



Winnipeg
Insight
Meditation
Group

Sangha Vegetarian Recipe
Collection
2014

This collection was created by the members of the Winnipeg Insight Meditation Group during the winter of 2013-2014. Minor changes in formatting have been made for editorial consistency, and all efforts were taken to retain the original spirit in which the recipes were submitted. Any errors and omissions are, however, my own, and corrections are gratefully accepted, and appreciated.

I hope the collection brings all who partake in it peace, well-being, nourishment, and joy.

Please, share widely. Listen deeply. And love, always.

Brynn J. Morrison-Lount
Editor, 2014 edition



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*As we make ready to eat this food
we remember with gratitude
the many people, tools, animals and plants,
air and water, sky and earth,
that turn in the wheel of living and dying,
whose joyful exertion
provide our sustenance this day.
May we with the blessing of this food
join our hearts
to the one heart of the world
in awareness and love,
and may we together with everyone
realize the path of awakening,
and never stop making effort
for the benefit of others.*

- Zoketsu Norman Fischer, 'One Heart Grace'

Appetizers, Sauces, and Salsas

Greer's Kale Chips

Ingredients:

Kale
Olive Oil
Garlic
Cumin
Salt

Directions:

Tear Kale into 'chips' and preheat oven to 350 F. Toss all ingredients, (garlic, cumin, and salt to taste) and spread on baking sheet. Bake 1 – 1 1/2 hours. Turn off oven & leave overnight. When eating, squeeze on some lemon!

Submitted by Joy Winchell

Baked Lemon-Garlic-Parsley Brie

Ingredients:

1 round of double cream Brie (not triple as it does not retain its form as well)
4 tablespoons chopped fresh parsley
2 tablespoons grated lemon zest
1 garlic clove, finely chopped
1 fresh baguette, sliced

Directions:

Preheat oven to 350 degrees.
Lay two flat halves of the Brie in a pie plate
Top each half with chopped parsley, lemon zest and chopped garlic.
Place the two halves on top of each other.
Bake uncovered in preheated oven for about 10 minutes or so (keep watch). Remove when Brie is soft to the touch but before it melts into a sauce. Even then, it's still very tasty.

Guests can self-serve by slathering cheese mixture on sliced baguette. Serves 6.

Submitted by Linda Churchill

Avocado Vinaigrette

Ingredients:

2 ripe avocados
6 tbsp. olive oil
3 tbsp. freshly squeezed lemon juice
1 garlic clove, chopped.
salt and pepper to taste

Directions:

Prepare the vinaigrette by combining 6 tablespoon olive oil with 3 tablespoons freshly squeezed lemon juice. Chop one clove of fresh garlic and add to oil and vinegar. Add salt and pepper to taste. Taste to make sure it's seasoned well enough.
Cut a nicely ripened avocado in half lengthwise. Remove pit.
In the hollow left by the removed pit, spoon in the vinaigrette.

Serve on a plate with spoon for scooping out the avocado. Provide slices of baguette for sopping up the vinaigrette. Serves 4.

Submitted by Linda Churchill

Caesar Salad Dressing

Ingredients:

½ cup extra virgin olive oil
¼ cup plain, unsweetened Greek yogurt (at least 2%)
2 minced or grated garlic cloves
5 dashes Worcestershire (or gluten-free/vegan alternative)
Zest and juice from one lemon
Add a shake of sea salt, and some freshly ground black pepper

Directions:

Mix all ingredients in a glass storage container and store in the fridge. Try to make it ahead of time so the dressing can sit for a few hours, allowing the flavours to set.

Submitted by Lynn Weaver

*"All sorrows are less with bread."
- Miguel de Cervantes , 'Don Quixote'*

Caesar Cream Vinaigrette

Ingredients:

2 tbsp. red wine vinegar
5 tbsp. veganaise
1 ½ tsp. pureed garlic
1 tsp. Dijon
½ freshly squeezed lemon
1 ½ tsp. vegetarian Worcestershire sauce
1/3 tsp. garlic powder (to taste)
1/8 tsp. onion powder
1 ½ tbsps. nutritional yeast
¼ tsp. ground pepper
½ cup olive oil

Directions:

Add all except olive oil to food processor and process till smooth. While running, add olive oil in a steady stream until desired thickness is reached. Add arrowroot powder in ¼ tsp. increments to thicken, if necessary. Vegan, and gluten and cholesterol free. Enjoy!

Submitted by Brynn Morrison-Lount

Sweet Potato Salsa

Ingredients:

1 medium sweet potato, peeled, diced & cooked - but not too soft
1 medium white or yellow onion, raw minced
2 medium tomatoes diced, having more flesh than seeds
parsley, small handful - or as desired - minced
1 can black beans, drained, rinsed
2 tbsp. olive oil
salt, pepper, & garlic
juice of 1/2 to 1 lime

Directions:

Mix all together, & leave in fridge for a couple of hours or overnight to harmonise the flavours. Can be kept for several days in the fridge. Serve with crackers of your choice - really good with Grissol Melba rounds - bruschetta flavour, or as a salad.

Submitted by Barbara Jalibat

Black Bean Salsa

Ingredients:

3 cups (or 2 tins) black beans
1-17 oz. package frozen whole kernel corn, thawed
2 large tomatoes, seeded & diced
1 large avocado, peeled & diced
1 small onion, diced
1/8 - 1/4 cup chopped cilantro leaves
2 tbsps. lime juice
1 tbsp. red wine vinegar
Salt and pepper

Directions:

Mix all ingredients thoroughly in large bowl. Cover & chill overnight.
Season to taste with salt, pepper, or more lime juice as necessary.

Submitted by Joy Winchell

Salsa Fresca {Pico de Gallo}

Ingredients:

4 Roma Tomatoes, cheeks removed, sliced and diced small
1 small red onion, diced small
1 Serrano Pepper, diced finely
1 Clove of Garlic, smashed, peeled and minced
3 green onions, white and dark green parts sliced
1 handful of cilantro, chopped
Juice of a half a Lime
1/2 tablespoon of Olive Oil
A pinch of Kosher Salt
A few grinds of Black Pepper

Directions:

Combine all ingredients into a large bowl. Toss until all ingredients are mixed.
Cover with plastic wrap and refrigerate for at least 30 minutes. Makes 3 cups.

Submitted by Lynn Weaver

Cheesy Quinoa Bites

Ingredients:

1/2 cup red quinoa (uncooked)
1 cup water
1 tablespoon extra light olive oil
1/2 medium red bell pepper, seeded and diced small
1/2 large jalapeño, seeded and minced
2 cloves fresh garlic, minced
2 green onions, minced (light green and dark green parts)
1/4 cup minced fresh cilantro
2 whole eggs
3/4 plus 1/4 cup sharp cheddar, divided
2 tablespoons all-purpose flour
1/2 teaspoon cumin
1/2 teaspoon kosher salt
1/4 teaspoon coarse-ground black pepper

Directions:

Rinse quinoa in a fine mesh strainer until water runs clear, drain and transfer to a small pot. Add water and bring to a boil. Cover, reduce heat to medium low and simmer until water is absorbed, 15 to 20 minutes. Set aside off the heat for 5 minutes; uncover and fluff with a fork. Place into a bowl to cool. Preheat oven to 350 degrees.

In a small sauté pan over medium heat, add a tablespoon of extra light olive oil. Once hot add in the diced red bell pepper and mince jalapeño. Cook for 5-8 minutes, stirring occasionally until softened. Add in the minced fresh garlic and cook for 1 minute or until fragrant. Remove from the heat and transfer sautéed peppers/garlic to a plate to cool down.

In a large bowl combined the cooled quinoa, green onions, cilantro, {cooled} peppers and garlic, two eggs and 3/4 cup grated cheddar cheese. Stir to combine.

Next add in the 2 tablespoons of flour, salt, pepper and cumin. Stir until combined.

Lightly grease a mini muffin pan with baking spray. Spoon heaping tablespoons of the quinoa mixture into each muffin spot. Top with remaining cheddar and pop into a preheated 350 degree oven for 15-20 minutes.

Remove and let cool before removing and serving. Makes 24 bites.

Submitted by Lynn Weaver

Soups

Red Lentil and Carrot Soup

Ingredients:

2 cups red lentils
1 tbsp. vegetable oil
2 onions, finely chopped
2 large carrots, peeled, cut in half lengthwise and thinly sliced
4 cloves garlic, minced
2 tsp. turmeric
2 tsp. cumin seeds (toasted and coarsely crushed)
1 tsp. salt
1/2 tsp. cracked black peppercorns
1 can (28 oz.) tomatoes, including juice
6 cups vegetable stock
1 can (14 oz.) coconut milk
1 tbsp. freshly squeezed lemon juice

Directions:

1. In colander rinse lentils thoroughly under cold running water. Set aside
2. In a skillet, heat oil over medium heat. Add onions and carrots and cook, stirring until softened, about 5 minutes. Add garlic, turmeric, cumin seeds, salt and peppercorns and cook, stirring for 1 minutes. Add tomatoes with juice, and bring to a boil, breaking up with back of spoon.
3. Place reserved lentils and stock in crock pot, and stir to break up compacted lentils. Transfer contents of skillet to crock pot. Cover and cook on low for 8-10 hours. Stir in coconut milk and lemon juice, and cook on High for 20-30 minutes until heated through.

Submitted by Barbara Barnett

Imagination

*"I don't think we have an imagination apart from the environment
And I don't think we have an existence apart from the environment either.
And if the imagination isn't about our existence, I don't know what it's
about."*

- W. S. Merwin, "The Garden & The Sword"

Summer Chickpea Vegetable Soup

Ingredients:

12 cups water
1 cup plain tomato sauce/ crushed and strained tomatoes
2 onions, medium pieces
1 cup frozen corn
5" cucumber, sliced 1/2" thick and quartered
4-5 tomatoes, cut into 6's
1 can chickpeas, drained, washed
1 can kidney beans, drained, washed
1 ½ tsp. oregano
3 large pinches of sea salt / fleur de sel, to taste

Optional: Yellow zucchini, green beans

Directions:

Sautee all, except cucumbers, tomatoes, and zucchini (if applicable) in olive oil on high heat in stock pot. Try to keep vegetables crisp and onion just barely translucent. Add salt and oregano, stir. Set aside barely cooked vegetables in a bowl, and return pot to high heat. Add 12 cups of water and the tomato puree. Bring to a rolling boil for 1 minute, then add beans and vegetables. Let simmer 2 hours to reduce and let flavours mingle. Turn off heat, add chopped tomatoes, cucumber, and zucchini, (and possibly an additional cup of water if the beans have thickened it up some – ideally, it should be a clearish tomato broth – soup, not stew - but sometimes I forget it's on and come back to do damage control when I've simmered it down too far). Let sit off the heat for 3-5 hours, or until cucumber and zucchini are vaguely translucent/cooked.

Split open and toast multigrain buns spread with a bit of butter under a broiler for approximately 1 minute, or until butter bubbles, and serve together with soup. Soup is always better the next day, and this recipe makes a solid 10 meals.

Submitted by Brynn Morrison-Lount

*"A miracle is a shift in perception from fear to love."
-Marianne Williamson*

Smokey Split Pea Soup

In a large soup pot, sauté in 1 tsp. olive oil:

4 cloves garlic, peeled & chopped

1 medium onion, chopped

1 tsp. each salt & pepper

4 tsp. smoked paprika

2 tsp. dried thyme

Then add:

1 ½ c. diced carrots

1 ¼ c. dried split peas, washed well and drained

6 cups liquid - vegetable broth (could be part water)

1 tbsp. fresh lemon juice

Simmer all at least 45 minutes.

Submitted by Pat Kobylak

Roasted Red Pepper and Sweet Potato Soup

Ingredients:

3 sweet red peppers, cut into chunks

2 sweet potatoes, peel & cube, about ½ inch size

1 onion, cut into chunks

3 cloves garlic - peel, but leave cloves whole

1 tsp. dried Italian seasoning

¼ tsp. salt

¼ tsp. pepper

ROAST ALL above in oven at 425 degrees till soft - 45-60 minutes.

Directions:

When roasted, put into large soup pot, and add 4 c. vegetable broth.

Bring to boil, then simmer about 15 minutes. Puree with an immersion hand blender.

Add ½ c. plain yogurt or light sour cream.

Garnish with fresh parsley, optional.

Submitted by Pat Kobylak

Vegan Beef(ish) Stew

Ingredients:

5 cups water
2 cups mushroom broth
1 bay leaf
4 tbsp. vegan Worcestershire sauce
5-6 tbsp. soy/tamari sauce
1 tsp. onion powder
1 tsp. garlic powder
2 tbsp. nutritional yeast
½ tsp. ginger
1 tsp. freshly ground black pepper
Salt to taste
Oil to pan fry mushrooms and vegetables
1 chopped onion
2 chopped carrots
3 chopped sticks of celery
Two cubed potatoes
1 tbsp. poultry seasoning (thyme, rosemary, sage, parsley, oregano)
Approx. 10-12 re-hydrated overnight shiitake mushrooms (save the water for above mushroom broth), stemmed, chopped
½ cup pot barley
½ cup wild rice

Directions:

Combine liquids with tamari, Worcestershire, spices and nutritional yeast. Heat to a low simmer. In a large pot, cover base with olive oil and brown vegetables (minus mushrooms) together with poultry seasoning blend. While browning, in a small frying pan, brown mushrooms with a pinch of salt to taste, and olive oil. When all is lightly browned, combine in the large pot and add soup base. Add your bay leaf, and bring to a boil. When boiling, add barley and rice, reduce heat to low, cover and let simmer for 3 hours, until flavours merge and rice and barley are tender. Discard bay leaf before storing or serving.

Submitted by Brynn Morrison-Lount

*"There is a crack in everything, that's how the light gets in."
- Leonard Cohen*

Summertime Cold Gazpacho Soup

Ingredients:

About 4 litres of peeled, seeded & chopped tomatoes
2 english-type cucumbers, chopped into small pieces
1 stalk celery, thinly sliced & small
8 green onions, thinly sliced
2 cloves garlic, grated
1 green pepper & 1 red pepper, chopped small
1 jalapeno pepper, chopped very small, seeds removed
4 cups tomato juice, or V8
2 tbsp. olive oil
¼ balsamic vinegar
1 tbsp. prepared horseradish
½ cup fresh basil, chopped
2 tsp. Worcestershire sauce
A few dashes of tabasco to taste

Directions:

There is no cooking involved, so all veggies should be cut into small pieces. Also, tomatoes fresh from the garden are best.. Mix all vegetables with tomato juice or V-8. Then add olive oil, balsamic, horseradish, basil, Worcestershire and tabasco sauces to taste. Optional - ½ c. plain yogurt. Refrigerate 24 hours before serving. Very flavourful and refreshing.

Creamy Butternut Squash and Apple Soup

Ingredients:

2 tbsps. butter
1 chopped onion
2 cups butternut squash, peeled, cubed small
2 small chopped apples
1 tsp. pumpkin pie spice
2 tbsps. maple syrup
4 cups vegetable broth
1 cups milk - almond or coconut or plain

Directions:

In a large pot on medium melt butter, and over medium heat, sauté onion till lightly browned. Add butternut squash with apples (peeling optional). Cook all for about 10 minutes. Add pumpkin pie spice & maple syrup. Mix all together. Add vegetable broth and milk, and cook till the butternut squash is very soft. Use an immersion hand blender to make it smooth. Nice topped with some optional Greek yogurt or sour cream.

Gazpacho (this page), and above submitted by Pat Kobylak

Lentil and Swiss Chard Soup

"For me, chard is the gift that keeps on giving through the summer, and this is one way that I enjoy that gift through the winter. I freeze batches throughout the summer and fall."

Ingredients:

1 cup green lentils
1 lb. chard, washed, trimmed and chopped into 1/2 inch strips
6 3/4 cups water
10 cloves garlic
1/4 tsp. salt
juice of 2 lemons
2 tbsp. extra virgin olive oil

Directions:

1. Put the lentils and water in a large saucepan and place over high heat. Bring to a boil, and add the chopped chard. Reduce heat to medium, cover the pan and boil gently for 15 minutes. Mix the softened chard and lentils well, and cook uncovered for another 45 minutes.
2. In the meantime, place the garlic cloves in mortar, add a generous pinch of salt and pound with a pestle until you have a smooth paste (I've used the food processor for this step). Slowly incorporate the lemon juice into the garlic paste, and do the same with the olive oil.
3. Add the garlic mixture to the soup, season with salt, and simmer uncovered for 5 minutes.

Serve at room temperature with a dab of curried yoghurt on top, by mixing 1/2 tsp. (or to taste) curry powder into 1/2 cup yoghurt.

Submitted by Barbara Barnett

*"Earth, fire, air, wind and space combined to make this food.
Numberless beings gave their lives and their labours that we might eat.
May we be nourished that we may nourish life."*

- *Meal Blessing, Upaya Zen Retreat Centre. Santa Fe, New Mexico*

Sweet Potato, Kale, and Chickpea Stew

From *'The Savvy Veg'*.

Ingredients:

2 cups cooked chickpeas (or 2 cans, drained & rinsed)
2 cups soup stock, bean cooking liquid, or water
1 medium sweet potato or yam, peeled, chopped in bite size pieces
2 stalks celery, trimmed and sliced thin
4 cups chopped kale (approx. 1 bunch)
1 tbsp. (2 - 3 cloves) garlic, peeled and minced
1 tbsp. fresh ginger, peeled and minced (2 thin slices)
1 tbsp. olive oil
1 tsp. brown mustard seed
1 tsp. ground coriander seeds
1/2 tsp. ground cumin seeds
1/2 tsp. paprika
1/2 tsp. ground fennel seed
1/2 tsp. ground fenugreek seed
1/2 tsp. turmeric
1 bay leaf
1/2 tsp. salt or to taste
1 tsp. green curry paste, curry powder or crushed red chili peppers - I use the green curry paste, a good dollop - absolutely makes the stew
1 tsp. Braggs liquid aminos, or soy sauce
fresh ground black pepper to taste
1/2 cup coconut milk, light or full fat

Directions:

In a separate pot, heat the beans and liquid on medium heat, with the bay leaf. Peel & mince the garlic and ginger. Wash and trim the celery, slice thin. Peel and chop the sweet potato in bite sized pieces. Wash and strip the leaves from 1 bunch of kale. Discard the stems. Chop the leaves in small pieces. Heat the olive oil on medium low in a large dutch oven, and sauté the garlic, ginger, and mustard seeds 5 minutes. Add the sweet potatoes and celery, sauté 5 minutes, and add the spices. Stir for a minute to heat through, then add the kale and stir fry until it wilts. Add the beans, liquid, and coconut milk. Bring to a boil, cover and simmer 10 minutes or until veggies are tender. Add Braggs or soy sauce, pepper, and salt just before serving.

Submitted by Catherine Emile

"Thanks to impermanence, everything is possible."
- Thich Nhat Hahn

Salads

Mediterranean Lentil Salad

Ingredients:

19 oz. can lentils (or cook your own: 2/3 cup dried lentils, boiled for 20-30 minutes in 3 cups water is the equivalent to a 19 oz. can)
2 tbsps. freshly squeezed lemon juice
4 tsp. olive oil
1 tsp. ground cumin
½ tsp. salt
¼ tsp. cayenne
1 pint grape tomatoes, or 1 large tomato
2 roasted red peppers, coarsely chopped
¼ cup chopped fresh coriander, basil or mint
¼ cup finely chopped red onion
½ cup crumbled feta cheese

Directions:

Rinse and drain lentils. In large bowl, stir lemon juice with oil, cumin, salt, and cayenne. Add lentils. Slice grape tomatoes in half or coarsely chop regular tomato. Add to lentils with red peppers, coriander and onion. Crumble in feta. Stir to mix. Serve, or refrigerate for up to two days.

Submitted by Barbara Barnett

“Without inner peace, outer peace is impossible. We all wish for world peace, but world peace will never be achieved unless we first establish peace within our own minds.”

- Geshe Kelsang Gyatso

Glory Bowl

From the Fresh Tracks Café's (Nelson, B.C.) cookbook, *'Whitewater Cooks'*.

Ingredients:

Dressing:

½ cup nutritional yeast
1/3 cup water
1/3 cup tamari
1/3 cup apple cider vinegar
2 tbsps. tahini (or peanut butter)
2 cloves of crushed garlic
1 ½ cups of oil

Bowl:

2 cups cubed tofu of desired firmness
Cooked rice / quinoa
2 cups grated beets
2 cups grated carrots
2 cups spinach or other greens
2 cups toasted almonds or other favourite nuts/seeds

Directions:

Sauté: 2 cups cubed tofu. Process dressing ingredients, and in a steady stream add the 1 1/2 cups oil. There will be dressing left over.
Assemble cooked rice (quinoa, etc.) in 8 bowls, and top with beets, carrots, spinach or greens, toasted almond or other nuts, and sautéed tofu.
Drizzle dressing over salad, & serve with lemon wedges & cayenne to taste.

Serves 8.

Submitted by Joy Winchell

*"Summer wind
Sheets of white paper on the table
Snatched away"*

- Shiki Masaoka

Lentil and Tortellini Salad

Ingredients:

1 package cheese tortellini (cook according to package directions)
1 can lentils - drain, rinse well (or cook your own, 1 cup dry)
1 medium tomato, seeded, chopped
½ chopped pepper of choice
3 green onions, chopped
1 tsp. dry oregano (or use fresh, about 2 tbsp. chopped)
½ cup chopped fresh parsley

Dressing Ingredients:

¼ cup olive oil
1/3 balsamic vinegar
¼ tsp. each salt & pepper
2 dashes Tabasco
2 cloves garlic crushed

Directions:

Toss all together and refrigerate; this keeps well for several days, and is great for bag lunches.

Submitted by Pat Kobylak

Watermelon, Feta and Black Olive Salad

Ingredients:

60 ml (1/4 cup) thinly sliced red onion
15ml (1 tbsp.) fresh lime juice
250ml (1 cup) crumbled feta cheese
125 (1/2 cup) fresh mint leaves
60ml (¼ cup) fresh basil leaves, torn
30ml (2 tbsp.) good quality olive oil
125 (½ cup) pitted kalamata black olives
1.36 (3 lbs.) seedless watermelon
Good grind of fresh black pepper to taste.

Directions:

Cut watermelon into bite – sized pieces and place in a large bowl. Add the fresh mint and basil, the red onion, fresh lime juice and olive oil.

Toss salad gently. Add the crumbled feta and black olives. Finish the salad with a few turns of black pepper.

A beautifully refreshing summer or winter salad on its own or as a side dish with grilled fish or chicken. Enjoy! Serves 6-8.

Submitted by Louise McKean

Broccoli Slaw with Ramen and Nuts

Slaw Ingredients:

1 package broccoli slaw mix (suggest chopping lightly)
1 package ramen noodle mix (while unopened, smash the noodles, open & add, reserving the flavour packet for the dressing)
3 green onions chopped, or some chopped red onion
½ chopped red pepper
1 cup total of nuts and seeds, e.g.) ½ cup shaved almonds, ¼ cup unsalted sunflower seeds, ¼ cup unsalted pumpkin seeds

Dressing Ingredients:

1/3 cup vegetable oil
3 tbsps. cider vinegar (or other vinegar of choice)
1 tbsp. honey
ramen flavour packet
salt & pepper
garlic powder (optional)

Directions:

Toast some nuts and seeds in dry frypan til fragrant (only takes a few minutes but burns easily so watch and stir till done). Combine with Slaw ingredients in a large bowl.
To make the dressing (I suggest putting into a Pyrex measure), combine dressing ingredients. Heat the dressing in microwave for about 30 seconds, and add to salad while HOT. Mix and refrigerate.
Let it sit for several hours or overnight.
Lasts for several days, and great for bag lunches.

Submitted by Pat Kobylak

*"...The more I learned, the more I realized how very much one has to know before one is in-the-know, at all."
- Julia Child, My Life in France*

Sides

Fruit & Nut Tabouli

Ingredients:

1 cup fine bulgur
2 ¼ cups boiling water
2 seedless oranges, cut in half
¼ cup olive oil
¼ cup lemon juice
1 garlic clove, minced
½ cup onion
½ cup cucumber
1 ½ cups chopped parsley
½ cup chopped mint
¼ cup currants
¼ cup toasted walnuts
Salt and pepper to taste
Feta (optional)

Directions:

Pour 2 ¼ cups boiling water over 1 cup fine bulgur. Cover bowl, let sit 20 minutes, & drain with fine sieve.

Cut sections of oranges in half & add to bulgur. Then add olive oil & lemon juice, garlic clove, minced onion & cucumber, chopped parsley, mint, and the currants & walnuts. Mix well. Season with 1/2 tsp. salt & freshly ground pepper to taste, and serve at room temperature (or even while bulgur is still warm).

Variation: Use 1/2 cup crumbled feta

Other variations:

Replace bulgur with wheat berries, millet or quinoa
Replace parsley or mint with dill, basil or chopped fennel tops
Use French lentils (lentilles du Puy)
Replace parsley with cilantro
Replace lemon, with lime juice
Add chopped hot peppers, or ground Sichuan pepper

Serves 6.

Submitted by Joy Winchell

Wild Rice and Mushroom Pilaf

Ingredients:

2 cups of mushrooms chopped
2 cloves garlic chopped
1 leek (white and light green parts) chopped
1 large or 2 small carrots cubed
1 sweet red pepper finely diced
1 stick of celery chopped
½ of a small zucchini chopped
1 1/3 cups parboiled rice
2/3 cup wild rice
¼ pepper
½ teaspoon of flaked red chilli (to your liking)
1 tsp. dried thyme (I use powdered thyme)
1 carton of vegetable broth
1 packet of veggie ground round
Almonds, splits or sliced
2 tbsp. oil
1 cube of vegetable bouillon

Directions:

Wash both wild & other rice well.

In a skillet, heat oil over medium heat; fry garlic, carrot, leek, mushrooms and Zucchini for about 5 minutes stirring occasionally. Add rest of the vegetables and continue fry for about 2-3 minutes.

Stir in rice (both types), add stock and Bouillon. Stir in veggie ground round.

Bring to boil. Transfer into a casserole dish, sprinkle almonds, cover with aluminium foil and bake at 350 for 1 hour 30 minutes.

Submitted by Radhika Abeysekera

Roasted Cauliflower

Ingredients:

1 cauliflower
2-3 cloves of garlic
1/2 lemon
olive oil.
salt + pepper, and dry mustard/turmeric, tandoori spice, hot paprika to taste

Directions:

Preheat oven to 400 F. Cut Cauliflower into florets. Put in a single layer on baking dish, and toss in minced garlic. Sprinkle with lemon juice, drizzle with olive oil, and sprinkle with salt and pepper and other seasonings to taste. Roast uncovered, 25-30 minutes, or until top is lightly brown. Test with a fork for desired doneness. Sprinkle generously with Parmesan cheese.

Submitted by Joy Winchell

Roasted Vegetable Couscous

Ingredients:

1 small Zucchini, halved lengthwise and sliced 1/2 an inch moons
1 small Yellow Squash, halved lengthwise and sliced into 1/2 inch moons
1 medium Orange Bell Pepper, seeded and chopped
1 cup Grape Tomatoes
1 cup Sun Gold Tomatoes
1 small Red Onion, chopped
8-10 Crimini Mushrooms, quartered
5 tablespoons of Mediterranean Olive Oil, divided
Kosher Salt
Black Pepper
1 cup Water
1 cup Instant Couscous
1/2 teaspoon Kosher Salt

Directions:

Preheat your oven to 500 degrees.

On an aluminium sheet pan, drizzle four tablespoons of the olive oil over the prepared vegetables. Spread them out evenly, be careful not to over crowd the pan. If each vegetable doesn't have its own space on the sheet pan, then divide them among two pans.

Season with a couple heavy pinches of kosher salt and then pop the vegetables into your preheated oven for 20-25 minutes, rotating the pan halfway through to ensure even roasting.

Once the vegetables are golden and caramelized, remove them from the oven and sprinkle with black pepper.

Meanwhile, in a medium sauce pan bring one cup of water and the remaining tablespoon of Mediterranean Olive Oil to a boil. Once the water is at a rolling boil, remove the pan from the heat and add in the cup of couscous and a 1/2 teaspoon of kosher salt. Stir, cover and let sit for 10 minutes.

Once the couscous is done, fluff with a fork and toss it along with the roasted vegetables in a large bowl.

Serve hot and enjoy! Serves 4-6.

Submitted by Lynn Weaver

"I was 32 when I started cooking; up until then, I just ate."

- Julia Child

Brussels Sprouts with Red Pepper and Spring Potatoes

Ingredients:

2 tbsps. butter
1 onion, chopped
4 to 6 small spring potatoes, halved
1 bay leaf
1 lb. Brussels sprouts, halved if large
1 sweet red pepper, cut in 1/2 – pieces
¼ cup chicken or vegetable stock
2 tbsps. chopped fresh parsley of green onions
Salt & Pepper.

Directions:

In large non-stick skillet, melt butter over medium heat; cook onion, potato and bay leaf, stirring often, until onion is tender - 2 to 3 minutes.

Add brussels sprouts, red pepper and stock; cover and cook for about 10 minutes or until veggies are tender. Remove bay leaf, and season with salt & pepper. Sprinkle with parsley. Serves 4 to 6.

I find that my husband and I fancy eating it all.... so good!

Submitted by Louise McKean

“When you prepare food, do not see with ordinary eyes and do not think with ordinary mind. Take up a blade of grass and construct a treasure king's land; enter into a particle of dust and turn the great dharma wheel. Do not arouse disdainful mind when you prepare a broth of wild grasses; do not arouse joyful mind when you prepare a fine cream soup. Where there is no discrimination, how can there be distaste? Thus, do not be careless even when you work with poor materials, and sustain your efforts even when you have excellent materials. Never change your attitude according to the materials. If you do, it is like varying your truth when speaking with different people; then you are not a practitioner of the way.”

- Zen Master Dogen, “Instructions for the Tenzo”

Mains

Fresh Summer Vegetable Ragù with Angel Hair Pasta

Ingredients:

½ Red Pepper, sliced, chopped in half
½ Green Pepper, sliced, chopped in half
1 Large Onion, cut into medium sized pieces
Zucchini (Green or Yellow, or both), chopped into 1 inch thick pieces and quartered
½ bunch of Asparagus, snap off woody stalks and slice at a diagonal into 1 ½ - 2 inch pieces
½ bunch of Celery, chopped

1 ½ tsp. Dried Oregano
1 tsp. Dried Rosemary
2 tbsps. Tomato Paste
1 can no salt added, diced tomatoes (drained well) (Or 5-6 chopped, seeded tomatoes)
1 lime
1 cup dry white wine
Spaghettini nests, or spaghetti (use whole grain kamut for protein equivalent to ½ a chicken breast(!))

Directions:

Cover bottom of large frying pan with olive oil. Heat to medium - high heat, and when quite hot, add chopped celery, onion, and peppers. These should be fried quickly, to not lose their crispness, so the next bit needs to be done fairly quickly. It might be best to prepare everything ahead of time if you're a nervous chef!

While browning, finely grind oregano and rosemary in a mortar and pestle to release the oils in the dried herbs. Grate the rind of the lime finely, and afterwards roll it on the counter to loosen up the skin and make it juicy. Slice in quarters. When vegetables are just browned, add herbs, lime rind, squeeze lime juice into the pan, and stir. While the juice sizzles, the sugar from it should caramelize to the bottom of the vegetables (about 1 minute). When you can see the juice has browned them a bit more and the lime juice has finished sizzling, add the chopped asparagus and zucchini to the pan, stir, and add the cup (ish) of white wine. Cover, and let the wine steam the asparagus and zucchini for a few minutes, or until the zucchini pieces have a bit of browning on them also, and the wine has evaporated.

In a medium size pot, add the well-drained tomatoes and tomato paste and heat on medium-low. The sauce should be fairly dry, so try to eliminate as much water from the tomatoes as you can while draining. The tomatoes should be heated through till they're hot, but not cooked. When vegetables are done, add to tomatoes in the pot and combine.

I use angel hair or spaghettini pasta, cooked to al dente, drained and let to steam itself somewhat dry, then added back to the pot with a wee bit of salted bubbling butter or margarine covering the bottom of the pot. Toss the pasta in the butter to coat and separate the strands. Add your favourite sliced sun-dried tomatoes for more kick. Add a couple of ladles of the ragu to the pasta while in the pot, toss well, and serve with fleur de sel, or finely grated, rennet-free parmesan.

Submitted by Brynn Morrison-Lount

Cashew Parsley Vegetarian Loaf (and Optional Gravy)

Ingredients:

1 cup unsalted cashews, grind in food processor
3 medium parsnips - cooked and mashed (can also be made with carrots or butternut squash)
1 egg (or to make it vegan use 3 tbsp. ground flax instead)
1 tbsp. nutritional yeast (optional if you don't have)
½ tsp. each dried thyme and rosemary
¼ tsp. each salt and pepper
1/3 cup dry bread crumbs
Some sautéed & cooled vegetables of choice such as onion, garlic, mushroom, red pepper

Directions:

Mix all of the above. If it seems too dry, add some vegetable broth till it holds together.
Put into a loaf pan lined with Slide foil. Cover loosely with foil that can be removed near the end.
Bake at 350 degrees about 50 minutes til firm, removing the foil on top for last 10 min. Remove from oven and let stand for 10 min. before serving.

Gravy (optional):

In about 2 Tbsp. butter or veg. oil, sauté some onion & mushrooms til soft. Add 2 Tbsp. flour and cook another minute or two. Add ¼ tsp. sage or poultry seasoning, & pepper to taste. Next add 2 Tbsp. soya sauce, 1 tbsp. nutritional yeast if desired and 1 c. good quality vegetable broth.
Stir till it thickens.

Submitted by Pat Kobylak

Chicken-Style Fried Tofu

From the kitchen of the Insight Meditation Centre, Redwood, California.

Ingredients:

1 block firm or extra firm tofu, well pressed, sliced vertically into five pieces, and halved
canola and olive oil, for tofu wash
1 tbsp. vegetarian chicken broth powder, or Osem brand 'consommé' (available at Safeway in kosher foods section)
2 tbsps. nutritional yeast
¼ tps. each of dried thyme, dill, oregano, basil and pepper, ground finely in mortar and pestle

Directions:

Pre-heat oven to 375 F. Drain and press tofu. Combine seasoning powder, nutritional yeast, and spices. On two plates, place oils on one, and seasoning blend on another. Coat tofu well in each, (oil first) and place on a baking sheet. Flip once, and bake until either puffy or golden (approximately 30-40 minutes).

Submitted by Marc Forest

Southern Spiced Tofu

(This recipe was featured in the Toronto Star many years ago from a vegetarian restaurant not far from a yoga studio that I studied and taught at - the Hey Good Cooking Cafe. Good memories!)

Ingredients:

2 blocks (500 g each) firm tofu
½ cup soya sauce

Coating:

1 cup fine, dry breadcrumbs
2 tbsp. whole wheat flour
1 tsp. each of black pepper, dried thyme, oregano, coriander
½ tsp. cumin
¼ tsp. chili powder
vegetable oil

Directions:

Cover tofu blocks with waxed paper or plastic wrap. Top each with a weight to press out excess moisture. Leave 30 minutes.
Cut each pressed tofu block horizontally into five slices. Dip each slice into soya sauce.
To prepare coating, combine crumbs, flour, pepper, thyme, oregano, coriander, cumin and chili powder. If chili powder is mild you may want to add a pinch or two of cayenne pepper. Toss to blend.
Dip both sides of tofu slice lightly into coating. Shake off excess.
Place slices on greased baking sheet. Drizzle surface lightly with vegetable oil. Bake uncovered in a 350 degree oven for 30-45 min. or until slightly puffy and browned. Makes 10 slices. Serve hot, plain or with a sauce.

Submitted by Kurt Schwarz

*“May the food we are eating make us aware of the interconnections
between the universe and us,
The earth and us and all other living species and us.
Because each bite contains in itself the life of the sun and the earth,
may we see the meaning and value of life from these precious morsels of
food.”*

- Thich Nhat Hanh

Ginger Baked Tofu

Ingredients:

2 tbsps. lemon juice
1 tbsp. Maple Syrup
2 tbsps. japanese sake
1tbsp. minced ginger
2 tbsps. soy sauce
2 garlic cloves, crushed
2tbsps. evoo
1 tsp. thyme
2tbsps. sesame oil
A pinch of cayenne

Directions:

I use firm tofu which I freeze first, then thaw out by placing a weight on top to encourage drainage. Cut tofu into triangles or cubes. Make above ingredients into a marinade. Marinade 30 minutes to 12 hours, turning frequently. Bake at 375, for 40 minutes.

Submitted by Sheila Casey-Houston

Orange Ginger Tofu

Ingredients:

1 cup orange juice
1/3 cup evoo
4 tps. sesame oil
1/4 cup rice vinegar
3 cloves garlic
1 tsp. minced ginger
1/4 tsp. hot pepper
1/4 cup cilantro
chili peppers to taste

Directions:

Marinade as above, turning frequently. Bake at 375 for 40 minutes.

Submitted by Sheila Casey-Houston

"Eating mindfully is a practice that will help us understand who we are."

- *Thich Nhat Hanh*

Taco Casserole

Ingredients:

1 medium bag of nacho cheese taco chips
1 package veggie ground round (original or Mexican)
1 envelope taco seasoning
1 cup shredded cheddar
1 cup shredded mozzarella
2 chopped tomatoes
Chopped peppers, onions, chilies, or chopped olives, to your liking
iceberg lettuce

Directions:

Assemble in layers in a 9x13 pan lined with Slide foil:

1. 1 medium bag Nacho Cheese taco chips, lightly crushed
2. 1 package veggie ground round (non-meat, ready to use) in original flavour or Mexican. Mix with the next ingredient ...
3. 1 envelope taco seasoning made as in directions on package, mix with veggie ground round & sprinkle over the crushed taco chips
4. Mix 1 cup shredded Cheddar & 1 cup Mozzarella (reserve ½ cup for topping at the end) - sprinkle the 1½ cup cheese over all
5. 2 tomatoes, chopped. More veggies can be added if desired like peppers, green onions or drained can of green chilies or drained small can of sliced black olives, etc.
6. A layer of chopped iceberg lettuce
7. Sprinkle reserved ½ cup cheese-mix over all.

Bake at 350 degrees for 15 minutes.

Submitted by Pat Kobylak

"Cooking may be as much a means of self-expression as any of the arts."

- Fannie Farmer

Vegan Macaroni and Cheese

This dish is unusual at first glance, but it really works. I will choose to make it instead of homemade macaroni and cheese, with real cheese. Good for vegans, lactose intolerant, or just as a healthier (0 cholesterol and low in saturated fat!) twist on traditional mac and cheese.

Adapted from VegNews.

Ingredients:

8 ounce package elbow macaroni pasta (use kamut/ancient grain pasta for added protein)
2 slices bread, torn into large pieces (whole grain works!)
6 tablespoons unsalted butter (not vegan) or organic Earth Balance margarine (vegan)
2 tablespoons chopped shallots (1 shallot)
1 cup (about 7 ounces, or 2 small potatoes) chopped potatoes (peeled, if reds)
¼ cup chopped carrots (about 1 small carrot)
One small chopped onion
1 cup water
¼ cup raw cashews (soaked 15 minutes or so, and drained)
1 ¾ teaspoons sea salt
¼ teaspoon garlic, minced (about 1 medium clove)
¼ teaspoon Dijon mustard (might want to use a bit more for a cheddar 'bite')
¼ teaspoon (or more) coarse ground black pepper

Directions:

In a medium saucepan, add the shallots, potatoes, carrots, onion and water and bring to a boil. Lower to a simmer and cook, covered, for 15 minutes, or until vegetables are very soft. In the meantime, preheat the oven to 350 degrees.

Cook the pasta in salted water until al dente, drain and put back into the pot.

Put the bread pieces, 1 tablespoon of butter, a large pinch of salt, and paprika in a food processor fitted with a metal blade and process until combined to a medium-fine texture. Set aside.

Drain and place the cashews in a food processor, and grind finely. Add remaining salt, garlic, 5 tablespoons margarine, mustard, and black pepper and process. Finally, add the softened vegetables and cooking water to the blender or food processor and process until perfectly smooth.

Pour the "cheese" sauce over the cooked pasta and combine until completely coated. Spread the mixture into an un-greased 11 x 8 casserole dish, and sprinkle with prepared breadcrumb mixture.

Bake for 30 minutes or until the sauce is bubbling and the top is golden brown. If you add veggies (such as 1 or 2 cups of blanched cauliflower or broccoli) to the macaroni, cook in a 13 x 9 dish. Serves 6.

Submitted by Brynn Morrison-Lount

Black Bean Chili

Ingredients:

1 cup dry black beans, soaked overnight
1 bay leaf
2 tsp. cumin seeds
2 tsp. dried oregano
¼ tsp. cayenne
2-3 tbsps. chilli
1 tbsp. olive oil
1 large onion
2 cloves garlic
¼ tsp. salt
16 oz. can of chopped tomatoes
1 tsp. balsamic vinegar
2 tbsps. cilantro
4-6 oz. smoked cheese, grated, for garnish
sprigs of cilantro, for garnish

Directions:

Cook the black beans with the bay leaf in the water.

Grind cumin seeds, combine with oregano, cayenne, chilli and roast in a dry pan for several minutes over moderately low heat until fragrant.

Heat oil in saucepan, and sauté onion. Add garlic, seasonings and salt and continue cooking another 2-3 minutes. Add some water from the bean pot, if mixture begins to stick. Add tomatoes and cook until heated through.

Add beans once they are tender. Adjust seasoning, adding vinegar and adjust seasoning.

The "Greens" version makes a fine presentation by calling for Muenster cheese in the bottom of each bowl, then the chilli and finally sour cream, and cilantro to top. At home I am more likely to garnish with grated smoked cheese (which is my preference) and a few cilantro sprigs.

Submitted by Kurt Schwarz

*"When you wash the rice, wash the rice; when you cut carrots, cut carrots,
when you stir the soup, stir the soup."*

- Shunryu Suzuki Roshi's advice to Ed Brown

Chili with Textured Soy Protein

Ingredients:

2 cups vegetable stock
1 cup each diced carrots, celery and green peppers
1/2 diced onion
2 cloves of garlic, minced
1 tbsp. canola oil
2 cups cooked or canned kidney beans
2 cups fresh or canned tomatoes
1/4 cup tomato paste
1/2 cup textured soy protein (we have also used cooked quinoa)
1 tsp. each ground cumin, dried basil, chili powder
1/4 tsp. black pepper
2 Bay Leaves
salt and pepper to taste
2 tbsps. chopped fresh cilantro

Directions:

In large covered pot, sauté carrots, celery, green peppers, onion and garlic in 2 tablespoons water over medium heat for 5 min or until onions are soft.

Stir in beans, tomatoes, stock, tomato paste, textured soy protein, cumin, basil, chili powder, pepper and bay leaves; bring to boil then reduce heat, cover and simmer 20 min.

Adjust seasoning. Remove bay leaves. Garnish with cilantro.

Makes 4 servings.

Submitted by Kurt Schwarz

"Ritual, prayer, your innermost request- please find your own way to bring yourself to your meal, to sitting down at the table and taking the time to eat with gratitude, enjoyment and gusto."

- Ed Brown

Vegetarian Cannelloni

Ingredients:

1 onion chopped
2 cloves crushed garlic
2 carrots grated
2 stalks celery chopped
4 oz. red or green lentils
14 oz. tin chopped tomatoes
milk (enough to make sauce)
1 oz. cheddar Cheese
2 tbsps. tomato paste
2/3 cup vegetable stock
salt and pepper to taste
1 tsp. rosemary
1/2 tsp. ginger
1 tsp. thyme
1 1/2 oz. margarine
1 1/2 oz. flour
1 bay leaf
pinch nutmeg
1 oz. parmesan
16-18 cannelloni tubes
1 oz. bread crumbs
flat leaf parsley to garnish

Directions:

Cook onion, garlic, carrots, celery, and add 1/2 stock. Simmer 5 minutes. Add lentils, tomatoes, tomato paste and spices, and cook 20 minutes covered. Remove lid and cook another 10 minutes to thicken and soften.

Make cream sauce with margarine, flour, milk, bay leaf salt, pepper, and nutmeg.

Fill uncooked tubes. Spoon 1/2 cream sauce in bottom of 8" square pan. Lay 2 rows of the filled cannelloni on top and spoon the rest of the sauce over.

Top with cheese and bread crumbs, and bake in a preheated 350 F oven for 30-40 minutes.

Can freeze the filled, uncooked pasta to serve later.

Submitted by Sheila Casey-Houston

Rice and Black Bean Casserole

Ingredients:

Layer 1: 2 cups cooked, brown rice

Layer 2:

1/2 tin crushed tomatoes

1tbsp. chili powder (or more depending on taste)

1 tsp. cumin

1 tsp. garlic

Layer 3:

2 cups corn

1 carrot chopped and sautéed

1 onion sautéed;

3/4 tin of black beans, drained and rinsed

Layer 4:

grated cheese

Directions:

Grease a baking dish and layer by layer each of the above in order. Top with more grated cheese.

Bake at 350 until heated through and cheese is melted. Serve with Louisiana Hot sauce and plain yogurt.

Submitted by Sheila Casey-Houston

Spinach Casserole

Ingredients:

2x300 g packets of frozen spinach, thawed and drained

¼ cup flour

3 eggs, beaten

¾ cup (or more – even 1 ½ cups!) shredded cheese

½ cup dried bread crumbs or crushed corn flakes

2 tbsps. parsley

¼ cup butter, melted

1 cup milk

½ tsp. salt

1/8 tsp. ground black pepper

Directions:

1. Preheat oven to 350 F, and grease a 2 quart baking dish.

2. Arrange spinach and flour in layers, nestling eggs between the layers.

3. Combine cheese, bread crumbs, and parsley. Sprinkle on top of spinach. Mix butter, salt, pepper and milk. Pour over all of the ingredients. Bake for 50 minutes to one hour.

Submitted by Jillian Preston-Gren

Garden Vegetable Ragù

Ingredients:

olive oil
1 tablespoon of butter
1 onion, diced
2 small zucchini, trimmed and sliced into half moons
2 small summer squash, trimmed and sliced into half moons
1 medium carrot, grated
2 medium sized garlic cloves, minced or pressed through a garlic press
1 (28 oz.) large can tomato sauce
2 cans diced tomatoes
1 teaspoon sugar
1 teaspoon of dried basil, or more to taste
1 teaspoon of dried oregano, or more to taste
1/2 teaspoon Italian Seasoning, or more to taste
1 cup of (good) dry red wine
1 cup grated parmesan cheese, divided
Kosher salt and fresh black pepper, to taste

Optional add-ins:

*Parmesan rind (just throw it on while it's simmering and remove before serving)
*8 oz. Mushrooms, sliced (sauté with vegetables)

Directions:

Heat a tablespoon of olive oil and butter in a large, deep skillet on medium heat. Once hot and working in batches, sauté the onions, zucchini and yellow squash until soft and slightly golden. Remove to a bowl after each batch. Add in all the vegetables in, including the carrot and the garlic. Cook for 1-2 minutes. Pour in the tomato sauce and the diced tomatoes. Add in the cup of red wine. Season the sauce with the dried herbs, sugar, a little salt, a lot of black pepper. Stir, cover and reduce heat to simmer for 35-40 minutes. Lastly add the half cup of Parmesan {reserve the rest to garnish}, taste and adjust seasonings if needed.

Serve over pasta or prepared spaghetti squash. Yield: 8-10 servings.

Submitted by Lynn Weaver

Sunburgers

From 'The Underground Café'.

Ingredients:

1 ½ cups cooked brown rice
1 ½ cups cooked romano beans or lentils
1/3 cup sesame seeds
1/3 cup sunflower seeds
2 tbsps. wheat germ or oat bran
1/4 tsp. each of pepper and basil
1/2 tsp. garlic
1 tsp. each of parsley and dill
1 egg
1 cup low fat mozzarella or other cheese (or substitute soy cheese)

Directions:

Preheat to 350 F. Process, form patties, brown in pan, and bake for 15-20 minutes.

Submitted by Joy Winchell

"...I always ask myself, have I overthrown my own tyranny, you know, have I established a peaceable kingdom in my own heart. And I think that if our training was such that each person on the crust of this star, if every single person on this planet, if they were trained or taught or teased or tempted into believing that the war is within themselves, and that they have to overthrow their own tyranny, that they have to establish their own truce, that they have to make their own armistice, that they'd have to establish their own kingdom of peace, then you know, everybody would be involved in that circle of themselves... I mean, everybody can find a justification for slaughter, every person is faced with the options of slaughter at every moment, and how to overthrow that tyranny, as I say, and set up your own armistice, in the midst of your own warfare, is what concerns me more."

- Leonard Cohen

Curries

Vegetable Korma

Ingredients:

¼ - 1/3 jar Patak's korma, or mild curry paste (not the sauce – the korma paste is available at Indian/import stores, the mild paste is available at superstore)
1-2 cans coconut milk (depending on taste)
1 chopped tomato
1 chopped onion
1 sliced carrot
½ chopped zucchini – sliced into 1 ½ inch pieces and quartered
½ bunch asparagus, cut into 2 inch pieces and woody ends removed
1-2 teaspoons garlic paste (or equivalent in cloves)
1-2 teaspoons ginger paste (or equivalent in fresh grated rhizome)
1 chopped red pepper, or ½ a red and ½ a green for some added colour
1 block, pressed, and cubed into 1 inch square cubes of herbed firm organic tofu (available at superstore), or paneer
2 tsp. cumin
Oil, for frying
Raisins and sliced almonds for garnish (organic are juicier!)

Directions:

In a large frying pan, heat enough oil to barely cover the bottom of the pan till quite hot. Add onion, cumin seeds, and toast gently until fragrant and brown. Add garlic and ginger, stir for 1 minute, and add sliced carrots, peppers. Let all get a little bit of browning on them, and add your tomatoes, zucchini and asparagus, keeping zucchini on bottom of pan so it gets a bit brown. When asparagus is barely cooked, move all vegetables to one side of the pan, and add a 1-2 tsp. olive oil to the empty side. Add tofu to oil, and spread the curry paste on top of the tofu, trying to get some on each piece. Add a tiny bit of water to the paste if needed, and stir to combine, still keeping tofu separate from vegetables (stir vegetables around a bit while this is going on to make sure they don't burn!). After 2-3 minutes and the tofu is well mixed with the paste and heated through, combine the 2 sides together in the pan, and pour a can of coconut milk over top. Stir to combine, and let all simmer freely, stirring occasionally, for about 10-15 minutes. Ladle into a serving bowl, and garnish with raisins and almonds. Serve with basmati and naan. I add a large pinch of cumin seeds to my basmati when cooking for flavour. There will be delicious leftovers!

Submitted by Brynn Morrison-Lount

Egyptian Spicy Lentil Pot

Ingredients:

2 peeled carrots chopped into large pieces
1 green pepper seeded and chopped
1 onion peeled and chopped
2 large tomatoes diced
1 cup water
8 cloves garlic, peeled and minced
1.5 cups orange lentils
6 cups cold water (less if adding zucchini)
2 teaspoons ground cumin (scant)
1.5 teaspoons salt
¼ - 1 teaspoon cayenne pepper

Directions:

Add carrots, green pepper, onion, tomatoes and water to a large pot. Cook until vegetables are tender. Approximately 30 minutes. Puree slightly. Then add remaining ingredients. Cover pot and simmer until lentils are tender.
Garnish with plain sour cream, yogurt and fried onions.

Submitted by Kurt Schwarz

*“This food is a gift of the whole universe, the earth, the sky, numerous living beings and much hard work.
May we eat with mindfulness and gratitude, so as to be worthy to receive it.
May we recognize and transform our unwholesome mental formations, especially our greed, and learn to eat with moderation.
May we keep our compassion alive by eating in such a way that we reduce the suffering of living beings, preserve our planet, and reverse the process of war and global destruction.
We accept this food so that we may nurture our sisterhood and brotherhood, strengthen our Sangha, and nourish our ideal of serving living beings.”*

- Thich Nhat Hanh, ‘The Five Contemplations’

Harira

A Traditional Northern African evening meal for Ramadan.

Ingredients:

1 cup onions
4 cups stock
1 tsp. each – cinnamon, turmeric
1 tbsp. freshly grated ginger
1/8 tsp. cayenne
2-3 tbsps. of hot liquid to make paste
1 cup carrots
1/2 cup celery
3 cups stock
1 cup undrained, canned chopped tomatoes
1 1/2 cups potatoes
1 pinch saffron
1 cup cooked lentils (about 1/3-1/2 cup raw)
1 cup cooked chickpeas
1 tbsp. fresh lemon juice
1 -2 tbsp. fresh cilantro
Salt & pepper, to taste

Directions:

Simmer onion and vegetable broth in a large soup pot for 10 minutes. While simmering, combine turmeric, ginger, cayenne and 2-3 tbsps. of the hot broth together in a small bowl to make a paste. Stir into soup along with carrots, celery and 3 more cups of vegetable stock. Bring to boil, lower heat, and let simmer 5 minutes. Add tomatoes and potatoes, cover, and let simmer 15-20 minutes to cook. Crumble in a pinch of saffron, and stir in lentils, chickpeas, lemon juice, cilantro, and salt and pepper to taste. Serves 4-6.

Submitted by Joy Winchell

“...operational proof... it's all theory until you see for yourself whether or not something works.”

- Julia Child, My Life in France

Chana Masala

A classic Indian dish, this can be augmented to make the chickpea and potato filling that goes into Caribbean rotis. Best served with naan, over rice.

Ingredients:

1 large onion

Heaping teaspoon pureed garlic, and ginger to taste

1 large tomato or two medium 'tomatoes on the vine', (or 10 or so cherry tomatoes if that's what you have), chopped fairly small.

Two large pinches of fleur de sel, to taste

1 teaspoon whole or partially crushed cumin seeds

One heaping tablespoon garam masala (I use Pataks, in the jar)

Two heaping tablespoons of a curry mix. I use Bindy's from the forks market, but you could use Sharwood's Korma curry powder as well, available at Safeway

Two cans worth of drained chickpeas

4 cups of water, or more if needed

Directions:

Fry chopped onion in a large frying pan with enough olive oil or ghee to cover the bottom of the pan. Be generous. Add cumin seed to onion, and roast until fragrant and brown. Add garlic and ginger pastes, salt, and let combine with onion and brown. Add your spices, stir into a thick paste, add tomatoes, and cook for two minutes – add some water if it starts to burn to the pan. Add chickpeas and remaining water, and mash as many as you would like with a potato masher to combine. Let simmer for 10 minutes on medium heat. Give it a good stir to recombine the water that has separated from the chickpeas. I keep mine a fairly 'gravy'ish consistency, but you can make your curry as wet or dry as you like. Mash the chickpeas every 5 minutes or so after this, and after about a half hour of this it is ready. Serve over basmati rice, with warm naan.

For chickpea and potato roti:

Omit tomatoes and garam masala, but add potatoes. Boil 4-5 large red potatoes chopped into 1 – 1 ½ inch cubes and drain. Add to onions and cumin, and fry till browned just prior to adding the garlic, ginger, and curry powders. For rotis, use a (Caribbean) curry blend, not an (Indian) korma mix. I use curry blends from Dino's, on Notre Dame (the duck and goat curry powder is to die for – combine this ½ and ½ with a Jamaican curry blend). Add a bit of chilli powder (I use amchur) and finely ground thyme (1/4 tsp each, but chili away if you want it hotter) to the curry powders. Fry, and combine with potatoes and onions, then add your chickpeas and water and let simmer.

When mashing, you want to leave a few satisfying pieces of potato and chickpeas in the mix, so mash a few for thickness, but not too many. This will be less smooth than the Chana Masala. After a half hour or so of cooking and stirring and adding water to your liking, ladle into the centres of roti (dhalpuri) wraps that have been defrosted and lightly browned on a griddle/crepe pan (shells are available at any Caribbean or Indian food store, like Bindy's at the Forks Market, or Dino's for about 2.50 each). Fold, and serve with your favourite hot sauce!

Submitted by Brynn Morrison-Lount

Palak Paneer

You can buy paneer in the superstore, or make it yourself. Heat 2 litres of whole milk to a boil, stirring occasionally. Stir in 4 tbsps. lemon juice - it will curdle instantly. Pour through a cheese-cloth lined sieve, and let it drain for at least 1 hour. Leave in the fridge for several hours (will keep up to 48 hours refrigerated).

Ingredients:

1 package frozen spinach, thawed
2 medium tomatoes chopped
1/4 tsp. turmeric
3T oil
1 t chili powder
1/4 tsp. salt
8 oz. paneer-cubed
1 tbsp. lemon juice
1 onion minced
1 tsp. coriander
1 " ginger minced
1 1/2 tbsps. butter

Directions:

Cook spinach--drain and reserve water. Puree spinach and set aside.
Fry paneer in oil until golden. Remove. In same oil, fry onions, ginger, for 3-4 minutes. Add tomatoes, sprinkle in chili, coriander, turmeric, and salt. Cover and cook for 2-5 minutes. Add paneer, spinach and lemon juice. If too dry, add spinach water. Serve with lumps of butter on top. Should be thick and moist.

Submitted by Sheila Casey-Houston

*"Out beyond ideas of wrongdoing and rightdoing, there is a field.
I'll meet you there."
- Rumi*

Six Vegetable Curry

Ingredients:

2 onions coarsely chopped
1 inch ginger root finely chopped
1/2 tsp. crushed dried red chilies
1 tsp. cumin powder, garam masala
1 tbsps. turmeric powder
2 tsp. coriander powder
1/2 tsp. fenugreek seeds
1 tsp. salt
1 small turnip chopped into 1-inch pieces
1 large potato coarsely chopped
1/2 cabbage coarsely chopped
2 green bell peppers coarsely chopped
3 tomatoes coarsely chopped, (optional)
1/4 cup hot water

Directions:

Sauté onion, ginger and chilies for 5 minutes. Add cumin, turmeric, garam masala, coriander and fenugreek, and stir well. Add salt, turnip, and potato, stir, and let cook for 5 minutes. A handful at a time, add cabbage, and finally peppers and tomatoes. Add water, cover & barely simmer until potatoes + cabbage are done. Stir frequently & add water if necessary.

Submitted by Joy Winchell

Desserts

Lemon Poppy Seed Shortbread Cookies

From the *Tassajara Cookbook*.

Ingredients:

2 cups unbleached flour
¼ cup poppy seeds
¼ arrowroot powder
½ teaspoon nutmeg
1 cup butter
2/3 cup sugar
3 tablespoons fresh lemon juice
2 tablespoons lemon zest
2 teaspoons vanilla

Directions:

Preheat oven to 375 degrees. Stir the flour, poppy seeds, arrowroot powder, nutmeg and salt together. In another bowl, cream butter, sugar, lemon juice, zest and vanilla. Add the butter mixture to the flour mixture and stir until just mixed. Using a tablespoon, spoon the dough onto a greased baking sheet. Bake for 10-12 minutes. Cook on rack. Makes about 2 ½ dozen.

Submitted by Kurt Schwarz

Maple-Coated Nuts

A favourite snack recipe, also from the *Tassajara Cookbook*.

Ingredients:

3 cups walnuts
Salt, to taste
½ to ¾ cup maple syrup

Directions:

Preheat oven to 350 degrees F. Line a baking sheet with wax paper. Fill pan with walnuts in one layer; don't pile too much or the nuts won't roast well. Bake for 10-12 minutes. Remove, and while still warm, put back into pan and salt liberally to taste. Then pour enough maple syrup over nuts so that they are thoroughly coated. Spread evenly into one layer with a spatula. Return to oven for 10-15 min, or until well roasted. After removing from oven, stir well to eliminate sticking to the pan later. Makes 3 cups.

Submitted by Kurt Schwarz

Triple Chocolate German, Vegan Mini-Cupcakes

“Let the number of words in their title be indicative of their popularity.”
Adapted from ‘Kitchen Simplicity’.

Cupcake Ingredients:

1 cup plain unsweetened almond or soy milk
1 teaspoon apple cider vinegar
3/4 cup granulated sugar
1/4 cup olive oil
2 teaspoons vanilla extract
1/2 teaspoon almond extract, chocolate extract, or more vanilla extract
1 cup all-purpose, or kamut flour
1/3 cup cocoa powder, Dutch-processed or regular
3/4 teaspoon baking soda
1/2 teaspoon baking powder
1/4 teaspoon salt
1/2 cup mini, milk/allergy free chocolate chips

Icing Ingredients:

1/2 cup Earth Balance margarine, room temperature
1/2 cup Crisco shortening
1/2 cup unsweetened cocoa
1 teaspoon vanilla
1 pound confectioners’ sugar

Ganache Ingredients:

4 oz. semi-sweet milk-free chocolate, finely chopped (or chocolate chips processed in a food processor)
1/2 cup full fat coconut milk, skimmed from the top of the can, steaming hot

Muffin Directions:

1. Preheat oven to 350°F and line a muffin pan with paper or foil liners.
2. Whisk together the almond/soy milk and vinegar in a large bowl, and set aside for a few minutes to curdle. Add the sugar, oil, vanilla extract, and other extract, if using, to the soy milk mixture and beat until foamy. In a separate bowl, sift together the flour, cocoa powder, baking soda, baking powder, and salt. Add in two batches to wet ingredients and beat until no large lumps remain (a few tiny lumps are OK). Fold in mini chocolate chips.
3. Pour into liners, filling 3/4 of the way. Bake 18 to 20 minutes (15, if using mini-liners), until a toothpick inserted into the center comes out clean. Transfer to a cooling rack and let cool completely.

Icing and Ganache:

4. Place chocolate in a bowl. Pour hot coconut milk over chocolate, and let sit for 2 minutes. Stir until smooth. Let cool to room temperature.
5. Place margarine, crisco and salt in the bowl of a mixer. Sift cocoa through a fine-mesh sieve set over the mixing bowl. Mix on medium-speed until creamy. Add vanilla. Sift confectioners’ sugar into mixing

bowl through a fine-mesh sieve. Beat on low to combine; turn speed to medium and beat for 6 minutes until creamy and fluffy. Icing will be quite stiff.

6. Assembly: cut out a small cone in the centre of each cupcake. Discard scraps. Spoon ganache into each cupcake and spread a small amount over the top to smooth it out. Pipe on frosting in desired fashion. Drizzle with remaining ganache, heating up if necessary. Garnish with grated chocolate, and chill to set. Makes approximately 18 mini-muffins.

Submitted by Brynn Morrison-Lount

Banana Bread Protein Bars

Ingredients

2/3 cup gluten-free rolled oats
1/2 cup raw buckwheat groats, ground into flour
1/2 cup chopped walnuts
1/4 cup shredded unsweetened coconut
3 tbsp. chia seeds
3 tbsp. mini dark chocolate chips (soy free choc chips work fine)
1/4 tsp. cinnamon
1/4 tsp. fine grain sea salt
3/4 cup mashed ripe banana (about 2 small-medium)
1/2 cup natural smooth peanut butter
1/4 cup coconut nectar syrup (or brown rice syrup)
1 tsp. pure vanilla extract

Directions:

1. Preheat oven to 350F and line an 8-inch square pan with 2 pieces of parchment paper, one going each way. Tip – to get the parchment to stick to the pan, give the base a spray with olive oil and do this for the next paper too.
2. Add raw buckwheat groats into a high-speed blender and blend on high until a fine flour forms. Whisk all dry ingredients together in a mixing bowl.
3. Mash bananas until smooth and measure out 3/4 cups. Stir together the banana and all the wet ingredients in a bowl.
4. Add the wet mixture to the dry mixture and stir well until combined. The dough should be very sticky!
5. Scoop batter into prepared pan. Place a piece of parchment paper on top of the batter and press it down to spread out the batter evenly. You can also remove the paper and wet your hands lightly and spread it out that way. Make sure it's as even as possible.
6. Bake at 350F for 22-26 minutes, or until the edges are golden brown and the bread is firm to touch. Cool in the pan completely (I left it for 1 hour) before removing and slicing into bars.

Notes: Raw buckwheat groats are not the same as kasha or toasted buckwheat. Raw groats have a milder flavour than toasted. Yields 10 bars. Gluten free.

Submitted by Lynn Weaver

Holiday Morning Cinnamon Rolls

Courtesy of Allison Bell

Ingredients:

20 frozen dough rolls (Safeway brand)
1 cup brown sugar
1/4 cup instant vanilla pudding mix
1-2 tbsps. cinnamon
3/4 cup raisins (optional)
1/4-1/2 cup melted butter

Directions:

The night before, grease a 10' angel food cake or Bundt pan and add frozen rolls in a single layer. Sprinkle with brown sugar, pudding powder, cinnamon and raisins if desired. Pour melted butter over all. Cover with a clean, damp cloth (leave out at room temperature). In the morning, preheat oven to 350 F and make for 20-25 minutes. Let sit for 5 minutes then turn out onto a serving plate.

Jillian Preston-Gren

Oatmeal Flax-Seed, Vegan Chocolate Chip Cookies

Ingredients:

2 cups kamut flour
1 cup quick oats
1/4 cup whole flax seeds (golden if available)
1/4 cup ground flax and chia seed (use 'Organic Traditions', available at superstore, or use equal parts of ground flax and chia)
1 cup brown sugar
1/3 tsp. salt
3/4 tsp. baking soda
2 tbsps. pure vanilla extract
1 1/4 cups earth balance margarine
1/2 cup boiling water
1 cup callebaut, 70% (or dark) chocolate chips

Directions:

Pre-heat oven to 350 F. Mix dry ingredients together thoroughly, and cut in margarine with a pastry blender, leaving pea sized pieces of margarine throughout. Add vanilla, combine, and add boiling water. Mix well, then add chocolate chips. Combine. Roll into balls, and squish lightly on cookie sheet with a fork. Bake 8-10 minutes. Makes approx. 2 dozen cookies.

Submitted by Brynn Morrison-Lount

Vegan Cornmeal Pancakes

Ingredients:

1 ½ cups non-dairy milk
½ tsp. lemon juice (or apple cider vinegar)
1 tbsp. olive oil (or other vegetable oil)
1 ¼ cup all-purpose flour (or ½ cup spelt + ½ cup all-purpose flour)
¾ cup coarse cornmeal
1 ½ tbsp. sugar (or agave or maple syrup)
1 tsp. baking powder
½ tsp. baking soda
¼ tsp. salt

Directions:

1. In a small mixing bowl, whisk together the non-dairy milk, lemon juice and oil. Let stand.
2. In another mixing bowl, sift together the dry ingredients. Add the wet ingredients to the dry, mixing until just combined. A few lumps are okay.
3. Heat a lightly-oiled skillet or non-stick skillet over medium heat. Spoon about ¼ of batter on to the pan. Cook until the edges are becoming firm and the surface has bubbles. Using a spatula, flip the pancake and cook for about 1 minute more. Both sides should be golden brown. Repeat with remaining batter and serve hot with syrup or fruit.

Submitted by Mary Horodyski

Vegan Coconut Cookies

Ingredients:

1 ¼ cups all-purpose flour
½ teaspoon baking soda
¼ teaspoon salt
½ cup vegan “butter” or shortening (or use ¼ cup coconut oil + ¼ cup extra light olive oil)
½ cup packed brown sugar
½ cup white sugar
1 egg substitute (e.g., Celimix Egg Replacer + ¼ cup water)
½ teaspoon vanilla extract
1 1/3 cups flaked unsweetened coconut

Directions:

Preheat oven to 350 degrees F (175 degrees C.) Combine the flour, baking soda, and salt; set aside. In a medium bowl, cream the “butter”, brown sugar, and white sugar until smooth. Beat in the egg substitute (and water) and vanilla until light and fluffy. Gradually blend in the flour mixture, then mix in the coconut. Drop dough by teaspoonfuls onto an ungreased cookie sheet. Cookies should be about 3 inches apart.

Bake for 8 to 10 minutes in the preheated oven, or until lightly toasted. Cool on wire racks.

Submitted by Mary Horodyski

Vegan Chocolate Cake

Ingredients

1 1/2 cups flour (all-purpose)
1/4 cup cocoa (unsweetened)
1 cup sugar (white, brown, or organic cane sugar)
1 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt
1 tbsp. white vinegar (or apple cider vinegar or lemon juice)
1 tsp. pure vanilla extract
5 tbsp. vegetable oil (e.g., extra light olive oil)
1 cup water

Directions

Preheat oven to 325 degrees F.
Sift dry ingredients in large bowl. Mix wet ingredients in a small bowl. Add wet to dry + stir until just mixed. Pour into non-stick or prepared pan.
Bake on middle rack of oven for about 35-40 minutes.

Variations:

1. Substitute cold coffee or strong Earl Grey tea or coconut milk for the water. You can also use a non-dairy milk (rice, soy, etc.) to add calcium and vitamins.
2. Substitute peppermint or orange extract for the vanilla.
3. Add 1/2 cup chocolate chips!
4. Add 1 tsp. of one of the following to the dry ingredients: ground ginger, cinnamon, espresso powder.

Submitted by Mary Horodyski