

Vegetable Dishes

Simple Baked Squash

1 medium acorn squash
olive oil
flaxseed oil

Preheat oven at 350F.
Cut the squash in half and scoop out the seeds. Place the pieces face down on an oiled baking pan and bake for 1 hour until soft.
Drizzle flaxseed oil over each serving, if desired.

Cranberry Squash

1 ½ lbs winter squash (acorn, sweet, etc)
½ cup fresh or frozen cranberries
1 chopped apple
¼ cup raisins
1 Tbsp melted butter
1-2 Tbsp melted honey
Juice and grated rind of one orange
½ tsp unrefined salt

Preheat oven to 350.
Spread chunks of squash into a baking dish.
Sprinkle fruits over squash.
Combine remainder of ingredients and pour over squash mixture.
Cover and bake for 30 minutes, then uncover and bake another 10 minutes.

Savory Baked Squash

1 ½ lbs small winter squash (acorn, sweet, etc)
1 small onion – chopped
¼ cup sunflower or pumpkin seeds
¼ cup water
2 Tbsp tamari soy sauce

Preheat oven to 350.
Cut squash(es) in half. Remove seeds and pulp.
Combine the non-squash ingredients in baking dish.
Place squash halves cut side down on top of liquid mixture.
Cover and bake for 20-30 minutes until squash is tender.
Cut into slices and serve with sauce it was baked in.

Spaghetti Squash

1 large spaghetti squash

Toppings:
spaghetti sauce (preferably organic), pesto (see Lemon Pesto recipe), be creative-anything you would

Preheat oven to 350 F.
Cut spaghetti squash in half and scoop out the seeds. Place skin side up in a baking dish with some water. Bake for 45-60minutes depending on the size of the squash until it feels tender with a fork. Carefully turn squash halves over (they will be extremely hot) and cool for about 3 minutes. Scrape out the inside of the squash – it should look like spaghetti.
Use it as you would real spaghetti.

put with pasta!

Lemon Pesto:

(can be frozen in ice cube tray and popped and stored in freezer)

1 c. packed fresh basil leaves (can replace with 1 c. fresh parsley leaves or 2 Tbsp. dried basil)

1 clove garlic

1 Tbsp. olive oil

1 Tbsp. almonds or pine nuts

4 tsp. fresh lemon juice

1 tsp. grated lemon rind

Blend all ingredients until coarsely chopped in blender or food processor

Optional to add grated parmesan – rice or dairy.

Peppers with Basil

2 tbsp extra virgin olive oil

1 medium-sized onion, chopped

2 cloves garlic, crushed

4 large red peppers, seeded and chopped

1 tsp oregano

½ tsp dulse powder

¼ tsp pepper

4 tbsp finely chopped fresh basil (or dried)

½ tsp fresh rosemary

2 tbsp lemon juice

In a frying pan, gently heat oil in a little water, then stir-fry the onion and garlic until the onion turns limp. Stir in the pepper pieces, oregano, dulse and pepper, then sauté over medium heat for about 15 minutes or until the pepper pieces soften, stirring occasionally.

Stir in the basil, rosemary and lemon juice.

Yields 4 servings

Red Cabbage and Carrots

1 ½ cups water

4 large carrots

1 medium sized red cabbage (4 cups), chopped

¼ cup apple cider vinegar

¼ cup maple syrup

3 tbsp lemon juice

1 tbsp water

2 tbsp arrowroot as thickener

Bring 1 ½ cups water to boil in a pot. Meanwhile, scrub carrots, slice on a diagonal and add to the pot. Add the chopped red cabbage, apple cider vinegar and maple syrup. Cover pot with a lid and let simmer 10-15 minutes.

Add the lemon juice and the water to the arrowroot. Stir well and then add to the vegetables. Allow to simmer gently and thicken for 5-10 minutes, stirring occasionally.

Yields 6-8 servings

Stir fried asparagus and cashews

1 ½ lb asparagus
2 Tbsp organic butter
¼ raw cashew halves
1 Tbsp lemon juice
¼ tsp unrefined sea salt

Trim asparagus into 1 – 1 1/2 inch pieces.
Heat butter on medium heat – saute cashews until just toasted. Add asparagus and stir fry for 5 minutes – until tender crisp. Stir in lemon juice and salt.

Sauteed Carrots with ginger and parsley

1 pound carrots
2 handfuls chopped parsley
1 inch slice ginger root
1 tsp lemon juice
Dash sea salt

Grate carrots. Saute with grated ginger. Stir in fresh parsley, lemon juice and salt.

Vegetarian Fajitas

2 tbsp unrefined oil
½ each red and yellow peppers, thinly sliced
½ medium zucchini, sliced in strips
1 stalk celery, sliced in strips
½-¾ cup broccoli florets, cut small
3 garlic cloves, minced
1-2 hot chili peppers, chopped fine
1/3 large onion, sliced
½-1 tsp hot sauce in 1/3 cup water
tomatoes
guacamole
salsa
flour tortillas (ezekial sprouted grain or rice, preferably)

In large skillet, heat oil over medium heat. Add the vegetable ingredients in the order listed. Cook quickly, only until slightly crispy. Add hot sauce mix and simmer until liquid reduces a bit. Serve on tortillas and top with tomatoes, salsa, and guacamole.

Sweet potato bake

2 pounds sweet potatoes/ yams, peeled and sliced about ¼ inch thick
2 Tbsp maple syrup
½ cup apple juice
½ tsp sea salt
2 Tbsp melted butter
½ cup chopped pecans

Combine first four ingredients in casserole. Drizzle melted butter over mixture. Bake at 350 for 45 minutes or until tender. Sprinkle chopped nuts on top. Bake another 15 minutes.

Sweet yam fries

4 Sweet potatoes or yams
2 Tbsp safflower oil
2 Tbsp cumin
½ cup fresh cilantro
Ground pepper
Sea salt

Preheat oven to 400 degrees
* Place baking sheet in oven to heat for 5 minutes - This step is key in helping the potatoes not to stick*
Cut potatoes into 1/4 inch wide strips, mix in safflower oil and spices and 1/4 cup of the cilantro
Remove baking sheet from oven and add potatoes (they should not overlap too much)
Bake for 10 minutes then turn, another 10 minutes then turn again, a final 10 minutes then remove from oven (potatoes should be fully cooked by this time)
Toss in 1/4 remaining cup of fresh cilantro and serve.
Enjoy!

Potato Poppers

1 cup chopped onion
2 Tbsp organic butter
1 cup mashed potato
2 cup cooked millet
2 Tbsp tomato paste
1 tsp unrefined salt
1 cup whole grain bread crumbs
½ cup grated parmesan cheese

Preheat oven to 350.
Saute onion in butter.
Combine with remaining ingredients. Form mixture into balls, about 1 ½ inch diameter. Bake on greased baking pan, about 20 mins, until lightly browned.

Lemony Beets and Rice

2 onions, chopped
2 cloves garlic, finely chopped
1 tbsp water
1 tbsp extra virgin olive oil
1 tsp mustard seeds
1 tsp freshly ground pepper
½ tsp cumin
½ tsp tumeric powder
1 large beet, cooked, peeled

Sauté onions and garlic in a little water at first, then the oil. Add the spices and cook until the onions are translucent. Add the beet and dulse powder, and then mix it well with the cooked rice or millet. Add lemon juice and serve while still hot. Top with broccoli sprouts.

Yields 3 servings.

and diced
½ tsp dulse powder
3 cups cooked brown rice,
wild rice or millet
juice of 1 lemon
broccoli sprouts

Vegetable Quinoa Bake With Squash

Veggie stock/broth 1 med. Onion, chopped
8-10 mushrooms, sliced
Bell pepper (red &/or green) diced 1 small zucchini, diced
1 jalapeno pepper (opt.) 2-4 cloves garlic, minced
3 c. water (or vegetable broth) 1 1/2 c. quinoa (soaked and rinsed well)
2 c. peeled and diced pumpkin or other winter squash
1 c. chopped mustard greens or kale 2 TBSP fresh parsley (or 1 TBSP dried)
1/2 tsp salt 1/2 tsp pepper

Preheat oven to 400. Saute with broth the onion mushrooms, peppers, zucchini and garlic for about 5 min. Stir in rest of ingredients except for greens and bring to a boil. Place greens at bottom of a 9X13 casserole dish first. Add mixture over top of greens. Cover and bake until liquid is absorbed, about 35 to 40 min. Remove from oven and fluff with a fork. let stand 5 min. before serving. Makes 4 servings.

Oven Root Vegetables

Wash and prepare all manner of root vegetables from the garden
I used red and banana potatoes, carrots, parsnips, turnips, and sweet potatoes.
Cut in long pieces or chunks and I try to cut slower cooking vegetables smaller than faster cooking vegetables.
With the bit of water that is on them from rinse I put them in a large rectangular casserole in which I had poured a bit of olive oil.
I tossed them with the olive oil and Herbamare (original) which is fresh organic plants aromatic sea salt.
Bake in 350 oven for about 1 hour. Check for tenderness of vegetables. Stir occasionally. Serve when ready.