

## Menu for the next 7 days

Note: Week One was the initial 7 day Veggie Challenge.

This week's recipes are quick and easy – appropriate for a work/school week. Next week's recipes are a little more time consuming.

Saturday and Sundays are for days off when you might want to indulge in a brunch and cook fancier meals. You can re-arrange this menu plan if your days off are on other days.

If you have any suggestions or corrections for the recipes, please jot them down and let us know at the end when you fill out the post survey. Or email them to us sooner at [challenge@veg.ca](mailto:challenge@veg.ca).

For menu items written in *italics* we have include recipes below. Other items are very simple and don't require a recipe.

– Nimisha Raja

### Monday

**Breakfast:** *Green Smoothie (sweet)*, Whole grain toast with nut butter or tahini (for optimal digestion eat the toast 20 minutes or more after eating the fruit smoothie)

**Optional snack:** Banana

**Lunch:** Hummus wrap with veggies, your favourite store bought, healthy soup

Optional snack: Fresh cut veggies and *Vegan Sour Cream Dip*

**Dinner:** Whole grain pasta with tomato sauce, *Vegan Caesar Salad* (make extra for lunch the next day)

### Green Smoothie (sweet)

Makes 4 cups (1 litre)

- 1 cup water
- 2 - 3 pieces of fruit (e.g. 1 banana, 1 orange, 1 apple – OR – if you want a more uniform flavour, use the same fruit such as 2 - 3 oranges.)
- 2 - 3 cups fresh greens – as many as you can cram in there (e.g. 6 to 8 leaves of romaine or other lettuce, or two handfuls of baby spinach, or any other tender green. Whatever you have on hand is fine.)
- Sprouts (optional)
- ½ to 1 scoop of Vega (optional)
- 1 cup water for rinsing

**Put water in blender.** Add fruit, Vega if using, and greens. Blend until smooth. Pour into a glass or stainless steel bottle.

**Swish out blender** with water and pour in with the smoothie. Mix well and drink.

The above amounts will yield 1 litre – drink it all at once, or throughout the day. It is a great way to meet your “5 – 10 vegetable serving a day” requirement! You're starting your day with 5 servings – it can only get better as the rest of the day progresses.

**Variations:** vary the greens and fruit throughout the week to give yourself as much variety as possible. Also try adding sprouts whenever possible.

### Tips

**Don't feel as though you have to follow these menu plans to a "T".** Feel free to mix up and rearrange the menus to suite your tastes. Improvise and include your own favourite recipes. The idea is to stay veggie for the full 4 weeks. Use your imagination. But do plan ahead – it will keep you on track.

**Pack leftovers for easy lunches the next day.** Make extra servings at dinner. There is no need to make a different lunch everyday. Not into leftovers? See [www.veg.ca/lunch](http://www.veg.ca/lunch) for veggie sandwiches and other quick ideas.

**Freeze extra leftovers.** Use individual size portions for a future time-saving lunch or dinner (remember to label and date the container). Using up leftovers saves time, money and helps avoid waste.

**Use organic ingredients whenever possible.** Everyone has different budgetary considerations, however, organic foods generally have more flavour and nutrition, and reduce exposure to pesticides.

You'll notice **lots of greens** incorporated throughout the menu. If you're not a big salad eater, then I highly recommend DAILY green smoothies – I start my day with a litre of green smoothie to get my fruits and greens first thing in the morning.

If you're not a morning person, or don't have time to make smoothies in the morning then make them at another time of day that suits you better. The important thing is to get the greens into your body.

Tip: for making smoothies, **invest in a good blender** if you don't already have one. One with at least 1000 to 1500 watts) – anything less than 1000 watts, the motor will burn out with repeated use.

**Note:** Vega powder is an optional ingredient. However, using it boosts the nutrition and protein, and usually eliminates the need for a mid-morning snack. However, it is a bit pricey and some people don't like its sweet stevia taste.

### Vegan Sour Cream Dip or Dressing

Makes 2 cups

You can buy this in natural food stores, but here is a simple recipe

- 1 (12-oz) pkg firm **silken** tofu
- 1 Tbsp lemon juice
- 1 Tbsp apple cider vinegar
- 1 tsp salt (or more to taste)
- 1 tsp sweetener of choice (organic sugar, agave, etc.)
- ½ cup shredded English cucumber (squeeze out excess water)
- 1-2 cloves garlic, crushed
- 2 Tbsp fresh chopped dill

**Blend first five ingredients** in blender or food processor until completely smooth (that's your basic tofu sour cream). Add the rest of the ingredients until well combined. Serve with crudité's (cut raw veggies). Or can be thinned with water and used as a salad dressing. (Keeps for 4 to 5 days in the fridge)

**Soy-free:** Try using 1 cup soaked raw almonds or cashews.

## Vegan Caesar Salad

### Cleopatra Dressing

- 1 block soft tofu (250 g/8 oz)
- 2 Tbsp fresh lemon juice
- 1 Tbsp apple cider vinegar
- 1 tsp sweetener of your choice (organic sugar, agave, etc.)
- ½ tsp salt
- 1 tsp vegan Worcestershire sauce (anchovy-free) – try Annie’s or Wizard brand, available at health food stores
- 1 tsp yellow mustard
- 2 Tbsp red wine vinegar
- 2 large cloves garlic, crushed
- ¼ tsp black pepper

**Blend all of the above** until smooth and creamy.

Will keep for 5 to 6 days in the fridge.

**Note:** Blending just the first 5 ingredients makes a nice tofu sour cream that you can use to top baked potatoes or any other recipe that calls for sour cream.

**Soy-free:** Try using 1 cup soaked raw almonds or cashews.

### Pretend Parmesan

- ½ cup ground almonds (almond powder)
- ½ cup nutritional yeast
- Pinch of salt

**Mix all three ingredients** until well combined. Use as you would parmesan. (The mix will keep up to a year in your cupboard or indefinitely in the fridge or freezer).

**Toss romaine lettuce** with Cleopatra dressing and pretend parmesan sprinkles.

Add croutons if desired.

## Tuesday

**Breakfast:** Oatmeal with raisins, cinnamon and pecans and maple syrup, banana

**Optional snack:** Apple

**Lunch:** Leftover pasta and Caesar Salad from last night

**Optional snack:** Fruit (Grapes, berries, peaches, etc.)

**Dinner:** *Quick Red Lentil Soup, Eggless Egg Salad Sandwich, mixed greens salad with low-fat dressing*

### Quick Red Lentil Soup

*Serves 4 – 6 | Easy*

*Red lentils require no soak time; they cook very quickly. This soup freezes very well. Rich in iron, protein and fibre, and tastes fabulous!*

- 4 cups water
- 1 cups red lentils, rinsed
- 1 large onion, chopped
- 2–3 roasted red peppers (from a jar), chopped
- 1 tsp salt – or to taste
- ½ tsp black pepper
- Hot dried chili pepper flakes to taste (optional)
- ½ tsp oregano
- Juice of one lemon
- 2–3 cloves fresh garlic, crushed
- 2–3 tomatoes, chopped (or substitute 3 Tbsp tomato paste)

**In a large pot**, put water on med-high heat. Add lentils, onion, roasted red peppers, salt, black pepper, oregano and chili pepper if using. Cook until lentils are very soft (about 15 minutes). Add tomatoes, lemon and garlic and cook for another 5 minutes.

**If you like it smooth**, puree with a hand blender. (If soup is too thick, you can thin it down with more water – adjust seasonings for additional water.)

### Eggless Egg Salad Sandwich

*Makes 4 to 6 sandwiches*

- 1 (450 g/16 oz) pkg medium firm tofu
- 2 Tbsp prepared mustard
- 1-1/2 Tbsp apple cider vinegar
- 1-1/2 Tbsp fresh lemon juice
- 1 tsp salt
- 1/4 tsp black pepper (or to taste)
- 1 tsp sweetener of your choice (agave, brown rice syrup, organic sugar, etc.)
- 1 stalk/rib of celery, finely diced
- 2 spring onions or 1 small onion, finely diced
- 3 Tbsp finely diced English cucumber
- 1 Tbsp chopped fresh parsley (optional)

**Open and drain tofu** in a strainer to remove excess water while making dressing.

**In a small bowl**, whisk together mustard, vinegar, lemon juice, salt, pepper and sweetener to make dressing. Set aside.

**In a separate bowl**, mash tofu with a fork, potato masher or pastry blender.

**Combine dressing** with diced celery, onions and cucumber – mix well. Mix veggie mixture into mashed tofu to coat evenly. Add parsley if using. If time allows, refrigerate for an hour or more before serving to allow flavors to mix. (This keeps well in the fridge for 3 to 4 days. It will separate a bit – you can either drain off the water that results, or mix it back in before making a sandwich with it.)

**Serve** in whole wheat pita or other whole grain bread with lettuce and/or other toppings of choice.

## Wednesday

**Breakfast:** *Quinoa Porridge With Berries & Maple Syrup*

**Optional snack:** Trail mix (nuts/seeds/dried fruit)

**Lunch:** Leftovers from last night: Eggless Egg Salad sandwich, Lentil Soup

**Optional snack:** Fruit (Kiwi, orange, cherries, pears, etc.)

**Dinner:** *Green Goddess Noodle Bowl* (noodles with steamed greens, tofu and tahini sauce), *Fresh Cabbage Salad*

### Quinoa Porridge with Berries & Maple Syrup

Makes 2 servings

- 1 1/2 cup cooked quinoa (1/2 cup dry)
- 1 cup almond milk (or other non-dairy milk – rice, soy, etc.)
- 1 Tbsp dried cranberries (optional)
- 2 Tbsp nuts/seeds of choice (e.g. walnuts, pecans, sunflower seeds, pumpkin seeds, etc)
- 1/2 cup fresh or frozen berries (e.g. raspberries, strawberries, blueberries, etc.)
- Maple syrup to taste (start with 1 Tbsp)

Bring water to a boil. Add quinoa and a small pinch of salt and turn heat down to medium. Cook for about 15 – 17 minutes until quinoa is tender but still firm – drain off any excess water if any remaining. (You can do this the night before to save time in the morning).

**To make the porridge,** heat non-dairy milk over medium heat – careful not to over heat or scorch the pot. Add cooked quinoa, to the warmed milk and stir. Remove from heat, pour into bowls. Add berries, nuts/seeds and maple syrup and enjoy!

**Tip:** Cook extra quinoa if you want to have it with the stir fry or chickpea curry later in the week. Cooked quinoa will keep well for 3 to 4 days in the fridge, or several months in the freezer. 1/3 cup dry = 1 cup cooked. Some brands of quinoa may taste bitter, if this is the case, before cooking, place quinoa in a sieve and rinse thoroughly to remove bitter tasting saponins on the grain.

### Green Goddess Noodle Bowl

Serves 4

*This recipe for noodles with steamed greens and tahini sauce was inspired by my frequent visits to Fresh Restaurant in Toronto. I've simplified the bowl somewhat, but the taste and nutrition are all there. And it's relatively easy to prepare, especially if you keep your greens washed and ready to go in the fridge.*

#### Noodles

- 1/2 (300 g/10 oz) pkg of noodles (soba, rice or other whole grain noodles)

**Boil noodles in water** according to package directions, rinse, drain and set aside.

#### Tahini sauce

- 2/3 cup water
- 4 Tbsp tahini
- 2 cloves fresh crushed garlic
- 1 lemon, juiced
- 1/2 tsp salt

**While noodles are cooking,** prepare tahini sauce. Blend all ingredients in a blender until smooth. (This will yield more than you need – store the rest in a glass jar in the fridge for use later in the week on falafels).

**Note:** Soba noodles are available in natural food stores and Asian groceries. They are made from buckwheat with or without wheat.

#### Greens and seeds

- 1 cup greens (kale, broccoli, bok choy, spinach etc.)
- 1 cup sunflower seeds

**Lightly steam greens** – don't overcook – or they will taste horrible and you'll lose valuable nutrition.

**Lightly toast sunflower seeds** in toaster oven or over a dry skillet (you'll only need a couple of tablespoons per serving – keep the rest in a jar for future use.)

**Assembly:** Toss the noodles in tahini sauce until evenly coated. Dish out in bowl or plate. Top with steamed greens and sprinkle with sunflower seeds.

**Variations:** Can also add marinated or sautéed tofu for extra protein. Fresh Restaurant serves this with pickled ginger and seaweed – but I personally can't handle seaweed – so I leave it out. But go ahead and add it if you like – it's very rich in minerals. This dish can be served warm or cold. Keeps well in the fridge for 3 days.

### Fresh Cabbage Salad

*Quantities don't matter for this one. Use as much cabbage as you think you'll eat. This salad keeps well in the fridge for 4 to 5 days – cabbage gets nice and soft as it sits. So you can make extra to eat later.*

- Shredded green cabbage
- Shredded red cabbage
- Shredded carrot
- Shredded or finely diced green apple (Granny Smith)
- Salt (go easy – start with 1/2 tsp and add more if necessary depending on how much volume of veggies you have).
- Chopped fresh parsley
- Lemon juice
- 1 tsp toasted sesame oil and/or 1 Tbsp toasted sesame seeds (optional) – gives it a nice Asian flavour.

**Mix all of the above** and let sit for at least an hour in the fridge before serving.

## Thursday

**Breakfast:** *Green Smoothie (savoury)*, Have toast or cereal if you're hungry – but ideally wait at least 20 minutes after consuming smoothie.

**Optional snack:** Berries or grapes

**Lunch:** Leftovers from last night: soba noodles with steamed greens, and Cabbage Salad

**Optional snack:** Air popped popcorn with seasoning of choice

**Dinner:** *Mexican Black Beans on Corn Tostadas, Guacamole*, mixed greens salad

### Green Smoothie (savory)

Makes 4 cups (1 litre)

*This is much tastier than a salty, over-processed store-bought vegetable juice that's void of enzymes due to pasteurization.*

1 cups water

¼ avocado

Fresh greens – as many as possible (e.g. 6 – 8 leaves of romaine or other lettuce, or two handfuls of baby spinach, or try kale. Whatever you have on hand is fine.)

Sprouts (sunflower, alfalfa, pea shoots, etc), optional

Any combination of tender vegetables for flavouring: cucumber, tomatoes, celery, small piece of red onion, garlic clove...the possibilities are endless.

Fresh lemon or lime juice to taste – again, very alkalizing for the body

Dash Cayenne pepper or a small piece of jalapeño pepper if you like a kick (very cleansing for the blood, and helps boost metabolism), optional

1 cup water for rinsing

**Put water in blender.** Add everything else. Blend until smooth. Pour into a glass or stainless steel bottle, swish out blender with some water and pour in with the smoothie. Mix well and drink.

Feel free to vary the greens, sprouts and veggies based on what you have on hand. There are no hard and fast rules.

### Tips

**Make salads and greens part of your routine.** Vary the greens to get maximum nutrition. Try romaine, green/red leaf, spinach, spring mix, cabbage, etc. For extra flavour and interest, add tomato, cucumber, celery, shredded carrot, dried cranberries, sunflower seeds, pumpkin seeds, raisins, etc.

**Desserts:** if you truly want to be healthy, you have to get out of the "entitlement to dessert" mentality. Even vegan desserts contain too much sugar, fat and empty calories. Desserts should be for special occasions. Feel free to enjoy the odd piece of dark (dairy-free) chocolate – it's full of anti-oxidants. But careful not to overdo it – it's still very high in fat.

### Mexican Black Beans on Corn Tortillas

Serves 4

*I buy my tortillas frozen at the health food store or at a Latino market. There are only 3 ingredients – corn, water & lime.*

16 corn tortillas

¼–½ cup water

1 red onion, finely diced

1 (30 g/1 oz) pkg taco or other Mexican seasoning (I like Frontier Organics, but El Paso works fine)

3 cups cooked black beans or 2 (19 oz/541 ml) cans, drained and rinsed

3 Tbsp of your favourite salsa (mild, medium or hot)

1 lime, juiced

### Suggested toppings

Diced tomato

Diced red onion (from the bean prep above, also set aside 1 Tbsp for the guacamole recipe below)

Shredded lettuce

Diced red pepper

Diced green pepper

**Heat water** in a medium saucepan. When it's bubbling hot, add half the diced onions and taco seasoning and stir to combine evenly. Add beans, salsa, lime juice and stir. Let cook for about 5 to 7 minutes. While beans are cooking, prepare toppings.

**Puree the beans** with a hand immersion blender, or mash with a potato masher (they'll hold up better on the tortilla shells). Spread a thick layer of the mashed beans on the toasted corn tortillas and add suggested toppings and guacamole (recipe follows)

### Guacamole

Serves 4-6

2 ripe avocados

1 lime juiced

½ tsp salt

1 clove garlic, crushed (or more to taste)

1 Tbsp diced red onion

1 Tbsp fresh chopped cilantro

Few dashes hot sauce (optional)

Finely diced tomatoes (optional)

**Mash the avocados** with a fork or pastry blender. Add the rest of the ingredients and stir until evenly combined. You can also add finely diced tomatoes but sometimes that makes it runny.

If you have any left over, you can roll it up with the black beans in a whole grain wrap for lunch the next day.

## Friday

Breakfast: Favourite high-fibre cereal with non-dairy milk, apple or other fruit

Optional snack: Trail mix (nuts/seeds/dried fruit)

Lunch: Black bean burritos made from leftover Mexican Beans, mixed green salad

Optional snack: Fresh cut veggies with hummus for dipping

**Dinner:** *Curried Chickpeas* with quinoa or whole wheat pita, *Citrus Kale Salad*

### Curried Chickpeas & Potatoes

Serves 4

- 2 medium potatoes, peeled and cubed
- 1 Tbsp curry paste
- Salt (or to taste)
- Water as needed
- 1 (19 oz) can chickpeas, drained and rinsed
- 1 large tomato, diced or 1–2 Tbsp tomato paste
- 1 tsp grated fresh ginger (optional)

**Add potatoes to a pot** on medium heat along with enough water to barely cover the potatoes. Add curry paste and salt. Stir occasionally until potatoes are tender.

**Add chickpeas**, tomato paste or tomatoes and ginger if using and simmer for 10 to 15 minutes.

**Mash a few of the potatoes and chickpeas** with the back of a wooden spoon and mix through until you get a thick gravy-like consistency.

**Serve** over brown rice, quinoa or with whole grain wraps, pita or other whole grain bread.

**Variations:** Add some greens – okra is traditional, or kale, broccoli, cabbage, etc.

### Citrus Kale Salad

Serves 4

- 1 bunch kale, washed and tough stalks removed
- ½ tsp salt (or more to taste)
- Juice of one lemon
- 1 Tbsp flax or walnut oil (omit if watching fat intake)
- 2 oranges, peeled and sectioned (remove any seeds)
- 1 grapefruit, peeled, sectioned and seeded
- 1/2 small red onion (about ¼ cup), sliced

**Slice kale** chiffonade style (long, thin strips) and place in a large bowl. Add salt, lemon juice and oil if using. With clean hands, massage the kale for a minute or so to help break down the tough fibres. (The salt and lemon help with the breakdown process).

**Store in refrigerator** until ready to serve. At serving time, add sectioned oranges, grapefruit and onion, toss well. This will keep for 2 to 3 days in the fridge even after adding the citrus.

**Variation:** to add more substance to this, you can substitute the oil with ½ a ripe avocado and massage it into the kale. Or, add raw sunflower or pumpkin seeds.

## Saturday (non-work day)

**Brunch:** *Tofu Scramble*, *Rosemary Potatoes*, whole grain toast with nut butter and fruit slices.

After brunch get a head start on dinner by prepping veggies for the stir fry, soaking brown rice, and making the mango salad.

**Optional snacks:** Fresh fruit (as much as you like)

**Dinner:** *Sweet & Sour Stir Fry over Brown Rice*, *Mango Salad*

### Tofu Scramble

Serves 3 to 4

- 1 lb firm tofu
- 1 tsp salt
- 1 Tbsp mustard
- 1 tsp dried herb of choice (thyme, oregano, dill or basil)
- 1 Tbsp oil
- 1 yellow onion, diced
- ½ green pepper, diced
- ½ red pepper, diced
- Black pepper to taste (preferably fresh ground)

Drain tofu, place in a medium sized bowl and mash. Add salt, mustard, dried herb(s) and mix well.

Heat oil over medium heat in a non-stick skillet. Add diced onion and peppers and briefly sauté, about 2 to 3 minutes. Add the tofu mixture and stir to combine evenly with veggies. Continue to cook for 5 to 6 minutes until water has evaporated. Don't worry if there's still some liquid in the pan. Drain it off, or just scoop out the tofu onto plates. Add black pepper and serve over whole grain toast and rosemary potatoes (recipe follows).

## Rosemary Potatoes

Serves 4

- 4 large or 6 medium potatoes, peeled and cubed
- 1 Tbsp oil
- 1 small onion, sliced
- 1 tsp salt
- 1 tsp dried rosemary
- Black pepper to taste

**6 Steam or boil potato** cubes until fork tender (don't over cook to mush).

**Heat oil** over medium heat in a non-stick skillet and add the potatoes. Cook for 8 to 10 minutes until potatoes start to brown. Add onion slices and stir to combine with potatoes evenly. Add salt, rosemary and black pepper. Cook until onions are just soft.

**Serve** with tofu scramble above. (Ketchup or a dash of hot sauce is great on these potatoes!)

## Sweet & Sour Tempeh Stir Fry

Serves 4

*Many find tempeh to be delicious with a nutty flavour, but It took me a while to acquire the taste for this fermented soy bean product. If you prefer you can easily substitute extra-firm tofu in this dish, with equally good results, but not the fibre and healthy cultures that tempeh offers. Tempeh is available at health food stores (fresh or frozen) and some large grocery stores that have a health section. It is best eaten cooked.*

- 1 pkg (227 g or 8.5 oz) tempeh, extra firm tofu, or wheat gluten, cut in 1/2" cubes
- 2 Tbsp oil
- 1 large onion, thinly sliced
- 1 head broccoli, cut into florets (peel and cut stalks into 1" pieces)
- 1 red pepper, 1" pieces
- 1 green pepper, 1" pieces
- 1 cup white mushrooms, cleaned and cut into quarters
- 3 Tbsp plum sauce
- 1 Tbsp ketchup
- 2 Tbsp apple or orange juice
- 2 Tbsp corn starch or arrowroot powder (a thickening agent)

## Marinade

- 3 Tbsp soy sauce or tamari
- 1 lime, juiced
- Hot chili garlic sauce to taste (optional)
- 1 tsp grated ginger (optional)

**Make the marinade.** Combine soy sauce, lime juice and hot sauce and/or ginger if using and pour into a shallow covered dish or pan. Toss tempeh, tofu or wheat gluten pieces and marinate. If time allows, marinate for 6 to 8 hours (stir occasionally to marinate all the cubes evenly).

**Heat one tablespoon of oil** in a non-stick skillet over medium heat. When the oil is hot, add tempeh or tofu cubes using a slotted spoon. Cook for 7 to 8 minutes until nicely browned and crispy. Set aside.

**In a bowl,** combine left over marinade, plum sauce, ketchup, apple or orange juice and arrowroot powder and whisk until smooth. Set aside.

**In a wok** or large non-stick skillet, heat remaining tablespoon of oil over medium-high heat. Add onions and broccoli and sauté until onions are translucent, about 2 to 3 minutes. Add peppers and mushrooms and cook another 2 to 3 minutes (don't over cook veggies – leave a little crunch in them). Add the tempeh and sauce and stir to combine well. Heat until sauce thickens and coats veggies and tempeh evenly.

**Serve** over cooked brown rice, quinoa or high-fiber noodles with additional hot chili garlic sauce on the side if desired.

## Mango Salad

Serves 4

- 2 large firm under-ripe mangoes, peeled and shredded
- 2 carrots, peeled and shredded
- 1 cup shredded green cabbage (optional)
- 1 cup bean sprouts, washed and drained
- 2 Tbsp toasted peanuts, chopped (optional for topping)

## Dressing:

- 1-1/2 limes, juiced
- 1 Tbsp soy sauce
- 1 tsp organic sugar or agave
- 1 clove garlic, crushed
- 1 tsp hot chili pepper flakes or chili sauce (optional)

**Whisk together dressing ingredients** and pour over the shredded veggies in a large bowl. Toss well to combine and top with peanuts if using. Serve chilled. Can be made a day ahead – will keep for 2 to 3 days in the fridge.

## Sunday

**Brunch:** *Blueberry Muffins, Orange Apricot Raisin Compote, fresh fruit or veggie juice*

After brunch get a head start on dinner: soak the falafel mix; make tahini sauce, and wash and prep veggies for salad.

**Optional snacks:** Fresh cut veggies and low fat bean dip (store bought or make your own), small piece or two of dark (vegan) chocolate

**Dinner:** *Homemade Falafel (from mix) and Tahini Sauce, Fatoush Salad*

### Blueberry Muffins

*Makes 1 dozen, < 40 minutes*

- 2 cups flour (wheat, spelt, gluten-free mix)
- 2–3 Tbsp raw sugar or maple syrup
- 2 tsp baking powder
- 2 Tbsp ground flax or corn starch
- Pinch of salt
- 1 1/4 cup water (or milk of choice)
- 2 Tbsp oil
- 1 cup blueberries (fresh or frozen)

**Lightly oil muffin pan** or use a silicone muffin pan. • Preheat oven to 350°F

**Combine dry ingredients** on one side of a large bowl. • Combine liquids on the other side of the bowl. • Mix dry and wet ingredients. Don't over mix. • Fold in blueberries.

**Fill muffin pans with batter.** Bake for 25–30 minutes. Test by inserting a knife. They are done when it comes out clean.

**Variations:** Replace some of the flour with cornmeal. Gluten-free flour mixes are available. Add ginger, cinnamon or other spices. Try with different fruits and nuts.

### Orange Apricot Raisin Compote

*Makes 2 1/2 cups, Serves 4*

- 1/2 cup raisins
- 1/4 cup pitted, chopped dates
- 1/4 cup dried cranberries
- 1/4 cup dried apples (optional)
- 1/4 cup dried apricots (preferably organic)
- 1 cup fresh orange juice
- 1/2 tsp cinnamon
- 1 Tbsp shredded unsweetened coconut (optional)
- 1/4 cup raw or toasted sunflower seeds (optional)

**In a glass or stainless steel bowl,** combine all the dried fruit together. Pour orange juice over fruit mix and sprinkle with cinnamon and shredded coconut if using. Let sit while preparing pancakes (or prepare this the night before and let it soak overnight in the fridge). At serving time, add sunflower seeds if using. You can also use this mix as topping for pancakes in lieu of fresh fruit.

### Homemade Falafel (from mix)

*Makes 6 – 8 sandwiches if you make the whole package*

*I buy a pre-packaged falafel mix (look for Cedar brand at any grocery store – or you can buy the mix from a bulk store).*

- 1 (14 oz/397 g) package of falafel mix
- 4 whole wheat pita breads (optional)
- 1/2 cup Tahini Sauce (from Wednesday recipe)
- 1 cup shredded lettuce
- 2 diced tomatoes
- 1 small or 1/2 large diced cucumber
- 1/2 finely diced red onion

**Follow the package instructions** (it's just add water and stir – let sit for an hour or so).

**To cut back on the fat,** instead of deep frying like the package suggests, I either pan fry in a non-stick skillet using 1 Tbsp of oil, or bake at 400°F for 15–20 minutes. If you bake, they'll be a bit dry – which just means you'll need extra veggies and tahini sauce.

Once the falafel patties are made, have whole wheat pita ready to stuff (or serve with rice or quinoa). Put about 3 to 4 patties in each pita half, and top with tahini sauce, shredded lettuce, diced tomato, diced cucumber and diced red onion. Garnish with fresh parsley.

### Fatoush Salad

*Serves 4*

*This is a wonderful, tangy, fresh Middle Eastern salad that goes perfectly with falafel. As a short cut, you can just stuff some of this salad into your falafel sandwich instead of all the separate veggies listed with the falafel recipe.*

- 1/2 head of romaine lettuce, washed and torn into pieces
- 1/2 red pepper, chopped
- 1/2 green pepper, chopped
- 1/2 small red onion, sliced
- 1 tomato, diced
- 1/2 English cucumber, diced
- 3 Tbsp fresh parsley, minced
- 3 Tbsp fresh mint, cut chiffonade style (long strips)

**Toss all of the above** in a large bowl – dress just before serving.

**Option:** Toast a whole wheat pita, break into crouton sized pieces and sprinkle over salad.

### Dressing

- 2 lemons, juiced
- 2 cloves garlic, crushed
- 1/2 tsp salt
- 3 Tbsp extra virgin olive oil

**Make dressing:** whisk lemon juice, garlic and salt until salt is completely dissolved. Slowly add olive oil and whisk until emulsified. Pour over salad. Store any leftover dressing in a glass jar/bottle. It will keep for 3 to 4 days in the fridge.