



Nourishing compassion for our bodies, the earth and all beings.

Easy Recipes Regularly Enjoyed by the Plant-Powered Earth Holders

Dinners

Simple Veggie Stir-Fry with Peanut Sauce (makes 4 servings; prep time: 15 minutes; cooking time: 8 minutes)

Prepare all vegetables and measure all ingredients before you start cooking, as the stir-frying happens quickly. If you are really in a hurry, you can stir-fry the main ingredients and at the end just add soy sauce or salt instead of making the sauce, or use a purchased sauce and add just before cooking has completed. Other vegetables that work very well in stir-fry dishes include: green or yellow bell peppers, mushrooms, bok choy, cauliflower, and celery.

Sauce

- 3 tablespoons soy sauce OR gluten-free tamari
- ¼ cup peanut butter
- 2 tablespoons water
- 1 tablespoon vinegar of your choice
- 1 tablespoon maple syrup
- 1/8 teaspoon crushed red pepper flakes or cayenne pepper (optional)

Stir-Fry Ingredients

- ¼ cup water or veggie broth (have some extra on hand)
- 1 cup chopped red onion
- 2 cloves garlic, finely chopped
- 1-2 cup diagonally sliced carrots, less than 1/4 inch thick
- 1 large red bell pepper
- 3-4 cups small broccoli florets
- 1 (16-oz) package extra firm tofu cut into small cubes OR 1 15-ounce can (or 1 ½ cups) of your favorite beans, drained

1. Combine the sauce ingredients, mix well, and set aside.
2. Heat the water/veggie broth in a wok or large skillet over medium-high heat. Add veggies and garlic and stir-fry for about 6 minutes or until just crisp-tender (adding extra water/broth, if needed).
3. Add in the tofu cubes or beans.
4. Add the sauce and continue cooking, while stirring, for 1-2 minutes.

Recipe by Marge Wurgel

Any Veggie Coconut Curry (makes 6 servings)

The vegetables listed below are favorites, but any vegetables you have on hand can be used along with the non-dairy milk and spices. If you decide to use coconut milk, it is important to note that this product has a high fat content and should be used in moderation. Try lite coconut milk to get the sweet nutty coconut flavor without all the fat. Cauliflower, squash, and sweet potatoes are other tasty choices. This is a great way to use up "going-bad" fresh or frozen vegetables! Serve over rice or your favorite whole grain. Stored in a covered container in the refrigerator, leftover Any Veggie Coconut Curry will keep for up to 3 days.

- 3 cups cooked brown rice, bulgar or whole wheat noodles
- 1 cup lite coconut milk, or 1 cup non-dairy milk + 1 teaspoon coconut extract

1 cup fresh or frozen green peas
1 15-ounce can garbanzo beans, drained and rinsed, or 1 1/2 cups cooked garbanzo beans
8 mushrooms, sliced
2 cups chopped broccoli florets, or 1 10-ounce package frozen chopped broccoli florets
3 cups chopped kale
1 medium potato or sweet potato (peeling optional)
1 pinch cayenne pepper
1/2 teaspoon turmeric
1 teaspoon ground cumin
1 1/2 tablespoons curry powder
1/4 cup vegetable broth or water
3 large carrots, cut into rounds or chopped
4 garlic cloves, minced or pressed (about 4 teaspoons)
1 large onion, chopped
3 tablespoons reduced-sodium soy sauce

1. In a large saucepan, sauté onion, garlic, and carrots in vegetable broth or water on medium-high heat until onion become translucent.
2. Add curry, cumin, turmeric, and cayenne. Cook for 2 to 4 minutes, stirring often.
3. Add potato, kale, broccoli, mushrooms, beans, peas, and coconut milk or non-dairy milk mixture. Cover and reduce heat to medium-low. Simmer for 10 to 20 minutes, stirring occasionally, until potato can be pierced easily with a fork.
4. Sprinkle with soy sauce before serving. Serve over rice or noodles.

Recipe from *The Survivor's Handbook: Eating Right for Cancer Survival* by Neal D. Barnard, M.D. and Jennifer Reilly, R.D.

Yamadillas (makes 8 servings; ready in 25 minutes)

This is an easy, healthy variation on the classic quesadilla. We like to have these with a green salad for a simple supper. This kid-friendly recipe makes quite a large amount. However, Yamadillas store well overnight in the refrigerator. Reheated on the griddle the next day, they'll taste just like they were freshly made.

2 pounds garnet yams, peeled and diced or cut into chunks
2 tablespoons vegetable broth
2 teaspoons fresh lime juice
1-2 teaspoons minced chipotle peppers in adobo sauce (or any thick, spicy salsa)
1-2 teaspoons ground cumin
1 teaspoon minced garlic
1 can (15 ounces) or 1 1/2 cups black beans, drained and rinsed
8 whole wheat tortillas
Fresh salsa of your choice

1. Put the yams in a stainless-steel saucepot with enough water to cover. Bring to a boil, then reduce the heat and simmer, covered, until soft, about 12 minutes. Drain the water and add the vegetable broth to the yams. Mash with a potato masher until quite smooth, then stir in the lime juice, chipotle, cumin, and garlic. Mix well, stir in the black beans, and mix again.
2. Heat a nonstick griddle or large skillet over medium heat. Spread some of the yam mixture on half of a tortilla, then fold it over and flatten. Place the folded tortilla on the griddle and cook it for about 2 1/2 minutes on each side, flipping several times to make sure it doesn't burn. Repeat with the remaining yam mixture and tortillas. Serve topped with salsa and/or guacamole.

Recipe slightly modified from the original by Mary McDougall in *Forks Over Knives -- The Plant-Based Way to Health*



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Easy Polenta and Beans

Here is a quick and easy supper idea invented by Plant-Powered Earth Holder Eve Heidtman's husband, Denis. They like to have this with steamed peas and some fruit. If their 6'3" son is home, they increase the polenta and add blue corn chips.

1 cup polenta (coarse corn meal)
2/3 cup water
1 tablespoon oil
1 small onion (about 6 oz.)
1-2 cloves garlic
1 green pepper, chopped
1-2 cups thickly sliced mushrooms
1 can black beans, drained and rinsed
about 1/4 c. salsa
a few tablespoons of black bean dip mix (such as Fantastic Foods brand)*
about 1/3 cup water
2 2/3 c. water
1/4 tsp. salt
1 or 2 tomatoes, chopped

1. Soak the polenta in 2/3 c. water and set aside.
2. In a large frying pan, saute the onion and garlic in the oil. After a few minutes, stir in the green pepper and mushrooms. When the vegetables are getting soft, stir in the black beans, salsa, bean dip powder and water. (*If you don't have bean dip mix, you may be able to get the sauce effect by mashing some beans in water.)
3. Place the 2 2/3 cups of water and salt in a saucepan and bring to a boil.
4. Stir in the polenta and turn down to low. Stir so it doesn't burn on the bottom. It will thicken in just a couple of minutes.
5. When the beans and veggies are hot and you have achieved a nice sauce (add water as needed), add the chopped tomatoes and cook a couple more minutes until they are hot.
6. Scoop the polenta onto plates and top with the bean mixture. Enjoy!

Pan-Seared Portobello Mushrooms (makes 4 servings)

These giant mushrooms make a hearty, meat like entree. Serve them with brown rice, pasta, or couscous. You may also make a sandwich with them.

4 large Portobello mushrooms
2 teaspoons olive oil
2 tablespoons red wine or water
2 tablespoons reduced-sodium soy sauce
1 tablespoon balsamic vinegar
2 garlic cloves, pressed
1/2 teaspoon dried oregano

1. Clean mushrooms, trimming stems flush with bottom of caps.
2. Mix oil, wine or water, soy sauce, vinegar, garlic, and oregano in a large skillet. Heat until mixture begins to bubble, then add mushrooms, top side down.
3. Reduce to medium heat, cover and cook 3 minutes. If the pan becomes dry, add 2 to 3 tablespoons of water.

4. Turn mushrooms and cook second side until tender when pierced with a sharp knife, about 5 minutes. Serve hot.

Recipe by Jennifer Raymond, M.S., R.D., from the Physicians Committee for Responsible Medicine's *Healthy Eating for Life for Women*, with Kristine Kieswer

Curried Red Lentils with Barley or Rice

A quick, easy and satisfying soup. It is delicious over steamed cauliflower.

1 cup red lentils
1/2 cup barley or rice
6 cups water
1/2 cup chopped onion
1-2 cloves minced garlic
3/4 teaspoon salt
1/2 teaspoon minced fresh ginger root (or powdered ginger)
1/4 teaspoon turmeric
1 1/2 teaspoon curry powder (Madras suggested)
1 teaspoon cumin
1 or 2 potatoes, skin on or off, cubed (optional)
Chopped tomato and/or cilantro for garnish

1. Simmer the lentils, barley or rice, onion, garlic, salt and spices in the water about 20 minutes.
2. Add the potato cubes and cook 15 or 20 more minutes.
3. Just before serving, add a little chopped tomato and/or cilantro.

Recipe from Faith, a member of the Thursday Night Sangha, Portland

Mindful Pine Nut Tofu (makes 4 servings; about 2 slices of tofu, 3/4 cup of Swiss chard and 1 teaspoon of pine nuts per serving)

'This is quite possibly the best dinner ever'--Laura

4 teaspoons pine nuts
1 tablespoon low-sodium soy sauce
1/2 teaspoon black pepper
8 ounces firm tofu, drained and sliced crosswise into 1/2-inch-thick slices
2 teaspoons olive oil
2 medium garlic clove(s), minced
6 cups Swiss chard, fresh, rinsed well and chopped

1. Set a large nonstick skillet over medium-high heat. When pan is hot, add pine nuts and sauté until golden brown, shaking the pan often to prevent burning, about 3 minutes; remove pine nuts from pan and set aside.
2. Combine soy sauce and pepper in a shallow dish. Add tofu; turn to coat.
3. Heat oil in the same pan over medium-high heat. Add tofu and sear until golden brown, about 2 minutes per side. Remove tofu from pan using a spatula and cover with foil to keep warm; set aside.
4. Add garlic to the same pan and sauté until just golden, about 2 minutes; add Swiss chard and cook until wilted, about 30 seconds.
5. Transfer Swiss chard to individual plates and top with seared tofu and pine nuts.

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