



## Week Two Recipes

(An asterik denotes that there in a video available for this recipe on my blog: <http://www.sweetpotatosoul.com/p/my-cooking-show.html>)

### Sweet Potato Smoothie\*

*serves 2*

- 1 1/2 cups Almond Milk (any non-dairy milk will do)
- 1 baked sweet potato, flesh only
- 1/2 tsp vanilla extract
- 1 tsp pumpkin pie spice (or mix of cinnamon and nutmeg)
- 1 1/2 tbsp maple syrup

2 tbsp coconut milk (optional)

1/2 cup pecans (optional)

In a blender mix all ingredients (save coconut milk and pecans) until smooth. Taste and make any necessary additions. Serve in a glass, and top with a dollop of coconut milk or cream, and pecans.

### Cracked Farro Porridge

(recipe from the [Lunch Box Bunch blog](#))

*serves 3-4*

porridge:

1 cup cracked farro

3 cups water

a few pinches salt

Add-in:

2+ Tbsp maple syrup

1/2 cup soy creamer (for pouring over top as desired)

1 cup sliced farmer's market organic berries

1/2 cup crushed raw walnuts

other: additional berried, dried fruits, spices like cinnamon, vanilla..

Add farro to dry soup pot - over high heat. Allow grains to toast in dry pan for about a minute.

Tossing around a bit.

Add in water and salt.

Bring to a boil, reduce heat to low and simmer for about 15 minutes. If you simmer covered with a lid be sure to monitor closely - as farro can bubble quite rapidly - spilling over the pot. NOTE: this method is for cracked farro. Whole grain farro will take longer to cook.



When farro has reached a cooked consistency, add ingredients like maple syrup and spices. Serve in a bowl with soy milk or creamer poured over top - I like a nice amount to loosen the cooked farro.

Add berries and walnuts - and anything else. Serve!

### **Tofu Scramble**

*serves 4*

1 package of Organic extra firm tofu

2 tbsp olive or coconut oil

½ onion

2 cloves of garlic, minced

1 bell pepper, chopped

2 cups spinach, chopped

2 tsp cumin

1 tsp Italian seasoning

1-2 tbsp nutritional yeast

1 tsp sea salt

1 tsp black pepper

handful parsley or cilantro, chopped

Remove the tofu from package, and crumble with your hands. It will resemble feta cheese. Crumble it as much or as little as you like.

Heat 2 tablespoons of oil in a skillet. Add onions, garlic and bell pepper. Saute until onions are translucent. Add the tofu, and stir well, breaking it up even more. Add the spinach, cumin, Italian seasoning, nutritional yeast, salt and pepper, and stir very well to combine and coat. Season with more salt to taste, and a dash of cayenne pepper. Stir in the herbs, and serve warm over toast, inside a wrap, with homefries or by itself.

### **Butternut Squash & Cauliflower Soup**

*serves 4-6*

1 butternut squash (about 4 cups), peeled & cubed

1 head cauliflower, leaves removed & chopped

1 onion, diced

3 cloves of garlic, minced

1 tbsp ginger

3 tbsp fresh sage

1 tbsp fresh thyme

1 ½ vegetable bouillon cube dissolved in ½ cup of water (or 1 carton low-sodium vegetable broth)

2 tsp cumin



- 1 tsp coriander
- 2 tsp black pepper

Heat oven to 425°. Toss butternut squash in a large bowl with olive oil. Spread the squash on a baking sheet, and bake for 20 minutes.

When the squash has finished roasting, heat 2 tablespoons of olive oil in a large pot on medium heat. Add the garlic, onions and 2 tablespoons of sage; saute until onions are translucent. Add cauliflower and thyme to saute for a few minutes. Add the butternut squash and ginger along with 8 cups of water, and bring to a boil, then reduce to a simmer. Cook on medium low for 15 minutes, or until the cauliflower is tender. Remove from heat, and stir in the dissolved vegetable bouillon, cumin, coriander and the remaining sage. Puree with an immersion blender, or carefully transfer the soup to a high-speed blender to puree in batches. If pureeing in a blender, transfer the soup back into the pot. Season to taste with salt and pepper.

### **Sweet Potato Miso Soup**

*serves 4*

- 2 tbsp coconut oil or olive oil
- 2 cloves garlic, minced
- 1 red onion, diced
- 2 sweet potatoes, cubed
- 2 inches of fresh ginger, peeled and diced
- 5 cups water (more if needed)
- 2 cups extra firm tofu, cubed (about 1/2 package) or mushrooms
- 1/2 cup dry wakame, soaked (after soaking the wakame will swell to 1 cup) or spinach
- 5 tbsp white miso
- 2 tbsp tamari soy sauce
- 1 tbsp rice vinegar
- 1 tsp cayenne pepper

In a large pot heat oil, then add garlic and onions; saute for a few minutes. Add sweet potatoes, squash, ginger and water. Stir and bring to a boil. Reduce to a soft simmer on very low heat and cook for about 15 minutes. Add tofu and cook for 5 more minutes. When the potatoes are tender, remove the pot from the heat and stir in wakame, miso, nama shoyu, mirin and cayenne pepper. Stir well to make sure that the miso dissolves. Add more seasoning to taste.

### **Tahini Miso Broccoli**

*serves 2*

- 1 head broccoli
- 1 cucumber, cubed



3 tbsp red onion, diced

sauce:

2 tbsp tahini

1 tbsp white/mellow miso

2 tbsp lemon juice, freshly squeezed

1 tbsp water

1 tsp smoked paprika

1 tsp cumin

cayenne pepper, to taste

sea salt

black pepper

Cut the broccoli florets into smaller bite sized pieces. Steam for 5-7 minutes, you don't want to overcook them. While the broccoli is steaming, prepare an ice bath. Pour cold water and ice into a large mixing bowl. When the broccoli has cooked, transfer it from the steam basket to this cold water. This will stop it from cooking.

Prepare the tahini sauce by combining all the ingredients (tahini to cumin) in a bowl. Whisk until blended well.

Place steamed broccoli into a bowl, then add the cucumber and red onion. Pour the tahini sauce over the vegetables and stir well to coat. Season to taste with sea salt, black pepper and cayenne.

### **Quinoa Pilaf**

*serves 2-4*

1 cup quinoa

1 shallot, minced

1 tbsp olive oil

1 ½ cup water (or vegetable broth)

½ cup frozen green peas, thawed

2 tsp cumin

1 tsp coriander

1/2 cup fresh mint (or other herbs: cilantro, parsley, basil, dill, etc)

1 tsp fresh lemon juice

sea salt & black pepper

dash of cayenne pepper

In a small pot, heat olive oil on medium-high heat. Add the shallots and saute until translucent. Add the quinoa to the pot, and stir. Allow it to toast for a minute or two. Add the water, or broth, and



bring to a boil. Allow this to simmer, slightly covered, for 10 minutes. Add the peas, remove from heat, and cover completely. Let the quinoa and peas steam until completely cooked, another 10 minutes. Fluff quinoa with a fork, and stir in the cumin, coriander, salt and pepper to taste, lemon juice and the chopped herbs. Serve immediately.

### **Massaged Kale Salad with Dulse**

(I use Tuscan kale--aka Lacinato--for most of my salads now. It's the dark green variety with the straight leaves. If you have a food processor, use it to shred the carrots. Before you add salt to the greens, taste. Remember, dulse is salty already so you may not need more)

*serves 1-2*

1/2 bunch or 4 cups of Tuscan Kale, torn off rib, leaves washed & dried

3 carrots, shredded

a generous sprinkling of dulse

1/4 cup pumpkin seeds

sea salt

1 avocado, sliced

dressing:

1 tbsp tahini

1 tbsp miso

juice of 1/2 or 1 lemon

dash of cayenne pepper

Stir together the dressing in a small bowl. Place kale and carrots in a large salad bowl, stir in dressing and massage well. Add dulse, pumpkin seeds and season with salt and pepper to taste. Add avocado too.