

# **Recipes for the Longo Longevity Diet**

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## Introduction

If you don't know what the [Longo Longevity Diet](#) is, this will give you a brief introduction. [Valter Longo, PhD](#) is a longevity researcher at The University of Southern California in Los Angeles. On the basis of his research, he formulated a diet to facilitate a long and healthy life. Thus, this is a lifestyle diet that is for the long run.

This cookbook contains a set of recipes that I developed to conform closely to his recommendations. My wife and I followed this diet very closely for seven months and then went for physical exams. My cholesterol was down 25% and my wife's was down 19%. I also lost a good bit of weight, and I am currently at a weight I haven't seen since I was in my 20s, which was a long time ago. My wife has had a similar reduction in weight. Longo does give some caloric guidelines, but they look like the usual age x height x sex x activity level averages. I know that I have a slow metabolism, so I adjust my intake downward from the averages because the average is gross overeating for me.

What does Longo recommend? First of all, he doesn't recommend eating specific foods or restricting caloric intake or avoiding fat or eating high fat and high protein meals or any of the usual approaches. His emphasis is on four things. 1) Eat only complex carbohydrates, which gives you a lot of choices. You will need, for example, to avoid refined sugar, white flour products, including breads and pasta, white rice and similar items. In short, avoid processed foods. 2) Eat mostly unsaturated fats on this diet. This means fat from things like olive oil and avocado oil, which excludes fat from butter and lard, among others. You should always use extra virgin avocado or olive oil. I do cheat a little on the butter by significantly reducing its saturated fat content (see the Other section). 3) Longo's diet is configured around a profile. The profile sets caloric intake at 60% from carbohydrates, 30% from fat and 10% from protein. A bit more protein is permitted if you're over 70. Thus, a number of my recipes are a little higher than the standard 10% protein. The protein requirement pretty much eliminates dairy, eggs and meat. A few recipes do include small amounts of these items but generally speaking you should consider them no longer part of your diet. 4) Longo's last recommendation is intermittent fasting. This means that you include a food-free period in each 24-hour day. I would say no less than eight hours. My wife and I usually do ten to twelve hours. We do occasionally go off-diet when we're invited out to dinner or for special occasions like birthdays.

This cookbook contains no breakfast recipes with one exception. In the Other section there is a waffle recipe that comes fairly close to the profile. I created this because my wife is especially fond of waffles and pancakes. Generally, we eat whole grain cereals (hot or cold) for breakfast. If we use milk, we use unsweetened almond milk. This applies also if you use milk in cereal, coffee or tea. A typical breakfast for us is 40g of shredded wheat, with a 1/3 of a cup of unsweetened almond milk and 7 grams of small pieces of walnuts. This gives a profile of 56%, 31%, 13% and 195 calories. A second example is 40g of Nutty Nuggets (store brand of grape nuts) with 1/3 cup of almond milk and 7 grams of small pieces of almonds. This give a profile of 60%, 26%, 13% and 187 calories.

For snacks, our mainstay is popcorn made with a microwave popcorn popper that requires the use of no oil. We also use fruit as a snack. Apples and berries are good. We mix the berries with unsweetened coconut milk yogurt. We also use canned fruit, including peaches, pears, tart cherries, apricots and mangoes. Do not use the canned fruit that comes in light or heavy syrup. You want the ones that come in natural juice from the fruit or water. Check the label and avoid anything that has sugar added. You can also use the unsweetened coconut yogurt on canned fruit. Other snacks include dill pickles, Greek peppers and sauerkraut. We also include in this category pretzel chips and corn chips, which probably aren't whole grain but as close as we can find. Avoid high omega 6 oils that most snack foods are made with ([more info here](#)). Fry or saute with coconut oil or avocado oil. Both have a high smoke point. Smoking oil means the heat is too high and the oil is being converted to trans fats. We don't drink a lot of sodas but if we do, it is unsweetened flavored seltzer water. Finally, Longo is high on walnuts and almonds. If you have a fairly high caloric intake, you can probably work in these nuts. We have a hard time because they have a lot of fat and protein, not to mention calories, and this makes it difficult to keep the overall profile in balance given our caloric intake. You may have some snack food that you just can't live without like ice cream. If cheating a bit to keep you on the diet is what it takes then so be it. However, don't do it frequently and work it into your daily eating plan so that you offset and keep your daily average close to the profile.

You should adhere to the ingredients and quantities used in the recipes. If you wish to make substitutions because you can't get a particular ingredient, have a sensitivity to it or for some other reason, you must adjust the recipe using the computational spreadsheets\* to determine what, if any, and how much of the substitute to use. If you want to substitute spices or change the amounts, have at it as long as what you're substituting has no measurable carbs, fat or protein in it.

A spreadsheet for development is a must, if you want to create recipes of your own. Our recipes tend to be fairly large, a few are of modest quantity, because we like to prepare a couple of meals and then rotate them for several days and avoid cooking meals daily. If you want to reduce or increase the quantity of any recipe, it is all right to do so as long as you adjust all ingredients proportionally, for example, by half or double.

Vegetable ingredients are usually packages of frozen vegetables, but fresh produce is another option. It just requires more preparation time. I prefer frozen vegetables because they are as fresh or fresher than produce but you can use either as ingredients. In most cases, our recipes use whole bags of frozen vegetables or cans of ingredients, so there are no leftover ingredients. In most cases, we purchase groceries from Kroger and usually use the Kroger brands. The biggest problem that you may run into at your preferred grocer is that the package quantities vary from those in the recipes. In this case, you may have to shop around and find a store that handles packaging that is of the proper quantity, get used to leftover ingredients resulting from topping off an underweight package from a second package or buy produce in the correct quantity and do your own cleaning and cutting. I use low sodium ingredients and No Salt instead of salt, but regular salt is fine, if that is your preference. In a few instances you may find certain seasonings difficult to find. They can almost always be purchased online at Amazon or an online spice store.

**Note:** Vegetables may be cooked in the broth when appropriate, on the stove top in water or steamed on the stove top using a steamer basket in a covered pot. You can also microwave vegetables and potatoes. I do not steam vegetables in the bag but put them in a covered glass or ceramic bowl with a little water to microwave them, but suit yourself.

I prefer to cook grains such as pearl barley and rice in an Instant Pot using the pot-in-pot method. I use the large Instant Pot and use a steel bowl as the second pot. The bowl is as large as I can use and still get it into the Instant Pot. You can work out the quantities need for cooking grains in the Instant Pot, but I'll give you a couple of examples that cover quantities used in some recipes. I use 1.5 cups (12 oz.) of brown basmati rice with 1.75 cups (14 oz.) of water, which will produce about 25 ounces of cooked rice. I use 1 cup (8 oz.) of pearl barley and 2.5 cups (20 oz.) of water. This makes approximately 28 ounces of cooked barley. Both examples use the pressure cook setting and cook for 25-30 minutes. The measures in the examples are standard cups, not measures using the cup that comes with the Instant Pot. You can also use the Instant Pot to cook beans using the pot-in-pot method, if you prefer to prepare your beans from dry beans. I suggest soaking the beans

overnight before cooking them.

One thing I recommend is a good food scale that can weigh items in both grams and ounces. I use an Accuweight 207 food scale that I bought on Amazon. For conversion purposes, one ounce is 28.35 grams. Typically, when measuring things like oil, a tablespoon is 14 grams. Thus, when I have a recipe that calls for an ounce of oil, I consider that two tablespoons. In a few instances a tablespoon will be assigned a weight greater than 14 grams per tablespoon. The ketchup I use assigns a weight of 17 grams per tablespoon. Thus, I might say 4.8 ounces of ketchup and list that as 8 servings (tablespoons), which doesn't add up to 4.8 ounces using 14 grams but does using 17 grams.

One thing that is helpful for you to do is keep track across the day what your profile looks like relative to your cumulative intake. This is difficult to do without spreadsheets and a database on foods and recipes to assist you in doing the calculations. This is especially useful for incorporating breakfast foods and snacks into the cumulative daily total and arriving at a profile for the entire day taken as a whole. One thing I often do is plan my daily eating using the spreadsheet and make adjustments to what I eat to approximate the summary profile for the day. By doing this you can answer questions like, should I have some whole grain bread with my lunch?; if so, should I have butter on it?; should I have an apple for a snack tonight or should I have popcorn? and so on. If you're a spreadsheet user, you should be able to develop your own database and calculations. If you want to, you can purchase my spreadsheets (see the note below\*).

**Caveat:** My spreadsheets are simply copies of my personal spreadsheets that have been copyrighted. One of the spreadsheets includes the food database I've developed through following the diet and developing recipes. If purchased, they are for your personal use only and may not be duplicated and distributed in any manner.

\* The spreadsheets used to develop this and other recipes are available to download for a fee of \$25. If you are reasonably adept at using spreadsheets, you can create your own. You can send me \$25 using PayPal.

# Dinner Dishes



## Brussel Sprouts & Potato Soup

(see Alternate Below)



### Ingredients:

Vegetable Broth	64 ounces (two cartons)
Olive or Avocado Oil	02.5 ounces (5 Tbsps)
Brussel Sprouts	12 ounces
Potatoes	16 ounces (cut in small cubes)
Brown Basmati Rice	08.8 ounces (1 package of 90-second rice)
Pearl Onions	12 ounces
Roasted Red Peppers	12 ounces (bottled, chop into small pieces)
Carrots (sliced)	12 ounces
Green Beans	12 ounces

### Seasonings:

- 1 Tbsp (tablespoon) diced garlic (bottled diced garlic in water or fresh)
- 1 Tbsp cumin seed powder
- 1/2 tsp (teaspoon) celery seeds
- 2 Tbsp salt or to taste (I use NoSalt - a salt substitute)
- 1/4 tsp of black pepper (or to taste)
- 1 tsp leaf summer savory
- 2 tsps leaf basil
- 1 tsp kalonji seeds (or substitute onion powder)
- 1 tsp coriander powder
- 1/4 tsp thyme powder (or to taste)

**Carbs 60%, Fat 30%, Protein 10% and Calories 15 per ounce**

**Preparation:**

Put a large pot (8+ quarts) on the stove and add the vegetable broth. Turn the heat on medium to high medium and allow the broth to begin heating up. Add the oil and then all of the seasonings and stir into the broth well. Once the broth is hot enough to begin cooking ingredients, add the pearl onions, carrots, green beans, brussel sprouts and potatoes. Frozen vegetable will quickly reduce the heat of the broth so you will need to turn the heat up until the soup comes back to a light boil. Reduce the heat and cover the pan with a lid that is slightly ajar and allow the soup to simmer for 20 to 30 minutes. Add the microwaved rice and roasted red peppers. Bring the soup back to a light boil, reduce heat, cover and simmer for another 10 minutes. You may want to taste test a few ingredients to see if they are cooked to your satisfaction.

The recipe for corn muffins or fried corn bread go well with this soup (see the section on Other Recipes for how to prepare these items).

**Notes:** If you want to speed the cooking time up, you can steam the vegetables in a pan with a steamer basket or microwave them before adding them to the broth.

**Alternate:** Substitute a pound of shredded Savoy cabbage for the Brussel sprouts. Add 12 ounces of broccoli flowerets and of 12 ounces of cauliflower. Increase the broth to 3 cartons and reduce the oil to 2 ounces. This recipe has the same profile as the recipe above but has only 10 calories per ounce.

## Cajun Black Beans with Rice



### Ingredients:

Black beans	29 ounces (two 14.5-ounce cans)
Small can of green chiles	03.5-ounce can or fresh green chiles
Red Peppers	12-ounce bottle of roasted red peppers
Can of Tomatoes	15-ounce can of diced tomatoes
Basmati Rice (brown)	20 ounces of cooked rice
Chopped onions	12 ounces of chopped onions
Oil (5 Tbsps)	02.5 ounces of olive oil and coconut oil

### Seasonings:

- 1 tsp of minced garlic (or garlic paste)
- 1 Tbsp of cajun/Creole seasoning
- 2 tsp salt or to taste (I use NoSalt - a salt substitute)
- 1/4 tsp of black pepper or to taste

Optional: Add red pepper or red pepper flakes for a hotter dish

**Carbs 59%, Fat 29%, Protein 12% and Calories 26 per ounce**

### Preparation:

Begin by getting the rice started cooking. Follow the directions on the package, if you are cooking it on the stove top. My preference is to cook it in a rice cooker or especially in an Instant Pot (see my comments in the Introduction).

In a deep skillet or a wok, heat some coconut oil and when it is hot enough to begin

the saute, add the chopped onions. When the onions have begun to cook, you can turn the heat back some, if you started with a high heat setting. When the onions are turning translucent, clear a space in the center of the cooking onions and add the minced garlic. If you're using garlic paste, just add it to the onions and stir it into the onions. If using minced garlic, let it cook for a couple of minutes; then stir the garlic into the onions. Drain and chop the roasted red peppers into smaller pieces and add the peppers to the saute. Next, add the tomatoes and blend them. Add any remaining oil using olive oil. Add all of the seasonings and blend them into the saute. When this is done, turn the heat off. This step is optional but I prefer to puree this saute in a food blender. Put 1.5 to 2 cups of saute at a time in the blender. Pour the puree into a 5-quart or larger pot.

Drain and rinse the black beans and add them to the sauce. Add the green chiles to the sauce. When the rice is ready, add it to the pot. Blend all the ingredients well. The dish is now ready to serve. If you aren't ready to serve it yet, put a lid on the pot and put it on a burner set for warm or low heat.

## Caribbean Vegetable and Fruit Stew



### Ingredients:

Tomatoes	14.5 ounces of diced tomatoes
Tomato Sauce	15 ounces of tomato sauce
Pineapple Chunks	20 ounces of pineapple chunks in juice
Coconut (80g)	02.12 ounces of shredded unsweetened coconut
Red Peppers (1 bottle)	12 ounces of roasted red peppers
Green Apples	20 ounces of green apple chunks
Onions	12 ounces of chopped onions
Green Chiles	07 ounce can of diced green chiles
Vegetable Broth (1 cup)	08 ounces of low sodium vegetable broth
Black Beans (2 cans)	29 ounces of black (or pinto) beans
Sweet Potato Cubes	18 ounces of sweet potato chunks
Oil (4 Tbsps)	02 ounces of olive oil and coconut oil

### Seasonings:

2	tsp chili powder
1	tsp ground cumin seeds
1	tsp leaf oregano
1/2	tsp cinnamon powder

**Carbs 59%, Fat 31%, Protein 10% and Calories 19 per ounce**

### Preparation:

Put the cubed sweet potatoes on a tray and place the tray in an oven preheated to 425 degrees. You can avoid the potatoes sticking to the tray by putting a sheet of parchment paper on the tray before putting the potatoes on the tray. Bake the pota-

toes for 20 to 30 minutes. Test them with a fork after 20 minutes to see if there is any resistance to being pierced. If so, continue baking for another 10 minutes.

While the potatoes are baking, put 4 tablespoons of olive oil in a deep skillet or a wok and heat some coconut oil on medium to medium-high. When the oil is hot, add the chopped onions and saute. When they begin to turn translucent, add the diced green chiles and mix them into the onions. Continue to let these ingredients simmer. While these ingredients simmer, drain the bottle of roasted red peppers and chop into small pieces. Next, add the can of tomatoes and the can of tomato sauce to the onion mixture. Mix these ingredients well. Stir in any remaining oil using olive oil. Add all of the seasoning to the mixture and let it simmer until everything is blended and hot. This step is optional, but I prefer to use a food blender to puree these ingredients. I put about 1.5 to 2 cups at a time in the blender. When a batch is blended, pour it into a 5-7 quart pot. Set the heat under the pot to medium.

When the sauce is finished and simmering on the stove, add the vegetable broth, pineapple chunks and apple chunks. Raise the heat until the sauce begins to bubble and then cover with the lid slightly ajar and reduce the heat to a level just sufficient to keep the simmer going. Let the mixture simmer for at least 15 minutes. The apples should be soft but not mushy when the stew is ready to finish.

When the stew mixture is ready, add the baked sweet potato chunks, the shredded coconut and the two cans of black beans (drain and rinse the beans before putting them into the sauce). Mix these ingredients into the stew and keep the temperature up until the added ingredients have had time get hot. The stew is now ready to serve. If you aren't ready to serve it, you can keep it on a burner set for warm and with the lid ajar on the pot.

## Cauliflower with Barley



### Ingredients:

Mashed Cauliflower	24 ounces of mashed cauliflower (2 12 oz. trays)
Pearl Barley	28 ounces of cooked pearl barley
Eggs (2 Lg)	04 ounces two large eggs boiled or scrambled
Carrots	12 ounces of sliced carrots
Oil	02 ounces (4 Tbsps) of olive oil
Pimento	04 ounce jar of diced pimentos
Spinach	12 ounces of chopped spinach

### Seasonings:

1	tsp salt (I use NoSalt - a salt substitute)
1/4	tsp of black pepper
1/2	tsp summer savory leaf
1/2	tsp Herbs de Provence
1/4	tsp of garlic powder

**Carbs 59%, Fat 31%, Protein 10% and Calories 29 per ounce**

### Preparation:

First, get the pearl barley started. You can also cook it on the stove top in a pan following the directions on the package. I prefer to cook it in a large Instant Pot (see my comments in the Introduction). When the barley is well on the way to being cooked, you can steam the carrots and spinach in pots using steamer baskets on the stove top or in the microwave, following directions on the packages. Next, prepare the two trays of mashed cauliflower according to the directions on the package. You can use either plain or garlic-flavored mashed cauliflower. If you use the flavored, you should omit the garlic in the seasonings list. When the cauliflower is ready, place all of it into a 5-quart or larger pot and add the seasonings, pimentos

and oil (hold back 1 tablespoon of oil, if you plan to scramble the eggs) to the cauliflower and blend it together. If the barley is ready, you can add it. Cover the pot and set the burner for low or warm heat. Next, scramble the eggs, if you're using scrambled eggs. You can do this in a skillet using a tablespoon of the oil required for the dish. When everything is blended together in the pot, you can let it sit for a while with the heat set for warm, if you aren't ready to serve it.



## Chili Spaghetti



### Ingredients:

Chili Beans	15-ounce can of chili beans
Green Chiles	07-ounce can of green chiles
Onions	12-ounce bag of chopped onions
Roasted Red Peppers	12-ounce bottle of red peppers
Whole Grain Spaghetti	16-ounce box of spaghetti
Tomatoes	14.5-ounce can of diced tomatoes
Tomato Sauce	30-ounce can of sauce
Corn	12-ounce bag of corn
Oil	03 ounces of olive oil and coconut oil

### Seasonings:

- 2 Tbsps of chili powder or to taste
- 1 Tbsp cumin seed powder
- 1 Tbsp of salt or to taste (I use NoSalt - a salt substitute)
- 1/4 tsp of black pepper or to taste (red pepper for hotter chili)
- 1 tsp of leaf oregano
- 2 tsps of mustard powder
- 1 tsp of grated ginger, paste or powder
- 1 Tbsp of diced garlic or to taste
- 1 Tbsp of fresh chopped cilantro or paste

**Carbs 58%, Fat 30%, Protein 12% and Calories 30 per ounce**

### Preparation:

Prepare the corn by either steaming it in a pot with a steamer basket on the stove top or cook it in a microwave according to the directions on the package. Put some

coconut oil in a deep skillet or a wok and put the heat on medium to medium-high until the oil is hot enough to saute. Add the onions and stir them into the oil and let cook. Once the heat has recovered and the onions are cooking, drain the red peppers and chop them into smaller pieces. Stir the onions as needed. Make an open space in the middle of the onions and add the minced garlic. Let the garlic cook for a couple of minutes and then mix it in with the onions. Next add the green chiles to the onions and garlic, mixing them together, and let them simmer. If you're using cilantro paste, add it to the onions and stir well. When the onions are cooked, add the can of tomatoes and the can of tomato sauce. Add the remaining oil using olive oil. Mix all the ingredients together and let cook while you add the seasonings. Stir in the seasonings and let cook for a few minutes.

Place a large pot on the stove and cook the whole-grain pasta according to the directions. I break the spaghetti strands in half before putting them in the boiling water. While the pasta is cooking, place a 5-7 quart pot on a burner set for warm or low heat. Place the corn, red peppers and can of chili beans in the pot. This next step is optional but preferred. Begin adding the sauce to a food blender using about 1.5 to 2 cups of sauce each time. Puree the sauce for at least 20 seconds and then add to the pot with the beans, corn and peppers. Repeat this until all the sauce has been pureed and added to the pot. If you're using chopped cilantro add this to the pot and stir. Let this simmer while you drain the spaghetti. Add the spaghetti to the sauce and mix well. You can serve it right away or let it sit on the burner set for warm or low heat with the lid slightly ajar until you're ready to serve.

## Chop Suey (Vegetable)



### Ingredients:

Bean Sprouts	14 ounces of canned bean sprouts (or fresh)
Water Chestnuts	08-ounce can of water chestnuts
Bamboo Shoots	08-ounce can of bamboo shoots
Carrots	10 ounces of shredded carrots
Corn	12-ounce bag of corn
Mushrooms	08-ounce can of mushrooms (or fresh)
Onions	24 ounces of chopped onions
Molasses (1&1/2 tsps)	00.25 ounce of molasses
Vegetable Broth	08 ounces of low sodium vegetable broth
Basmati Rice	20 ounces of cooked brown basmati rice
Oil	02 ounces of olive and coconut oil

### Seasonings:

- 1 Tbsp 5-Spice Chinese mix or to taste
- 1 Tbsp Maggi Seasoning to taste (or soy sauce)
- 1 Bunch of green onions
- 1 Tbsp diced garlic

**Carbs 62%, Fat 28%, Protein 10% and Calories 18 per ounce**

### Preparation:

Begin by getting the rice started cooking. Follow the directions on the package, if you are cooking it on the stove top. My preference is to cook it in a rice cooker or especially in an Instant Pot (see my comments in the Introduction).

In a deep skillet or a wok, heat some coconut oil and when it is hot enough to begin the saute, add the chopped onions. You can use the diced white ends of the green onions toward making up the 24 ounces of onions, if needed. When the onions have begun to cook, you can turn the heat back some, if you started with a high-heat setting. When the onions are turning translucent, clear a space in the middle and add the diced garlic. Let the garlic cook for a couple of minutes and then mix it in with the onions. When the onions are well cooked, add the vegetable broth. Add the remaining oil using olive oil. Mix the ingredients, but not the green onions, and then add the seasonings and the molasses. Let this simmer for a few minutes. If you are using a skillet, you will probably need to transfer the contents of the skillet into a 5-quart or larger pot before you begin adding the other ingredients.

Next, cook the carrots and corn. This can be done either in a pot with a steamer basket on the stove top, or you can microwave the corn following the directions on the package. To microwave the carrots, place them in a microwave-safe bowl with a lid. Add 2 or 3 tablespoons of water to the bowl and put the carrots in and cover the bowl with the lid. Place in the microwave and cook for 8 to 10 minutes, depending of the wattage of your microwave. Usually, the highest wattage microwaves are rated 1100 watts.

While the vegetables are cooking, drain the bean sprouts and cut them into smaller pieces for easier eating. You can also cut the water chestnuts, bamboo sprouts and mushrooms in half, if you wish. Rinse and dice the green onions into small sections of about 1/4 inch in length. The white part of the green onions will not be used in the dish, unless you need some extra onion to meet your 24 ounces of chopped onions.

When the onions, garlic and vegetable broth are cooked, add the cooked vegetables and all the canned vegetables. Continue to hold back the green onions. Mix the ingredients well. When the rice is cooked, add the rice to the other ingredients and mix well. Finally, add the diced green onions to the other ingredients and stir them into the mixture. You are now ready to serve the dish. If you aren't ready, you can leave the pan on a burner set for warm or low heat for a while.

## Cumin Sweet Potatoes with Vegetables



### Ingredients:

Sweet Potatoes	54 ounces of cubed sweet potatoes
Lima Beans	12-ounce package of Lima beans
Butternut Squash	10-ounce package of butternut squash
Oil	03 ounces of olive oil
Red Peppers	07 ounces of fresh red peppers
Cauliflower	24 ounce of cauliflower

### Seasonings:

4	tsps garlic powder
5	tsps cumin powder
1/2	tsps pepper (or to taste)
1	Tbsp grated lemon peel
1	Tbsp chopped cilantro

**Carbs 60%, Fat 29%, Protein 12% and Calories 24 per ounce**

### Preparation:

You will need to precook the lima beans and red peppers. You can either steam the lima beans in a pot with a steamer basket on the stove top or cook them in the microwave following the directions on the package. I suggest undercooking them a little bit, because they will be in the oven for 20 minutes. You can soften up the red peppers in the microwave before roasting them. You should cut the red peppers into narrow strips and then cut the strips in half before cooking them.

Mix all of the ingredients together in a large pot or put them in a large plastic bag and mix them by shaking and rolling the bag while holding the top tightly closed. Use two baking sheets that have been lined with parchment paper and spread half the vegetables on each sheet. Recycle\* a spice bottle that has fairly small openings in its cover. Put half the oil in the bottle and shake oil over the vegetables on one of the sheets and then repeat with the second sheet. Next, blend all the spices, except the cilantro, in a small bowl or other container and put them in a second spice bottle. Shake the season blend over the the vegetables on the two sheets as evenly as you can. Finally, place the two sheets of vegetable in an oven preheated to 400 degrees and let them roast for 20 to 30 minutes.

\* I try to keep a couple of empty spice bottles rather than throw them away when they become empty, just for this type of task .

## Curried Rice Pilaf



### Ingredients:

Vegetable Broth	32 ounces of low sodium vegetable broth
Water Chestnuts	08-can of water chestnuts
Lentils	14.5-ounce can of lentils
Green Peas	12-ounce package of green peas
Mushrooms	04-ounce can of mushrooms
Onions	12-ounce package of chopped onions
Basmati Rice	40 ounces of cooked brown basmati rice
Raisins (80g)	02.82 ounces of golden raisins
Oil (7 Tbsps)	03.5 ounces of olive or coconut oil

### Seasonings:

1/2	tsp garlic powder
1/2	tsp ground turmeric
2	Tbsps curry powder
1	Tbsp salt or to taste (I use NoSalt - a salt substitute)
1/8	tsp black pepper or to taste

**Carbs 59%, Fat 30%, Protein 11% and Calories 28 per ounce**

### Preparation:

Begin by getting the rice started cooking. Follow the directions on the package, if you are cooking it on the stove top. My preference is to cook it in a rice cooker or especially in an Instant Pot (see my comments in the Introduction). I use part of the vegetable broth instead of water to cook the rice. I usually add the turmeric powder and half of the salt to the cooking liquid for the rice. I usually have around 3/4 cup of broth left over. I blend the remaining seasonings into the remaining broth.

Next, steam the green peas on the stove top in a pot with a steamer basket or cook them in the microwave following the directions on the package.

In a deep skillet or a wok, heat some coconut oil and when it is hot enough to begin the saute, add the chopped onions. When the onions have begun to cook, you can turn the heat back some, if you started with a high-heat setting. When the onions are turning translucent, add the vegetable broth with the seasonings blended into it. Let this simmer for a few minutes. If you are using a skillet, you will probably need to transfer the contents of the skillet into a 5-quart or larger pot before you begin adding the other ingredients.

Cut the water chestnuts and mushrooms in half and add them to the onions. If you're using canned lentils, drain and rinse the lentils and add them to the onion mixture. If you're using dry lentils that you've cooked yourself, you will need about 10 ounces of drained lentils. Add the remaining oil using olive oil. When the green peas are ready, add them to the onion mixture and then add the raisins. When the rice is ready, mix it into the other ingredients. You are now ready to serve the dish. If you aren't ready, you can leave the pan on a burner set for warm or low heat for a while.



## Italian Sauce with Vegetables



### Ingredients:

Tomatoes	29 ounces (2 cans) of diced tomatoes
Tomato Sauce	30 ounces (2 cans) of tomato sauce
Tomato Paste	06 ounces (1 can) of tomato paste
Broccoli Coleslaw	12-ounce package of broccoli coleslaw
Roasted Red Peppers	12-ounce bottle of roasted red peppers
Onions	24 ounces of chopped onions
Carrots	10 ounces of shredded carrots
Olives (black)	04.25 ounces (1 small can) of sliced black olives
Whole Wheat Pasta	16-ounce package of whole wheat bow tie pasta
Oil	01.5 ounces (3 Tbsps) of olive or coconut oil

### Seasonings:

- 3 Rounded tbsps of oregano
- 2 Rounded tbsp of basil
- 2 Rounded tsp of crushed rosemary
- 1 Tsp of summer savory
- 1-2 Tbsps of salt (I use NoSalt - a salt substitute)
- 1 Tsp of ginger flakes or 1/2 tsp ginger powder
- 1/4 Tsp of black or red pepper or to taste
- 1 Tbsp of minced garlic
- 1 Tbsp of chopped cilantro leaf

**Carbs 60%, Fat 28%, Protein 12% and Calories 15 per ounce**

**Preparation:**

Begin by putting some coconut oil in a deep skillet or a wok and heating the oil at medium to medium high heat. When the oil is hot put the onions in the pan blend the onions with the oil and begin to saute them. Turn down the heat, if you had it on a setting above medium.

Put a pot on the stove and using a steamer basket steam the broccoli coleslaw. Next, cook the carrots either by steaming them on the stove top or by steaming them in a microwave by placing the carrot in a dish with a lid. Add two or three tbsps of water, put the lid on the bowl and place it in the microwave. This should take approximately 10 minutes give or take depending on the wattage of the microwave.

Stir the onions well and then clear a space in the middle and put in the garlic. Let the garlic cook for 2 or 3 minutes and then blend it into the onions. Drain the roasted red peppers and chop them into smaller pieces. Begin cooking the pasta according to the directions on the package. I usually add a little salt and a bay leaf to the water.

When the onions white and soft add the tomatoes, tomato sauce and tomato paste. Blend these with the onions and garlic. Add the chopped roasted red peppers and stir them into the sauce. Add the remaining oil using olive oil. You may need to raise the heat to get the sauce hot. While waiting for the sauce to heat up, add all of the remaining seasonings except the cilantro. Blend the seasonings into the sauce. When the sauce is hot, turn the heat off.

Place the steamed broccoli coleslaw and carrots in a pot large enough to hold all of the ingredients. Add the black olives to the broccoli and carrots and blend them together.

Optional but recommended. Using a food blender, begin to puree the sauce about 1.5 to 2 cups at a time. When a puree is completed, pour it into the pot with the broccoli, carrots and olives. Continue making puree and adding it to the pot until all of the sauce has been used. Add the cilantro to the sauce and mix the ingredients. Drain the pasta and add it to the sauce and other ingredients and blend well. The pasta is now ready to serve or you can put it on a burner set for warm or low heat, if you're not ready to serve.

## Lentil or Crowder Pea Stew



### Ingredients:

Vegetable Broth	64 ounces of low sodium broth
Lentils <b>or</b>	30 ounces of canned lentils, <b>or</b>
Crowder Peas	12 ounces of frozen crowder peas
Tomatoes	14.5-ounce can of diced tomatoes
Corn	12-ounce package of corn
Lima Beans	12-ounce package of Lima beans
Red Peppers	08-ounce bottle of roasted red peppers
Pearl Barley	28 ounces of cooked pearl barley
Pearl Onions	12-ounce package of pearl onions
Green Chiles	07-ounce can of green chiles
Butternut Squash	10-ounce package of butternut squash
Oil	05 ounces of olive oil

### Seasonings:

- 1 Tbsp of minced garlic or 1 tsp of garlic powder
- 1 Tbsp of whole cumin seeds
- 1 tsp of coriander seed powder
- 1 tsp of celery seeds
- 1 Tbsp of No Salt (or to taste)
- 1 tsp of ground cumin seed powder (or to taste)
- 1/4 tsp of powdered thyme (or to taste)
- 1/4 tsp of black pepper (or to taste)
- 1 tsp of summer savory

**Carbs 59%, Fat 30%, Protein 11% and Calories 22 per ounce**

**Preparation:**

First get the pearl barley started. I prefer to cook it in a large Instant Pot using the pot-in-pot method, which is explained in the direction booklet that comes with the pot. You can also cook it on the stove top in a pan following the directions on the package.

Next, put a large pot on the stove and add the broth and oil. Heat the broth on medium to medium-high heat. As the broth is heating up, add and blend in all the seasonings. When the broth reaches a slow boil, add the corn, lima beans and pearl onions to begin cooking. Bring the broth back to a slow boil and cover with the lid ajar. Reduce the heat as necessary to keep a slow boil. Let these vegetables cook for about fifteen minutes. Drain the roasted red peppers and cut them into small pieces. When the fifteen minutes is up, add the red peppers, green chiles and squash. Continue cooking at a slow boil for at least 10 more minutes.

Drain the canned lentils and rinse them. Put the lentils into the stew and let the stew continue to cook until the lentils have had time to get hot. If you're cooking the lentils yourself, you will need between 18-20 ounces of lentils to equal two 15 ounce cans drained. The weight of the lentils in a drained can varies somewhat so it can't be pinned down exactly. When everything is hot, turn of the heat and the stew is ready to serve. If you aren't ready to serve it yet, put it on a burner set on warm or low heat and let it sit with the lid slightly ajar until you're ready.

The recipe for corn muffins or fried corn bread go well with this stew (see the section on Other Recipes for how to prepare these items).

## Pav Bhaji Masala with Vegetables



### Ingredients:

Tomatoes	14.5-ounce can of diced tomatoes
Carrots	12 ounces of sliced carrots
Broccoli Flowerets	25-ounce package of broccoli flowerets
Red Peppers	16 ounces of roasted red peppers
Cauliflower	12-ounce package of cauliflower
Onions	24 ounces of chopped onions
Green Chiles	07-ounce can of diced green chiles
Green Peas	12-ounce package of green peas
Kale	10-ounce package of chopped kale
Sweet Potato Cubes	18 ounces of cubed sweet potatoes
Oil (5 Tbsps)	02.5 ounces of olive and coconut oil

### Seasonings:

3	tsp coriander seed powder
2	tsp cumin powder
2	tsp chili powder
1	Tbsp pav bhaji masala powder
1”	Cube of grated ginger (or 1 Tbsp of flakes or paste or 2 tsps of powder)
1	Tbsp garlic (minced or paste)
2	Tbsps of salt (or to taste) (I use NoSalt - a salt substitute)
2	Tbsps of chopped cilantro leaves for garnish or saute into onions

**Carbs 58%, Fat 31%, Protein 11% and Calories 24 per ounce**

**Preparation:**

Note: The blend of spices called pav bhaji masala can be purchased in a local or online Indian grocery or at Amazon. You can also find directions online for making it yourself.

Begin by putting some coconut oil in a deep skillet or a wok and heating the oil at medium to medium-high heat. When the oil is hot, put the onions in the pan, blend the onions with the oil and begin to saute them. Turn down the heat, if you had it on a setting above medium. Once the onions are white and translucent, make a space in the middle and add the minced garlic. Let the garlic cook for a couple of minutes and then blend it with the onions. Add the green chiles and blend them into the saute. Next, add the can of tomatoes and mix them into the saute. Drain and chop the roasted red peppers and add them to the saute and stir them in. Stir in the remaining oil using olive oil. Add all of the seasonings to the saute, except the cilantro and lemon juice.

When the saute is done, turn the heat off. I use a food blender to puree the saute into a sauce but this is optional. I do about 1.5 to 2 cups of saute at a time in the blender.

Cube the sweet potatoes, unless you're using a bag of ready-to-cook cubed sweet potatoes. If you're doing the cubing yourself, I find it helpful to put each potato in the microwave on high for about one to one and a half minutes depending on the size of the potato. This will make the sweet potatoes a bit easier to cut. When the potatoes are cubed and the oven is ready, prepare a cookie pan by covering the bottom with a sheet of parchment paper. This will prevent the potatoes from sticking to the pan. Spread the potatoes out evenly on the pan. You can spray them if you wish with some cooking spray and add some seasoning. I sometimes lightly salt and pepper them and sometimes I sprinkle them with Allspice. Place them in the oven and let them cook for 20 - 30 minutes.

Cook the broccoli, carrots, green peas and kale by steaming them in pots with a steamer basket on the stove top or in the microwave according to the directions on the package. I usually steam them and do them individually using two pots. Thus, it takes two rounds of steaming to cook the four vegetables. Steaming time can take from 6 to 12 minutes depending on the vegetable.

Put a large pot on the stove and add the vegetables to it as they are cooked. Keep the pot covered. Use a burner setting for warm for the cooked vegetables. As you

puree the saute add the sauce to the vegetable pot. When all the sauce is in the pot, blend the ingredients into the sauce. You can now sprinkle the chopped cilantro over the top of the dish. If you wish, blend the chopped cilantro with the optional lemon juice before spreading the cilantro over the top of the dish. You are now ready to serve the dish. If you aren't ready, you can leave the pot on the stove with the lid ajar and its burner set for warm or low heat until you're ready.

## Rice & Chickpea Curry



### Ingredients:

Basmati Rice	32 ounces of cooked brown basmati rice
Chickpeas	16-ounce can of chickpeas (a.k.a. garbanzo beans)
Oil	02.5 ounces of olive and coconut oil
Onion	24 ounces of chopped onions
Vegetable broth	08 ounces of low sodium vegetable broth
Coconut milk (carton)	16 ounces of coconut milk drink in carton
Raisins (80g)	02.82 ounces of golden raisins

### Seasonings:

2	tsp of salt or to taste (I use NoSalt - a salt substitute)
1/4	tsp black pepper (or to taste)
1	Tbsp curry powder
1	Tbsp minced garlic
1-2	Tbsps hot sauce (optional) OR substitute
1	tsp of ground ginger
1/2	tsp of turmeric
1	Tbsp chopped cilantro, for garnish, or saute into onions
1/4	tsp of coconut flavoring (optional)

**Carbs 61%, Fat 29%, Protein 9% and Calories 34 per ounce**

### Preparation:

Begin by getting the rice started cooking. Follow the directions on the package, if you are cooking it on the stove top. My preference is to cook it in a rice cooker or



especially in an Instant Pot (see my comments in the Introduction). If you want a dry dish, use the vegetable broth as part of the cooking liquid for the rice. Otherwise, use water for all of the cooking liquid. I usually blend a 1/2 teaspoon of turmeric powder and of salt into the cooking liquid.

Next, put some coconut oil in a deep skillet or a wok and heat the oil with medium to medium- high heat. When the oil is hot, put the onions in the pan, blend the onions with the oil and begin to saute them. Turn down the heat, if you had it on a setting above medium. Once the onions are white and translucent, make a space in the middle and add the minced garlic. Let the garlic cook for a couple of minutes and then blend it with the onions. Add the cilantro to the saute and blend it in.

When the onions and garlic are cooked, add the vegetable broth, if you've decided that you want a wetter dish. In that case, blend the remaining spices into the broth before adding to the saute. If not using the vegetable broth, add the remaining seasonings to the saute and blend well.

Drain and rinse the chickpeas and add them to the saute and stir them in. Add the remaining oil using olive oil. Reduce the heat to warm or low until the rice is ready. Add the coconut milk, (with the flavoring stirred in, if using) to the saute and blend it in. After the saute and the coconut milk are blended, add in the rice and mix all the ingredients together. The dish is ready to serve. If you aren't ready to serve it, leave it on a burner set for warm or low heat.

## Sweet Potatoes with Kidney Beans (Rajma Dal variation)



### Ingredients:

Sweet Potatoes	36 ounces of cubed sweet potatoes
Light Red Kidney Beans	29 ounces of canned red kidney beans
Apple	18 ounces of apple chunks
Raisins (80g)	02.82 ounces of golden raisins
Red Peppers	12 ounce bottle of roasted red peppers
Carrots	29 ounces of canned sliced carrots
Oil	03.5 ounces of olive oil

### Seasonings:

- 1 tsp cardamom powder
- 1 tsp amchur (ground mango) powder
- 1 tsp ground cumin powder
- 1 tsp allspice powder

**Carbs 58%, Fat 30%, Protein 11% and Calories 23 per ounce**

### Preparation:

Preheat your oven to 400 degrees. Use one or two (depends on the size) cookie sheets with the bottoms lined with a sheet of parchment paper (to avoid sticking). Spread the cubed sweet potatoes and chunks of apple on the baking sheets and place them in the oven for 20 to 30 minutes.

Drain the bottle of roasted red peppers and cut them into smaller pieces. Put the red peppers, drained cans of sliced carrots, oil and all the seasonings in a bowl and mix

them together. Save some of the liquid from the carrots in the event you need some liquid. Put 1.5 to 2 cups of this mixture in a food blender and puree it. Repeat until all the mixture has been pureed. If the ingredients are too dry to puree, add a little liquid saved from the carrots. As each round of puree is finished, empty it into a 5-quart or larger pot on the stove top. Turn the heat on under the pot to low.

Drain and rinse the kidney beans and add them to the sauce. You can also add the raisins to the sauce at this point. As soon as the potatoes and apple chunks are ready, add them to the sauce and blend all the ingredients together. The dish is now ready to serve. If you aren't ready to serve it, leave it on a stove top burner set to warm or low heat.

## Tuscan Bean Soup



### Ingredients:

Vegetable Broth	64 ounces of low sodium vegetable broth
Cannellini Beans	29 ounces of canned cannellini beans
Artichokes	15 ounce can (not marinated)
Carrots	12-ounce package of sliced carrots
Onions	12 ounces of pearl onions (1 package)
Corn	12-ounce package of corn
Brown Rice	08.8-ounce pouch of 90 second brown rice
Red Peppers	12 ounces of roasted red peppers (2 bottles)
Oil	03 ounces of olive oil
Green onions	01 bunch

### Seasonings:

1	Tbsp diced garlic
1	Tbsp salt (I use NoSalt - a salt substitute)
1	Tbsp of Basil leaf
1	leaf bay leaf
1/4	tsp pepper, black ground
1	tsp Summer Savory
4	tsps crushed rosemary

**Carbs 58%, Fat 30%, Protein 12% and Calories 17 per ounce**

**Preparation:**

Put a 5-quart or larger pot on the stove top and pour the vegetable broth into it. Turn the heat on medium to medium-high. Add all the seasonings and stir well. When the broth is starting a low boil, add the carrots, corn and pearl onions to cook. When the broth comes back to a low boil, reduce the heat and cover the pot with the lid ajar and let the vegetables cook for 20 to 30 minutes.

Drain the bottle of roasted red peppers and cut the peppers into smaller pieces. Drain and rinse the cannellini beans. When the vegetables are cooked, add the red peppers and beans. Microwave the brown rice following the directions on the package. When the rice is ready, add it to the stew. Mix all ingredients well. The dish is ready to serve. If you aren't ready, leave the pot on the burner set for warm or low heat.

## Vegetable Chili



### Ingredients:

Pinto/Chili Beans	29-ounces canned chili beans
Tomatoes (2)	29 ounces of canned diced tomatoes
Tomato Sauce (2)	30 ounces of canned tomato sauce
Kale	10-ounce package of chopped kale
Green Chili Peppers	07-ounce can of diced chilies
Roasted Red Peppers	12-ounce bottle of roasted red peppers
Carrots	12-ounce package of sliced carrots
Potatoes	24 ounces of potatoes, cubed
Corn	12-ounce package of corn
Onions (2)	24 ounces of chopped onions
Garlic	00.53 ounce of bottled diced garlic in water
Oil	03.5 ounces of olive and coconut oil

### Seasonings:

- 3 Tbsps of chili powder (or to taste)
- 1 Tbsp of cumin seeds
- 1 Tbsp cumin seed powder
- 1 Tbsp of salt or to taste (I use No Salt substitute)
- 1/2 tsp of black pepper ( or to taste) for hotter chili substitute red pepper
- 1 tsp of leaf oregano
- 2 tsps of mustard powder
- 2 tsps of grated ginger or paste (or 1 tsp of ginger powder)
- 1 Tbsp of bottled diced garlic in water (or to taste)
- 1 Tbsp of fresh chopped cilantro or paste

**Carbs 59%, Fat 29%, Protein 12% and Calories 17 per ounce**

## Preparation

You can use any type of white potato. Cut the potatoes into small cubes the size of a grape. Once the potatoes are diced, you can bake them in a covered baking dish or microwave them in a covered dish. Allow 20-30 minutes to bake them in a pre-heated oven at 425 degrees. Test several for softness after 20 minutes and continue for another 10 minutes if there is any resistance to being forked. Alternatively, you can microwave the potatoes on high for 5 minutes, stir them and continue for another 5 minutes. Test the potatoes and if there is any resistance to being forked, continue for another 3-5 minutes.

You can steam the kale, carrots and corn in a pan with a steamer basket or microwave them. If you steam these vegetables, use the amount of cooking time on the package and then test them. If you microwave them, use the directions on the package. Do note what wattage is assumed for the microwave cooking time. If your microwave's power rating is lower than 1100 watts, you will need to extend the cooking time accordingly. In some cases, the directions will give times for different wattage ratings, but not all directions do this. As the potatoes and other vegetables are finished, put them in a large pot of at least 7 quarts. You can also add the can of chili beans to the cooked vegetables. If you add a small amount of water, you can put this pan on a low or warm heat setting to keep the ingredients warm.

Drain and empty out the roasted red peppers on a cutting board. Using a dicing knife, cut the red peppers into smaller pieces. Next, use either a large, deep skillet or a wok and put some coconut oil in the pan and set the heat on a medium setting or a little higher to get the pan hot for sauteing. I suggest that you use coconut oil, since it has a higher smoke point than olive oil. When the oil is hot enough, place the chopped onion in the pan and begin cooking them. After several minutes, clear some space in the middle of the onions and add the diced garlic. You may need to turn the heat down some at this point. When the garlic has had a couple of minutes to cook, mix the onions and garlic and let them simmer. If you're using cilantro paste, go ahead and add that now. If you're using fresh cilantro, wait. When the onions are well cooked, add the green chilies and mix them into the onions and garlic. Next, add the tomatoes, the tomato sauce and the red peppers. Mix all these ingredients and let them simmer. Add the remaining oil using olive oil. At this point, you should add the seasonings to the sauce. Blend the seasoning into the sauce. This is optional. If you have a food blender, I suggest that you puree the sauce in the blender. Use only about two cups of sauce at a time. When the puree is finished (20-30 seconds is usually enough time), pour the puree into the pot with the vegetables and repeat until all the sauce has been converted to puree. While adding puree

to the vegetables, you can put your chopped fresh cilantro in the pot. When everything is in the pot, mix all the ingredients well, bring the chili to a simmer, cover with the lid slightly ajar, reduce the heat to a point where it is just high enough to maintain the simmer and let the chili simmer for at least 15 minutes (longer if you wish). You can serve this with corn meal muffins or corn meal pancakes (see the Other Recipes section).



## Vegetable Korma



### Ingredients:

Tomatoes	29 ounces of canned diced tomatoes
Potatoes	24 ounces of potatoes, cubed to the size of a grape
Spinach	12-ounce package of spinach
Carrots	12-ounce package of sliced carrots
Onions	24 ounces of chopped onions
Shredded Coconut	01 ounce of shredded unsweetened coconut
Coconut milk	08 ounces of coconut milk in a carton
Green Peas	12-ounce package of green peas
Green Beans	12-ounce package of green beans
Green Chilies	07-ounce can of diced green chilies
Butternut Squash	10-ounce package of butternut squash
Red Peppers	12-ounce bottle of roasted red peppers
Raisins	02.82 ounces of golden raisins
Oil	02 ounces of olive and coconut oil

### Seasonings:

- 1 Tbsp of minced garlic
- 1 Tbsp of ginger paste, grated ginger or 1/2 Tbsps of ginger powder
- 1 Tbsp of basil paste or leaf basil
- 2 Tbsps of curry powder (or to taste)
- 2 Tbsps of salt (I use NoSalt - a salt substitute)
- 1/4 tsp of coconut flavoring (optional)
- 1 Tbsp of cilantro paste or fresh chopped cilantro

**Carbs 60%, Fat 30%, Protein 11% and Calories 20 per ounce**

**Preparation:**

Begin by putting some coconut oil in a deep skillet or a wok and heating the oil at medium to medium-high heat. When the oil is hot, put the onions in the pan, blend the onions with the oil and begin to saute them. Turn down the heat, if you had it on a setting above medium. Once the onions are white and translucent, make a space in the middle and add the minced garlic. Let the garlic cook for a couple of minutes and then blend it with the onions. Add the green chiles and blend them into the saute. Next, add the cans of tomatoes and coconut milk then mix them into the saute. Drain and chop the roasted red peppers and add them to the saute and stir them in. Add the remaining oil using olive oil. Add all of the seasonings to the saute, except the cilantro. While the onions are cooking, you can get started with the potato and vegetable preparations described below.

When the saute is done, turn the heat off. I use a food blender to puree the saute into a sauce, but this is optional. I do about 1.5 to 2 cups of saute at a time in the blender. Put the sauce in a large pot (see below).

Rinse and cube the potatoes. When the potatoes are cut, put them in a microwave-safe bowl with a lid. I sometimes lightly salt and pepper them and add a couple of tablespoons of water to the bowl. Cover the bowl and put it in the microwave. Cook on high for about five minutes and then take the potatoes out and stir them. Put the potatoes back for another five minutes and take them out and stir them. Put them back in the microwave for an additional 3 to 5 minutes. Take them out and set the bowl aside.

Cook the carrots, green peas, green beans, spinach and butternut squash by steaming them in pots with a steamer basket on the stove top or in the microwave according to the directions on the package. I usually steam them and do them individually using two or three pots. Steaming time can take from 6 to 12 minutes, depending on the vegetable.

Put a large pot on the stove and add the vegetables to it as they are cooked. Keep the pot covered. Use a burner setting for warm for the cooked vegetables. As you puree the saute, add the sauce to the vegetable pot. When all the sauce is in the pot, blend the ingredients into the sauce. You can now sprinkle the chopped cilantro over the top of the dish. You are now ready to serve the dish. If you aren't ready, you can leave the pot on the stove with the lid ajar and its burner set for warm or low heat until you're ready.

# Lunch Dishes

## **Baked “Irish” Potato - one serving**

### **Ingredients:**

Potato	One 6-ounce (raw weight) baking potato
Ranch Dressing	1 ounce (2 Tbsps) of Bolthouse Farms* Ranch Yogurt Dressing
Oil	0.25 oz (1/2 Tbsp) of olive oil mixed into the dressing
Bread	1 slice (28 grams) of Dave’s 21 Whole-Grain Bread

### **Seasonings:**

Salt	To taste
Pepper	To taste

**Carbs 58%, Fat 32%, Protein 10% and Calories 38 per ounce  
(values include the potato skin)**

### **Preparation:**

Wash potato.

To microwave, pierce in a few places with a fork or ice pick. Cook for 5-6 minutes. Push fork into the middle of the potato to test for doneness (should be soft all the way through).

To bake in oven, preheat oven to 400-425 degrees. Don’t pierce the potato. Instead, cover it in foil, place on a small metal tray w/ a small rack, and bake for 60-90 minutes.

To slow cook in the oven, set temperature at 275 degrees. Don’t pierce the potato. Instead, cover it in foil, place on a small metal tray w/ a small rack, and bake for 2 hours or longer. (This option is good if you want to cook it while you leave the house to run errands.)

Toast the bread, mash the potato, mix the dressing and oil into the potato. Serve the potato mixture over the toast.

**\* Bolthouse Farms dressings are refrigerated in the store and are usually in the produce section.**

## **Baked Sweet Potato - one serving**

### **Ingredients:**

Potato	One 6-ounce (raw weight) sweet potato
Pomegranate Dressing	1 ounce (2 Tbsps) of Bolthouse Farms* Pomegranate and Poppy Seed Yogurt Dressing
Oil	0.25 oz (1/2 Tbsp) of olive oil mixed into the dressing
Bread	1 slice (28 grams) of Dave's 21 Whole-Grain Bread

### **Seasonings:**

Cinnamon	To taste
or	
Allspice	To taste

**Carbs 60%, Fat 32%, Protein 8% and Calories 38 per ounce  
(Values include the potato skin)**

### **Preparation:**

Wash potato.

To microwave, pierce in a few places with a fork or ice pick. Cook for 5-6 minutes. Push fork into the middle of the potato to test for doneness (should be soft all the way through).

To bake in oven, preheat oven to 400-425 degrees. Don't pierce the potato. Instead, cover it in foil, place on a small metal tray w/ a small rack, and bake for 60-90 minutes.

To slow cook in the oven, don't pierce the potato. Instead, cover it in foil, place on a small metal tray w/ a small rack, set temperature at 275 degrees and set timer for 2 hours or longer. (This option is good if you want to cook it while you leave the house to run errands.)

Toast the bread, mash the potato, mix the dressing and oil into the potato, and serve the potato mixture over the toast.

**\* Bolthouse Farms dressings are refrigerated in the store and are usually in the produce section.**

## Bean and Carrot Wrap - 8 servings



### Ingredients:

Pinto Beans	15 ounces (1 can) of pinto beans
Carrots	10 ounces of grated carrots, produce section
Onions	12 ounces of chopped onions, fresh or frozen
Oil	01 ounce (2 Tbsps) of olive and coconut oil
Ketchup (8 Tbsps)	04.8 ounces of reduced sugar and sodium ketchup
Whole Grain Wraps	08 Ole Sprouted Whole Grain Wraps

### Seasonings:

- 2 tsp of salt (I use NoSalt - a salt substitute)
- 1 tsp of summer savory

### A serving of four ounces of filling in a wrap:

**Carbs 59%, Fat 28%, Protein 13%**  
**Calories 21.75 per ounce of the filling + Calories of the wrap**

### Preparation:

Microwave onions for 5 minutes. Drain excess water when finished. Microwave carrots separately for 4 minutes. Drain excess water when finished. (The microwaving ensures that these ingredients will be thoroughly cooked when they are sauteed.) Now put some coconut oil in a deep skillet or a wok and heat the oil at medium to medium-high heat. When the oil is hot, put the onions and carrots in the pan, stir and begin to saute them. Turn down the heat, if you had it on a setting

above medium.

When the sauteing is done, drain the beans and rinse. Add them to the skillet and stir. Add the remaining oil using olive oil. Now stir the spices into the ketchup in a small bowl and add the ketchup to the skillet, stirring well.

Microwave a wrap for 20-30 seconds and spoon the filling onto it. Optionally, you can add a little mustard.

## Bean and Rice Wrap - 12 servings/wraps



### Ingredients:

Black Beans	15 ounces (1 can) of lentils or black beans
Rice	08.8 ounces of 90-second Brown Rice
Onions	12 ounces of chopped onions
Tomato Sauce	08 ounces (small can) of tomato sauce
Oil	02 ounces (4 Tbsps) of olive and coconut oil
Corn Tortillas	08 Six to 6.5 inch corn tortillas

### Seasonings:

2	tsp of chili powder
1	tsp of salt (I use NoSalt - a salt substitute)
1	tsp of cumin
1/2	tsp of summer savory

### A serving of four ounces of filling in a wrap:

**Carbs 63%, Fat 28%, Protein 9%**  
**Calories 30 per ounce of filling + cal of the wrap**

### Preparation:

Microwave onions for 4 minutes. Now put some coconut oil in a deep skillet or a wok and heat the oil at medium to medium-high heat. When the oil is hot, saute the onions. Turn down the heat, if you had it on a setting above medium. Add the



tomato sauce and seasonings. Cook rice in the microwave. Add any remaining oil using olive oil. Drain the beans and rinse. Add beans and rice to the skillet, stir, and heat.

Heat a skillet on medium heat and spray the pan with cooking spray. Cook a tortilla on both sides and then spoon the filling onto it.

## Cabbage & Potatoes - 4+ servings



### Ingredients:

Cabbage	16 ounces
Potatoes	24 ounces cubed white potatoes
Pearl Onions	12 ounces (1 bag)
Beets	15 ounces (1 can), shredded or cut as shoestrings
Oil	01.25 ounces (2.5 Tbsps) of olive or avocado oil

### Seasonings:

- 1/2 Tbsp of salt (I use NoSalt - a salt substitute)
- 1/2 tsp of summer savory
- 1/2 Rounded tsp of crushed rosemary

**Carbs 61%, Fat 31%, Protein 8% and Calories 15 per ounce**

### Preparation:

Cube the potatoes to about the size of a grape, put in an 8-gallon or smaller plastic bag with seasonings and oil, and shake well. Spread on one or two cookie sheets lined with parchment paper and bake at 450 degrees for 20 minutes, or longer if necessary.

Shred the cabbage. Bring about an inch of water to a boil in a large pot. Add the cabbage and, when the water starts steaming, put the lid on and turn the heat down to medium low and steam for about 10 minutes. When finished drain the water out

of the pot.

Microwave the onions in a covered casserole dish with 2 Tbsps of water for about 12 minutes.

Drain onions and put them in the pot with the cabbage. Then add the beets and potatoes to the pot and mix well.

## **Cheese and Onion Sandwiches - 2 servings**

### **Ingredients:**

Violife Cheese	02 slices Violife Cheese (nondairy)
Onions	02 slices of raw onion, 4 ounces each
Bread	04 slices of Dave's 21 Whole-Grain Bread
Mayonnaise	01 ounce of Smart Balance mayonnaise, (1 Tbsp for each sandwich)

### **Seasonings:**

To Taste:

salt (I use NoSalt - a salt substitute)

pepper

Mustard (optional)

**Carbs 65%, Fat 25%, Protein 10% and calories 232 per serving**

### **Preparation:**

Saute slices of onions, using cooking spray.

Optional: When onions are almost done, pour Balsamic vinegar over them to caramelize them, flipping them to do both sides.

When onions are done, place slice of cheese on top of onions so they soften from the heat.

Toast bread, spread mayonnaise on the bread and assemble the sandwich.

## Cumin & Cashew Potatoes - 4 servings



### Ingredients:

Potatoes	24 ounces of white potatoes, cubed
Green Beans	12 ounces (1 bag) of green beans
Green Chiles	04 ounces (small can) of green chiles
Cashews	01.25 ounces (2 1/2 Tbsps) of cashews
Oil	0.5 ounce (1 Tbsp) of olive or avocado oil
Coconut Milk	02 ounces (from carton) of coconut milk

### Seasonings:

1/2	tsp of cumin powder
2 1/2	tsps of cumin seeds
1/4	tsp of ginger powder
1/2	tsp of turmeric powder
1/2	tsp of chili powder
1/2	tsp of salt (I use NoSalt - a salt substitute)
1	Tbsp of cilantro

**Carbs 59%, Fat 29%, Protein 12% and Calories 17 per ounce**

### Preparation:

Cube the potatoes to about the size of a grape and spread on one or two cookie sheets lined with parchment paper and bake at 450 degrees for 20 minutes or longer if needed.

Microwave green beans according to the directions on the package. Add spices to coconut milk. Put all ingredients together, stir well and serve.

## Egg & Olive Scramble - 2 servings



### Ingredients:

Onions	12 ounces of chopped onions
Egg	01 large egg
Rice	08.8 ounces of 90-sec Brown & Wild Rice Mix
Black Olives	02 ounces of sliced black olives
Oil	0.165 ounce (1 tsp) of coconut oil

### Seasonings:

1	tsp of salt (I use NoSalt - a salt substitute)
1/2	tsp of summer savory
1/4	tsp of Greek seasoning
	pepper to taste

**Carbs 54%, Fat 33%, Protein 12% and calories 27 per ounce**

### Preparation:

Microwave onions for 5 minutes. (The microwaving speeds up the cooking when they are sauteed.)

Put the coconut oil in a skillet and heat the oil at medium to medium-high heat. When the oil is hot, put the onions in the pan, and saute them. Turn down the heat, if you had it on a setting above medium. In a separate skillet, scramble the egg, using cooking spray. Mix all ingredients and serve.

## Egg & Rice Wrap - 4 servings



### Ingredients:

Eggs	02 large eggs
Rice	08.5 ounces (1 pkg) of 90-sec. Brn Basmati Rice
Onions	12 ounces of chopped onions, fresh or frozen
Oil	0.5 ounce (1 Tbsp) of olive and coconut oil
Raisins	01.4 ounces of golden raisins
Whole Grain Wraps	08 Ole Sprouted Whole Grain Wraps
Mustard (optional)	

### Seasonings:

1	tsp of salt (I use NoSalt - a salt substitute)
1/2	tsp of summer savory
	pepper to taste

### A serving of four ounces of filling in a wrap:

**Carbs 59%, Fat 30%, Protein 12%**  
**Calories 33 per ounce of the filling + Calories of the wrap**

### Preparation:

Microwave onions for 5 minutes. (The microwaving speeds up the cooking when they are sauteed.) Put some coconut oil in a skillet and heat the oil at medium to

medium-high heat. When the oil is hot, put the onions in the pan, stir and begin to saute them. Turn down the heat, if you had it on a setting above medium.

When the sauteing is done, microwave the rice and add to onions. Scramble the eggs, using cooking spray and add the eggs and raisins to the onion and rice. Mix the ingredients well. Note, if you haven't used all the allotted oil use some more coconut oil to scramble the eggs. Any allotted oil left should be added to the dish using olive oil.

Microwave a wrap for 20-30 seconds. Put mustard on the wrap if you want it and spoon the filling onto the wrap.



## Golden Lentil Soup - 10 servings



### Ingredients:

Vegetable Broth	64 ounces (2 cartons) of low sodium vegetable broth
Carrots	12 ounces (1 bag) of carrots
Onions	12 ounces (1 bag) of chopped onions
Kale	12 ounces (1 bag) of kale
Sweet Potato Cubes	18 ounces (1 bag) of sweet potato cubes
Lentils	14.5 ounce can of lentils, drained
Tomato Paste	01.165 ounces (2 Tbsps) of tomato paste
Oil	01.5 ounces (3 Tbsps) of olive or avocado oil
Coconut Milk	13.5 ounces (from carton) of coconut milk
Raisins	04.23 ounces of golden raisins

### Seasonings:

1	Tbsp of Minced Garlic
2	tsps of Ground Ginger
2	Tbsps of NoSalt
1	tsp Summer Savory
2	tsps of Ground Turmeric
1	tsp of Cumin powder

### Added later:

1	Tbsp of chopped cilantro
1/8	tsp coconut flavoring

**Carbs 60%, Fat 29%, Protein 11% and Calories 14 per ounce**

**Preparation:**

Put broth in a large pot (7+ quarts) on the stove and turn to medium high heat. When the broth is hot add the seasonings (but not the cilantro or coconut flavoring) and put all the uncooked vegetables in the broth. When the broth comes to a slow boil, stir in the tomato paste and oil, put the lid slightly ajar on the pot and reduce the heat.

When the vegetables are cooked, add the lentils, the coconut milk, coconut flavoring, the raisins, and the cilantro. You are ready to serve or you can let the soup sit on low heat until ready.

## Half Egg Sandwich & Hash Browns - 2 servings



### Ingredients:

Egg	01 large egg
Bread	02 slices of Dave's 21 Whole-Grain Bread
Mayonnaise	01.06 ounces (2 Tbsps) of Smart Balance mayonnaise
Hash Browns	08 ounces (two 4-ounce servings)
Onions	02 ounces of chopped onions
Ketchup	01.8 ounces (3 Tbsps) of reduced sugar and sodium ketchup
Mustard (optional)	

### Seasonings:

Paprika

To Taste:

salt (I use NoSalt - a salt substitute)  
pepper

**Carbs 61%, Fat 28%, Protein 11% and calories 276 per serving**

### Preparation:

Saute onions with cooking spray. When past the raw stage, add hash browns, using more cooking spray. Sprinkle with paprika.

Toast bread, fry egg, spread mayonnaise on the bread and assemble the sandwich. Divide in half. Divide and serve hash browns with ketchup.

## Pizza - 2 servings (4 slices)



### Ingredients:

Pizza Crust	One 6-ounce frozen cauliflower pizza crust
Tomato Paste	06 ounces (small can)
Peppers & Onions	06 ounces of peppers & onions
Tomato	03.5 ounces of fresh tomato, cut in very thin slices
Pineapple	08-ounce can of pineapple, drained
Mozzarella Cheese	01.5 ounces of shredded mozzarella cheese
Oil	0.167 ounce (1 tsp) of olive or avocado oil

### Seasonings (to taste):

salt  
Italian herbs  
garlic powder

**Carbs 58%, Fat 30%, Protein 12% and Calories 225 for 1 slice (1/4 of pizza)**

### Preparation:

Preheat oven to 450 degrees. Make sure it's hot! (If you want a crisp pizza, use a pizza stone preheated for about 60-90 minutes.)

Microwave peppers & onions for 2 minutes. Microwave pineapple for 2 minutes (if desired; doing so reduces the acidity of the pineapple). Put still-frozen pizza crust

on a pizza pan sprayed with cooking spray. Mix oil with the tomato paste and spread evenly on the crust, leaving about a 1/4 inch bare rim around the edge. Sprinkle spices over the tomato sauce. Put the tomato slices on top of the tomato paste. Next, add peppers and onions. Then sprinkle the cheese evenly over the pizza. Now spread the pineapple cut into small pieces over the other pizza ingredients.

Bake for 10-15 minutes. Let sit 5 minutes before cutting.

## Raw Vegetable Wrap - 6 servings



### Ingredients:

Cauliflower	16 ounces of cauliflower hash or finely chopped cauliflower
Green Onions	06 ounce from a bunch of green onions
Raisins	04.25 ounces of golden raisins
Dressing	04.25 ounces of Bolthouse Farms Ranch Yogurt Dressing
Oil	0.7 ounces (4 tsp) of olive or avocado oil
Wraps	06 Ole Sprouted Whole Grain Wraps

### Seasonings:

- 1 tsp of salt (I use NoSalt - a salt substitute)
- 1/2 tsp of summer savory

### Optional:

- 1/2 tsp of Greek seasoning or Italian herbs

**Carbs 60%, Fat 29%, Protein 11% (filling and wrap)**

**Calories: 28 per ounce of filling +Calories of wrap**

### Preparation:

Cut green onion tops so they form small rings. Mix all ingredients together. Microwave a wrap for 20-30 seconds and spoon the filling onto it.

## Roasted Vegetables - 4 servings



### Ingredients:

Red Potatoes & Onions	18 ounces Red Potatoes and Onions for Roasting
Brussels Sprouts, Butternut	18 ounces Brussels Sprouts, Butternut Squash, & Onions for Roasting
Oil	0.5 ounce (1 Tbsp) of olive or avocado oil

### Seasonings:

To taste:  
salt (I use NoSalt - a salt substitute)  
pepper

**Carbs 60%, Fat 29%, Protein 11% and Calories 191 per serving (1/2 of sheet)**

### Preparation:

Preheat oven to 450 degrees.

Line a cookie sheet with parchment paper, spray it with cooking spray. Put the vegetables in a large plastic bag, drizzle oil over them and shake well. Spread the vegetables on the cookie sheet. Add salt and pepper.

Bake for about 20 minutes or until done. To reheat leftovers: preheat oven to 350 degrees, bake for 10 minutes.

## Squash & Rice - 4 servings



### Ingredients:

Butternut Squash	10 ounces of butternut squash
Peppers & Onions	12 ounces of peppers & onions
Tomato Sauce	15 ounces (large can) of tomato sauce
Rice	08.8 ounces of 90-sec Brown and Wild Rice Mix
Oil	0.75 ounce (1 1/2 Tbsps) of olive or avocado oil

### Seasonings:

1/2	tsp of summer savory
2	tsp of salt (I use NoSalt - a salt substitute)
1/2	tsp of cumin powder
1/2	tsp of ginger powder
1	tsp of curry powder

**Carbs 63%, Fat 27%, Protein 10% and Calories 198 per serving**

### Preparation:

Microwave peppers & onions for 9 minutes or until cooked.

Microwave squash following the directions on the bag.

Microwave the brown and wild rice according to the directions on the package.

Add spices and oil to tomato sauce.

Mix all the ingredients together and heat until hot then serve.



## Tomato, Onion, & Cheese Wrap - 4 servings



### Ingredients:

Tomato	08.5 ounces of fresh tomato, diced
Onions	08 ounces of onions, chopped
Velveeta Cheese	02 ounces of shredded Velveeta cheese
Mayonnaise	02 ounces (4 Tbsps) of Smart Balance mayonnaise
Dressing	02 ounces of Bolthouse Farms Ranch Yogurt Dressing
Oil	02 ounces (4 Tbsps)
Craisins	02 ounces
Whole Wheat Wraps	04 wraps from package

### Seasonings:

To taste:  
salt (I use NoSalt - a salt substitute)  
pepper

**Carbs 58%, Fat 28%, Protein 14%**  
**Calories 19 per ounce of filling + Calories of wrap**

### Preparation:

Microwave onions for 5 minutes. Heat a skillet at medium to medium-high heat. When the pan is hot, saute the onions, using cooking spray. Turn down the heat, if you had it on a setting above medium.

Dice the tomato. Mix all of the filling ingredients. Heat tortilla for 30 seconds in a frying pan on medium heat. Spraying pan and then the topside of tortilla before flipping with cooking spray. Spoon filling onto tortilla.

## Vegetable Lunch Korma - 8 servings



### Ingredients:

Cauliflower	12 ounces of cauliflower
Green Peas	12 ounces of green peas
Onions, Chopped	12 ounces (1 bag) of chopped onions
Potatoes	24 ounces of white potatoes, cubed
Red Peppers	12 ounces (1 bottle) of red peppers
Green Chiles	07-ounce can of green chiles
Tomato Sauce	15 ounces (1 large can)
Oil for sauteing	0.5 ounces (1 Tbsp) of coconut or avocado oil
Oil for vegetables	01 ounce (2 Tbsps) of olive oil
Tomatoes	14.5 ounces (1 can) of diced tomatoes
Coconut Milk (from carton)	08 ounces (1 c) of coconut milk from carton

### Seasonings:

1	Tbsp of Minced Garlic
1/2	tsp of Ground Ginger
1/4	tsp of Ground Cardamom
1/4	tsp of Ground Pepper
1/4	tsp of Ground Cloves
2	tsp of Coriander seed powder
2	tsp of Garam Masala
1	tsp of Chili Powder
1	tsp of Turmeric
1	Tbsp of salt (I use NoSalt - a salt substitute)
1/8	tsp coconut flavoring [add at end]

**Carbs 61%, Fat 27%, Protein 12% and Calories 14 per ounce**

**Preparation:**

Begin by putting 1 Tbsp coconut oil in a deep skillet or a wok and heating the oil at medium to medium-high heat. When the oil is hot, put the onions in the pan, blend the onions with the oil, and begin to saute them. Turn down the heat, if you had it on a setting above medium. Once the onions are white and translucent, make a space in the middle and add the minced garlic. Let the garlic cook for a couple of minutes and then blend it with the onions. Add the green chiles and blend them into the saute. Next, add the drained can of tomatoes and mix it into the saute. Add all of the seasonings (except the coconut flavoring) to the saute. While the onions are cooking, you can get started with the potato and vegetable preparations described below.

When the saute is done, stir in the coconut milk and coconut flavoring and turn the heat off. I use a food blender to puree the saute into a sauce, but this is optional. I do about 1.5 to 2 cups of saute at a time in the blender. As each round of puree is finished, pour it over the vegetables in a large pot (see below).

Rinse and cube the potatoes to about the size of a grape. When the potatoes are cut, spread them on a cookie sheet lined with parchment paper and bake at 450 degrees for 20 minutes, or longer if necessary.

Cook the green peas and cauliflower by steaming them in pots with a steamer basket on the stove top or in the microwave according to the directions on the package. I usually steam them and do them individually using two or three pots. Steaming time can take from 6 to 12 minutes depending on the vegetable. When the cauliflower is done, cut it up into smaller pieces.

Put a large pot on the stove and add the vegetables to it as they are cooked. Drain and chop the roasted red peppers. Add the red peppers, 2 Tbsps olive oil, and the can of tomato sauce to the vegetable pot and stir them in. Keep the pot covered. Use a burner setting for warm for the cooked vegetables. When all the sauce is in the pot, blend the ingredients into the sauce. You are now ready to serve the dish. If you aren't ready, you can leave the pot on the stove with the lid ajar and its burner set for warm or low heat until you're ready.

## Vegetable Salad - 4 eight-ounce servings



### Ingredients:

Broccoli	07 ounces of fresh broccoli
Cauliflower	12 ounces of fresh cauliflower
Grated Carrots	06 ounces of grated carrot
Green Onions	01 ounce from a bunch of green onions
Dressing	04.25 ounces of Bolthouse Farms Classic Ranch Yogurt Dressing
Raisins	02 ounces of golden raisins

### Seasonings:

- 1 tsp of salt (I use NoSalt - a salt substitute)
- 1/2 tsp of summer savory

**Carbs 62%, Fat 28%, Protein 10% and calories 98 per serving**

### Preparation:

Cut green onion tops so they form small rings. Chop raw vegetables into bite size pieces.

Mix all ingredients together with the dressing and serve.

## Vegetable Soup Mix with Butternut Squash - 4 servings



### Ingredients:

Vegetable Soup Mix	24 ounces of frozen Vegetable Soup Mix
Butternut Squash	20 ounces of frozen butternut squash
Bell Pepper	12 ounces of bell pepper, fresh, cut up
Riced Cauliflower	12 ounces of riced cauliflower
Oil	01 ounce (2 Tbsps) of coconut oil

### Seasonings:

- 2 tsp of salt (I use NoSalt - a salt substitute)
- 1 tsp of summer savory
- pepper to taste

**Carbs 58%, Fat 30%, Protein 12% and Calories 96 per serving**

### Preparation:

Microwave or steam the soup mix, squash and cauliflower according to the directions on the package. Saute the green peppers in a skillet with the oil. As the vegetables finish, put them in a covered bowl to keep them warm. bWhen everything is cooked, and in the bowl, add the spices; stir well and serve.

## Velveeta and Potato Wrap - 8 servings



### Ingredients:

Onions	04 ounces of chopped onions
Hash Brown Potatoes	08 ounces of frozen hash browns
Ketchup	04 ounces of reduced sugar and sodium ketchup
Shredded Velveeta Cheese	03 ounces of Shredded Velveeta Cheese
Oil	02 ounces (4 Tbsps) of coconut oil
Corn Tortillas	06 six to 6.5 inch corn tortillas

### Seasonings:

1	tsp of paprika
1	tsp of salt (I use NoSalt - a salt substitute)
1/2	tsp of summer savory

**Carbs 62%, Fat 28%, Protein 10%**  
**Calories 38 per ounce of filling + Calories of wrap**

### Preparation:

Microwave onions for 5 minutes. (The microwaving speeds up the cooking when they are sauteed.)

Next, put the coconut oil in a skillet and heat the oil at medium to medium-high heat. When the oil is hot, put the potatoes in the pan, adding paprika. Stir and begin to saute them. Turn down the heat, if you had it on a setting above medium.

Toward the end, add the onions and continue sauteing until both are done.

Add the ketchup and seasonings to the potatoes and onions. Stir in cheese.

Heat each side of tortilla for 30 seconds in a frying pan, spraying the pan and before flipping the topside of the tortilla with cooking spray. Spoon filling onto tortilla and serve.

## Wild Rice Soup - 10 servings



### Ingredients:

Wild Rice	08 ounces (1 box) of wild rice
Vegetable Broth	64 ounces (2 cartons) of vegetable broth
Carrots	12 ounces (1 bag) of carrots
Onions	12 ounces of chopped onions
Water Chestnuts	08 ounces (1 can) of water chestnut
Butter-Oil Blend	0.5 ounce (1 Tbsp) of butter-oil blend
Oil	0.5 ounces (1 Tbsp) of olive or avocado oil
Coconut Milk	16 ounces (2 c, from carton) of coconut milk
Whole Wheat Flour	1/2 c of whole wheat flour

### Seasonings:

1/4	tsp of ground thyme
1/2	tsp of ground sage
1	Tbsp of salt (I use NoSalt - a salt substitute)
1/2	tsp of summer savory
1	Tbsp of minced garlic
1	tsp celery seed
1/8	tsp coconut flavoring [add at the end]

**Carbs 62%, Fat 27%, Protein 11% and Calories 10 per ounce**



**Preparation:**

Start cooking the rice, either following the directions on the package or in an Instant Pot. I prefer to use the Instant Pot following the pot-in-pot method for cooking grains. See comments in the introduction and the instructions that come with the Instant Pot.

Put the broth in a large pot and heat it on medium to medium high heat. Add the seasonings to the broth and mix them in. When the broth reaches a slow boil, put the uncooked vegetables in the broth. When the broth comes back to a slow boil, reduce the heat and put the lid on the pot and let simmer for 20 to 30 minutes. In another pot, heat the coconut milk, butter-oil, oil, and flour, whisking until thickened. Add to the broth.

Drain the water chestnuts, cut the pieces into halves, add add to the broth, along with the cooked rice. Add coconut flavoring.

You are now ready to serve the dish. If you aren't ready, you can leave the pot on the stove with the lid ajar and its burner set for warm or low heat until you're ready.

## **Other Dishes**

## Butter/Oil Blend

### Ingredients:

Butter	1 stick (1/4 lb.) of butter
Oil	6 ounces of olive oil or 6 ounces of avocado oil

**115 calories per tablespoon**

### Preparation:

Let the butter sit out until it is soft. Cut the stick in half and put the soft butter in a bowl of other container. Add to the butter six ounces of avocado or olive oil. Thoroughly blend the two ingredients. I use a hand held submersible blender and put the ingredients in the mixing container that comes with the blender. When the ingredients are blended, pour the liquid into a suitable size bowl that has a lid. Put the lid on the bowl and place it in the refrigerator. Once chilled the butter will be firm but spreadable. You can not leave this sitting out for any length of time without it reverting to a liquid form, which may require that you blend it again and chilling to restore it.

**Note:** The oil reduces the saturated fat content of the butter/oil blend by 57%. The added oil will flavor the butter somewhat. If you have a taste preference between the oils, use the one that you prefer. You should always use extra virgin avocado or olive oil, which have the mildest flavor.

## Chocolate Chip & Raisin Cookies

### Ingredients:

White whole wheat flour	2.5	Cups
Dark Chocolate Coco	1.0	Cup
Banana	8	Ounces
Oil	0.5	Ounces (1 Tbsp avocado/olive oil)
Almond Milk	6	Ounces (unsweetened)
Chocolate chips	3.175	Ounces (90g)
Raisins	2.825	Ounces (80g)
Egg (1 Lg)	2	Ounces (1 large egg)
Erythritol	16	Ounces (2 cups)

### Seasonings:

Baking soda	1 tsp
Salt	1 tsp
Vanilla extract	1 tsp
Cinnamon	1 tsp
Chocolate extract	1/2 tsp

**Carbs 60%, Fat 28%, Protein 12% and Calories 39 per ounce**

### Preparation:

Mix all dry ingredients in a large bowl. Place sliced banana into a bowl and mash thoroughly with a fork. In a separate bowl beat the egg then beat in the oil, vanilla extract, chocolate extract and finally beat in the almond milk. Add to the mashed banana and blend. Mix thoroughly with the dry ingredients. Blend in the raisins and chocolate chips. You may need to knead the cookie dough to get all the ingredients thoroughly blended. Turn on your oven and preheat to 400 degrees. While the oven is heating, scoop out enough dough to form a ball about the size of a golf ball. If dough is dense and dry press the ball between your palms into a disk about 3 inches across. If the dough is soft and damp, place the balls on the baking sheet. Place about 12 cookies on a baking sheet lined with parchment paper. Bake in the oven for about 10 minutes. Take the cooked cookies out of the oven and allow to cool. When cool enough place on a wire cooling rack so the bottoms can cool and dry. Repeat until all the dough is used up. Makes 20 to 24 cookies.

## Corn Bread Muffins

### Ingredients:

Corn Meal	2 cups of yellow corn meal
Eggs	2 large eggs
Water	2 cups of water

### Seasonings:

Salt	1 teaspoon
Baking Powder	2 teaspoons
Butter/oil Blend*	1 teaspoon included for each cooked muffin

**Carbs 61%, Fat 31%, Protein 08% and Calories 55 per ounce**

### Preparation:

Preheat your oven to 400 degrees. Place the corn meal, salt and baking powder in a mixing bowl and blend. Add the water and blend the dry ingredients into the water. Beat the two eggs in a separate bowl and then add them to the batter and blend then into the batter. This batter will appear to be too thin but it will work out. Let this batter sit for at least five minutes. I prefer to put the batter into a plastic pitcher so that I can pour it into the muffin tins. Use muffin tins that measure about 2.75 inches across at the top and that makes 12 muffins. Use non-stick tins or spray with baking spray before adding the batter. This batter will make almost exactly 12 muffins. I estimate that I fill each mold to within 1/4 to 1/3 of an inch from the top. Each cooked muffin will be approximately 75 grams. If you have batter left over, you didn't put enough in each mold. Go back and find any molds that appear to be lower than others and bring them up to the level of the others with the left over batter. If you don't have enough batter to fill all the molds, you have put too much batter in some or all of the molds and you'll need to transfer some batter from over filled molds to empty molds. When you serve these muffins, the recipe allows for one teaspoon of butter/oil blend\* to be spread on each muffin.

\* See butter/oil blend recipe in this section.

## Corn Bread Pancakes

### Ingredients:

Corn Meal	2 cups of yellow corn meal
Eggs	2 large eggs
Water	1 1/2 cups of water

### Seasonings:

Salt	1 teaspoon
Baking Powder	2 teaspoons
Butter/oil Blend*	1 teaspoon included for each cooked pancake

**Carbs 61%, Fat 31%, Protein 08% and Calories 55 per ounce**

### Preparation:

Place the corn meal, salt and baking powder in a mixing bowl and blend. Add the water and blend the dry ingredients into the water. Beat the two eggs in a separate bowl and then add them to the batter and blend then into the batter. Let this batter sit for at least five minutes. Turn on an electric griddle or frying pan to about 325 degrees. You can also use a skillet on a stove top. Find a spoon that will hold about 3 to 3 and 1/3 ounces of batter and use it to put batter on the griddle or pan. Spray the pan with cooking spray before putting batter in the hot pan. This will make 9-10 cooked pancakes of approximately 95 grams apiece. Don't turn the pancakes until we see bubbles forming in the batter on the top. When you eat these muffins, the recipe allows for one teaspoon of butter/oil blend\* to be spread on each pancake.

\* See butter/oil blend recipe in this section.

## Fruit Smoothie

### Ingredients

Bananas	28.3 ounces of sliced bananas
Strawberries	7.1 ounces of chunked strawberries
Blueberries	2.5 ounces of blueberries
Almond Milk	4.0 ounces of unsweetened almond milk

### Preparation

Slice the bananas and put them in the refrigerator to chill. Put the almond milk in the refrigerator to chill. You can use either frozen or chilled strawberries and blueberries.

Place about a quarter of the bananas in the blender with about a quarter of the almond milk and blend. Add another quarter of bananas and almond milk and blend. Continue until the bananas are liquid. If necessary add a little more almond milk. Next, add the strawberries. You can add whole strawberries if they are only chilled. If they are frozen, the pieces should be about the size of 1/4 of a whole strawberry. When all the ingredients have been blended, the smoothie is ready to serve. Each serving should be about 8 ounces. Makes about 5 servings.

**Carbs 70%, Fat 23%, Protein 08% and Calories 05 per ounce**

## Vanilla Chip Banana Cookies

### Ingredients:

White whole wheat flour	2.0	Cups
Oats	1.0	Cup
Banana	10.67	Ounces
Oil	0.5	Ounces (1 Tbsp avocado/olive oil)
Almond Milk	4	Ounces (unsweetened)
Chocolate chips	3.175	Ounces (90g)
Raisins	2.825	Ounces (80g)
Egg (1 Lg)	2	Ounces (1 large egg)
Erythritol	16	Ounces (2 cups)

### Seasonings:

Baking soda	1 tsp
Salt	1 tsp
Vanilla extract	1 tsp
Cinnamon	1 tsp
Banana Flavoring	1 tsp

**Carbs 61%, Fat 31%, Protein 8% and Calories 33 per ounce**

### Preparation:

Mix all dry ingredients in a large bowl. Place sliced banana into a bowl and mash thoroughly with a fork. In a separate bowl beat the egg then beat in the oil, vanilla extract, banana flavoring and finally beat in the almond milk. Add to the mashed banana and blend. Mix thoroughly with the dry ingredients. Blend in the raisins and vanilla chips. You may need to knead the cookie dough to get all the ingredients thoroughly blended. Turn on your oven and preheat to 400 degrees. While the oven is heating, scoop out enough dough to form a ball about the size of a golf ball. If dough is dense and dry press the ball between your palms into a disk about 3 inches across. If the dough is soft and damp, place the balls on the baking sheet. Place about 12 cookies on a baking sheet lined with parchment paper. Bake in the oven for about 10 minutes. Take the cooked cookies out of the oven and allow to cool. When cool enough place on a wire cooling rack so the bottoms can cool a dry. Repeat until all the dough is used up. Makes 20 to 24 cookies.



## Whole Wheat Waffles/Pancakes

### Ingredients:

Flour	2 cups of whole wheat flour
Oat Bran	1/4 cup
Eggs	2 large eggs
Almond Milk	2 cups unsweetened almond milk
Blueberries	5 ounces

### Seasonings:

Baking powder	1 1/2 Tsp
Baking soda	1/2 tsp
Salt	1/2 tsp
Butter/Oil Blend*	2 tsps per waffle
Sugar free syrup	2 Tbsps per waffle

**Carbs 59%, Fat 29%, Protein 13% and Calories 35 per ounce**

### Preparation:

Place the whole wheat flour, oat bran, salt and baking soda and baking powder in a mixing bowl and blend. Add the almond milk and blend the dry ingredients into the milk. Beat the two eggs in a separate bowl and then add them to the batter and blend then into the batter. Stir in blueberries. Let this batter sit for at least five minutes. Turn on your waffle iron to warm up. You can use this batter for pancakes and cook them in a skillet. Spray the waffle iron (or skillet) with cooking spray before putting batter in the waffle iron (skillet). This will make about 8 to 10 cooked pancakes or waffles. When you eat these waffles/pancakes, the recipe allows for two teaspoon of butter/oil blend\* and two tablespoons of sugar free syrup per serving of one waffle or one pancake. The cooked weight should be around 130-140g.

\* See butter/oil blend recipe in this section.