

Menus for Reversing Heart Disease

Quinoa Salad

4 c. cooked quinoa – cooled ½ green pepper chopped ½ red pepper chopped
1/2 c. red onion diced 2 stalks celery sliced ¾ c. sliced olives
2 cloves minced garlic 1 med. zucchini diced 1 large carrot shredded
½ c. chopped cilantro or parsley 1 med. Cucumber - diced
1 can rinsed black beans (OPTIONAL)
Chill

Red Lentil Soup

2 lg. onions 6 med. Potatoes 8 carrots
3 c red lentils 10c water 2 t salt
4 t curry powder ½ t basil and oregano 3 T McKay's chicken seasoning
3 packages of GW broth (or McKay's beef style broth)
tomato sauce 23 oz. (one large one small can)
Simmer on med heat for 45 min. or till lentils are soft

Curried Corn Bisque

2 cups of water Cook onion and corn 10 min. with seasonings
1 large onion, chopped then blend with the tofu in batches, rinse blender
3 Cups fresh or frozen corn with ½ cup of water and add to mixture.
1 tsp. curry powder Heat but do not boil, add green onions on top of
½ tsp. salt each soup bowl.
1/8 tsp. cayenne pepper
12 oz. box of tofu
3 tsp. vegetable broth or McKays chicken seasoning

Scrambled Tofu with Veggies

1 lb. Firm Tofu – drained 2 Tbs. Nutritional yeast flakes
½ cup chopped Onions ½ tsp. Salt
½ cup sliced Mushrooms ½ tsp. Onion powder
¼ cup chopped Green bell pepper ¼ tsp. Garlic powder
2 Tbs. fresh chives sliced (optional topping) 1/8 tsp. Turmeric
2 tsp. Chicken style seasoning ½ cup Diced fresh tomatoes (opt)

Sauté fresh vegetables in small amount of water till soft. Crumble tofu into chunks in large skillet. Combine spices and mix well. Cook over medium heat, till most liquids evaporated. May take 30min. if tofu not drained well.

Spicy 3-bean chili

2 cups onion, chopped
4 cloves garlic, minced
2 tbsp. chili powder
1 ½ tsp. ground cumin
1 (15-oz) can black beans
1 (15-oz) can chickpeas
salt to taste

1 red bell pepper, chopped
2 tsp. dried oregano
½ tsp. pure cayenne pepper
1 (15-oz) can kidney beans
1 (15-oz) can fire roasted tomato sauce
2 tbsp. cilantro, chopped (optional)

Chop onion, mince garlic, chop bell pepper Sauté the vegetables for 10 min.
Add the chili, oregano, cayenne pepper & cumin - Stir for 2 min. Add the beans
Add the tomato sauce Bring the chili to a boil stirring occasionally.
Reduce to med. Low heat and simmer for 15 min.

Tofu Sour Cream

1-16 oz. brick tofu
¼ cup water
3 Tbs. lemon juice
½ tsp. garlic powder
2 tsp. onion powder
1 ½ tsp. salt
1Tbs. dried or fresh chives

Blend all ingredients except chives until smooth.
Adjust water for desired consistency
Add the dried chives and blend very briefly

Sunflower-Oat Waffles

1/3 cup raw sunflower seeds
½-1 small apple or 1 Tbsp. Applesauce
1 ½ cups old fashioned oats
¼ cup cooked brown rice

2 cups water
½ tsp. salt
1t. Vanilla
2t pumpkin pie spice (optional)

Blend all ingredients in blender until smooth. Spray waffle iron with non-stick spray and then wipe it off well.
Bake waffle for 15 minutes. Batter will thicken as it sits and will need to be thinned with a little water later.
Can top with applesauce and fruit like berries.

Tomato-Rice Soup

Sauté with water and a pinch of salt:

1 large onion, diced fine 2 ribs celery, diced fine 2 cloves fresh garlic minced

Then add:

2 cans (15-oz.) petite diced tomatoes, Italian-style ½ tsp. salt
2 cans (15-oz.) tomato sauce ½ tsp. basil
1 ½ Tbsp. nutritional yeast flakes 1 ½ cups water
1 cup cooked brown rice ½ tsp. oregano
½ cup of soy milk

Heat thoroughly, but do not boil. Great to make ahead for serving later.

Very Quick Black Bean Chili

This is not only quick to make but also easy to eat. For an especially tasty meal, serve on a bed of steamed spinach topped with chopped green onions and crisped corn tortillas. If you're in a hurry, leave out the onions, use the garlic granules, wilt the spinach in the microwave—and presto!

1 large onion, chopped (1 cup)
2-3 garlic cloves, chopped, or 1 teaspoon garlic granules
2 15 ounce cans black beans, drained and rinsed
1 16-ounce jar salsa (make sure no oil in the ingredients)
1 bunch green onions, white and green parts, chopped.
1 16-ounce package frozen corn (about 2 cups)
½-1cup chopped cilantro

1. Stir-fry onion in a large nonstick saucepan over medium heat until soft and beginning to brown. Add garlic and continue cooking 1 minute longer.
2. Add beans, salsa, and green onions. Cover and cook over medium heat about 10 minutes, stirring occasionally.
3. Add corn and cook, stirring until heated.
4. Add cilantro just before serving so that it stays green.

Everything Hummus

1 15-ounce can chickpeas, drained and rinsed	Juice and zest of 1 lemon
3 tablespoons chickpea liquid or water	3 baby carrots
2 T chopped red bell pepper	2 T chopped onion
1 t chopped Jalapeno pepper	2 T chopped celery
3 T chopped peeled cucumber	1 t Bragg Liquid Aminos or low-sodium tamari
2 tablespoons cilantro or parsley leaves	

Combine all ingredients in food process or blender till smooth.

Oil and Nut Free Dressings

Dr. Barnard's Roasted Red Pepper Vinaigrette

1 large roasted red pepper
1 clove garlic
2 tbsp balsamic vinegar
1/8 tsp salt
1/4 tsp pepper
1/2 tsp fresh thyme leaves

Place all ingredients in a blender or food processor. Serve and enjoy.

Nathan Pritikin's Italian Dressing

1/2 cup freshly squeezed lemon juice
1/2 cup salad vinegar (I use rice vinegar)
1/4 cup frozen apple juice concentrate
1/4 cup water
2 green onions, chopped
1/4 tsp. dried sage
1/4 tsp. garlic powder
Combine all ingredients.