



Black Bean and Spinach Cous Cous

Black Bean and Spinach Cous Cous

1 1/2 cups vegetable broth

1 cup cous cous

1-10 oz package frozen chopped spinach, thawed and pressed very dry

1 can black beans, drained and rinsed

2 teaspoon lemon juice

Salt and pepper to taste

Place the vegetable broth in a medium saucepan, over high heat, bring to a boil. Remove from heat and stir in the cous cous. Cover and let sit for 5 minutes.

Mix dry spinach and black beans and heat in microwave for 2 minutes.

Stir into cous cous. Add the lemon juice and season to taste.

Recipe by Marilyn Clay



Bow Tie Pasta

Bow Tie Pasta

Olive oil
3 cloves minced garlic
1 cup broccoli
1 pkg farfalle pasta (bow tie pasta)
1 red pepper, sliced
1/4 tsp salt
1 1/4 cup vegetable broth
1/4 cup parmesan cheese
1/4 tsp crushed cayenne pepper

Cook pasta according to package direction. Sauté garlic in olive oil, add the red peppers and broccoli. Sauté for a few minutes. Add the broth and salt. Cover and simmer for about 5 minutes. Mix pasta and broth/veggie mixture. Add parmesan and mix well. Add cayenne pepper if desired.

Recipe by Kathi Kuhlman



Cauliflower with Potatoes and Spices

Cauliflower with Potatoes and Spices (Aloo Gobhi Marsala)

- 1 Large Cauliflower, Cut into Florets**
- 4 Medium Potatoes**
- 4 Tablespoon Oil**
- 1/2 teaspoon Cumin Seeds**
- 1 teaspoon Ginger/garlic paste**
- 1/4 teaspoon Chili Powder**
- Salt and Pepper to Taste**
- 3 Tomatoes, Chopped**
- 1/2 cup Cilantro for garnish**

Wash cauliflower and drain well. Slice potatoes into halves and then slice potatoes into six parts

In a wok or large skillet heat oil and sauté the cumin seeds, add ginger/garlic paste for 1-2 minutes, add turmeric, chili powder, salt and pepper. Add potatoes and cook for 10 minutes. Add tomatoes cook for another 5 minutes and then add the cauliflower on low fire, cover and steam it for 15 minutes. Uncover and if necessary, turn heat up to “dry vegetable”. Sprinkle garam masala and garnish with chopped cilantro.

Recipe by Stella Pillay



Channa Masala

Channa Masala (Chick Peas)

3 cups of chick peas
5-6 cups of water
2 diced tomatoes
2 onions sliced
1/2 tsp. Ginger/garlic paste
3-5 teaspoons of oil
Salt
1/2 tsp turmeric powder
1 tablespoon red chili powder
1 tablespoon garam masala (ground spices)
1/2 chopped cilantro

Soak the chick peas over night and put in a pressure cooker with 5-6 cups of water. Bring to a boil for about 30 minutes.

In a pan put the oil and heat. Add the onions and cook until golden brown. Add tomatoes and fry for about 5 minutes. Add ginger/garlic paste. Add the turmeric powder, garam masala, chilly powder and salt and cook for about 2 minutes. Add the chick peas and cook for about 30 minutes until chick peas are cooked. Add cilantro and enjoy.

Recipe by Stella Pillay



Corn, Avocado and Tomato Salad

Corn, Avocado and Tomato Salad

2 tbs olive oil
1 tbs fresh lime juice
1/4 cup chopped cilantro
1/4 tsp salt
1/4 tsp freshly ground pepper
2 1/2 cups fresh corn kernels
1 1/2 cup diced avocado
1 pint cherry tomatoes, quartered
1/2 cup finely diced red onions

In a large bowl, whisk together the olive oil, lime juice, cilantro, salt and pepper. Add the corn, avocado, tomatoes and onion. Toss to mix. Serve at room temp.

Recipe by Kathi Kuhlman



Eggless Tofu Spinach Quiche

Eggless Tofu Spinach Quiche

- 1 14 oz container tofu, Firm or Medium-Firm**
- 1/3 cup Milk**
- 1/2 teaspoon Salt, or to taste**
- 1/2 teaspoon of Pepper**
- 1 10 oz package Frozen Chopped Spinach, Thawed and Drained**
- 1 teaspoon Minced Garlic**
- 1/4 cup Diced Onion**
- 2/3 cup Shredded Cheddar Cheese**
- 1/2 cup Swiss Cheese**
- 1 unbaked 9 inch Pie Crust**

Preheat oven to 350 degrees F.

Pre-bake the pie shell for about 10 minutes then remove from the oven. In a blender, combine tofu and milk until smooth adding more milk if needed. Blend in salt and pepper.

In a medium bowl, combine spinach, garlic, onion, cheddar cheese, swiss cheese and tofu mixture. Mix well and pour into prepared pie crust.

Bake in a preheated oven for 30 minutes or until set and golden brown on top. Let stand for 5 minutes before cutting.

Recipe by Linda Mockenhaupt



Matar/Gajar Pulao

Matar/gajar Pulao (Rice Pilaf with Fresh Peas and Carrots

2 cups Basmati Rice (soaked for 10 to 15 minutes)
2 tablespoon Oil
2 finely Chopped Carrots
1 Chopped Tomato
1/2 Cup Fresh Peas
1/4 teaspoon ginger/garlic paste
1 large finely Chopped Onions
1/4 teaspoon Cumin Seeds
1/4 Teaspoon Salt
4 Cups Hot Water

In a big pot put oil and heat. Add the cumin seeds and fry for 1 minute, add onions and fry for 7 minutes. Add the tomatoes and fry for about 2 minutes, then add the carrots and the peas, Salt and ginger/garlic paste and cook for 1 minute. Add the rice and cook until all water dries up. Add the remaining water and bring to a boil. Simmer on the stove until rice is cooked and all the water is gone. Turn off stove and do not remove from pot until all the rice is cooked.

Recipe by Stella Pillay



Orzo Muffaletta Salad

Orzo Muffaletta Salad

1 tablespoon minced garlic
1/4 cup red wine vinegar
1/2 cup olive oil
1/4 cup olive juice from a can of green olives
1 tablespoon lemon juice
1/2 teaspoon red chili flakes
1 teaspoon black pepper
1 carrot, peeled and diced
1/2 cup each sliced black and green olives
1/2 cup marinated artichoke hearts
1/2 cup roasted red pepper
1/2 cup diced celery
1/2 large red onion, minced
3 cups cooked orzo
1 cup feta cheese
1/2 cup diced roma tomatoes

In a food processor, combine the garlic, vinegar, olive oil, olive juice, lemon juice, red chili flakes, pepper and all vegetable up to the red onion. Pulse until well chopped but not pureed. Refrigerate 2-4 hours to let marinate. When ready to serve, add orzo and toss. Add feta and toss again. Garnish with tomatoes.

Recipe by Marilyn Clay



Ratatouille with Quinoa

Ratatouille with Quinoa

3/4 pound eggplant cut in 1/2 inch cubes
Salt and black pepper
2 tablespoons olive oil, divided
1 medium onion, roughly chopped
3 cloves of garlic, minced
1/2 each red, yellow, and green peppers, cut in 1/2 inch pieces
2 small zucchini, cut in 1/2 inch pieces
1 tablespoon dried basil

2 cups quinoa (prepared according to the package directions using vegetable broth instead of water)

In a large skillet, cook eggplant and a pinch of salt and pepper in 1 tablespoon of oil 5 minutes, stirring often. Remove from the pan. Cook onions in 1 tablespoon of oil for about 3 minutes. Add the rest of the vegetables and cook for 5 minutes. Stir in eggplant, cover and cook for 5 minutes. Remove from heat and stir in quinoa and basil. Serve warm or at room temperature.

Recipe by Marilyn Clay



Roasted Edamame Salad

Roasted Edamame Salad

12 ounces frozen shelled edamame, thawed
1/2 cup fresh corn kernels
1/4 cup finely diced scallion
1 clove garlic, minced
1 tablespoon olive oil
3/4 teaspoon kosher salt
1/4 teaspoon fresh ground black pepper
1 cup chopped seeded tomatoes
1/4 cup chopped fresh basil leaves
1 tablespoon red wine vinegar

Preheat oven to 400 degrees

Place edamame, corn, scallions, garlic, olive oil, salt and pepper into a 13 x 9 metal pan and stir to combine. Place on the middle rack of the oven and roast for 10 to 15 minutes. Remove from the oven and chill for about 30 minutes. Add tomato, basil, and vinegar to mixture. Taste and adjust seasonings.

Serve chilled or at room temperature.

Recipe by Marilyn Clay



Tasty Potatoes

Tasty Potatoes

10-12 Potatoes

1/4 teaspoon of Mustard Seeds

6-7 Curry Leaves

1/2 teaspoon ginger/garlic paste

1 cup of Water

3 Diced Tomatoes

4 sliced Onions

1/4 Cup Chopped Cilantro

1-2 Green Chilly

Salt to Taste

1/4 teaspoon of Turmeric Powder

1/2 teaspoon of Chilly Powder

Peel Potatoes– wash and cut them in 1/2” cubes

In a pan put oil and heat, Put in mustard seeds once they start popping, put in the sliced onions and cook until golden brown and then add the curry leaves. Add the tomatoes and the cook for 2-3 more minutes. Add the ginger/garlic paste, green chilly, turmeric powder, chilly powder and salt. Add the potatoes with 1 cup of water and cook in steam until done about 10-15 minutes.

Garnish with Cilantro and enjoy.

Recipe by Stella Pillay



Tortellini Soup

Tortellini Soup

3 cups frozen cheese tortellini
3 1/2 cups canned crushed tomatoes (large can)
2 cups vegetable broth
2 cloves garlic
1 pkg frozen chopped spinach
1 Tbls olive oil

Saute garlic in a large pan. Add the remaining ingredients and heat, covered for about 20 minutes. Sprinkle with parmesan cheese.

Recipe by Kathi Kuhlman