
Red Lentils and Butternut Squash Puree

¼ cup dried red lentils
½ cup butternut squash, peeled and cut into small chunks
1 ½ cups water
1 tbsp chopped parsley
extra virgin olive oil
2 cloves garlic, minced
2 medium sized onions, chopped
½ tsp turmeric powder
½ tsp dulse or kelp powder
curry powder, to taste

Wash and drain lentils. Put lentils, squash, and water in a small pan. Bring to a boil. Reduce heat and simmer, covered for 25-30 minutes. Puree in a blender with parsley. Saute onions and garlic in a little water plus olive oil, adding turmeric, dulse and curry powder. Stir into the lentil mixture.

Yields 1 ½ cups

Lentil Soup

1 cup dried split red lentils
3 stalks celery, coarsely chopped
2 medium carrots, finely chopped
1 red pepper, chopped
1 onion, chopped
2 cloves garlic, finely chopped
6 cups water
1 tsp dulse powder
¼ tsp freshly ground pepper
½ cup parsley, finely chopped
2 tsp lemon juice

Wash lentils and combine with celery, carrots, red pepper, onion, garlic, dulse powder, pepper and water in large saucepan. Bring to a boil. Reduce heat and simmer 35 minutes or until vegetables are tender. Remove from heat and add lemon juice and parsley.

Yields 4 servings

Potato Lentil Casserole

2 onions, chopped
2 cloves garlic, minced or crushed
1 red pepper, sliced
2 stalks celery, or 1 zucchini, chopped
1 tbsp extra virgin olive oil
1 cup shitake or maitake mushrooms, sliced
1 cup red lentils, rinsed thoroughly
3 tbsp fresh chopped parsley
2 ½ tsp thyme

Set oven to 375F.

In a frying pan, gently sauté the onions, garlic, pepper, celery or zucchini and mushrooms in a little water plus oil until tender. Layer the sautéed vegetables and uncooked lentils in a casserole dish, starting and finishing with a vegetable layer and sprinkling each layer with parsley and thyme.

Slice the potatoes thinly and lay them on top of the casserole. Warm the water and dissolve the miso into it. Pour over the casserole (it should

<p>2 large potatoes, scrubbed but not peeled 1 ½ cups water 2 tsp miso</p>	<p>completely cover the lentils and vegetables). Cover and bake for 1 hour at 375F, remove the lid for the last 15 minutes to brown potatoes. Serve with a little extra stock and fresh rosemary.</p>
<p>rosemary to taste Veggie Chili</p>	
<p>1 Tbsp oil 3 onions, diced 2 stalks celery 2 bell peppers 1 red pepper 4 cloves garlic 3 Tbsp chili powder 1 Tbsp cumin 8 cups cooked red beans 1 (28 oz) can tomato puree 4 cup diced tomatoes Tabasco sauce Salt and pepper ¼ cup chopped cilantro (optional)</p>	<p>Yields 6 servings</p> <p>Heat oil in a large saucepan. Add onions, celery, peppers, minced garlic, chili powder, cumin, and sauté until onions are limp, about 5 minutes. Add beans, tomato puree, diced tomatoes, Tabasco sauce. Simmer about 30 minutes. Add salt and pepper to taste, and stir in cilantro just prior to serving. Serve hot.</p>
<p>Millet, Squash and Adzuki Bean Stew</p>	<p>Place beans, millet, water and kombu in a pot and bring to a boil. Reduce heat and simmer, covered, for 30 minutes. Arrange squash chunks on top of the millet and beans. Simmer for 30 minutes longer. Season with tamari/soy.</p>
<p>1 cup Adzuki beans 1 ½ cup millet, dry-roasted in a skillet 4 cup water 1 pc of kombu seaweed 1 small butternut or acorn squash, seeded and chopped tamari or soy sauce to taste</p>	
<p>Moroccan chickpea stew</p>	<p>Saute garlic, onion and spices in olive oil. Add root vegetables, chickpeas, stock and salt. Cook until vegetables are halfway done. Add green beans and cooked chicken until all vegetables are done. Adjust salt to taste. Serve with cooked whole grain.</p>
<p>2 tbsp olive oil or coconut oil 1 small onion, finely chopped 1 clove garlic chopped 1/2 tsp each: ground cumin, ginger, tumeric, cinnamon Pinch cayenne pepper 4 carrots chopped 2 parsnips chopped 1 small turnip chopped 1 cup diced tomatoes</p>	

2 cups cooked chickpeas rinsed and drained
 1 cup stock or water
 2 tsp unrefined salt
 2 cups green beans
 ½ cup raisins
 1-2 Cup cooked chicken (optional)

Creole chickpea stew

1.5 tbsp olive oil
 1 small onion, finely chopped
 4 scallions chopped
 1 green pepper chopped
 1 red pepper chopped
 3 cloves of garlic minced
 1/2 tsp ground cumin
 1/2 tsp dried oregano
 3 tbsp fresh parsley
 2 cups vegetable broth
 2 med. sweet potatoes cut into 1 inch pieces
 2 cans chickpeas rinsed and drained
 salt and pepper to taste

Chop all vegetables and mince the parsley. Using a large non stick skillet, heat oil over medium-low heat. Add onions, scallions, bell peppers, garlic, cumin and oregano. Cook, stirring often until vegetables are soft but not brown- around 5-6 minutes. Add broth, sweet potatoes and chickpeas and cook until sweet potatoes are soft. Add parsley and continue cooking until most of the liquid has evaporated and mixture is quite thick.

African stew

1 chopped onion
 2 cloves minced garlic
 2 diced yams
 1 cup cooked chickpeas
 ½ cup brown rice
 2 cup chopped kale
 ½ lemon- juiced
 4 cup vegetable stock (reserve 1 cup)
 ¼ - ½ cup of nut butter

In a large pot, on medium heat, saute onion and garlic in oil or stock. Add remaining ingredients, except lemon juice, nut butter and 1 cup stock. Bring to a boil. Blend last 3 ingredients together and add to pot. Cover and simmer 45 minutes.

Pasta and lentils

2 cups cooked and drained lentils
 2/3 cup chopped carrots
 2/3 cup chopped celery
 ½ cup chopped onion
 1 cube of herbal bouillon
 2 bay leaves
 2 minced garlic cloves

In medium saucepan, combine all ingredients except pasta and oil. Bring to a boil, reduce heat and cover and cook 40 mins. Remove bay leaves. Stir in noodles and reheat. Remove from heat, stir in oil.

1 tsp sea salt
 1 cup water
 2 Tbsp coconut oil or olive oil
 2 cups cooked rice or buckwheat
 (soba) pasta

Chickpea Curry (Chana)

1 tbsp unrefined olive oil
 ½ onion, diced
 2 large potatoes, diced
 1 tsp turmeric
 1 ½ tbsp ginger, freshly grated
 1 tomato, diced into small
 pieces
 2-3 tsp Chana Masals
 spice mix (any brand)
 2 cans chickpeas, drained and
 rinsed
 ½ cup water

Heat oil in large saucepan at medium heat. Once hot, sauté onions until translucent, stirring regularly. Add potatoes, turmeric, and ginger. Cook for 5 minutes while stirring. Add Chana Masala mix and diced tomatoes. Cook for 5 minutes, stirring occasionally. Add chickpeas and water, stir. Test spiciness and add more seasoning if desired (e.g. curry leaves). Cook until potatoes are soft.

Magadarra (Spiced Lentils & Rice)

- 1 3/4 cups large brown or green lentils
- 3 tbsp olive oil
- 3-4 onions, 1 chopped and 2-3 thinly sliced
- 1 tsp ground cumin
- 1/2 tsp ground cinnamon
- 3-5 cardamom pods
- 1 1/2 cups long grain rice, rinsed
- About 250ml/8fl oz/1 cup vegetable stock

Put the lentils in a pan with enough water to cover generously. Bring to the boil, then simmer for about 30 minutes, or until tender. Skim off any scum that forms on top. Heat half the oil in a pan, add the chopped onion and fry for 5 minutes, or until golden brown. Stir in half the cumin and half the cinnamon. Add the fried onion to the pan of lentils with the cardamom pods, rice and stock. Mix well, then bring to the boil. Reduce the heat, cover and simmer until the rice is tender and all the liquid has been absorbed. If the mixture appears a little too dry, add some extra water or stock. Season with salt and pepper to taste.

Salt and ground black pepper

Nasy Lunch Bean Wrap

- 4 large tortilla wraps
- 12 tbsp mixed canned beans, drained & rinsed
- 1/4 cup carrot, grated
- 1 cup alfalfa sprouts or lettuce
- 4 tbsp vinaigrette of your choice
- 1/2 cup cheese, shredded

Meanwhile, heat the remaining oil in a pan. Lay out the tortilla wraps. Throw together any combo of fillings you like. When finished fold the bottom of the wrap up first (horizontally) then roll in the sides vertically so that they overlap. Warm in the oven and serve. To serve, pile the rice and lentil mixture on to a serving dish, then top with the browned, caramelized onions.

Optional fillings:

- Hummus
- Mashed avocado
- Baba ganouj
- Salsa

Mock tuna

- 1 1/2 cups cooked and mashed chickpeas
- 2 tsp tamari
- 1/2 Tbsp kelp powder
- 1/2 cup chopped parsley
- 4 green onions, minced
- 1/2 cup mayonnaise
- 1/4 cup red star nutritional yeast
- 1/2 green pepper, diced

Mix all ingredients together and refrigerate for at least 4 hours before serving.

1 cup finely chopped celery

Falafel

3 cups cooked or canned chickpeas
 2 Tbsp shelled hempseed
 3 cloves fresh garlic, minced
 2 tsp ground cumin
 2 tsp ground coriander
 2 tsp unrefined sea salt
 1 tsp paprika
 1 tsp turmeric
 1 or 2 scallions, minced
 2 or 3 fresh parsley sprigs
 Spelt flour

Place all ingredients except scallions/ parsley into food processor and puree until smooth – adding a small amount of water as needed to create a thick paste. Add the scallions and parsley until well combined. Transfer the mixture to a bowl and add enough flour to create a dough that holds together when formed but is not too dry. Shape into 1 ½ inch spheres.

Preheat oven to 375 and line a baking sheet with parchment. Arrange the falafel on the prepared baking sheet and bake 10-15 minutes or until crisp on the outside. Serve the falafel in pita bread, smothered with **lemony hemp nut sauce, or as a side dish with sauce on the side for dipping.

**Lemony Hemp Nut Sauce

1 cup sesame tahini
 2 or 3 scallions – minced
 ¼ cup fresh lemon juice
 2 Tbsp hempseeds
 1 Tbsp umeboshi vinegar
 2 tsp brown rice syrup
 2 cloves fresh minced garlic
 Pinch unrefined sea salt
 Generous pinch of cumin

Place all ingredients in blender and puree until smooth. Adjust the seasonings to taste.

Kichadi

1 cup rice (preferably red rice or enriched rice)
 1/4 cup split red lentils (available in

Soak both rice and lentils separately for about 30 minutes. Rinse well and put both into a pot, with all other ingredients except salt. Add 4 cups of water or stock, mix well and let it come to a boil. Once it starts boiling, reduce

most grocery stores)
1 medium sized tomato (chopped rough)
1 green chili (chopped fine)
1 clove of garlic (chopped coarsely)
1/2" ginger (chopped fine) or 1/2 tsp ginger paste
1/2 tsp turmeric powder
salt to taste

coriander leaves (chopped fine), for garnish

the heat and let it simmer till all the water is absorbed and the rice and lentils have cooked. Do not let it become over-dry. If you need to add more water, add hot/boiling water so that the temperature doesn't come down.

Once done, sprinkle coriander leaves and ready to serve. Goes well with yogurt.