

# Wild Rice Cranberry Pecan Salad

## Ingredients

1/2 cup wild rice  
3/4 cup brown rice  
2 1/2 cups vegetable stock  
1 teaspoon olive oil  
1/2 cup chopped pecans or almonds, toasted  
1/2 cup dried cranberries  
1/4 cup sliced green onions  
2 tablespoons chopped fresh flat-leaf parsley

## Dressing

1 tablespoon lemon juice  
2 tablespoons olive oil  
Juice of an orange  
1 teaspoon grated or zested orange peel  
Coarse salt and freshly ground pepper to taste

## Directions

1. Bring rices, oil, and stock to a boil, reduce heat to low, cover and cook for 50 minutes. Do not stir. Do not uncover. Remove from stove and let sit, covered for 10 minutes. Then uncover, fluff up with a fork, and let cool to almost room temperature.
2. Toast nuts in a single layer on a small cookie sheet at 375° for 7 minutes. Coarsely chop.
3. Add toasted nuts, cranberries, onions and parsley to rice.
4. Mix dressing ingredients. Add to salad and toss.
5. Season with salt and pepper. Serve warm or at room temperature.

# Quinoa Tabouli Salad

## Ingredients

1 cup of uncooked red quinoa (2 cups cooked)  
2 cups of water  
1/2 cup fresh lemon or lime juice  
1/4 cup olive oil  
1 cup sweet white onion, finely chopped  
2-4 garlic cloves, finely chopped  
1 cup Italian parsley, chopped  
1 English cucumber, cut into 1/2 inch cubes  
4 small tomatoes, cut into 1/2 inch cubes  
sea salt and freshly ground pepper to taste  
1/2 cup feta cheese  
1 cup chick peas

## Directions

1. Rinse quinoa, and steam it with water on the saucepan until cooked for 25-30 minutes.
2. Alternatively, rinse quinoa and soak it in the water overnight, cook on medium for 10-15 minutes.
3. Transfer quinoa into the bowl; cool it and add lemon juice, salt and olive oil.
4. Add chopped onion, garlic and parsley, mix well.
5. Add tomatoes, cucumbers, feta cheese and chick peas. Toss.

Serves 4-6

# Holiday Chia Pudding

*This festive pudding is great for taking to holiday parties - especially if you want to have a treat while avoiding all the sugar, flour, and butter in most holiday desserts. If by chance there's any leftover, you'll get to see what a great breakfast it makes too.*

## Ingredients

1/2 cup chia seeds  
3 cups water  
1/2 cup soaked raw almonds (soaked in water for at least 6 hours)  
1/2 cup diced red apple  
3/4 cup raisins  
3 TBS raw agave  
1 tsp nutmeg  
2 tsp cinnamon  
1/8 tsp ground cloves  
Himalayan sea salt to taste (careful!)  
Chopped pecans (optional)  
Cheese cloth or paint strainer bag (optional)

## Directions

Night before: Make the chia. Mix the chia seeds in the water. Stir or whisk for at least 30 seconds to make sure that all seeds are coated. If they aren't, they'll stick together and create a tough film that's not as fun to eat. Let these chia seeds soak overnight in the fridge. Super simple!

Soak your nuts: Take 1/2 cup raw almonds and soak them in enough water to cover them. Let them sit for at least 6 hours. It's fine to leave them over night like you're doing with the chia. They do not need to be refrigerated while they're soaking.

The next day: Strain and rinse your almonds. Blend the almonds on high with 1 cup water until the nuts are thoroughly blended. Strain this mixture in a paint strainer bag or cheese cloth to remove the pulp. You'll have some nut milk left over to enjoy after making this dish. If you don't have a way to strain the almond milk, that's okay. You can use it with the pulp still in the blended milk and your pudding will have more texture.

(Can you use store-bought almond milk or even soy milk? Of course, but store-bought nut milks are not raw.)

Next!

# Raw Stir Fry with Noodles

*Get out your chopsticks for this flavorful combination of veggies that will leave your taste buds happy and your body feeling light and fresh.*

## Ingredients

2 C broccoli, chopped or broken into small florets  
4oz sliced mushrooms (1/2 a typical pack you buy at the store.)  
1/2 of a medium zucchini, julienne sliced  
1/2 of a red pepper, julienne sliced  
1 pack of raw kelp noodles (available online or at a local Asian market)

### Sauce:

1/4 C Olive Oil  
9 soaked sundried tomatoes  
2 1/2 tsp Curry Powder  
3 1/2 tsp Nama Shoyu  
1 Tbs Agave  
1 clove garlic (or 1/2 tsp granules)  
2 Tbs water  
1/4 piece of fresh ginger  
1 Tbs fresh orange juice

## Directions

Blend sauce ingredients on high. This will make a nice thick sauce. Scrape it out of the blender onto the vegetables and stir to coat the veggies evenly. Add in a package of (drained) raw kelp noodles that have been chopped into smaller pieces. Stir the whole mixture around and make sure the sauce coats the noodles too. Eat with chopsticks and crunch away!

Note: Remember, when it comes to raw foods, you're the boss! Play with the flavor of the sauce by adding more or less ginger for example. You're in charge! Also, you can play with the types of veggies you include. Other possibilities are: bean sprouts, pea pods, fresh corn, yellow squash, red onion, etc.

# About Textured Vegetable Protein

*This mixture works well to add extra protein to your favorite chili, spaghetti sauce, and sloppy joes. Also works well to replace recipes that calls for meat in casseroles such as shepherd's pie or for taco/burrito fillings.*

## **Mock Meat Mixture**

Yield: equivalent to 1lb of ground meat, cooked

1 1/3 cup TVP (textured vegetable protein) granules

1 cup boiling water

1/3 cup olive oil

1 teaspoon cornstarch diluted with a little cold water

salt and pepper to taste

Mix TVP, oil and boiling water and let rest for 10-12 minutes. Add the cornstarch mixture and salt pepper.

## **Directions to use in: chili, spaghetti sauce, and sloppy joes**

Mix the mixture in your sauce, cook on low heat until warm. Follow your recipes as directed.

Follow your favorite recipes for your casserole or filling

## **Helpful Hints**

Can be prepared in advance and kept in the refrigerator for 2 or 3 days. You can also prepare several recipes and freeze the mixture in freezer bag.

# Vegetarian Fitness: Tips for High Performance Plant-based Nutrition

## Protein Power Smoothies

**Description:** This smoothie is the perfect light breakfast or post-workout shake, having the right ratio of carbs to protein for ideal recovery. It also provides additional stamina, energy enhancers, and vital nutrients such as maca, green superfoods, electrolytes and antioxidants.

### Ingredients:

- 1 cup kale, washed (or any other preferred raw greens – preferably, having minimal taste)
- ½ cup coconut juice
- ½ cup citrus juice (orange juice, lemonade, or grapefruit juice)
- ½ cup water (vary depending on preference of thickness)
- ½ cup ice (vary depending on preference of temp and thickness)
- Power Mix (can use 2 serving of Vega Whole Food optimizer) or:
  - 2 serving of preferred plain or vanilla-flavored plant-based protein powder(s) – preferred to mix partial servings of multiple types - e.g., hemp, rice, or pea proteins)
  - 2 tsp chlorella powder or other chlorophyll concentrate
  - 2 tsp maca root powder (for energy and stamina)
- Combination of Fruits (can try out many different types):
  - 2 large bananas
  - 1 cup strawberries, washed and de-stemmed
  - ½ cup raspberries, washed
  - ½ cup pineapple chunks
- Optional additions:
  - 1 serving green superfood blend mix with probiotics
  - 1 serving red superfood blend mix or concentrated acai/goji/aronia berry powder
  - 1 serving of preferred electrolyte mix (for hydration)
  - 1 serving (1 tsp) glutamine (for muscle recovery) – use vegetarian/vegan certified brand
  - 1 serving of essential fatty acid oil (omega 3-6-9 blend or mix of flax/hemp oil) – if using a commercial blend, make sure to use vegetarian/vegan certified brand (Udo’s Gold or Vega)

Nutrition Facts	
Serving Size: 1 smoothie	
Amount per Serving	
Calories 254	Calories from Fat 33.6
	% Daily Value *
Total Fat 3.73g	5%
Saturated Fat 0.7g	3%
Cholesterol 0mg	0%
Sodium 16.25mg	0%
Total Carbohydrate 46.87g	15%
Dietary Fiber 11.01g	44%
Sugars 22.23g	
Protein 12.8g	25%
	Est. Percent of Calories from:
Fat	11%
Carbs	73%
Protein	20%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.	

Calculations done using livestrong.com, assuming recipe using plain Vega for “Power Mix” and no other optional additions.

### Instructions

1. Place all ingredients together in a blender (best in a VitaMix). Note: put greens in and blend first so that the greens blend smoother.
2. Blend together into a “smoothie”, and serve.

**Makes:** 4 smoothie servings

## ” Run-on-Raw” Energy Bars

**Description:** These home-made energy bars are worth the effort, as they provide the full spectrum of nutrition through raw “live” foods, all in a small mid-day snack/meal to keep your metabolism constantly running.

### Ingredients:

- 1 cup dried medjool dates, soaked for 1 hour
- ½ cup dried figs, soaked for 1 hour
- ¼ cup flax seed meal
- ¼ cup almonds (for best nutritional value, soak 8 hours)
- ¼ cup walnuts or pecans, (for best nutritional value, soak 3 hours)
- ¼ cup hemp seeds (for best nutritional value, soak 3 hours)
- ¼ cup chia seeds, (for best nutritional value, soak 3 hours – separate from other seeds/nuts)
- 2 tbsp pumpkin seeds (for best nutritional value, soak 3 hours)
- 2 tbsp sunflower seeds (for best nutritional value, soak 3 hours)
- 2 tbsp sesame seeds (for best nutritional value, soak 3 hours), optional – gives a slight bitter aftertaste
- ¼ cup raw cacao nibs (optional)
- ¼ cup shredded coconut (optional)
- Raw agave nectar to taste (approx ¼ to ½ cup) – can use or combine with other preferred natural, raw sweeteners (like date sugar, raw yacon syrup, pure maple syrup, or raw honey)
- 1 tbsp fresh squeezed lemon juice / pulp
- 1 tsp lemon zest
- Sea salt to taste (approx 1 to 1 ½ tsp)
- ¼ cup steel-cut or raw oats (if sprouted, use ½ cup)
- ½ cup sprouted buckwheat
- Fresh/dry fruit combinations (choose any combo for diff. flavors):
  - ½ to 1 cup fresh fruit (raspberries, blueberries, apples etc.)
  - ½ to 1 cup dried fruit (figs, banana, papaya, mango, cherries, cranberries, raisins, etc.)

### Instructions

1. Blend soaked dates (without pits) and figs in food processor into a paste.
2. Add all other ingredients except sprouts and fruit. Blend again until mixed together well. If using during long endurance workouts, blend very finely for easier digestion.
3. Transfer to a mixing bowl. Add sprouts and dry fruit. Knead/roll together.
4. Add fresh fruit last, and knead in carefully to preserve whole-fruit chunks.
5. On a sheet of parchment paper, spread the mixture into a thick “brick” square.
6. Cut into 12 bars and separate each bar
7. Dehydrate using a dehydrator or very lowest oven setting for 12 to 24 hours. (For truly raw energy bars, temperature should be no higher than 110 degrees Fahrenheit.)

**Makes:** 12 energy bars

Nutrition Facts	
Serving Size: 1 bar	
Amount per Serving	
Calories 342	Calories from Fat 143.7
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	% Daily Value *
<b>Total Fat</b> 15.97g	<b>24%</b>
Saturated Fat 2.38g	11%
<b>Cholesterol</b> 0.83mg	<b>0%</b>
<b>Sodium</b> 300.74mg	<b>12%</b>
<b>Total Carbohydrate</b> 49.38g	<b>16%</b>
Dietary Fiber 9.27g	37%
Sugars 28.21g	
<b>Protein</b> 7.58g	<b>15%</b>
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Est. Percent of Calories from:	
Fat	40%
Carbs	57%
Protein	8%
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<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.</small>	

Calculations done using [livestrong.com](http://livestrong.com), assuming recipe using 1/3 cup agave nectar, ½ cup fresh raspberries, ½ cup fresh blueberries, ¼ cup dry banana chips, ¼ cup dried figs for fruit combination)

## Essential Nutrient Salad

**Description:** This delicious salad is very high in essential fatty acids, protein, anti-oxidants, iron, zinc, calcium, B-12 and other key vitamins and minerals that are often considered lacking in a vegetarian diet. You would not need to take any essential fatty acid supplement if you eat this salad meal during the day.

### Ingredients:

- 4 cups of greens (baby greens, romaine lettuce, kale, spinach)
  - 2 tbsp pumpkin seeds
  - 2 tbsp hemp seeds
  - 2 tbsp walnuts or pecans
  - 2 tbsp flax seed meal
  - 1 tbsp sesame seeds
  - 1 tbsp sunflower seeds
  - 1 tbsp chia seeds (optional)
  - 2 tbsp nutritional yeast
  - ½ crispy apple, diced small
  - 1 tbsp dried goji or acai berries (optional for high anti-oxidants)
  - 2 tbsp fresh blueberries or raspberries (optional)
  - 1 oz goat's cheese (optional)
- EFA (Essential Fatty Acid) Raspberry Vinaigrette Dressing:
- 1 tbsp flax oil
  - 1 tbsp hemp oil
  - 1 tbsp raw agave nectar
  - 1 tbsp raw apple cider vinegar (or other tasty vinegar)
  - 1 tbsp water
  - 1 tsp Stone ground mustard or Dijon mustard powder
  - 1 tbsp fresh raspberries or 1 tsp raspberry jam or 1 tbsp raspberry juice

### Instructions

1. Place greens in a large bowl.
2. Top with all other ingredients. Toss together.
3. For dressing, mix all dressing ingredients with a whisk or fork. If using fresh raspberries, crush the raspberries as you are mixing.
4. Top salad with dressing and toss when ready to eat. (1 serving of dressing = 3 tbsp).

**Makes:** 2 full salad meals

Nutrition Facts	
Serving Size: 1 salad meal	
Amount per Serving	
Calories 633	Calories from Fat 340.5
% Daily Value *	
Total Fat 37.83g	58%
Saturated Fat 4.45g	22%
Cholesterol 7.5mg	2%
Sodium 202.46mg	8%
Total Carbohydrate 57.23g	19%
Dietary Fiber 24.07g	96%
Sugars 14.86g	
Protein 26.82g	53%
Est. Percent of Calories from:	
Fat	54%
Carbs	36%
Protein	16%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.	

Calculations done using [livestrong.com](http://livestrong.com), including optional goji berries, chia seeds, blueberries, goat's cheese.)