

Elimination Diet Recipes

Here you'll find a collection of recipes that can be enjoyed while on the elimination diet. Most of these come only slightly modified from The Brown Rice Cookbook, published by CCNM Press.

Please note: some recipes call for lemon zest or lemon juice – although of course lemon is “citrus” and not included on the elimination diet, lemon and lime are fine, especially in cooking.

Breakfast

Morning Rice

You can make a quick and easy breakfast by using left over cooked rice and adding fresh or previously frozen fruit, spices like cinnamon, nutmeg or ginger and raw nuts such as walnuts, almonds or pecans. For a bit of tang add some freshly grated lemon rind. If you like the flavour of coconut, sprinkle some on. Add some ground flax seeds for a rich nutty flavour. Moisten it with a little water or apple juice and stove-heat it for a nice warm breakfast.

Spicy Stewed Apples

1 cup apple juice
8 apples, peeled, cored and sliced
5 Tablespoons fresh lemon juice
1 stick cinnamon (or 1 tsp. ground cinnamon)
1/2 teaspoon ground allspice
1/2 teaspoon ground nutmeg
1/8 teaspoon ground cloves

Place all ingredients in saucepan and bring to boil slowly. Then turn heat down and simmer for 10 minutes, until apples are tender. Serve hot or cold, topped with rice or almond milk if desired. Try them for breakfast!

Recipe from: The Liver Cleansing Diet. By Dr. Sandra Cabot

Quick Baked Apple

1 whole apple, washed and cored (can use a pear if you prefer)
1/2 teaspoon ground cinnamon
2 Tablespoons apple juice (or apple cider)

Place cored apple in a baking dish and sprinkle cinnamon on top. Pour apple juice into centre of apple and bake in the oven at 350 degrees (F) for 25 to 30 minutes or until the apple is tender. Serve hot, topped with rice or almond milk if desired. Try it for breakfast.

Other Breakfast Ideas:

Plain Unsalted Brown rice cakes with choice of topping:

almond butter
sliced fresh banana
sliced apple
apple butter

Dinner Recipes

Curried Lentils

1 onion, chopped
2 garlic cloves, minced
1 Tablespoons olive oil
1/2 teaspoon curry powder
2 cups water
1 Tablespoon fresh lemon juice
1/2 cup dry lentils
4 stalks spinach, chopped

Stir together curry powder, onion and garlic into warm water or some coconut oil. Once well mixed maintain on low heat for 3-5 minutes. Add water, lemon juice, and lentils. Cover and simmer until tender (about half an hour). Stir in the chopped raw spinach. Bring to a boil and then remove from the stove. Serve immediately with steamed vegetables, fish or chicken.

Recipe from: Simple Food for the Good Life

Lentils and Rice

1 large onion, coarsely chopped
1 tablespoon water
1 cup lentils (sorted and washed)
1 cup brown rice
3 cups boiling water
1 teaspoon cumin seed or 1 teaspoon cardamon seed, crushed
1/4 teaspoon black pepper, crushed
1 bay leaf, crushed
stick cinnamon, 1" piece

Sauté onion in water in large saucepan until tender. Add spices and sauté for a few seconds. Add 1 cup lentils, 1 cup brown rice. Add 3 cups boiling water. Cover and simmer until rice and lentils are tender (about 1 hour). Serve hot or cold.

Brown rice pilaf

½ large onion, chopped
1 cup brown rice
1 cup organic vegetable broth

In a large frying pan, steam fry onions for about 5 minutes or until brown.

Add one-cup of brown rice and stir to coat grains. Add two cups vegetable broth, bring to boil, then turn down to simmer. Simmer for about 45 minutes, or until all liquid is absorbed.

Quick vegetable rice

1 cup cooked brown rice
1 cup organic broth or vegetable water
2 zucchini
1,1 inch cube ginger root
6 scallions
2 garlic cloves
1 tsp cumin
1 tsp coriander

Cook brown rice as per directions in 1 cup water with 1 cup organic broth.

Slice zucchini crosswise, add to wok and steam-fry for 5 minutes, moving it constantly to prevent it from sticking to the pan. Grate ginger, slice scallions, crush garlic and add everything to wok. Steam-fry for a further 5 minutes, constantly moving vegetables around to prevent sticking. Remove the mix from wok and stir into cooked rice.

Brown Rice Surprise

1 cup uncooked brown rice, well rinsed
2 1/4 cups organic vegetable or chicken broth
1 small onion, minced
1/4 tsp. saffron threads
2 cloves garlic, minced
1 teaspoon toasted cumin seeds
1 bay leaf
Sea salt and pepper to taste
2 tbsp. fresh cilantro leaves, chopped

Steep saffron in chicken broth for 10 minutes. In a pan cook brown rice in vegetable/chicken saffron stock along with bay leaf, cumin seeds (or powder), crush garlic and black pepper. In sauce pan steam the onion in water over moderate heat until soft. Once soft remove from heat and combine with cooked brown rice mix. Mix in cilantro and serve. Add more black pepper or seasoning to taste.

Quick Vegetable Curry Bake

2 carrots
1 cup broccoli
1 sweet potato
1/4 cooked acorn squash
1 parsnip
1 cup cauliflower
1 small cooking onion
3 cloves garlic
1 small zucchini
3 tsp curry powder
2 tsp olive oil
2 cups uncooked brown rice
2 cups vegetable/chicken broth

Preheat oven to 350F

Cook brown rice with 2 cups vegetable/chicken broth and 2 cups water.

Cut all vegetables into medium sized cubes and place into a bowl. Drizzle vegetables with coconut oil and toss mixture with curry powder (or any seasoning to your liking). Place mixture on deep pan and place in oven for 30-40 minutes. (Depends on how cooked you like your vegetables) Remove from oven and mix with brown rice, add seasoning to taste.

Tarka dal

450g/1 lb Lentils
2 cups cooked brown rice
1L/2pts Water
1 tsp Seasalt
1 tsp Turmeric
1 Onion, chopped
3 Garlic Cloves, sliced
Cumin seeds to garnish

Wash the lentils well. Place them in a large saucepan together with the water, onions, salt, turmeric, and garlic. Bring to boil, cover and simmer for 20 minutes until the lentils are soft. To serve - transfer to a warmed serving dish, sprinkle with the cumin seeds and serve very hot with brown rice.

Herbed Brown Rice

2 1/2 cups cooked brown rice
4 green onions, chopped
1 tsp dillweed
2 cloves garlic, finely cut
1/2 tsp Dijon mustard, dry
2 tbsp olive oil

Combine freshly cooked/warm brown rice to the ingredients above in a large mixing bowl. Serve with your choice of vegetables. Serves 4-6.

Brown Rice with Onions and Pecans

1 cup brown rice
1/2 cup chopped onion
1/2 cup chopped green onion
2 garlic cloves, minced
1/2 cup coarsely chopped pecans
2 tbsp chopped green onion tops

Cook brown rice as instructed. Steam fry onions until the onions are softened and begins to yellow, about 10 minutes. Stir in the garlic, pecans, and green onion; sauté over medium heat, stirring constantly, until the onions are golden and the garlic is tender, about 5 minutes. Remove rice from heat and let stand, covered, for 5 minutes. Spoon brown rice into a bowl; spoon the onions and pecans on top and toss lightly to combine. Garnish with the chopped green onion tops.

Brown rice with onions and pecans serves 4.

Brown Rice Pilaf

1 large onion, chopped
1 cup brown rice
2 1/2 cups organic chicken broth
1 tsp sea salt
1/4 tsp pepper
1/2 tsp cinnamon

Steam fry onions until golden. Add rice and cook until onions begin to brown. Add organic chicken broth and bring to a boil. Transfer to a covered baking dish. Add seasonings; cover and bake at 350° for 1 hour.

Lentil Brown Rice Stew

4 med carrots
2 med leeks
2 celery stalks
2 med zucchini
1 large onion
2 cloves garlic, diced
1 tsp dried thyme
1 cup dried lentils
1/2 cup brown rice
6-8 cups organic chicken broth
1 cup chopped fresh basil
1/2 cup chopped parsley
pepper to taste

Steam fry carrots, leeks, celery, zucchini, onion, and garlic. Cook over low heat for 10 minutes. Add lentils, brown rice, thyme, and 6 cups broth. Bring to boil, and reduce heat to simmer. Cook uncovered for 30 minutes, stirring often. Add remaining broth as needed if dry. Add basil, salt and pepper, and cook 10 more minutes. Stir in parsley and serve.

Zucchini and Broccoli Toss

2 cups brown rice
1 medium cubed zucchini
1 cup broccoli florets
2 cloves minced garlic
3-4 tsp grated fresh ginger
2 tsp dark sesame oil
1/4 cup almonds

Cook brown rice. Steam fry the zucchini, broccoli, garlic, and ginger until zucchini is tender. Toss brown rice with vegetables. Top with almonds. Serve hot or cold. Serves 2.

Creamy Sunflower Rice Bowl

1/4 cup filtered water
8 cups fresh spinach
4 cups cooked brown basmati rice
1/2 cup creamy sunflower dressing (refer below)

2 cups sunflower sprouts
2 tbsp sesame sauce (refer below)
2 tsp mixed herbs (refer below)
4 tbsp sunflower seeds

Put water and spinach in a skillet over high heat. Cook and cover for 1 minute, just until spinach is wilted. Divide cooked rice between 2 large bowls and drizzle both with half of the creamy sunflower dressing. Top with wilted spinach and sunflower sprouts. Drizzle with simple sauce and remaining creamy sunflower dressing. Sprinkle with mixed herbs and sunflower seeds. Serve. Serves 2.

The Modified Yummy Rice Bowl

1 cup broccoli florets
2 carrots, peeled and sliced
1 cup baby bok choy or any other vegetables
4 cups brown basmati rice
2 tsp mixed herbs (refer below)
6 slices avocado
2 cups sunflower sprouts
2 wedges lemon

Steam vegetables until tender and set aside. Divide cooked rice between 2 large rice bowls and drizzle with 2 tbsp olive oil and 1 tsp mixed herbs. Arrange steamed vegetables and avocado on rice. Top with sunflower sprouts. Drizzle with remaining 1 tbsp tamari. Sprinkle with remaining 1 tsp mixed herbs. Garnish with lemon wedges and serve. Serves 2.

Adzuki Bean Rice Bowl

1/3 cup water
4 baby bok choy cut in half lengthwise
2 cups cooked brown basmati rice
1/2 cup tahini sauce (refer below)
2 tbsp torn toasted nori
2 cups Adzuki bean stew (refer below)
10 slices cucumber
2 cups pea green sprouts
2 tbsp toasted sunflower seeds

Steam bok choy and then set aside. Divide cooked rice between 2 bowls and drizzle both with half of the tahini sauce. Sprinkle with torn nori. Top with bok choy, Adzuki bean stew, cucumber, pea green sprouts and sunflower seeds. Drizzle with remaining tahini sauce and serve. Serves 2.

Hummus Rice Bowl

1/3 cup water
4 baby bok choy, cut in half lengthwise
4 cups cooked brown basmati rice
2 tsp mixed herbs (refer below)
1 cup hummus (refer below)
2 cups sunflower sprouts
2 tbsp hulled hemp seeds
4 slices chopped red onion
2 lemon wedges

Steam bok choy until tender and then set aside. Divide cooked rice between 2 large bowls. Drizzle both with 3 tbsp tamari. Sprinkle with mixed herbs. Place hummus in middle of each rice bowl and arrange bok choy around the edge. Top with sunflower sprouts, hemp seeds, and red onion. Garnish with lemon wedges and serve. Serves 2.

Tahini Rice Bowl

6 cups cooked brown basmati rice
1 batch tahini sauce (refer below)
1 batch hummus (refer below)
1 small red onion
½ diced cucumber
2 tsp chili powder
2 tsp mixed herbs (refer below)
1 bunch chopped parsley

Put 1.5 cups cooked rice in a large bowl. Drizzle 2 tbsp of tahini sauce over the rice. Put 2 tbsp of hummus in the middle. Toss the diced tomato, onion and cucumber together and place on top of the hummus. Sprinkle the chili powder and mixed dry herbs on top. Garnish with chopped parsley. Repeat for each serving.

Vegetable Curry

1 cup uncooked brown basmati rice
½ tsp cinnamon
2 cloves minced garlic
1 cup chopped broccoli
1 cup chopped cauliflower
1 large chopped carrot
½ tsp mustard seeds
2 tsp curry powder
½ tsp cumin
½ tsp turmeric
3 tbsp shredded coconut

In a medium pot, cook the rice by boiling it with the cinnamon. In a large saucepan on medium-high heat, steam fry the garlic, broccoli, cauliflower, carrots, and mustard seeds for 2 minutes. Stir in the curry, cumin, turmeric, and coconut. Reduce heat to low and simmer for 5 – 10 minutes or until vegetables become tender. Serve over rice. Serves 2.

Adzuki Bean Stew

2 diced cooking onions
2 tbsp minced fresh ginger
2 tsp dried oregano
1 tsp cayenne pepper
¼ tsp ground cinnamon
4 cups cooked or canned adzuki beans
2 cups water

Steam fry onions and ginger and cook for 2 minutes until softened. Add oregano, cayenne and cinnamon and stir and cook for 1 minute. Add beans and water. Bring to a boil and simmer for 10 minutes.

Baked Turkey Breast

3 Tablespoons coconut oil
Sea salt to taste
1 teaspoon thyme
1 teaspoon marjoram
6 organic turkey breast fillets

Heat oven to 350 F. Place turkey breasts in roasting pan and baste with mixture of oil, salt and herbs. Bake for 10 minutes, basting as necessary. Remove turkey from oven, turn over and repeat procedure for another 10 minutes or until done. Serve with steamed vegetables and rice.

Organic Citrus Rosemary Chicken

2 lemons, zested, juiced, remainder discarded
1 lime, zested, juiced, remainder discarded
4 cloves garlic, minced
1 tbsp fresh rosemary, discarded
1/4 cup tamari
1/2 tsp freshly ground black pepper
1 lb. boneless, skinless organic chicken breasts, cut in 1-inch cubes, or strips

Combine ingredients and marinate chicken for at least one hour. Grill or bake chicken.

Baked Dill Salmon

2 Tablespoons tamari sauce
2 Tablespoons lemon juice
6 salmon fillets
6 slices of lemon
6 sprigs of fresh dill

Preheat oven to 375F.

Mix together tamari sauce and lemon juice, and dip salmon fillets in mixture to coat both sides. Place the fillets in a large baking dish, with a slice of lemon and a sprig of dill on top of each fillet. Cover dish with foil and bake about 20 minutes.

Cooking Fish

Baking:

Baking fish requires about twice as much time to cook, but also prevents the fish from drying out. Prepare as above and bake at about 350F. The fish is done when it loses its translucency and flakes easily with a fork. It is not necessary to turn the fish.

Poaching:

Place the fish in an oiled casserole dish and cover with fish stock or water. Cover and bake in 350F oven, allowing 5-10 minutes per pound. The fish may be served in its juice, or the juice may be used as a base for a sauce.

Recipe from: Guilt-Free Indulgence; An Art Worth Mastering, by Drs. Mark and Cheri Percival

Soup Recipes

Brown Rice Soup

1 small onion
¼ stalk celery
1 clove garlic
1 carrot
1 parsnip
Handful fresh, flat leafed parsley
2 pints organic broth or vegetable water
½ tsp crushed thyme
2 cups cooked brown rice (or brown rice noodles- thick ones)
Freshly ground black pepper to taste
(optional cooked organic chicken breast)

Peel and finely dice onion, carrot, parsnip, celery, and crushed garlic clove. Finely chop parsley, reserving a few whole leaves for garnish. Place broth in a large saucepan and bring to a boil. Add onion, celery, garlic, parsley and thyme in pan. Let boil, then reduce heat, cover and simmer for 15-30 minutes. Add brown rice to pan, bring soup to a boil again, then reduce heat and let simmer, covered, for a further 10 minutes (or if using noodles until noodle are cooked). Season soup with freshly ground pepper. Serve, topped with a few leaves of flat-leaf parsley for garnish.

Red Lentil Soup

2 cups red lentils, rinsed well
4 tsp curry powder
1 large carrot, peeled, cut into quarters lengthwise
2 ½ ounces baby spinach
1 cup cooked brown rice

Cook brown rice as per directions. Bring 7 cups of water, lentils, curry powder, carrot to a boil in large saucepan over high heat, stirring occasionally. Reduce heat to low and simmer uncovered, stirring occasionally, until lentils have softened and thickened about 35 minutes. Add spinach and cook, stirring constantly, until spinach is wilted, about 1 minute. Then add cooked brown rice. Taste and serve

Chive Butternut Soup

1 small chopped onion
2 stalks chopped celery
1 ½ cups peeled and cubed squash
2 tbsp olive oil
2 cups water
1 cup cooked white kidney beans
1 tbsp pepper
½ tsp salt
¼ cup minced chives

Steam fry the onions, celery and squash oil on medium-high heat until onions are translucent. Add the stock, beans, pepper and salt. Simmer on medium-low heat for 15 mins, then remove from heat. Remove half of the vegetables and water and blend in a blender or food processor until smooth. Return to pot and stir in chives.
Serves 2.

Organic Chicken Soup

1 cup of organic chicken
2 quarts water or broth
4 cloves sliced garlic
2 cups each of sliced carrots, celery, onions, peas
½ cup cooked brown rice
½ cup chopped parsley
herbs and seasonings to taste

Simmer chicken in water or stock for 40 mins. Add vegetables and rice and simmer for 20 mins. Serve broth and vegetables with chicken meat and top with fresh parsley. Add herbs according to taste. Serves 10.

Garden Soup

1 ½ cups water
¼ cup chopped purple-topped turnip
½ cup chopped green beans
½ cup sliced zucchini or squash
½ cup shredded cabbage
1 ½ cups chopped parsley
generous pinch of thyme, rosemary, marjoram
dash of seasoning salt

Bring water to a boil. Add turnip, beans and carrots. Simmer for 3-5 minutes. Meanwhile, prepare zucchini and cabbage and add them to pot. Continue to simmer for a few more minutes. Chop parsley and add and continue to simmer for 2 more minutes. Crumble herbs and add them to pot. Add salt if desired. Remove from heat and let sit a minute. Serves 2-3.

Salads

Rice and Chickpea Salad

1½ cups cooked brown rice
4 cups cooked chickpeas
1 teaspoon thyme
1 teaspoon marjoram
1 clove garlic, minced
4 Tablespoons extra virgin olive oil
1/8 teaspoon cayenne pepper
Tamari sauce, to taste

Cook rice as directed. Combine cooked rice with chickpeas, herbs and garlic. Season with olive oil, cayenne, tamari and/or sea salt. Serve hot or cold. For a whole meal, you can also add some fresh veggies and a splash of rice vinegar.

Recipe adapted from: Staying Healthy with Nutrition, by Elson Haas

Brown Rice Salad

1 cup brown rice, rinsed
2 cups water
1/2 cup finely diced English cucumber
4 green onions, finely diced
1/4 cup finely diced fresh cilantro/coriander
2 teaspoons toasted sesame seeds
3 Tablespoons fresh lime juice
2 Tablespoons olive oil
freshly ground black pepper

Cook rice as directed. Remove from heat and let cool uncovered. Toss cucumber, green onion, cilantro and sesame seeds with cooked rice. Combine lime juice and oil and add to rice. Season with tamari and pepper, stirring mixture thoroughly. Serve chilled or at room temperature.

Recipe adapted from: Guilt-Free Indulgence; An Art Worth Mastering, by Drs. Mark and Cheri Percival

Lemon & Sesame Brown Rice Salad

2 cups short grain brown rice
2 large ripe avocados, peeled and cubed
1 small seedless cucumber, finely chopped
1 green onion, chopped
1 handful fresh coriander, chopped
freshly ground black pepper, to taste
2 tablespoons sesame seeds
juice of 1 lemon

Cook rice by the absorption method (twice as much water as rice) so it has a slightly sticky consistency when cooked. Mix avocado, cucumber, green onion, and coriander into rice. Shake all dressing ingredients (tamari sauce, sesame seeds, lemon juice) together in a jar. Pour over rice and mix thoroughly- it should result in a creamy mixture at the bottom as it mingles with the avocado.

Welsh Salad

2 leeks, well cleaned and finely shredded
3 celery ribs, finely chopped
2 carrots, peeled and grated
1 cup cooked brown rice

Dressing:

2 Tablespoons extra virgin olive oil
1 Tablespoon apple cider vinegar
1 teaspoon fresh lemon juice
1/4 teaspoon dry mustard
Freshly ground black pepper, to taste
Finely chopped fresh parsley

Mix together the vegetables and rice in a salad bowl. Mix the dressing ingredients and add to the salad. Toss to blend.

Recipe adapted from: The Macrobiotic Brown Rice Cookbook, by Craig Sams

Bean salad

½ cup organic chicken or vegetable broth
¼ cup brown rice
Juice of one small lemon
2 tbs olive oil
2 tbs cilantro or parsley, chopped
2 stalks green onions (scallions) chopped
1 tsp minced garlic
1 tsp cumin
1 can (15 oz) black beans, drained and rinsed
1 tomato, seeded and diced

Cook the brown rice in broth for about 15 minutes, until liquid is absorbed.

In a large bowl, make the dressing by mixing lemon juice, olive oil, parsley or cilantro, scallions, garlic and cumin. Add drained and rinsed beans, and chopped tomatoes to the bowl. When brown rice is fully cooked and has cooled a bit, add it to the salad and mix everything thoroughly. Best refrigerated for at least one hour to let flavors mingle, but you can eat it immediately if you're hungry.

Variations:

Use a lime instead of lemon
Try other varieties of beans

Harvest Rice Salad

3 cups vegetable broth
1 cup brown rice
3 celery ribs, chopped
1 large apple, cored and diced
½ cup chopped walnuts
1/3 cup golden raisins
¼ cup minced red onions
1 tablespoon snipped fresh basil

Dressing:

1/3 cup extra virgin olive oil
¼ cup white wine vinegar
1 tablespoon Dijon mustard

Bring water and rice to a boil in a medium saucepan. Reduce heat and simmer, covered, for 45 minutes or until rice is tender and splitting open. Drain excess water and let cool.

Place rice in a large bowl with celery, apple, walnuts, raisins, onion and basil. Pour Dijon vinaigrette dressing over salad and toss well. Cover and refrigerate for 1 hour, stirring once or twice.

Vegetable Brown Rice Salad

3-4 cups cooked brown rice
3 tbsp flax oil
1 small sliced zucchini
4 tbsp lemon juice
3 stalks chopped green onion
¾ cup snow peas (chopped in half)
1/3 cup chopped fresh parsley
1 tbsp fresh basil
½ tsp salt
pepper to taste

Cook rice as previously instructed. Transfer to a big bowl. In a small bowl, whisk together the flax oil and lemon juice. Stir into the rice and set aside. In a large saucepan, steam fry the zucchini for 3 minutes. Add onions, snow peas, parsley, basil, and pepper. Cook for 3-5 minutes. Add the vegetable mixture and toss. Serves 4-6.

Sauces and Dressings

Almond Sauce

½ cup ground raw almonds
2 cups vegetable stock
2 garlic cloves, chopped
2 Tablespoons fresh parsley, chopped
Juice of 1 lemon
Sea salt (omit if necessary)
Pinch of black pepper
Pinch of ground cinnamon (optional)

Garnish: chopped raw almonds or fresh herbs

In a saucepan, mix all of the ingredients together, seasoning to taste. Simmer gently until the sauce thickens, about 20 minutes. Serve over cooked brown rice, sprinkled with chopped almonds or fresh herbs.

Recipe from: The Macrobiotic Brown Rice Cookbook, by Craig Sams

Other Sauce Ideas:

Try using pre-made organic pureed soups as quick sauces that can be served over brown rice and steamed vegetables.

Brown Rice Dressing

1 1/2 cup natural brown rice
3 cup organic chicken broth
1 cup finely chopped celery
1/2 cup chopped onion
1 tsp. poultry seasoning
1/4 tsp. ground black pepper

Combine brown rice and chicken broth in a saucepan. Bring to a boil. Lower heat to simmer. Cover with a tight-

fitting lid and simmer for 45 minutes. Steam fry celery and onion. Add vegetables and seasoning to cooked brown rice. Stir together and serve warm. Yield: 6 servings.

Creamy Sunflower Dressing

2/3 raw sunflower seeds
3 cloves minced garlic
1/3 cup apple juice
3 tbsp lemon juice
1 cup filtered water

Combine all ingredients in a blender and process until smooth and frothy.

Tahini Sauce

2 cloves minced garlic
½ cup chopped parsley
½ tsp sea salt
2 tbsp lemon juice
2/3 cup filtered water
½ cup tahini

In a blender, process garlic, parsley, salt and lemon juice until smooth. Add water and tahini and process until smooth.

John Redden's Gado Gado Sauce

1/4 cup of organic tahini
2 to 3 slices of fresh ginger root
Pinch of cayenne
As many cloves of fresh garlic as you can tolerate (John recommends several)
Water

Blend the tahini, garlic, ginger, cayenne and about ½ cup of water in the blender. This makes a very thick sauce. For a thinner sauce add more water. This makes a very flavourful sauce for rice or vegetables. It will keep for a few days in the fridge, but better in the freezer.

Mixed Herbs

1 tbsp dried oregano
1 tbsp dried basil
1 tbsp dried marjoram
1 tbsp dried dill
1 tbsp dried thyme
1.5 tsp dried rosemary
1.5 tsp dried sage

Combine all in a bowl and mix well

Snacks

Rice Balls

3 sheets nori seaweed
3 cups soft-cooked short-grain brown rice
2 umeboshi plums, pitted and cut into quarters

Fold a nori sheet in half, and tear into 2 pieces. Then fold each of these 2 pieces in half, and tear again to get 4 pieces. Form a handful of rice into a ball. Put a piece of umeboshi plum in the middle, and re-shape into a ball. With wet fingers, pat enough sheets of nori around the balls to fully cover it. You may need 2 pieces of nori depending on the size of the rice ball. Store in an airtight container.

Recipe from: The Macrobiotic Brown Rice Cookbook, by Craig Sams

Vegetables and Hummus

Organic vegetable of choice (carrots, zucchini, peppers (green, red, orange, yellow), celery, etc....)
Organic hummus

Apples and Nut Butter

Cut apples
Almond butter

Combine and eat as a nice snack.

Hummus

2 cups cooked or canned chickpeas
3 cloves garlic
2 tbsp tahini
4 tbsp lemon juice
1 tbsp filtered water

Combine all ingredients in a food processor and puree all ingredients. Add more water if necessary.

Chickpea Dip

2 cups chickpeas cooked and drained
¼ cup chopped green onions
2 cloves minced garlic
2 tbsp lemon juice
½ cup olive oil
2 cups chopped parsley
½ tsp dried basil
¼ cup sesame seeds (optional)

Puree all ingredients in blender at low speed. If mixture is too thick, add a little cooking water from the beans. Chill. Serve with raw vegetables.

Guacamole

1 large avocado
¼ cup grated (or finely chopped) onions
1 tbsp lemon juice
1 clove minced garlic
¼ cup finely chopped fresh cilantro leaves
Salt to taste

Puree all ingredients in blender and mash avocado with a fork and mix in other ingredients. Chill. Serve with fresh raw vegetables.

Black Bean Spread

2 cups cooked or canned black beans
1 small chopped red onion
3 tbsp fresh cilantro
1 roughly chopped garlic clove
1 tbsp mixed herbs
1 tsp cumin
2 tbsp lime juice
1/8 tsp salt

Blend all ingredients together in a food processor or blender. Makes approximately 2 cups.

Cuban Black Bean Dip

1 c Dried black beans; (or 16 oz. can of black beans)
2 tb Chopped red onion
2 tb Balsamic vinegar
1 tb flax oil
1 md Clove of garlic, crushed
Pepper to taste

Soak the beans in water overnight; drain, and cook in 4 cups of water for about 1-1/2 hours or until tender. Drain again. In a blender or food processor, combine beans, 1 Tbsp. chopped onions, vinegar, flax oil, and garlic; blend until smooth. Season with pepper, mix in remaining onions, and place in serving bowl.

Oriental Lettuce Wraps

Dice or grate carrots, celery, broccoli stalks, cauliflower or any variety of veggies. Toss with an organic tamari. Add fresh bean sprouts and toss. Spoon veggies into fresh, washed lettuce leaves of your choice. Roll cabbage roll style and enjoy.

Mexican Wraps

Mash cooked beans of your choice (navy, pinto, chickpeas, lima, garbanzo, etc). Add a dash of each cumin and chili powder, chopped cilantro and 2 crushed garlic cloves. Mix in some chopped avocado if desired. Roll in washed lettuce leaves.