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## **Main Meal & Sides**

### **Basic Recipes for Grains:**

Brown rice or quinoa (“keenwa”) should be your staple grain throughout your program. Brown rice is very easily digested. Quinoa is an ancient grain that is not related to wheat. It cooks up in only 12 minutes and is considered a complete protein (has all 20 amino acids), has high protein and high fiber content.

### **Brown Rice Recipes:**

**Quick Tips:** For those of you that are not as skilled in the kitchen, you can purchase pre-cooked brown rice at Trader Joes. All you need to do is reheat.

### **Brown Rice (Stove top)**

2 parts liquid to 1 part brown rice

Bring water or vegetable broth to a boil and add brown rice. Return to a boil, reduce to simmer and cover for 40-50 minutes. Brown rice has a chewier texture than white rice, sometimes considered and al dente texture when cooked.

Be sure to refrigerate leftovers promptly. Cooked rice will last up to 5 days in the refrigerator and 3 months in the freezer if tightly sealed. Be sure to make extra.

### **Baked Brown Rice**

1.5 cups brown rice, medium or short grain

2.5 cups water

1 tablespoon extra virgin olive oil

1 teaspoon kosher salt

Preheat the oven to 375 degrees F. Place the rice into an 8-inch square glass baking dish. Bring the water, butter, and salt just to a boil in a kettle or covered saucepan. Once the water boils, pour it over the rice, stir to combine, and cover the dish tightly with a lid or foil. Bake on the middle rack of the oven for 1 hour. After 1 hour, remove cover and fluff the rice with a fork. Serve immediately.

### **Quinoa Recipes**

Rinse 1 Cups of quinoa in fine metal strainer Dry toast over medium to medium-high heat in a dry skillet until slightly golden (more importantly you will smell the slight scent of popcorn). The water from rinsing the grain will evaporate off. Keep the grain moving while toasting. Bring 1 Cup of water to boil in a small saucepan and add quinoa. Bring to boil, reduce to a simmer. Cover and cook for 12 minutes. Fluff with a fork

### **Quinoa and Rice Stuffed Squash**

4 Sweet Dumpling, Carnival, Delicata Squash or Acorn Squash

1 tsp. olive oil

1 medium onion, chopped

1/2 cup chopped celery

2 cups vegetable broth

3/4 cup rice, rinsed and drained

1 Tbs. fresh sage, chopped or 1 tsp. dried sage

3/4 cup quinoa, rinsed well and drained

1/3 cup dried apricots (without sulfites)

1/4 cup dried cranberries (without sulfites)

1/4 cup pecans, chopped

Preheat oven to 350 degrees. Rinse squash and pierce with fork several times. Set squashes in baking pan. Add water to 1/2 inch and cover pan with foil. Bakes for 45 -60 minutes, until squash is tender. Meanwhile, in large saucepan heat olive oil over moderate heat. Add onions and celery, cook until onions are translucent, about 6 minutes. Add broth, wild rice and sage; bring to boil over high heat. Cover, reduce heat and simmer for 40 minutes. Stir in quinoa, cover and simmer for 15-20 minutes more, until grains are tender. Stir in apricots, cranberries and pecans. Add salt and pepper to taste. When squash is cooked cut 3/4 inch of tops or side of delicata to form lids. Scoop out and discard seeds. If needed trim of squash base so that they sit level. Mound grain stuffing into squash. Set lids on filling and serve. Salt and pepper to taste. Serves 4.

### **Chicken/ Tofu and Quinoa Salad**

3 cups purchased torn mixed greens for salads

3/4 cup quinoa, cooked

1 tablespoon finely snipped fresh mint or 1 teaspoon dried mint, crushed

1 chicken breast or 4 oz tofu, grilled

Oil and vinegar dressing to taste

Directions: Grill chicken (always pat dry before cooking) or tofu. Arrange salad greens on a large platter. Toss together quinoa salad and mint. Spoon over greens. Remove bones from chicken breasts; cut meat into 1/4-inch-thick slices. Arrange chicken or tofu pieces over quinoa mixture. Shake dressing; drizzle over salad.

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### **Quinoa Salad (done three ways)**

Rinse 2 Cups of quinoa in fine metal strainer

Dry toast over medium to medium-high heat until slightly golden (more importantly you will smell the slight scent of popcorn)

Bring 2.5 Cups of water to boil and add quinoa. Bring to boil, reduce to simmer, cover, cook for 12 minutes. While Quinoa is cooking choose **two** of following recipes and prepare in separate large bowls. When the quinoa is done divide in half and add to the two mixtures. These salads taste even better the next day!

#### **Quinoa Basil Tomato**

1 T extra virgin olive oil  
2 T aged balsamic vinegar  
5 large fresh basil leaves chopped  
1 Cup grape tomatoes cut in half  
Sea salt and pepper to taste

#### **Quinoa Peanut Thai**

1 T extra virgin olive oil  
2 T organic peanut butter  
1 T chili flakes  
2 T tamari  
1/8 red onion minced  
1/2 red bell pepper minced  
1/2 cup chopped toasted peanuts (optional)  
Sea salt and pepper to taste

#### **Turkish Garbanzo Quinoa Salad**

1 T extra virgin olive oil  
3 T Bareano gourmet red wine vinegar 10 Kalamata olives cut in half  
1/8 yellow onion minced  
1/4 Cup fresh parsley minced.  
6 Turkish apricots sliced finely  
1 tsp dried mustard  
A couple dashes each: marjoram, oregano, paprika, sea salt & pepper  
1 Cup garbanzo beans rinsed, pat dry

## **Beet Greens (or Kale, Swiss Chard or Mustard Greens, though these three don't have stalks)**

Beet Greens from 4-5 beets (stalks included)

1 package pine nuts

1 T extra virgin olive oil

1 clove garlic, minced

1 T real maple syrup

1 Tsp coriander

1 Tsp celery seed

Sea salt and pepper to taste.

Wash beet greens and pat dry. Chop stalk into 1/4" pieces (similar to slices celery). Chop greens and set aside. Toast pine nuts over medium heat in dry skillet. Set aside.

Preheat skillet w/ oil to medium high heat. Add garlic and cook for 2 minutes. Add stalks and cook for 3-4 minutes. Add greens and cook for 5-10 minutes depending on how many greens are present. These should be cooked but still firm and not completely wilted. Remove from heat and add maple syrup, spices and salt and pepper to taste.

## **Figs and Beans**

1 cup dried figs (no sulfites)

1 T olive oil

1 onion, chopped

1 clove garlic, minced

3 cups cooked kidney beans, drained

¼ teaspoon each basil, thyme and rosemary

Pinch of dried sage

Salt and pepper to taste

2 T chopped parsley

Soak figs in water overnight (12 hrs). Reserve soaking liquid. Remove stems, chop, set aside. Saute onion and garlic in olive oil over medium heat for 5 minutes. Add beans, figs, ½ cup soaking liquid, herbs and cook on low heat for 10 minutes or until heated. Season to taste and stir in parsley.

Makes 4 servings

### **Red Lentil Patties**

- 5 cups water
- 1 T salt
- 1 bay leaf, preferable fresh
- 2 cup red lentils
- 2 stalks celery, thinly sliced
- 1 large carrot, thinly sliced
- 1 large onion, thinly sliced
- ¼ cup olive oil
- 1 cup bread crumbs from gluten free and yeast free bread

In a saucepan over high heat, bring the water, salt, and bay leaf to a boil. Stir in lentils, reduce heat to low and cook, stirring occasionally, for 30 minutes- until lentils are soft. Sauté celery, carrot and onion in olive oil for 5-7 minutes until vegetables are brown and tender. Remove bay leaf from lentils and food process lentils and vegetables to make a smooth paste. Stir in bread crumbs; spread mixture on a large platter to cool. Refrigerate for 30 minutes until completely cool. Preheat oven to 375F. Coat baking sheet with olive oil. With lightly oiled hands, shape the paste into 12, 4-inch cakes, patting smooth. Brush the cakes with olive oil - place on the pan. Bake for 10 minutes until lightly browned and heated through. Serve immediately. Serve with plain yogurt or cashew gravy. Makes 12 cakes to serve 4-6