minutes.

Mix spices into apple sauce and stir into onions in the skillet.

Add sweet potatoes, cranberries, and 1/4 cup of the stock, and cover and simmer 5 minutes.

Add cabbage and remaining stock, cover and cook 5 min.

Coleslaw

1 small head finely sliced cabbage.

1 stalk celery.

1 red pepper.

1 small carrot.

1 scallion.

Sprigs of parsley.

Juilenne pepper and carrot.

Finely chop celery, scallion and parsley.

1 Tbs balsamic vinegar.

Juice from 1 lime.

1 tsp dry mustard.

1 tsp no-salt seasoning [tamari or soy will do].

1 Tbs pure maple syrup.

Dusting of cayenne.

1/2 tsp caraway seed. Toss and refrigerate.

Cooked carrot and asparagus salad

2 med. Carrots.
1\2 lb asparagus.
1 Tbs olive oil.
1 tsp flax oil.
1 small red onion thinly sliced.
Pinch of cayenne pepper,
pinch of caraway seed,
sprigs of cilantro and parsley.
Juice from one lemon.

Cut carrots in 2-inch sticks 1\4 in. Thick.
Simmer carrots in olive oil and a bit of water over medium heat until tender.
Remove and add asparagus to cooking liquid and simmer for 4 minutes.
Remove asparagus. Reserve cooking liquid and rinse asparagus with cold water.
Sauté onions in olive oil for 10 minutes add 1/2 cup vegetable cooking liquid, pepper and caraway seeds, and carrots and simmer for 5 minutes. Mix in asparagus. Add lemon juice, flax oil, parsley and cilantro just before serving. Can be served hot or cold

Crab Saute

3 tablespoons extra-virgin olive oil
1 tablespoon minced garlic
2 teaspoons grated ginger root
1 1/2 cups julienne cut carrots
3 ounces snow peas
3/4 cup julienne cut leeks
3 slender green onions diagonally cut
1 fresh cooked crab crabmeat cracked, cleaned and ready to eat.
1 1/2 teaspoons lemon juice

Saute garlic and ginger in oil olive; saute about 30 seconds. Add each vegetable in the following order and saute, stirring constantly about 30 seconds before adding the next vegetable: carrots, snow peas, leeks, green onions. Add crab meat. Season to taste with lemon juice, salt and white pepper.

Cucumber salad

2 med cucumbers.
1 red onion.
1 chopped roma tomato.
1 tsp flax oil.
1 Tbs olive oil.
2 Tbs fresh basil.
1 clove garlic [minced].
1 Tbs balsamic vinegar.
Several sprigs parsley.

Thin-slice the cucumbers and onion and put them in a container.
Chop the basil and toss it in.
Mix oil, garlic and vinegar and toss with the above ingredients.

Refrigerate and add tomatoes and parsley when served.

Curried garbanzos

1 cup cooked garbanzo beans[chickpeas].
2 large carrots, chopped.
1 stalk celery, chopped.
1 small parsnip, chopped.
1 large potato, diced into 1\2 in. Cubes.
1 can stewed tomatoes.
1 packet vegetable bouillon.
4 scallions, chopped.
1 Tbs curry powder.
1/4 Tbs nutmeg.
Pinch of cinnamon.
Pinch of cayenne[optional].

Cook in large saucepan for 30 min. Add a little water if needed.
Serve over brown basmati rice, to give the balanced protein[legume and grain]

Goes well with mixed vegetable salad. Food combining would require that the salad, without starches or proteins, be served at least one half-hour prior to this dish.

Dittalini – Garlic Soup

6-8 cloves of garlic, sliced

Olive oil-about ¼ cup

12 oz fresh tomato juice (whirl fresh tomatoes in a blender)

Salt, Pepper, dry basil or oregano and grated or cubed Parmesan cheese.

In a saucepan, sweat the garlic in warmed olive oil.

Do not brown the garlic.

Add tomato juice, and 6-8 cups of water.

Bring to a boil, reduce and simmer for 15 minutes or so.

Dried basil or oregano can be added to soup base.

Meanwhile, cook and drain dittalini pasta.

(You can use other types of pasta, such as small shells, but dittalini (salad macaroni) is traditional.)

When the soup is ready, spoon a serving of the cooked and drained pasta into a bowl.

Spoon soup base over pasta, and top with cheese.

Add one more spoon of soup over the cheese to start it melting--yum yum!

Eggplant shiitake with tomato

1 eggplant, sliced into 1 inch steaks

1 Tbs peanut oil.

1 tsp balsamic vinegar.

1 large ripe tomato, finely chopped.

2 shiitake mushrooms thinly sliced.

6 chopped basil leaves.

2 scallions, thinly sliced.

Sprigs of parsley.

Pre heat the oil in a skillet.

Sauté the mushrooms for 2 minutes then brown the eggplant{about 3 min per side}.

Add the other ingredients and cook for another 3 minutes

serve and garnish with parsley

Eggplant Parmesean

Bake casserole @ 350 for 20 minutes

1 large eggplant peeled and sliced into 1/4" rounds
6 mediums tomatoes
1 red onion small - chopped
1/2 cup basil fresh & chopped
2 tablespoons extra-virgin olive oil
1 cup Italian bread crumbs
1 - 2 eggs whipped gently with a fork
4 tablespoons parmesan cheese

Dip eggplant slices in egg and then in flour. Bake @ 350 for 20 minutes. While eggplant is baking, saute the onion in the olive oil until onions are transparent. Puree 4 of the tomatoes and add to the onions along with the chopped basil. Continue cooking sauce to simmer on low heat. When eggplant is done, layer a small casserole dish or large pie plate as follows:

*Eggplant

*Sauce

*Thinly sliced tomatoes

Top all with grated parmesan cheese. Bake @ 350 for another 20 minutes.

Falafels

3 c. cooked garbanzos
1/4 c. chopped parsley
3 tsp. chicken-style seasoning
3/4 tsp. ground cumin
1/4 tsp. garlic powder
1 tsp. salt
1 minced onion
3 to 4 c. soft whole wheat bread crumbs (enough to make mixture the consistency of bread stuffing)

Put garbanzos through food processor to chop. Mix with remaining ingredients. Use 1/4 cup of mixture per patty. Put on greased cookie sheet. Bake at 350 degrees until golden brown (about 30 to 40 minutes). Serve in whole wheat pita bread with humus dressing, lettuce, and tomatoes.

Garlic Soup

40 cloves of garlic stemmed and thinly sliced
4 c. sliced onions
2 c. sliced green peppers
3 T. olive oil
6 c. peeled, seeded, sliced ripe tomatoes
4 c. beef broth
2 c. beef boullion (using cubes or granules)
1/2 tsp. sweet basil
1/2 tsp. oregano
6 to 8 slices crustless dark bread cubed
3 c. small pasta, cooked -- bowties, small shells, alphabets, you choose
Fresh ground pepper to taste
Grated parmesan cheese

Mix onions, garlic, tomatoes, peppers and spices in a large saucepan. Heat to boiling, reduce heat and cover tightly. Simmer about 30 minutes. Add broth and boullion and heat just to boiling. Add bread cubes to thicken soup to desired consistency. Just before serving, add 1/3 to 1/2 cup cooked pasta to each serving. Makes 8 servings. Freezes well.

Use only the large cloves of garlic, making sure to take the growth stem out. Keep a bowl of water nearby while peeling and slicing the garlic to rinse fingers and the knife to keep everything from sticking. Then use the water to make the boullion, retaining all that good garlic juice for the soup. This is a really delicious soup and does not leave you with offensive breath.

Gazpacho Soup

3 cups tomatoes, red ripe, seeded and diced
2 cups red bell pepper, diced medium
2 cups red onions, diced medium
1/2 cup celery, diced medium
2 cups cucumber, diced medium
1 teaspoon garlic, minced
1/4 cup red wine vinegar
2 cups organic vegetable juice
pinch cayenne
1 teaspoon cumin

Mix diced tomato, peppers, red onions, celery and cucumber together in a medium bowl. Divide the mixture in half and separate in two bowls. Add garlic to one of the bowls and empty into blender. Add vinegar to the blender and puree until smooth. Add the vegetable

juice, cayenne and cumin to the blender. Blend. Add the puree to the bowl of diced vegetables. Refrigerate overnight. Garnish with lemon and cilantro.

Ginger sauce

2 Tbs fresh chopped ginger root.
1 Tbs dry mustard.
1 Tbs balsamic vinegar.
2 tsp no-salt seasoning.
1 Tbs saki[white wine or sherry will do].
1 tsp sesame oil.
1 Tbs olive oil.
1 tsp flax oil.
Cayenne pepper to taste .

Blend in blender or processor.

Serve with seafood.

Grapefruit and avocado salad

1 grapefruit.
1 small red onion, minced.
1 Tbs olive oil.
1 tsp flax oil.
Juice from one lime.
1 Tbs chopped dill.
1 ripe avocado.
1. Head romaine lettuce.
2. T. Croutons*.

Section grapefruit** into a salad bowl with minced onion, dill, oils and lime juice and refrigerate for an hour.

Chop lettuce into bite sized pieces, cube avocado, add croutons and mix just before serving.

* to make the croutons take 1 slice of bread, cut into cubes and fry in a pan until toasted using just enough olive oil to coat the pan

Note: you may wish to leave the croutons out of the salad to avoid the starch, thus serving a salad that leaves an alkaline ash.

** try to leave some of the white underpeel on the sections as this is a prime source of citrus bioflavanoids, thought to be a powerful anti-cancer agent.

Health dressing

Proportion for one serving

1 Tbs cold pressed extra virgin olive oil

1 tsp cold pressed flax oil.

1 tsp balsamic vinegar*.

1 clove garlic.

1\4 tsp dry mustard{ optional}.

1\4 tsp finely chopped parsley stalks. Save the parsley crowns for the salad.

Mash garlic, mustard and parsley together then mix with liquid ingredients.

Use this dressing with any raw vegetable salad, without pasta or croutons

*you may substitute rice, wine or cider vinegar or lemon juice i prefer balsamic vinegar because you get more intensity of taste so therefore require less vinegar. The acid is not part of the "health" ingredients and is added just for taste. If you wish to keep this salad leaving an alkaline ash, use lemon juice for the tartness.

Healthful pea soup

3 cups water

2 Tbs dried yellow peas

1 tsp pot barley

1 yellow onion, chopped coarsely

1 carrot [sliced thinly]

1 stalk of celery [minced]

1 clove garlic

chopped vegetables{use up those broccoli stalks, whatever is available

1 stick of astragalus

1 bay leaf

1\4 Tsp cayenne pepper

several parsley stalks[chopped fine]

no-salt seasoning to taste

Sauté onion till browned and add astragalus*, cayenne, bay leaf, peas, barley, parsley stalks and water and simmer for at least 2 hours with lid on.

Add carrot, celery and vegetables and simmer for 1 more hour.

When ready to serve, remove astragalus and bay leaf and add soy sauce{s}to serving bowl{not to pot}

Hummus

2 cups cooked garbanzos.

1/4 cup lemon juice.

3 Tbs tahini.

4 cloves garlic, minced.

Water (from cooking the beans) as needed for correct consistency.

Blend well;

garnish humus with parsley, olive oil and paprika.

Lemon mint dressing

[substitute dill for lemon-dill dressing].

1/4 cup chopped mint.

1/4 cup chopped fresh parsley.

1 clove garlic, mashed.

Juice of 1 lemon.

2 Tbs olive oil .

1 tsp flax oil.

Mix well; try this over sliced cucumber/

Mixed vegetable salad

Broccoli florets.
Cauliflower florets.
Carrots.
Red onion or shallots.
Sprouts[mung bean or mixed].
Daikon{low bok or chinese radish}.
Red bell pepper.

Healthy salad dressing

Slice carrots, chop onion, pepper and daikon. Mix in other ingredients and toss with health dressing.
Other ingredients you may wish to add include: avocado, julienne turnip, celery, bok choy, raisins, mint. Cilantro or other herbs.

This salad is designed to leave an alkaline ash. Therefore, do not add croutons or pasta and do not serve with bread.....remember...no starches and no proteins with this dish.

No-salt seasoning

1 tb Onion powder
1 tb Horseradish powder
1 tb Cumin powder
1 tb Paprika
1 tb Finely ground parsley flakes
1 ts Leaf thyme
1 ts Ground celery seed
1 ts Garlic powder
1/4 ts Cayenne pepper
1/2 ts Dry mustard

Mix all ingredients well. Store in a spice bottle.

Nut Loaf

1/2 cup onions
1/2 cup green peppers
1 tablespoon oils
3 tablespoons chopped parsley
1 cup brown rice
1/3 cup bread crumbs
1 cup walnuts chopped fine
1 egg
1 teaspoon salt
1 teaspoon paprika
1/3 cup chopped tomatoes
1 1/2 cups mashed potatoes
GRAVY: 1 Tbs olive oil, 1/4 cup onions chopped fine, 1/4 cup flour, 1 cup water
1 Tsp soy sauce

Saute onion and green pepper in 1 tbs. of oil. Mix rest of ingredients (except for mashed potatoes & gravy ingredients). Shape into loaf pan. Bake @ 350 for 1/2 hour; Cover with mashed potatoes and bake 15 additional minutes. Prepare onion gravy by sauteeing the onion in the oil. Add flour. Then whisk in the water and soy sauce.

Ratatouille

1 eggplant
2 small zucchini
1 large onion
1 large green pepper
1/2 cup olive oil
1 clove finely chopped garlic
2 medium chopped tomatoes
2 tablespoons chopped parsley
1 teaspoon salt
1/4 teaspoon pepper
1 teaspoon oregano
1 teaspoon basil

Peel and cube eggplant. Slice zucchini, onion and green pepper. Saute eggplant cubes in 2 tbs. oil for 5 minutes; remove to large saucepan or dutch oven. Add 1 tbs. oil and saute zucchini; remove to saucepan. Add remaining oil and saute onion, green pepper and garlic; add to saucepan. Add rest of ingredients to saucepan and stir gently to mix.

Simmer mixture, covered, over low heat for 15 minutes. Remove cover; simmer 10 minutes longer or until most of the liquid has cooked away.

Red cabbage curry

1 small red cabbage [shredded].
2 red potatoes [cut into 1\2 in cubes].
1 small red onion [finely chopped].
1 tso caraway seeds.
2 Tbs curry powder.
1 cup grated carrots.
1 Tbs olive oil.

Steam potatoes until done.
Sauté onions in oil until clear.
Add caraway and curry powder with enough water to make a paste.
Add potatoes, cabbage and carrots.
Add about half cup of water.
Cook until cabbage and carrots are just done

Serve immediately on bed of rice.

Red cari beans

1 diced onion.
3 cloves garlic.
1/4 tsp nutmeg.
1\4 tsp cinnamon.
1/2 tsp cloves.
Cayenne pepper to taste.
1 cup cooked kidney beans.
4 roma tomatoes[chopped].
1 cup short grained rice.
3\4 cup water.
1\2 cup white wine.

Saute onion and garlic in a frying pan in a little olive oil until onions are clear and add spices.
Put beans in pan, sauté around a little bit, add tomatoes, rice and water.
Simmer until water is absorbed then add wine, cover and simmer 30 min.

Salsa dip

- 5 – 7 roma tomatoes [chopped].
- 2 – 3 jalapeno peppers, [chopped].
- 1 bell pepper,[chopped], any color will do but i prefer yellow.
- 2 Tbs finely chopped fresh cilantro or fresh basil
- 2 Tbs finely chopped parsley.
- 1 small red onion, [finely chopped].
- 2 cloves garlic, [minced].

Blend 2 tomatoes with all of the other ingredients. Pour into a small bowl. Blend the rest of the tomatoes.

Sauteed shrimp with garlic and green beans

- 1 lb Large shrimp with shells
- 1 cup water
- 2 tsp No-salt seasoning
- 3 Cloves garlic -- sliced
- 1/2 tsp salt (optional)
- 2 tbs Dry sherry
- 2 tsp Sesame oil
- 3/4 lb Green beans -- trimmed
- 2 tbs peanut oil
- 2 tb Garlic -- minced
- 1 tbs Fresh ginger -- peeled and minced
- 1/2 tsp hot pepper sauce
- 1/4 cup Scallions -- minced, use both green and white parts
- Juice of 1/2 lime

Peel the shrimp and simmer the shells for 5 minutes or so in the water while you work on the rest of the recipe. Marinate the shrimp in a mixture of 1 tsp of the no-salt seasoning, the sliced garlic, salt, sherry, and 1 teaspoon of the sesame oil while you assemble the other ingredients. Drain the shrimp shells, reserving 3/4 cup of the stock.

Saute the garlice and shrimp and its marinade in 1 Tbs of the peanut oil. Cook the shrimp about 1 minute per side. Spoon it out of the wok or skillet.

Put the remaining peanut oil in the wok, add the ginger, followed immediately by the green beans. Cook, stirring occasionally, 3 to 5 minutes, then add the shrimp stock and let it bubble away for 1 or 2 minutes. Return the shrimp to the wok and stir; add the hot pepper sauce, the scallions, no-salt seasoning. Stir and cook for 1 minute. Turn off the heat, drizzle with the lime juice and the remaining sesame oil, and serve.

Scalloped asparagus

1 tsp peanut oil.
2 garlic cloves, finely chopped.
1 tsp fresh grated ginger.
1/4 tsp cayenne.
200g[1/2lb] sea scallops.
300g asparagus, sliced into 1/2in. Pieces
1 scallion, sliced into 1/2 in. Pieces
1 tsp soy sauce.
1 Tbs saki.
1 tsp cornstarch.
1 Tbs water.
2 Tbs toasted sesame seeds.

Trim the white ends off the asparagus.

Sauté garlic, ginger, cayenne and scallops in skillet for two minutes, remove and set aside.

Stir fry the asparagus and scallions for 3 minutes then return the scallops and cover the skillet over low heat for 1 minute while you prepare thickening sauce.

Thickening sauce:

Mix water, cornstarch, saki and no-salt seasoning in a small bowl until smooth.

Remove skillet from heat and stir in the thickening sauce.

Return skillet to heat until sauce thickens.

Serve and garnish with sesame seeds.

Shiitake stir fry

3 shiitake mushrooms [sliced]
1 small carrot, juilenned
2 heads of baby bok choy [or 1/2 head of regular bok choy].
1 tsp soy sauce
1 Tbs peanut oil.

Heat oil and stir-fry mushrooms in a wok for about 2 minutes. Add bok choy and carrots and stir fry until limp, about 1-2 minutes. Add sauce and simmer for an additional 2-3 minutes. Serve with brown basmati rice [found elsewhere in this collection].

Spanish potatoes

4 med. Potatoes, cut into 1\2 in. Cubes.
1 green pepper, chopped.
1 red pepper, chopped.
1 lb. Mushrooms, quartered.
2 med. Spanish onions, [diced yellow onions will do].
4 roma tomatoes, chopped.
1 clove garlic.
Louisiana hot sauce. [optional]
1 Tbs chopped rosemary.

Sauté the onions and the garlic with some water until the onions begin to get translucent. Add the potatoes and 1/4 cup of water, the peppers and the mushroom, and the rosemary, cover and let simmer for 10 minutes. Add the tomatoes and hot sauce to taste. Cook until the potatoes are done.

Garnish with a few sprigs of parsley.

Spicy bean dip

1\2 cup pinto beans.
1\2 cup kidney beans.
1 small can tomato paste.
1 small onion.
3 cloves garlic.
Basil.

Parsley.
Apple juice or apple\lime juice to texture.
1\2 Tsp cayenne pepper.

Bring beans to a boil in a saucepan, boil for 5 minutes then pour off the water. Use fresh water and simmer until done. Drain beans and set aside this decreases the 'flatulent' effect of the beans.

Sauté onion and garlic in the bottom of the pot with a little bit of olive oil for one minute. Put all ingredients into a food processor and blend coarsely,

Tarragon potatoes

1 large onion, chopped.
1 Tbs peanut oil.
3 large potatoes, sliced as in scalloped potatoes.
1 bay leaf.
2 Tbs balsamic vinegar.
Pinch of cayenne.
1 Tbs chopped fresh tarragon.
1\2 cup water.

Saute onion in oil in skillet until transparent.
Add potatoes and sauté for 1 minute.
Add water and other ingredients and simmer with lid on for 30 minutes.
Remove and discard bay leaf.

Serve and garnish with fresh parsley.

Vegan caesar salad

4 cloves garlic, to taste, chopped.
1 lemon.
1 Tbs capers
4 Tbs chickpeas [steamed].
1 Tbs drymustard.
1 Tbs tamari sauce.
1 Tbs olive oil.
1 tsp flax oil.
Croutons(optional).
Romaine lettuce.

Toss and serve with a few sprigs of parsley.

Vegan chili

1 large jalapeno pepper, diced finely.
2 bell peppers, [one green one red or yellow].
1 cup kidney beans.
1 chopped onion.
2 garlic cloves.
3 chopped roma tomatoes.
Cumin, coriander, oregano to taste.
1 Tbs olive oil.

Soak the beans overnight, then simmer until tender (1 to 2 hours).
Chop onions and garlic, sauté in oil.
Add peppers, sauté with onion & garlic.
Add chopped tomatoes, cook until soft.
Add the beans, and some bean liquid.
Add the spices and cook for another hour or so.

Vegetable curry

1 large onion, chopped.
2 shiitake mushrooms, sliced.
1 t. Curry powder.
1/4 Tbs ginger
1 large carrot, sliced.
1 stalk celery, sliced.
1 cup green beans, sliced.
1 bell pepper, chopped.
1 cup cauliflower, in bite-sized pieces.
1 cup broccoli, in bite-sized pieces.
1 small butternut squash, diced into 1\2 in. Cubes.
2 Tbs raisins.
1 small parsnip, chopped.
1\2 cup water.

Serves 6.

Brown onion in skillet , stir in curry, ginger, mushrooms and water and cook until liquid is reduced to a sauce.

Let sit on warm burner while you steam the rest of the ingredients until they are hot but still have a raw crunchy texture[about 10 min],

Serve veggies over rice and pour the curry sauce over the vegetables.

Vegetarian dip

1 large red onion.

1/2 stalk of celery.

1 green pepper.

1 medium sized zucchini.

1/4 teaspoon cayenne pepper.

3 cloves of garlic.

1/4 teaspoon chili powder.

1/4 teaspoon cumin.

1 tahini paste.

Cilantro to taste.

Juice of one lemon.

Chop onion, celery, tomatoes, green pepper and zucchini and put them in a cooking pan.

Add cayenne, garlic, chili powder and cumin.

Cook until vegetables are soft.

Let them cool.

Put them in the food processor with the remaining ingredients and mix.