

Main Dishes

Beet This Burger

Serves 6

This burger comes from Olinda Cho-Forsythe, a native of Guatemala and a full-blooded Mayan. She developed her burger recipe in the kitchens of the Gran Fraternidad Universal, an organization dedicated to world peace and to promoting a vegetarian diet through its centers and restaurants throughout Latin America. The unusual addition of 1 tablespoon of grated beets is just enough to give this burger a pleasant color.

- 1 tablespoon finely grated raw beet
- 1/2 cup cooked oats
- 1 cup uncooked oats
- 1/2 cup coarsely ground walnuts
- 1/4 cup coarsely ground almonds
- 2 tablespoons sesame seeds
- 1 tablespoon nutritional yeast flakes (*optional*)
- 1/4 cup minced green pepper
- 1/4 cup minced onion
- 1 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground sage
- 1/4 teaspoon mustard powder
- 2 tablespoons soy sauce
- 1 tablespoon instant dry vegetable broth
- tomato slices for garnish

Mix all ingredients (except tomato slices) together well. Form into 6 patties and grill until cooked through. Serve on whole-wheat rolls with tomato slices and your favorite condiments.

*Recipe from The Vegetarian No-Cholesterol Barbecue Cookbook
by Kate Schumann and Virginina Messina, M.P.H., R.D.*

Black Bean Pueblo Pie

Makes a generous 9_13-inch casserole (12 servings)

This is like a lasagna with a Southwestern twist. It is layered with black bean chili, corn tortillas, spicy tomato sauce, and tangy garbanzo spread.

Beans:

4 cups cooked black beans (or 2 15-ounce cans)

1 15-ounce can crushed tomatoes

1/2 cup water

2 teaspoons paprika

2 teaspoons chili powder

2 teaspoons onion powder

1 teaspoon garlic powder

Tomato Sauce:

1 large onion, chopped

1 tablespoon minced garlic (about 4 large cloves)

1 28-ounce can crushed tomatoes

4 teaspoons chili powder

2 teaspoons cumin

Garbanzo spread:

1 15-ounce can garbanzo beans, drained

1/2 cup water-packed roasted red pepper (about 2 peppers)

2 garlic cloves, peeled

1 tablespoon tahini (sesame seed butter)

3 tablespoons lemon juice

1/2 teaspoon cumin

4–6 corn tortillas, torn in half

1 cup chopped green onions

Combine black beans, crushed tomatoes, water, paprika, chili powder, onion powder, and garlic powder in a pot. Bring to a simmer, then cover and cook, stirring frequently, for 25 minutes.

To make sauce, heat 1/2 cup of water in a large pot or skillet. Cook onion and garlic over high heat, stirring often, until soft, about 5 minutes. Add tomatoes, chili powder, and cumin. Cover and simmer over medium heat 5 minutes.

Combine garbanzo beans, roasted peppers, garlic, tahini, and lemon juice in a food processor or blender. Process until very smooth, about 2 minutes.

Preheat oven to 350°F.

Spread 1/2 to 1 cup of the tomato sauce in a 9_13-inch (or larger) baking dish. Cover with a layer of tortillas, then spread with half of the garbanzo spread, using your fingers to hold tortillas in place. Sprinkle with half of the black beans and green onions. Top with half of the tomato sauce.

Repeat layers, ending with tomato sauce. Bake in preheated oven for 25 minutes.

Recipe from Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.

Brussels Sprouts with Udon Noodles in a Miso Sauce

Serves 6

1 pound Brussels sprouts
1 teaspoon olive oil
1 tablespoon fresh ginger, minced
2 cloves garlic, minced
6 scallions, thinly sliced (keep white and green parts separate)
1 red pepper, finely diced
1 yellow or purple pepper, finely diced
1/4–1/2 teaspoon crushed red pepper flakes
3/4 cup water
8 ounces udon noodles, prepared according to package directions (al dente)
2 1/2 tablespoons dark miso, dissolved in 1/2 cup warm water (use noodle water)

1–2 tablespoons low-sodium tamari

Trim off root end of Brussels sprouts and discard any damaged outer leaves. Cut Brussels sprouts into 1/4-inch slices.

In a large skillet, heat the oil over medium heat. Add the ginger and garlic, and sauté for 20 seconds. Add the white part of the scallions, peppers, and red pepper flakes, and cook, stirring constantly, for one minute.

Turn off the heat. Add Brussels sprouts and water (be careful of splattering oil). Return to medium heat and cook until Brussels sprouts are tender-crisp, 4 to 5 minutes.

Add prepared udon noodles to skillet with Brussels sprouts. Stir in miso sauce, reserved scallions and tamari. Cook until well heated and serve immediately.

Recipe adapted from The New Vegan Cookbook by Lorna Sass.

Buckwheat Pasta with Seitan

Serves 6

Seitan is a high-protein wheat product with a meaty taste and texture. In this recipe, it is served with soba, Japanese buckwheat pasta. Look for seitan in health food stores. Soba is available in the Asian food section of many supermarkets and health food stores, as well as in Asian markets.

1 medium onion, chopped

2 tablespoons oil

3 cups sliced fresh mushrooms

8 ounces seitan, sliced

2 tablespoons flour

1 1/2 cups cold water

2 teaspoons soy sauce

1/2 teaspoon garlic powder, or 1 teaspoon chopped garlic

1/4 teaspoon black pepper

12 ounces soba noodles

1 teaspoon salt

Sauté the onion in a large skillet with the oil until transparent, then add the mushrooms.

Cover and continue cooking until mushrooms are brown, then stir in the seitan.

Whisk flour and water together until smooth, then add to the skillet along with the soy sauce, garlic powder, and pepper. Cook, uncovered, over medium-low heat until thickened.

Meanwhile, bring water to boil in a separate pasta pot. Add the soba noodles and the salt and boil until al dente, about 8 minutes. Top with seitan mixture and serve.

*Recipe from Food for Life by Neal D. Barnard, M.D.;
recipe by Jennifer Raymond.*

Creamy Veggie Curry

Makes 4 servings

Rich and full of flavor, this dish is best when served over brown rice.

1 large onion, sliced
4 cloves garlic, minced, or 4 teaspoons chopped
3 large carrots, diced
2 tablespoons canola oil
1 medium potato, cubed
1 1/2 cups cauliflower florets, chopped, or 1 bag frozen chopped cauliflower florets
1 cup broccoli florets, chopped, or 1 bag frozen chopped broccoli florets
8 mushrooms, sliced
1 can chickpeas, drained and rinsed
1 1/2 tablespoons curry powder
1 teaspoon cumin
1/2 teaspoon turmeric
pinch of cayenne pepper
1 cup reduced-fat coconut milk or soymilk
1 cup fresh or frozen peas
3 tablespoons lite soy sauce

In a large saucepan, sauté the onions, garlic, and carrots in oil on medium-high heat until the onions become translucent. Add the remaining vegetables, chickpeas, curry, cumin, turmeric, and cayenne, cooking for 2–4 minutes and stirring often so they don't stick to the pan. Add the coconut milk or soymilk, cover, and reduce the heat to medium-low. Simmer for 10–20 minutes, stirring occasionally, until potatoes can be pierced easily with a fork. Stir in the peas and soy sauce, and cook uncovered on medium-high heat, stirring constantly, until the liquid has thickened. Serve over rice or noodles.

Note: You can use whatever vegetables you have around (e.g., spinach, kale, green onions).

*Recipe adapted from How It All Vegan!
by Tanya Barnard and Sarah Kramer.*

Easy Stir-Fry
Serves 4

1 bag “Create A Meal” frozen mixed vegetables or 1 bag frozen stir-fry vegetables plus 1/4 cup low-fat stir-fry sauce
1 package “WOW! It’s not chicken!” or 1 can of your favorite beans, drained and rinsed

Follow directions on package, substituting beans or meat alternative for the suggested beef, chicken, or fish. To reduce the sodium content, use only 1/2 of the sauce package.

Serve over couscous, brown rice, or your favorite whole grain.

*Recipe from a PCRM Weight Loss Study Cooking Demonstration;
contributed by PCRM dietitian Brie Turner-McGrievy, M.S., R.D.*

Greens and Grains Croquettes

Makes 15 to 18 patties

1 cup dry quinoa, cooked according to package directions with water or vegetable stock
15-ounce block soft tofu, mashed
1 bunch collard greens, washed, finely chopped, and boiled for 3–5 minutes
1/2 onion, minced

1/2 cup ground almonds
2 teaspoons Italian seasoning
1 teaspoon salt
1 teaspoon pepper
flour for shaping and dredging
canola or olive oil for brushing

Preheat oven to 350°F.

Combine tofu with quinoa. Add collards, onions, almonds, Italian seasoning, and salt and pepper, mixing by hand. Form into 15–18 patties; chill well.

Dredge patties in flour. Brush croquettes with olive oil and place on a lightly oiled baking tray. Bake for 15 minutes, turn the croquettes over, brush with oil, and bake for another 10–12 minutes. Or, pan-fry on each side in a little bit of oil until crispy.

Homestyle Squash and Pinto Beans

Serves 4

Veggies, rice, and beans make this all-American dish a welcome guest after a hard day. Serve with a salad and fruit wedges.

1/4 cup vegetable broth (or more as needed for sauté)
1/2 cup chopped onion
2 teaspoons seeded, minced jalapeño pepper
2 garlic cloves, minced
1 cup (1/2-inch-thick) sliced yellow squash
1 cup (1/2-inch-thick) sliced zucchini
1/2 cup fresh corn kernels
1 16-ounce can pinto beans, drained
1 14.5-ounce can diced tomatoes, undrained
3 thyme sprigs
2 cups hot cooked brown rice

Heat broth in a large skillet over medium-high heat. Add the onion, jalapeno, and garlic, and sauté 2 minutes. Stir in squash and zucchini, and sauté 2 minutes. Add corn, beans, tomatoes, and thyme; cover, reduce heat, and simmer 10 minutes. Discard thyme sprigs.

Serve over rice.

Indian Split Pea Dahl

Serves 6

1 1/2 cups yellow split peas
3 cups water
1 large onion, chopped
1 small green pepper, chopped
1 teaspoon turmeric
1/2 teaspoon curry powder
1 1/2 teaspoon black mustard seeds
1/2 cup water
juice of 1 lemon
salt to taste

Simmer split peas in 3 cups water for 30 minutes or until tender. Add more water, if needed.

In another saucepan, simmer chopped onions, green peppers, turmeric, curry powder, mustard seeds, and water for 15 minutes or until onions and peppers are tender. Mix with peas and add lemon juice and salt.

Serve over a generous portion of brown rice. Chutney is a nice accompaniment.

Recipe from The Power of Your Plate by Neal Barnard, M.D.

Neat Loaf

Makes one loaf (about 12 slices)

1 cup cooked brown rice
2 cups bread crumbs
1 cup finely chopped walnuts
1 small onion, finely chopped
2 celery stalks, finely chopped

1 carrot, finely chopped
1 pound firm tofu
1/4 cup barbecue sauce
3 tablespoons reduced-sodium soy sauce
2 teaspoons stone-ground or Dijon mustard
1/4 teaspoon black pepper
barbecue sauce or ketchup for topping

Preheat oven to 350°F.

In a large bowl, combine the brown rice, bread crumbs, walnuts, onion, celery, and carrot.

Purée the tofu in a food processor or mash by hand until very smooth. Add to the rice mixture along with the barbecue sauce, soy sauce, mustard, and black pepper.

Stir with a large spoon or knead mixture by hand until it is well mixed and holds together, about 1 minute.

Transfer to an oil-sprayed 5- x 9-inch loaf pan or other baking dish and distribute evenly using a spoon, spatula, or your hand.

Top with barbecue sauce or ketchup. Bake 60 minutes. Let stand 10 minutes before serving.

Recipe from Healthy Eating for Life for Children by Amy Lanou, Ph.D.

New Year's Day Hoppin' John

Serves 4

3 cups cooked long-grain rice
2 15-ounce cans black-eyed peas
1 cup chopped red onion
1 clove garlic, minced
1 cup chopped celery
2 tablespoons chopped fresh parsley
1 teaspoon salt
1/2 teaspoon black pepper

dash of hot sauce

Preheat oven to 350° F.

Combine all ingredients in a casserole dish coated with cooking spray.

Bake uncovered for 20 minutes or until thoroughly heated.

*Recipe from a PCRM Weight Loss Study Cooking Demonstration;
contributed by PCRM dietitian Brie Turner-McGrievy, M.S., R.D.*

Pasta con Asparagi

Serves 4

Maria D’Orazio brought her culinary genius and Italy’s warmest smile to Toronto. In this dish, she combines two favorites. We have lightened the recipe by sautéing with water or vegetable stock instead of oil.

1 to 2 tablespoons water or vegetable stock
1 medium onion, chopped
1 28-ounce can tomatoes, chopped
2 pounds fresh asparagus
1 tablespoon chopped fresh basil
1/4 teaspoon ground sage
8 ounces spaghetti

Heat water or vegetable stock in a large nonstick pan. Add onion and sauté over medium heat for 3 minutes, until translucent. Add tomatoes, asparagus, basil, and sage. Bring to a boil, cover, and simmer for 7 minutes. Remove from heat and keep warm.

Cook pasta according to package directions, omitting any fat or salt. Drain pasta and place in a serving bowl. Add the asparagus mixture and toss. Serve immediately.

Tip: Because asparagus tips cook faster than the thicker ends, you may wish to thin the asparagus with a potato peeler or chop off the ends.

Recipe from Solo Maria, Toronto, Canada, printed in

The Best in the World *edited by Neal Barnard, M.D.*

Penne with Fresh Spinach, Tomatoes, and Olives

Serves 4

1 tablespoon olive oil
1 medium onion, chopped
2 14.5-ounce cans chopped tomatoes
1/2 cup kalamata olives, pitted and sliced
1 pound fresh spinach, coarsely chopped
1 tablespoon chopped fresh parsley
8 ounces penne pasta
1/4 cup vegan parmesan cheese or nutritional yeast (*optional*)

Heat oil in a large, nonstick skillet. Add onion and sauté over medium heat for 3 minutes. Add chopped tomatoes. Bring to a boil and then reduce heat, cover, and simmer for 20 minutes. Add sliced olives, chopped spinach, and parsley. Cook an additional 5 minutes.

Meanwhile, cook pasta according to package directions, omitting any fat or salt. Drain and transfer to a serving bowl. Add spinach mixture and toss gently. Serve immediately. Sprinkle vegan parmesan or nutritional yeast over top, if desired.

Recipe from The Best in the World, edited by Neal D. Barnard, M.D.

Quick Bean Burritos

Serves 4

4 fat-free flour or corn tortillas
1 15-ounce can fat-free refried beans
1 cup shredded romaine lettuce
2 medium green onions, sliced
1/2 cup Tomato Corn Salsa (page 85) or other favorite salsa
1/2 cup Guacamole Plus (page 83) or Mockamole (page 84)

Heat beans in small saucepan or in microwave until warmed through. In a large skillet, heat a tortilla until it is warm and soft, or warm tortillas in the microwave if making more than 4 tortillas. Spread about 1/2 cup of the beans down the center,

then top with lettuce, green onions, salsa, and, if using, the guacamole. Fold the bottom end toward the center, then roll the tortilla around the filling. Repeat with remaining tortillas or let those dining make their own.

*Recipe adapted from Foods That Fight Pain by Neal Barnard, M.D.;
recipe by Jennifer Raymond.*

Quickie Quesadillas

Makes 8 quesadillas

These quesadillas are a truly happy marriage between cultures: Middle Eastern red pepper hummus warmed in corn tortillas and garnished with salsa makes an absolutely delicious meal or snack.

1 15-ounce can garbanzo beans
1/2 cup water-packed roasted red pepper
3 tablespoons lemon juice
1 tablespoon tahini (sesame seed butter)
1 garlic clove, peeled
1/4 teaspoon cumin
8 corn tortillas
1/2 cup chopped green onions
1/2–1 cup salsa

Drain garbanzo beans and place in a food processor or blender with roasted peppers, lemon juice, tahini, garlic, and cumin. Process until very smooth, 1–2 minutes.

Spread a tortilla with 2–3 tablespoons of garbanzo mixture and place in a large non-stick skillet over medium heat. Sprinkle with chopped green onions and salsa.

Top with a second tortilla and cook until the bottom tortilla is warm and soft, 2–3 minutes. Turn and cook the second side for another minute. Remove from pan and cut in half. Repeat with remaining tortillas.

Recipe from Healthy Eating for Life for Children by Amy Lanou, Ph.D.

Sesame Bok Choy and Carrot Stir-Fry

Serves 2

1 teaspoon dark sesame oil
4 cloves garlic, minced
3 carrots, cut diagonally into 1/4-inch slices
1/2 cup chopped green onions
5 cups bok choy, cut into 1/2-inch pieces
1/4 cup vegetable stock
2 teaspoons minced ginger root
1 teaspoon granulated sugar
2 tablespoons toasted sesame seeds
3 cups cooked quinoa

In a large nonstick skillet or wok, heat oil over medium heat. Add garlic, carrots and green onions; stir-fry for 3 minutes. Add bok choy and stir-fry another 2 minutes. Stir in vegetable stock, ginger, and sugar. Reduce heat and simmer 5 minutes.

Sprinkle sesame seeds over stir-fry. Spoon over quinoa.

Recipe from CalciYum! by David and Rachelle Bronfman.

Spaghetti Balls

Makes 36 balls

Pour 1 3/4 cups boiling water over 2 cups dry textured vegetable protein and soak for 10 minutes.

Steam together for a few minutes:

1/2 cup water
1 small onion, diced

Mix onion with textured vegetable protein and stir in:

1/2 cup unbleached flour
1 teaspoon salt
1 tablespoon low-sodium soy sauce
1/2 teaspoon chili powder
1/2 teaspoon garlic powder
1/2 teaspoon oregano

Shape this mixture into balls one inch in diameter, pressing firmly. Spray vegetable oil into a non-stick pan and cook balls until browned. Or shape into patties, fry lightly until brown, and serve in buns.

Recipe from The Power of Your Plate by Neal D. Barnard, M.D.

Spicy Thai Peanut Satay

Serves 5 to 8

No, it's not from Thailand; it's from Wisconsin. The Ovens on Monroe Street is a bakery and restaurant featuring delightful dishes, this one in the Thai tradition.

4 cups vegetables, fruits, and nuts (use any combination of broccoli, carrots, cauliflower, red cabbage, green peppers, scallions, tomatoes, mushrooms, unsalted cashew halves, cilantro, raisins, and pineapple chunks totaling 4 cups)

1 tablespoon water

1 tablespoon minced garlic

1 tablespoon olive oil

Sauté the vegetable/fruit/nut mixture with the water, garlic, and olive oil. Serve over rice topped with Peanut Sauce (recipe follows).

Peanut Sauce:

Serves 5 to 8

1 cup soy sauce

1 cup peanut butter

2 tablespoons minced fresh garlic

1 tablespoon red curry paste

1/4 cup water

1/4 cup cooking sherry

2 to 3 dashes of Tabasco

1 cup lemon or lime juice

1/2 teaspoon cayenne

1/2 tablespoon onion powder

1/2 tablespoon basil

1/4 teaspoon paprika

salt and pepper to taste

Mix all ingredients, using a whisk or blender, until creamy.

Recipe from The Ovens on Monroe Street, Madison, Wisconsin, printed in The Best in the World, edited by Neal Barnard, M.D.

Tamale Pie

Serves 8

This simple, satisfying casserole has vegetarian chili on the bottom and cornbread on the top.

2 cups soymilk
2 tablespoons vinegar
6 cups vegetarian chili (canned or homemade)
2 cups cornmeal
2 teaspoons baking soda
1/2 teaspoon salt
2 tablespoons oil

Preheat oven to 400°F.

Combine the soymilk and vinegar and let stand 5 minutes or more.

Meanwhile, heat the chili until very hot, then pour into a 9_12-inch baking dish.

Mix the cornmeal, baking soda, and salt in a large bowl, then add the soymilk mixture and oil. Stir just to mix, then pour over the hot chili, and bake until the bread is set and golden brown, about 30 minutes.

Recipe from Food for Life by Neal D. Barnard, M.D.;
recipe by Jennifer Raymond.

Taste of Morocco

Serves 4

Hearty enough to feed a tribe of hungry Bedouins—or teeny boppers. Using frozen peppers cuts the cooking time to about 20 minutes.

1 zucchini, cubed
1 sweet potato or small winter squash, cubed
1 clove garlic, minced or pressed
1 tablespoon oil
1/4 cup water
1 15-ounce can chickpeas
1 teaspoon ground cumin
1/2 teaspoon allspice
1/2 teaspoon ground ginger
1/2 teaspoon turmeric
1/2 teaspoon paprika
1/4 teaspoon salt
1/4 teaspoon cayenne
1/4 teaspoon cinnamon
1 red bell pepper, diced
1 yellow bell pepper, diced
2 cups uncooked couscous
1/2 cup raisins

Sauté the zucchini, sweet potato or squash, and garlic in the oil until partially cooked, about 5 minutes. Use water as necessary to keep the vegetables from sticking. Drain and rinse the chickpeas. Add the seasonings, chickpeas, and peppers to the pan. Cover and cook for about 5 minutes.

Meanwhile, place the couscous and raisins in another saucepan. Add enough water so that the couscous is covered by about 1/2 inch. Bring the mixture to a boil, then cover tightly, remove from the heat, and let stand for at least 10 minutes. Remove the cover from the pepper/chickpea mixture, stir, and cook a few minutes longer to heat thoroughly and thicken. Serve the bean and pepper stew over the couscous.

Recipe from Cooking with PETA by People for the Ethical Treatment of Animals.

Tempeh and Eggplant Pot Pies

Serves 2

Chunky, individual vegetable pies topped with a biscuit-style crust—honest food at its robust best.

Filling:

2 cups eggplant, diced (about 1 very small Western eggplant or 1 to 2 Asian eggplants)
1 8-ounce can tomato sauce (1 cup)
1/2 cup onion, chopped
1/2 cup celery, chopped
4 ounces (1/4 pound) tempeh, cut into 1/2-inch cubes
1 teaspoon olive oil (optional)
salt and pepper to taste

Biscuit Crust:

1/2 cup whole wheat pastry flour
1 teaspoon non-aluminum baking powder (such as Rumford)
1/4 cup water
2 teaspoons olive oil
pinch of salt

Preheat the oven to 350°F. Coat two 15-ounce or 16-ounce individual casserole dishes with nonstick cooking spray, and set them aside.

To make the filling, place all the filling ingredients except the salt and pepper in a 4 1/2-quart saucepan or Dutch oven. Place the saucepan over high heat, and bring the mixture to a boil. Reduce the heat to medium, cover the saucepan with a lid, and simmer the mixture, stirring once or twice, for 15 minutes.

Remove the saucepan from the heat and season the filling with salt and pepper to taste.

Divide the filling evenly between the prepared casserole dishes, and set aside.

To prepare the biscuit crust, place the flour, baking powder, and salt in a small mixing bowl, and stir them together. Pour the water and oil into the flour mixture at the same time, and mix just until the dry ingredients are evenly moistened. The dough will be stiff.

Drop the dough by 4 small spoonfuls on top of each casserole (2 per casserole). Then carefully spread the dough out with the back of the spoon so it evenly covers the top of the filling.

Bake the pot pies until the crust is golden, about 20 to 25 minutes. Serve hot.

*Recipe from Table for Two: Meat- and Dairy-Free
Recipes by Joanne Stepaniak.*

Tempeh Broccoli Sauté

Serves 4

- 1 10-ounce package tempeh, cubed
- 2 stalks broccoli, chopped, or 2 bags frozen broccoli florets
- 1 small onion, minced
- 2 tablespoons oil
- 2 teaspoons tamari or soy sauce (*optional*)

Sauté cubed tempeh, broccoli, and onion in oil over medium-high heat until tempeh is lightly browned. Add soy sauce (if using) at last moment. Serve with brown rice.

Recipe from Simply Vegan by Debra Wasserman.

Tempeh with Apricot Marinade

Serves 8

- 1 pound tempeh
- 1 cup apricot preserves
- 1 clove garlic, peeled and minced
- 2 tablespoons oil
- 1/4 cup soy sauce
- 2 tablespoons cider vinegar

Cut the tempeh into 2-inch squares. Place in a vegetable steamer and steam for 20 minutes.

Combine the apricot preserves, garlic, oil, soy sauce, and vinegar and mix thoroughly. Place the steamed tempeh in a large bowl and pour the apricot marinade over it. Marinate in the refrigerator for an hour.

Grill, brushing frequently with the marinade and turning the tempeh pieces every few minutes, until tempeh is browned and completely heated through. Serve on rolls or over rice.

*Recipe from The Vegetarian No-Cholesterol Barbecue Cookbook
by Kate Schumann and Virginia Messina, M.P.H., R.D.*

Tofu and Kale Quiche

Serves 4 to 6

1/2 teaspoon canola oil

1/2 cup chopped green onions

8 ounces firm tofu, crumbled

1 cup packed finely chopped kale or turnip greens

1 cup grated soy cheese

1/2 cup chopped red bell peppers

1/2 teaspoon salt

1/2 teaspoon turmeric

1 9-inch store-bought pastry pie shell, prepared according to package directions

In a small, nonstick skillet, heat oil over medium heat. Add green onions and sauté for 3 minutes. Add remaining ingredients to skillet and mix together until soy cheese begins to soften and kale wilts slightly.

Transfer mixture to prepared pie shell. Bake quiche in preheated oven for 40 minutes.

Recipe from CalciYum! by David and Rachelle Bronfman.