



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

## Easy Recipes Regularly Enjoyed by the Plant-Powered Earth Holders

### Lunches

#### **Quick Bean Burritos** (makes 4 servings)

*These colorful burritos wrap up a perfect balance of flavor and nutritional value and are versatile enough that you can add any leftover vegetable, grain, or bean that is in your refrigerator! Arugula, basil, mint, and cilantro add wonderful flavor!*

- 1 15-ounce can low-fat or fat-free vegetarian refried beans
- 1 cup cooked brown rice (you may use cooked quinoa instead, or leave out this ingredient if you don't have any on hand)
- 1/2 -2/3 cup (defrosted) frozen corn - optional
- 4 whole-wheat or whole wheat & corn tortillas (preferably low-fat)
- 1 cup shredded romaine lettuce or any other dark green lettuce or spinach
- 1/2 cup chopped red cabbage
  - 1/2 cup salsa
  - 1/2 cup guacamole or 8 slices avocado
- 1 lime, cut in half (optional)

1. Heat beans, rice and corn all together in small saucepan or in microwave until warmed through.
2. Heat a tortilla until it is warm and soft, in a large skillet, microwave, or over the flame of a gas stove.
3. Spread about 3/4 cup of the beans/rice/corn down the center of the tortilla, then top with 1/4 cup lettuce, 2 tablespoons salsa, 2 tablespoons guacamole or 2 slices of avocado, and a small amount of the red cabbage.
4. Squeeze on a little bit of the lime, if desired.
5. Fold the bottom end toward the center, then roll the tortilla around the filling.
6. Repeat with remaining tortillas, or let those dining make their own.

Recipe by Marge Wurgel

#### **Quickie Quesadillas** (makes 4 servings, 1 quesadilla each)

*This makes a fast meal, when combined with a salad and piece of fruit. Hummus may be refrigerated for a few days. The quesadillas won't hold together the same as cheese quesadillas, but they are delicious!*

- 8 sprouted multi-grain (such as Food for Life brand), whole wheat, or corn tortillas (for food-to-go, sprouted multi-grain tortillas hold up really well)
- 1 cup of roasted red pepper hummus
- 1/2 cup chopped green onions
- 1/2 cup diced tomatoes
- 1/2–1 cup salsa, to taste

1. Spread a tortilla with 2 tablespoons of hummus and place on a large skillet, hummus side up, over medium heat. Sprinkle with onions, tomatoes, and salsa.
2. Top with a second tortilla and cook until bottom tortilla is warm and soft, 2 to 3 minutes. Gently turn over, careful not to empty the ingredients, and cook second side for another minute. Remove from the pan and cut in half. Repeat with remaining tortillas.

3. To make more than one at a time, these may also be made by placing them on a cookie sheet, broiling one side until it just starts to get golden, removing the pan, flipping the quesadillas over, then broiling the other side.

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

### **Simple and Delicious Sandwich** (makes 1 sandwich)

2 slices whole grain bread or 1 whole wheat bagel cut in half

¼ cup hummus (any type works well, roasted red pepper is great)

2 slices of fresh tomato

2 leaves of lettuce or a few leaves of arugula

½ avocado, sliced

3 slices of Tofurky Brand Smoked Turkey Sandwich “Meat” (optional, can be added if you are used to eating meat in sandwiches)

Slices of any other of your favorite veggies or shredded carrots (optional)

1. Start with bread/bagel as it is or toast it.
2. Put hummus on both sides of the bread/bagel.
3. Add avocado and other veggies.

Recipe by Marge Wurgel

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