

phionTM

pH BalanceTM

Acid Alkaline Food Chart & Alkalizing Recipes

45 Healthy, Yummy Recipes
Including Salads, Soups & Entrees



The Magic Of pH Balance



My name is Christopher Vasey, ND. For Over 20 Years, I have taught the simple, yet 'life-changing' concept of "pH Balance" to thousands of people all around the world. These ideas have propelled many to transformation in their health and their lives.

This report includes a list of foods that are alkalizing and acidifying. It is my wish that you'll find ways to integrate more healthy alkalizing foods into your diet, and free yourself from the kinds of acidic foods that tax your body.

I have also included over 45 alkalizing recipes that are not only delicious, but will help to alkalize your body. Even by simply adding one alkalizing meal to your daily diet, you'll begin to notice the difference.

Acidification in the body comes as a result of THREE primary things:

1. Eating too many acidifying foods which create an acid ash in your body.

This is where proper diet comes in. By eating a diet of 80% alkalizing foods, you'll eliminate the production of excess acid in your body.

2. Microforms like bacteria, yeasts and fungi create acidic toxins in your body. Not only that, but they proliferate in an acidic body. So, not only do they "show-up" in an acidic body, they also pollute and further acidify your body. For this reason, it is important to cleanse & detoxify your body in order to jumpstart the process of balancing your pH.

3. You lack proper alkaline buffers such as certain minerals that neutralize acids. By increasing your intake of alkaline-mineral rich water and alkaline supplements, you will replenish your body's capacity to neutralize excess acids.

It is my deepest wish that you discover the magic of pH balance. I invite you to read my book, [The Acid-Alkaline Diet for Optimal Health](#). I also welcome you to visit www.ph-ion.com to learn more about how to achieve vibrant health and energy through pH Balance.

Best Wishes,

Christopher Vasey, N.D.

Acid & Alkaline Foods

For the purposes of identifying the acid or alkaline potential of foods, we have divided the following list into three basic categories - alkalizing, slightly acidifying, and very acidifying. Even within a single category, however, not all foods are uniformly alkalizing, acidifying, or acid.

The classification used here presents foods in a three-column chart. Alkaline foods (vegetables) are divided into strongly alkalizing, slightly alkalizing, and acidifying. Acid foods are categorized as alkalizing, slightly acidifying, and strongly acidifying. This division helps people suffering from acidification avoid inadvertently choosing only weakly alkalizing foods when they could just as easily eat strongly alkalizing foods, which are of much greater benefit in correcting the imbalance of their internal environment.

This is not a precise hierarchical organization, where each food occupies a set place with regard to the others; we currently lack the objective criteria necessary for establishing such an exact hierarchy. Analysis of a food's chemical composition is not germane because it does not take into account what happens once the food has been ingested. As we have seen, digestion and the body's utilization of foods alter their properties. These classifications are therefore based on observation of the effects these foods have on the body.

Based on your own experience, however, you may feel one food or another is better placed in a category different than the one assigned to it here. This is not surprising, since each person's body has its own strengths and weakness in handling certain foods. It can in fact be the case that a food has a very acidifying effect on one person, whereas for most people its acidifying effect is weak. You are well advised to trust your own experience rather than to base all your food choices on theory.

Nonetheless, the classification on these charts is valid for the majority of people. For the rest, it can serve as a useful guide for taking the first steps while they are in the process of determining how to modify their diet according to their individual needs and the intrinsic capabilities of their own bodies.

Best Wishes,

Christopher Vasey

Tip! While eating a healthy diet plays a fundamental role in the process of pH balancing, there are a few things you can do to get a jumpstart:

1. Cleanse your body (colon, lymph, liver, kidneys).
2. Hydrate! Drink PLENTY of water... Especially alkaline water.
3. Supplement your diet with alkalizing nutritional supplements.



Acid & Alkaline Foods

FRESH FRUITS

Alkalizing

bananas

Slightly Acidifying

Fruits

Golden Delicious Apples
pears: Bartlett, Comice, Bosc, Seckel
grapes
plums
very ripe apricots
Bing cherries
peaches
figs
yellow plums (mirabelles)
melons
watermelon

Berries

strawberries, big and sweet
gooseberries
blueberries

Citrus Fruits

Clementines
lemons

Exotic Fruits

mangos
pomegranates
persimmons

Very Acidifying

cider, Winesap apples
other pears
nectarines, greengage plums
other aprcots
Morello cherries

strawberries, small and tart
red currants in bunches
raspberries
black currants
sea buckthorn
sloe (blackthorn berries)
mulberries

mandarins
oranges
citron
grapefruit

pineapples
kiwis

DRIED FRUITS

Alkalizing

raisins
sweet apricots, dried naturally
bananas
dates

Slightly Acidifying

prunes
pears
apples
peaches
figs
mangos
pineapple

Very Acidifying

tart apricots, sulfur-treated

VEGETABLES

Alkalizing

potatoes

grasses

salad greens: chicory, escarole,
lettuces, mache, dandelion

green cabbage
celery stalks
green beans
fennel

beet greens
artichokes
broccoli
Brussels sprouts
asparagus

spinach
red beets
red cabbage
yellow beans
sweet potatoes
peppers
garlic

edible gourds
zucchini
squash
cucumber
sweet pepper

Slightly Alkalizing

Green Vegetables

Colored Vegetables

carrots
endive
celeriac
salsify
artichoke
cauliflower
radishes
turnips
onions
shallots

Fruiting Vegetables

avocado
tomato

Acidifying

eggplant
sour pickles

Nuts

Alkalizing

almonds
Brazil nuts
black olives in oil

Slightly Acidifying

cashews
sesame seeds
pine nuts
coconut
green olives

Very Acidifying

walnuts
hazelnuts
peanuts
pecans
pistachios
pumpkin seeds
sunflower seeds
olives in brine or vinegar

CEREAL GRAINS

Alkalizing

corn
buckwheat

Slightly Acidifying

Whole grains, ground grains, germinated grains

wheat
brown rice
rye
barley
spelt
millet
quinoa
pilpil
whole semolina
cream of rice

Very Acidifying

white rice
couscous
semolina

Breads

whole-grain bread (without yeast)
dark bread

yeast bread
white bread

Crackers

whole grain

made from white flour

Pasta

whole grain

made from white flour

Cereal Flakes

whole-grain cereals, soaked for about 10 hours
naturally bakes flakes (e.g., corn flakes)

sugar frosted
sweetened granola
baked and sugared flakes

Granola Bars

whole grain with little sugar

with lots of sugar and/or chocolate
coated

Cookies and Cakes

whole grain with little sugar
cake made from whole wheat

made with white flour, white
sugar, chocolate
cakes, pies
white cake flour

DAIRY PRODUCTS

Alkalizing

raw whole milk
banana smoothie

Slightly Acidifying

Milk Products

pasteurized milk
fruit smoothie
crème fraiche

Very Acidifying

ultrapasteurized milk
chocolate milk

Butter

fresh butter

butter used in cooking (heated)

Soft Unripened Cheeses

fresh, well drained

slightly drained

Cultured Milk Products

acidophilous milk

fresh yogurt
levogyres yogurt (bifidus live cultures)
yogurt drinks without sugars
slightly aged whey

fresh whey
fresh buttermilk

aged yogurt
dextrogyre yogurt
sweetened yogurt with fruit
kefir
aged whey
aged buttermilk

Soft Cheese

Camembert, Brie; fresh young cheeses with little fat content

same cheeses but very ripe, old, with higher fat content

Hard Cheese

Swiss, Provolone

stronger flavored; Parmesan

Eggs

egg yolk

whole eggs

MEAT AND FISH

Alkalizing

Slightly Acidifying

Very Acidifying

Meat

"white" meat: poultry, rabbit, veal, young lamb

"red" meat: beef, mutton, pork, cold cuts

Fish

lean fish: whiting, sole, flounder, trout, perch

fatty fish: salmon, carp, herring, mackerel

Seafood

oysters

crustaceans: lobster, shrimp, crayfish; mussels

MISCELLANEOUS FOODS

Alkalizing

raw cane sugar (Succanat)
pear concentrate

sea salt

Slightly Acidifying

Sugar

maple syrup
honey

Salt

table salt

Spices and Condiments

green herbs: parsley, basil, etc.

apple cider vinegar

Very Acidifying

white and brown sugar

pickles
pimentos
mustard
mayonnaise
ketchup
other kinds of vinegar

Oils

virgin cold pressed: sunflower,
olive, safflower, etc.

same oils but heat pressed

peanut, walnut, hazelnut oils
used in cooking (heated)

Fats

nonhydrogenated vegetable
margarine

hydrogenated margarine (palm or
coconut oil)
lard

BEVERAGES

Alkalizing

flat with a pH of 7+
water with pH drops added

coffee substitute
mint tea, verbena, linden, etc.

Slightly Acidifying

Water

slightly carbonated
tap water

Coffee, Tea, Herb Tea

green tea
birchbark, rose hips, fruit peels

Very Acidifying

heavily carbonated

coffee
black tea
hot chocolate
cocoa

Juice

Green Juices (From Grasses)
fresh vegetable juice

tomato juice
fresh lemonade

commercial lemonade
sodas

Alcohol

beer
wine

liqueurs, cordials
strong spirits



Alkalizing Recipes

Salads

Romini Salad

1 med. Red-Leaf Lettuce
1 med. Romaine Lettuce
2 med. Zucchini, thinly sliced
¾ cup Radishes, sliced
2-3 Green Onions, sliced

Dressing:

¼ cup Flax Seed Oil
2 tbs. Sea Salt
Crushed Garlic clove (to taste)
Pinch of dried Tarragon Leaves

Spicy Asian Noodle Salad

½ package thin Buckwheat Soba Noodles
½ cup green onion
10 pieces tofu (optional)
1 stalk celery, chopped
½ cup Mung bean sprouts
½ cup red pepper, chopped
½ cup raw almonds, chopped

Dressing:

4 tablespoons sesame oil, 2 tablespoons Bragg® Aminos, ¼ tablespoon hot chili oil

Cook the noodles, drain, and rinse in cold water.

Mix the Sesame oil, Bragg® Aminos, and hot chili oil. Add the dressing to the noodles and toss well. Cover and chill for several hours or overnight. Just prior to serving, stir in the vegetables, and top off with the almonds.



I know I don't always have time to eat a healthy salad. That's why I recommend drinking at least one green drink a day... It's like an instant liquid salad!

Salads

Cabbage Patch Salad

2 cups Red Cabbage, thinly sliced
2 cups Green Cabbage, thinly sliced
1 Carrot, grated
1 Red Pepper, slivered
1 Yellow Pepper, slivered
1 Green Pepper, slivered
1 Orange Pepper, slivered
4 Tbs. Scallions, chopped
4 Tbs. Parsley, minced
¼ cup Lemon Juice
3 Tbs. Water
1 Tbs. Oil (Extra Virgin Olive, Flax Seed, or Udo's Choice)
1-2 tsp. dried Red Chili Pepper
Dash of Bragg® Liquid Aminos

Combine all ingredients, toss thoroughly, cover and refrigerate at least a half-hour before serving.

Traditional Greek Salad

Recipe Ingredients:

½ head romaine lettuce
1 cucumber, diced
2 tomatoes, diced
5 scallions, diced
½ green pepper, diced
1 cup soy feta cheese

Dressing:

2 tablespoons lime or lemon juice
1 clove garlic, finely chopped
1/8 teaspoon pepper
¼ Teaspoon Sea salt
½ teaspoon oregano
1/3 cup olive oil

Wash and cut vegetables. Tear lettuce and place in a large salad bowl. Add cucumbers, tomatoes, scallions, green peppers, and feta cheese. Mix dressing ingredients together and slowly add olive oil. Sprinkle dressing on top of salad.

Salads

Fresh Spinach Salad

- 1 head Spinach
- 2 stalks Celery, chopped
- ½ cup Cauliflower, cut in small pieces
- 6 Radishes, chopped
- 2 Shallots, chopped (or 1 small Red Onion)
- 2 Red Peppers, chopped
- ½ cup chopped Basil
- 4 Tbs. Pine Nuts

Combine the spinach, celery, cauliflower, radishes, shallots, red peppers, basil, and pine nuts in a large bowl. Toss thoroughly. Top with Essential Dressing.

Broccoli Salad

- 1 head Broccoli
- 1 large Red Onion, chopped
- 1 cup diced Celery
- 4 chopped Scallions
- 1/3 cup Flax Oil Dressing or Parsley Dressing

Cut broccoli into small pieces. Mix ingredients and chill for one hour.

Super Fiesta Salad

- 2 tomatoes, sliced
- 1 cucumber, sliced and peeled
- 1 each red, green & yellow bell pepper, chopped
- 1 small red onion, coarsely chopped
- 1 can diced green chilies
- ¼ cup fresh cilantro, chopped
- 3 Tbs. salsa
- 2 Tbs. lemon juice
- ½ Tbs. garlic, minced
- ¼ tsp. pepper
- ¼ tsp. sea salt
- ¼ tsp. ground cumin

Combine ingredients and chill for one hour. Serve on a bed of lettuce or with tortilla chips.

Serves: 6, preparation time: 15 min, cook time: 0 min

Salads

Avocado Sunburst Salad

4 sprouted whole wheat tortillas
1/2 package tofu
1 1/2 Tbs. Chile sauce
1 avocado seeded and diced
1 pink grapefruit, sectioned and peeled
1/8 cup toasted almonds, chopped
1 Packaged Organic Salad Mix
Recipe Instructions:

Place tortillas over the top of a medium size bowl and bake in the oven at 350 degrees F for 10 minutes. Remove the tortillas and cool. Combine tofu and Chile sauce in a medium bowl. Cover and chill for 20 minutes. Stir in avocado, grapefruit, and almonds. Arrange greens in tortilla cups and spoon salad on top and serve.

Cucumber Salad

2 cups Cucumbers, chopped
2 Tbs. Parsley, chopped
1/3 cup finely chopped Peppermint
1 Tbs. Lemon Juice
1 Tbs. Olive Oil or Flax Seed Oil

Combine the cucumbers, parsley, mint, lemon juice, oil in small bowl. Toss together. Chill for several hours or overnight. Toss before serving.

Rainbow Salad

Grated Beets
Grated Jicama
Grated Carrots
Grated Squash (e.g. Butternut, Yellow Zucchini)
Grated Red Cabbage
Red, Yellow, and Orange Bell Peppers
Sprouts
Fresh Green Peas from the pod
Cucumbers

In a large salad bowl, add fresh, clean, dry greens (baby greens, spinach, lettuce, etc.). Arrange the ingredients from the deepest dark colors to the lightest. Top with a dressing of lemon juice and desired oil and a sprinkle of sesame seeds.

Salads

Avocado & Tomato Salad

2 Avocados
1 small Eggplant, diced
2 Green Chili Peppers, seeded
¾ Tbs. Curry Powder
2 Tbs. Lemon Juice
Salt and seasoning to taste
2 or 3 Tomatoes, thickly sliced

Sprout Salad with Avocado Dressing

8-10 leaves of organic leaf or romaine lettuce, washed and torn
2-3 cups mung bean sprouts
1-2 cups of your favorite sprouts (broccoli, buckwheat, clover, lentil)
1 cucumber, peeled and sliced
1 tomato, cut into small wedge
1 carrot, peeled and grated
1 cup garbanzos, sprouted or canned

Arrange ingredients in a bowl and chill until ready to serve. Serve with avocado dressing.

Avocado Dressing:

One small avocado

1 Tbs. olive oil

2 Tbs. tofu

In a blender, blend all ingredients.

Tomato Salad

2 medium tomatoes
¼ tsp. fresh ground pepper
2 Tbs. dressing (see below)

Recipe Instructions:

Cut tomatoes into bite size pieces. Arrange them in a bowl. Pour the dressing over the tomatoes.

Dressing:

1 tsp. lemon juice

1 tsp. olive oil

1 tsp. garlic powder

Sea salt to taste

Pepper to taste

Italian herbs to taste

Dressings

Minty Cinnamon Dressing

½ cup Olive Oil
5 Tbs. Carrot Juice
1/3 cup Lemon Juice
½ tsp. Cinnamon
½ tsp. Lemon Pepper
1 tsp. Orange Ginger Pepper blend (Spice Hunter)
1/8 tsp. Paprika
1 Tbs. fresh Mint, finely chopped

Blend all ingredients except mint in a food processor or blender. Blend until smooth. Stir in Mint.

Soy Cucumber Dressing

2-3 tsp. Carrot Juice
½ small Onion
½ Red Bell Pepper
1 lg. Cucumber
1 cup Soy Milk
1 tsp. dried Basil (or 2 tsp. fresh)
1 Tbs. Bragg Liquid Aminos or Salt to taste
Blend ingredients in food processor or blender until smooth.

Flax Oil Dressing

30% Flax Seed Oil
30% Bragg Liquid Aminos
40% Water
Liquid Lecithin to thicken and emulsify
Season as desired

Shake and pour. Can be used as dressing for salad or steamed veggies.

Soups

Yummy Broccoli Soup

2 cups Vegetable Stock or Water
3-4 cups Broccoli, chopped
2 Red or Yellow Onions, chopped
1 Red Bell Pepper, chopped
1-2 stalks of Celery, cut in large pieces
1 Avocado
Bragg Liquid Aminos or Salt to taste
Cumin and Ginger to taste

Warm 2 cups of water or stock in an electric skillet. Keep the temperature at or below 118 degrees (finger test). Add the chopped broccoli and warm for 5 minutes.

Puree the warmed broccoli, onion, bell pepper, celery, and avocado. Thin with additional water if necessary to achieve the desired consistency. To add a crunch, save the broccoli stalks and peel off the tough outer skin; process them in a food processor until they are small chunks. Add to the soup just before serving.

Serve warm. Add Bragg's, cumin, and ginger and any other spices you like.

Gazpacho

4 cups fresh Tomato Juice
½ cup Cucumber, chopped
¼ cup celery, finely chopped
¼ cup Green Bell Pepper, chopped
1 Tbs. Olive Oil
1 tsp. Basil
½ tsp. Garlic, minced
½ tsp. Pepper

Combine ingredients. Cover and chill overnight.

Green Raw Soup

1-2 Avocados
1-2 Cucumbers, peeled and seeded
1 Jalapeno Pepper, seeded
1 Carrot, finely diced
½ Yellow Onion, diced
1 Tbs. fresh Cilantro
1 Tbs. fresh Parsley
Juice of ½ Lemon
1-2 cups light Vegetable Stock or Water
3 cloves roasted Garlic

Puree all ingredients, except onions and carrots, in a food processor. Add more or less water to desired consistency. To garnish add onions and raw carrot bits.

Soups

AsparaZincado Soup

12 stalks medium Asparagus (or 17 thin stalks)
5-6 large Tomatoes
1 cup fresh Parsley
3-5 Sun-dried Tomatoes (bottled in olive oil)
1 Red Bell Pepper
1 Avocado
¼ cup dried Onion
4 cloves fresh Garlic
Bragg Liquid Aminos to taste
1-2 tsp. Spice Hunter's Herbes de Provence
2 tsp. Spice Hunter's Deliciously Dill
2 Lemons or Limes, cut in thin slices

Blend the asparagus and red tomatoes, parsley, dried tomatoes, red bell pepper, onion, garlic, and spices in a food processor. Blend in the avocado until soup is smooth and creamy. Warm in an electric skillet and garnish with lemon or lime slices. Season with Bragg's to taste.

Vegetable Minestrone Soup

1 small Cabbage
1 Onion
1 Red Bell Pepper
1 Zucchini
1 Yellow Summer Squash
2 Carrots
2 Celery

Cut vegetables. In soup pot, cover carrots and celery with water. Cook gently just until they begin to soften. Add remaining ingredients. Be careful not to overcook. Serve hot with Bragg Liquid Aminos, flax seed oil, and cayenne pepper to taste.

Celery Soup

4-5 stalks Celery
3 cups pure Water
2 Tbs. yeast-free instant Vegetable Broth

Cook celery until tender. Add water and broth mix and pour into blender. Blend 15-20 seconds. Reheat and serve. Use Bragg Liquid Aminos, flax seed oil, and cayenne pepper, to taste.

Soups

Carrot Soup

4 large Carrots, sliced
1 small Onion, chopped
1 clove Garlic, minced
¼ tsp. Turmeric
¼ tsp. Cumin
¼ tsp. Ginger
¼ tsp. Mustard Seeds
¼ tsp. Salt
Pinch of ground Cinnamon
Pinch of Cayenne Pepper
7 cups Water
1/3 cup Kuzu root
1 tsp. Lecithin (liquid or powder)

1. Steam-fry the onion in a small saucepan. Add carrots, garlic, mustard seeds, spices, and salt. Cook for 2 to 3 minutes, stirring constantly. Add ½ cup water, cover, and simmer until carrots begin to soften. Let cool.
2. Bring 5 cups water to a near boil in a large saucepan. Reduce to heat to medium. Stir kuzu root into 1 cup cool water. Slowly pour into heated water and cook until the mixture thickens.
3. Place cooled carrot mixture in a blender and puree on low speed until smooth. Add a little water to mixture if needed. Add puree to thickened water and cook for 5 minutes. Stir as needed. Add lecithin and stir for a minute. Thin out if desired.

Broccoli - Cauliflower Soup

1-2 cups Cauliflower, chopped
1-2 cups Broccoli, chopped
1 cup Cucumber Juice or Veggie Broth (Pacific Brand)
½ cup soaked Almonds
1 clove Garlic, minced
¼ tsp. Curry Powder
¼ tsp. Cumin
1 Tbs. Lemon or Lime Juice
1 Tbs. Bragg Liquid Aminos
½ tsp. Salt

Combine the almonds with the cucumber juice or broth and garlic in a food processor or blender. While blending, add the broccoli and cauliflower and blend until smooth. Blend in seasonings and lemon/lime juice, Bragg Aminos, and salt. Add more broth or water to desired consistency.

Entrees

Tuscany Tofu Meatballs

1-2 cups Sprouted Wheat Tortilla crumbs
1 cup cooked Brown and Wild Rice, 50/50
1 med. Red Onion, finely chopped
2 cloves Garlic, minced
2 stalks Celery with leaves, finely chopped
2 lbs. FIRM Tofu (Nigari), crumbled
1 cup Vegetable Stock (Pacific Foods of Oregon brand)
¼ cup whole Rolled Oats
2 cups fresh Basil, finely chopped
2 cups Parsley
¼ tsp. Black Pepper, Freshly ground
2 tsp. “Zip” or pinch of Cayenne Pepper
1 Tbs. Olive Oil
3 Tbs. Bragg Liquid Aminos
Spice Hunter's Herbes de Provence to taste (about 1 tsp.)

Take 8-10 sprouted wheat tortillas and leave them out to dry on a counter or quick-dry them in a low-heat oven. Break into small pieces and blend in a food processor until they are finely ground into crumbs. Set aside in a bowl.

Steam-fry the celery, onion, and garlic in an electric skillet. Cook until softened, about 6 minutes. Transfer to a large bowl. Blend tofu, vegetable stock, oats, and Liquid Aminos until smooth. Add the basil, parsley, black pepper, and “Zip,” and pulse until well blended. Add to the onion mixture.

Add the cooked wild rice and the tortilla crumbs to the onion mixture. Mix well. Mixture should be slightly sticky but form into balls easily. If mixture is too wet, you may need to add more tortilla crumbs.

Preheat oven to 400 degrees. Lightly oil a cookie sheet or baking dish. Shape mixture into balls. Roll each ball into the remaining tortilla crumbs to coat. Bake 20-30 minutes or until lightly browned. Serve with Roasted Pepper Macadamia sauce to dip the balls in.

Red Pepper Macadamia Sauce

This sauce that can be made thick for dipping grilled Tofu slices or the Tuscany Tofu Meatballs, or it can be thinned for use as a salad dressing.

4-5 big pieces of roasted Red Peppers
1 lb. Macadamia Nuts (raw)
6 cloves roasted Garlic
3 large fresh Basil Leaves
Salt and Pepper to taste
½ to 1 cup Olive Oil

Process all ingredients, except olive oil, in a food processor until creamy. Slowly add olive oil until well emulsified.

Entrees

Stuffed Vegetables

8 Cabbage Leaves
2 stalks Celery
1 cup French-Style Green Beans
½ cup Bean Sprouts
½ Green Bell Pepper
1 tsp. Parsley (chopped)
3 tsp. dehydrated Onion Flakes moistened with Tomato Juice or Veggie Broth
2 cups Vegetable Broth

Scald cabbage leaves with boiling water and leave covered in pot for one-half hour. Finely chop vegetables and add parsley. Mix. Spoon vegetable mixture onto each cabbage leaf. Roll tight and tuck in ends. Use toothpicks to fasten. Simmer in vegetable broth for 1 hour. Season with flax seed oil, Braggs Liquid Aminos, and cayenne pepper.

Cajun Beans and Rice

1 lb. dried Pinto Beans
1 cup Green Onions (chopped)
2 cups Yellow Onion (chopped)
½ tsp. Garlic (minced)
¼ tsp. Oregano
¼ tsp. Garlic Powder
¾ tsp. Black Pepper
½ tsp. Celtic Sea Salt
¼ tsp. Red Cayenne Pepper
1 oz. Braggs Liquid Aminos
4 Tbs. Cayenne Pepper
6 cups cooked Brown Rice
6 oz. Tomato Paste
¼ tsp. Thyme
1 tsp. Celery Flakes

Wash beans. Soak for 12 hours, Drain water. Fill a large pot with beans, add water about ½” above beans. Add remaining ingredients. Cover. Cook over low heat for 2 ½ hours. Serve over cooked brown rice.

Stuffed Squash

2 small Acorn Squash, halved and seeded
½ cup Carrot, diced
½ cup Red Bell Pepper, diced
½ cup Zucchini, thickly sliced
½ cup Onion, diced
½ tsp. minced Garlic
Non-Stick Vegetable Spray

Preheat the oven to 350 degrees. Use cooking spray to coat large baking dish. Place acorn squash halves in pan with ¼ cup of water and steam for 10 to 15 minutes. Lightly steam-fry remaining ingredients for a few minutes. Stir frequently. Spoon vegetables into squash halves and bake until squash is tender or for 20-25 minutes.

Entrees

Chili Tofu Pitas

1 pkg. Tortillas or Pita Bread
1 small can Green Chilies (chopped)
3 cloves Garlic, minced
1 pkg. extra firm Tofu (Nigari)
1 tsp. Mexican Seasoning (Spice Hunter)
2 tsp. dried Onion, OR ¼ cup minced fresh Onion
¼ cup Soy Parmesan Cheese substitute
1 Tbs. fresh Cilantro
½ tsp. Salt
1 jar or can Enchilada Sauce
3-4 Sun-dried Tomatoes for garnish
Avocado slices for garnish

Cut the pita bread into eight triangular pieces, like a pie. Mince the garlic in a food processor. Add the other ingredients, except the tofu, and process until finely chopped. Grate the tofu into the mix by first placing the grater attachment on the processor. Process until mixed (a few seconds).

Open each pita triangle up so you can put the filling in. Spoon the filling into the pita triangles and place into a pie pan. Add enchilada sauce inside over the filling mixture and over each pita on the outside as well. Bake at 350 degrees for 10-15 minutes. Cut the avocado slices and sun-dried tomatoes to put on top for a garnish just before serving warm.

Kale & Garlic Sauce

1 lb. Kale
4 med. Garlic cloves, minced
2 tsp. ground Coriander
Salt and Cayenne Pepper

Rinse Kale and remove stems, including the tough part of stem in the leaf. Cut leaves into a manageable size. Steam kale until tender-crisp and then transfer to a bowl. Steam-fry garlic for 1 minute. Add coriander, salt, and cayenne and stir over low heat for 15 seconds to blend. In a pan or bowl, toss mixture with kale. Adjust seasoning to taste. Serve hot.

Entrees

Curried Veggie Crepes

1 cup Almond Milk
3 Tbs. unsweetened Coconut Milk
1 ½ tsp. Egg Replacer OR 1 ½ Tbs. Agar Agar flakes (seaweed gel, found in your health food store)
1/3 cup Water
1 Tbs. Olive Oil
½ tsp. Turmeric
¼ tsp. Curry Powder
Dash of Cinnamon
1 cup all-purpose Flour (or spelt, millet, or whole wheat flour)
½ tsp. Salt (optional)

In a bowl, whisk together the almond milk, coconut milk, egg replacer or agar agar flakes, water, oil, turmeric, curry, and cinnamon. Whisk in the flour and salt until there are no lumps left in the batter. If using agar agar, you must use a food processor and process until smooth. Use saran wrap to wrap over the bowl and refrigerate for at least a half an hour or up to one day.

Heat a small nonstick crepe pan or skillet over medium-low heat. Gently stir batter to blend again. Once the pan is hot, drop 2 Tbs. of crepe batter into the skillet. Swirl the pan to coat the bottom evenly with the batter. If the batter does not swirl easily you must add a little water to thin it down a bit. Cook for about a minute or two or until the top appears dry. Use a spatula to gently flip the crepe. Cook for about a minute or two longer or until the bottom appears lightly browned and the crepe slides easily in the pan. Move the crepe onto a plate or paper towel. Once made, these crepes may be refrigerated or frozen for later use.

Veggie Filling

10-12 thin Asparagus Stalks, cut into 3-in. segments
½ cup Snow Peas
1 Yellow Onion, thinly sliced
4 cloves minced Garlic
2 med. Orange or Yellow Bell Peppers, seeds and ribs removed, cut into matchsticks
2 med. Red Bell Peppers, seeds and ribs removed, cut into matchsticks
¼ cup Olive Oil
1 Tbs. fresh grated Ginger
½ to 1 tsp. ground Mustard Seed
1 ½ tsp. ground Cumin
½ tsp. Cinnamon
1 Tbs. Curry Powder
½ cup Pine Nuts
1 tsp. Salt or Bragg Liquid Aminos to taste
1/3 cup Coconut Milk (unsweetened)

Heat the olive oil in a large skillet or electric frypan over medium high heat. Add the asparagus and snow peas. Cook. Stir constantly, until they barely begin to brighten and soften. Reduce the heat to medium and add the onions and garlic. Cook until onions soften. Add the bell peppers and steam-fry with a little water just until peppers are begin to soften.

Add the ginger, mustard seed, cumin, cinnamon, curry, and a little more olive oil. Continue to stir and cook. Add the pine nuts, salt, and coconut milk, and cook until desired softness. Serve warm with the Autumn Curry Crepes. Can also be served over rice or any other cooked grain you prefer.

Entrees

Pepper Tofu Pockets

1 pkg. firm or extra firm FRESH Tofu
3 Scallions
¼ Red Bell Pepper
¼ cup chopped fresh Coriander
1 tsp. Sesame Seeds
1 cup Bragg Liquid Aminos

Soak sesame seeds overnight. Drain tofu. Cut in half on the diagonal to form two triangles. Cut a pocket in each triangle. Finely chop the scallion, pepper, and coriander. Add sesame seeds. Stuff half the mixture into each piece of tofu. Pour Liquid Aminos over tofu pockets and marinate in refrigerator for 10 minutes before serving.

Simple Veggie Steam-Fry

1-2 tsp. fresh grated Ginger (hand grated)
2-3 cloves Garlic, crushed
½ cup Yellow Squash
½ cup Cauliflower, slices
½ cup Red Peppers, strips
½ cup Broccoli (cut small)
½ cup Onion slices
1 cup Pea Pods
(other veggies as desired, cut julienne)
1 cup fried Tofu (or use marinated tofu from the health food store)
¼ tsp. Salt

Steam-fry Sauce:

1/3 cup Water or Veggie Stock
1 tsp. Stir-Fry Ginger Spice (Spice Hunter)
Juice of half a Lemon or Lime
Bragg Liquid Aminos to taste

Heat up electric frypan. With a small amount of water, steam-fry the garlic and ginger for a couple of minutes. Pour in vegetables and tofu. Steam-fry until vegetables turn very bright and begin to slightly soften. Pour the steam-fry sauce mixture over the top and steam for a couple more minutes. Serve while warm.

Entrees

Butternut & Celery Soup

3 Celery Stalks cut in big chunks
2 Butternut Squash
1 Onion, peeled and chopped in big chunks
1 Onion, peeled and sliced into thin rings for garnish
2 Tb Olive or UDO's Oil
3-4 cups Veggie Stock
Cinnamon and Nutmeg or Salt and Pepper to taste

Cut Squash in half and remove seeds. Lightly oil the cut side of the vegetables. On an oiled cookie sheet, place squash cut side down and celery chunks and roast in a 400 degree oven until tender and lightly browned or for about 45 minutes. Scoop out soft squash from the skins.

Puree the roasted vegetables in a food processor or blender with some of the stock. For a smoother texture, pass the soup through a strainer into a clean pan. Add the remaining stock and season to taste. Keep warm.

For the onion ring garnish, fry the onion in oil until brown and somewhat crisp or for about 10 minutes. Top soup and serve.

Vegetable Borscht

6 cups Veggie Broth
1 cup each Carrots (shredded), Beets (roughly chopped), Onions (thinly sliced)
1 Red Pepper (shredded)
1 ½ cups Cabbage, shredded
Vegetized Salt to taste
Pepper to taste

In a large saucepan combine broth, carrots, beets, and onion. Gently cook until tender. Add red pepper and cabbage. Add salt and pepper to taste and cook for about 5 minutes more. For a richer flavor, cool completely before serving time and reheat and serve.

Zucchini Tofu Patties

1 carton FRESH Tofu, drained
3 Tbs. Onion, chopped
½ Tbs. Vegetable Broth Mix
1 cup Zucchini, grated
Egg Replacer equal to 2 eggs
3/8 tsp. Salt

Slice and steam tofu for 5-10 minutes. Chop and drain well. Steam-fry onions. Add vegetable broth mix and zucchini. Stir well. Add salt, tofu, and egg replacer and combine all ingredients. Make into patties. Place on sprayed baking sheets and flatten slightly. Lightly bake at 350 degrees. When bottoms are barely brown, flip patties. Finish baking, but make sure not to overbake.

Entrees

Bean Sprout Casserole

1 cup baby Lima Beans, sprouted
1 cup Mung Beans, sprouted
3 cups chopped Leeks
1 cup Pinto Beans, sprouted
1 large Red or Green Pepper, finely chopped
1 large Onion, chopped
1 clove Garlic, finely chopped
3 Tbs. Bragg Liquid Aminos
Freshly ground Pepper to taste

Steam-fry the garlic and onions. Add leeks, Bragg Aminos, and pepper. Simmer for 15 minutes. Add chopped pepper and simmer for 5 more minutes. In casserole dish, pour over beans. Stir gently. Bake at 350 degrees for 15 minutes.

Italian Zucchini

8-10 med. Zucchini
2/3 cup Onion, coarsely chopped
1 ½ cups Tomatoes
2 cloves Garlic, minced
1 tsp. Salt
1/8 tsp. Pepper
3 Tbs. Olive Oil

Wash, cut ends, and slice zucchini. Steam-fry sliced zucchini, onion, and garlic in a saucepan over low heat for 10 minutes. Turn and move mixture occasionally.

Remove vegetable mixture from heat and sieve in tomatoes with pepper. Blend thoroughly but lightly. Place mixture into a casserole dish. Cover and simmer 30 minutes.

Add olive oil just before serving.

Tofu - Onion Stew

2 med. Onions, sliced
3 cups Water
3 Kale leaves, torn to bite-size
1 Bay Leaf
1 1/2 cups fresh Green Beans
3 large Onions. Quartered
1 pkg. FRESH Tofu, firmness of choice

Steam-fry the sliced onions in a 3-quart pan with a lid. Add water, kale, bay leaf. Cover and simmer until kale begins to soften. Remove bay leaf. Add in quartered onions and green beans. Continue to simmer until beans are tender.

Drain and slice tofu and warm in pan or steam separately in steamer. Season if desired. Place tofu on top of stew and serve.

Entrees

Cabbage Rolls

1 medium head of Cabbage
1 clove Garlic
1 Bay Leaf
1 pkg. drained FRESH Tofu (break into fine pieces)
1 cup Onion, finely chopped
1/8 tsp. Black Pepper
1 tsp. Bragg Liquid Aminos
1/2 tsp. Real Salt or Vegetized Salt
3 cups Vegetable Broth
1/2 cup Vegetable Broth Mix

Grease a shallow casserole dish with a tight-fitting lid. Remove wilted outer leaves from cabbage. Rinse and cut in half through core. Remove eight large leaves. Shred remaining cabbage, enough to yield 2 cups, and place in casserole dish. Add garlic clove and bay leaf. Set casserole aside. In a large pan, pour boiling water to 1-inch level. Add the eight leaves of cabbage and salt. Cover and simmer for 2-3 minutes.

Steam-fry chopped tofu, onion, pepper, and Liquid Aminos. Place one-quarter cup of this mixture into the center of each of the eight cabbage leaves. Roll each leaf, tucking ends in. Use wooden picks to secure and place on shredded cabbage in a casserole dish.

Stir vegetable broth mix into cold vegetable broth. Pour this mixture over cabbage rolls along with a few grains of pepper. Cover and simmer on low heat for 30 minutes. Remove bay leaf and wooden picks and serve.

Tomato - Okra Creole

4 cups sliced Okra
1/3 cup chopped Green Pepper
1 cup chopped Onion
2 cups chopped Tomatoes
1/8 tsp. Curry Powder
1/2 tsp. Salt
1/8 tsp. Black Pepper
1 tsp. powdered Lecithin
1/8 tsp. Thyme

Wash okra, cut off ends, and slice. Set aside. Chop green pepper and onion. In a large skillet, steam-fry green pepper and onion to a transparent stage. Add okra and tomatoes. Stir in mixture of curry powder, salt, pepper, lecithin, and thyme. Cover and simmer for 30-40 minutes or until okra becomes tender.

Entrees

Curried Squash

3 cloves Garlic, sliced
2 Serrano or Thai Chili Peppers, seeded or diced
½ can unsweetened Coconut or Almond Milk
1 med. Yellow Onion, quartered
2-4 Sun-dried Tomatoes, minced
1 Tbs. fresh Ginger Root, minced
2 tsp. Garam Masala
1 tsp. ground Cumin
½ tsp. Cinnamon
¼ tsp. ground Coriander
1 tsp. Salt
¼ tsp. Turmeric
2 cups Vegetable Stock or Water
1 Tbs. Udo Choice Oil or Olive Oil
4 cups Butternut Squash, peeled and diced
2 cups fresh Tomatoes, diced
2 cups Black-eyed Beans or Lentils, cooked
2 cups Spinach or Kale, chopped
1 cup Green Peas
3 Tbs. Mint, minced

Combine first twelve ingredients and 3 Tbs. of stock or water in a blender. Puree mixture to a paste while scraping down the sides of the blender a couple of times.

In a large saucepan, heat oil. Add the spice paste and cook. Stir often for 10 minutes. Add remaining stock, butternut squash, and tomatoes. Cook over medium heat while stirring often. Cook until squash is just tender or about 20 minutes. Mix in black-eyed beans, spinach, and green peas. Continue to cook while stirring often. Cook until spinach is tender, about 10 more minutes. Remove from heat. Adjust seasonings to taste. Just before serving stir in the mint.

Harvest Casserole

1 each med Green and Red Pepper, cut into 1" strips
2 large Onions, cut and separated into rings ¾" thick
1 cup sprouted Barley, partially cooked (save 1 cup water)
1 cup Barley Water (saved above)
4 Tbs. Vegetable Broth mix
2 med. Zucchini cut into 1 1/2inch chunks
2 large Tomatoes, peeled and quartered
3 med. Carrots, cut into chunks
½ head Cauliflower florets
1 lb. Green Beans, snapped in half
2 cloves Garlic, crushed
1 tsp. Paprika
¼ cup Parsley, chopped
1 Tbs. Salt
¼ tsp. Black Pepper

Steam-fry green peppers and onion. In a casserole dish combine all ingredients and cover. Bake at 350 degrees for 1 hour. Barley should be tender.

Entrees

Veggie Pad-Thai

1 package tofu
3 Tbs. almond butter
1/3 cup lime juice or lemon juice
1/3 cup Bragg's Liquid Aminos
1/2 teaspoon red pepper flakes
1 small onion (chopped)
1 small bunch green onions (chopped)
2 cups of mixed vegetables (steamed, stir-fried, or microwave)
8 oz. rice noodles
2 cups bean sprouts
3/4 tsp. garlic powder
1" piece of ginger (minced or powdered ginger)
2 Tbs. sesame oil
Sliced lemons
Water as needed

Prepare rice noodles. Drain and set aside.

Squeeze tofu until completely dry. Cut tofu in 1/4" to 1/2" squares. Set aside. Mix almond butter, lime or lemon juice, Bragg's Liquid Aminos and red pepper flakes. Set aside.

Stir-fry garlic and tofu in 1 tablespoon of sesame oil in a wok, until garlic and tofu slightly turn brown. Add in remaining oil, ginger, and onions. Stir-fry for two minutes. Add in vegetables and almond mixture. Stir-fry until all vegetables are covered in almond mixture. Add in noodles and bean sprouts. Stir-fry until sauce thickens and vegetables and noodles are hot. Use sliced lemons for garnish.

Spinach Lasagna

1-2 cans tomato sauce (6 oz.)
1 pkg. "no boil" spelt lasagna noodles
1 package fresh spinach
2 cups soy burgers (crumpled, precooked)
2 cups soy cheese (shredded)

Pour tomato sauce into a glass container. In a large skillet, sauté spinach for 5 minutes. Add spices for flavoring. Remove spinach and set aside.

Spread a layer of tomato sauce on the bottom of a baking pan. Depending on the size of the dish, place 2 or 3 lasagna noodles on top of the tomato sauce. Spread another layer of tomato sauce over the noodles. Place spinach, crumbled soy burgers, and soy cheese on top of the layer of tomato sauce. Add more lasagna noodles on top of mixture. Repeat this procedure until all of the ingredients have been used. Place the baking pan in the oven and bake for 30 minutes at 350-400 degrees.

Entrees

Falafel Fritters

¼ cup fresh Cilantro, coarsely chopped
¼ cup fresh Parsley, coarsely chopped
8 oz. (1 cup) Beans, soaked overnight (drain well and cook in boiling water for about 10 minutes or you could use black-eyed beans, cranberry beans, or lima beans.)
1 ½ cups canned Chickpeas, rinsed and drained (15 oz. can)
1 clove Garlic, minced
1 tsp. Salt
1 tsp. Cumin
1 Red Hot Chili Pepper, seeds and ribs removed, minced
¼ cup Red Onion, chopped
1 tsp. Turmeric
1 Tbs. fresh Lime Juice
3 Tbs. Flour (spelt, millet, whole wheat)
2 heads Butter Lettuce or Savoy Cabbage, leaves separated, tear big ones in half
6 cherry Tomatoes, quartered; or 1 small tomato finely chopped
Tahini Tofu Sauce (see recipe below)
1 Tbs. toasted or raw Sesame Seeds

In the food processor bowl, process the cilantro and parsley until fine. Add the next nine ingredients. Pulse until the mixture forms a very thick, fairly smooth paste (you will need to scrape the sides down and process a few times.) Add the flour and pulse to combine. Place this mixture in a bowl and set aside. This mixture can be made a day ahead and refrigerated in an airtight container.

Drop falafel mixture 1 Tbs. at a time on a non-stick cookie sheet. Bake at 350 degrees for 10-12 minutes. This can be brushed with olive oil and baked until golden brown if preferred.

Each fritter should be served warm on a piece of lettuce or cabbage cup. Use the remaining onions, tomatoes, Tahini Tofu Sauce, and a sprinkling of sesame seeds to garnish. Wrap the cabbage around the fritter and eat like a finger food hors d'oeuvre.

Veggie Enchilada Tortillas

4 sprouted whole wheat tortillas
4 oz. soy Monterey Jack Cheese (shredded)
1/2 cup onion (diced)
1/2 cup green bell peppers (diced)
1/4 cup red bell pepper (diced)
2 tsp. canned green chilies (chopped)

Recipe Instructions:

Place tortilla in microwave with a paper towel cover. Microwave on high for 15 seconds. If preferred, place in a toaster oven for 2 minutes or warm on a dry fry pan and flip each top to bottom until all are warmed through. Set aside.

In a bowl, mix cheese, onion, peppers, and chilies. Split the mixture among the tortillas. Roll tortillas and place seam side down on a plate. Top the tortilla rolls with cheese. Bake at 350 F for 5 minutes or until cheese melts.

Serve hot.

Serves: 4, preparation time: 15 min, cook time: 5 min