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Disclaimer: The information in this book is presented for educational purposes only. It isn’t intended to be a substitute for the care of a physician, dietitian, or other health-care professional.

Recipe Credits:

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Adapted from The Raw Food Revolution Diet by Cherie Soria, Brenda Davis, RD, and Vesanto Melina, MS, RD: Garden Blend Soup (p.

Adapted from Becoming Raw by Brenda Davis, RD, and Vesanto Melina, MS, RD: Kale Salad with Orange-Ginger Dressing (p. 88)

Adapted from drfuhrman.com/recipes/1556/fud-gy-black-bean-brownies, Black Bean Brownies (p. 166)
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INTRODUCTION

Kicking Diabetes

I fear I receive a diagnosis of type 2 diabetes, you may wonder, Why me? Although genes may be partly to blame, diet and lifestyle is the burden. Your genes act as a loaded gun; however, diet and lifestyle are what typically pull the trigger. Overindulgence and uric acid which are pervasive in our modern culture, have generated the current raging epidemics of overweight, obesity, and type 2 diabetes.

We are hardwired by nature to be attracted to the tastes of fat, sugar, and salt. When foods are eaten as they grow naturally—and whole—they contain relatively low concentrations of these flavors. However, when fat, sugar, and salt are concentrated and uric acid further challenge our senses, portion sizes keep expanding. According to the Centers for Disease Control and Prevention, the average restaurant meal is four times larger than it was in the 1950s. Not surprisingly, evidence confirms that as portion sizes increase, people are more likely to eat for enjoyment. For example, trying to maintain a healthy weight, the amount of physical activity we get today has dwindled dramatically since the 1950s. Every possible method has been developed to help reduce energy expenditure. Even if people wanted to increase their physical activity, many neighborhoods have sidewalks and safe places for exercise. In such an environment, it’s a wonder how anyone is able to maintain a healthy body weight.

In the United States, being overweight or obese is the new normal, with over 70 percent of the adult population being affected. In Cherrystone, however, the amount of physical activity we get today has dwindled dramatically since the 1950s. Every possible method has been developed to help reduce energy expenditure. Even if people wanted to increase their physical activity, many neighborhoods have sidewalks and safe places for exercise. In such an environment, it’s a wonder how anyone is able to maintain a healthy body weight.

Most individuals believe that diabetes is a progressive, irreversible disease. They’ve been taught this as a matter of fact by their doctors. However, our view is that diabetes is a preventable disease, and this viewpoint is pervasive in diabetes education resources. It follows then that conventional therapy is designed to control blood glucose— not to cure the disease. To make matters worse, some of the treatments that are most effective in controlling the disease (insulin injections and some oral medications) contribute to weight gain and inadvertently foster insulin resistance and disease progression. Other medications commonly used in people with diabetes can boost appetite, slow metabolism, cause fluid retention, reduce energy (and, as a result, physical activity). In addition, conventional diabetes diets are designed to stabilize blood glucose levels, which is a primary driver of the disease, insulin resistance or diminished beta cell function. So it’s entirely understandable that those on the radar of most medical practitioners. Nonetheless, there’s strong and consistent evidence that people who are highly motivated for a long-term reversal type 2 diabetes can succeed. A case in point is our friend Carlos, who began his healing journey over six years ago. Today he is cancer-free as well. You can read his story below. By carefully following the advice in this book, you too will give yourself the best chance to reclaim your health and, like Carlos, kick diabetes for good.

Carlos’s Story

I was diagnosed with type 2 diabetes when I was fifty. For the next twenty years, I was injecting between 35 and 40 units of insulin per day. I was also on other diabetic medications, including Dia-Beta and metformin. In total, I was taking seventeen pills a day. I had a heart attack, had already had one heart attack. I also had high blood pressure, early signs of kidney failure, peripheral artery disease, and some aches, pains, and back pain. I believed that my conditions were irreversible and progressive. With respect to my diabetes, in particular, based on what my doctors told me and on the widely distributed literature about diabetes, I “knew” that diabetes was an irreversible disease. Then, my oldest son was diagnosed with cancer, and he decided to adopt a whole-foods, plant-based diet. To support my family and change my diet as well.

I was being treated at UC San Francisco, so I was confident that I needed the medication I was taking and that my condition was managed to some extent but not reversed. What happened after I changed my diet was unbelievable to me. Within weeks I had cut medication significantly, lost weight, and started feeling a fundamental change in my body. Today, after about a year and a half on a whole-foods, plant-based diet, I’m taking zero insulin and zero pills. My fasting glucose is now between 80 and 87 on a daily basis and my average blood pressure is now 115/70. (Even with all the medication, my blood pressure was high and never reached an average.) My arteries have opened up, and I needed no procedures or surgeries. The scar tissue resulting from my heart attack has disappeared. I’m on the road to recovery.

I began my journey to recovery by eating a plant-based diet, which is high in fiber and nutrients and low in processed foods. I found that I was able to control my blood sugar with natural foods and supplements, as well as medication. I no longer take insulin or metformin and only need a small amount of medication for blood pressure control.

I no longer experience the severe side effects of medication, such as fatigue, brain fog, and mood swings. I have more energy and feel better overall. I no longer need any medications to control my blood pressure, and my cholesterol levels have improved significantly.

I no longer have any symptoms of diabetes, and my hemoglobin A1c is now below 5.0. I have no sign of diabetic retinopathy or neuropathy.

I no longer have any symptoms of diabetes, and my hemoglobin A1c is now below 5.0. I have no sign of diabetic retinopathy or neuropathy.

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CHAPTER 1

The Power and Promise of a Plant-Based Diet

Research has clearly demonstrated that healthy lifestyle choices could prevent 90 percent of type 2 diabetes, and there’s strong evidence that diet is the kingpin. Adopting smart diet and lifestyle choices after the onset of diabetes can change the course of the disease as cases, reverse it altogether.

We know this from studies of people with diabetes who made significant changes to their diets. In studies using very-low-calorie reversal of insulin resistance has been reported within seven days. A more gradual reversal of insulin resistance has been reported use of whole-foods, plant-based diets that are less restrictive. The reason this approach is successful is because such diets disable tissue of insulin resistance.

Plant Foods: The Key to Success

Plant foods are the primary sources of the nutrients known to protect against diabetes. Fiber (the indigestible part of plants) helps blood sugar, lowers blood cholesterol, keeps the gastrointestinal system healthy, promotes a health-supportive mix of gut bacteria, and with weight loss by staving off hunger. Fiber is only found in plant foods, not in animal products. Phytochemicals, also found only improve fasting blood glucose and insulin sensitivity and reduce inflammation.

Plant foods are high in prebiotics, the component in food that nourishes the beneficial gut bacteria that reduce chronic inflammation, improve insulin sensitivity, and control blood sugar. Fermented plant foods, such as tempeh, miso, naturally pickled vegetables, and yogurts, provide friendly bacteria that aid in the maintenance of a healthy microbiome. Plant foods also contain large amounts of antioxidants and phytochemicals, compounds that help us fight the onset and progression of disease. See page 14 for a list of the most concentrated sources.

Highly processed foods and animal products are the primary sources of compounds that have been linked to increased insulin resistance, inflammation, gastrointestinal disorders, hormonal imbalances, high blood cholesterol levels, and hypertension. Refined carbohydrates (carbohydrate-rich foods that have been stripped of fiber and nutrients by food-processing techniques) promote overeating, inflammation, and insulin resistance. Trans fats (found mainly in partially hydrogenated oils, which are currently being eliminated from the food supply) and saturated fats (found most frequently in animal-based foods) increase insulin resistance and cholesterol levels. Other dietary factors that can increase inflammation and the harmful effects of diabetes are environmental contaminants, excessive sodium, certain food additives, and high-temperature cooking (such as grilling or frying foods).

Diet and Lifestyle: Your Focus for Defeating Diabetes
Changes in diet and other aspects of lifestyle are fundamental to restoring health. Where diet is concerned, you need to focus on drivers of insulin resistance. All of these drivers influence weight gain in some way. Even a little excess weight impairs insulin sensitivity in people with type 2 diabetes, so aim for a loss of one to two pounds (0.5 to 1 kg) a week. The following Kick Diabetes strategies will help you:

**Bulk up on fiber.**

Include legumes, whole grains, and generous servings of vegetables and fruits throughout the day.

To reverse diabetes, aim to get at least 45 – 60 grams of fiber a day, depending on your body size (larger individuals will benefit by 60 grams per day). This translates to a minimum of 15 – 20 grams per meal. Particularly helpful are foods rich in soluble fiber: barley, beans, flaxseeds, oats, and some fruits and vegetables (apricots, asparagus, Brussels sprouts, citrus fruits, mangoes, parsnip, passion fruit, sweet potatoes, and turnips), as soluble fiber helps to stabilize blood glucose and reduce blood cholesterol levels.

**TABLE 1 Fiber in common foods**

<table>
<thead>
<tr>
<th>Food (Serving Size)</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, lentils, and split peas, cooked, 1 cup/250 ml</td>
<td>14–17</td>
</tr>
<tr>
<td>Avocado, 1 medium</td>
<td>13</td>
</tr>
<tr>
<td>Edamame or lima beans, 1 cup /250 ml</td>
<td>10</td>
</tr>
<tr>
<td>Peas, 1 cup/250 ml</td>
<td>8</td>
</tr>
<tr>
<td>Intact whole grains (barley, bulgur, Kamut berries, or spelt berries), cooked, 1 cup/250 ml</td>
<td>6–8</td>
</tr>
<tr>
<td>Baked potato or sweet potato, with skin, 1 medium</td>
<td>5–8</td>
</tr>
<tr>
<td>Flaxseeds, whole, 2 tbsp/30 ml</td>
<td>7</td>
</tr>
<tr>
<td>Blackberries, raspberries, 1 cup/250 ml</td>
<td>6–7</td>
</tr>
<tr>
<td>Vegetables, higher fiber (e.g., asparagus, broccoli, Brussels sprouts, cooked greens, green beans, okra, parsnips, squash), 1 cup/250 ml</td>
<td>4–6</td>
</tr>
<tr>
<td>Fruits, higher fiber (e.g., apples, blueberries, guava, kiwi, pears), 1 cup/250 ml</td>
<td>4–6</td>
</tr>
<tr>
<td>Oatmeal, 1 cup/250 ml</td>
<td>4</td>
</tr>
<tr>
<td>Almonds or sunflower seeds, ¼ cup/60 ml</td>
<td>4</td>
</tr>
<tr>
<td>Pasta, whole wheat, 1 cup/250 ml</td>
<td>4</td>
</tr>
<tr>
<td>Brown rice, cooked, 1 cup/250 ml</td>
<td>3.5</td>
</tr>
<tr>
<td>Peanuts, ¼ cup/60 ml</td>
<td>3</td>
</tr>
<tr>
<td>Vegetables, lower fiber (e.g., cabbage, carrots, cauliflower, celery, peppers, raw greens, turnips), 1 cup/250 ml</td>
<td>1–3.9</td>
</tr>
<tr>
<td>Fruits, lower fiber (e.g., banana, cherries, grapes, mango, melon, orange, pineapple, strawberries), 1 cup/250 ml</td>
<td>1–3.9</td>
</tr>
<tr>
<td>Dried fruits, ¼ cup/60 ml</td>
<td>2–3</td>
</tr>
<tr>
<td>Other nuts, ¼ cup/60 ml</td>
<td>1–2</td>
</tr>
</tbody>
</table>

**Reduce the glycemic load (GL) of your diet.**

Fill most of your plate with legumes, nonstarchy vegetables, and fruits, plus nuts and seeds (in smaller amounts). Inch moderate portions of other healthy foods, such as whole grains and starchy vegetables.

The glycemic load (GL) is a rating system that estimates the impact a serving of food will have on your blood sugar. GL is related to known glycemic index (GI) of foods; however, GL is even more helpful for our purposes because it includes the actual amount of carbohydrate in a standard serving. Some foods, such as watermelon, have a high GI but a low GL because the total amount of carbohydrate in a standard serving is low.

You can find extensive GI and GL indexes online. Table 2 provides a general idea of the GI and GL of some common foods. Use the color key to help you quickly select the best options.

Foods with a low GL have a relatively small impact on blood glucose. Bear in mind that GI and GL are just one set of factors by which the healthfulness of food is judged. Some unhealthy foods, such as potato chips, have a low GI and moderate GL, while some extremely healthy foods such as sweet potatoes, have a high GI and GL. Note that preparation can affect GI and GL, so don’t be surprised if you see slight variations in various tables.

You can take simple steps to reduce the glycemic impact of your meals and how much your blood sugar spikes after a meal. An easy, powerful tool is the addition of vinegar, lemon, or lime, ideally near the beginning of your meal on a salad. Even two to three teaspoons is often enough to have an effect. Cinnamon (see page 39) can reduce blood sugar spikes, as it appears to slow stomach emptying by sprinkling it on breakfast cereal or sliced fruit.
Rethink carbohydrates.

Get your carbohydrates from whole plant foods; avoid refined carbohydrates.

Despite its shortcomings and fallacies, the trendy pro-paleo, anti-carbohydrate movement is bang-on about refined carbohydrates, sugar and white flour; being strongly associated with adverse health outcomes and diabetes risk. The vast majority of the carbohydrates...
North Americans consume fall into this category. Yet when carbohydrates come from whole plant foods, they’re consistently assoc
positive health outcomes. In fact the healthiest populations in the world have carbohydrate intakes ranging from 50 to 80 percent c
Carbohydrates are not the enemy; refined carbohydrates are. Carbohydrate-rich whole plant foods are loaded with phytochemicals,
antioxidants, fiber, and other protective components, so it’s a colossal mistake to lump them in with refined carbohydrates.

Forgo artificial sweeteners.

These wolves in sheep ‘s clothing are best completely avoided.

Artificial sweeteners are not allies in the battle against diabetes. Scientific evidence suggests they don’t help to cut calories, aid w
improve blood sugar control. Instead, artificial sweeteners may negatively impact blood glucose control, desensitize your taste bud
sweetness, adversely affect the growth of helpful gut bacteria, and increase hunger and sugar cravings because your body expects
features

Pick as whole foods, microorganisms.

The support a healthy gut flora.

Eat foods rich in pre- and probiotics. Avoid foods that foster an overgrowth of bad bacteria (dysbiosis).

To help overcome dysbiosis and establish health-supporting gut bacteria, boost the amount and types of fiber in your diet (see page
variety, avoid using the same foods day after day. For example, instead of brown rice, try barley, Kamut berries, rye berries, or quin
Eat foods rich in probiotics (see sources on page 44). Take a probiotic supplement that contains several different strains of microorganisms and opt for high dosages (at least 10 – 20 billion CFU per day for adults). Check the expiration date and store the s
the refrigerator. Also include rich dietary sources of prebiotics, such as asparagus, bananas, beans, whole grains, onions, and garlic
Eat foods with plenty of polyphenols. These can increase the population of good bacteria in the gut and reduce some particular microorganisms.
Great sources of polyphenols include almonds, blueberries, broccoli, cocoa, grapes, green tea, and onions. Minimize such as alcohol, artificial sweeteners, fried foods, meat, refined sugars, and white-flour products that foster the growth of bad gut l

Emphasize whole plant foods with a low caloric density.

Eat foods that take up a lot of space on your plate (and in your stomach) but pack few calories per bite.

Fill up on nonstarchy fresh vegetables, fruits, and legumes. Include moderate amounts of calorie-dense foods, such as starchy vege
whole grains, at each meal to keep you satisfied. The amounts will depend on your weight-loss or maintenance goals. High-fat plant
as avocados, nuts, and seeds, have an even higher caloric density, so keep portions of these foods small. The most calorie-dense food
concentrated fats and oils, which are best avoided. In summary:

- Reduce portion sizes, except for nonstarchy vegetables, fruits, and legumes. (Starchy vegetables are listed on pages 5 - 6
others are nonstarchy.)
- Avoid added fats and deep-fried foods.
- Abstain from concentrated sweeteners, such as sugar, honey, and syrups.
- Eliminate all beverages with added sugars.
- Steer clear of refined starchy foods, such as breads, white rice and pasta, muffins, crackers, cookies, and pretzels.
- Minimize snacking.

Pick plant-based protein sources.

Feature legumes (beans, peas, and lentils) at nearly every meal.

Plant protein decreases diabetes risk, while animal protein (especially processed and red meats) increases risk. Legumes are rich s
antioxidants, fiber, and phytochemicals, whereas meats have few to none of these healthful components. In addition, red and proce
meats are high in substances associated with inflammation and oxidative stress, such as carnitine (which forms trimethylamine N-o
known as TMAO), chemical contaminants, heme iron, N-glycolylninuraminic acid (Neu5Gc), and saturated fat.

Avoid added fats, and keep total fat intake moderate.

Get your fat mainly from whole plant foods. Focus your menu on legumes, whole grains, vegetables, and whole fruits, w
servings of higher-fat plant foods, such as nuts, or avocado.

If you eat a variety of legumes, whole grains, vegetables, and fruits, your calories from fat will hover around 10 percent. (See table
precise amounts.) Each serving of high-fat, whole plant foods (nuts, seeds, or avocado) will add 3 – 5 percent to this number, depen
total caloric intake. One serving equals two tablespoons (30 ml) of nuts or seeds, one tablespoon (15 ml) of nut butter, or one-quart
medium avocado. So, adding one high-fat food would increase calories from fat to 13 – 15 percent, two would be 16 – 20 percent, th
percent, and four 22 – 30 percent. So for most people trying to lose weight, adding no more than two to four servings is a reasonab
depending on your body size and weight-loss goals.

Avoid any use of oil and other concentrated fats. These foods provide about 120 calories per tablespoon (15 ml) and have the lo
nutrient density (the fewest nutrients per calorie) of all foods. When fighting diabetes, especially if you’re overweight, you want es
that crosses your lips to be bursting with protective components.

Include reliable sources of essential fatty acids.

Flaxseeds, chia seeds, hemp seeds, and walnuts are particularly good sources.

Some fats are labeled “essential” because we can’t make them — they must come from our food. There are two essential fatty ac
(an omega-6 fatty acid) and alpha-linolenic acid (an omega-3 fatty acid). Omega-6 fatty acids are found in poppy, pumpkin, sesame,
sunflower seeds, as well as in whole grains and many other plant-based foods. Omega-3 fatty acids are plentiful in chia seeds, flaxseeds,
seeds, and walnuts.

TABLE 3 Calories from fat in a variety of foods
In general we don’t have to worry much about getting enough omega-6s; getting enough omega-3s is more of an issue. A day’s omega-3s can be obtained from 1 tablespoon (15 ml) of ground flaxseeds, 1 ounce (30 g) of walnuts, 1 ½ tablespoons (22 ml) of chia seeds, or 1 tablespoon (45 ml) of hemp seeds. People with diabetes have a more difficult time converting omega-3s from plant foods, so fish, (a source of the larger, more active long-chain omega-3 fatty acids, EPA and DHA) is often touted as a superfood for these individuals. More healthful than meat, it’s one of the most concentrated sources of environmental contaminants. 

Safer sources of long-chain omega-3s are microalgae — the tiny plants in the sea that are the actual source of EPA and DHA! You can find omega-3 supplements that have been extracted from cultured microalgae. If you take 200 – 300 mg EPA and DHA just two or three times a week, you would get an amount of omega-3s similar to what you would get from fish — without the contaminants.

Reduce your sodium intake to no more than 1,500 mg per day.

The easiest way to do that is to build your diet around whole plant foods and prepare your meals from scratch.

Processed foods often contain a hefty dose of salt to add flavor. The amount of salt in some processed foods may surprise you; one ounce of cornflakes has more salt than salted peanuts! (See table 4, page 12.)

<table>
<thead>
<tr>
<th>FOOD</th>
<th>% CALORIES FROM FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>VEGETABLES</td>
<td></td>
</tr>
<tr>
<td>Most vegetables</td>
<td>0–10</td>
</tr>
<tr>
<td>Basil, bok choy, cauliflower, cilantro, corn, kale, lettuce (most varieties), parsley, spinach, baby zucchini</td>
<td>11–19</td>
</tr>
<tr>
<td>Avocados</td>
<td>69–79</td>
</tr>
<tr>
<td>Olives</td>
<td>89</td>
</tr>
<tr>
<td>FRUITS</td>
<td></td>
</tr>
<tr>
<td>Most fruits</td>
<td>0–11</td>
</tr>
<tr>
<td>Durian</td>
<td>30</td>
</tr>
<tr>
<td>Coconut</td>
<td>83</td>
</tr>
<tr>
<td>LEGUMES</td>
<td></td>
</tr>
<tr>
<td>Most beans, lentils, split peas</td>
<td>3–4</td>
</tr>
<tr>
<td>Chickpeas</td>
<td>14</td>
</tr>
<tr>
<td>Soybeans</td>
<td>43</td>
</tr>
<tr>
<td>Peanuts</td>
<td>72</td>
</tr>
<tr>
<td>GRAINS</td>
<td></td>
</tr>
<tr>
<td>Barley, buckwheat, Kamut berries, spelt berries, wheat berries, wild rice</td>
<td>3–6</td>
</tr>
<tr>
<td>Brown rice, cornmeal, millet</td>
<td>7–13</td>
</tr>
<tr>
<td>Oats, quinoa</td>
<td>14–16</td>
</tr>
<tr>
<td>NUTS AND SEEDS</td>
<td></td>
</tr>
<tr>
<td>Chia seeds, flaxseeds, hemp seeds</td>
<td>50–69</td>
</tr>
<tr>
<td>Almonds, cashews, pistachios, poppy seeds, pumpkin seeds, sesame seeds, sunflower seeds</td>
<td>70–79</td>
</tr>
<tr>
<td>Brazil nuts, hazelnuts, pecans, pine nuts, walnuts</td>
<td>80–89</td>
</tr>
</tbody>
</table>

**ANIMAL PRODUCTS**

<table>
<thead>
<tr>
<th>FOOD</th>
<th>% CALORIES FROM FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, ground, 80% lean, broiled</td>
<td>60</td>
</tr>
<tr>
<td>Cheese, Cheddar</td>
<td>72</td>
</tr>
<tr>
<td>Milk, full fat</td>
<td>52</td>
</tr>
<tr>
<td>Salmon, cooked with dry heat</td>
<td>37</td>
</tr>
</tbody>
</table>

**IN GENERAL WE DON’T HAVE TO WORRY MUCH ABOUT GETTING ENOUGH OMEGA-6S; GETTING ENOUGH OMEGA-3S IS MORE OF AN ISSUE. A DAY’S OMEGA-3S CAN BE OBTAINED FROM 1 TABLESPOON (15 ML) OF GROUND FLAXSEEDS, 1 OUNCE (30 G) OF WALNUTS, 1 ½ TABLESPOONS (22 ML) OF CHIA SEEDS, OR 1 TABLESPOON (45 ML) OF HEMP SEEDS. PEOPLE WITH DIABETES HAVE A MORE DIFFICULT TIME CONVERTING OMEGA-3S FROM PLANT FOODS, SO FISH, (A SOURCE OF THE LARGER, MORE ACTIVE LONG-CHAIN OMEGA-3 FATTY ACIDS, EPA AND DHA) IS OFTEN TOUTED AS A SUPERFOOD FOR THESE INDIVIDUALS. MORE HEALTHFUL THAN MEAT, IT’S ONE OF THE MOST CONCENTRATED SOURCES OF ENVIRONMENTAL CONTAMINANTS.**

**SAFER SOURCES OF LONG-CHAIN OMEGA-3S ARE MICROALGAE — THE TINY PLANTS IN THE SEA THAT ARE THE ACTUAL SOURCE OF EPA AND DHA! YOU CAN FIND OMEGA-3 SUPPLEMENTS THAT HAVE BEEN EXTRACTED FROM CULTURED MICROALGAE. IF YOU TAKE 200 – 300 MG EPA AND DHA JUST TWO OR THREE TIMES A WEEK, YOU WOULD GET AN AMOUNT OF OMEGA-3S SIMILAR TO WHAT YOU WOULD GET FROM FISH — WITHOUT THE CONTAMINANTS.**

**REDUCE YOUR SODIUM INTAKE TO NO MORE THAN 1,500 MG PER DAY.**

**THE EASIEST WAY TO DO THAT IS TO BUILD YOUR DIET AROUND WHOLE PLANT FOODS AND PREPARE YOUR MEALS FROM SCRATCH.**

Processed foods often contain a hefty dose of salt to add flavor. The amount of salt in some processed foods may surprise you; one ounce of cornflakes has more salt than salted peanuts! (See table 4, page 12.)

**TABLE 4 SODIUM CONTENT OF COMMON FOODS |  **
GINGER, CALORIES, JUICES, WELL. RAW LOSS. ANTIOXIDANTS. CHOOSING FILL MAXIMIZE CRACKER. ANY SOME AMOUNT JARRED, SOME. USE TO YOUR PLATE. KEEP LIGHTLY OR END. ASK RESTAURANT CHEFS TO DO THE SAME. WHEN COOKING ANY SALT NEAR THE END OF THE COOKING TIME; YOU CAN USE LESS THAT WAY. WE REGISTER A SALTY TASTE WHEN SALT IS ON THE SURFACE OF A FOOD (CRACKER) BECAUSE THAT IMMEDIATELY CONTACTS OUR TASTE BUDS. USE LEMON OR LIME JUICE ON FOODS INSTEAD OF SALT.

Maximize your intake of phytochemicals and antioxidants.

Fill your plate with a wide variety of colorful plant foods daily.

Choosing whole plant foods (especially organic) that cover the full spectrum of the rainbow is the key to a diet rich in phytochemical antioxidants. Cooking reduces these protective compounds. In general, the higher the heat and the longer the cooking time, the greater the loss. On the other hand, sprouting and fermenting significantly increase the phytochemical content. The absorption of phytochemicals in raw foods can also be increased by breaking down the foods, as with blending, chopping, grating, processing, puréeing, or chewing well.

Drinking vegetable juice can be a practical way to boost antioxidant and phytochemical intake. If you have diabetes and drink vegetable juices, limit your intake to between four and eight ounces (120 – 250 ml) per day. Vegetable juices are best when they’re freshly pressed just before drinking, and use only small amounts of beets or carrots. A great combination is leafy greens, celery, cucumbers, ginger, turmeric root, and lemon or lime.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>SODIUM CONTENT (MG)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salt, 1 tsp (5 ml)</td>
<td>2,300</td>
</tr>
<tr>
<td>Pepperoni pizza, 12-inch diameter (30 cm)</td>
<td>5,959</td>
</tr>
<tr>
<td>Canned beans, 1 cup (250 ml)</td>
<td>750–950</td>
</tr>
<tr>
<td>Soup, 1 cup (250 ml)</td>
<td>600–900</td>
</tr>
<tr>
<td>Macaroni and cheese, boxed, 1 cup (250 ml)</td>
<td>869</td>
</tr>
<tr>
<td>Pickle, dill, 1 medium</td>
<td>833</td>
</tr>
<tr>
<td>Miso, 1 tbsp (15 ml)</td>
<td>634</td>
</tr>
<tr>
<td>Tomato sauce, ½ cup (125 ml)</td>
<td>450</td>
</tr>
<tr>
<td>Cottage cheese, ½ cup (125 ml)</td>
<td>410</td>
</tr>
<tr>
<td>Canned corn, drained, 1 cup (250 ml)</td>
<td>336</td>
</tr>
<tr>
<td>Pretzels, 1 oz (30 g)</td>
<td>352</td>
</tr>
<tr>
<td>Soy sauce or tamari, 1 tsp (5 ml)</td>
<td>300–350</td>
</tr>
<tr>
<td>Canned beans, low sodium, 1 cup (250 ml)</td>
<td>250–350</td>
</tr>
<tr>
<td>Canned tuna, 3 oz (90 g)</td>
<td>301</td>
</tr>
<tr>
<td>Olives, 10 small</td>
<td>270</td>
</tr>
<tr>
<td>French fries, medium (5 oz/150 g)</td>
<td>290–890</td>
</tr>
<tr>
<td>Canned tomatoes, ½ cup (125 ml)</td>
<td>225</td>
</tr>
<tr>
<td>Corn flakes, 1 oz (30 g)</td>
<td>204</td>
</tr>
<tr>
<td>Ketchup, 1 tbsp (15 ml)</td>
<td>178</td>
</tr>
<tr>
<td>Cheese, Colby, 1 oz (30 g)</td>
<td>169</td>
</tr>
<tr>
<td>Bread, whole wheat, 1 slice</td>
<td>150</td>
</tr>
<tr>
<td>Potato chips, 1 oz (30 g)</td>
<td>148</td>
</tr>
<tr>
<td>Crackers, Ritz, 5</td>
<td>141</td>
</tr>
<tr>
<td>Peanuts, dry roasted, salted, 1 oz (30 g)</td>
<td>116</td>
</tr>
</tbody>
</table>

Source: USDA Nutrient Database.

*Compare to the recommended maximum daily sodium intake of 1,500 mg.

To keep your sodium intake low, rely on whole foods as the foundation of your diet and prepare foods yourself instead of using jarred, or canned items. If you use any processed foods, look for products labeled as “low salt” or “reduced-sodium,” and keep your intake moderate. Use salt-free herb blends for cooking, and select seasonings that don’t list salt among the ingredients. Omit salt or use less amount of salt than a recipe calls for.

Use fresh or frozen vegetables and dried beans instead of canned when possible. If using jarred or canned foods, rinse them well with a little of the sodium or look for salt-free brands. Limit the use of pickled products—they’re soaked in salt!

Go lightly on added salt while cooking and at the table or omit it completely. Ask restaurant chefs to do the same. When cooking a dish that calls for salt, control your intake of the salt near the end of the cooking time; you can use less that way. We register a salty taste when salt is on the surface of a food (cracker) because that immediately contacts our taste buds. Use lemon or lime juice on foods instead of salt.

30 ANTIOXIDANT- AND PHYTOCHEMICAL-RICH SUPERSTARS

- Almonds
- Apples
- Beans (especially black/red)
- Berries (especially black/blue)
- Cherries
- Cilantro
- Cinnamon
<table>
<thead>
<tr>
<th>Citrus fruits</th>
<th>cocoa powder</th>
<th>cranberries</th>
<th>dill</th>
<th>fennel</th>
<th>garlic</th>
<th>green tea</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cruciferous vegetables such as broccoli and broccoli sprouts</td>
<td>grapes (red or black)</td>
<td>lentils</td>
<td>onions</td>
<td>peaches, pears</td>
<td>plums (purple)</td>
<td>pomegranates</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>saffron</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>sesame seeds and tahini</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>soybeans</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>sunflower seeds</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>tomatoes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>turmeric</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>walnuts</td>
</tr>
</tbody>
</table>

**Minimize your intake of chemical contaminants.**

**Eat plants; choose organic options for foods that are typically highly contaminated.**

Chemical contaminants can disrupt the functioning of our cells and damage the liver and pancreas. If you can’t afford to buy every organic, select organic for products that potentially have the highest pesticide levels. Primarily, foods that are eaten with the skin (apples, berries, peaches, and pears) pose a greater risk than those eaten with the peel removed (such as bananas, kiwi, melons, and pineapples). Eat more raw foods. Washing doesn’t completely remove pesticides, but washing and peeling produce will reduce pes content. You can obtain a more complete list of pesticides in foods from the Environmental Working Group website (ewg.org/foodnews) out their list to take with you when you go shopping or download it to your phone.

Moderate your intake of rice and rice products and avoid hijiki seaweed, as these can be significant sources of arsenic. Select rather than highly processed foods or deep-fried foods. Use wet cooking methods, such as braising, steaming, and stewing, rather than barbecuing, broiling, and frying. If you use high temperatures for cooking, don’t blacken or overcook foods. Avoid oils in cooking use oils, never allow them to smoke.

Finally, use stable materials, such as glass, for storing and reheating food in the microwave, instead of plastic. Steer clear of canned foods because they may have lead seams, and avoid foods stored in lead-glazed ceramic or leaded glassware. Look for cann with BPA-free linings.

**Meet the RDA for all nutrients.**

**In particular, get the Recommended Dietary Allowance of chromium, magnesium, potassium, the antioxidants, and vita 12 and D.**

Many people with diabetes need more of certain vitamins and minerals, especially chromium, magnesium, and potassium; the antioxidant vitamins A (as carotenoids), C, and E; and vitamins B12 and D, in order to ensure nutritional adequacy, restore insulin sensitivity, and healing. Eating plant-based foods, plus taking a few supplements, will ensure that you get these nutrients. To be sure you get enough simple steps you can take:

- **Antioxidant vitamins.** The antioxidant vitamins C and E and carotenoids are abundant in plants, so the move to a whole-foods, plant-based diet usually provides sufficient amounts. Vegetables and fruits are rich in carotenoids and vitamin C. Vitamin E is most concentrate fat plant foods (such as almonds, avocados, hazelnuts, peanuts, pine nuts, sunflower seeds, and wheat germ) and in broccoli, butter squash, dark leafy greens, kiwi, and red peppers.

- **Vitamin B12.** Having insufficient vitamin B12 can cause problems with fasting blood glucose, oxidative stress, and inflammation in individuals with diabetes. People who are taking metformin are also at increased risk of being low in vitamin B12, as metformin reduces absorption. In addition, everyone over fifty, whether they eat a plant-based diet or not, is at risk for being low in vitamin B12 because to absorb it can decrease as we age. Whole plant foods are not reliable sources of vitamin B12; the real source is bacteria. To ensue intake, see the guidelines on page 23.

- **Vitamin D.** A growing number of people in the United States get less vitamin D than they need: over 40 percent of adults overall, 25 percent of black adults, and almost 70 percent of Hispanic adults. There’s mounting evidence that a lack of vitamin D can increase developing diabetes and increase the seriousness of existing conditions.
VEGAN NUTRITION BY THE NUMBERS

For detailed information on how to meet recommended intakes for all nutrients, read Becoming Vegan: Express Edition or Becoming Vegetarian: A Comprehensive Edition. The express edition is suitable for consumers who want basic information, while the comprehensive edition is detailed for health professionals or consumers seeking more in-depth material.

While it’s possible to produce enough vitamin D by safely exposing your skin to the sun, the intensity of the sun at your latitude of cloud cover, the amount and type of clothing you wear, your age, and whether you’re carrying excess body fat all can affect vitamin D production. It’s challenging to get enough vitamin D from food; see the guidelines on page 24.

Chromium. Chromium enhances the action of insulin and plays an important role in the metabolism of carbohydrates, fat, and protein. Broccoli is a chromium superstar with about 22 mcg per cup (250 ml). Other rich plant sources of this nutrient are Brazil nuts, green lentils, peas, potatoes, prunes, strawberries, tofu, tomatoes, and whole grains (especially barley and oats). Whether people with diabetes would benefit from taking chromium is uncertain; many medications interact with chromium, so be sure to check with your physician considering a chromium supplement.

Magnesium. Magnesium helps control blood sugar by regulating insulin secretion from the pancreas. People with diabetes are more likely to be low in magnesium because high blood sugar causes magnesium to be excreted in the urine. The richest sources are dark chocolate (such as almonds, Brazil nuts, cashews, pine nuts) and seeds (such as chia, flax, poppy, pumpkin, sesame, and sunflower). Other good sources are avocado, corn, daiquiri (dark green leafy vegetables, legumes (including soybeans), pea shoots, and whole grains (such as quinoa, spelt, and wheat sprouts).

Potassium. Potassium stimulates insulin production. If you’re on blood pressure medication, your potassium levels may fall, so you need to increase your intake of potassium-rich foods. However, if you have kidney disease due to your diabetes, your healthcare provider may tell you to restrict potassium-rich foods, although this recommendation is controversial.

In general, people with diabetes should maximize potassium intake. Bananas are often touted as the best source, but many foods are rich in potassium, including asparagus, bamboo shoots, black turtle beans, black-eyed peas, Chinese cabbage, green soybeans, kiwi, lima beans, potatoes, sweet potatoes, tomato sauce, and taro.

Ensure adequate hydration.

Drink about eight glasses of water a day.

People with diabetes are at a higher risk for dehydration because high blood sugar levels deplete fluids. Dehydration can cause skin dry, itchy, and cracked, increasing the risk of infection. Water is the ideal hydrator — it doesn’t raise blood sugar, and it has zero calories. Your target goal is to drink six to eight glasses a day for women and eight to ten glasses a day for men. If plain water doesn’t do it for you, slices of citrus fruit or cucumber, a sprig of mint or lemon balm, or some frozen berries to either still or carbonated water. Other go-tos are especially green teas, but also herbal, black, or white tea; vegetable juices made with celery, cucumber, leafy greens, ginger, lime; and unsweetened juice or soy milk. If you’re a coffee drinker, monitor your blood sugar levels after drinking coffee; if you have negative reaction, switch to decaf or tea. If you do drink coffee, stick to black.

TABLE 5 Top diabetes food friends and foes

<table>
<thead>
<tr>
<th>TOP DIABETES FOOD FRIENDS</th>
<th>TOP DIABETES FOOD FOES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, peas, and lentils</td>
<td>Alcohol</td>
</tr>
<tr>
<td>Berries</td>
<td>Beverages with added sugar</td>
</tr>
<tr>
<td>Fresh fruit</td>
<td>Deep-fried foods</td>
</tr>
<tr>
<td>Green leafy vegetables</td>
<td>Full-fat dairy products</td>
</tr>
<tr>
<td>Herbs and spices</td>
<td>Grilled meat or poultry</td>
</tr>
<tr>
<td>Intact whole grains</td>
<td>Processed foods with added fat, sugar, and salt</td>
</tr>
<tr>
<td>Nuts</td>
<td>Red and processed meats</td>
</tr>
<tr>
<td>Other vegetables</td>
<td>Solid fats</td>
</tr>
<tr>
<td>Seeds</td>
<td>Sugar, syrups, and sweets</td>
</tr>
<tr>
<td>Water</td>
<td>White flour and white rice products</td>
</tr>
</tbody>
</table>

CAN EVERYONE OVERCOME TYPE 2 DIABETES?

Type 2 diabetes can be defeated by most people but not everyone. Individuals with the best chance of reversal are those who produce insulin but whose insulin isn’t doing its job due to insulin resistance. Individuals who can’t reverse the disease are those who don’t produce enough insulin. It can be devastating to make the lifestyle changes that will reverse insulin resistance only to discover that your pancreas is damaged to reverse your diabetes. In this case, you may require injected insulin for the rest of your life because your pancreas cannot produce enough insulin. However, you can take heart that overcoming insulin resistance itself will dramatically improve your health and quality of life. Once your body’s insulin sensitivity is improved, your body’s insulin sensitivity will reduce your risk for many conditions, including heart disease, hypertension, certain types of cancer, and dementia. Overcoming insulin resistance also means that you’ll need the lowest possible insulin doses, which will effectively reduce the most dreaded complications of diabetes.

Steer clear of sodas, energy drinks, sports drinks, flavored water; vitamin water; fruit beverages, fruit punch, and sweetened iced coffee. Alcohol can raise blood sugar levels, increase appetite, and impair judgment, as well as damage the liver and increase blood triglycerides. If you imbibe from time to time, keep your intake as low as possible and avoid making alcohol part of your daily routine.

The Kick Diabetes Lifestyle

Where lifestyle is concerned in kicking diabetes, physical activity is key, but every choice matters. Incorporate the following strategies into a lifestyle that will support your dietary changes:

- **Set goals and be sure to measure your progress.** Write down your goals in life and what it’s going to take to achieve them. Spell out a plan that will allow for incremental progress that’s realistic. Then keep track of what you’re eating, how much
you’re participating in, and what your blood glucose levels are.

- **Get a support team.** Get your family and friends on board with the changes you need to make. Work with your health-care providers and let them know about your plan.

- **Get rid of foods that aren’t nutritious, and buy the foods that support health and healing.** Don’t risk tempting having foods in your house that will derail your success. Give them away. Replace them with nutritious whole foods.

- **Be prepared for challenges.** Not everyone around you may support your efforts; even your physician might be skeptical and coworkers may encourage you to be in social settings that will sabotage your results. You could get discouraged doing things that are new to you or be tempted to eat foods you shouldn’t, especially when you’re under stress. Don’t let stop you! Continue on, keep your goals in mind, and know that the more you improve, the better your health will be.

- **Make physical activity a part of your daily life — just like eating and sleeping.** Walk or engage in other physical activity ten to fifteen minutes (or longer) after every meal. Once that comes easily, add thirty minutes of activity each day, and then to forty-five to sixty minutes of activity each day.

- **Make adequate sleep a priority in your life; an average of eight hours per night is appropriate for most people**. Practice a relaxing bedtime routine, and go to bed and get up at about the same time each day, even on weekends.

- **Identify your sources of significant stress and develop strategies to effectively manage them.** Take at least thirty minutes a day to do something you love and look forward to. Learn and practice stress-management techniques.

- **Establish and maintain strong social ties.** Studies report a 50 percent increase in the longevity of individuals with the active social lives. Socialize daily and spend time with good friends.

Now that you understand the basics of the Kick Diabetes diet and lifestyle to ensure success, you may be wondering what this all means in terms of what to eat. Chapters 2 and 3 take a closer look at the foods you need to focus on and how to incorporate them into your daily life to achieve your ultimate goal of kicking diabetes. Then, be sure to enjoy all the delicious recipes that follow in chapter 4.

### CHAPTER 2

### Meals and Menus to Kick Diabetes

The next steps toward kicking diabetes involve choosing the best foods, planning meals and menus, and getting practical advice to your success. Whether you’re a whiz in the kitchen or don’t know where to begin, there are plenty of ways to accomplish your tri-based eating.

It can take up to three to four weeks to rewire your taste buds and for your gut bacteria to adjust to the increased amount of fiber, plant-based diet. A recent study reported that sugar cravings disappeared in over 85 percent of people within six days of giving up added sugars and artificial sweeteners. Be prepared for sensory adjustments that take a little time. Once your taste buds become accustomed to amazing flavors, textures, and aromas of fresh whole foods, foods that are overly fatty, sugary, and salty will seem downright disgusting.

### Design Your Own Kick Diabetes Plant-Based Plate

Food guides are meant to help you design a diet that ensures all your nutrient needs are met on a daily basis. The Kick Diabetes Plate is intended specifically for adults with type 2 diabetes. It’s rich in protective nutrients, minimizes harmful components, and is recommended nutrient intakes. What follows is an overview of the foods in each group and two menus that are adjusted for different levels.

When you’re following this guide, you don’t need to meet the minimum recommended servings from every food group every time. Aim to have your average intakes reach those goals over time. You can arrange meals or snacks in various ways and still meet recommended intakes for all nutrients, so there’s plenty of flexibility. Special guidelines are given for five nutrients — vitamin B₁₂, vitamin D, calcium, and omega-3 fatty acids — in a section on the opposite page called Essential Extras.

You’ll see that certain foods that may have been staples on your menus are missing from The Kick Diabetes Plant-Based Plate is built around whole plant foods while excluding the two categories most strongly linked to increased diabetes risk: highly processed and animal products.
TABLE 6 Kick diabetes food groups: optimal servings and serving sizes

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>SERVINGS PER DAY</th>
<th>FOOD EXAMPLES AND SERVING SIZES</th>
<th>CALCIUM-RICH FOODS 5–8 SERVINGS PER DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nonstarchy Vegetables</td>
<td>5 or more</td>
<td>Raw or cooked vegetables, ½ cup (125 ml); raw leafy vegetables, 1 cup (250 ml); vegetable juice, ½ cup (125 ml)</td>
<td>Bok choy, broccoli, collard greens, kale, napa cabbage, okra, 1 cup (250 ml) cooked, or 2 cups (500 ml) raw</td>
</tr>
<tr>
<td>Fruits</td>
<td>3 or more</td>
<td>Whole fruit, medium-sized; fruit, raw or cooked, ½ cup (125 ml); dried fruit, ¼ cup (60 ml)</td>
<td>Oranges, 2; dried figs, ½ cup (125 ml)</td>
</tr>
<tr>
<td>Legumes</td>
<td>3 or more</td>
<td>Cooked beans, peas, or lentils, bean pasta, or tofu or tempah, ½ cup (125 ml); raw peas or sprouted lentils, mung beans, or peas, 1 cup (250 ml); vegetarian meat substitute, 1 oz (30 g); fortified soy milk, 1 cup (250 ml)</td>
<td>Black or white beans, 1 cup (250 ml); calcium-set tofu, ½ cup (125 ml); fortified soy milk or soy yogurt, ½ cup (125 ml)</td>
</tr>
<tr>
<td>Whole Grains and Starchy Vegetables</td>
<td>2 or more</td>
<td>Cooked whole grains or starchy vegetables, ½ cup (125 ml); 1 oz (30 g) very dense whole-grain bread (see page 35)</td>
<td>—</td>
</tr>
<tr>
<td>Nuts and Seeds</td>
<td>2−3</td>
<td>2 tbsp (30 ml) nuts or seeds; 1 tbsp (15 ml) nut or seed butter</td>
<td>Almonds or sesame seeds, ¼ cup (60 ml); almond butter or tahini, 2 tbsp (30 ml)</td>
</tr>
<tr>
<td>Herbs and Spices</td>
<td>3 or more</td>
<td>¼–½ tsp (1–2 mL) ground spice; 1 tsp (5 mL) dried herbs; 1 tbsp (15 mL) fresh herbs</td>
<td>—</td>
</tr>
</tbody>
</table>

Essential Extras

**Vitamin B₁₂**

People age sixty-five or older or adults of any age on metformin:

- Daily: Take a supplement providing 100 – 1,000 mcg vitamin B₁₂. (Monitor your status; your physician will adjust accordingly.)

Adults under age sixty-five choose one of the following:

- Daily: Take a supplement providing 25 – 100 mcg vitamin B₁₂.
- Two to three times a week: Take a supplement providing 1,000 mcg vitamin B₁₂.
- Daily: Consume at least three servings of foods fortified with vitamin B₁₂ that provide at least 2 mcg vitamin B₁₂ per serving. Daily Value (DV) for vitamin B₁₂ used on food labels is 6 mcg, so if a food provides 33 percent of the DV, it provides 2 mcg.

**Vitamin D**
Get daily vitamin D from sunlight, fortified foods, a supplement, or a combination of all three:

- **Sunlight.** Expose the face and forearms to warm sunlight (from 10:00 a.m. to 2:00 p.m.) without sunscreen for at least fifteen minutes for light-skinned people, twenty minutes for dark-skinned people, or thirty minutes for people over the age of seventy.

- **Fortified foods or supplements.** The minimum recommended intake for vitamin D is 15 mcg (600 IU) up to age seventv-20 mcg (800 IU) over age seventy. For people with diabetes, especially if they’re overweight, a vitamin D supplement of 25 mcg (1,000 – 2,000) per day is advised.

**Calcium**

Calcium-rich foods are those in various food groups that are particularly high in this mineral. They are shown in the inner circle of Diabetes Plant-Based Plate. In table 6 (page 23), they appear in the column at the right. Become familiar with high-calcium plant foods and incorporate them into your meals regularly. Recommended intakes for calcium are as follows:

- 1,000 mg per day for women age nineteen to fifty and men age nineteen to seventy.
- 1,200 mg per day for women over fifty and men over seventy.
- To meet recommendations, aim for five to eight servings of high-calcium plant foods daily. (The balance will come in small amounts from other plant foods.) Each serving of the following foods provides approximately 150 mg of calcium:
  - 2 cups (500 ml) raw bok choy, broccoli, collard greens, kale, or napa cabbage
  - 1 cup (250 ml) cooked bok choy, broccoli, collard greens, kale, mustard greens, napa cabbage, or okra; black or white beans
  - ½ cup (125 ml) calcium-set tofu, dried figs, fortified nondairy milk, cooked soybeans, or soy nuts
  - ¼ cup (60 ml) almonds
  - 2 tablespoons (30 ml) almond butter or tahini
  - 2 oranges

If you fall short of the recommended number of servings of calcium-rich foods, you can top up your intake with a calcium supplement.

**Iodine**

You can get your daily recommended intake of 150 mcg iodine from a multivitamin-mineral supplement or from about ½ teaspoon iodized salt. Salty seasonings, such as Bragg Liquid Aminos, soy sauce, tamari, and typical Celtic, Himalayan, or sea salts are not so iodine. Sea vegetables, such as kelp, are rich in iodine, but amounts vary greatly and can sometimes be excessive. Check labels, alt iodine levels may not always be listed.

**Omega-3 Fatty Acids**

Include at least one of the following daily; each serving provides about 2.5 g of omega-3s:

- 1 tablespoon (15 ml) ground flaxseeds
- 1 ½ tablespoons (22 ml) chia seeds

Along with the smaller amounts of omega-3s from other plant foods, this will meet the needs of both women and men. People may also be well advised to take a supplement of 200 – 300 mcg microalgae-based EPA/DHA at least two to three times a week.

**Fine-tuning Your Food Step by Step**

Kick diabetes is possible, but it takes a solid commitment to lifestyle changes. It doesn’t, however, require perfection. It’s a p target servings shown on The Kick Diabetes Plant-Based Plate are your ultimate goal, but you can get there one step at a time. For group, we suggest three possible steps to your goal. If you need to take smaller steps, that’s all right. Do what works for you. If yo worry, that’s normal, just get back on track right away. Extend your walk an extra fifteen minutes; cut back on calories a little at a time. Trust the process, and trust yourself.

**Nonstarchy Vegetables**

**KICK DIABETES TARGET:** 7 or more servings per day (include a rainbow of colors)

**LEVEL 1:** 5 servings per day (1 - 2 leafy greens; 3 - 4 other vegetables)

**LEVEL 2:** 6 servings per day (2 leafy greens, 1 yellow or orange; 3 other vegetables)

**LEVEL 3:** 7 or more servings per day (3 or more leafy greens; 1 or more each of yellow or orange, red, purple or blue, white or bei

**BEST CHOICES**

- Dark leafy greens are the most nutrient-dense of all foods, with broccoli, bok choy, collard greens, kale, mustard greens; okra being good calcium sources. Some others are high in oxalates that reduce calcium absorption; beet greens, spinach, an Swiss chard are healthy options but not good sources of calcium.

- All other nonstarchy vegetables are great choices — eat them to your heart’s content.

- Organic vegetables are preferred; minimize your exposure to potentially harmful chemicals.

- Eat a rainbow of colors to maximize the quantity and variety of protective compounds.

- The fresher, the better. Nothing beats homegrown vegetables, so if you can, frequent farmer’s markets and produce star start gardening.

**TIPS FOR SUCCESS**

- **Have a giant salad as a main dish every day.** This means including a variety of delicious greens; several different-colored vegetables; protein sources, such as chickpeas, lentils, or smoked tofu; a filling addition, such as cooked cubed sweet potato
butternut squash, or Kamut berries; and a fat source, such as a nut- or seed-based dressing or sliced avocado. Many of the recipes in this book are hearty enough to serve as a main dish (see pages 84 – 102).

- For something warming, load a stew or soup with vegetables, including greens. Use frozen vegetables if that’s easier for Dark leafy greens, such as collards, kale, and spinach, are widely available in the supermarket frozen-foods section.
- Have ½ cup (125 ml) of steamed dark leafy greens three times a day. This is powerful medicine! See the recipe on page .

COMMON QUESTIONS

Are frozen, canned, and jarred vegetables good choices?

Fresh is generally best for maximum nutrition. However, vegetables are usually frozen soon after they’ve been picked, so their nutrition is well preserved. Canned vegetables lose some of their water-soluble nutrients, may be high in added sodium (unless no- or low-sodium are chosen), and are often packed in cans with liners containing bisphenol A (BPA), a chemical found in hard plastic that’s been linked to a variety of health problems. Choose BPA-free cans or glass jars.

What are the best ways to cook vegetables?

- 3 tablespoons (45 ml) hemp seeds or walnuts

Steaming results in the greatest nutrient retention. Microwaving and blanching also minimize nutrient losses. Boiling causes greater loss of vitamins and minerals through heat and discarded water. Baking or roasting can destroy vitamins (but not minerals) and create lipids (any fat) involved in the least-desirable methods are those that use very high temperatures and concentrated oils, such as frying. Although a quick sauté can preserve nutrients, it can add a lot of fat and calories if oils are liberally used. For sautéing, reheat vegetable broth, water, or wine.

Fruits

KICK DIABETES TARGET: 3 or more servings per day

LEVEL 1: 2 servings per day (any fresh fruit)
LEVEL 2: 3 servings per day (any fresh fruit)
LEVEL 3: 3 or more servings per day (1 of berries, 1 of citrus, 1 or more of other fruit)

BEST CHOICES

- Berries provide a lot of fiber and phytochemicals and have a low glycemic index, so they’re an exceptional choice.
- Citrus fruits are high in protective phytochemicals and have less impact on blood sugar than some other fruits.
- All other fresh fruits are healthy options, although bananas and dates contain more carbohydrates and calories than most fruits, so they have a higher glycemic load. (See “A Note about Sweeteners,” page 56, for information about using dates in recipes in this book.)
- Fresh fruits are best, but frozen fruits are also good choices. Canned or jarred fruits are acceptable if they’re packed in although there are greater nutrient losses with canned fruits and the sugars in them are more rapidly absorbed into the bloodstream. Avoid fruits that are canned in syrup or contain added sugar.

TIPS FOR SUCCESS

- Have fruit with your morning meal. Have at least 2 servings (a total of 1 cup/250 ml) of fruit with breakfast.
- Use fruit as your go-to dessert. Fresh fruit (sliced or whole), fruit salad, fruit-based ice cream (see Tutti Frutti Ice Cream 161), and baked fruit make delectable treats.
- Add fruit to salads. Enjoy some blueberries, sliced mango, or strawberries with your salad greens.
- Pick fruit if hunger strikes. To make the fruit even more filling, add a little natural peanut butter, nut butter, or tahini, and with a sprinkle of cinnamon (see page 39).

COMMON QUESTIONS

How much fruit is too much?

It depends on what else you’re eating. If you’re trying to lose weight and are eating all the recommended servings of other food, 2 servings of fruit is a reasonable target. If you’re eating fewer calories than you need, there’s no set limit on whole fresh fruits.

Is the fructose in fruit a problem?

The short answer is no. The body’s ability to handle fructose is seldom overwhelmed by consuming whole fruit. Fruits also are low-protective phytochemicals, antioxidants, vitamins, and minerals, as well as valuable fiber that slows the absorption of the sugars. It’s more fruit that people consume, the lower their risk of diabetes.

However, fructose itself is a potentially problematic sugar that, when consumed in excess, may result in nonalcoholic fatty liver disease. So drinks and processed foods made with sugars and syrups that are concentrated sources of fructose should be avoided.

Are dried fruits and fruit juices OK for people with diabetes?

Dried fruits are much higher in calories and have a greater impact on blood sugar than fresh fruits, so although they’re healthy, they’re used sparingly. Avoid dried fruits with added sugars. Fruit juices are best avoided because they’re quickly absorbed into the blood and lack the fiber of whole fruits. In addition, it’s easy to drink a lot of juice in a short time. You can get through one cup (250 ml) of orange juice in a minute, but it would take much longer to eat two oranges or apples. Fruit water is a wonderful option. Simply add citrus slices, or other fruit or berries to a pitcher of water and let the water steep for eight to twelve hours in the refrigerator for a refreshing, sugar-free beverage.

Legumes (beans, lentils, split peas)

KICK DIABETES TARGET: 3 or more servings per day
LEVEL 1: 2 servings per day (beans, lentils, peas, soy milk, split peas, tempeh, tofu, veggie meats)

LEVEL 2: 3 or more servings per day (at least 1 serving of whole legumes, lentils, or split peas)

LEVEL 3: 3 or more servings per day (at least 2 servings of whole legumes, lentils, or split peas)

BEST CHOICES

■ Whole beans, chickpeas, split peas, and fresh peas are exceptional choices, brimming with fiber, plant protein, vitamins, minerals, and phytochemicals. Their consumption is strongly associated with diabetes risk reduction. For preparation information, see pages 53 - 54, as well as the many outstanding recipes in this book that contain legumes.

■ Sprouted mung beans, peas, and lentils are good choices and safe to consume raw. Larger beans need to be cooked after sprouting.

■ Traditional soy products are very healthful, with organic options being your best bet. Tofu and tempeh are well known as protective against disease. Tempeh, a fermented product, is relatively high in fiber. Tofu is extremely versatile and provides readily available plant protein.

■ Hummus is popular and available in many flavors and variations (see pages 113 - 114). Commercial varieties can be high sodium, so always read the labels or make your own.

■ Bean pasta is a rapidly rising star, with types based on a variety of legumes. The advantages over traditional pasta are especially for people with diabetes. Bean pasta provides about half the carbohydrate, double the fiber, and triple the protein of regular pasta.

TIPS FOR SUCCESS

■ Have beans for breakfast . Many people around the world enjoy beans or lentils with their morning meals. If this strikes you unusual, consider how tempting it would be to have a bean-based breakfast burrito, Golden Scrambled Tofu and Veggies, or Beans, Greens, and Sweet Potato with Tahini-Lime Sauce.

■ Top a Full-Meal Salad (see page 96) with plant-protein superstars. Add chickpeas, black beans, grilled tempeh, smoked t peas.

■ Add a bean, lentil, or pea soup to your meal, along with a salad . Many of the soup recipes in this book contain legumes as served as a main course.

■ Make legumes the main event . Get creative when it comes to lunches and dinners. For centuries numerous cultures have on these as dietary staples. Indian, South American, Asian, and African cuisines include many delicious legume dishes.

COMMON QUESTIONS

How can I get more comfortable eating beans and lentils when they cause gas?

Beans and lentils cause gas because they contain a very healthy type of carbohydrate (oligosaccharides) that isn’t broken down ar in the small intestine. It makes its way into the large intestine and provides a feast for the bacterial inhabitants. Gas is a normal by-digestion. The following suggestions will help to keep gas production tolerable:

■ Reduce the oligosaccharides in beans .

■ Use fresh instead of dried beans, as their oligosaccharide content is much lower; or select canned beans, as canning reduc oligosaccharide content. Choose unsalted canned beans or rinse them well; rinsing will further decrease the oligosaccharide

■ Buy only as many dried beans as you can use within a few months.

■ Soak beans for six to eight hours; discard the soaking water and rinse the beans well before putting them in fresh water a cooking.

■ Sprout legumes before cooking them. Sprouting converts oligosaccharides into more-digestible sugars.

■ Start with small portions , then gradually increase your intake. In this way, healthy gut flora will flourish and become accustomed to the dietary shift, and unhealthy flora will get crowded out.

■ Cook beans thoroughly . When beans are undercooked, they’re more difficult to digest and lead to digestive problems.

■ If you’re using canned beans, rinse them well .

■ Select small legumes, as they are easier to digest. The least problematic are skinless, split legumes, such as mung dal (split mung beans), red lentils, and split peas. In general, these will produce less gas than large beans, such as lima or kidney bea

■ Pick options with fewer oligosaccharides . Choose tofu and bean products that are fermented, such as tempeh and miso.

■ Use seasonings that counteract the production of intestinal gas . Black pepper, cinnamon, cloves, garlic, ginger, turmeric, the Japanese seaweed kombu are all prized for their ability to diminish gas production.

■ Improve your gut flora . Take probiotics in supplement form or use them in the preparation of fermented foods, such as \* cheeses, yogurts, and other dishes.

■ Avoid overeating . Eat smaller meals; stop when you are 80 percent full.

■ Avoid foods with added fructose or sugar alcohols . The small intestine isn’t equipped to handle large quantities of fruct undigestible molecules move on to the large intestine. Similarly, sugar alcohols, such as maltitol, sorbitol, and xylitol, are not completely absorbed and are fermented by bacteria in the colon.

■ Consider a digestive enzyme supplement . Find one that is targeted toward bean digestion.

Are canned beans OK for people with diabetes?

Canned beans are definitely OK, but they can be high in sodium and some have added sugar, so read labels. Canned baked beans ty
added sugar; it ’ s wise to make baked beans at home so you can control the ingredients. Many companies offer no- or low-sodium | some provide BPA-free cans. You can reduce the sodium by about 40 percent by rinsing canned beans well before using them. For c cook beans in large batches and freeze them in 1 ½ - or 2-cup (375- or 500-ml) portions in freezer bags or jars.

Are veggie meats an acceptable option?

These are relatively processed products. However, they ’ re high in protein and very low in carbohydrate, so they can be useful for insulin resistance. In some products the protein used has been extracted with toxic chemicals, such as hexane; select organic prods eliminate this concern. Many veggie meats are high in added fat and salt; check labels. Some are based on whole foods (such as bu | with black beans and quinos); these are great options. You can also assemble your own homemade versions.

Whole Grains and Starchy Vegetables

KICK DIABETES TARGET : 2 or more servings per day

LEVEL 1 : Include 1 or no refined products. The balance should be whole grains or starchy vegetables.

LEVEL 2 : Eliminate refined products. Choose 1 colorful starchy vegetable (corn, sweet potato, winter squash) and 1 or more intact grains.

LEVEL 3 : Eliminate refined products. Choose 1 or more colorful starchy vegetables and 1 or more intact whole grains. Include other grains that are listed with or above rolled grains in the whole-grain hierarchy (see figure 2 , page 35 ).

Portion control is important for this food group. Stick mainly to starchy vegetables and whole grains that have a lower glycemic ind Products with a high glycemic index can have an impact on blood glucose and triglycerides that is similar to that of more-refined pr Starchy vegetables (which includes breadfruit, corn, green peas, plantains, potatoes, pumpkins, sweet potatoes, taro, and winter sq) are higher in carbohydrate than nonstarchy vegetables. Although nonstarchy vegetables provide about 5 grams of carbohydrate per starchy vegetables provide about triple that amount, similar to that of whole grains. Yellow and orange starchy vegetables provide the nutrients not available from whole grains: vitamin A (as carotenoids) and vitamin C. Of course, there is considerable variability with group, with some nonstarchy vegetables (such as beets) having slightly more carbohydrate than most, and some starchy vegetables (butternut squash) having less carbohydrate than most.

Instead of eating foods made from whole-grain flours, become comfortable with cooking whole (intact) grains and using them in baked goods, bread, and packaged cereals. You ’ ll find great information on cooking intact grains on page 56 and will be enjoying i of new flavors and textures in no time!

BEST CHOICES

■ Color is a key to optimal choices. Starchy vegetables with the deepest color — orange, yellow, or purple — have the great antioxidant and phytochemical content. For grains, red or black quinos and rice are higher in these protective compound t heigo quinoa or brown rice.

■ The less processed the better: Leave the skin on starchy vegetables to increase their nutrition and fiber content. Use intact grains (not grains that have been shredded, flaked, or ground into flour). Many products labeled “ whole grain “ contain add sugar, salt, flavors, colors, and preservatives; read labels carefully. The whole-grain hierarchy on page 55 is a good guide. Eat high up on the hierarchy as possible.

■ Include a variety of grains, as each one has its own strengths. Among the true grains, Kamut, oats, spelt, and wheat are t in protein. Barley has the lowest glycemic index, and oats have the highest soluble fiber content. The pseudograins, quinoa and buckwheat, are more concentrated in protein and trace minerals than many true grains. Each starchy vegetable has its unique advantages. Sweet potatoes are highest in carotenoids and trace minerals; winter squash provides more folate.

TIPS FOR SUCCESS

■ Include a starchy vegetable or intact whole grain at each meal . This will make meals more satisfying and help to avoid th temptation to eat between meals.

■ Have an intact whole grain (such as brown rice or millet) or steel-cut oats at breakfast .

■ Add whole grains or starchy vegetables to soups and salads . For lunch, sprinkle intact whole grains or cooked sweet potu cubes on your salad. Add butternut squash or barley to soup.

■ Serve stuffed baked potatoes for dinner . Stuffed sweet potatoes offer a nutritional advantage, but regular baked potatoe fine too, especially when they ’ re topped or filled with high-fiber beans. And be sure to eat the skin! Serve steamed dark lea greens or a salad on the side.

■ Enjoy a vegetable curry or stir-fry over black rice, red quinoa, or another intact whole grain .

COMMON QUESTIONS

Are whole grains healthy foods?

Absolutely! Grains provide about half the world ’ s protein and fiber. Whole grains are rich in B vitamins (especially thiamin and niacin). They ’ re good sources of copper, iron, manganese, magnesium, phosphorus, selenium, and zinc, plus a variety of phytoce and antioxidants.

Are grains essential for a healthy diet?

No. There are no nutrients in grains that can t be derived from other foods. One approach is to eat your daily quota of vegetables, legumes, nuts, and seeds, and then vary your grain intake based on your energy (caloric) needs. If your energy needs are very low, allowance for grains will be low. If you ’ re moderately or very active, you can afford to eat more grains.

Should everyone avoid gluten?

No. While the 1 percent of the population with celiac disease must be vigilant about avoiding gluten, and another estimated 6 - 10 suffer from non-celiac gluten sensitivity, most people can tolerate gluten. Vary the grains you eat, and include several gluten-free gi as brown rice, buckwheat, millet, and quinoa, in your rotation.

Are starches for thickening sauces off-limits because they re refined?
No. While these are highly refined, generally only a small amount is required per serving. If you use 2 tablespoons (30 ml) of arrow cornstarch, or potato starch to thicken a sauce, it typically amounts to about ¼ teaspoon (4 ml) per person.

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**FIGURE 2 Kick Diabetes Whole Grain Hierarchy**

*Are foods derived from grains (oat bran, wheat bran, wheat germ) healthy choices?*

Although oat bran, wheat bran, and wheat germ aren’t technically whole grains, they do have nutritional benefits. Oat bran can provide viscous fiber, which helps to control blood sugar. Wheat bran can be useful for people who suffer from constipation; however, caution is warranted because it can reduce mineral absorption. Wheat germ can add vitamin E to granola or muesli. In general, eating the whole grain is the best option.

**Is it OK to include bread?**

Yes, but very selectively. Because bread is often yeasted to make it light and fluffy, the carbohydrate in bread is rapidly absorbed and impact on blood sugar. Bread can also be high in sodium and lower in fiber than intact whole grains. But some breads are more healthy than others. Sprouted breads (made from sprouted grains rather than flour, and dehydrated or baked at a low temperature) are more desirable than those made from whole grains. Also, the denser the bread, the more slowly the nutrients are absorbed and the more healthful it is. Very heavy breads (those that practically stand on their own) are best, such as German pumpernickel. Light, fluffy whole wheat bread might have a GI of 74, while heavy C pumpernickel has a GI of about 48. The bottom line is that most of the grains you eat should be intact whole grains. If you include bread wisely and have it infrequently, not daily.

**Nuts and Seeds**

**KICK DIABETES TARGET**: 2 – 3 servings per day

**LEVEL 1**: 1 – 2 servings per day, including ½ or 1 serving of an omega-3-rich choice (chia seeds, ground flaxseeds, hemp seeds, or walnuts)

**LEVEL 2**: 2 – 3 servings per day, including 1 serving of an omega-3-rich choice

**LEVEL 3**: 2 – 3 servings per day, including 1 serving of an omega-3-rich choice plus 1 serving of a vitamin E-rich choice (almonds, peanuts, sunflower seeds)

**NOTE**: In this guide we include peanuts and peanut butter in the nuts and seeds group. Although peanuts are botanically legumes, use them like nuts for culinary and nutritional purposes.

**BEST CHOICES**

- **Variety is the key**, as the nutrition contribution of nuts and seeds is quite diverse. Almonds and sunflower seeds are the v superstars. Almonds and chia, poppy, and sesame seeds are rich in calcium. Most seeds, pine nuts, and cashews are rich in zinc. Brazil nuts are selenium superstars, and chia and pumpkin seeds are richest in magnesium. Walnuts and pecans appear champions in terms of antioxidant content. Peanuts are particularly high in protein.

- **Include at least one omega-3 choice**: walnuts or chia, flax, or hemp seeds. The absorption of omega-3 fatty acids is improved by grinding chia seeds and flaxseeds.

- **Be sure seeds are part of the mix**. Seeds are higher in protein and fiber and more concentrated in essential fatty acids (b -omega-6 and omega-3 fatty acids) than nuts (except for walnuts).

- **When possible, choose nuts and seeds that are raw, soaked, sprouted, and dehydrated.** Soaking and sprouting increase the digestibility and availability of nutrients, phytochemicals, and antioxidants. Roasting at temperatures above 248 degrees F (120 degrees C) can cause the formation of dangerous chemicals, but soaking and sprouting do not.

**TIPS FOR SUCCESS**

- **Add omega-3-rich seeds or walnuts to a breakfast bowl (see page 59)**. You’ll need about 1 tablespoon (15 ml) of ground flaxseeds, tablespoons (22 ml) of chia seeds, or 3 tablespoons (45 ml) of hemp seeds or walnuts to fulfill your omega-3 requirement.
Add 1 – 2 tablespoons (15 – 30 ml) nuts or seeds to salads. Almonds, pumpkin seeds, and sunflower seeds are excellent choices.

Use seeds, nuts, or their butters as your salad-dressing base. These are the perfect nutrient-rich replacements for oils in dressings (see the recipes on pages 104 – 109).

Use nuts or seeds in main dishes. Add walnuts or sunflower seeds to patties or loaves, add pine nuts or hazelnuts to pilaf, or toss a few peanuts or cashews into a stir-fry.

Enjoy a few unsheilded nuts for a snack or dessert. Crack open two or three walnuts or five or six other nuts and serve the sliced fresh fruit for a simple but satisfying snack or dessert.

Use nuts or seeds to top fruit salad, fruit-based ice cream (see Tutti Frutti Ice Cream, page 161), or baked fruit. Sprinkle seeds on fruit desserts for added flavor and nutrient absorption and to slow the absorption of fruit sugar.

**COMMON QUESTIONS**

**Are nuts and seeds high in fat and calories?**

Yes, about 75 – 85 percent of the calories in nuts and 55 – 75 percent of the calories in seeds are from fat. They provide 500 – 800 calories (250 ml)! So although they’re valuable foods, they should be eaten in small amounts, not by the bowlful.

**Are nuts and seeds OK for people with diabetes?**

Absolutely! In fact they’re more than OK — they’re important. Among all the plant-based foods, nuts have the least impact on blood sugar. They deliver essential nutrients, fiber, phytochemicals, and antioxidants.

**Is coconut a healthy choice?**

Yes, it’s acceptable, but only in small amounts, primarily as a flavor booster. Unlike true nuts, which feature monounsaturated fats which have mostly polyunsaturated fats, coconut contains mostly saturated fat. To enhance the flavor of foods without adding much fat, try sprinkling 1 tablespoon (15 ml) of unsweetened shredded dried coconut over a breakfast cereal, or dessert. If a recipe calls for coconut milk which has about 450 calories per 1 cup (250 ml), replace it with thick unsweetened soy or cashew milk, and add 1 tea spoon of coconut extract per 1 cup (250 ml) of nondairy milk.

**Herbs and Spices**

**KICK DIABETES TARGET:** 3 or more servings per day

Herbs and spices are of tremendous value in a diabetes-reversal diet because of the wealth of protective phytochemicals and antioxidants they contain.

**LEVEL 1:** 1 or more servings per day

**LEVEL 2:** 2 or more servings per day

**LEVEL 3:** 3 or more servings per day

**BEST CHOICES**

- Cinnamon seems to show the most promise for slowing blood glucose absorption or stabilizing blood sugar, although cayenne pepper, fenugreek, garlic, ginger, marjoram, rosemary, and sage may also be of value.

- Turmeric is the anti-inflammation superstar. Basil, black pepper, cardamom, cinnamon, cloves, garlic, ginger, fennel, nuts, and rosemary all have inflammation-quenching abilities.

- For the greatest antioxidant action, cloves lead the pack. Allspice, basil, bay leaves, chiles, cinnamon, curry powder, ginger, lemon balm, marjoram, mint, dry mustard, oregano, paprika, saffron, sage, thyme, and turmeric are in the running too.

**TIPS FOR SUCCESS**

- **Spice up breakfast.** Allspice, cinnamon, cloves, ginger, and nutmeg combine well with sweet breakfasts. Basil, cayenne, oregano, rosemary, thyme, and turmeric are great additions to savory breakfasts.

- **Infuse hot teas with herbs or spices.** Use cinnamon, cloves, fennel, ginger, lemon balm, mint, or turmeric.

- **Add fresh herbs to salads.** Basil, chives, cilantro, dill, mint, parsley, oregano, and thyme are wonderful herbs for salads.

- **Add herbs and spices to salad dressings.** Basil, cayenne, garlic, ginger, mustard, and turmeric all add a welcome jolt of flavor. Mustard also acts as an emulsifier.

- **Season soups, stews, and other dishes with plenty of herbs and spices.**

**COMMON QUESTIONS**

**Does it matter if herbs are fresh or dried?**

Both are excellent choices. For a salad or as a garnish, fresh is best. If you’re cooking herbs for fifteen minutes or longer, either fresh or dried herbs will do. Whole dried spices will keep for three to four years, ground spices for two to three years, dried herbs for one to three years, and blends for one to two years. Store dried herbs and spices in a cool, dry spot, away from heat.

**Are some types of cinnamon potentially toxic?**

Yes. The cinnamon that’s commonly used throughout North America is called cassia cinnamon and contains a compound called coumarin which is toxic to the liver, especially in large amounts. Some countries have suggested upper intake limits of no more than 0.5 – 1 teaspoon (2.5 -5 ml) daily for a 176-pound (80-kg) person. Either limit your intake of cassia cinnamon or use Ceylon cinnamon instead. Although less available (it can be purchased online) and more expensive, Ceylon cinnamon contains very little coumarin. The taste is milder but pungent.

Although most studies on cinnamon and blood sugar reduction were done using cassia cinnamon, there is evidence that Ceylon cinnamon provides similar advantages.

**Getting Ready for Your Culinary Adventure**
Transiting to plant-based eating may seem a little overwhelming at first, so think of it as a culinary adventure with delightful surprises. There are a number of things you can do to make your plant-based journey a little smoother:

- Gather the essential kitchen equipment. This means having a good chef’s knife, paring knife, cutting board, mixing bowl, measuring spoons and cups, saucepans, baking pans, and baking sheets. Consider investing in a heavy-duty, high-powered blender and a food processor. These will help you prepare dressings, frozen-fruit ice creams (see Tutti Frutti Ice Cream, page 161), spreads, and sauces in a jiffy. A multipurpose programmable pressure cooker makes cooking beans a breeze. For more ideas, see the comprehensive list on page 49.

- Take a plant-based cooking class. Make it a priority to explore what’s available locally or online. A cooking school specializing in plant-based whole foods will familiarize you with ingredients, recipes, and flavor combinations to help you find healthy replacements for your favorite comfort foods and broaden your culinary horizons.

- Find resources that keep your creative juices flowing. Cookbooks, magazines, websites, and videos can inspire and motivate you to try new things. Embrace the adventure.

- Surround yourself with like-minded people who eat plant-based diets. One fundamental requirement for success is finding people who will support you in your transition. Look for plant-based groups, meetups, and events in your area. If local sources are few and far between, find support online.

**Kick Diabetes Menus**

The following two menus are designed to provide powerful results for people with type 2 diabetes. Each menu can supply 1,600, 2,240 calories (kcal), depending on the serving sizes consumed. The first menu features fast and easy preparation; the second requires moderate preparation time. Typically, the 1,600-calorie meals are suitable for weight loss in women. The 2,000-calorie meals are suitable for weight loss in men and weight maintenance in women. The 2,400-calorie menus are suitable for weight maintenance in men. Ad calorie content of these meals to suit your needs. If you’re not losing weight as expected (1 – 2 pounds/0.5 – 1 kg per week), you may exercise more, if possible, and slightly reduce your caloric intake. Analyses are done using unsweetened fortified soy milk, which is protein than other nondairy milks. However, other unsweetened fortified nondairy milks could be used instead, as the menus provic than enough protein for most people. The menus are designed to meet recommended nutrient intakes as long as vitamins B12, D, E, and K; mineral requirements are met (see pages 182 – 183). If you use a multivitamin mineral supplement, choose one that includes calcium, iodine, vitamins B12, D, K, and E. Menus 1 (page 41) and 2 (page 43) feature the “good” carbs, mainly from whole grains and legumes, as that provide beneficial omega-3 fatty acids. They also contain abundant plant protein and provide all the essential amino acids. The amount of vitamin B12 comes from the fortified nondairy milk.

**MENU 1 Fast and easy preparation**

<table>
<thead>
<tr>
<th>MEAL</th>
<th>FOOD</th>
<th>SERVING SIZE</th>
<th>1,600 CALORIES</th>
<th>2,000 CALORIES</th>
<th>2,400 CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Simple Morning Muesli (page 58) with blueberries, peaches</td>
<td>1 cup (250 ml) or more</td>
<td>2 cups (500 ml) or more</td>
<td>2 cups (500 ml) or more</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Unsweetened fortified nondairy milk</td>
<td>1 cup (250 ml)</td>
<td>1 cup (250 ml)</td>
<td>1 cup (250 ml)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lemon-ginger tea or tea of choice</td>
<td>As desired</td>
<td>As desired</td>
<td>As desired</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>Five-Day Salad (page 85)</td>
<td>2 cups (500 ml) or more</td>
<td>2 cups (500 ml) or more</td>
<td>2 cups (500 ml) or more</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Carrot, grated</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Smoked tofu</td>
<td>½ cup (125 ml/120 g)</td>
<td>½ cup (125 ml/120 g)</td>
<td>½ cup (125 ml/120 g)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ham and Lime Dressing (page 106)</td>
<td>4 cup (60 ml)</td>
<td>4 cup (60 ml)</td>
<td>4 cup (60 ml)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pumpkin seeds</td>
<td>1 tablespoon (15 ml)</td>
<td>1 tablespoon (15 ml)</td>
<td>1 tablespoon (15 ml)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Afternoon Snacks (or Lunch or Dessert)</td>
<td>Fresh orange</td>
<td>1</td>
<td>1</td>
<td>1 or 2 fruits of choice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Strawberry-infused water</td>
<td>As desired</td>
<td>As desired</td>
<td>As desired</td>
</tr>
<tr>
<td>Dinner</td>
<td>Curry in a Hurry Soup (page 78)</td>
<td>2 cups (500 ml)</td>
<td>2 cups (500 ml)</td>
<td>2½ cups (750 ml)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Brown or black rice</td>
<td>½ cup (125 ml)</td>
<td>½ cup (125 ml)</td>
<td>1 cup (125 ml)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cashews</td>
<td>2 tablespoons (30 ml)</td>
<td>2 tablespoons (30 ml)</td>
<td>3 tablespoons (45 ml)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Snacks or Desserts</td>
<td>Tutti Frutti Ice Cream (page 161)</td>
<td>½ cup (185 ml)</td>
<td>½ cup (185 ml)</td>
<td>1 cup (250 ml)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Unsweetened fortified nondairy milk</td>
<td>½ cup (125 ml)</td>
<td>1 cup (250 ml)</td>
<td>1 cup (250 ml)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Apple or fruit of choice</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Walnuts</td>
<td>2 tablespoons (30 ml)</td>
<td>—</td>
<td>—</td>
</tr>
</tbody>
</table>
The nutrients provided by each menu can be compared to the recommendations for your age and gender as shown on pages 18.

Nutritional analysis for 1,600-calorie menu: calories: 1,626, protein: 73 g, fat: 48 g, carbohydrate: 252 g, dietary fiber: 44 g, calcium: 1,111 mg, iron: 22 mg, magnesium: 407 mg, phosphorus: 1,400 mg, potassium: 3,471 mg, sodium: 1,248 mg, thiamin: 1.5 mg, niacin equivalents: 15 mg, vitamin B6: 1.6 mg, folate: 442 mcg, vitamin B12: 1.2 mcg, vitamin A: 871 mcg RAE, vitamin E: 5 mg, vitamin K: 275 mcg, omega-6 fatty acids: 12 g, omega-3 fatty acids: 3.2 g

Percentage of calories from: protein 18%, fat 23%, carbohydrate 59%

Nutritional analysis for 2,000-calorie menu: calories: 2,008, protein: 91 g, fat: 57 g, carbohydrate: 310 g, dietary fiber: 54 g, calcium: 1,492 mg, iron: 26 mg, magnesium: 605 mg, phosphorus: 1,966 mg, potassium: 4,243 mg, sodium: 1,416 mg, thiamin: 2.1 mg, niacin equivalents: 18 mg, vitamin B6: 1.7 mg, folate: 475 mcg, vitamin B12: 1.8 mg, vitamin A: 879 mcg RAE, mg, vitamin E: 6 mg, omega-6 fatty acids: 14.2 g, omega-3 fatty acids: 4.5 g

Percentage of calories from: protein 17%, fat 24%, carbohydrate 59%

Nutritional analysis for 2,400-calorie menu: calories: 2,413, protein: 104 g, fat: 81 g, carbohydrate: 351 g, dietary fiber: 61 g, calcium: 1,561 mg, iron: 30 mg, magnesium: 856 mg, phosphorus: 2,432 mg, potassium: 5,134 mg, sodium: 1,420 mg, thiamin: 2.1 mg, niacin equivalents: 23 mg, vitamin B6: 2.1 mg, vitamin B12: 1.8 mg, folate: 512 mcg, vitamin A: 880 mcg RAE, mg, vitamin E: 6 mg, omega-6 fatty acids: 23 g, omega-3 fatty acids: 6 g

Percentage of calories from: protein 16%, fat 28%, carbohydrate 56%

MENU 2 Moderate preparation

<table>
<thead>
<tr>
<th>MEAL</th>
<th>FOOD</th>
<th>SERVING SIZE</th>
<th>1,600 CALORIES</th>
<th>2,000 CALORIES</th>
<th>2,400 CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Beans, Greens, and Sweet Potato with Tahini-Lime Sauce (page 64)</td>
<td>½ recipe</td>
<td>½ recipe</td>
<td>½ recipe</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Peach, mango, or Fresh Fruit Salad (page 159)</td>
<td>1 cup (250 ml)</td>
<td>1 cup (250 ml)</td>
<td>1 cup (250 ml)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Green tea or tea of choice</td>
<td>As desired</td>
<td>As desired</td>
<td>As desired</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>The Big Easy Bowl (page 131) or Full Meal Salad (page 96)</td>
<td>The Big Easy Bowl (page 131) with ½ cup (125 ml) each grains and beans; 1 tbsp (15 ml) chia seeds</td>
<td>The Big Easy Bowl (page 131) with ¾ cup (125 ml) grains, 1 cup (250 ml) beans, 1 tbsp (15 ml) chia seeds</td>
<td>The Big Easy Bowl (page 131) with 1 cup (250 ml) each grains and beans; 3 tbsp (45 ml) chia seeds</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Creamy Hemp Dressing (page 107)</td>
<td>2 tbsp (30 ml)</td>
<td>¾ cup (60 ml)</td>
<td>¾ cup (60 ml)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mint-infused water</td>
<td>As desired</td>
<td>As desired</td>
<td>As desired</td>
<td></td>
</tr>
</tbody>
</table>

Nutritional analysis for 1,600-calorie menu: calories: 1,614, protein: 67 g, fat: 52 g, carbohydrate: 244 g, dietary fiber: 59 g, ci
1,004 mg, iron: 20 mg, magnesium: 664 mg, phosphorus: 1,709 mg, potassium: 4,723 mg, sodium: 1,234 mg, zinc: 12 mg, thiamin: riboflavin: 1.6 mg, niacin equivalents: 28 mg, vitamin B6: 2.5 mg, folate: 934 mcg, vitamin B12: 1 mcg, pantothenic acid: 5 mg, vit mceg RAE, vitamin C: 336 mg, vitamin E: 12 mg, omega-6 fatty acids: 20 g, omega-3 fatty acids: 4 g

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>RECOMMENDATION</th>
<th>1,600 CALORIES</th>
<th>2,000 CALORIES</th>
<th>2,400 CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legumes</td>
<td>3 or more</td>
<td>3%</td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td>Nonstarchy Vegetables</td>
<td>5 or more</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>Starchy Vegetables and Grains</td>
<td>2–6</td>
<td>3%</td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td>Fruits</td>
<td>3 or more</td>
<td>4</td>
<td>4</td>
<td>4%</td>
</tr>
<tr>
<td>Calcium-Rich Foods</td>
<td>5–8</td>
<td>5–6</td>
<td>6</td>
<td>8</td>
</tr>
<tr>
<td>Nuts and Seeds</td>
<td>2–3</td>
<td>2</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>Herbs and Spices</td>
<td>3 or more</td>
<td>4%</td>
<td>4%</td>
<td>5%</td>
</tr>
</tbody>
</table>

Number of servings from each food group

Number of servings from each food group

If you’re not used to cooking beans, grains, and vegetables — or doing any cooking from scratch — this chapter will help you get a new adventure. Even if you’ve loved to cook for years, you might be unfamiliar with how to prepare beans and intact whole grains case, be sure to check out the special sections on cooking beans (page 53) and cooking grains (page 54). These handy guides will references throughout your plant-based cooking experience. If you keep cooked beans, cooked grains, and dark leafy greens in you you’ll have the makings for an instant, healthy meal.

Percentage of calories from: protein 16%, fat 27%, carbohydrate 57%

Nutritional analysis for 2,000-calorie menu: calories: 2,035, protein: 86 g, fat: 65 g, carbohydrate: 306 g, dietary fiber: 74 g, 1,167 mg, iron: 25 mg, magnesium: 891 mg, phosphorus: 2,195 mg, potassium: 5,833 mg, sodium: 1,562 mg, zinc: 15 mg, thiamin: riboflavin: 1.9 mg, niacin equivalents: 34 mg, vitamin B6: 3 mg, folate: 1,283 mcg, vitamin B12: 1 mcg, pantothenic acid: 5.5 mg, 3,367 mcg RAE, vitamin C: 413 mg, vitamin E: 13 mg, omega-6 fatty acids: 25 g, omega-3 fatty acids: 5 g

Percentage of calories from: protein 16%, fat 27%, carbohydrate 57%

Nutritional analysis for 2,400-calorie menu: calories: 2,414, protein: 99 g, fat: 79 g, carbohydrate: 360 g, dietary fiber: 90 g, c.i 1,439 mg, iron: 30 mg, magnesium: 1,048 mg, phosphorus: 2,644 mg, potassium: 6,466 mg, sodium: 1,735 mg, zinc: 19 mg, thiamin: riboflavin: 2.1 mg, niacin equivalents: 40 mg, vitamin B6: 3.6 mg, folate: 1,410 mcg, vitamin B12: 1 mcg, pantothenic acid: 6 mg, 3,578 mcg RAE, vitamin C: 476 mg, vitamin E: 15 mg, omega-6 fatty acids: 30 g, omega-3 fatty acids: 9 g

Percentage of calories from: protein 16%, fat 28%, carbohydrate 56%

Meal Timing and Frequency

Regular mealtimes are important because they help stabilize blood sugar, control appetite, and achieve weight loss. When people...
The following shopping list is a convenient resource that itemizes both the staples used in the recipes in this book and the ingredients used only occasionally or for recipe variations. The ingredients shown in bold are used frequently throughout the recipe chapter 4. Start by purchasing these, and then buy other ingredients that are specific to the recipes you’d like to try.

You might want to photocopy this list so you can take it to the store with you when you go shopping. Feel free to customize it for additional items of your own. Buy fresh produce in season as needed. Dry ingredients can be purchased in the appropriate amounts indefinitely in sealed containers in a cool, dry place. For the best prices, look for sources that offer grains and legumes in bulk. Specialty stores that feature international foods and the international sections of supermarkets and natural food stores are often good places to find ingredients. See the recommendations on page 14 for purchasing organic produce.

**VEGETABLES (FRESH)**

- Arugula
- Asparagus
- Avocados
- Beans (green, yellow)
- Beets (purple, yellow)
- Bell peppers (green, orange, red, yellow)
- Broccoli
- Broccolini
- Brussels sprouts
- Cabbage (Chinese, green, napa, red/purple)
- Carrots (orange, purple, yellow)
- Cauliflower
- Celery
- Chives
- Corn (fresh, frozen)
- Cucumbers
- Garlic
- Ginger
- Greens (beet, bok choy, collard, kale, mustard, spinach, turnip)
- Kohlrabi
- Jalapeño chile
- Jicama
- Lettuce (dark green, red)
- Mushrooms
- Onions (green, red, white, yellow)
- Parsley
- Parsnips
- Peas (green, snow, sugar snap)
- Potatoes
- Pumpkins
- Radicchio
- Radishes (red, watermelon)
- Rutabagas
- Sprouts (alfalfa, broccoli, lentil, mung, pea, sunflower)
Sweet potatoes
Tomatoes (cherry, salad)
Turnips (young)
Watercress
Winter squash
Yams
Zucchini

(Commonly used items are in bold.)

FRUITS (FRESH, FROZEN, OR CANNED)

Apples
Applesauce (unsweetened)
Apricots
Bananas

Most of the recipes in this book can be doubled, which makes it easy to prepare extras that can be used for another meal. Store left in individual portions. Legume-based soups and entrees freeze particularly well. Glass containers with lids are perfect for storing & fridge or freezer.

Being organized will help you avoid having to switch pots and pans as you make a recipe or prevent you from being halfway into before you realize you’re missing a key ingredient. Our advice is to follow these steps to ensure success:

1. Read the recipe completely before starting.
2. Gather all the equipment and ingredients you’ll need.
3. Set up the counter space. Arrange and organize the ingredients and equipment according to which items you’ll use first. Short on counter space, bringing in a small portable table or island on wheels can instantly expand your work surface.

Equipment to Support Your Success

Consider kitchen equipment an investment in your health. Working with high-quality equipment will boost your confidence and caq and increase your motivation to perform the tasks at hand.

For starters, learn how to wield a chef’s knife with ease. Sometimes people balk at eating fresh vegetables and fruits because preparation involved, such as having to peel, slice, dice, or chop. Inexpensive manual and electric food processors can take over so work, but often they don’t give you much control over the size and thickness of the cuts — and you’ll have to disassemble and wash equipment.

The most versatile way to prepare produce is by hand with an eight- or ten-inch chef’s knife. You’ll want one that feels balanced hold it by the handle and isn’t so heavy that it’s tiresome to use. If you have the time and resources to attend a local cooking classes great tips on how to prepare various vegetables. If classes aren’t available locally, a quick search online will direct you to numerous how to select a good knife, keep it sharpened (for your safety as well as for efficient use), and prepare different fruits and vegetable.

It’s well worth the investment of a little time to improve your knife skills. The more you practice this skill, the better you’ll ge money buying produce that’s fresh and whole instead of packaged and prepared, and you’ll be inclined to include a wider variety your diet if you can prepare it efficiently.

Following is a basic inventory of the tools you’ll need to prepare all the recipes in this book, although you may want to begin with these items and add more to your collection once you gain experience.

COOKING UTENSILS

- Baking dishes, 13 × 9-inch (33 × 23 cm) and 8-inch (20-cm) square
- Baking sheets, 2
- Loaf pans, medium (6-cup/1.5 L capacity)
- Muffin pan, standard 12-cup (metal or silicone)
- Nonstick saucepan, medium
- Nonstick skillets, small and medium
- Saucepans with lids, 1 - 1 ½ quart (1 - 1.5 L), 2 - 3 quart (2 - 3 L), 4 quart (4 L)
- Soup pot with lid, 12 quart (36 L)
- Steamer basket

ELECTRIC APPLIANCES

- Blender
- Food processor
- Slow cooker or multipurpose pressure cooker and slow cooker (such as an Instant Pot)

HANDHELD TOOLS

Blueberries
Cherries Cranberries
Grapefruits
Grapes
Lemons
Limes
Mangoes
Nectarines
Oranges
Papayas
Peaches
Pears, fresh and canned (unsweetened)
Pineapples
Plums
Pomegranates
Raspberries
Strawberries

FRUITS (DRIED, UNSWEETENED)

Apricots
Cherries
Coconut (unsweetened shredded dried)
Currants
Dates
Mangoes
Peaches
Pears
Prunes
Raisins (dark, golden)

GRAINS AND GRAIN PRODUCTS

Barley, whole grain (hulled, pot, Scotch)
Buckwheat groats
Cornmeal, whole grain (coarsely ground)
Kamut berries
Oat groats
Oats, rolled (old-fashioned)
Oats, steel cut
Quinoa
Rice (black, brown, brown basmati, red)
Spart berriess
Wild rice

LEGUMES (DRIED OR CANNED)

Adzuki beans
Black beans
Black-eyed peas
Cannellini beans
Chickpeas
Great Northern beans
Kidney beans (red, white)
Lentils (green, red, small brown or black)
Lima beans
Mung beans
Navy beans
Pink beans
Pinto beans
Red beans
Split peas (green, yellow)
White beans

NONDairy ALTERNATIVES

Nondairy milk, fortified and unsweetened (almond, cashew, hemp, rice, soy)
Nondairy yogurt, unsweetened

NUTS, SEEDS, BUTTERS

Almond butter
Almonds
Brazil nuts
Cashews
Chia seeds
Flaxseeds (whole or ground)
Hazelnuts
Hemp seeds
Macadamia nuts
Peanut butter
Pecans
Pumpkin seeds
Sesame seeds
Sunflower seeds
Tahini
Walnuts

HERBS AND SPICES

Allspice (ground)
Basil (dried, fresh)
Bay leaves
Cardamom (ground)
Cayenne
Celery seeds
Chili powder
Cilantro (fresh)
Cinnamon (ground, Ceylon)
Cloves (ground, whole)
Cumin (ground)
Dill (dried, fresh)
Garlic powder
Ginger (ground)
Marjoram (dried, fresh)
Mint (dried, fresh)
Mustard, dry
Nutmeg (grated or ground)
Onion powder
Oregano
Paprika (smoked, sweet)
Parsley (dried, fresh)
Pepper, black (ground)
Poultry seasoning
Pumpkin pie spice
Red pepper flakes (crushed)
Rosemary (dried, fresh)
Salt
Savory (dried, fresh)
Tarragon (dried, fresh)
Thyme (dried)
Turmeric (ground)

MISCELLANEOUS ITEMS

Arrowroot starch
Baking powder
Baking soda
Bragg Liquid Aminos
Cocoa or cacao powder (unsweetened)
Cornstarch
Curry paste (Patak’s mild)
Horseradish (prepared)
Miso (dark, light)
Mustard (Dijon, spicy brown, or stone-ground)
Nori sheets
Nutritional yeast flakes
Olives (black)
Red peppers (roasted)
Stevia
Tamari (reduced sodium)
Tempeh
Tofu (medium, firm, extra-firm)
Tomato paste
Tomatoes, canned (crushed, diced)
Tomatoes, sun-dried
Vanilla extract
Vegetable broth (cubes, liquid, powder)
Vinegar (balsamic, cider)

Cooking Legumes

It’s both practical and economical to cook legumes in quantity so you’ll have different types on hand whenever you want them. I individual or meal-sized portions of cooked legumes in labeled zip-top plastic or glass jars for as long as six months.

One option is to invest in a slow cooker, pressure cooker, or multi-use programmable pressure cooker and follow the instruction accompany it for cooking legumes. If you prefer to cook beans on the stove top, the following are our recommendations:

1. Spread the dried legumes on a tray so you can easily see any small rocks, twigs, or other debris that might have come thru the mechanical cleaning process. Rinse the legumes well to remove any dirt and put them in a large saucepan or soup pot.

2. Soaking legumes before cooking is essential for increasing digestibility. Lentils and split peas are the exceptions; they may cooked without presoaking. However, if you have difficulty digesting them, you may notice an improvement if you soak those smaller legumes before cooking.

3. Add enough water to cover the dried legumes by at least one inch (3 cm), then cover the saucepan with a lid and soak the for six to eight hours. Be sure to drain off the soaking water before cooking the legumes; in doing so, you’ll discard some of the substances that contribute to flatulence and indigestibility. If you want to speed up the presoaking process, cover the legumes with fresh water, bring to a boil, and boil for one minute. Remove from the heat, cover, and let rest for at least one hour. The soaking water and proceed with cooking.

4. To cook, put unsoaked lentils and split peas or drained and rinsed larger legumes in a large saucepan with a tight-fitting lid the amount of water indicated in table 7 (page 54), bring to a boil, then decrease the heat and simmer for the time indicate cooking, skim off any foam that rises to the top, as dissolved substances in the foam can also cause flatulence. The beans are when you can soften them on the roof of your mouth with your tongue. At this stage, they’re the most digestible.

| TABLE 7 Cooking legumes |
**DRIED LEGUMES (1 CUP/250 ML)**

<table>
<thead>
<tr>
<th>LEGUMES</th>
<th>PRESOAK</th>
<th>COOKING WATER</th>
<th>COOKING TIMES for lentils, split peas, and soaked beans*</th>
<th>APPROXIMATE YIELD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adzuki beans, black beans, black-eyed peas, cannellini beans</td>
<td>Yes</td>
<td>4 cups (1 L)</td>
<td>45–60 minutes</td>
<td>2¼ cups (625 ml)</td>
</tr>
<tr>
<td>Great Northern beans, kidney beans, lima beans, navy beans, pink beans, pinto beans, red beans (small)</td>
<td>Yes</td>
<td>3 cups (750 ml)</td>
<td>1½–2 hours</td>
<td>2–2½ cups (500–625 ml)</td>
</tr>
<tr>
<td>Chickpeas</td>
<td>Yes</td>
<td>4 cups (1 L)</td>
<td>2–3 hours</td>
<td>2¼ cups (625 ml)</td>
</tr>
<tr>
<td>Lentils (brown, gray, green)</td>
<td>No</td>
<td>3 cups (750 ml)</td>
<td>45 minutes</td>
<td>24 cups (550 ml)</td>
</tr>
<tr>
<td>Lentils, split (red)</td>
<td>No</td>
<td>3 cups (750 ml)</td>
<td>15–20 minutes</td>
<td>2¼ cups (550 ml)</td>
</tr>
<tr>
<td>Peas, split (green, yellow)</td>
<td>No</td>
<td>3 cups (750 ml)</td>
<td>30–45 minutes</td>
<td>2¼ cups (550 ml)</td>
</tr>
</tbody>
</table>

*Beans that are large or old or have been stored for long periods of time will take longer to cook.

By adding simple seasonings, such as garlic and onion (fresh or dried), during cooking, the beans will be quite flavorful when they are served as is, without any additional preparation, on top of grains, starchy vegetables, or salads. Add acidic ingredients (vinaigrettes, chopped tomatoes, or tomato juice) near the end of the cooking time, when the beans are just tender. If these ingredients are added sooner, they can make the beans tough and slow the cooking process.

**Cooking Grains**

It will be easier to add small amounts of whole grains to soups, salads, and meals if you cook large quantities of them at a time. You can individual or meal-sized portions of cooked grains in the freezer in labeled ziplock bags or glass jars; they will keep for six months.

Cook whole grains in a heavy saucepan with a tight-fitting lid to retain moisture. Bring the amount of water recommended in table 56 to a boil over medium-high heat. Add the grain, stir, and return to a boil. Decrease the heat to low, cover; and cook for the recommended cooking time. Many whole grains will fluff up if you remove the saucepan from the heat after the grain is cooked and let it rest covered for a few minutes. This will also help the individual grains separate and not stick together as much when leftovers are stored.

**SODIUM SMARTS**

The menus and recipes in this book have been designed to provide a total of less than 1,500 mg of sodium per day. This is a suitable amount for people with diabetes, heart disease, or high blood pressure. To further reduce the sodium content of recipes:

- Omit added salt or reduce the amount and add it near the end of cooking.
- When there are a number of salty seasoning options (such as Bragg Liquid Aminos, miso, salt, soy sauce, or tamari), choose the one with the lowest amount of sodium, reduce amount used (for example, cut the amount in half), or omit this ingredient altogether. Some of these salty seasonings offer lower-sodium versions. For example, reduced-sodium tamari has about 25 percent less sodium than regular tamari. Cutting the amount of regular tamari in half would result in a greater sodium reduction than using reduced-sodium tamari.
- Check labels on jarred and canned foods. Choose salt-free or low-sodium products.
- Use salt-free or low-sodium vegetable broth or replace the broth with water.

To boost flavor without adding sodium:

- Increase the amounts of herbs and seasonings.
- Add a squeeze of lemon or lime juice to the finished dish.

If the cooked grain has stuck to the bottom of the saucepan, remove the pan from the heat, add a very small amount of water or cover the pan, and let the grain sit for a few minutes. It will loosen, making it easier to serve the grain and clean the saucepan.

**TABLE 8 Cooking grains**
Although rice is commonly cooked using 2 cups (500 ml) water per 1 cup (250 ml) rice, this method helps to reduce arsenic content percent. Soaking the rice for 8–12 hours and draining prior to cooking cuts cooking time in half and reduces arsenic by about 80%.

**A NOTE ABOUT SWEETENERS**

Dates are used as the primary sweetener in most of the recipes in this book. In contrast to added sugars, which have a lot of calories and very few nutrients, dates are loaded with fiber and are a rich source of magnesium, potassium, and B vitamins, especially vitamin also have a relatively low glycemic index, ranging from 44 to 54.

The most common dates sold in North America are deglet noor (small, dry, firm dates) and medjool (large, moist, sweet dates). There are well over one hundred varieties of dates, and they are all suitable for these recipes. If the dates you have are hard and dry, they can be steamed or soaking them in boiling water for a few minutes, then draining. Steaming is preferable because nutrients and flavor are lost in the soaking water. To preserve their freshness, freeze dates when you purchase them in volume and refrigerate only what you need within a month or two.

<table>
<thead>
<tr>
<th>GRAIN, UNCOOKED (1 CUP/250 ML)</th>
<th>COOKING WATER</th>
<th>COOKING TIME</th>
<th>APPROXIMATE YIELD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barley, hulled (whole grain, pot, or Scotch)</td>
<td>3½ cups (875 ml)</td>
<td>1 hour</td>
<td>3½ cups (875 ml)</td>
</tr>
<tr>
<td>Buckwheat groats</td>
<td>2 cups (500 ml)</td>
<td>20 minutes</td>
<td>3 cups (750 ml)</td>
</tr>
<tr>
<td>Kamut berries</td>
<td>3 cups (750 ml)</td>
<td>70–80 minutes (60 minutes if soaked in advance for 8–10 hours)</td>
<td>3 cups (750 ml)</td>
</tr>
<tr>
<td>Oats, steel cut</td>
<td>4 cups (1 l)</td>
<td>20 minutes</td>
<td>4 cups (1 l)</td>
</tr>
<tr>
<td>Quinoa (any color)</td>
<td>2 cups (500 ml)</td>
<td>15 minutes (let stand covered for 5 minutes after cooking)</td>
<td>3 cups (750 ml)</td>
</tr>
<tr>
<td>Rice, brown (brown basmati, long grain, short grain)*</td>
<td>5 cups (1,250 ml)</td>
<td>40–50 minutes, then drain</td>
<td>3½ cups (875 ml)</td>
</tr>
<tr>
<td>Spelt berries or oat groats</td>
<td>3 cups (750 ml)</td>
<td>45–60 minutes</td>
<td>2¾ cups (625 ml)</td>
</tr>
<tr>
<td>Wild rice</td>
<td>3 cups (750 ml)</td>
<td>40–45 minutes (let stand covered for 10 minutes after cooking)</td>
<td>3½–4 cups (875 ml–1 l)</td>
</tr>
</tbody>
</table>
BREAKFASTS

Simple Morning Muesli

This nourishing breakfast can be prepared the night before and provides an excellent balance of protein, fat, and carbohydrate. Soaking enhances the digestibility of the grains and increases mineral absorption. One cup (250 ml) provides 12 grams of protein and gram:

¼ cup (185 ml) old-fashioned rolled oats or other rolled grains
2 tablespoons (30 ml) raisins or other dried fruit
2 tablespoons (30 ml) chopped walnuts, almonds, or other nuts
¼ teaspoon (1 ml) ground cinnamon
1 cup (250 ml) fortified unsweetened soy milk or other nondairy milk
1 cup (250 ml) fresh fruit (such as blueberries or chopped apple, mango, or peach)
1 tablespoon (15 ml) ground flaxseeds or chia seeds

Put the oats, raisins, walnuts, cinnamon, milk, and fresh fruit in a medium glass or ceramic bowl and stir to combine. Refrigerate for later. Alternatively, stir in the fresh fruit just before serving to preserve its color and nutrition. Top with the flaxseeds just before serving.

VARIATION: Replace some of the soy milk with nondairy yogurt.

MAKES 2 CUPS (500 ML), 2 SERVINGS

<table>
<thead>
<tr>
<th>Per serving: (1 cup/250 ml):</th>
</tr>
</thead>
<tbody>
<tr>
<td>calories: 312</td>
</tr>
<tr>
<td>protein: 10 g</td>
</tr>
<tr>
<td>fat: 11 g</td>
</tr>
</tbody>
</table>
Making Plant Milks More Nutritious

Always choose fortified (enriched) unsweetened nondairy milks. Among nondairy beverages, soy milk is significantly higher in protein than any other common plant milk. To boost the protein, vitamins, and minerals of 1 quart (1 L) of any nondairy beverage, blend 2 cups (500 ml) of the milk with ½ to 1 ⅔ teaspoon of hemp seeds until very smooth. If you use a high-speed blender, this will take one to two minutes. Pour the blended milk back into the original container and shake well. Store in the refrigerator.

Sweet Breakfast Bowl

B rimming with nutrients, antioxidants, and fiber, this breakfast will keep you satisfied all morning long. Once the ingredients have gathered, it comes together in a flash. Begin with cooked whole grain, then add your favorite toppings. For a takeout breakfast, lay ingredients in a mason jar. Below are suggestions to get you started. Use as much or as little of a component as you like, depending hungry you are.

Whole Grains (½ to 1 cup/125 to 250 ml)
- Cooked hulled or pot barley, Kamut berries, oat groats, steel-cut oats, or spelt berries

Fruit. Fresh or thawed frozen fruit, stewed fruit, or both
- Fresh berries; chopped apples, apricots, nectarines, peaches, or other fresh or thawed frozen fruit (1 cup/250 ml)
- Stewed fruit, without added sugar, such as applesauce, berries, prunes, or plums (¼ to ½ cup/60 to 125 ml)

Nuts/Seeds (1 tablespoon/15 ml). Choose 1 omega-3-rich seed and one other
- Omega-3-rich seeds (chia, flax, hemp)
- Other seeds (pumpkin, sunflower)
- Nuts (chopped almonds, Brazil nuts, hazelnuts, pecans, or walnuts)

Optional Creamy Additions (2 to 4 tablespoons/30 to 60 ml)
- Cashew-Pear Cream (page 171)
- Unsweetened nondairy yogurt
- Vanilla Chia Pudding (page 162)

Fortified Unsweetened Soy Milk or Other Nondairy Milk (½ to 1 cup/125 to 250 ml)

Optional Spices (¼ to ½ teaspoon/1 to 2 ml)
- Ground allspice, cardamom, cinnamon, cloves, nutmeg, or pumpkin pie spice

Put all the ingredients in a bowl and stir until well combined.

makes 1 serving

TIP
Store nuts and seeds in the freezer to preserve their freshness. For convenience, mix your favorite nut-and-seed combination in a

Wholly Granola

Granolas are notoriously high in oil and sugar, but this one is oil-and-sugar-free! It gets its sweetness from fruit and its fat from nuts. Serve it with unsweetened nondairy milk or yogurt or Vanilla Chia Pudding (page 162) and fresh fruit.

2 tablespoons (30 ml) water
- ¼ cup (60 ml) pitted soft dates (about 8 dates)
- ¼ cup (60 ml) nut or seed butter
- ½ banana
- ½ orange, peeled and seeded; or ½ apple, cored; or 3 tablespoons (45 ml) water
- 1 ½ teaspoons (7 ml) ground cinnamon
- 1 teaspoon (5 ml) vanilla extract
- 3 cups (750 ml) old-fashioned rolled oats
- 1 cup (250 ml) sunflower, pumpkin, or chia seeds, or a combination
- ½ cup (125 ml) coarsely chopped almonds or other nuts
- ¼ cup (60 ml) unsweetened shredded dried coconut (optional)
- ½ cup (85 ml) dried currants or raisins (optional)

Preheat the oven to 250 degrees F (120 degrees C). Line two baking sheets with parchment paper or silicone baking mats.
Put the water, dates, nut butter, banana, orange, cinnamon, and vanilla extract in a blender or food processor and process into a paste.

Put the oats, sunflower seeds, almonds, and optional coconut in a large bowl and stir to combine. Add the paste and stir until well mixed. Spread equally on the lined baking sheets. Bake for 1 hour, stirring halfway through the baking time. If the granola isn’t quite dry, turn off the oven and let it rest in the oven for an additional hour until dry.

Transfer to a large bowl and stir in the optional currants. Stored in sealed containers or ziplock freezer bags in the freezer, the keep for 3 months.

MAKES 7 CUPS (1.75 L), 14 SERVINGS

<table>
<thead>
<tr>
<th>Per serving (½ cup/125 ml):</th>
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<tbody>
<tr>
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<tr>
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<tr>
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</tr>
<tr>
<td>carbohydrate: 24 g</td>
</tr>
<tr>
<td>dietary fiber: 5 g</td>
</tr>
<tr>
<td>calcium: 46 mg</td>
</tr>
<tr>
<td>sodium: 7 mg</td>
</tr>
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Savory Steel-Cut Oats

Here’s a tasty twist on standard steel-cut oats. It makes an enticing breakfast for people who prefer savory over sweet. If you have a slow cooker, this recipe can cook overnight while you sleep and will be hot and ready when you wake up. Simply omit the greens and add them morning.

3 cups (750 ml) water or vegetable broth
1 cup (250 ml) diced onion
1 cup (250 ml) chopped mushrooms
1 cup (250 ml) steel-cut oats
1 small red bell pepper, chopped
2 tablespoons (30 ml) reduced-sodium tamari (optional)
1 clove garlic, crushed (optional)
1 teaspoon (5 ml) dried herbs (such as basil, oregano, thyme, savory, tarragon, or turmeric; optional)
2 cups (500 ml) stemmed and chopped dark leafy greens (such as collard greens or kale), packed
1 cup (250 ml) cooked or canned beans (any kind), drained and rinsed
Freshly ground black pepper (optional)

Put the water, onion, mushrooms, oats, bell pepper, optional tamari, optional garlic, and optional herbs in a large saucepan and stir over medium-high heat until heated through and the greens have softened, 2 – 3 minutes. Season with pepper to taste if desired. Serve hot.

VARIATIONS: For added protein and crunch, sprinkle the cooked oats with chopped nuts or hemp, pumpkin, sesame, or sunflower seeds before serving. For added flavor and texture, top with chopped fresh herbs (such as cilantro or parsley), chopped green onions, nut yeast, or sprouts.

MAKES 5 CUPS (1.25 L), 4 SERVINGS

<table>
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<tbody>
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<tr>
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</tr>
<tr>
<td>fat: 3 g</td>
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<tr>
<td>carbohydrate: 48 g</td>
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<tr>
<td>dietary fiber: 6 g</td>
</tr>
<tr>
<td>calcium: 178 mg</td>
</tr>
<tr>
<td>sodium: 19 mg</td>
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</tbody>
</table>

Note: Analysis done with basil, collard greens, and black beans.

Barley and Oat Groat Porridge

This makes a substantial morning meal with a pleasant variety of textures and flavors. Of all the whole grains, barley has the lowest index and is brimming with soluble fiber, so it’s especially helpful for people with diabetes.

4 cups (1 L) water
½ cup (125 ml) hulled or pot barley
½ cup (125 ml) oat groats, Kamut berries, or spelt berries
¼ teaspoon (1 ml) salt (optional)
⅛ cup (185 ml) fortified unsweetened soy milk or other nondairy milk, plus more as needed
¼ cup (60 ml) raisins, dried currants, or other chopped dried fruit (such as apricots, peaches, pears, or prunes)

Put the water, barley, oat groats, and optional salt in a large saucepan. Bring to a simmer over medium-high heat. Decrease the heat low and cook, stirring occasionally, until the water is absorbed and the oats are tender, 1 - 1 ½ hours. Stir in the milk and raisins at minutes longer. If the porridge is too thick, add more milk or water as desired.

PRESSURE-COOKER PORRIDGE: Put the barley, oat groats, and salt in a pressure cooker. Add the recommended amount of water for your particular cooker and proceed according to the manufacturer’s directions. Add milk and raisins when serving.

SLOW-COOKER PORRIDGE: Put the barley, oat groats, water, and salt in a slow cooker and cook for 8 - 10 hours on the lowest setting. If the porridge is too thick, add more milk or water as desired.

MAKES 4 CUPS (1 L), 3 SERVINGS

**Tip**
If you enjoy having handy leftovers, make a double batch, store the extras in the fridge, and served hot or cold for breakfast throughout the week.

Per serving:
(1 ¾ cups/325 ml):
calories: 307
protein: 11 g
fat: 4 g
carbohydrate: 59 g
dietary fiber: 9 g
calcium: 84 mg
sodium: 34 mg

Baked Apple-Spice Oatmeal

Baked oatmeal is a welcome comfort food, plus it’s rich in soluble fiber, vitamins, minerals, antioxidants, and phytochemicals. Alternately, whole grains are generally best, this is a lovely dish to add variety to your repertoire or to serve to company. It also freezes beautifully.

1 ¼ cups (310 ml) old-fashioned rolled oats or steel-cut oats
2 apples, diced
¼ cup (60 ml) walnuts, chopped
¼ cup (60 ml) raisins, currants, or chopped prunes or other dried fruit
2 tablespoons (30 ml) raw sunflower seeds
2 tablespoons (30 ml) unsweetened shredded dried coconut
1 ½ teaspoons (7 ml) ground cinnamon, plus more for sprinkling
¼ teaspoon (1 ml) ground cloves
2 cups (500 ml) fortified unsweetened soy milk or other nondairy milk, plus more for serving
1 teaspoon (5 ml) vanilla extract
¼ teaspoon (1 ml) salt (optional)

Ground flaxseeds or chia seeds (optional)

Preheat the oven to 375 degrees F (190 degrees C).

Put the oats, apples, walnuts, raisins, sunflower seeds, coconut, cinnamon, and cloves in a deep 7-inch (18-cm) or 8-inch (20-cm) baking dish. Put the milk, vanilla extract, and optional salt in a small bowl and whisk to combine. Pour over the oat mixture and stir. Sprinkle with additional cinnamon. Bake for 45 minutes, or until top is lightly browned. Serve with additional milk and a sprinkle of flaxseeds if desired.

VARIATIONS: Add ground allspice, cardamom, or nutmeg to taste. Replace the apples with 2 pears or bananas or 1 ½ cups (375 ml) of blackberries. Double the recipe for a crowd (or if you want leftovers) and use a 13 × 9-inch (33 × 23-cm) baking pan.

MAKES 4 ½ CUPS (1.125 L), 4 SERVINGS

Per serving:
calories: 302
protein: 9 g
fat: 12 g
carbohydrate: 43 g
dietary fiber: 7 g
calcium: 226 mg
sodium: 53 mg

Beans, Greens, and Sweet Potato with Tahini-Lime Sauce

Simple and satisfying, this dish is an appetizing way to start the day. For even more antioxidant power and savory flavor, add minced diced red onion, grated ginger, or ground turmeric to the sauce.

THAI-LIME SAUCE

¼ cup (60 ml) tahini
1 tablespoon (15 ml) lime juice, plus more as needed
2 teaspoons (10 ml) tamari
¼ cup (60 ml) water, plus more as needed
BEANS, GREENS, AND SWEET POTATO

1 orange sweet potato, peeled and cubed
3 cups (750 ml) chopped dark leafy greens (see Tip), packed
1 cup (250 ml) cooked or canned black beans, drained and rinsed
Freshly ground black pepper

To make the sauce, put the tahini in a small bowl. Add the lime juice and tamari and stir with a fork to combine. Add the water and juice to achieve the desired tartness and consistency.

To prepare the beans, greens, and sweet potato, steam the sweet potato for 10 minutes. Add the greens and steam until just wilted minutes. Add the beans and steam until heated through, about 2 minutes. Transfer to a medium bowl and season with pepper to taste with the sauce on the side.

MAKES 3 CUPS (750 ML), 2 SERVINGS

| Tip | For the greens, use bok choy or stemmed kale, collard greens, or spinach. Alternatively, use Brussels sprouts and add them with the potato since they’ll take longer to cook. If you double the recipe, increase the water or broth for the beans, greens, and sweet potato. Use 60 ml to keep the mixture from becoming too watery. |

Per serving (1 ½ cups/375 ml):
calories: 382
protein: 16 g
fat: 17 g
carbohydrate: 47 g
dietary fiber: 13 g
calcium: 156 mg
sodium: 379 mg

Note: Analysis done with kale.

Golden Scrambled Tofu and Veggies

Enjoy this protein-rich dish for breakfast, lunch, or dinner. If you like, serve it with salsa, diced avocado, cooked sweet potatoes, or vegetables mixed in or spooned on top. Alternatively, serve a slice of dense pumpernickel bread on the side.

1 package (12 - 16 ounces/350 - 450 g) firm or medium-firm tofu, drained
1 teaspoon (5 ml) tamari
½ teaspoon (2 ml) ground turmeric
¼ cup (60 ml) sliced green onion, or 1 teaspoon (5 ml) onion powder
2 cloves garlic, crushed, or 1 teaspoon (5 ml) garlic powder
2 tablespoons (30 ml) water or vegetable broth, plus more as needed
2 cups (500 ml) finely chopped dark leafy greens (see Tip), packed
1 cup (250 ml) chopped mushrooms
½ cup (125 ml) diced red bell pepper
2 tablespoons (30 ml) nutritional yeast flakes

Crumble the tofu into a medium bowl. For a finer texture, mash it with a fork. Add the tamari and turmeric and stir until evenly distributed. Add the onion powder and garlic powder; if using, and stir to combine. Put the water in a large nonstick skillet. If you don’t have a nonstick skillet, mist a regular skillet with cooking spray. Add the garlic, if using, and the greens, mushrooms, and bell pepper. Cook over medium heat, stirring occasionally, until the vegetables are wilted. Add a little more water if the vegetables start to stick. Add the tofu and cook, stirring frequently, until the water has evaporated. If you阿富汗 it is hot. The consistency should resemble scrambled eggs. If the tofu sticks or gets dried out, add a little more water as needed.

MAKES 2 ½ - 3 CUPS (625 - 750 ML), 2 SERVINGS

| Tip | For the greens, select from bok choy or stemmed kale, collard greens, spinach, or parsley. If you use tender greens, such as spinach, add them during the last 5 minutes of cooking. |

Per serving:
calories: 214
protein: 23 g
fat: 10 g
carbohydrate: 13 g
dietary fiber: 5 g
calcium: 514 mg
sodium: 229 mg

Note: Analysis done with calcium-set tofu and kale.

Banana-Walnut Pancakes

These dense, hearty pancakes have a fabulous flavor. They rise best when the batter is spread thin. Top them with fruit, nut butter, or a sauce (page 170), or try a combination of all three.
1 ½ cups (375 ml) old-fashioned rolled oats
3 tablespoons (45 ml) ground flaxseeds
1 ½ teaspoons (7 ml) baking powder
1 teaspoon (5 ml) ground cinnamon
¼ teaspoon (1 ml) salt (optional)
½ teaspoon (0.5 ml) ground cloves or nutmeg (optional)
2 ripe bananas, broken into pieces
1 cup (250 ml) fortified unsweetened soy milk or other nondairy milk
½ cup (85 ml) coarsely chopped walnuts

Put the oats, flaxseeds, baking powder, cinnamon, optional salt, and optional cloves in a food processor and process until the consistency of flour. Add the bananas and milk and process until smooth. Add the walnuts and pulse just until evenly incorporated.

Makes 10 SMALL PANCAKES, 5 SERVINGS

Per 2 pancakes:
calories: 238
protein: 8 g
fat: 9 g
carbohydrate: 33 g
dietary fiber: 7 g
calcium: 213 mg
sodium: 132 mg

Heat a large nonstick skillet over medium heat until hot enough that drops of water dance across it. If you don’t have a nonstick regular skillet with cooking spray, use about ¼ cup (60 ml) of batter per pancake. Cook the pancakes in small batches; don’t crowd the skillet. About three pancakes will fit in one large skillet. Spread the batter with a silicone spatula so the pancakes aren’t too thick. Pancakes are lightly browned on the bottom, 2 – 3 minutes. Flip the pancakes over and cook the other side until lightly browned, about 2 minutes.
Blackberries

Carrot Spice Muffins

These tender muffins are mildly sweet and packed with great nutrition. Because the batter is prepared in a blender, it’s quick and easy.

Serve the muffins fresh from the oven or at room temperature, plain or with a little nut or seed butter.

2 cups (500 ml) old-fashioned rolled oats
¼ cup (60 ml) ground flaxseeds
2 teaspoons (10 ml) ground cinnamon
1 ½ teaspoons (7 ml) baking powder
½ teaspoon (2 ml) baking soda
½ teaspoon (2 ml) salt
½ teaspoon (2 ml) ground ginger
¼ teaspoon (1 ml) ground cloves
¼ teaspoon (1 ml) ground nutmeg
¼ cup (60 ml) hemp seeds
1 ½ cups (375 ml) fortified unsweetened soy milk or other nondairy milk

3 medium or 2 large carrots, chopped
1 apple, diced
½ cup (125 ml) pitted soft dates
1 tablespoon (15 ml) apple cider vinegar
1 teaspoon (5 ml) vanilla extract
½ cup (125 ml) coarsely chopped walnuts
½ cup (85 ml) raisins
Preheat the oven to 375 degrees F (190 degrees C). Oil a standard twelve-cup muffin pan or mist it with cooking spray. Alternatively, silicone muffin pan.

Put the oats, flaxseeds, cinnamon, baking powder, baking soda, salt, ginger, cloves, and nutmeg in a blender and process until the consistency of flour. Transfer to a large bowl.

Put the hemp seeds and milk in the blender and process until creamy. Add the carrots, apple, dates, vinegar, and vanilla extract until well combined but not smooth (there should be some texture). Pour into the oat mixture and stir just until combined. Fold in the dried fruit.

Spoon the batter evenly into the prepared muffin pan. Bake for 20 - 25 minutes, until a toothpick inserted in the center of a muffin comes clean. Let cool in the pan on a cooling rack, then remove from the muffin cups using a table knife.

MAKES 12 MUFFINS

Per muffin:
calories: 179
protein: 5 g
fat: 7 g
carbohydrate: 25 g
dietary fiber: 5 g
calcium: 122 mg
sodium: 219 mg

Garden Blend Soup

Kale supplies more nutritional value per calorie than almost any other food. So keep the kale in this uncooked soup, but you can vary the vegetables to suit your taste. Sunflower seeds are soaked prior to blending to increase the bioavailability of their minerals. In cooler weather, use very hot water for a warm soup.

4 cups (1 L) stemmed and chopped kale, packed
½ orange, peeled, seeded, and coarsely chopped
½ apple, peeled if desired and chopped, or ½ small cucumber, peeled and chopped
¾ cup (185 ml) cold or hot water
¼ cup (60 ml) fresh herbs (such as basil, cilantro, dill, or parsley), packed
1 tablespoon (15 ml) light miso
½ green onion, sliced (optional)
1 ½ teaspoons (7 ml) lemon juice
¼ red jalapeño or chile with seeds, or pinch cayenne
½ clove garlic
¼ cup (60 ml) raw sunflower seeds, soaked for 1 hour, rinsed, and drained, or ½ avocado, coarsely chopped
¼ cup (60 ml) mung bean sprouts or pumpkin seeds, for garnish

Put the kale, orange, apple, water, herbs, miso, optional green onion, lemon juice, chile, and garlic in a blender and process until the sunflower seeds and process until smooth. Garnish with the sprouts. Serve immediately.

**Kale and Avocado Soup**

Two nutritional superstars are featured in this creamy blended soup — kale and avocado. Avocado is high in healthy fat and is a co-solute of fiber and plant sterols. Part of the avocado is used as a garnish, but you can blend all of it if you prefer.

4 cups (1 L) water or vegetable broth

4 cups (1 L) stemmed and chopped kale, packed

1 small onion, chopped

1 stalk celery, chopped, or 1 cup (250 ml) chopped zucchini

3 cloves garlic, crushed

1 teaspoon (5 ml) dried rosemary, crushed

1 large avocado, cubed

2 tablespoons (30 ml) lemon or lime juice

½ teaspoon (2 ml) salt (optional)

Freshly ground black pepper

Put the water, kale, onion, celery, garlic, and rosemary in a medium saucepan and bring to a boil over medium-high heat. Cover, decrease heat to medium, and cook, stirring occasionally, until the vegetables are tender, 20 - 25 minutes. Pour into a blender. Add half the all the lemon juice and process until smooth and creamy. Alternatively, use an immersion blender to process the soup directly in the pot. Add the optional salt and season with pepper to taste. If the soup is too thick, add more water to achieve the desired consistency. Garnish with the remaining avocado. Serve immediately. Stored in a sealed container in the refrigerator, leftover soup will keep for 1 week.

**SOUPS**

**Better Broth Base**

Most vegetable-broth powders and cubes are based on palm oil or other hard fats, sugar, salt, and flavorings. This tasty broth powder on B-vitamin-rich nutritional yeast and seasonings (salt can be reduced as desired for those who prefer a lower-sodium option). Keep on hand to use in place of broth in soups and stews. Adjust the herbs and spices to suit your palate. If desired, reduce or omit the s

1 cup (250 ml) nutritional yeast flakes

½ cup (125 ml) dried onion flakes, or 3 tablespoons (45 ml) onion powder
Pumpkin-Ginger Soup

2 tablespoons (30 ml) dried garlic flakes, or 1 tablespoon (15 ml) garlic powder
1 tablespoon (15 ml) salt
1 tablespoon (15 ml) dried oregano
1 tablespoon (15 ml) dried parsley flakes
1 teaspoon (5 ml) ground black pepper
1 teaspoon (5 ml) ground celery seeds
1 teaspoon (5 ml) paprika
1 teaspoon (5 ml) dried thyme
1 teaspoon (5 ml) ground turmeric

Put all the ingredients in a medium bowl and stir until well combined. Stored in an airtight container at room temperature, the broth will keep for 3 months. To use, mix 1 tablespoon (15 ml) of broth base in 1 cup (250 ml) of boiling water.

MAKES ABOUT 2 CUPS (500 ML)

Per 1 tablespoon (15 ml):
calories: 12
protein: 1 g
fat: 0 g
carbohydrate: 2 g
dietary fiber: 1 g
calcium: 8 mg
sodium: 237 mg

Green-Gold Cauliflower Soup

The combination of ingredients in this nutrient-packed soup creates a beautiful green-gold hue. Blended cashews make it rich and creamy, and nutritional yeast flakes contribute a boost of B-vitamins, including vitamin B12.

4 1/2 cups (1.125 L) water
1 onion, chopped
¼ cup (60 ml) hulled or pot barley
1 tablespoon (15 ml) dried parsley flakes
1 ¼ teaspoons (6 ml) salt
1 teaspoon (5 ml) dried oregano
1 teaspoon (5 ml) whole celery seeds
1 potato, peeled and diced
1 carrot, grated
1 stalk celery, finely chopped
2 cloves garlic, crushed
2 cups (500 ml) small cauliflower florets
1 cup (250 ml) peas or small broccoli florets
½ cup (85 ml) raw cashews
3 tablespoons (45 ml) nutritional yeast flakes

Put 4 cups (1 L) of the water and the onion, barley, parsley, salt, oregano, and celery seeds in a large soup pot and bring to a boil over heat. Decrease the heat to medium-low, cover, and simmer for 20 minutes. Add the potato, carrot, celery, and garlic. Cover and simmer until all the vegetables are tender, about 20 minutes.

Put the remaining ½ cup (125 ml) of water and the cashews in a blender and process until smooth. Add to the soup pot along with the nutritional yeast. Cook, stirring occasionally, until heated through.

MAKES 7 CUPS (1.75 L)

TIP
If you prefer a smooth soup, process it in batches in a blender. For a thinner soup, add additional water to achieve the desired consistency.

Per 1 cup (250 ml):
calories: 122
protein: 5 g
sodium: 42 mg

Pumpkin-Ginger Soup

Peeling is the most daunting part of preparing a pumpkin or squash. But when it’s roasted first, peeling is a breeze.
3 pounds (1,360 g) fresh pumpkin or squash, or 2 ¼ cups (550 ml) mashed cooked pumpkin
5 cups (1.25 L) water or vegetable broth
1 large onion, chopped
2 tablespoons (30 ml) light miso
2 tablespoons (30 ml) peeled and grated fresh ginger
1 tablespoon (15 ml) mild Indian curry paste
½ red chile, seeded and diced, or ¼ teaspoon (0.5 ml) cayenne (optional)
½ teaspoon (2 ml) ground turmeric
½ cup (125 ml) raw cashews
¼ teaspoon (4 ml) salt (optional)

Freshly ground black pepper

Preheat the oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper or a silicone baking mat. Cut the pumpkin in half from the stem to the bottom. Scoop out and discard the seeds and membranes. Cut the halves into wedges, and arrange the pumpkin in a single layer on the lined baking sheet. Bake for 30 – 40 minutes, until tender. Scoop out the flesh (discarding it to a large soup pot). Add 4 cups (1 L) of the water and the onion, miso, ginger, curry paste, optional chile, and turmeric to the blender and process until smooth. Transfer to a blender and process until smooth. Pour back into the soup pot. Put the remaining 1 cup (250 ml) of water and the cashews to the blender and process until smooth and creamy. Pour into the soup pot and combine. Cook over medium heat until warmed through, 2 – 3 minutes. Add the optional salt and season with pepper to taste. Serve hot.

MAKES 6 SERVINGS
Per serving (1 ½ cups/325 ml):
calories: 92
protein: 3 g
fat: 5 g
carbohydrate: 10 g
dietary fiber: 2 g
calcium: 26 mg
sodium: 204 mg

Zesty Black Bean Soup

Beans and greens are the superstars of the Kick Diabetes diet. This thick and filling soup is loaded with flavor. Lime juice added just before serving contributes a bright note.

4 cups (1 L) water or vegetable broth
1 cup (250 ml) diced onion 1 cup (250 ml) diced celery
1 cup (250 ml) fresh or frozen corn or peeled and diced sweet potato
1 can (6 ounces/156 ml) tomato paste
3 cups (750 ml) unsalted cooked or canned black beans, drained and rinsed
2 cups (500 ml) chopped dark leafy greens (see Tip), packed
1 cup (250 ml) diced red bell pepper
2 cloves garlic, crushed
1 teaspoon (5 ml) dried oregano
1 teaspoon (5 ml) dried thyme
1 teaspoon (5 ml) salt
½ cup (125 ml) salsa (optional)
Freshly ground black pepper

2 tablespoons (30 ml) lime juice

Put the water, onion, celery, and corn in a large soup pot and bring to a boil over medium-high heat. Decrease the heat to medium and stirring occasionally, until the vegetables are almost tender, about 15 minutes. Add the tomato paste and stir until well combined. Add beans, greens, bell pepper, garlic, oregano, thyme, and salt. Cook until the vegetables are tender, about 5 minutes. Add the optional stir to combine. Season with pepper to taste. Stir in the lime juice just before serving.

VARIATIONS: For even greater nutrition, increase the amount of kale or spinach or, along with the greens, add cooked cauliflower jarred or canned tomatoes, diced bell peppers, or thinly sliced carrots. To further enhance the flavor, add chopped garlic, ginger, or a teaspoon (5 ml) ground turmeric along with the lentils.

**Tip**

For the greens, use bok choy, stemmed collard greens or kale, or fresh or frozen spinach.

Per 1 cup (250 ml):
calories: 175
protein: 10 g
fat: 1 g
carbohydrate: 35 g
dietary fiber: 10 g
calcium: 100 mg
sodium: 499 mg

Note: Analysis done with kale.

Hearty Split Pea, Lentil, and Barley Soup

Small legumes, such as split peas and lentils, are usually easier to digest than larger beans. The lentils and barley in this soup help lower blood sugar. For a flavor burst, garnish the soup with dehydrated sweet peppers and a drizzle of freshly squeezed lemon juice just before serving. Leftovers freeze well.

2 quarts (2 L) water
1 cup (250 ml) dried red lentils
1 cup (250 ml) dried yellow split peas
¾ cup (185 ml) hulled or pot barley
3 carrots, sliced
1 large onion, chopped
3 cloves garlic, crushed
2 teaspoons (10 ml) dried basil
2 teaspoons (10 ml) salt
1 bay leaf
Pinch cayenne or ground cinnamon (optional)

Put the water, lentils, split peas, barley, carrots, onion, garlic, basil, salt, bay leaf, and optional cayenne in a large soup pot and bring to medium-high heat. Decrease the heat to medium-low, cover, and cook, stirring occasionally, until the barley is tender, about 1 ½ hours. Serve hot.

VARIATION: Put 1 cup (250 ml) of stemmed and finely chopped kale, collard greens, Swiss chard, or spinach in each bowl before serving the hot soup. The greens will wilt quickly and further increase the folate and fiber in the soup.

MAKES 10 CUPS (2.5 L)

TIP
For a more intense garlic flavor, add the garlic during the last half hour of cooking.

Per 1 cup (250 ml):
calories: 198
protein: 11 g
fat: 1 g
carbohydrate: 37 g
dietary fiber: 10 g
calcium: 37 mg
sodium: 489 mg

Curry in a Hurry Soup

Red lentils cook very quickly in this soup. If you prefer, use other types of lentils and simply increase the cooking time to about one hour. I recommend Patak’s mild curry paste for the best flavor; it’s generally available at major grocery stores and online.

4 cups (1 L) water or vegetable broth
1 onion, diced
1 cup (250 ml) dried red lentils
2 cups (500 ml) stemmed and chopped kale or spinach, packed
14 ounces (398 g) canned stewed or crushed tomatoes
1 ½ tablespoons (22 ml) mild Indian curry paste, plus more as needed
½ teaspoon (2 ml) salt
Freshly ground black pepper

Put the water, onion, and lentils in a large soup pot and bring to a boil over medium-high heat. Decrease the heat to medium-low, cover, and simmer until the lentils are tender, about 20 minutes. Add the kale, tomatoes, curry paste, and salt and stir to combine. Cook until the lentils are tender, about 5 minutes. Season with pepper and additional curry paste to taste.
Italian Minestrone

Almost any of the twenty types of beans that are commonly eaten will work in this recipe. Try cannellini beans, chickpeas, kidney beans, or whatever kind is your favorite.

4 cups (1 L) water or vegetable broth
2 cups (500 ml) chopped fresh or canned tomatoes, with juice
1 cup (250 ml) diced onion
1 cup (250 ml) diced carrot
1 cup (250 ml) diced celery
1 cup (250 ml) diced potato
2 tablespoons (30 ml) tomato paste
3 cloves garlic, crushed
1 teaspoon (5 ml) dried basil
1 teaspoon (5 ml) dried oregano
½ teaspoon (2 ml) whole celery seeds (optional)
½ teaspoon (2 ml) salt (optional)
1 ¾ cups (435 ml) cooked or canned beans (any kind), drained and rinsed
1 cup (250 ml) sliced zucchini
1 cup (250 ml) cut green beans or yellow wax beans
Freshly ground black pepper
2 tablespoons (30 ml) chopped fresh parsley (optional)

Put the water, tomatoes, onion, carrot, celery, potato, tomato paste, garlic, basil, oregano, optional celery seeds, and optional salt in soup pot and bring to a boil over medium-high heat. Decrease the heat to medium-low, cover, and simmer until the potato is almost about 15 minutes. Add the beans, zucchini, and green beans. Cover and cook until the vegetables are tender-crisp, 5 – 7 minutes. Season to taste. Serve hot, garnished with the optional parsley.

MAKES 10 CUPS (2.50 L)

Per 1 cup (250 ml):
Full of Beans and Barley Soup

Beans and barley are the perfect combination for comfort and satiety, and for defeating diabetes. The least processed barley is hulled followed by pot and then pearl. If possible, opt for hulled or pot barley.

4 ½ cups (1.125 L) water or vegetable broth
½ onion, diced
1 stalk celery, diced
1 carrot, diced
½ cup (125 ml) hulled or pot barley
1 teaspoon (5 ml) dried basil, oregano, or savory
1 teaspoon (5 ml) dried rosemary
1 teaspoon (5 ml) dried thyme
⅛ teaspoon (0.5 ml) crushed red pepper flakes (optional)
2 cups (500 ml) stemmed and chopped dark leafy greens (see Tip), packed
1 cup (250 ml) chopped fresh tomatoes, or ⅛ cup (185 ml) canned stewed tomatoes
1 cup (250 ml) cooked or canned red or white kidney beans, drained and rinsed
3 cloves garlic, crushed
1 tablespoon (15 ml) tamari
¼ teaspoon (1 ml) ground black pepper

Put the water, onion, celery, carrot, barley, basil, rosemary, thyme, and optional red pepper flakes in a large soup pot and bring to a medium-high heat. Decrease the heat to medium-low, cover, and cook, stirring occasionally, until the barley is tender, about 1 hour. If the mixture is dry, add a little more water.

MAKES 6 CUPS (1.5 L)

Per 1 cup (250 ml):
calories: 161
protein: 10 g
fat: 2 g
carbohydrate: 27 g
dietary fiber: 7 g
calciuim: 76 mg
sodium: 306 mg

VARIATIONS: For even more nutrition, include additional vegetables, such as sliced or chopped mushrooms, peeled and cubed winter squash, or diced turnips, when cooking the carrot and barley.

MAKES 7 CUPS (1.75 L)

TIP
For the greens, use collard greens, kale, or spinach. Note that tender greens, such as spinach, will cook in about 3 minutes; tougher greens take 5 - 10 minutes.

Per 1 cup (250 ml):
calories: 113
protein: 5 g
fat: 1 g
carbohydrate: 23 g
dietary fiber: 4 g
calciuim: 115 mg
sodium: 169 mg

Note: Analysis done with kale.

Navy Bean and Mushroom Soup

Use different kinds of mushrooms to vary this delectable, creamy soup. Dried mushrooms soaked in water or vegetable broth can replace part of the fresh mushrooms.

⅝ cup (125 ml) water or vegetable broth
2 cups (500 ml) sliced mushrooms
2 onions, chopped
1 carrot, diced
3 cloves garlic, crushed
3 cups (750 ml) cooked or canned navy beans, drained (reserve liquid) and rinsed
3 cups (750 ml) bean liquid, vegetable broth, or water
2 tablespoons (30 ml) tamari
1 teaspoon (5 ml) dried marjoram
1 teaspoon (5 ml) dried savory
1 teaspoon (5 ml) dried thyme
1 teaspoon (5 ml) ground turmeric
½ teaspoon (2 ml) salt

Freshly ground black pepper

Put the water, mushrooms, onions, carrot, and garlic in a large soup pot and bring to a boil over medium-high heat. Decrease the heat medium-low, cover, and cook for 10 minutes.

Put 1 ½ cups (375 ml) of the beans and 1 ½ cups (375 ml) of the bean liquid in a blender and process until smooth. Pour into the remaining 1 ½ cups (375 ml) of the beans, the remaining 1 ½ cups (375 ml) of the bean liquid, and the tamari, marjoram, savory, turmeric, and salt. Season with pepper to taste. Cover and simmer over low heat, stirring occasionally, until hot, about 10 minutes.

MAKES 8 CUPS (2 L)

Per 1 cup (250 ml):
- calories: 103
- protein: 6 g
- fat: 1 g
- carbohydrate: 19 g
- dietary fiber: 7 g
- calcium: 55 mg
- sodium: 345 mg

Black-Eyed Pea and Eggplant Soup

This soup is easy to prepare, and the unexpected combination of herbs and spices makes it a real treat.

3 cups (750 ml) water or vegetable broth
1 eggplant
1 onion, chopped
1 small green bell pepper, diced
2 ½ cups (625 ml) cooked or canned black-eyed peas, drained and rinsed
2 cups (500 ml) pureed fresh or canned tomatoes
1 teaspoon (5 ml) dried basil
1 teaspoon (5 ml) dried thyme
1 teaspoon (5 ml) ground nutmeg
½ teaspoon (2 ml) salt

Put ½ cup (125 ml) of the water and the eggplant, onion, and bell pepper in a large soup pot. Cover and cook over medium-low heat occasionally, until the vegetables are soft, about 10 minutes. Add the remaining 2 ½ cups (625 ml) of the water and the black-eyed peas, garlic, onion, and bell pepper to the pot. Cook, stirring frequently, for 15 minutes. Remove from the heat, cover, and let rest for 10 minutes before serving to allow the flavors to blend. Serve hot.

MAKES 8 CUPS (2 L)

Per 1 cup (250 ml):
- calories: 107
- protein: 8 g
- fat: 1 g
- carbohydrate: 21 g
- dietary fiber: 7 g
- calcium: 51 mg
- sodium: 233 mg
- calcium: 113 mg

Add the greens, tomatoes, beans, garlic, tamari, and pepper and stir to combine. Cover and cook, stirring occasionally, until heated through and the greens are tender, 3 – 10 minutes (see Tip). Serve hot.
Put the potatoes in a medium saucepan, cover with water, and bring to a boil over medium-high heat. Decrease the heat to medium, cook until the potatoes are just tender, about 15 minutes. Drain and let cool.

Scoop the avocado flesh into a large bowl and mash with a fork. Add the vinegar, dill, lemon juice, mustard, and pepper and stir distributed. Add the pickles, celery, and optional salt and stir until well combined. Add the potatoes and gently stir until evenly coated.

Kale Salad with Orange-Ginger Dressing

If you don’t know what to do with kale, here’s a delicious way to prepare this famously nutritious green. It’s best cut matchstick tenderize the kale further, you can massage it for about five minutes or marinate it in the dressing for up to one day in advance, but remaining ingredients.

- 6 cups (1.5 L) stemmed and thinly sliced kale, packed
- 1 cup (250 ml) thinly sliced red cabbage
- 1 carrot, grated or juliened
½ red bell pepper, thinly sliced
2 tablespoons (30 ml) chopped fresh parsley or cilantro
2 tablespoons (30 ml) chopped fresh mint (optional)
⅛ cup (220 ml) Orange-Ginger Dressing (page 106)
¼ cup (60 ml) raw sunflower, sesame, or chia seeds (optional)

Put the kale, cabbage, carrot, bell pepper, parsley, and optional mint in a large bowl and toss to combine. Add the dressing and toss distributed. Let marinate for at least 20 minutes. Sprinkle with the optional sunflower seeds just before serving.

MAKES 3 ½ CUPS (875 ML), 3 SERVINGS

Per serving:
calories: 261
protein: 11 g
fat: 8 g
carbohydrate: 45 g
dietary fiber: 9 g
calcium: 310 mg
sodium: 376 mg

CHAPTER 6

SALADS

Five-Day Salad

If you make this calcium-rich salad once or twice a week, you’ll have plenty on hand when you walk in the door hungry. Do the cooking to your favorite music, or make it a shared activity with a family member or friend.

3 cups (750 ml) stemmed and very thinly sliced kale or collard greens, packed
3 cups (750 ml) bite-size pieces romaine lettuce, lightly packed
3 cups (750 ml) thinly sliced napa cabbage
1 cup (250 ml) very thinly sliced or finely chopped red cabbage

Put the kale, lettuce, napa cabbage, and red cabbage in a large bowl and toss to combine.

VARIATIONS: For a heartier salad, add additional veggies (such as grated carrot, chopped bell pepper, whole or halved cherry tomatoes, and other vegetables or fruits) just before serving. Include well-cooked grains and beans to make it a full meal.

MAKES 10 CUPS (2.5 L)

TIP
Store in a sealed container in the refrigerator; the salad will keep for 5 days. Toss just the amount you need with your favorite salad dressing before serving.

Per 2 cups (500 ml):
calories: 46
protein: 3 g
fat: 0.5 g
carbohydrate: 9 g
dietary fiber: 3 g
calcium: 126 mg
sodium: 35 mg

INSTANT SALAD

For an almost-instant salad, shop for triple-washed greens, cherry tomatoes, and grated carrots. Toss in some cooked beans and grains; your colorful, nutritious salad will come together in minutes.

Classic Broccoli Salad

Nutrient-packed broccoli is brimming with vitamins A and C, calcium, and folic acid. It also has the perfect balance of soluble and insoluble fiber. As a member of the cruciferous family, broccoli boasts an abundance of protective phytochemicals and contains an enzyme that convert its phytochemicals to more active, cancer-fighting forms.

3 cups (750 ml) small broccoli florets
Peeled and grated broccoli stem (optional)
1 carrot, grated
¼ small red onion, finely diced (optional)
⅛ cup (220 ml) Orange-Ginger Dressing (page 106), or ¼ cup (125 ml) Lemon-Tahini Dressing (page 104)
¼ cup (60 ml) dried currants or raisins, plus more for garnish
2 tablespoons (30 ml) raw sunflower seeds, pumpkin seeds, or
chopped almonds, plus more for garnish

Steam the broccoli florets and optional stem until tender-crisp, 2 – 3 minutes. Transfer to a medium bowl and add the carrot and or
Add the dressing and stir until the vegetables are evenly coated. Add the currants and sunflower seeds and toss until evenly distrib
Garnish with additional currants and sunflower seeds. Serve immediately.

MAKES 3 ½ CUPS (875 ML), 3 SERVINGS

Per serving:
calories: 187
protein: 6 g
fat: 5 g
carbohydrate: 36 g
dietary fiber: 6 g
calcium: 88 mg
sodium: 314 mg

Green Potato Salad with Dill

A v'ocado makes this unique potato salad naturally creamy, and fresh dill imparts a captivating flavor. Use more or less lemon juice,
or apple cider vinegar to suit your taste.

5 cups (1.25 L) diced potatoes
1 large avocado
3 tablespoons (45 ml) apple cider vinegar

3 tablespoons (45 ml) chopped fresh dill, or 1 tablespoon (15 ml) dried dill weed

Cabbage Carrot Slaw

T o speed the process of making this crunchy salad, use a food processor to slice the cabbage, grate the carrots, and chop the pars;

6 cups (1.5 L) shredded savoy or green cabbage
1 ¾ cups (415 ml) Cashew Mayonnaise ( page 109 )
3 medium carrots, grated, or 1 cup (250 ml) grated carrots, packed
½ cup (125 ml) chopped fresh parsley, lightly packed

½ cup (85 ml) roasted sunflower seeds

2 tablespoons (30 ml) spicy brown mustard

2 tablespoons (30 ml) whole caraway seeds

1 teaspoon (5 ml) whole celery seeds

¼ teaspoon (1 ml) salt

MAKES 5 ½ CUPS (1.38 L), 4 SERVINGS

Per serving:
calories: 338
protein: 12 g
fat: 22 g
carbohydrate: 30 g
dietary fiber: 8 g
calcium: 127 mg
sodium: 457 mg

Put all the ingredients in a large bowl and toss until well combined.

Raw Vegetable Platter

Colorful vegetables, artfully cut and attractively arranged on a platter, have much to offer:

- an appealing way to present veggies at mealtimes
- a healthy, low-calorie snack while watching TV
- an artistic accompaniment to festive meals
- a great way to get vitamins, phytochemicals, antioxidants, and fiber

A beautiful platter also encourages family members to eat their veggies when they come home from school or work. If you’ve never eaten raw corn on the cob (without butter), give it a try — it’s wonderful! Here’s a list of items you can serve on a raw-vegetable platter with one of the dips on pages 111–115:

- Asparagus tips
- Broccoli florets
- Carrot sticks
- Cauliflower florets
- Celery sticks
- Cherry tomatoes
- Cucumber rounds
- Green onions
- Jicama sticks
- Parsnip rounds or sticks
- Radishes, whole, halved, or sliced
- Red, yellow, and/or green bell pepper strips
- Snow peas
- Sugar snap peas
- Sweet potato strips (dipped in water with a little lemon juice to prevent browning)
- Turnip sticks
- Yam strips
- Zucchini rounds or sticks

Quinoa-Broccoli Salad with Lime Dressing

Quinoa is rightfully known as a supergrain because of its high protein content and outstanding nutritional profile. The magnesium potassium content is especially helpful for people with diabetes. It’s also quick to cook!

1 ½ cups (375 ml) cooked quinoa (see page 56)

1 cup (250 ml) small broccoli florets or chopped broccolini, lightly steamed

1 cup (250 ml) cooked green peas

¼ cup (60 ml) diced red or orange bell pepper

¼ cup (60 ml) diced cucumber (optional)
2 tablespoons (30 ml) finely chopped fresh parsley or cilantro
1 tablespoon (15 ml) tamari, or ¼ teaspoon (1 ml) salt
Pinch ground black pepper or cayenne
3 tablespoons (45 ml) raw or roasted pumpkin seeds

Put the quinoa, broccoli, peas, bell pepper, optional cucumber, and parsley in a medium bowl and stir to combine. Add the lime juice and toss gently with a fork until evenly distributed. Sprinkle with the pumpkin seeds just before serving. Serve warm or cold.

MAKES 3 ½ CUPS (875 ML)

**TIP**
If time permits, cover and refrigerate for 1 - 3 hours before serving to let the flavors blend.

Per one-third recipe:
calories: 231
protein: 11 g
fat: 7 g
carbohydrate: 33 g
dietary fiber: 6 g
calcium: 47 mg
sodium: 391 mg

Ruby Red Salad

This jewel-like salad is excellent tossed with Orange-Ginger Dressing (page 106), Lemon-Tahini Dressing (page 104), or Liquid C Dressing with Zucchini and Hemp Seeds (page 108). Alternatively, offer several dressings at the table and let everyone choose the

3 cups (750 ml) grated carrots
2 cups (500 ml) grated beets
1 cup (250 ml) chopped fresh parsley, lightly packed
½ cup (125 ml) coarsely chopped walnuts
½ cup (125 ml) pomegranate seeds
2 tablespoons (30 ml) thinly sliced fresh chives (optional)

Salad dressing of choice (see pages 104 - 109)
½ teaspoon (2 ml) salt (optional)
Freshly ground black pepper

Put the carrots, beets, parsley, walnuts, pomegranate seeds, and optional chives in a large bowl. Add salad dressing to taste and stir vegetables are evenly coated. Add the optional salt and season with pepper to taste. Serve immediately.

VARIATION: Add 1 or 2 diced red apples.

MAKES 6 CUPS (1.5 L)

**TIP**
To remove seeds from a pomegranate, roll the fruit first to loosen the seeds. Then cut the pomegranate skin to halve or quarter the remove seeds with a spoon.

Per 1 cup (250 ml):
calories: 111
protein: 3 g
fat: 7 g
carbohydrate: 12 g
dietary fiber: 3 g
calcium: 47 mg
sodium: 65 mg

*Note: Analysis doesn’t include salad dressing.*

Cauliflower and Basmati Rice Salad

Raisins, curry paste (such as Patak’s mild curry paste), cauliflower florets, and brown basmati rice join forces in this delicious and salad.

3 cups (750 ml) small cauliflower florets
1 cup (250 ml) cooked brown basmati rice or brown rice
¾ cup (185 ml) diced red bell pepper
¾ cup (185 ml) chopped fresh parsley or cilantro, lightly packed
¾ cup (60 ml) raisins, soaked in hot water for 30 minutes and drained
2 tablespoons (30 ml) mild Indian curry paste
3 tablespoons (45 ml) lemon or lime juice

Steam the cauliflower for 5 minutes. Transfer to a medium bowl and add the rice, bell pepper, parsley, and raisins.
Put the curry paste in a small bowl. Add the lemon juice and stir until well combined. Add to the rice mixture and gently stir with evenly distributed. Serve immediately.

**MAKES 4 CUPS (1 L)**

Per 1 cup (250 ml):
calories: 130  
protein: 4 g  
fat: 3 g  
carbohydrate: 28 g  
dietary fiber: 5 g  
calcium: 41 mg  
sodium: 130 mg

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**Full-Meal Salad**

Choose a mix from the following categories for an abundant and filling salad and a feast of protective phytochemicals. Whenever possible, choose organic produce.

**MAKES 2 - 3 SERVINGS**

**Green and Leafy Vegetables.** Use a total of about 8 cups (2 l). Here is a suggested combination:

- 4 cups (1 l) mixed salad greens, lightly packed
- 2 cups (500 ml) stemmed and very thinly sliced kale, packed
- 2 cups (500 ml) chopped radicchio or thinly sliced red or purple cabbage

**Colorful Vegetables.** Cover the rainbow in your selection of veggies with 1 cup (250 ml) from each of the five color families:

**GREEN**
- Asparagus, sliced diagonally (raw or steamed)
- Avocado, sliced or cubed
- Broccolini or broccoli florets and stems, sliced diagonally
- Cucumber, sliced
- Snow peas or sugar snap peas
- Sprouts (pea, sunflower, or other)
- Zucchini or celery, sliced

**YELLOW-ORANGE**
- Golden cauliflower, cut into small florets
- Yellow beets, grated or cooked (baked, steamed, or boiled) and cubed
- Yellow or orange bell pepper, cut into wide strips
- Yellow or orange carrots, sliced or grated

**PINK-RED**
- Beets (steamed, boiled, or raw), cubed or grated
- Red bell pepper, cut into wide strips
- Red onion, thinly sliced
- Tomatoes (cherry, grape, or other)
- Watermelon radish, cut into small cubes or strips

**PURPLE-BLUE**
- Blueberries, blackberries, or halved black grapes
- Purple bell pepper, cut into wide strips
- Purple carrots, sliced or grated
- Purple cauliflower, cut into small florets

**WHITE**
- Cauliflower, cut into small florets
- Kohlrabi or jicama, cut into thin strips
- Salad turnips, sliced
- Sweet onion, thinly sliced

**Herbs.** For a flavor boost, mix in ½ cup (125 ml) chopped fresh basil, dill, parsley, or other fresh herbs.

**Plant-Protein Superstars.** Choose at least 1 or 2 of these high-protein foods:
- 6 – 8 ounces (170 – 225 g) smoked tofu, cubed
- 6 – 8 ounces (170 – 225 g) tofu, cubed and baked or sautéed with tamari, turmeric, herbs, and spices
- 6 – 8 ounces (170 – 225 g) tempeh, baked or steamed, and cubed
- 1 – 2 cups (250 – 500 ml) chickpeas, other beans, or lentils
- ¼ cup (60 ml) peanuts, pumpkin seeds, sunflower seeds, or other nuts or seeds
- 4 – 8 falafels or other veggie balls

**Starches.** To make the meal even more satisfying, include 1 cup (250 ml) or more of the following:
- Cooked basmati rice, brown rice, Kamut berries, quinoa, spelt berries, or wild rice
- Corn, raw or cooked
- Sweet potato, butternut squash, other winter squash, or purple or white potato, steamed and cubed

**Nut- or Seed-Based Dressing.** Choose from the dressings on pages 104 - 109.

Put the green and leafy vegetables in a large bowl. Top with the colorful vegetables and herbs and stir until well combined. If the salad is to be served at once, add the plant protein and starches. If you’re going to save some for another day, store the protein superstars at (and avocado, if using) separately so they can be added fresh just before serving. Mix in the salad dressing just before serving or serve.

**Mango and Black Bean Salad**

Enjoy this salad on its own, or serve it on a bed of cooked or raw greens (or have the greens on the side).

- 1 mango, diced
- 1 small red bell pepper, diced
- 1 cup (250 ml) cooked or canned black beans, drained and rinsed
- 2 tablespoons (30 ml) lime juice
1 tablespoon (15 ml) chopped fresh parsley or cilantro

¼ teaspoon (1 ml) salt

¼ teaspoon (1 ml) ground black pepper

Diced avocado (optional)

Put the mango, bell pepper, beans, lime juice, parsley, salt, and pepper in a medium bowl and stir to combine. Let stand for 10 min serving to allow the flavors to blend. Top with avocado if desired.

MAKES 3 CUPS (750 ML)

Per 1 cup (250 ml):
calories: 123
protein: 8 g
fat: 1 g
carbohydrate: 26 g
dietary fiber: 6 g
calcium: 26 mg
sodium: 200 mg

Sun-Dried Tomato, Bean, and Barley Salad

Sun-dried tomatoes add tang and color to this hearty salad. Arugula has a strong flavor that many people adore, but if you don’t care for it, use baby kale, bok choy, spinach, or a mix of other greens instead.

½ cup (125 ml) sun-dried tomatoes

½ cup (125 ml) boiling water

2 cups (500 ml) cooked barley (any kind), cooled and rinsed

2 cups (500 ml) finely chopped arugula or other greens, lightly packed

1 cup (250 ml) cooked or canned black, red, or adzuki beans, drained and rinsed

1 fresh tomato, diced, or 1 cup (250 ml) halved cherry tomatoes

½ cup (125 ml) chopped fresh basil or parsley, lightly packed

VARIATIONS: Stir in ¼ teaspoon (1 ml) ground turmeric and 1 teaspoon (5 ml) ground coriander along with the curry paste, and/or one-third of the parsley with chopped fresh mint or basil. To turn this salad into a main dish, add 1 ½ cups (375 ml) cooked or canned beans, and serve it cold, if desired.

2 cloves garlic, crushed

¼ cup (60 ml) sunflower or pumpkin seeds

3 tablespoons (45 ml) lemon juice

3 tablespoons (45 ml) balsamic vinegar

2 teaspoons (10 ml) tamari

½ teaspoon (0.5 ml) ground black pepper

Put the sun-dried tomatoes in a small heatproof bowl. Add the boiling water and let the tomatoes soak until soft, about 20 minutes. Drain and rinse before adding to a medium bowl. Add the barley, arugula, beans, fresh tomato, basil, and garlic and stir to combine. Add the sunflower seeds, lemon juice, vinegar, tamari, and pepper and gently toss with a fork until well distributed. Stored in a sealed container in the refrigerator, the salad will keep for 3 days.

MAKES 6 CUPS (1.5 L)

Per 1 cup (250 ml):
calories: 189
protein: 8 g
fat: 4 g
carbohydrate: 34 g
dietary fiber: 9 g
calcium: 54 mg
sodium: 222 mg

Kamut, Kale, Tomato, and Avocado Salad

Kamut is an ancient grain that’s closely related to wheat. It has a sweet taste and a soft, chewy texture that works well in this nutty meal salad. Some people with a sensitivity to common wheat find that they can tolerate Kamut and spelt (which also works well in this salad, for people who need to avoid gluten entirely; wild rice makes an excellent stand-in for the Kamut.

2 cups (500 ml) stemmed and finely chopped kale, packed

1 ½ cups (375 ml) cooked Kamut or spelt berries

1 ½ cups (375 ml) cooked or canned kidney beans, drained and rinsed

1 cup (250 ml) diced cucumber

1 cup (250 ml) halved cherry tomatoes, or 1 tomato, diced

3 tablespoons (45 ml) chopped fresh basil or dill, or 1 cup (250 ml) chopped fresh parsley, lightly packed
2 cloves garlic, crushed
3 tablespoons (45 ml) lemon juice
3 tablespoons (45 ml) balsamic vinegar
2 teaspoons (10 ml) tamari
1 avocado, diced or sliced

Put the kale, Kamut, beans, cucumber, tomatoes, basil, and garlic in a large bowl and stir to combine. Add the lemon juice, vinegar, and stir until evenly distributed. Gently stir in the avocado or arrange it on top. Serve immediately.

MAKES 6 CUPS (1.5 L)

TIP
If you don’t have fresh herbs on hand, use dried. For each tablespoon (15 ml) of fresh herbs, use 1 teaspoon (5 ml) dried.

Per 1 cup (250 ml):
calories: 190
protein: 8 g
fat: 5 g
carbohydrate: 31 g
dietary fiber: 9 g
calcium: 77 mg
sodium: 129 mg

Sweet Potato and Chickpea Salad

This is a dish you’ll want to make again and again. It can be served at room temperature over a bed of arugula or other salad greens.

1 large sweet potato, peeled if desired and cubed
1 ¾ cups (435 ml) cooked or canned chickpeas, drained (save the liquid) and rinsed
1 red bell pepper, diced
½ cup (85 ml) golden or dark raisins
2 tablespoons (30 ml) nutritional yeast flakes
2 tablespoons (30 ml) tahini
2 tablespoons (30 ml) water or chickpea liquid
1 tablespoon (15 ml) Dijon mustard
1 tablespoon (15 ml) apple cider vinegar
2 teaspoons (10 ml) prepared horseradish
1 ½ teaspoons (7 ml) peeled and grated fresh ginger, or ¼ teaspoon (0.5 ml) ground ginger
½ teaspoon (2 ml) ground turmeric
¼ teaspoon (1 ml) salt
¼ teaspoon (1 ml) ground black pepper
3 tablespoons (45 ml) chopped fresh cilantro or parsley, plus more for garnish

Steam the sweet potato until soft but still firm enough to keep its shape, 5 – 10 minutes. Drain and rinse under cold water to quick.

Put the chickpeas in a medium bowl and coarsely mash, leaving some beans intact. Add the sweet potato, bell pepper, and raisins.

Combine the nutritional yeast, tahini, water, milk, mustard, vinegar, horseradish, ginger, turmeric, salt, and pepper in a small glass jar tightly and shake until well combined. Pour over the sweet potato mixture, add the cilantro, and gently stir until evenly distributed with additional cilantro before serving.

MAKES 4 CUPS (1 L)

Per 1 cup (250 ml):
calories: 271
protein: 10 g
fat: 6 g
carbohydrate: 46 g
dietary fiber: 9 g
calcium: 75 mg
sodium: 276 mg

Multicolor Bean and Vegetable Salad

Make your own salad with the following guide for a meal you’re sure to enjoy. Serve it over a bed of torn or chopped fresh salad leaves.

MAKES (1.5 L)

MARINADE

2 tablespoons (30 ml) white balsamic vinegar, apple cider vinegar, or lemon juice
1 tablespoon (15 ml) fresh dill, or 1 teaspoon (5 ml) dried dill weed
1 teaspoon (5 ml) minced garlic or garlic powder
1 teaspoon (5 ml) Dijon mustard
1 ½ teaspoons (7 ml) light miso
Freshly ground black pepper

BEANS
3 cups (750 ml) cooked or canned beans (one type or a combination of several), drained and rinsed

VEGETABLES
3 cups (750 ml) of two or more of the following vegetables, or use whatever vegetables you have on hand:
- Asparagus, sliced diagonally and steamed until tender-crisp
- Bell peppers, diced
- Broccoli florets
- Cauliflower florets
- Celery, diced
- Cherry tomatoes, halved
- Corn, fresh or frozen and thawed
- Green beans, cut into 2-inch lengths and steamed until tender-crisp
- Napa cabbage, sliced
- Snow peas, whole or sliced diagonally
- Zucchini, sliced or diced

CONDIMENTS (OPTIONAL)
- Olives, whole or sliced
- Pickled artichoke hearts
- Pickles, sliced or diced

To make the marinade, put the vinegar, dill, garlic, and mustard in a small jar. Add the miso and press it with a spoon to help disperse tightly and shake until well combined. Season with pepper to taste.

Put the beans in a large bowl. Add the marinade and stir to coat the beans. Cover and refrigerate for at least 6 hours, stirring or mixing in the vegetables and optional condiments of your choice just before serving.

MAKES 6 CUPS (1.5 ML)

2 tablespoons (30 ml) fortified unsweetened soy milk or other nondairy milk
DRESSINGS, MARINADES, DIPS, GRAVIES, AND SAUCES

Lemon-Tahini Dressing

Tahini can be used to flavor sauces and soups or to make salad dressings creamy. If the oil rises to the top, just give it a good stir! Dressing can also be used as a sauce for steamed broccoli and other vegetables, baked potatoes, or beans. Freshly squeezed lemon provides better flavor than bottled, along with more vitamin C and no sulfites.

- \( \frac{1}{2} \text{ cup (125 ml)} \) water
- \( \frac{1}{3} \text{ cup (85 ml)} \) tahini
- \( \frac{1}{3} \text{ cup (85 ml)} \) lemon or lime juice
- 1 tablespoon (15 ml) tamari
- 2 cloves garlic, crushed
- Pinch cayenne (optional)

Put the water, tahini, lemon juice, tamari, garlic, and optional cayenne in a blender and process until smooth, about 30 seconds. Store sealed container in the refrigerator; the dressing will keep for 3 weeks.

MAKES 1 \( \frac{1}{3} \text{ CUPS (325 ML)} \)

**TIP**
Use 2 tablespoons (30 ml) of dressing for a side salad and \( \frac{1}{2} \text{ cup (60 ml)} \) for a main-dish salad.

Per \( \frac{1}{4} \text{ cup (60 ml)} \):
calories: 98
protein: 3 g
fat: 8 g
carbohydrate: 5 g
dietary fiber: 1.5 g
calcium: 69 mg
sodium: 211 mg
Limey Avocado Dip or Dressing

Make this dip right before you’re ready to use it so it will retain its attractive color. The addition of water will make it thin enough for dressing.

1 avocado
2 tablespoons (30 ml) lime juice
1 tablespoon (15 ml) nutritional yeast flakes
½ teaspoon (2 ml) chili powder
½ teaspoon (2 ml) garlic powder
½ teaspoon (2 ml) onion powder
¼ teaspoon (1 ml) salt, or 1 teaspoon (5 ml) tamari
Pinch ground black pepper

½ cup (60 ml) water or vegetable broth, as needed (optional)

Scoop the avocado flesh into a small bowl and mash it with a fork until smooth. Alternatively, mash it using an immersion blender for a mixture. Stir in the lime juice, nutritional yeast, chili powder, garlic powder, onion powder, salt, and pepper. For a dressing, add just the optional water to achieve the desired consistency.

MAKES ¾ CUP (185 ML)
Per 2 tablespoons (30 ml):
calories: 59
protein: 1 g
fat: 5 g
carbohydrate: 4 g
dietary fiber: 2 g
calium: 6 mg
sodium: 105 mg

Hummus and Lime Dressing

This versatile dressing is a snap to make, especially if you have ready-made hummus on hand. Use one of the varieties of Heartwarming Hummus (page 113) or try your favorite flavor of store-bought hummus.

½ cup (85 ml) water
½ cup (125 ml) hummus
2 tablespoons (30 ml) lime or lemon juice
1 teaspoon (5 ml) ground turmeric or dried dill weed

Put the water in a blender. Add the hummus, lime juice, and turmeric and process until smooth.

MAKES 1 CUP (250 ML)
Per ⅛ cup (60 ml):
calories: 58
protein: 2 g
fat: 3 g
carbohydrate: 7 g
dietary fiber: 1 g
calium: 17 mg
sodium: 75 mg

Orange-Ginger Dressing

Ginger lovers, this dressing is for you! Increase the amount of ginger if you want the flavor to be even more pronounced.

1 orange, peeled and seeded
1 ½ tablespoons (22 ml) tahini
2 pitted soft dates
1 tablespoon (15 ml) peeled and grated fresh ginger
1 ½ teaspoons (7 ml) light miso
1 tablespoon (15 ml) apple cider vinegar
1 ½ teaspoons (7 ml) tamari
Pinch cayenne or ground black pepper

Put the orange, tahini, dates, ginger, and miso in a blender and process until well combined. Add the vinegar, tamari, and cayenne pepper until smooth.

MAKES ⅛ CUP (220 ML)
Per 2 tablespoons (30 ml):
calories: 74
protein: 2 g
fat: 4 g
carbohydrate: 9 g
dietary fiber: 2 g
calcium: 32 mg
sodium: 122 mg

**Creamy Hemp Dressing**

This creamy dressing is rich in omega-3 fatty acids yet is low in fat and calories. Just three tablespoons (45 ml) of hemp seeds provide high-quality protein, 3 grams of omega-3 fatty acids, and an impressive array of minerals, including iron, zinc, potassium, and magnesium.

1 cup (250 ml) water

¼ cup (185 ml) hemp seeds

½ cup (85 ml) lemon juice or white balsamic vinegar

1 tablespoon (15 ml) light miso

3 small pitted dates, or 1 large pitted date

1 tablespoon (15 ml) stone-ground or Dijon mustard

1 clove garlic, crushed

Put all the ingredients in a blender and process until smooth. Stored in a sealed container in the refrigerator, the dressing will keep for several days.

**VARIATION:** To boost intake of B vitamins, add ¼ cup (60 ml) nutritional yeast flakes before blending. For a reliable source of vitamin B12, use a product such as Red Star Vegetarian Support Formula nutritional yeast or another brand that shows vitamin B12 on the label.

**MAKES 2 CUPS (500 ML)**

Per ⅛ cup (60 ml):
calories: 102
protein: 6 g
fat: 7 g
carbohydrate: 5 g
dietary fiber: 1 g
calcium: 10 mg
sodium: 113 mg

**Liquid Gold Dressing with Zucchini and Hemp Seeds**

This dressing supplies omega-3 fatty acids and is packed with B vitamins. When it’s made with nutritional yeast that’s grown on enriched medium, it also delivers vitamin B12. The zucchini creates a dressing that’s relatively low in fat but still has body. If you use the zucchini, the dressing will have a green tinge.

2 cups (500 ml) zucchini, peeled and chopped

¼ cup (185 ml) hemp seeds

½ cup (125 ml) lemon juice, lime juice, or apple cider vinegar

½ cup (125 ml) nutritional yeast flakes

¼ cup (60 ml) tamari

4 teaspoons (20 ml) ground flaxseeds

1 teaspoon (5 ml) Dijon mustard

1 teaspoon (5 ml) ground cumin

1 teaspoon (5 ml) ground turmeric

2 cloves garlic, crushed

**MAKES 7 CUPS (1.75 L)**

**MAKES 2 CUPS (500 ML)**

**TIP**

If the dressing gets too thick in the fridge, thin it with a small amount of water, lemon juice, or lime juice before serving.

Per 2 tablespoons (30 ml):
calories: 61
protein: 4 g
fat: 4 g
carbohydrate: 4 g
dietary fiber: 1 g
calcium: 12 mg
sodium: 261 mg

**Cashew Mayonnaise**

This delicious, creamy dressing can take the place of traditional mayonnaise in any recipe. Use it sparingly, though, as it is quite rich.
1 cup (250 ml) raw cashews, soaked in water for 1 - 4 hours, drained, and rinsed

¼ cup (60 ml) lemon juice

¼ cup (60 ml) water, plus more as needed

2 tablespoons (30 ml) apple cider vinegar

1 teaspoon (5 ml) spicy brown mustard

1 clove garlic, crushed

¼ teaspoon (1 ml) salt

Put all the ingredients in a blender and process until smooth and creamy. If the mixture is too thick, add a little more water, 1 teaspoon time, until the desired consistency is achieved. Stored in a sealed container in the refrigerator, the mayonnaise will keep for 1 week.

Makes 1 ½ cups (415 ML)

Per 2 tablespoons (30 ml):
- calories: 56
- protein: 2 g
- fat: 4 g
- carbohydrate: 4 g
- dietary fiber: 0 g
- calcium: 5 mg
- sodium: 50 mg

**Tofu or Tempeh Marinade**

Tofu and tempeh are like blank canvases. Their ability to readily absorb flavors makes them incredibly versatile foods that are perfect for marinating. This marinade can also be used as a stir-fry sauce or to baste grilled vegetables, and it's delicious drizzled over salads, grains.

½ cup (125 ml) pureed fresh tomatoes or canned tomatoes

3 tablespoons (45 ml) reduced-sodium tamari

2 tablespoons (30 ml) balsamic vinegar or apple cider vinegar

2 tablespoons (30 ml) peeled and grated fresh ginger

2 cloves garlic, crushed

½ teaspoon (5 ml) ground turmeric

Put all the ingredients in a blender and process until smooth. Stored in a sealed container in the refrigerator, the marinade will keep.

**Walnut Pesto**

This is an excellent sauce for bean pasta or rice, and it also makes a tasty dip for raw vegetables. Walnuts are rich in omega-3 fatty acids, and they can go rancid over time, so make sure the walnuts you use are fresh. Store walnuts, as well as other nuts and seeds, in the refrigerator.

1 cup (250 ml) walnuts

4 cups (1 L) fresh basil leaves, lightly packed

2 tablespoons (30 ml) water

2 tablespoons (30 ml) lemon juice

2 tablespoons (30 ml) tamari

**TIP**

Leftover marinade can be refrigerated and used for other recipes. If you're a fan of ginger, feel free to double the amount. If you like a pinch of cayenne, use it.
Heartwarming Hummus

Hummus is magical. It can balance blood glucose levels and is an outstanding source of protein. In addition, it’s quite versatile. Take the central position on a colorful platter of raw vegetables (see page 91), provide a quick snack day or night, or be turned into dressing (see page 107). So keep it handy, near the front of the fridge.

1 ½ cups (375 ml) cooked or canned chickpeas, drained and rinsed
¼ cup (60 ml) tahini
¼ cup (60 ml) lemon juice
2 cloves garlic, crushed
½ teaspoon (2 ml) ground cumin
½ teaspoon (2 ml) salt
Pinch cayenne (optional)
½ cup (85 ml) water, as needed

Put the chickpeas, tahini, lemon juice, garlic, cumin, salt, and optional cayenne in a food processor and process until smooth, stopping occasionally to scrape down the work bowl. Add water as needed to achieve the desired consistency. Stored in a sealed container in refrigerator, the hummus will keep for 5 days.

BLACK BEAN HUMMUS: Replace the chickpeas with an equal amount of black beans.

BLUSHING BEET HUMMUS: Omit the cumin. Add 1 boiled or roasted and chopped beet and 1 teaspoon (5 ml) dried dill weed.

CHEESY WHITE BEAN HUMMUS: Replace the chickpeas with an equal amount of cannellini, lima, or white beans. Add ¼ cup (60 ml) yeast flakes and ¼ cup (60 ml) jarred roasted red peppers.

GREEN GODDESS HUMMUS: Add ½ – 1 cup (125 – 250 ml) fresh herbs, such as basil, chives, cilantro, dill, or parsley, or a combination of additional herbs to garnish.

LIME HUMMUS: Replace the lemon juice with freshly squeezed lime juice.

RED-HOT HUMMUS: Add ½ teaspoon to 2 tablespoons (2 – 30 ml) chile paste or hot sauce, or ½ – 1 chipotle chile.

ROASTED RED PEPPER HUMMUS: Add ½ cup (85 ml) jarred roasted red peppers.
SUN-DRYED TOMATO HUMMUS: Put ½ cup (125 ml) sun-dried tomatoes in a heatproof bowl and cover with boiling water. Let soak for minutes. Drain, reserving the soaking water. Add the tomatoes to the other ingredients before processing, and use the soaking water the hummus as needed.

**MAKES 2 CUPS (500 ML)**

Per ⅛ cup (85 ml):
- calories: 136
- protein: 5 g
- fat: 6 g
- carbohydrate: 17 g
- dietary fiber: 4 g
- calcium: 66 mg
- sodium: 388 mg

Red and Green Dip

Be sure to chop and stir in the fresh parsley by hand after processing the other ingredients; don’t add it to the food processor. The beautiful color of this dip.

1 cup (250 ml) sun-dried tomatoes, soaked in warm water until soft and drained

1 cup (250 ml) Cashew Mayonnaise (page 109)

⅛ cup (125 ml) peeled and coarsely chopped cucumber

1 teaspoon (5 ml) light miso

⅛ teaspoon (2 ml) fresh or dried rosemary

⅛ teaspoon (2 ml) cayenne (optional)

⅛ cup (85 ml) minced fresh parsley or dill, lightly packed

Put the tomatoes, mayonnaise, cucumber, miso, rosemary, and optional cayenne in a food processor and process until smooth, stopping occasionally to scrape down the work bowl. Transfer to a small bowl and stir in the parsley. Stored in a sealed container in the refrigerator, this dip will keep for 5 days.

**MAKES 1.75 CUPS (425 ML)**

Per ⅛ cup (60 ml):

Put all the ingredients in a blender and process until smooth. Stored in a sealed container in the refrigerator, the dressing will keep:

⅛ teaspoon (0.5 ml) ground black pepper

Put the walnuts in a food processor and pulse or process until finely chopped. Add the basil, water, lemon juice, tamari, garlic, and process until smooth, stopping occasionally to scrape down the work bowl. Serve immediately or store in a sealed container in the refrigerator.

**VARIATION**: Replace the walnuts with an equal amount of pine nuts.

**MAKES 1 CUP (250 ML)**

Per 2 tablespoons (30 ml):
- calories: 106
- protein: 3 g
- fat: 10 g
- carbohydrate: 4 g
- dietary fiber: 2 g
- calcium: 50 mg
- sodium: 252 mg
- calories: 81
- protein: 3 g
- fat: 5 g
- carbohydrate: 7 g
- dietary fiber: 1 g
- calcium: 18 mg
- sodium: 182 mg

Tahini-Zucchini Dip

This bean-free dip has all the flavor of Middle Eastern hummus and is packed with bone-strengthening calcium. Enjoy it with crudités into romaine lettuce boats and top with tomatoes and sprouts.

1 cup (250 ml) peeled and chopped zucchini

3 ⅛ tablespoons (52 ml) lemon juice

2 cloves garlic, crushed

1 teaspoon (5 ml) paprika

⅛ teaspoon (2 ml) salt

⅛ teaspoon (1 ml) ground cumin (optional)

⅛ teaspoon (0.5 ml) cayenne

½ cup (125 ml) tahini
⅛ cup (85 ml) **sesame seeds**, soaked in water for 4 hours, drained, and rinsed

Put the zucchini, lemon juice, garlic, paprika, salt, optional cumin, and cayenne in a blender and process until smooth. Add the tahini sesame seeds and process until smooth and creamy. Stored in a sealed container in the refrigerator, the dip will keep for 4 days.

**MAKES 1 ¼ CUPS (375 ML)**

| Tip | This recipe can be made in a food processor if you don’t have access to a blender; but the texture won’t be as smooth and the seeds will mostly remain whole. |

Per ¼ cup (60 ml):
calories: 167
protein: 5 g
fat: 14 g
carbohydrate: 8 g
dietary fiber: 3 g
calcium: 169 mg
sodium: 225 mg

**Brown Mushroom Gravy**

You might be surprised to discover that gravy made without fat can be incredibly delicious. This version is both fat-free and gluten-free not wild about mushrooms, omit them; the gravy will still be delicious.

2 ½ cups (625 ml) **water or vegetable broth**
2 cups (500 ml) sliced mushrooms
½ onion, finely diced
2 cloves garlic, crushed, or 1 teaspoon (5 ml) garlic powder
¼ cup (60 ml) **nutritional yeast flakes**
2 tablespoons (30 ml) tamari
1 tablespoon (15 ml) **light or dark miso**
2 teaspoons (10 ml) **poultry seasoning** (see Tip)
¼ teaspoon (1 ml) ground black pepper
2 tablespoons (30 ml) **cornstarch**, or ½ cup (60 ml) **arrowroot starch**
¼ cup (60 ml) **cold water**

Put ¼ cup (60 ml) of the water and the mushrooms, onion, and garlic in a medium saucepan. Cook over medium heat, stirring occasionally, for 10 minutes. Add more water if needed to prevent sticking.

Cook, stirring occasionally, for 5 minutes.

Put the cornstarch in a small bowl. Add the cold water and stir to form a thick paste. Add ¼ cup (60 ml) of the hot liquid from the vegetable mixture and stir until smooth. Pour into the saucepan and bring to a boil over medium-high heat, whisking constantly. Cook, whisking constantly, until the gravy thickens, about 1 minute.

**VARIATION:** Replace ¼ cup (125 ml) of the water with white wine.

**MAKES 3 ¼ CUPS (810 ML)**

Per ½ cup (60 ml):
calories: 31
protein: 2 g
fat: 0 g
carbohydrate: 5 g
dietary fiber: 1 g
calcium: 13 mg
sodium: 310 mg

**Savory Chickpea Gravy**

Use all the seasonings listed in the recipe or just some of them. Either way, you will still have a lovely, aromatic, and protein-rich gravy.

2 cups (500 ml) **water, plus more as needed**
1 onion, finely diced
1 cup (250 ml) cooked or canned chickpeas, drained and rinsed
¼ cup (60 ml) tamari
4 cloves garlic, crushed
2 tablespoons (30 ml) cornstarch or arrowroot starch
⅛ teaspoon (2 ml) dried parsley
⅛ teaspoon (2 ml) dried sage
½ teaspoon (2 ml) dried rosemary
½ teaspoon (2 ml) dried thyme
½ teaspoon (2 ml) ground celery seeds
½ teaspoon (2 ml) ground black pepper

Put 2 tablespoons (30 ml) of the water and the onion in a medium saucepan. Cook over medium heat, stirring occasionally, until the about 5 minutes. Add a little more water if needed to prevent sticking.

Put 1 cup (250 ml) of the water and the chickpeas, tamari, and garlic in a blender and process until smooth. Add the remaining cornstarch, parsley, sage, rosemary, thyme, celery seeds, and pepper and process until well combined. Pour into the saucepan with and bring to a boil over medium-high heat, whisking constantly. Cook, whisking constantly, until the gravy thickens, about 1 minute.

MAKES 3 CUPS (750 ML)
Per ¼ cup (60 ml):
calories: 38
protein: 2 g
fat: 0.3 g
carbohydrate: 7 g
dietary fiber: 1 g
calium: 15 mg
sodium: 397 mg

Cheesy Cashew Red Pepper Sauce

This sauce is fabulous on steamed vegetables, patties, or loaves and makes a fine filling for celery sticks. Stir it into soups or stews serving to impart a creamy texture and cheesy taste. Soaking the cashews prior to blending increases the availability of their miner helps to ensure a smooth sauce.

2 cups (500 ml) water
½ cup (125 ml) raw cashews, soaked for 2 hours, drained, and rinsed
1 fresh or roasted red bell pepper, seeded and coarsely chopped
3 tablespoons (45 ml) cornstarch or arrowroot starch
3 tablespoons (45 ml) nutritional yeast flakes
2 tablespoons (30 ml) lemon juice
2 cloves garlic, crushed, or ½ teaspoon (4 ml) garlic powder and ¼ teaspoon (4 ml) onion powder
½ teaspoon (2 ml) salt

Put all the ingredients in a blender and process until smooth and creamy. Pour into a medium saucepan and bring almost to a boil on high heat. Immediately decrease the heat to medium and cook, stirring or whisking frequently, until thickened, about 5 minutes. St sealed container in the refrigerator, the sauce will keep for 5 days.

CHEESY CASHEW RED PEPPER DIP OR DRESSING: Thin with additional lemon juice and/or water, 1 teaspoon (5 ml) at a time, until the consistency is achieved.

CHEESY SUNFLOWER RED PEPPER SAUCE: Replace the cashews with an equal amount of raw sunflower seeds.

MAKES 2 CUPS (500 ML)

TIP
For an extra-silky sauce, process it again in the blender just before serving.

2 cloves garlic, crushed
**Cranberry Crunch Relish**

Cranberries are a rich source of antioxidants and vitamins, particularly vitamin C. This unique condiment makes a terrific topping for cold breakfast cereals and also works as a sweet relish to accompany savory dishes, such as veggie loaves (see page 144) and butternut squash (see page 140). Try layering it with Cashew-Pear Cream (see page 171) for a delightful dessert parfait.

**Ingredients:**

- 12 ounces (340 g) fresh cranberries
- 1 tablespoon (15 ml) orange zest
- 1 large navel orange, peeled (after zesting) and coarsely chopped
- 1 sweet apple, coarsely chopped
- 1 teaspoon (5 ml) ground cinnamon
- Pinch ground cloves

**Instructions:**

Put all the ingredients in a food processor and pulse just until mixed but still chunky. Stored in a covered container in the refrigerator, will keep for 4 days.

**Makes 2 ¼ cups (675 ml)**

Per ¼ cup (60 ml):
- calories: 36
- protein: 0 g
- fat: 0.1 g
- carbohydrate: 8 g
- dietary fiber: 2 g
VEGETABLES AND SIDE DISHES

Steamed Greens

Add to include dark leafy greens three times per day, either on their own or as part of another dish. You can even serve greens for enjoy them as a side dish or snack.

4 cups (1 L) stemmed and chopped dark leafy greens (such as kale, collard greens, or mustard greens), packed
2 cloves garlic, crushed (optional)
1 ½ teaspoons (7 ml) balsamic vinegar, other vinegar, or balsamic reduction
1 teaspoon (5 ml) tamari
¼ teaspoon (1 ml) crushed red pepper flakes (optional)
2 teaspoons (10 ml) seeds (such as hemp, pumpkin, sesame, or sunflower seeds)

Steam the greens and garlic until the greens are wilted, 3 – 6 minutes (large, tough leaves will take longer than small, tender leaves). Alternatively, put the greens in a large bowl and pour boiling water over them; let them sit until softened, 1 – 2 minutes, then drain. Transfer the greens to a medium bowl and add the vinegar, tamari, and optional red pepper flakes and toss or stir until well distributed.

Garnish with the seeds. Serve warm, room temperature, or cold. Stored in a covered container in the refrigerator, the greens will keep for days.

MAIN-DISH GREENS: To turn the greens into a main dish, add cubed tofu (plain, baked, or smoked), cubed or sliced tempeh, or cook beans, along with cubed cooked beets, butternut squash, or sweet potatoes.

VARIATIONS: Add peeled and grated fresh ginger or fresh or dried herbs, such as basil or dill.

MAKES 2 CUPS (500 ML)

<table>
<thead>
<tr>
<th>Tip</th>
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<tbody>
<tr>
<td>Serve the greens drizzled with Lemon-Tahini Dressing (page 104) or another favorite dressing in addition to or in place of the garlic, tamari, and crushed red pepper flakes.</td>
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Per 1 cup (250 ml):
calories: 98
protein: 6 g
fat: 1 g
carbohydrate: 16 g
dietary fiber: 3 g
calcium: 188 mg
sodium: 227 mg

Note: Analysis done with kale and pumpkin seeds.

KALE HOLLY WREATH

MAKES 6 – 8 SERVINGS This simple yet elegant dish is perfect for the holiday season and adds color and a festive touch any time of the year. An excellent source of vitamins A and C and a good source of calcium, iron, potassium, and vitamin B6. If you prefer, use tiny cored currant tomatoes in place of the red bell pepper.

Double or triple the recipe for Steamed Greens (page 121), using kale. Instead of seeds, use 1 red bell pepper, finely diced. Add seasoned kale on a large platter in the shape of a wreath by pushing the kale toward the edges of the platter, leaving a clean, open center. Sprinkle the kale with the red bell pepper so the pieces look like holly berries.

Red Cabbage and Apples

This healthier version of a classic cabbage dish is rich in color and flavor but free of fat and sugar. Serve it alongside veggie loaves or patties or let it grace your table at holiday meals.

½ cup (125 ml) water or vegetable broth
1 onion, diced
4 cloves garlic, crushed
4 cups (1 L) thinly sliced red cabbage
2 red apples, cored
¼ teaspoon (1 ml) ground allspice, cloves, or nutmeg, or whole or ground caraway seeds
¼ cup (60 ml) apple cider vinegar
Freshly ground black pepper

Put the water, onion, and garlic in a large saucepan over medium heat and cook, stirring occasionally, until the onion is soft, about 10 minutes. Add the cabbage, apples, allspice, and salt. Cover and cook, stirring occasionally, until the cabbage is tender, about 20 minutes. Add

calcium: 15 mg
sodium: 0 mg
vinegar and pepper to taste and cook uncovered, stirring occasionally, for 3 minutes. Serve hot, warm, or room temperature.

**Makes 4 cups (1 L)**

Per 1 cup (250 ml):
- calories: 78
- protein: 2 g
- fat: 0.3 g
- carbohydrate: 20 g
- dietary fiber: 4 g
- calcium: 50 mg
- sodium: 320 mg

**Mashed Rutabaga, Carrots, and Parsnips**

Some people confuse rutabagas and turnips or use them interchangeably. Turnips are white and have more bite than rutabagas, which are yellowish, larger, and sweeter. If you prefer, you can replace the rutabaga with turnips in this recipe.

- ½ cup (125 ml) fortified unsweetened soy milk or other nondairy milk
- ½ cup (125 ml) raw cashews
- 2 cups (500 ml) peeled and chopped rutabaga (about ½ medium rutabaga)
- 3 carrots, peeled if desired and chopped
- 2 parsnips, peeled if desired and chopped
- ¼ teaspoon (0.5 ml) ground nutmeg
- ¼ teaspoon (1 ml) salt

Freshly ground black pepper

Put the milk and cashews in a blender and process into a smooth cream. Set aside.

Put the rutabaga, carrots, and parsnips in a large saucepan. Cover with water and bring to a boil over medium-high heat. Decrease to medium and cook until the vegetables break apart easily with a fork, 30 – 45 minutes. Drain and return the vegetables to the saucepan.

Add the cashew cream, nutmeg, and salt and mash with a fork or potato masher until the vegetables are as smooth or chunky a Season with pepper to taste.

**Makes 4 cups (1 L)**

Per 1 cup (250 ml):
- calories: 203
- protein: 6 g
- fat: 9 g
- carbohydrate: 30 g
- dietary fiber: 7 g
- calcium: 124 mg
- sodium: 212 mg

**Asian Green Beans**

Green beans are a popular vegetable, even when they’re served plain. Try this recipe and give them a little pizazz.

- 1 pound (454 g) green beans, trimmed
- 1 tablespoon (15 ml) tahini
- 1 tablespoon (15 ml) rice vinegar
- 1 tablespoon (15 ml) peeled and grated fresh ginger
- 1 teaspoon (5 ml) tamari
- 1 clove garlic, crushed

Steam the green beans until tender-crisp, 5 – 7 minutes. While the green beans are cooking, put the tahini, vinegar, ginger, tamari, a medium bowl and stir to combine. Add the green beans and toss to coat. Serve hot, warm, or room temperature.

**Makes 4 cups (1 L)**

Per 1 cup (250 ml):
- calories: 60
- protein: 3 g
- fat: 2 g
- carbohydrate: 9 g
- dietary fiber: 4 g
- calcium: 60 mg
- sodium: 95 mg

**Steamed Vegetables with Cheesy Cashew Red Pepper Sauce**

A delicious sauce makes any vegetable more appealing. In addition to the recommendations below, also try the sauce on baked potatoes, sweet potatoes, or your favorite veggies.
1 teaspoon (5 ml) light miso

**Ratatouille**

What a fun dish to make! Layer these summer vegetables in a big skillet before you turn on the heat. Your reward will be a flavorful ready to serve right out of the pan.

½ cup (85 ml) water
1 ½ cups (415 ml) thinly sliced onions (cut into crescents)
½ cup (75 ml) minced garlic
1 ½ cups (415 ml) red, orange, or yellow bell pepper strips
2 cups (500 ml) sliced mushrooms
3 cups (750 ml) sliced zucchini
3 cups (750 ml) peeled and cubed eggplant
4 Roma tomatoes, sliced
1 teaspoon (5 ml) dried basil
1 teaspoon (5 ml) dried oregano
1 teaspoon (5 ml) dried rosemary
1 teaspoon (5 ml) dried thyme
½ teaspoon (2 ml) salt
½ teaspoon (2 ml) ground black pepper

Put the water in a large skillet. Layer each of the vegetables in the pan in the order listed, sprinkling some of the herbs, salt, and pepper layer. Cover and cook over medium heat for 15 minutes. Stir and cook uncovered for 10 minutes longer. Serve hot or room temperature.

**MAIN-DISH RATATOUILLE** : Add 1 ½ cups (375 ml) cooked or canned chickpeas during the final 10 minutes of cooking.

**RATATOUILLE WITH SPINACH** : Add 4 cups (1 L) spinach, lightly packed, during the final 10 minutes of cooking.
MAKES 4 ½ CUPS (1.125 L), 4 SERVINGS

Per serving:
calories: 108
protein: 5 g
fat: 0.8 g
carbohydrate: 24 g
dietary fiber: 7 g
calcium: 93 mg
sodium: 318 mg

**Baked Squash Casserole**

Despite its relatively high carbohydrate content, winter squash has a fairly low glycemic index of about 51. This means its carbohydrate is released more slowly into the bloodstream than most other starchy vegetables. As a bonus, it’s loaded with a variety of carotenoid antioxidants.

- 4 cups (1 L) peeled and cubed winter squash (see Tip)
- 6 tablespoons (100 ml) orange juice with pulp (juice from about 2 oranges)
- 2 cups (500 ml) bite-sized fresh or frozen pineapple chunks
- ¼ teaspoon (1 ml) salt (optional)

Preheat the oven to 350 F. Put in the ingredients in a medium casserole dish and stir until well combined. Cover and bake for 30 minutes. Well, cover, and bake for 30 minutes longer, or until the squash is soft.

**TIP**

Use acorn, butternut, hubbard, or any other orange-fleshed winter squash.

Per 1 cup (250 ml):
calories: 105
protein: 2 g
fat: 0.4 g
carbohydrate: 26 g
dietary fiber: 3 g
calcium: 50 mg
sodium: 9 mg

**Brussels Sprouts with Lemon and Dill**

Brussels sprouts are one of the superstars of the cruciferous family, whose members are well recognized for their cancer-fighting properties. Brussels sprouts are loaded with vitamins and minerals and are an exceptional source of vitamins C and K.

- 4 cups (1 L) halved Brussels sprouts
- ¼ cup (60 ml) water
- 3 tablespoons (45 ml) slivered almonds
- Juice of 1 lemon
- ¼ cup (60 ml) minced fresh dill, or 1 tablespoon (15 ml) dried dill weed
MAIN DISHES

The Big Easy Bowl

This simple dish will sustain your energy wonderfully between meals. If you prefer, replace any of the vegetables with your favorites or use any leftover veggies that you have on hand.

\[
\begin{align*}
&\frac{3}{4} \text{ cup (185 ml) cooked hulled or pot barley, brown rice, Kamut berries, quinoa, spelt berries, or other whole grain} \\
&1 \text{ cup (250 ml) chopped spinach, lightly packed} \\
&1 \text{ cup (250 ml) cooked or canned beans (any kind), drained and rinsed, or 4 slices Marinated Tofu (page 135) or smoked tofu} \\
&\frac{1}{2} \text{ cup (125 ml) grated raw beet or chopped cooked beet} \\
&\frac{1}{2} \text{ cup (125 ml) grated carrot} \\
&2 \text{ tablespoons (30 ml) raw or roasted pumpkin seeds or almonds} \\
&3 \text{ tablespoons (45 ml) salad dressing of choice (see pages 104–109)}
\end{align*}
\]

Put the grain in a bowl. Add the spinach, beans, beet, and carrot. Sprinkle the seeds over the top and drizzle with the dressing.

VARIATION: Add 2 cups (500 ml) hot steamed vegetables, such as thinly sliced carrots or bell peppers, broccoli or cauliflower floret sliced asparagus, and/or stemmed and chopped kale.

MAKES 1 SERVING

TIP
For a packed lunch, layer all the ingredients in a mason jar and seal with a lid. To reduce calories, decrease the amount of cooked (125 ml).

Per serving:
- calories: 564
- protein: 28 g
- fat: 13 g
- carbohydrate: 88 g
- dietary fiber: 27 g
African Chickpea Stew

The creamy sauce in this nutrition-packed stew comes from peanut butter. If you prefer, use almond butter instead.

4 cups (1 L) water or vegetable broth
2 cups (500 ml) peeled and diced sweet potatoes
1 ½ cups (375 ml) cooked or canned chickpeas, drained and rinsed
1 onion, chopped
½ cup (125 ml) brown rice
2 cloves garlic, crushed
½ teaspoon (2 ml) salt
¼ cup (60 ml) peanut butter or almond butter
2 cups (500 ml) stemmed and chopped collard greens or kale, packed
2 tablespoons (30 ml) lemon juice
Tamari (optional)

Chili sauce or hot sauce (optional)

Put the water, sweet potatoes, chickpeas, onion, rice, garlic, and salt in a large saucepan and bring to a boil over medium-high heat. Reduce to medium-low and cook, stirring occasionally, for 45 minutes.

Put the peanut butter in a small bowl. Add ½ cup of the liquid from the stew and stir well to make a smooth paste. Stir into the stew and cook for 5 minutes. Add the lemon juice and stir until well combined. Season with optional tamari and chili sauce.

MAKES 6 CUPS (1.5 L)

Per 1 cup (250 ml):
calories: 262
protein: 9 g
fat: 7 g
carbohydrate: 43 g
dietary fiber: 6 g
calcium: 81 mg
sodium: 220 mg

Sweet Potato and Black Bean Chili

This chili has great visual appeal. To complement the contrasting colors and textures, serve it with a big green salad. Double the recipe as desired.

2 cups (500 ml) Cheesy Cashew Red Pepper Sauce (page 118), hot

Cut the vegetables into uniform pieces and steam until tender-crisp. Transfer to a serving bowl and top with the hot sauce.

MAKES 4 SERVINGS

Per serving:
calories: 190
protein: 10 g
fat: 8 g
carbohydrate: 23 g
dietary fiber: 7 g
calcium: 66 mg
sodium: 304 mg

Note: Analysis done with asparagus.

Put the Brussels sprouts and water in a medium saucepan. Cover and cook over medium-high heat for 10 minutes. Decrease the heat to medium-low. Add the almonds, lemon juice, and dill and cook uncovered for 2 minutes. Remove from the heat and stir in the miso, tamari, and liquid from the bottom of the pan. Stir to evenly coat the Brussels sprouts. Let sit for 5 – 10 minutes before serving to allow the flavors to blend. Serve hot, room temperature, or cold.

MAKES 3 CUPS (750 ML)

Per 1 cup (250 ml):
calories: 95
protein: 8 g
fat: 4 g
carbohydrate: 13 g
dietary fiber: 5 g
calcium: 68 mg
sodium: 112 mg

Spicy Bok Choy

Loaded with antioxidants, bok choy is also rich in calcium, folate, potassium, and vitamins A, C, and K.
1 tablespoon (15 ml) peeled and grated fresh ginger
1 teaspoon (5 ml) ground coriander
1 teaspoon (5 ml) crushed yellow mustard seeds
1 teaspoon (5 ml) ground turmeric
½ teaspoon (2 ml) chili powder or hot sauce (see Tip)
1 head bok choy, chopped, or 6 cups (1.5 L) chopped green cabbage
1 large onion, chopped
¼ cup (60 ml) water
3 cloves garlic, crushed
¼ cup (60 ml) chopped walnuts
2 tablespoons (30 ml) apple cider vinegar
¼ teaspoon (1 ml) salt (optional)

Ground black pepper

Put the ginger, coriander, mustard seeds, turmeric, and chili powder in a medium saucepan and stir to combine. Cook over medium stirring constantly, for 1 minute. Add the bok choy, onion, water, and garlic. Cover and cook, stirring occasionally, until the vegetables are tender, 10 – 15 minute walnuts and vinegar and stir to combine. Add the optional salt and season with pepper to taste. Cover and cook until heated through.

MAKES 3 ½ CUPS (875 ML)

TIP
Add more or less chili powder to suit your taste.

Per 1 ¾ cups (435 ml):
calories: 198
g protein: 8 g
fat: 11 g
carbohydrate: 23 g
dietary fiber: 5 g
calcium: 290 mg
sodium: 169 mg

½ cup (125 ml) water or vegetable broth
1 ½ cups (375 ml) cooked or canned black beans, rinsed and drained
1 cup (250 ml) orange sweet potato, peeled and diced
1 cup (250 ml) canned diced tomatoes
1 cup (250 ml) fresh, frozen, or canned corn
½ onion, chopped
½ green, orange, or red bell pepper, diced
1 ½ teaspoons (7 ml) chili powder or hot sauce
2 cloves garlic, crushed
½ teaspoon (2 ml) salt
¼ teaspoon (1 ml) ground black pepper (optional)
¼ teaspoon (1 ml) smoked paprika (optional)
Pinch cayenne (optional)
1 avocado, cubed
2 tablespoons (30 ml) lime juice, or lime wedges, as desired

Put the water, beans, sweet potatoes, tomatoes, corn, onion, bell pepper, chili powder, garlic, salt, optional pepper, optional paprika optional cayenne in a medium saucepan and bring to a boil over medium-high heat. Decrease the heat to medium-low and cook, stir occasionally, until the sweet potato is soft, about 20 minutes. Serve with the avocado and lime juice on the side.

MAKES 4 ½ CUPS (1 L)

Per 1 ½ cups (375 ml):
calories: 320
g protein: 11 g
fat: 11 g
carbohydrate: 49 g
dietary fiber: 15 g
calcium: 80 mg
sodium: 440 mg
Vegetable Kabobs

These kabobs can be cooked on a grill or baked in the oven. If you grill, use a low temperature and avoid blackening the food. The absorbed by the tofu, providing a burst of flavor. Serve it with cooked brown rice or another whole grain on the side.

- **18 cubes extra-firm tofu** (each cube about 1 inch/3 cm), marinated for at least 6 hours (see Tofu or Tempeh Marinade, page 110)
- **12 mushrooms, quartered**
- **12 squares red bell pepper** (each square about 1 inch/3 cm)
- **12 thick slices zucchini**
- **12 cherry tomatoes**
- **12 pieces red onion** (each piece about 1 inch/3 cm)

Thread the tofu and vegetables tightly on six 10- or 12-inch (25 – 28 cm) metal or soaked bamboo skewers, alternating each item. Drizzle extra marinade over the skewers. Cook on an indoor or outdoor grill or put on a baking sheet six inches (15 cm) below the broiler for turning once. Avoid blackening the food.

**VARIATION**: Include 12 pineapple chunks and/or other vegetables.

**MAKES 6 LARGE KABOBS**

Per kabob:
- calories: 123
- protein: 13 g
- fat: 5 g
- carbohydrate: 9 g
- dietary fiber: 3 g
- calcium: 126 mg
- sodium: 382 mg

**Marinated Tofu**

Tofu is porous and readily absorbs the flavors of seasonings and marinades, making it very versatile. Look for tofu that’s high in can be served atop salads or alongside vegetables to make a low-calorie, high-protein meal.

- **1 block** (16 ounces/450 g) firm or extra-firm tofu
- **% cup** (220 ml) Tofu or Tempeh Marinade (page 110)

Cut the tofu into thin (¼-inch/1-cm) slices. Arrange the slices in a single layer in one or two glass baking dishes. Evenly pour the on the tofu. Cover and let marinate in the refrigerator for at least 6 hours.

To make the stovetop, remove the tofu from the marinade (see Tip). For stovetop cooking, use a large nonstick skillet or a re misted with cooking spray. Cook in batches over medium heat until lightly browned on both sides, turning once. To microwave, use a safe plate and cook on high until the tofu just begins to brown. To bake, preheat the oven to 350 degrees F (175 degrees C). Line a with parchment paper or a silicone baking mat or mist it with cooking spray. Arrange the slices on the prepared baking sheet in a s bake until they just begin to brown, about 15 minutes.
TO COMPLETE THE MEAL: Cut an X on top of each potato or sweet potato and top with any of the following:

MARINATED TEMPEH: Replace the tofu with 2 packages (8 ounces/240 g per package) tempeh, sliced or cubed.

MAKES 8 SLICES, 4 SERVINGS

TIP
About one-quarter of the marinade will be left over and can be used for other recipes. Stored in a covered container in the refrigerator, leftover marinade will keep for 3 weeks.

Per serving (2 slices):
calories: 130
protein: 15 g
fat: 7 g
carbohydrate: 5 g
dietary fiber: 2 g
calcium: 144 mg
sodium: 410 mg

Note: Analysis done with reduced-sodium tamari.

The Three Sisters Go Green

The three sisters — squash, beans, and corn — were the main crops of several Native American nations. These plants benefit each they were grown close together. Not surprisingly, this companionable trio benefits people as well.

1 cup (250 ml) water or vegetable broth
3 cups (750 ml) peeled and cubed butternut squash
1 onion, diced
2 cloves garlic, crushed
1 ½ cups (375 ml) fresh or canned diced tomatoes
1 ½ cups (375 ml) cooked or canned pinto beans or pink beans, drained and rinsed
1 cup (250 ml) frozen or canned corn
1 green chile, minced (optional)
1 teaspoon (5 ml) ground cumin
1 teaspoon (5 ml) dried oregano
½ teaspoon (2 ml) salt (optional)
¼ teaspoon (1 ml) ground black pepper
2 cups (500 ml) stemmed and thinly sliced kale or other dark leafy greens, packed
2 tablespoons (30 ml) minced fresh cilantro or parsley

Put the water, squash, onion, and garlic in a large saucepan and bring to a boil over medium-high heat. Decrease the heat to medium stirring occasionally, until the squash is tender, about 20 minutes. Add the tomatoes, beans, corn, optional chile, cumin, oregano, and pepper and cook, stirring occasionally, for 15 minutes. Add the kale and cook, stirring occasionally, until the kale is tender; 3–5 minutes. Sprinkle the cilantro over the top just before serving.

MAKES 6 CUPS (1.5 L)

**TIP**
Vary the seasonings to suit your taste. You can replace butternut with other small winter squashes, but those may be more difficult to find.

Per 1 cup (250 ml):
calories: 156
protein: 7 g
fat: 1 g
carbohydrate: 34 g
dietary fiber: 9 g
calciuim: 131 mg
sodium: 235 mg

**Veggie Tomato Pasta**

This vegetable-rich sauce is packed with protective phytochemicals. Serve it over any type of pasta, preferably one that’s made with added flavor and nutrition, top it with Cheesy Cashew Red Pepper Sauce (page 118), veggie meatballs, or a sprinkle of nutritive

1 can (28 ounces/830 ml) stewed tomatoes, or 3 ½ cups (830 ml) chopped fresh tomatoes
1 cup (250 ml) water
1 can (6 ounces/128 ml) tomato paste
1 onion, diced
1 stalk broccoli, chopped
1 small zucchini, sliced or grated
1 carrot, sliced diagonally
1 cup (250 ml) sliced mushrooms
3 cloves garlic, crushed
½ cup (125 ml) red, orange, yellow, or green bell pepper, diced
4 teaspoons (20 ml) Italian seasoning, or 2 teaspoons (10 ml) dried basil and 2 teaspoons (10 ml) dried oregano
½ teaspoon (2 ml) salt (optional)
Freshly ground black pepper
Crushed red pepper flakes or hot sauce (optional)
Cooked pasta (1 cup/250 ml per serving), hot

Put the tomatoes, water, tomato paste, onion, broccoli, zucchini, carrot, mushrooms, garlic, bell pepper, and Italian seasoning in a saucepan and stir to combine. Bring to a boil over medium-high heat, cover, decrease the heat to medium-low, and cook, stirring occasionally, for 45 minutes. Alternatively, put the ingredients in a slow cooker and cook on low for 6 hours or on high for 4 hours. Add the optional season with pepper and optional red pepper flakes to taste. Serve hot over pasta.

**VARIATIONS:** Try other vegetables, such as chopped cauliflower, diced celery, stemmed and chopped kale, or chopped spinach, or combination of vegetables. For added protein (if you’re not using a legume-based pasta), add 1–2 cups (250–500 ml) cooked lentils, black beans, or chickpeas.

MAKES 6 ½ CUPS (1.63 L)

**TIP**
Protein-rich bean pastas will help maintain your blood glucose level between meals. Look for ones made with adzuki beans, black beans, chickpeas, red lentils, or other legumes.

Per 1 ½ cups (415 ml):
calories: 408
protein: 25 g
fat: 3 g
carbohydrate: 76 g
dietary fiber: 18 g
calciuim: 242 mg
sodium: 128 mg

**Note:** Analysis done with red lentil rotini.
Full-Meal Baked Potatoes or Sweet Potatoes

Don inner can be a cinch when you have potatoes or sweet potatoes on hand, especially if they’ve been cooked in advance. Wheneve(such as Baked Apple-Spice Oatmeal, page 63, or Chewy Walnut Cookies, page 164), put some scrubbed potatoes in the same time. Alternatively, microwave them in the oven shortly before dinner, although they won’t have the same flavor and texture that have been oven-baked. There are many healthy options for toppings; we’ve listed a few to get your creative juices pumping.

OVEN METHOD: Preheat the oven to 375 degrees F (190 degrees C). Scrub the potatoes and pierce each of them three or four times or fork. Bake directly on the middle oven rack for 45 minutes, or until soft when gently squeezed (use an oven mitt!) or when a fork slides in easily.

MICROWAVE METHOD: Scrub the potatoes and pierce each of them three or four times with a knife or fork. Microwave on high for a minutes, depending on the size of potatoes, until soft.

- Black beans, salsa, and several slices of avocado
- Sweet Potato and Black Bean Chili (page 133)
- Lemon-Tahini Dressing (page 104) or another dressing (see pages 105 - 109), serve with a soup or salad
- Steamed broccoli, cooked or canned beans, and Cheesy Cashew Red Pepper Sauce (page 118)
- Steamed vegetables, cooked or canned chickpeas, and Lemon-Tahini Dressing (page 104)

Stuffed Winter Squash

For some families or groups of friends, getting together to cook is one of the best parts of a celebration. Assembling this stuffing a squash can be a central activity for a day spent with the people you love. Serve the squash with Brown Mushroom Gravy (page 116), Chickpea Gravy (page 117), plus a big salad or a Kale Holly Wreath (page 122). It makes a lovely centerpiece.

1 large winter squash (about 5 pounds/2.267 kg; see Tip)

1 ½ cups (375 ml) cooked brown rice or quinoa
1 ½ cups (375 ml) cooked or canned lentils, drained and rinsed
½ onion, diced
2 stalks celery, diced
¾ cup (60 ml) water
2 cloves garlic, crushed
1 cup (250 ml) fresh, frozen, or canned corn
½ cup (125 ml) diced orange, red, or yellow bell pepper
½ cup (125 ml) sunflower seeds, pumpkin seeds, or chopped almonds or cashews
¼ cup (60 ml) chopped fresh parsley, lightly packed
1 teaspoon (5 ml) dried oregano
1 teaspoon (5 ml) dried thyme
½ teaspoon (2 ml) dried sage
2 tablespoons (30 ml) reduced-sodium tamari
½ teaspoon (0.5 ml) pepper

Preheat the oven to 350 degrees F (175 degrees C). Pierce the top of the squash with a sharp knife held at a 45-degree angle. Push away from your body, rotate the blade around top of squash, and remove the cone-shaped top piece. Remove any fibrous material it and set the top aside. Remove the seeds and pulp from the cavity of the squash with a soup spoon. Put the squash and its top in a lid and bake for 45 minutes. Remove from the oven and let cool in the pan for 15 minutes. Don’t turn off the oven.

To make the stuffing, put the rice and lentils in a large bowl and set aside. Put the onion, celery, water, and garlic in a large sau over medium heat, stirring frequently, for 5 minutes. Add to the rice and lentils along with the corn, bell pepper, sunflower seeds, oregano, thyme, sage, tamari, and pepper. Stir until well combined.

Spoon the stuffing into the cavity of the squash until it is full. Put the top on and bake for 45 - 60 minutes, or until a toothpick s the squash. Transfer to a serving platter and slice into wedges to serve.

STUFFED PEPPERS: Preheat the oven to 350 degrees F (175 degrees C). Cut a thin slice from the stem end of each pepper. Remove membranes. If necessary, cut a thin slice off the bottoms to allow the peppers to stand upright. Arrange the peppers upright in Fill the peppers with the stuffing and decorate the tops with a slice of tomato and a little chopped fresh parsley. Bake for 45 minute peppers are tender.

MAKES 6 HEARTY WEDGES OR 12 SMALLER WEDGES; 6 CUPS (1.5 L) STUFFING

Per hearty wedge:
- calories: 376
- protein: 13 g
- fat: 6 g
- carbohydrate: 75 g
- dietary fiber: 20 g
- calcium: 197 mg
- sodium: 461 mg

Note: Analysis done with Hubbard squash.
Tamale Pie

This is a tasty dish of Mexican-Spanish origin. Although any cornmeal will work for this recipe, we use coarsely ground whole-grain because it’s unrefined and retains the hull and germ. This means more nutrients and a lower glycemic index!

**FILLING**

1 onion, chopped  
1 green bell pepper, diced  
2 tablespoons (30 ml) water or vegetable broth  
2 cloves garlic, crushed  
1 ¼ cups (435 ml) cooked or canned pinto beans, drained and rinsed  
1 ¾ cups (435 ml) canned diced tomatoes  
1 ½ cups (375 ml) frozen or canned corn  
1 cup (250 ml) tomato sauce  
½ cup (125 ml) sliced black olives  
½ cup (85 ml) coarsely ground whole-grain cornmeal  
1 tablespoon (15 ml) chili powder  
½ teaspoon (2 ml) paprika

**Hot sauce** (optional)

**TOPPING**

3 cups (750 ml) water  
1 cup (250 ml) coarsely ground whole-grain cornmeal  
¼ cup (60 ml) nutritional yeast flakes  
¾ teaspoon (4 ml) salt  
½ teaspoon (2 ml) garlic powder

To make the filling, put the onion, bell pepper, water, and garlic in a large saucepan. Cover and cook over medium heat until the onion about 5 minutes. Add the beans, tomatoes, corn, tomato sauce, olives, cornmeal, chili powder, and paprika and stir to combine. Increase heat to medium-high and bring to a boil. Decrease the heat to medium-low, cover, and cook, stirring occasionally, for 15 minutes. Season hot sauce if desired. While the bean mixture is cooking, prepare the topping.

To make the topping, put the water in a medium saucepan and bring to a boil over medium-high heat. Remove from the heat and add the nutritional yeast, salt, and garlic powder and stir until well combined. Cook over medium-low heat, stirring almost constantly, until thick, about 15 minutes.

Preheat the oven to 375 degrees F (190 degrees C). Transfer the bean mixture to a 13 × 9-inch (33 × 23-cm) casserole dish. Spread the topping evenly over the top. Bake for 30 – 40 minutes until golden brown and bubbly. Serve hot.

**VARIATION:** For a cheesy flavor, fold ½ cup (125 ml) Cheesy Cashew Red Pepper Sauce (page 118) into the topping before spreading

**MAKES 8 SERVINGS**

Per serving:  
calories: 208  
protein: 10 g  
fat: 3 g  
carbohydrate: 40 g  
dietary fiber: 9 g  
calium: 46 mg  
sodium: 480 mg
Put the remaining ⅔ cup (165 ml) of water and the cashews, tamari, and garlic in a blender and process until smooth. Pour into mixture and stir until well combined. Season with pepper to taste.

Preheat the oven to 350 degrees F (175 degrees C). Lightly mist two loaf pans with cooking spray. Press the mixture evenly into prepared loaf pans. Bake for 1 - 1 ½ hours, or until the loaves are slightly firm to the touch.

**MAKES 2 LOAVES, 8 SERVINGS PER LOAF**

**TIP**
Pot barley is less processed than other kinds, so it’s what we recommend, although any type of barley can be used in this recipe. Smaller such as French or beluga lentils, would be great, but regular brown or green lentils will work well too.

Per serving:
calories: 191
protein: 8 g
fat: 10 g
carbohydrate: 21 g
dietary fiber: 7 g
**Moroccan Chickpeas**

Serve these savory chickpeas over your favorite whole grain, accompanied by a salad on the side.

- 4 cups (1 L) peeled and cubed eggplant
- 1 medium onion, diced
- ¼ cup (60 ml) water, plus more as needed
- 3 cloves garlic, crushed
- 3 ½ cups (875 ml) crushed fresh or canned tomatoes
- 2 cups (500 ml) cooked or chickpeas, drained and rinsed
- ¼ cup (60 ml) raisins
- 2 tablespoons (30 ml) orange zest (optional)
- 1 tablespoon (15 ml) peeled and grated fresh ginger
- 2 teaspoons (10 ml) dried oregano
- ½ teaspoon (2 ml) salt
- ½ teaspoon (2 ml) ground cinnamon
- ¼ teaspoon (1 ml) ground black pepper
- Pinch cayenne
- 1 bay leaf
- ¼ cup (60 ml) chopped fresh parsley, lightly packed

Put the eggplant, onion, water, and garlic in a medium saucepan. Cook over medium heat, stirring occasionally, until the eggplant is tender, about 10 minutes. Add more water as needed to prevent sticking.

Add the tomatoes, chickpeas, raisins, optional orange zest, ginger, oregano, salt, cinnamon, pepper, cayenne, and bay leaf and bring to a boil over medium-high heat. Decrease the heat to medium and cook, stirring occasionally, for 10 minutes. Remove the bay leaf and parsley.

**MEDITERRANEAN CHICKPEAS** : Omit the raisins, orange zest, ginger, oregano, cinnamon, and cayenne. Stir in 1 tablespoon (15 ml) of seasoning when adding the tomatoes.

**MAKES 6 CUPS (1.5 L)**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>calories: 189</td>
<td>g</td>
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<tr>
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<td>carbohydrate: 39</td>
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<td>dietary fiber: 11</td>
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<td>calcium: 110</td>
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<td>sodium: 389</td>
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**Southwestern Stuffed Sweet Potatoes**

Sweet potatoes are among the most nutritious and delicious of all the starchy vegetables. Use sweet potatoes with bright-orange flesh. For a complete meal, serve the sweet potatoes with a green salad on the side.

- 4 sweet potatoes, scrubbed
- 1 onion, diced
- 1 small green bell pepper, diced
- ¼ cup (60 ml) water or vegetable broth
- 3 cloves garlic, crushed
- 1 ½ cups (375 ml) cooked or canned black beans, drained and rinsed
- 1 ½ cups (375 ml) fresh, frozen, or canned corn
- 1 ½ cups (375 ml) diced fresh tomatoes
- 1 teaspoon (5 ml) ground cumin

**TIP**

Choose a Hubbard or kabocha squash or a wide, squat butternut squash. Several smaller acorn squashes could work too. If the skin is thick and a small cavity, the cooking time will be longer. If you have more stuffing than can fit in the squash, put it in a baking dish sprinkled with 2 tablespoons (30 ml) of water, cover, and put in the oven to heat through during the last 20 minutes of baking.

**Lentil-Quinoa Nut Loaves**

A nut loaf is satisfying comfort food. Its high protein and fiber content contributes to satiety and helps stabilize blood sugar. Serve with a homestyle version with a gravy (see pages 116 and 117), a side of Mashed Rutabaga, Carrots, and Parsnips (page 123), and green...
for a well-rounded meal.

½ cup (125 ml) quinoa
5 ⅔ cups (1.36 L) water
⅔ cup (165 ml) pot barley (see Tip)
⅔ cup (165 ml) dried lentils (see Tip)
1 ½ large onions, finely chopped
1 cup (250 ml) walnuts, finely chopped
3 stalks celery, diced
⅛ cup (85 ml) ground flaxseeds
¼ cup (60 ml) chopped fresh parsley, lightly packed
2 tablespoons (30 ml) poultry seasoning (see Tip, page 116)
⅔ cup (165 ml) water
1 cup (250 ml) raw cashews
⅛ cup (85 ml) tamari
6 cloves garlic, chopped
Freshly ground black pepper

Put the quinoa in a small saucepan. Add 1 cup (250 ml) of the water and bring to a boil over medium-high heat. Decrease the heat to low, cover, and cook until the lentils are soft, about 45 minutes. Drain.

Put the quinoa, barley mixture, onions, walnuts, celery, flaxseeds, parsley, and poultry seasoning in a large bowl and stir until well combined.

Put the cauliflower in a food processor and pulse into the texture of rice. If there are any large chunks remaining, mash them with a fork.

Transfer to a small bowl and sprinkle with the salt. Mix well and let sit for at least 20 minutes. Transfer to a fine-mesh sieve and squeeze out as much liquid as possible. Put the cauliflower back in the bowl. Add the nutritional yeast, D
vinegar, and turmeric and stir until well combined.

1 teaspoon (5 ml) chili powder
¾ teaspoon (1 ml) smoked paprika
¼ cup (60 ml) chopped fresh cilantro or parsley, lightly packed
2 tablespoons lime juice
¼ teaspoon (1 ml) salt (optional)
Freshly ground black pepper
Hot sauce (optional)
1 avocado, sliced
Cashew Mayonnaise (page 109; optional)

Preheat the oven to 350 degrees F (175 degrees C). Line a baking sheet or shallow baking pan with parchment paper or a silicone l

Pierce the sweet potatoes several times with a fork. Put them on the prepared baking sheet and bake for 45 minutes, or until sc

While the sweet potatoes are baking, prepare the filling. Put the onion, bell pepper, water, and garlic in a medium saucepan and medium heat, stirring once or twice, until the vegetables are tender, about 5 minutes. Add the beans, corn, tomatoes, cumin, chili p smoked paprika and stir to combine. Decrease the heat to medium-low and cook, stirring occasionally, for 15 minutes.

Cut the sweet potatoes in half lengthwise. Scoop out the flesh with a spoon, leaving enough so the skin remains firm and holds the sweet potato shells back in the oven to keep warm. Add the flesh to the filling mixture in the saucepan and stir until well distrib stirring occasionally, for 10 minutes. Remove from the heat and stir in the cilantro and lime juice. Add the optional salt and season and optional hot sauce to taste. Spoon the filling into the sweet potato shells. Garnish with the avocado. Top with dollops of Cashew if desired.

MAKES 4 SERVINGS

Per serving:
calories: 357
protein: 12 g
fat: 9 g
carbohydrate: 62 g
dietary fiber: 17 g
calcium: 98 mg
sodium: 341 mg

Tacos in a Bowl

The well-loved taco is an almost-instant meal, yet it’s surprisingly nutritionally balanced. Since the filling is everyone’s favorite and tacos are served in bowls instead of in taco shells. Simply warm the beans, chop the veggies, and set out the colorful fillings in pret

1 ½ cups (375 ml) cooked or canned black beans or pinto beans, mashed
2 cups (500 ml) shredded or chopped romaine or other lettuce
1 cup (250 ml) diced tomatoes
1 cup (250 ml) salsa
1 carrot, grated
1 avocado, diced

Put the beans in a small saucepan and warm over medium-low heat. If they’re too thick or stick to the pan, add a small amount of Alternatively, warm the beans in the microwave. Put the beans, lettuce, tomatoes, salsa, carrot, and avocado in separate bowls on ti everyone can create their favorite combination.

VARIATIONS: Replace the avocado with Limey Avocado Dip, page 105. Replace the beans with vegan ground round.

MAKES 3 SERVINGS

Per serving:
calories: 276
protein: 10 g
fat: 11 g
carbohydrate: 38 g
dietary fiber: 16 g
calcium: 56 mg
sodium: 496 mg

Nori Rolls with Cauliflower Rice

Peanut-based nori rolls are delicious and fun to make. Using cauliflower instead of rice keeps the starch and calories low. Serve the wasabi paste and tamari for dipping.

2 ½ cups (625 ml) cauliflower florets
½ teaspoon (2 ml) salt
1 tablespoon (15 ml) nutritional yeast flakes
1 tablespoon (15 ml) Date Paste (page 172)
1 tablespoon (15 ml) rice vinegar
½ teaspoon (2 ml) ground turmeric
6 sheets nori
¼ red or orange bell pepper, cut into long, thin strips
¼ cucumber, peeled and cut into long, thin strips the length of the cucumber
1 green onion, cut into long, thin strips
1 avocado, cut in half, then cut into strips the length of the avocado
1 cup (250 ml) alfalfa sprouts
½ cup (125 ml) fresh herbs, such as basil, cilantro, dill, or parsley, lightly packed

Black Beans and Greens
Beans and greens are the ultimate disease-fighting food combination. The wealth of herbs and spices in this dish further enhance its antioxidants and rich flavor. Serve it alongside a baked sweet potato or your favorite intact whole grain. Add a steamed vegetable or dinner is done!

1 ¾ cups (435 ml) water or vegetable broth
2 cups (500 ml) diced carrots
1 medium onion, chopped
1 cup (250 ml) chopped celery
1 bell pepper (any color), diced
2 ½ cups (625 ml) cooked or canned black beans, drained and rinsed
1 teaspoon (5 ml) paprika
1 teaspoon (5 ml) garlic powder
1 teaspoon (5 ml) dried oregano
1 teaspoon (5 ml) dried thyme
½ teaspoon (2 ml) ground black pepper
½ teaspoon (2 ml) cayenne (optional)

¼ teaspoon (1 ml) salt

3 cups (750 ml) stemmed and thinly sliced dark leafy greens (such as collard greens, kale, spinach, or Swiss chard), packed

2 green onions, thinly sliced

Put ¾ cup (60 ml) of the water and the carrots, onion, celery, and bell pepper in a large saucepan. Cook over medium heat, stirring until the vegetables are tender, about 10 minutes. Add the remaining 1 ½ cups (375 ml) of the water and the beans, paprika, garlic, oregano, thyme, pepper, optional cayenne, and salt. Bring to a boil over medium-high heat. Add the greens, decrease the heat to medium-low, cover, and cook until the greens are tender, 5 – 10 minutes. Stir, remove from the heat, cover, and let sit for 10 minutes to allow the flavors to combine. Let cool, then transfer to the food processor. Add the lentils and rice and pulse until chunky, stopping occasionally to scrape down the work bowl. Add to the bowl with the oats and stir until well combined. Cover, and refrigerate for 20 minutes.

MAKES 6 ⅔ CUPS (1.63 L), 4 SERVINGS

Per serving (1 ½ cups/415 ml):
calories: 222
protein: 13 g
fat: 1 g
carbohydrate: 44 g
dietary fiber: 14 g
calcium: 152 mg
sodium: 232 mg

Note: Analysis done with Swiss chard.

Beet and Lentil Patties

C runchy on the outside, chewy on the inside, these baked burgers can be eaten between romaine lettuce leaves or on a plate with whole grain bread. They store well in the fridge or freezer.

⅛ cup (125 ml) old-fashioned rolled oats

⅛ cup (125 ml) sunflower seeds or walnuts

2 cups (500 ml) grated beets

⅛ cup (60 ml) ground flaxseeds

2 teaspoons (10 ml) dried thyme

1 teaspoon (5 ml) ground fennel seeds

1 onion, coarsely chopped

1 cup (250 ml) coarsely chopped mushrooms

⅛ cup (60 ml) coarsely chopped garlic

⅛ cup (60 ml) water

2 cups (500 ml) cooked or canned brown lentils, drained and rinsed

1 cup (250 ml) cooked quinoa or brown rice

½ teaspoon (2 ml) salt

Freshly ground black pepper

Put the oats and sunflower seeds in a food processor and pulse into a coarse meal. Transfer to a large bowl. Add the beets, flaxseed, fennel seeds and stir until well combined. Set aside.

Put the onion, mushrooms, garlic, and water in a medium skillet. Cover and cook over medium heat, stirring occasionally, until the vegetables are tender but not mushy, about 10 minutes. Let cool, then transfer to the food processor. Add the lentils and rice and pulse until chunky but still chunky, stopping occasionally to scrape down the work bowl. Add to the bowl with the oats and stir until well combined. Cover the salt and season with pepper to taste.

Preheat the oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper or a silicone baking mat.

Flatten the top of the lentil mixture in the bowl and use a knife to cut the mixture into eight equal wedges. Form each wedge into a patty. Pat the patties on the lined baking sheet as they are formed. Bake for 20 minutes, flip the patties over, 20 minutes longer, until brown and crispy.

HERBED BEET AND LENTIL PATTIES: Add 1 tablespoon (15 ml) tamari, 1 teaspoon (5 ml) dried oregano, 1 teaspoon (5 ml) dry mustard, 1 teaspoon (5 ml) dried thyme, 1 teaspoon (5 ml) dried sage, and ½ teaspoon (2 ml) salt.

SPICED BEET AND LENTIL PATTIES: Omit the fennel seeds and thyme and add 2 tablespoons (30 ml) tamari, 2 teaspoons (10 ml) apple cider vinegar, ⅛ teaspoon (2 ml) ground coriander, ⅛ teaspoon (2 ml) ground cumin, ⅛ teaspoon (2 ml) paprika, and ⅛ teaspoon (2 ml) ground turmeric.

MAKES 8 Patties

Per patty:
calories: 217
protein: 11 g
fat: 7 g
carbohydrate: 31 g
dietary fiber: 10 g
calcium: 64 mg
sodium: 180 mg
Quarter the apricots and plums and dice or cube larger stone fruits. Put the fruit and water in a medium saucepan. Cover and cook stirring occasionally, until the fruit is soft, 30 – 45 minutes. Let cool. Stored in a sealed container in the refrigerator, Stewed Fruit days.

CHAPTER

SWEET TREATS

Apple Crisp

Once the chopping is done, this dessert pulls together in just a few minutes. Crunchy and naturally sweet, it will satisfy your craving. If you like, top each serving with a dollop of Cashew-Pear Cream (page 171).

5 cups (1.25 L) thinly sliced apples
2 tablespoons (30 ml) finely chopped dates
2 tablespoons (30 ml) lemon juice
1 teaspoon (5 ml) ground cinnamon
¼ cup (60 ml) water
2 tablespoons (30 ml) Date Paste (page 172)
2 tablespoons (30 ml) almond butter
1 teaspoon (5 ml) vanilla extract
1 ½ cups (375 ml) old-fashioned rolled oats
¼ cup (60 ml) chopped walnuts
¼ cup (60 ml) sunflower seeds

Preheat the oven to 350 degrees F (175 degrees C).

Put the apples, dates, lemon juice, and cinnamon in an 8-inch (20-cm) square baking dish. Stir to combine, then press down the flatten them evenly into the pan.

Put the water, Date Paste, almond butter, and vanilla extract in a medium bowl and stir until well combined. Add the oats, walnuts, sunflower seeds and stir until very well combined, scraping the bowl occasionally to incorporate any mixture that sticks on the bott
evenly over the apples and press down with the back of a spoon, metal spatula, or moistened hands to flatten and pack down the mixture for 25 – 35 minutes, until the apples are very soft.

MAKES 9 SERVINGS

Per serving:
calories: 168
protein: 4 g
fat: 7 g
carbohydrate: 25 g
dietary fiber: 5 g
calcium: 33 mg
sodium: 17 mg

Fresh Fruit Salad

Fruit is an appealing accompaniment to breakfast, a welcome snack to boost energy in the afternoon, and a sweet way to end the day. It combines the tang of grapefruit, the crunch of apple, the sweetness of banana, the zing of orange, and the protective power of berries.

1 grapefruit, separated into segments
1 apple or pear, diced
1 banana, sliced

1 cup (250 ml) berries (any kind) or sliced strawberries

Juice of 1 orange

1 sprig fresh mint, chopped (optional)

Put the grapefruit, apple, banana, and berries in a medium bowl. Add the orange juice and stir gently to combine. Garnish with the mint.

MAKES 5 CUPS (1.25 L)

TIP

Vary this salad with seasonal fruits or berries from the freezer. Treat yourself to organic whenever possible.

Per 1 cup (250 ml):
calories: 76
protein: 1 g
fat: 0.3 g
carbohydrate: 19 g
dietary fiber: 3 g
calcium: 9 mg
sodium: 1 mg

Stewed Fruit

Stewed fruit is a delightful addition to hot cereal or a Sweet Breakfast Bowl (page 59). It also makes a simple but delicious dessert when topped with a little Cashew-Pear Cream (page 171), cinnamon, and Wholly Granola (page 60) or chopped walnuts.

4 cups (1 L) fresh or frozen fruit (such as apricots, berries, Italian prune plums, peaches, or nectarines, or a combination)

3 tablespoons (45 ml) water
Chewy Walnut Cookies

These yummy cookies are rich in essential omega-3 fatty acids and are free of concentrated sweeteners, oil, and flour. If you like, decorate each cookie with a pecan or walnut half before baking.

1 cup (250 ml) pitted soft dates, firmly packed
½ cup (125 ml) water
3 tablespoons (45 ml) tahini
1 teaspoon (5 ml) vanilla extract
1 cup (250 ml) walnuts, very finely chopped
½ cup (125 ml) ground flaxseeds
½ cup (125 ml) unsweetened shredded dried coconut
¼ cup (60 ml) sesame seeds, sunflower seeds, or chia seeds
1 teaspoon (5 ml) ground cinnamon
¼ teaspoon (1 ml) salt (optional)

Preheat the oven to 350 degrees F (175 degrees C). Line two baking sheets with parchment paper or silicone baking mats. Put the dates and water in a small saucepan and cook over medium heat, stirring occasionally, until the dates are very soft. Ab
Transfer to a medium bowl and mash with a potato masher. Add the tahini and vanilla extract and stir until well combined. Add the flaxseeds, coconut, sesame seeds, cinnamon, and optional salt and stir until well combined.
Form into twenty-six equal balls, using about 2 tablespoons (30 ml) per ball. Arrange on the lined baking sheets and press down to flatten. If necessary, dip the fork in water to keep it from sticking. Bake for 12 - 15 minutes, or until lightly browned.

MAKES 26 COOKIES

Per cookie:
calories: 85
protein: 3 g
fat: 6 g
carbohydrate: 7 g
dietary fiber: 2 g
calcium: 28 mg
sodium: 3 mg

**Lime Bliss Balls**

Rich, sweet, tangy, and tart, these little no-bake balls are a true delight. They’ll satisfy the most insistent sweet tooth in need of a

1 cup (250 ml) raw almonds

1 cup (250 ml) raw cashews

¾ teaspoon (0.5 ml) salt

1 cup (250 ml) pitted soft dates

Zest and juice of 2 limes

1 cup (250 ml) unsweetened shredded dried coconut

¾ cup (185 ml) dried currants or other unsweetened dried fruit (such as cherries or finely chopped apricots, nectarines, peaches)

Put the almonds, cashews, and salt in a food processor and process into a coarse flour. Transfer to a large bowl. Put the dates, lime juice, and coconut in the food processor and process into a soft paste, stopping occasionally to scrape down the work bowl. Add the nut flour. Add the currants and stir until well combined.

Form the mixture into thirty equal balls, using about 2 tablespoons (30 ml) per ball. Roll the balls between your hands, pressing so they hold together. Arrange in a single layer in a flat storage container. Cover tightly and store in the refrigerator or freezer.

**COATED BLISS BALLS** : Roll the balls in unsweetened shredded dried coconut, slivered almonds, hemp seeds, lime zest, or sesame seeds.

**PINK POMEGRANATE BLISS BALLS** : Replace the lime juice with ¼ cup (60 ml) pomegranate juice and replace the almonds with hemp.

**Black Bean Brownies**

Top these healthy brownies with Chocolate Fudge Frosting (page 170), Cashew-Pear Cream (page 171) and berries, or Tutti Frutti Ice Cream (page 161). They freeze beautifully.

To assemble the rolls, put two nori sheets on a sushi mat (see Tip). Sprinkle about ¼ cup (125 ml) of the cauliflower mixture on press it into a rectangle, leaving a wide margin on all sides. Lay the bell pepper, cucumber, green onion, avocado, sprouts, and herb length of the cauliflower mixture. Gently bring the nori sheets up and over the filling and gently but firmly roll up the nori sheets to Dip your finger in water and run it along the edge of one side of the nori, then fold over the other edge and press gently to seal the the log back and forth to shape it before carefully cutting it with a sharp knife into six or eight pieces. Put the rolls on a serving pla The ends of the rolls will have filling sticking out and will add a decorative flair. Repeat with the remaining nori sheets and filling to rolls (eighteen to twenty-four pieces) in all.

**MAKE 3 ROLLS, 7 PIECES PER ROLL**

**TIP**

Put a sheet of plastic wrap over the sushi mat to prevent the nori from sticking to the mat.

Per roll:
- calories: 150
- protein: 5 g
- fat: 10 g
- carbohydrate: 14 g
- dietary fiber: 8 g
- calcium: 53 mg
- sodium: 425 mg

**MAKE 2 ½ CUPS (625 ML)**

**TIP**

Freeze fresh fruit when it’s in season so you can make stewed fruit all year long.

Per 1 ¼ cups (310 ml):
- calories: 118
- protein: 3 g
- fat: 0.8 g
- carbohydrate: 28 g
- dietary fiber: 6 g
- calcium: 0 mg
- sodium: 0 mg

**Note: Analysis done with mixed berries.**

**Tutti Frutti Ice Cream**

This simple nondairy dessert will remind you of soft-serve ice cream. It’s high in potassium and protective phytochemicals and is without added sugar:

2 large or 3 small bananas, peeled and frozen solid
2 cups (500 ml) frozen berries, cherries, diced mango, or pineapple chunks

½ cup (85 ml) fortified unsweetened soy milk or other nondairy milk

Put all the ingredients in a food processor and process until smooth. Serve immediately.

CHOCOLATE OR CAROB ICE CREAM: Add 1 tablespoon (15 ml) unsweetened cocoa or carob powder.

VANILLA ICE CREAM: Double the bananas and omit the other fruit. Add ½ teaspoon (2 ml) vanilla extract. Top with Very Berry Sauce and chopped nuts if desired. If you like, include a few raisins or pitted dates for additional sweetness.

MAKES 4 SERVINGS

<table>
<thead>
<tr>
<th>TIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>To process in a high-powered blender, increase the milk to ½ cup (125 ml). Begin processing on low and gradually increase the speed, the fruit down with the tamper, until smooth.</td>
</tr>
</tbody>
</table>

Per serving:
calories: 91
protein: 2 g
fat: 1 g
carbohydrate: 22 g
dietary fiber: 3 g
calcium: 45 mg
sodium: 9 mg

Vanilla Chia Pudding

Chia seed pudding makes a wonderful dessert or wholesome breakfast. If you like, top it with fresh berries or sliced fruit.

2 cups (500 ml) fortified unsweetened soy milk or other nondairy milk

¼ cup (60 ml) pitted soft dates

1 teaspoon (5 ml) vanilla extract

¼ cup (60 ml) chia seeds

Put the milk, dates, and vanilla extract in a blender and process until smooth. Add the chia seeds and pulse until the seeds are distributed through the liquid but not blended. Transfer to a storage container, cover tightly, and refrigerate for at least 2 hours. Stir well before breaking up any clumps of chia seeds.

CHOCOLATE CHIA PUDDING: Add ¼ cup (60 ml) unsweetened cocoa or cacao powder before processing.

MAKES 2 CUPS (500 ML), 4 SERVINGS

<table>
<thead>
<tr>
<th>TIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>For a thicker pudding, use ¼ cup (85 ml) chia seeds.</td>
</tr>
</tbody>
</table>

Per serving (¼ cup/125 ml):
calories: 146
protein: 5 g
fat: 6 g
carbohydrate: 19 g
dietary fiber: 7 g
calcium: 271 mg
sodium: 50 mg
Preheat the oven to 200 degrees F (95 degrees C). Mist an 8-inch (20-cm) square baking pan with cooking spray or line it with parch
Put the beans, dates, cocoa powder, almond butter, chia seeds, and vanilla extract in a food processor and process until smooth
walnuts and pulse just until evenly distributed. Pat the mixture evenly into the prepared baking pan. Cover and bake for 1 ½ hours.
completely before cutting into squares.

MAKES 16 BROWNIES

Per brownie:
calories: 106
protein: 4 g
fat: 5 g
carbohydrate: 13 g
dietary fiber: 4 g
calcium: 31 mg
sodium: 1 mg
Stuffed Medjool Dates

Save these elegant treats for a special occasion. They freeze beautifully. You can get creative with the decorations, but nuts work well.

**24 large, soft medjool dates**

1 ½ cups (375 ml) Chocolate Fudge Frosting (page 170)

72 roasted hazelnuts or almonds

Cut a slice in each date lengthwise, keeping the bottom of the dates and both ends intact, and remove the pit. Gently spread the dates on the stuffing. Evenly stuff the dates with the frosting. Press the nuts on top of the frosting, using 3 nuts per date. Freeze dates in a sealed container in the refrigerator or freezer.

**Makes 24 Stuffed Dates**

Per 2 dates:
- calories: 139
- protein: 2 g
- fat: 6 g
- carbohydrate: 23 g
- dietary fiber: 3 g
- calcium: 37 mg
- sodium: 24 mg

Pumpkin Parfaits

If you love pumpkin pie, you’ll be smitten with these parfaits. They capture all the irresistible flavors of the pie without the high-calorie and they make a beautiful presentation.

3 cups (750 ml) Cashew-Pear Cream (page 171), chilled

1 can (15 ounces/425 g) pumpkin puree (see Tip)

½ cup (125 ml) fortified unsweetened soy milk or other nondairy milk

¼ cup (60 ml) pitted soft dates, packed

1 teaspoon (5 ml) ground cinnamon, plus more for garnish

½ teaspoon (2 ml) ground ginger

¼ teaspoon (1 ml) ground cloves

¼ teaspoon (1 ml) ground nutmeg, plus more for garnish

¼ cup (185 ml) Wholly Granola (page 60), chopped walnuts or pecans, or a combination of Wholly Granola and nuts

Put 1 cup (250 ml) of the Cashew-Pear Cream and the pumpkin, milk, dates, cinnamon, ginger, cloves, and nutmeg in a food processor until smooth.

Have ready six parfait glasses or tall glasses with stems. To assemble the parfaits, spoon 3 tablespoons (45 ml) of the pumpkin filling to each glass. Top with about 2 tablespoons (30 ml) of the Cashew-Pear Cream and 2 teaspoons (10 ml) of the granola. Repeat the layers. Garnish with a sprinkling of cinnamon and/or nutmeg if desired. Refrigerate for at least 2 hours before serving. Serve cold.

**Makes 6 Parfaits**

**TIP**

Be sure to use only pure pumpkin puree, not pumpkin pie filling. To boost the flavor even more, increase the seasonings to suit your taste. Grate fresh ginger and nutmeg.

Per parfait:
- calories: 233
- protein: 5 g
- fat: 9 g
- carbohydrate: 38 g
**Chocolate Fudge Frosting**

This makes enough to frost one batch of Black Bean Brownies (page 166) and also fill twelve Stuffed Medjool Dates (page 168). Use it to fill twenty-four Stuffed Medjool Dates.

\[
\begin{align*}
\frac{1}{2} \text{ cup} & \ (125 \text{ ml}) \text{ pitted soft dates, packed} \\
\frac{1}{2} \text{ cup} & \ (125 \text{ ml}) \text{ boiling water} \\
\frac{1}{2} \text{ cup} & \ (125 \text{ ml}) \text{ nut or seed butter} \\
\frac{1}{4} \text{ cup} & \ (60 \text{ ml}) \text{ unsweetened cocoa powder} \\
1 \text{ teaspoon} & \ (5 \text{ ml}) \text{ vanilla extract}
\end{align*}
\]

Put the dates in a heatproof bowl. Add the boiling water and let soak until soft, about 10 minutes. Transfer the dates and the soaking liquid to a blender and process until smooth, stopping occasionally to scrape down the sides of the bowl. Use immediately or store in a sealed container in the refrigerator. Bring to room temperature before using.

**Very Berry Sauce**

Pour this scrumptious sauce over Banana-Walnut Pancakes (page 66) or Tutti Frutti Ice Cream (page 161).

**Cashew-Pear Cream**

Use this light, creamy topping to embellish fruit salad, stewed fruit, porridge, pudding, or a fruit crisp.

\[
\begin{align*}
1 \text{ can} & \ (14 \text{ ounces/398 ml}) \text{ pears packed in water or juice} \\
\frac{1}{2} \text{ cup} & \ (125 \text{ ml}) \text{ raw cashews} \\
\frac{1}{2} \text{ teaspoon} & \ (2 \text{ ml}) \text{ vanilla extract}
\end{align*}
\]

Drain the pears but reserve the liquid. Put the pears, cashews, and vanilla extract in a blender and process until smooth, 1 - 2 minutes of the liquid from the pears to achieve the desired consistency. Stored in a sealed container in the refrigerator, the cream will keep.

**Date Paste**

Date paste is the ideal substitute for refined sugar. While most sweeteners have no fiber and few nutrients, date paste is made from dates and water, so it provides all the fiber and nutrients found in the whole food. It can be used to sweeten puddings, sauces, salad dressings, and raw treats. Recent research suggests that dates have a low glycemic index of 43 - 55, depending on the variety. This adds appeal as a sweetener, but they should still be used in very small amounts.

\[
1 \text{ cup} \ (250 \text{ ml}) \text{ pitted soft dates, packed, coarsely chopped}
\]
⅔ cup (165 ml) boiling water

Put the dates and water in a blender and process until smooth, stopping occasionally to scrape down the blender jar. Stored in a sealed container in the refrigerator, the paste will keep for 3 weeks.

MAKES 1 CUP (250 ML)

TIP
If the dates are hard or dry, steam them or soak them in the boiling water for 15–30 minutes before blending or processing. A food processor works well for this recipe, so if your blender isn’t very powerful, use a food processor instead. Use the smaller processor bowl, if a mini processor.

Per 1 tablespoon (15 ml):
- calories: 31
- protein: 0 g
- fat: 0 g
- carbohydrate: 8 g
- dietary fiber: 1 g
- calcium: 4 mg
- sodium: 0 mg

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lentil(s)
and Beet Patties (and variations)
Lentil, Barley, and Split Pea Soup, Hearty
-Quinoa Nut Loaves
lifestyle and diet
lime(s)
Bliss Balls
Dressing, Quinoa-Broccoli Salad with
Hummus
and Hummus Dressing
Limey Avocado Dip or Dressing
Tahini-Lime Sauce, Beans, Greens, and Sweet Potato with
Loaves, Nut, Lentil-Quinoa
lunch

M

magnesium
main dishes
Beet and Lentil Patties (and variations)
The Big Easy Bowl
Black Beans and Greens
Chickpea Stew, African
Chickpeas, Moroccan
Go Green, The Three Sisters
Greens
Lentil-Quinoa Nut Loaves
Nori Rolls with Cauliflower Rice
Peppers, Stuffed
Potatoes, Baked, or Sweet Potatoes, Full-Meal
Ratatouille
Sweet Potato and Black Bean Chili
Sweet Potatoes, Southwestern Stuffed
Tacos in a Bowl
Tamale Pie
Tofu (or Tempeh), Marinated
Vegetable Kabobs
Veggie Tomato Pasta
Winter Squash, Stuffed
Mango and Black Bean Salad
Marinade, Tofu or Tempeh
Marinated Tofu (or Tempeh)
Mashed Rutabaga, Carrots, and Parsnips
Mayonnaise, Cashew
Meal Salad, Full -
meal timing and frequency
meat. See animal products and/or meat
Mediterranean Chickpeas
Medjool Dates, Stuffed
menus
600 calories
000 calories
400 calories
about
fast & easy preparation
moderate preparation
servings and
Mexican-Spanish dish
microwaving foods
minerals
Minestrone, Italian
Morning Muesli, Simple
Moroccan Chickpeas
Muesli, Simple Morning
Muffins, Carrot Spice
Multicolor Bean and Vegetable Salad
Mushroom and Navy Bean Soup

Native American dish
Navy Bean and Mushroom Soup
nondairy foods
calories and
fortified
friendly bacteria and
GI/GL and
on shopping list
nonstarchy foods/vegetables
carbohydrates and
GL and
as healthful
in Kick Diabetes’ plan
in menu plans
servings and
Nori Rolls with Cauliflower Rice
Nut Loaves, Lentil-Quinoa
nutritional yeast flakes, in cheesy recipes
nuts and/or seeds
calories and
as food friend
GI/GL and
in menu plans
in plant-based diet
on shopping list
storing

O
oat(s)
Oat Groat and Barley Porridge
Oatmeal, Baked Apple-Spice
Savory Steel-Cut
oils in cooking
oligosaccharides
omega fatty acids
Orange-Ginger Dressing
Kale Salad with
organic foods

P
Pancakes, Banana-Walnut
Parfaits, Pumpkin
parsley, in Red and Green Dip
Parsnips, Rutabaga, and Carrots, Mashed
Pasta, Veggie Tomato
Pasta, Date
Patties, Beet and Lentil (and variations)
peanuts/peanut butter, in African Chickpea Stew
Pear-Cashew Cream
Peppers, Stuffed
Pesto, Walnut
physical activity (exercise)
Liquid Gold Dressing with Zucchini and Hemp Seeds
phytochemicals
in fruits
in herbs and/or spices
in legumes
in nuts and/or seeds
in plant foods
in starchy vegetables
in whole grains
*Pie, Tamale*
*Pink Pomegranate Bliss Balls*
plastic, avoiding
*Platter, Raw Vegetable*
polyphenols
pomegranate
*Bliss Balls, Pink*
seeds, in *Ruby Red Salad*
seeds, removing
*Porridge, Barley and Oat Groat*
potassium
*Potato with Dill Salad, Green*
*Potatoes, Baked, or Sweet Potatoes, Full-Meal*
prebiotics
probiotics
processed foods
as addictive
fructose
lack of, in diabetes ’ guide
sodium in
starchy vegetables and
as unhealthy
veggie meats
whole foods vs.
protein
cromium and
in grains
in legumes
nondairy milks and
in nuts and/or seeds
plant
in veggie meats
*Pudding, Vanilla Chia (and chocolate variation)*
*Pumpkin Parfaits*
*Pumpkin-Ginger Soup*

Q
*Quinoa-Broccoli Salad with Lime Dressing*
*Quinoa-Lentil Nut Loaves*

R
*Raw Vegetable Platter*
RDA (Recommended Dietary Allowance)
Recommended Dietary Allowance (RDA)
Red and Green Dip
Red Cabbage and Apples
red lentils, in Curry in a Hurry Soup
red pepper
Dip or Dressing, Cheesy
Hummus, Roasted
in kale holly wreath
Sauce, Cheesy
Cashew
Cashew, Steamed Vegetables with
Sunflower
Red Salad, Ruby
Red-Hot Hummus
refined carbohydrates/foods
Relish, Cranberry Crunch
reversing diabetes
Rice, Basmati, and Cauliflower Salad
Rice, Cauliflower, Nori Rolls with
Roasted Red Pepper Hummus
roasting foods
Rolls, Nori, with Cauliflower Rice
Ruby Red Salad
Rutabaga, Carrots, and Parsnips, Mashed
Salad dressing(s)
Hemp, Creamy
herbs and/or spices in
Hummus and Lime
Lemon-Tahini
Lime, Quinoa-Broccoli Salad with
Limey Avocado Dip or Dressing
Liquid Gold, with Zucchini and Hemp Seeds
Orange-Ginger
Orange-Ginger; Kale Salad with
salad(s). See also salad dressing(s)
Bean, Multicolor, and Vegetable
Broccoli, Classic
Cabbage Carrot Slaw
Cauliflower and Basmati Rice
Five-Day
Fresh Fruit
Full-Meal
herbs and/or spices in
instant
Kale, with Orange-Ginger Dressing
Kamut, Kale, Tomato, and Avocado
Mango and Black Bean
Potato with Dill, Green
Quinoa-Broccoli, with Lime Dressing
Raw Vegetable Platter
recommendation about
Ruby Red
Sweet Potato and Chickpea
sauce(s)
Berry, Very
Cheesy Cashew Red Pepper
Cheesy Cashew Red Pepper, Steamed Vegetables with
starches and
Tahini-Lime, Beans, Greens and Sweet Potato with
sautéing foods
Savory Chickpea Gravy
Savory Steel-Cut Oats
Scrambled Veggies and Tofu, Golden
seeds. See nuts and/or seeds selenium
servings/serving sizes
shopping list
side dishes
Bok Choy, Spicy
Brussels Sprouts with Lemon and Dill
Green Beans, Asian
Greens, Steamed
kale holly wreath
Ratatouille (and variations)
Red Cabbage and Apples
Rutabaga, Carrots, and Parsnips, Mashed
Squash Casserole, Baked
Vegetables, Steamed, with Cheesy Cashew Red Pepper Sauce
Simple Morning Muesli
Sisters (The Three) Go Green
Slaw, Cabbage Carrot
snacks/snack foods/snacking
fruit and
GI/GL and
greens and
healthy
hummus and
in menu plans
minimizing
no-bake balls and
nuts and
raw vegetables and
soaking foods
sodium in foods/reducing consumption of soup(s)

Beans and Barley, Full of
Black Bean, Zesty
Black-Eyed Pea and Eggplant
Broth Base, Better
Curry in a Hurry
Garden Blend
Green-Gold Cauliflower
herbs and/or spices in
Kale and Avocado
Minestrone, Italian
Navy Bean and Mushroom
Pumpkin-Ginger
Split Pea, Lentil, and Barley Hearty
Southwestern Stuffed Sweet Potatoes
Spanish-Mexican dish
spicy dishes/recipes
Beet and Lentil Patties, Spiced
Bok Choy
Chickpeas, Mediterranean or Moroccan
Hummus, Red-Hot
Tamale Pie
Spinach, Ratatouille with
Split Pea, Lentil, and Barley Soup, Hearty
sprouting/sprouted foods
squash
Casserole, Baked
in Native American dish
Stuffed Winter
starchy foods/vegetables
GI/GL and
in menu plans
moderating consumption of
in plant-based diet
sauces and
Steamed Greens
Steamed Vegetables with Cheesy
Cashew Red Pepper Sauce
steaming foods
Steel-Cut Oats, Savory
Stew, African Chickpea
Stewed Fruit
storing foods
stuffed foods/recipes
Medjool Dates
Peppers
Sweet Potatoes, Southwestern
Winter Squash
sugar
as addictive
artificial sweeteners
in canned beans
dates as sweetener
as food foe
fruits and
gas production and
in grain products
minimizing consumption of
as refined carbohydrate
sprouting and
sun-dried tomato(es)
Hummus
Sun-Dried Tomato, Bean, and Barley
in Red and Green Dip
Sun-Dried Tomato, Bean, and Barley Salad
Sunflower Red Pepper Sauce, Cheesy
support groups
Sweet Breakfast Bowl
sweet potato(es)
and Black Bean Chili
and Chickpea Salad
or Baked Potatoes, Full-Meal
Southwestern Stuffed
Sweet Potato, Beans, and Greens with Tahini-Lime Sauce
sweet treats (and/or desserts)
Apple Crisp
Berry Sauce, Very
Black Bean Brownies
Cashew-Pear Cream
Chocolate Fudge Frosting
Date Paste
Dates, Stuffed Medjool
Fruit, Stewed
Fruit Salad, Fresh
granola, as dessert
Ice Cream, Tutti Frutti (and chocolate and vanilla variations)
Lime Bliss Balls (and variations)
in menu plans
Pumpkin Parfaits
Vanilla Chia Pudding (and chocolate variation)
Walnut Cookies, Chewy
Tacos in a Bowl
tahini
-Lemon Dressing
-Lime Sauce, Beans, Greens, and Sweet Potato with
-Zucchini Dip
Tamale Pie
teat
Tempeh, Marinated
Tempeh or Tofu Marinade
The Three Sisters Go Green
tofu
or Tempeh, Marinated
or Tempeh Marinade
and Veggies, Golden Scrambled
tomato(es)
Pasta, Veggie
Sun-Dried Tomato, Bean, and Barley Salad
Sun-Dried Tomato Hummus
Tomato, Avocado, Kamut, and Kale Salad
tools (equipment) for cooking
topping recipe
turmeric

V
Vanilla Chia Pudding (and chocolate variation)
Vanilla Ice Cream
veganism nutrition, book about
vegetable(s). See also specific types of
calories from fat and
cooking
as food friend
Kabobs
Ratatouille (and variations)
Salad, Multicolor Bean and
on shopping list
Steamed, with Cheesy Cashew Red Pepper Sauce
vegetable juices
veggie meats
Veggie Tomato Pasta
Veggies and Tofu, Golden Scrambled
Very Berry Sauce
vitamin B₆
vitamin B₁₂
vitamin D
vitamin E
vitamins. See also specific
walnut(s)  
Cookies, Chewy  
Pancakes, Banana-Pesto  
water consumption  
weight  
artificial sweeteners and  
in Carlos’s story  
diet/lifestyle and  
exercise and  
fat (dietary) and  
fruit and  
hunger and  
mealtimes and  
menu plans and  
overweight  
plant foods and  
vitamin D and  
weight gain  
wet cooking methods, as desirable  
White Bean Hummus, Cheesy  
white flour, avoiding  
Wholly Granola  
Winter Squash, Stuffed  
wreath, kale holly  

Z  

zinc  

Zucchini and Hemp Seeds, Liquid Gold Dressing with Zucchini-Tahini Dip  

**TABLE A.1 Dietary reference intakes for vitamins**
Zesty Black Bean Soup

Key: mcg = microgram, mg = milligram, g = gram

**TABLE A.2 Dietary reference intakes for minerals**

as food friend

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<thead>
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<th>AGE / LIFE STAGE</th>
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<th>VIT C MG</th>
<th>VIT D MG</th>
<th>VIT E MG</th>
<th>THIAMIN MG</th>
<th>RIBOFLAVIN MG</th>
<th>NIACIN MG</th>
<th>VIT B6 MG</th>
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Key: mcg = microgram, mg = milligram, g = gram

in legumes