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## Recipe Book



Compiled by: Graceful Touch LLC (LMT's Guy & Irene Siverson)

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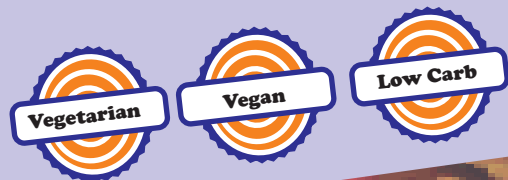
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# Pasta Primavera With Gremolata

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## Method

-Zest the lemon with the Microplane® Zester. Juice half of the lemon with the Juicer to measure 2 tbsp (30 mL). Add the lemon zest, juice, and remaining gremolata ingredients to the Manual Food Processor and process until the mixture resembles a paste, scraping down the sides as needed.

-Use the Quick Prep Food Grater fitted with the slicing blade to slice the onion and squash. Use the fine grating blade to grate the Parmesan. Place the tomatoes into the Close & Cut and use the Coated Chef's Knife to cut them in half. Cut the asparagus into thirds.

-Heat the oil in the Stainless Steel Nonstick Wok over medium-high heat for 3–5 minutes. Add the onion, salt, and pepper, and cook for 3–4 minutes. Add the tomatoes and cook for 1–2 minutes, or until the veggies are softened, stirring occasionally.

-Break the pasta into thirds. Place the pasta and water into the wok and gently mix with the Large Chef's Tongs. Place the asparagus and squash on top of the pasta. Cover with the lid and reduce the heat to medium-low. Cook for 7–8 minutes, or until the pasta is al dente and veggies are cooked.

-Add the gremolata and stir to coat. Serve with the grated Parmesan.

## Yield:

8 servings

## Nutrients per serving:

U.S. nutrients per serving (1 cup/250 mL): Calories 270, Total Fat 11 g, Saturated Fat 2 g, Cholesterol 5 mg, Sodium 270 mg, Carbohydrate 35 g, Fiber 2 g, Sugars 5 g, Protein 8 g

## Cook's Tips:

To break the pasta into thirds without making a mess, wrap it in a clean, dry towel and twist to break.

Gremolata is an Italian condiment that's usually made with lemon zest, garlic, parsley, and anchovy. Our version omits the anchovy and adds a subtle peppery note with arugula.



## Ingredients

- 1 lemon
- 1 cup (250 mL) parsley leaves
- 1 cup (250 mL) arugula
- 2 garlic cloves, pressed
- 3 tbsp (45 mL) olive oil
- ¼ tsp (1 mL) salt
- ⅛ tsp (0.5 mL) black pepper
- ½ onion
- 1 large yellow squash or 2 small
- 1 oz. (30 g) fresh Parmesan cheese (½ cup/125 mL grated)
- 1 cup (250 mL) grape tomatoes
- 1 bunch asparagus, trimmed
- 1 tbsp (15 mL) olive oil
- ¼ tsp (1 mL) salt
- ⅛ tsp (0.5 mL) black pepper
- 8 oz. (250 g) angel hair pasta
- 1¾ cups (425 mL) water



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## Ingredients

2 tbsp (30 mL) olive oil  
1 onion  
2 bell peppers, any color  
2 cups (500 mL) vegetable broth  
2 cups (500 mL) orzo pasta  
1 can (14.5 oz./411 g) fire-roasted diced tomatoes, undrained  
1 can (15.5 oz./440 g) chickpeas, drained and rinsed  
2 tbsp (30 mL) Greek Rub  
¼ tsp (1 mL) red pepper flakes  
¼ tsp (1 mL) salt  
5 oz. (150 g) baby spinach leaves  
Optional: Crumbled feta cheese, sliced kalamata olives

## Method

-Preheat the oven to 400°F (200°C).  
-Heat the oil in the 6-qt. (5.7-L) Enameled Cast Iron Dutch Oven over medium heat for 3-4 minutes.  
-Working in batches, chop the onion and bell peppers in the Manual Food Processor. Add to the Dutch oven and cook until softened, about 3-4 minutes.  
-Add the broth, orzo, tomatoes, chickpeas, rub, red pepper flakes, and salt; bring to a simmer.  
-Remove from the heat. Stir in the spinach. Cover and bake until the liquid has been absorbed and the orzo is soft, about 12-14 minutes.  
-If you like, top with feta and olives

## Yield:

8 servings

## Nutrients per serving:

U.S. nutrients per serving: Calories 320, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 670 mg, Carbohydrate 57 g, Fiber 5 g, Total Sugars 9 g (includes 0 g added sugars), Protein 11 g

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# Mexican Quinoa Bowl

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## Method

-Combine the quinoa and broth in the Deep Covered Baker. Cover and microwave on HIGH for 10 minutes.

-Meanwhile, cut the bell pepper into quarters and the zucchini in half lengthwise. Using the Quick Slice, cut the bell pepper (skin-side up) into strips. Slice the zucchini halves crosswise.

-Remove the baker from the microwave. Stir in the vegetables, garlic pressed with the Garlic Press, beans, tomatoes with juice, and rub.

-Microwave, covered, for 8–10 minutes, or until the quinoa has absorbed the liquid.

-Remove the baker from the microwave and let it stand, covered, for 5 minutes.

-Snip cilantro in a small bowl with the Professional Shears.

To serve, sprinkle the quinoa with cilantro and top each serving with avocado and sour cream, if desired.  
Yield:

5 servings of 1 1/2 cups (375 mL)

## Nutrients per serving:

Calories 230, Total Fat 2.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 660 mg, Carbohydrate 46 g, Fiber 9 g, Sugars 8 g, Protein 11 g

## Cook's Tips:

2 tsp (10 mL) chili powder and 1 tsp (5 mL) of ground cumin can be substituted for Tex-Mex Rub.

To make this recipe on the stovetop, increase vegetable broth to 1½ cups (375 mL). Combine the quinoa and broth in Rockcok® Dutch Oven and cover. Bring to a boil over medium-high heat; reduce the heat to a simmer for 10 minutes. Continue as directed in steps 2 and 3. In step 4, bring to a simmer, covered, for 15 minutes or until quinoa has absorbed the liquid. Let it stand 5 minutes. Continue as directed.



## Ingredients

- 1 cup (250 mL) uncooked quinoa
- 1 cup (250 mL) vegetable broth
- 1 orange or red bell pepper, stem removed, seeded
- 1 medium zucchini, ends trimmed and cut into 3" (7.5-cm) pieces
- 1 cup (250 mL) fresh corn kernels (about 2 ears)
- 2 garlic cloves
- 1 can (15 oz/425 g) low-sodium black beans, drained and rinsed
- 1 can (14.5 oz/411 g) fire-roasted diced tomatoes, undrained
- 1-2 tbsp (15-30 mL) Tex-Mex Rub
- ¼ cup (50 mL) fresh cilantro leaves
- Diced avocado, sour cream and lime wedges (optional)



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# Vegan BBQ Slider

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## Ingredients

- 1 bulk carrot, peeled and cut into thirds
- 1 sweet potato, ends trimmed and cut in half
- ½ red onion
- ¼ tsp (1 mL) salt
- 12 vegan slider buns
- 12 dill pickle slices (optional)
- ⅓ cup (75 mL) yellow mustard
- ⅓ cup (75 mL) apple cider vinegar
- 1–2 garlic clove, prAessed
- ¼ cup (50 mL) tomato paste
- 2½ tbsp (37 mL) light brown sugar
- ½ tsp (2 mL) reduced-sodium soy sauce
- ¼ tsp (1 mL) paprika
- ¼ tsp (1 mL) black pepper
- ⅛ tsp (0.5 mL) cayenne pepper

## Methods

- Spiralize the carrot and the sweet potato with the fettuccine blade on the Veggie Spiralizer. Then spiralize the red onion with the ribbon blade.
- Snip all the vegetables into shorter pieces with the Professional Shears.
- Place the vegetables in the Deep Covered Baker. Sprinkle with salt and mix well to combine with the Large Chef's Tongs.
- Microwave, covered, on HIGH, 12–14 minutes, or until the vegetables are very tender.
- Meanwhile, prepare the barbecue sauce by whisking all the sauce ingredients together in a medium bowl.
- Remove the baker from the microwave. Pour the sauce over the vegetables and mix well with the tongs.
- Microwave, covered, for 1½–2 minutes, or until the sauce starts to thicken and the mixture is warmed through.
- Place the vegetable mixture on buns and top with dill pickle slices.

## Yield:

6 servings

## Nutrients per serving:

U.S. Nutrients per serving (2 sliders): Calories 280, Total Fat 4.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 580 mg, Carbohydrate 53 g, Fiber 4 g, Sugars 15 g, Protein 10 g

## Cook's Tips:

Large bulk carrots, also called juicing carrots, work the best in the Veggie Spiralizer. If you can't find a carrot that's large enough, you can grate two smaller ones with the Veggie Strip Maker.

A South Carolina barbecue sauce has a mustard base, and gets a dose of tanginess from vinegar. You can also make this recipe with about 1 cup (250 mL) of your favorite barbecue sauce.

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# Black Bean Burgers

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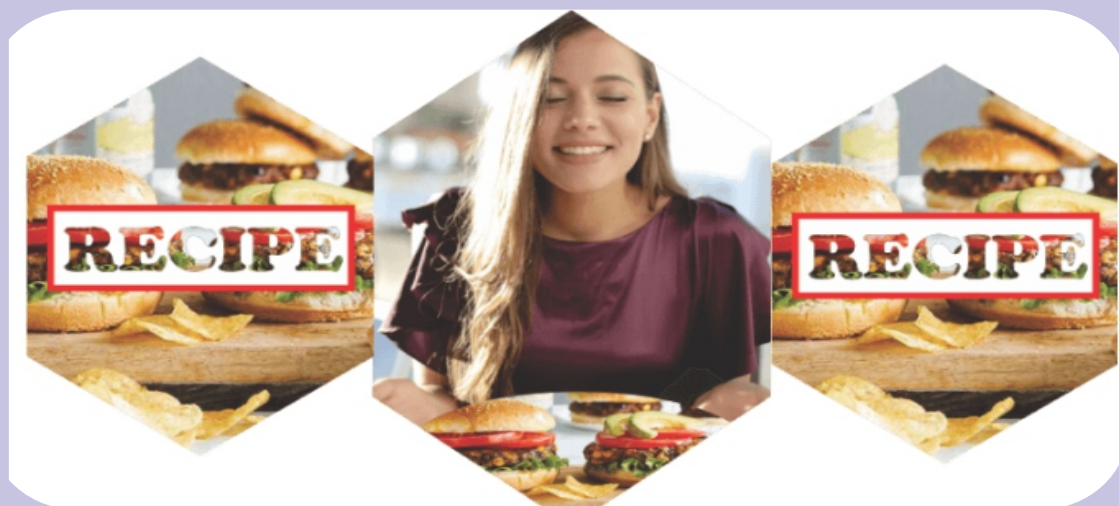
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## Method

## Ingredients

1 can (15 oz./398 mL) black beans, drained and rinsed  
6–8 scoops Enrichables™ Super Veggie  
1 egg  
1 cup (250 mL) corn  
½ cup (125 mL) brown rice, cooked  
⅓ cup (75 mL) plain breadcrumbs  
1 tbsp (15 mL) Tex-Mex Rub (or any other rub or seasoning)  
1 tbsp (15 mL) oil  
4 buns

Optional: Avocado slices, tomato slices, lettuce, or hot sauce

Process the beans, Enrichables™, and egg in the Manual Food Processor until the beans are mashed and all the ingredients are combined.

Transfer the bean mixture to a medium bowl. Add corn, rice, breadcrumbs, and rub. Mix well.

Heat the oil in a large skillet or grill pan over medium heat for 1–3 minutes.

Form about ⅓ cup (75 mL) of the mixture into a patty. Repeat for the rest of the mixture.

Cook the patties for 4–6 minutes per side, or until well-browned.

Serve the patties in the buns. If you'd like, serve with avocado, tomato, lettuce, or hot sauce.

Yield:

6 servings

Cook's Tips:

You can use any rub you'd like. Our Tex-Mex Rub pairs well with the beans and the corn! To help the patties keep their shape, chill the mixture for 15–20 minutes before forming.

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# Super Veggie Marinara Sauce

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## Ingredients

- 2 tbsp (30 mL) olive oil
- 3 garlic cloves, pressed
- 1 can (28 oz./794 g) crushed tomatoes
- 1 tsp (5 mL) dried basil
- ¼ tsp (1 mL) salt
- 6–8 scoops Enrichables™ Super Veggie

Heat the oil in a medium saucepan over medium heat for 1–3 minutes. Add the garlic and cook for 15–30 seconds, stirring frequently until it's fragrant. Add the tomatoes, basil, and salt. Bring to a simmer; cook for 15–20 minutes. Remove from heat and stir in the Enrichables™.

Yield:

6–8 servings

Nutrients per serving:

U.S. nutrients per serving: Calories 110, Total Fat 4.5 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Sodium 350 mg, Carbohydrate 13 g, Fiber 4 g, Total Sugars 5 g (includes 0 g added sugar), Protein 3 g

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# Sweet Potato Soup

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## Ingredients

2½ cups (625 mL) low-sodium vegetable broth  
1 tsp (5 mL) salt  
2–4 fresh sage leaves  
4 cups (1 L) sweet potatoes, peeled and cut into chunks  
½ medium onion, peeled and cut into chunks  
2 garlic cloves, peeled

## Method

-Add all the ingredients, in the order listed, to the Deluxe Cooking Blender.  
-Replace and lock the lid. Turn the wheel to select the SOUP setting; press the wheel to start.

## Yield:

6 servings

## Nutrients per serving:

Average U.S. nutrients per serving (1 cup/250 mL) of soup:  
Calories 65, Total Fat 1.5 g, Saturated Fat 0 g, Cholesterol 1 mg, Sodium 476 mg, Carbohydrate 6 g, Fiber 2 g, Sugars 4 g, Protein 2 g

## Cook's Tips:

Peel and cut your vegetables into chunks before you measure them.

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# Roasted Red Pepper Pasta

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## Method

- Bring the water to a boil in the Multipot and add the salt.
- Heat the oil in the 12" (30-cm) Nonstick Skillet over medium heat for 3–5 minutes.
- Add the red pepper flakes and seasoning. Toast for 1 minute, or until fragrant.
- Add the tomato paste to the pan and stir. Cook for 3 minutes, stirring occasionally.
- Carefully lower the Silicone Collapsible Steamer & Strainer (fully expanded) into the pot. Add the pasta and cook, uncovered, for 1 minute less than the instructions on the box, stirring occasionally.
- Add the remaining ingredients to the tomato paste mixture and stir to combine. Bring to a simmer, then reduce the heat to medium-low and continue to simmer until the pasta is finished cooking, breaking the peppers with the Mix 'N Chop.

## Ingredients

- 5 qts. (5 L) water
- 2 tbsp (30 mL) salt
- 1 tbsp (15 mL) olive oil
- ¼–½ tsp (1–2 mL) red pepper flakes
- 1 tbsp (15 mL) Italian Seasoning Mix
- 1 can (6 oz./170 g) tomato paste
- 1 lb. (450 g) rotini pasta
- 1 can (14 oz./411 g) fire-roasted tomatoes, undrained
- 1 jar (16 oz./454 g) roasted red peppers, undrained
- 1 tbsp (15 mL) balsamic vinegar
- ⅓ cup (75 mL) golden raisins
- Optional: grated Parmesan cheese, fresh basil

- Carefully lift the pasta out of the water and transfer it to the skillet. Use a ladle to add ½ cup (125 mL) of the pasta water to the skillet.

- Continue to simmer the pasta for 1–2 minutes, or until the water has been absorbed and the sauce has coated the pasta.

## Yield:

8 servings

## Nutrients per serving:

U.S. nutrients per serving: Calories 290, Total Fat 2.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 300 mg, Carbohydrate 59 g, Fiber 6 g, Sugars 11 g, Protein 9 g

## Cook's Tips:

The golden raisins add a touch of sweetness that balances the bitterness of the roasted peppers and tomatoes.

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# Greek Potato & Green Bean Salad

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## Method

- Slice the potatoes into wedges.
- Place the potatoes into the Multipot. Add enough cold water to just cover the potatoes. Cover with lid and bring to a boil over high heat.
- When the potatoes reach a boil, reduce the heat to medium, remove the lid, and cover with the Collapsible Steamer & Strainer (collapsed one layer). Add the green beans to one half of the steamer and the chickpeas to the other half.
- Cook, covered, for 8–10 minutes, or until the green beans are crisp-tender.
- Combine the dressing ingredients in the Measure, Mix & Pour®; mix until blended.
- Place the salad greens in a large serving bowl. Transfer the green beans and chickpeas to the bowl. Drain the potatoes with the lid and transfer to the bowl.
- Top with olives and dressing, and toss to coat.

## Yield:

6 servings

## Nutrients per serving:

U.S. nutrients per serving (2 cups/500 mL): Calories 290, Total Fat 16 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 410 mg, Carbohydrate 30 g, Fiber 7 g, Sugars 4 g, Protein 6 g

## Cook's Tips:

You can substitute the dried herbs in the dressing with 1 tbsp (15 mL) of Greek Rub.



## Ingredients

1 lb. (450 g) "B"-size red potatoes (about 5–7 potatoes)  
12 oz. (350 g) frozen green beans  
1 can (15.5 oz. or 398 mL) reduced-sodium chickpeas, rinsed and drained  
1 pkg (5 oz.) salad greens (spinach, romaine, or blend) (about 6–8 cups/1.5–2 L)  
½ cup (125 mL) sliced black olives, drained  
Optional: grilled chicken or shrimp, crumbled feta cheese, roasted red peppers  
6 tbsp (90 mL) olive oil  
¼ cup (50 mL) red wine vinegar  
½ tsp (2 mL) dried oregano  
¼ tsp (1 mL) each dried basil, onion powder, and salt (see cook's tip)

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# Romesco Soup

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## Method

Place the almonds in the Rockcrok® Dutch Oven and use the Kitchen Spritzer to spray them with oil. Microwave, uncovered, on HIGH for 5 minutes. Set aside.

Cut the onion into chunks. Place them into the Manual Food Processor and process until coarsely chopped.

Heat the oil in the Dutch oven over medium heat for 3–5 minutes, or until it's shimmering. Add the onion and garlic pressed with the Garlic Press. Cook for 3–5 minutes, or until the onions are softened, stirring occasionally.

Working in batches, place the red peppers into the Manual Food Processor and process until coarsely chopped.

Add the peppers, tomato sauce, spinach, salt, paprika, black pepper, and water to the Dutch oven. Increase the heat to medium-high and bring to a simmer.

Add the couscous. Cook, covered, for 8–10 minutes, or until the couscous is tender. Remove from the heat, stir in the almond milk, and top with the toasted almonds.

Yield:

6 servings

Nutrients per serving:

U.S. Nutrients per Serving (about 1½ cups/375 mL): Calories 160, Total Fat 4 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 640 mg, Carbohydrate 26 g, Fiber 7 g, Sugars 3 g, Protein 4 g

Cook's Tips:

Romesco is a Spanish sauce that's traditionally made from ground peppers, garlic, and almonds. Think of it as Spain's answer to Italian pesto.

Take it slow: To make this recipe in the Rockcrok® Slow Cooker Stand, complete step 1 as directed. Then add all the ingredients except the couscous and almond milk to the Dutch oven. Cook, covered, on HIGH for 3 hours or LOW for 6 hours, stirring occasionally. Before serving, transfer the Dutch oven to the stove and bring to a simmer over medium-high heat. Complete step 6.



## Ingredients

- Canola oil for spritzing
- ¼ cup (50 mL) sliced almonds
- 1 medium onion
- ½ tbsp (7 mL) canola oil
- 3 garlic cloves
- 1 jar (24 oz or 660 g) roasted red peppers, drained
- 1 can (15 oz or 398 mL) tomato sauce
- 6 oz (175 g) fresh spinach leaves
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) smoked paprika
- ¼ tsp (1 mL) black pepper
- 2 cups (500 mL) water
- ½ cup (125 mL) Israeli couscous
- 1 cup (250 mL) unsweetened almond milk

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# Quick Cooker Red Lentil & Spinach Soup

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## Method

-Slice the carrots and celery with the Simple Slicer on the No. 3 setting. Cut the onion into chunks and place them in the Manual Food Processor; process until coarsely chopped.

-Set the Quick Cooker to SEAR and press START. Heat the oil for 3 minutes.

-Add the carrots, celery, onion, and garlic pressed with the Garlic Press. Cook uncovered for 4 minutes, stirring frequently.\* Press CANCEL.

-Add the stock, lentils, cumin, bay leaf, salt, and pepper. Lock the lid and select the SOUP/STOCK setting. Adjust the time to 10 minutes and press START.

-When the timer is up, press CANCEL. Press the steam-release button to manually release the pressure.

-Carefully remove the bay leaf. Stir in the spinach, coconut milk, and juice from the lime pressed with the Citrus Press.\* Let the mixture stand, covered, for 5 minutes before serving.

## Ingredients

- 3 large carrots, peeled
- 2 stalks celery
- 1 medium onion
- 1 tbsp (15 mL) olive oil
- 2 garlic cloves
- 4 cups (1 L) vegetable stock
- 1 cup (250 mL) uncooked red lentils, rinsed
- 1 tsp (5 mL) ground cumin
- 1 bay leaf
- ½ tsp (2 mL) each salt and black pepper
- 5 cups (1.25 L) fresh baby spinach leaves
- ½ cup (125 mL) canned coconut milk
- ½ lime

## Yield:

6 servings

## Nutrients per serving:

per serving (1 cup/250 mL): Calories 220, Total Fat 7 g, Saturated Fat 4 g, Cholesterol 0 mg, Sodium 490 mg, Carbohydrate 31 g, Fiber 7 g, Sugars 4 g, Protein 10 g

## Cook's Tips:

Red lentils start out red, but turn pale yellow as they cook. They have a subtle flavor that complements the cumin, coconut, and lime in this soup.

Safety Tip: \*The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.

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# Orange-Ginger Tofu Stir-Fry

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## Method



-Cut the tofu into 1" (2.5 cm) squares. Line a Flexible Cutting Mat with paper towels. Place the tofu on the mat and top with another paper towel. Place something heavy, like a sheet pan on top to drain excess moisture.

-For the sauce, use the Microplane® Adjustable Fine Grater to grate the ginger to measure 2 tsp (10 mL). Grate the orange to measure 1 tbsp (15 mL) of orange zest. Juice the orange with the Juicer. Add the ginger, orange zest, juice, and remaining sauce ingredients to a Small Batter Bowl and whisk until combined; set aside.

-Uncover the tofu and place it in a shallow bowl. Sprinkle with cornstarch and salt; toss to coat.

-Heat 1 tbsp (15 mL) of oil in the 12" (30-cm) Stainless Steel Nonstick Skillet over medium-high heat for 3–5 minutes. Add all the tofu and sear for 2–3 minutes. Flip and sear for an additional 2–3 minutes, or until it's browned on two sides. Remove the tofu from the skillet.

-Trim the ends off the zucchini and cut the zucchini in half lengthwise. Cut the top off of the bell pepper, and remove the seeds and veins with the Scoop Loop®. Cut the pepper into quarters. Slice the zucchini, bell pepper, and snow peas with the Quick Slice.

-Thinly slice the green onions; set aside the greens for the garnish.

-Heat the remaining oil in the pan. Add the whites of the green onions, zucchini, bell pepper, and snow peas; saute for 4–6 minutes, or until crisp-tender. Add the water chestnuts, tofu, and sauce and stir to coat. Cook for 2–3 minutes, or until the sauce is slightly thickened.

Serve the stir-fry over cooked rice. Top with the reserved green onions and cashews.

## Ingredients

- 1 pkg (14 oz. or 350 g) extra-firm tofu
- 3 tbsp (45 mL) cornstarch
- ¼ tsp (1 mL) salt
- 3 tbsp (45 mL) canola oil, divided
- 1 zucchini
- 1 red bell pepper
- 8 oz. (250 g) fresh snow peas
- 2 green onions
- ½ cup (125 mL) water chestnuts
- 2 cups (500 mL) cooked brown rice
- ¼ cup (50 mL) whole roasted cashews, chopped (optional)
- 1 1" (2.5 cm) piece fresh gingerroot, peeled
- 1 orange
- 3 tbsp (45 mL) reduced-sodium, gluten-free soy sauce
- 3 tbsp (45 mL) agave nectar or honey
- ¼ cup (50 mL) red wine vinegar
- 2 garlic cloves, pressed
- ¼ tsp (1 mL) red pepper flakes

## Yield:

4 servings

## Nutrients per serving:

U.S. Nutrients per serving: Calories 330, Total Fat 6 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 440 mg, Carbohydrate 55 g, Fiber 6 g, Sugars 19 g, Protein 15 g

## Cook's Tips:

You can substitute the tofu with 1 lb. (450 g) of chicken tenderloins cut into 1" (2.5-cm) pieces.

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# Quick Cooker Corn Chowder

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## Method

-Cut the onion into chunks and place them into the Manual Food Processor; process until coarsely chopped; set aside. Cut the top off the bell peppers and remove the seeds and veins with the Scoop Loop®. Cut the peppers into quarters. Place the peppers into the processor and process until coarsely chopped.

-Slice the potatoes with the Simple Slicer on the No. 2 setting, then quarter the potato slices.

-Set the Quick Cooker to SEAR and press START. Heat the oil in the inner pot for 3 minutes. Add the onion, bell pepper, garlic pressed with the Garlic Press, rub, and salt. Cook uncovered for 4–5 minutes, stirring occasionally.

\* Press CANCEL.

-Add 2 cups (500 mL) of the almond milk, corn, and potatoes to the inner pot. Lock the lid and select the SOUP/STOCK setting. Adjust the time to 8 minutes and press START.

-When the timer is up, press CANCEL. Press the steam-release button to manually release the pressure.

-Remove the lid, set to SEAR, and press START. Add 1¼ cups (425 mL) of the almond milk to the pot and bring to a boil. Dissolve the cornstarch in the remaining almond milk and stir the mixture into the soup. Stir constantly for 5–6 minutes, or until the soup is thickened. Press CANCEL.

-Thinly slice the green onions and garnish before serving.

## Yield:

6 servings

## Nutrients per serving:

U.S. nutrients per serving: Calories 150, Total Fat 4.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 760 mg, Carbohydrate 27 g, Fiber 3 g, Sugars 4 g, Protein 4 g

## Cook's Tips:

Smoky Barbecue Rub gives this soup a deep, smoky flavor, so it's rich and savory without any meat or dairy.

\*Safety Tip: The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.

## Ingredients

- 1 medium onion
- 1 red bell pepper
- 1 green bell pepper
- 3 small red potatoes (10 oz./300 g)
- 1 tbsp (15 mL) olive oil
- 3 garlic cloves
- 2 tsp (10 mL) Smoky Barbecue Rub
- 1½ tsp (7 mL) salt
- 4 cups (1 L) unsweetened almond milk, divided
- 3 cups (750 mL) fresh or frozen corn kernels
- 2 tbsp (30 mL) cornstarch
- 2 green onions

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## Ingredients

- 1 can cold coconut milk
- 1 1/2 cup agave
- 1 whole vanilla bean or 2 tbs. vanilla
- 1/2 tsp guar gum or xanthum gum
- 1/2 tsp salt
- 1/2 tsp. liquid Stevia
- Almond milk or soy milk to fill line

## Method

Mix all ingredients together in 2 quart frozen Cuisine Art IceCream Maker and mix until done.

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# Carob Fudge

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## Ingredients

1 cup toasted unsweetened desiccated coconut  
1/2 cup carob powder  
1 cup sunflower seeds, ground dry  
1/2 cup sesame seeds, ground dry  
1 teaspoon salt  
1 cup honey  
6 Tablespoons natural peanut butter  
1 Tablespoon Vanilla  
1 cup chopped pecans  
1 cup chopped walnuts  
1 teaspoon butterscotch flavoring

## Instructions

-Heat honey to soften  
-Stir in peanut butter  
-Add all other ingredients and stir well  
-Press into casserole dish

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## Ingredients

- 1 can of Green Ripe Olives (creamed)/ use only 1/2 of cream
- 1 1/2 cups of macadamia nuts
- 1 3/4 cup of whole wheat pastry flour
- 1/2 tsp. salt

## Method

- Blend – can of Green Ripe Olives with the water / use only 1/2 of this cream.
- Blend – 1 1/2 cups of macadamia nuts.
- Add – olive cream previously measured and whisk together.
- Add – olive/macadamia cream to: whole wheat pastry flour and salt.
- Roll between bakers' paper.
- Remove top layer of baker's paper. Place into pie pan.
- Flute edges and prick bottom and sides.
- Bake @ 350, until light gold and dry.



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# Aquafaba Merengue

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## Method:

## Ingredients:

- juice from 1 can of garbanzos (about 1/2 to 3/4 cup)
- 1/4 tsp powdered Stevia
- 1/2 cup powdered honey
- 1/2 teaspoon powdered vanilla
- 1/2 teaspoon xanthum gum
- 1/2 teaspoon cream of tartar

- Whip the garbanzo bean juice to a heavy foam
- Add the rest of the ingredients slowly-continuing to whip on high speed. (I use a KitchenAid)
- Use on fresh fruit, pie or make into Merengues. (See Lemon Merengue Pie recipe)
- For Merengues: Pipe into "cookie" shape.
- Bake in an oven until merengue's are dry to touch at 170 degrees for about 2 hours or in a dehydrator at 135 degrees F. for 4 hours.

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# Happy Cookies

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## Ingredients

2 1/2 cups of coarsely chopped walnuts  
1/3 cup ground flax seeds  
2/3 cups whole wheat pastry flour  
1/4 teaspoon salt  
1/2 teaspoon liquid Stevia  
1 Tablespoon vanilla  
1/2 cup maple syrup + 2 Tablespoons  
1/3 cup raisins (optional)

## Instructions

- Walnuts should be ground to a course flour consistency.
- Leaving a few chunks is a nice touch.
- Mix dry ingredients together. Mix wet ingredients together
- Combine dry and wet ingredients
- Stir together.
- Form into small cookies (they are rich)
- Bake at 350 degrees until a very light brown. Do NOT overbake!!
- The reason these cookies are called "Happy" is because they are rich in Omega-3
- fatty acids which are known to assist in mood management.

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# Loyce's Nutty Pie Crust

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## Ingredients

3/4 cup raw almonds  
3/4 cup dates  
1 Tablespoon vanilla

## Instructions

Pulse blend almonds and dates until crumbly looking  
Add vanilla – pulse blend to mix in  
Place mixture in pie pan and pat down  
Fill with pie filling of choice



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# Maple Cake

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## Ingredients

- 3 cups barley flour/or whole wheat pastry flour
- 1 cup rolled oats
- 3 tablespoons Ener-G Baking Powder
- 1 tsp. salt
- 1 cup coconut sugar
- 1 cup coconut flour
- 1 cup walnut pieces
- 2 cups water
- 1 up raw cashews
- 1/2 teaspoon liquid Stevia
- 1 Tablespoon Vanilla
- 1 teaspoon maple flavor
- 1 teaspoon butterscotch flavoring
- 1/2 teaspoon orange flavoring

## Instructions

- Preheat oven to 350°
- Mix dry ingredients together
- Blend water, cashews, and flavorings until smooth
- Line oblong cake pan with baker's paper.
- Stir wet and dry ingredients together quickly and pour into cake pan.
- Bake until golden brown and dry in the center.

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# Peanut Butter Cookies

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## Ingredients

- 4 cups natural peanut butter
- 2 cups honey
- 1 tablespoon vanilla
- 5 cups whole wheat pastry flour
- 1 tablespoon vanilla
- 2 scant teaspoons salt
- 1 teaspoon maple flavoring
- 1/2 teaspoon orange flavoring
- 1/2 teaspoon butterscotch flavoring

## Instructions

- Stir peanut butter, hone and seasonings together.
- Add flour
- Mix well
- Form into round balls and cross fork to flatten.
- Bake at 350° until light brown. (Try 10 min).

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# Pecan Pie

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## Ingredients

- 1 cup raw cashews
- 1 cup water
- 1/2 teaspoon salt
- 2 teaspoons vanilla
- 1 teaspoon butterscotch flavoring
- 2/3 cup Agave & 1 tsp. maple flavoring
- 1 teaspoon agar powder
- 1 cup pecans

## Cooking Instructions

- Whiz all ingredients in blender (except pecans) until very smooth.
- Bring to a rolling boil, constantly stirring, or it will burn.
- Pour mixture into baked pie shell.
- Float pecans over the top.
- This pie does not need to be baked.
- Chill and serve with Whipped Topping.



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# Machine Bread 1 1/2 Lb

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## Instructions:

### Ingredients:

- 4 oz. sugar-free applesauce
- 375 grams warm water
- 10-15 grams salt
- 600 grams white whole wheat flour
- 15 grams SafInstant Yeast

- Weigh all ingredients!
- Place applesauce in breadmaker, rinsing out the container with the warm water that you will put in next. Add all water.
- Add salt.
- Add flour – making sure that you weigh the flour exactly as indicated.
- Make a well in flour and place yeast.
- Turn breadmaker on, using the setting that is closest to 1 hour,
- Take bread out when it is done baking. While loaf is piping hot, run briefly under cold water to make a softer crust.
- Cool thoroughly – for 24 hours – before eating



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# Seeded Bread

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## Ingredients

- 1 cup raw sunflower seeds
- 1/2 cup flax seeds
- 1/2 cup hazelnuts or almonds
- 1 1/2 cups rolled oats
- 2 Tablespoons chia seeds
- 4 Tablespoons psyllium seed husks or 3 Tablespoons of ground psyllium seeds
- 1 can black olives
- 1/4 cup pitted dates

## Method

-Combine all dry ingredients, stirring well

-Blend olives, water and all, and dates

-Add blended mixture to dry ingredients and mix very well until everything is completely soaked and dough becomes very thick (if dough becomes too thick to store, all one or two tablespoons of water until dough is manageable).

Place in loaf pan and smooth out the top with the back of a spoon. Let sit out on the counter for at least two hours, or all day or overnight to ensure dough is ready. To check this, dough should retain its shape even when you pull the sides of the pan away from it, assuming you are using a flexible silicone loaf pan.

-Preheat oven to 350°. Place loaf pan in the middle rack and bake for 20 min. Remove bread from loaf pan, place upside down directly on the rack and bake for another 30-40 min. Bread is done when it sounds hollow when tapped. Let cool completely before slicing (difficult but important). Store in a tightly sealed SEEDED BREAD container for up to 5 days. Freezes well – slice before freezing for quick and easy toast.

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# Toasted Almond Cookies

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## Ingredients

2 cups lightly roasted almonds, chopped  
All the water from 1 can of garbanzos (aquafaba)  
1 cup golden coconut sugar  
1 teaspoon vanilla powder  
1/2 teaspoon xanthum gum  
1/2 teaspoon cream of tartar  
1/2 teaspoon stevia powder  
1/2 teaspoon salt

## Instructions

- Whip all the garbanzo water in a Kitchen Aid or similar until you get VERY stiff peaks (time will vary from tool to tool).
- Sift dry ingredients except for almonds.
- Add sifted dry ingredients slowly to whipping aquafaba.
- Remove to a mixing bowl and carefully fold chopped almonds into batter.
- Form into small cookies with a small ice cream scoop taking care to disturb mixture as little as possible to prevent deflating.
- Decorate with sliced almonds
- “Bake” at 135 degrees for 7 hours in a food dehydrator. Yield: 30 cookies Store in freezer or they will “melt”.

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# Happy Krackers

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## Ingredients

1 cup very hot water  
1 cup golden flax seeds  
1 teaspoon Seasoning Salt  
1 Tablespoon Chia Seeds  
1 Tablespoon Sesame Seeds  
1 Tablespoon sunflower seeds

## Instructions

- Stir all ingredients together in a small bowl.
- Let sit for about 5 min and give it another stir.
- Place on stone or prepared cookie sheet. Flatten to edges with spatula.
- Score into Krackers.
- Bake at 200° F for 7-8 hours or until crisp and dry. If you have a convection oven bake at 200° for 4 hours.

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# macadamia Crackers

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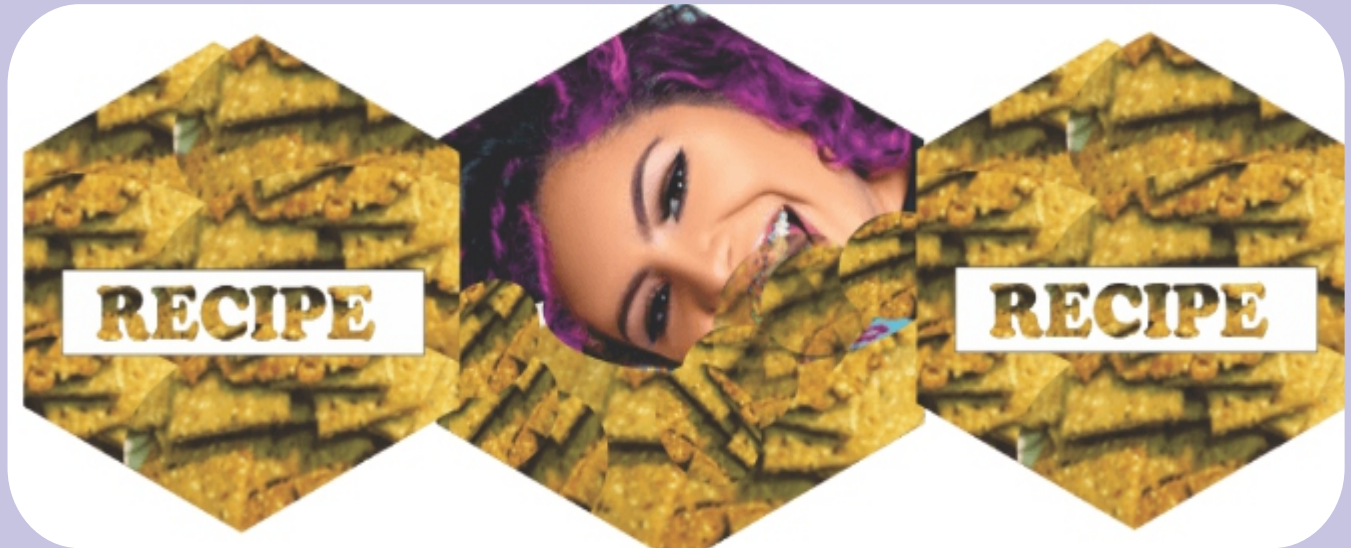
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## Ingredients

- 1 can green ripe olives
- 4 1/2 cups macadamia nuts
- 4 1/2 whole wheat pastry flour
- 4 teaspoons Yolanda's Seasoning Salt
- 2 1/2 cups quick oats
- 1 cup sesame seeds
- 3/4 cup flax seeds
- 3/4 cup chia seeds

## Method

- Blend entire can of olives in its juice
- Run macadamia nuts thru a champion juicer to make butter (very runny) or blend nuts in powerful blender (like VitaMix) until runny.
- Stir nut butter and blended olives together
- Stir dry ingredients together
- Cut nut butter/olive mixture into dry ingredients as you would a pie crust
- Divide dough into 4 parts
- Roll quite thin (cracker-like) between 2 sheets of bakers' paper
- Place on cookie sheets and score for crackers
- Bake at 350° until light gold and completely dry. Don't let these get too dark, they become bitter.



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# Flax Crackers II

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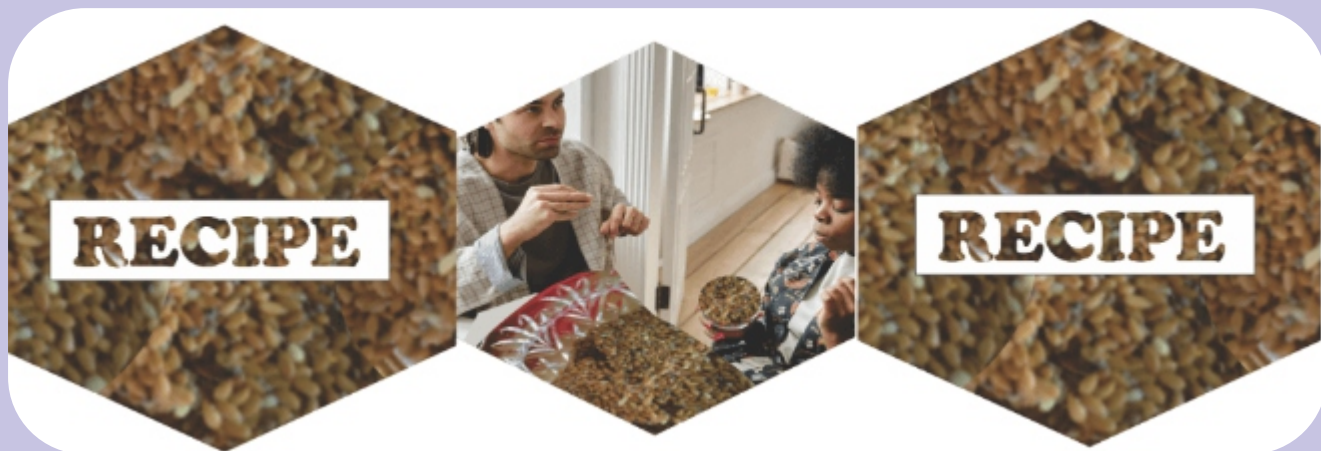
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## Ingredients

- 1 cup flax
- 1 1/2 tsp seasoning salt
- 1 cup water
- 2 tablespoons chia seeds
- 2 tablespoons sesame seeds
- 1/4 cup "You'll Like It" Parmesan cheese

## Instruction

- Mix all Ingredients together
- Let stand for 5 minutes
- Bake at 180° to 200° for 8 to 10 hours



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# Breakfast Curls

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## Ingredients

- 1+ cups water
- 2 cups diced potatoes
- 1 cup dry Soy Curls
- 2 teaspoons Seasoning Salt
- 1 teaspoon dried onion flakes
- 1 teaspoon Sweet Basil
- 1 teaspoon dried Parsley Flakes
- 1/4 teaspoon Marjoram

## Instructions

- Place all ingredients in a sauce pan. Stir together. Cover.
- Cook until potatoes are tender, adding water as needed.
- Place in serving dish and sprinkle with paprika.
- May serve with Sunflower Sour Cream, Cheese Sauce or Ketchup



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# Almond Milk

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## Method

## Ingredients

1 cup raw, blanched almonds  
4 dates  
Dash of salt

-Blend until very smooth with enough water to cover nuts and dates

-Once the blended mixture is a smooth cream, add enough water to make 1/2 gallon or two quarts. If you are going to consume the milk right away, blend some ice cubes in as part of the water to cool down the cream.

-May add 1 vanilla bean to blending cream for a special flavor.

-This milk separates when it sits for a while because it has lots of fiber. Just give it a whirl and it will be back to normal once again.

-Keeps refrigerated for about 7-10 days.

Vegetarian

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Gluten Free

Budget Friendly

30 min or Less



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# Sweet Potato Fries

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## Ingredients

Potatoes  
Tahini  
Salt to taste

## Instructions

- Peel sweet potatoes
- Cut them into strips
- Drizzle tahini enough to coat potatoes
- Salt to taste
- Stir all together
- Place in air fryer until light golden color



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