

Vegetarian Recipes – Whole Grains

RICE BURGERS

2 cups	cooked rice
1 cup	ground cashews or other nuts
½ cup	finely chopped onions
1 tablespoon	soya sauce
1 tablespoon	parsley flakes
2 tablespoons	nutritional yeast flakes
2 tablespoons	arrowroot powder or whole wheat flour
2 teaspoon	thyme
1-2 teaspoon	soymilk (makes mixture stick together)
	pepper to taste

Mix all ingredients and form into patties then fry in pan with a little oil.

CABBAGE STIR-FRY WITH POPPED AMARANTH

¼ cup	amaranth
2 tablespoons	vegetable oil
3-4 cups	shredded white cabbage
2	small leeks (white part only), rinsed well and sliced thinly (about 1 cup)
1	medium yellow bell pepper, seeded and shredded (about 1 cup)
1 tablespoon	fresh lemon juice

To pop amaranth: Only pop the amount of grain you need because leftovers will not keep. Place heavy small skillet over high heat until very hot. Add 1 tablespoon of amaranth and cook, stirring constantly with a wooden spoon, for 10 to 15 seconds or until most of the seeds have popped and turned white. Transfer to a bowl and continue cooking remaining seeds 1 tablespoon at a time. Set aside.

In wok or large skillet, heat oil over medium-high heat. Add cabbage, leeks and bell pepper and cook, stirring constantly, just until wilted, about 3 minutes. Remove from heat and sprinkle with lemon juice. Transfer to warm serving dish and sprinkle with popped amaranth. Serve right away.

High Protein Cinnamon Millet

6 ounces	millet
1 ½ ounces	almonds
Pinch	cinnamon
1 ½ ounces	brewer yeasts or nutritional yeast
1 teaspoon	vanilla
1 teaspoon	maple syrup

In medium saucepan cook millet in 13 oz of water for 30 minutes. In another saucepan blanch almonds by placing them in scalding water to remove skins, then chop them. Add cinnamon, yeast, vanilla and maple syrup. Serves 1.

From "Get Healthy Now" by Gary Null

MILLET PILAF

½ cup	millet or quinoa
1 teaspoon	oil
1	small onion, minced
1	clove garlic, minced
4	medium carrots, peeled and finely grated (about 2 cups)
¾ cup	vegetable stock
½ cup	soymilk
¼ teaspoon	nutmeg
Pinch	ground cinnamon
½ cup	unsalted roasted cashews, chopped
2 teaspoons	chopped parsley
	salt and pepper to taste

In a heavy-bottomed pot over medium heat, toast millet stirring constantly, for 5 minutes or until seeds are fragrant and begin to pop. Transfer millet to small bowl.

In same pot, sauté onion in oil till soft. Add garlic and then stir in millet tossing to coat. Add carrots, stock, milk, nutmeg and cinnamon. Bring to a boil. Reduce heat to medium low and cover. Cook 20 to 30 minutes or until liquid is absorbed. Remove from heat let stand, covered, 5 to 10 minutes. Fluff with a fork and season with salt and pepper and add cashews. Sprinkle with parsley. Serves 4. This recipe can also be made with Quinoa.

3-GRAIN POLENTA BREAD

This dense, moist bread that resembles baked polenta provides a perfect bed for heavily sauced tempeh, tofu, beans or vegetables. Can be eaten while still warm or prepared well in advance.

¼ cup	cornmeal
2 tablespoons	soy flour
2 tablespoons	flaxseed meal (see below)
½ teaspoon	baking soda
¼ teaspoon	salt
1½ cups	yogurt
1 tablespoon	maple syrup
1 teaspoon	canola oil

Preheat the oven to 400F. Combine the dry ingredients in a mixing bowl. Add the yogurt and maple syrup. Mix gently, but thoroughly, until the dry ingredients are completely moistened. Pour the oil into an 8-inch-square baking pan. Place in the oven for 2 to 3 minutes until hot. Spread the batter in the prepared hot baking pan. Bake for 30 minutes, until the edges are lightly browned. Yields 4 servings.

FLAXSEED MEAL

Flaxseed meal which has a delicate nutty flavour can be sprinkled on cereal, added to spreads, toppings, and casseroles, or used in baking or replace some of the flour. Because of its natural oil content, incorporating flaxseed meal into the recipe for baked goods substantially reduces the need for added fats. In addition, the soluble fibre in flaxseed slows down the rise in blood sugar that normally follows the consumption of carbohydrate-rich foods.

When ground, flaxseeds produce a little less than twice as much meal as the original measure of seeds. Thus, ½ cup flaxseeds will yield a scant cup of flaxseed meal. Grinding can be done as needed, or you can prepare a modest quantity in advance and store it in the refrigerator for use over the coming week or two. To prepare, place the flaxseeds in a blender or spice mill. Grind at high speed until reduced to a soft powder. Use immediately, or store in a tightly covered container in the refrigerator.

From "The Healthiest Diet In the World" by Nikki & David Goldeck

Vegetarian Recipes – Legumes

SOY-OAT PATTIES

1 cup	soaked soybeans (soak 1/3 cup dry soybeans overnight in 2 cups of water to produce 1 cup)
1 tablespoon	oil
1/2 cup	water
1 teaspoon	onion powder
2 tablespoons	nutritional yeast flakes
1/4 teaspoon	garlic powder
1 tablespoon	Italian seasoning
1 tablespoon	soy sauce
1/2 teaspoon	salt (or to taste)
1/2 cup	rolled oats, regular

Combine all ingredients except rolled oats in blender or food processor and blend until fine. Place in bowl. Add rolled oats and let stand 10 minutes to absorb moisture.

To fry: Drop from spoon on oil sprayed pan. Fry on each side until nicely browned. To bake: Drop from spoon on oil sprayed baking pan. Cover and bake at 350°F for 10 minutes until nicely browned. Turn patties over and bake additional 10 minutes. Serve with tomato sauce. Yields 8-10 patties.

LENTIL SOUP

2 cloves	garlic, minced
2-4 tablespoons	olive oil
10 cups	water
2 1/2 cups	dry lentils
2 cups	chopped onions
2 cups	diced carrots
3 tablespoons	tomato paste
2	bay leaves
2 1/2 teaspoons	salt
1/4 teaspoon	celery seed
3/4 teaspoon	oregano
1/4 teaspoon	savory
2 tablespoons	lemon juice
1/2 cup	finely chopped parsley.

In small skillet, briefly sauté garlic in olive oil. Set aside. In pot, bring lentil and water to boil. Reduce heat to medium. Cover and simmer for 20 minutes until lentils are half cooked. Then add next nine ingredients. Simmer all together covered for 30 more minutes. Add lemon juice and parsley just before serving. Makes 10 cups.

From The Northern Vegetarian Society Newsletter, October 1995.

Vegetarian Recipes – Tofu

SCRAMBLED TOFU

1 tablespoon	oil
¼ cup	chopped onion
1 lb	firm tofu, crumbled
½ teaspoon	turmeric
1 tablespoons	nutritional yeast flakes (or more if desired)
1 tablespoon	vegetable bouillon (or more if desired)
	salt and pepper to taste

Fry ingredients in a pan as you would scrambled eggs.

For Scrambled Tofu Florentine, also add 1 cup cooked fresh spinach leaves, squeezed dry, ¼ cup shredded soy mozzarella and 1 tablespoon fresh parsley, minced.

TOFU CHEESECAKE

<u>Filling</u>	
17 oz	tofu
2-4 tablespoons	sesame tahini
½ cup	pure maple syrup
2 tablespoons	lemon juice
½ teaspoon	sea salt
1½ teaspoons	pure vanilla extract

Purée tofu in two batches in a blender until smooth, then mix in a bowl with remaining filling ingredients. Spoon into pre-baked shell and bake at 350° F for 30-35 minutes, or until filling has set, maybe rises a little, and is golden yellow on top. Allow to cool to room temperature.

Granola Crust

Whiz 2 cups of your favorite granola in a blender or food processor until it is fine crumbs. Mix with 3 tablespoons apple juice then press into pie tin and pre-bake at 350° F for 10 minutes.

Strawberry Topping

Combine 1 cup whole strawberries, ½ cup apple juice, 3 tablespoons maple syrup and ⅛ teaspoon salt in a small saucepan; bring to a boil. Dissolve 1½ tablespoon cornstarch or arrowroot powder in 2 tablespoons apple juice, stir quickly into fruit mixture until thick and clear, then pour topping over cooled pie.

Allow topping to cool and set; serve cheesecake chilled. Makes an 8" pie.

THAI TOFU SPREAD

8 ounces	firm tofu
¼ cup	carrot, grated
½ teaspoon	garlic, minced
2 tablespoons	red onion, minced
2 tablespoons	cilantro, chopped fine
¼ cup	smooth peanut butter
¼ teaspoon	lime zest
¼ teaspoon	cayenne pepper
2 tablespoons	fresh lime juice (1 lime)
3 tablespoons	tamari

Squeeze extra water from tofu, then mash tofu with a pastry cutter or fork. Combine tofu, carrot, garlic, onion and cilantro in a mixing bowl. In a separate bowl, blend together until smooth peanut butter, lime zest, cayenne pepper, lime juice, and tamari. Fold into tofu mixture. Adjust seasonings to taste. Enjoy on your favorite crackers, pita, or other bread. Store refrigerated.

From St. Martin's Table Restaurant, Minneapolis, Minnesota

TOFU SHAKE

3 cups	cold soy milk
¾ cup	tofu
2	bananas
2 cups	fresh fruit
3 tablespoons	orange juice concentrate
¼ teaspoon	wheat germ

Blend in blender until smooth.

TOFU JERKY

1 lb	tofu, well drained
1 tablespoon	soya sauce
	generous sprinkling of onion powder
	light sprinkling of garlic powder

Cut tofu into finger thin finger length strips. Lay them close together on cookie sheet. Spread soya sauce over top to cover all and sprinkle with onion and garlic powder. Bake at 300° F for about an hour or until tofu has a leathery feel to the touch.

Vegetarian Recipes – TVP and “Veggie Meats”

OLD FASHIONED SHEPHERD'S PIE

2 tablespoons olive oil
1 onion, chopped
1 package veggie ground round (Yves)
1/2 cup vegetables, chopped (such as carrots, celery, green pepper, mushrooms)

In large frying pan, sautee above over medium heat, until lightly browned. Add salt and pepper to taste. Add water to barely cover and bring to simmering stage.

Place above mixture in a greased oven proof 2 quart casserole. Layer 1 can of cream corn over mixture. Place a layer of freshly mashed potatoes over the cream corn. Brush potatoes with melted butter. Place in 350 deg. oven for about 45 to 50 minutes, or until surface is browned, and gravy bubbles up.

MEATLESS TOURTIERE

1 package veggie ground round (Yves for example)
1 cup vegetable broth
2 onions, chopped
2 large cloves garlic, minced
2 tablespoons soya sauce
1/2 teaspoon thyme
1/2 teaspoon cinnamon
1/2 teaspoon cloves
1/2 cup mashed potatoes
1/2 cup bread crumbs
pepper to taste

Preheat oven at 350° F. In a large, lightly oiled skillet sauté onions and garlic until soft. Then add pepper, spices tofu and broth. Cook for 30 minutes over medium heat stirring occasionally. Remove from heat, add bread crumbs and mashed potatoes. Stir till well mixed. Let cool completely before filling pies. Bake for 30 minutes till crust is brown. Makes one large or 2 small ones.

CHILI NON CARNE

2 tablespoons	olive oil
1	onion, chopped
1	green bell pepper, chopped
2	cloves garlic, minced or pressed
1 tablespoon	taco seasoning (or a mixture of cumin with either chili powder or cayenne pepper)
1 teaspoon	oregano, dry
2 cups	TVP chunks, dry
1 can	tomato soup with 1 can of water
1 can	tomatoes, diced, with liquid
1 can	red kidney beans, drained and rinsed
1 teaspoon	salt

Can also add: cayenne pepper or chilli powder if extra spiciness is desired and other vegetables like mushrooms, celery, zucchini, yellow or red peppers, canned corn.

Heat olive oil in large pan over medium heat. Add vegetables (except tomatoes) and sauté until tender. Add TVP, beans, tomatoes, soup, water and seasonings. Cover and simmer for 20-40 minutes or until TVP is tender.

The cooking time is very flexible. The main reason for the longer cooking time is to allow the flavours to blend together. You can also use a crock-pot for this recipe.

Anita Sabot's adaptation of a favorite recipe of Paul & Linda McCartney available online at <http://vegetarian.about.com>