



Barley Casserole

You'll Need

- 1 cup barley
- 3 Tablespoons butter
- 21 ounces chicken or beef broth
- 8 ounces water
- ½ cup sliced, mushrooms
- 1 medium onion, sliced
- Salt and pepper

Directions

- Preheat the oven to 350 F.
- On stovetop, saute the barley in 2 tablespoons in butter until lightly brown. Then add broth and water and bring to a boil.
- Then place in a casserole dish. Cover and bake for 40 to 45 minutes or until the liquid is absorbed.
- While casserole is baking sauté the onions and mushrooms in a tablespoon of butter.
- When barley is finished mix in onions and mushrooms season with salt and pepper, serve.

Play with Your Food

- Switch up the mushrooms with carrots or other veggie of choice
- Or simply add additional veggies
- Prepare with sweet onions

Lentils and Bulgur

You'll Need

- 1 cup brown lentils
- 1 cup medium grain bulgur
- 2 large onions, sliced
- 3 cups water
- 1 teaspoon cumin
- 1/4 cup olive oil
- Salt and pepper to taste

Directions

- In a skillet on low-medium, heat the olive oil. Once oil is heated, place onions in skillet.
It is best to start onions on low-medium heat and then reduce heat to low and let them just take their time. Stir occasionally. Remove when onions are slightly browned.
- While onions are caramelizing. Prepare beans and bulgur. Get a medium pot and combine lentils, and water. Cook over medium heat for approximately 16 minutes or until lentils are soft.
- Remove lentils from heat and add bulgur, stir, and let sit until rest of water is absorbed. Add more water if necessary.
- Add cumin powder, salt, pepper onions and oil that onions were fried in to the lentil, bulgur mixture.

Play with Your Food

- Leave out cumin
- Top with plain yogurt
- Top with diced tomato

Quinoa Corn Chowder

You'll Need

- 1 tablespoon olive oil
- 4 cups vegetable broth
- 1 large yellow onion, chopped
- 14 ounces coconut milk
- 3 garlic cloves, chopped
- 2 bay leaves
- 1 large potato with skin, cubed
- 1/8 to 1/4 teaspoon cayenne
- 3 cups corn kernels (fresh or canned)
- 1/2 teaspoon salt
- 1/2 cup uncooked quinoa
- 1/2 cup red bell pepper, diced
- Pepper to taste

Directions

- In a large pot on low medium, heat the oil. Sauté onion, garlic, red bell pepper, quinoa, potato and corn for approximately 7 minutes.
- Next add stock and the bay leaves and simmer for 30 minutes. Add milk and seasonings and increase heat for a few minutes.
- Remove from heat, adjust seasonings as needed and serve.

Play with Your Food

- Add one chopped chili pepper
- Use 6 shallots chopped, instead of 1 large onion
- Use chicken broth instead of vegetable broth
- Use regular milk instead of coconut milk



Black Bean Salsa

You'll Need

- 1, 14.5 ounce can black beans, drained (or use black beans that have been cooked from the dried state)
- 1, 14.5 ounce can corn drained (or use fresh corn)
- 1, 12 ounce jar salsa
- ¼ cup cilantro, chopped
- 1 ½ tablespoon fresh lime juice

Directions

- Mix all of the above together and use this as your base.
- Serve on top of a salad, or baked potato. Or serve, in a wrap, or in a taco shell. Or serve as dip with some corn chips.

Play with Your Food

- Add some chopped vegetables or fruit such as bell pepper, carrots, yellow onion, red onion, green onion, avocado, tomato or mango.
- Add some cooked chicken or fish or shrimp.
- Add a chopped chili or jalapeno for a spicy flavor. Or add some chili powder.

Jazzed Up Garbanzo Beans

You'll Need

- 1 green chili (deseeded and finely chopped)
- 1 can of garbanzo beans (save 1/3 cup of liquid from the can, drain the rest) or 1 ½ cups cooked beans from the dried state (reserving 1/3 cup of the cooking liquid)
- 2 garlic cloves (finely chopped)
- 1 medium yellow onion (chopped)
- 2 tablespoons olive oil
- ¼ teaspoon ground ginger
- ½ teaspoon chili powder
- ½ teaspoon cumin
- ½ teaspoon ground coriander
- ½ Tablespoon lemon juice

Directions

- Place the olive oil in a pan that can be covered. Heat on low-medium. And once oil is heated, add onion.
- Saute the onion, until slightly browned. Add the chili, garbanzo beans, garlic, ginger, chili powder, cumin and coriander. Cook for approximately 2 minutes.
- Next add the liquid from the beans cover and simmer for about 10 minutes.
- Remove from heat, add the lemon juice and serve.
- Enjoy with pita or naan bread, rice or by itself!!

Play with Your Food

- Serve with a dollop of sour cream
- Serve with a dollop of yogurt
- Use fresh ginger
- Serve topped with diced tomato

Beans and Greens

You'll Need

- 4 large garlic cloves, thinly sliced
- 3 tablespoons extra virgin olive oil
- Pinch red pepper flakes
- 1 can or 1 ½ cups cooked cannellini beans (reserving 1/3 cup liquid)
- 1 ½ pounds of chopped kale
- Salt and pepper to taste

Directions

- In a medium pot, sauté sliced garlic and red pepper flakes in oil on low heat until aroma is released.
- Add the chopped kale and sauté until all kale is completely wilted.
- Next add beans and simmer until they're heated through but still firm.
- Add salt and pepper to taste.
- Serve with a nice piece of bread.

Play with your Food

- Serve topped with parmesan cheese.
- Serve topped with crumbled hot Italian sausage.
- If you want the dish to be more like a soup add a bit of water or more bean juice.

Cole Slaw

You'll Need

- 4 cups thinly sliced green cabbage
- 1/4 cup of apple cider vinegar
- 2 teaspoons to 1 tablespoon honey or sugar
- 1 1/2 teaspoons of celery seed
- Salt to taste

Directions

- In a small bowl whisk together vinegar, sugar or honey and set aside.
- In a separate bowl mix together cabbage and celery seed.
- Next, pour a small amount of the dressing on the cabbage mixture and mix together until combined and until desired amount of dressing is achieved.
- Season with salt and chill before serving.

Play with Your Food

- Substitute some of the green cabbage with red cabbage
- Add some shredded carrots
- Add some green onion



