

V EGET ARIAN



TOFU STUFFED PEPPERS

INGREDIENTS:

4 small to medium green peppers 4
sun-dried tomatoes
6 ounces firm light tofu, drained
1/2 cup chopped onion 4 cloves
chopped garlic
1 teaspoon crushed dried oregano 1
teaspoon crushed dried basil 2 cups
cup brown rice
1/4 cup raisins
1 cup no salt tomato sauce
1 tablespoon and 2 teaspoons honey
one pinch cayenne pepper

DIRECTIONS:

Preheat oven to 350 degrees. Cut tops off peppers, remove seeds and inner ribs. Steam for four minutes until slightly soft. Remove peppers from steamer and invert then drain. Place tomatoes in boiling water and steam for 2 minutes. Drain and chop. Crumbled tofu and combine in skillet with onion and garlic. Saute over medium-high heat until tofu is dry. Remove from heat and add sun-dried tomatoes, oregano, basil, brown rice, raisins, 1 cup tomato sauce and 1 tablespoon honey. Mix well. Fill the peppers with tofu/rice mixture, stand up right into baking pan. Mix the remaining 1/4 cup tomato sauce with two remaining teaspoons honey and pinch of cayenne. Spoon sauce over top of each pepper. Pour hot water around peppers to a depth of about 1 inch, bake in an oven at 350 degrees for 40 minutes, or until peppers are tender and sauce on top is thick.

Per serving: 266 calories, 52 grams carbohydrate, 10 grams proteins, 2 grams fat

ZESTY TOFU CHILI

INGREDIENTS:

1/2 cup chopped white onion
1 pound extra firm low-fat tofu
30 ounce can chili beans
16 ounce can crushed tomatoes
4 chopped celery stalks natural
chili seasoning 1 teaspoon
balsamic vinegar 1/2 cup
grated soy cheese fresh parsley

DIRECTIONS:

Use a large nonstick skillet to brown onion with the tofu over a medium to high heat. Reduce heat to low then add chili beans, crushed tomatoes, celery stalks, chili seasoning (season to your taste) was the cilantro and balsamic vinegar. Simmer until celery is soft. This makes 4 bowls. Garnish each with cheese and parsley sprigs.

per serving: 364 calories, 27 grams proteins, 46 grams carbohydrate, 8 grams fat

SCRAMBLED TOFU

INGREDIENTS:

16-ounce block firm tofu
3 cloves garlic, peeled and sliced thin (1 1/2 tablespoons) 3
tablespoons diced red bell pepper
2 tablespoons olive oil
1/2 teaspoon turmeric
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
3/4 cup sliced green onions, scallions, chives or 1/2 cup minced
onion
2 teaspoons soy sauce

DIRECTIONS:

Drain the tofu and crumble it, using clean hands. Sauté the garlic and diced pepper with the olive oil in a medium sauté pan on medium heat, for about 2 minutes. Stir in the crumbled tofu first, then add turmeric, salt, pepper, green onions (scallions, chives or onions) and soy sauce. Cook the tofu for 3 more minutes, stirring occasionally. Serve with salsa and warm corn tortillas. Serves 6.

Nutritional information per serving: 98.3 calories, 7.5g fat, 1g saturated fat (65.9% of calories from fat), 5.5g protein, 3.5g carbohydrate, 0mg cholesterol, 1.3g

BOULDER GRANOLA

INGREDIENTS:

3 & 1/4 cups regular rolled oats
1 cup shredded unpeeled apple
1/2 cup wheat germ
1/4 cup honey
1/4 cup water
1 teaspoon ground cinnamon
1 teaspoon vanilla or 1/2 teaspoon almond extract
Nonstick spray coating

DIRECTIONS:

In a large bowl combine oats, apple, and wheat germ; mix well. In a small saucepan stir together honey, water, and cinnamon. Heat to boiling; remove from heat. Stir in vanilla or almond extract. Pour over oat mixture; mix well. Spray a 15x10x1 -inch baking pan with nonstick spray coating. Spread oat mixture evenly in pan. Bake in a 325 degree oven about 45 minutes or till golden brown, stirring occasionally. Spread onto foil to cool. Store in an airtight container in the refrigerator up to 2 weeks.

Makes eight 1/2-cup servings.

Calories: 179/serving

Preparation Time: 12 min./ Cooking Time: 45 min.

NUTRITIONAL INFORMATION PER SERVING:

6g protein, 34g carbohydrate, 3g fat 0mg cholesterol,
2mg sodium, 177mg potassium

COUSCOUS AND VEGETABLES

INGREDIENTS:

1 cup sliced fresh mushrooms
1 tablespoon margarine
1 cup water
1 tablespoon snipped fresh parsley
1/2 teaspoon dried basil, crushed
1/4 teaspoon salt
1/8 teaspoon dried oregano, crushed
Dash pepper
2/3 cup couscous
1 medium tomato, peeled, seeded, and chopped

DIRECTIONS:

In a medium saucepan cook mushrooms in hot margarine till tender. Carefully add water to saucepan. Stir in parsley, basil, salt, oregano, and pepper. Bring to boiling; remove from heat. Stir in couscous. Let stand, covered, for 5 minutes. Stir in tomato. Makes 4 servings.

Calories: 108/serving

Preparation Time: 10 min./ Cooking Time: 8 min.

NUTRITIONAL INFORMATION PER SERVING:

3g protein, 17g carbohydrate, 3g fat 0mg cholesterol,
170mg sodium, 125mg potassium

LEMON ASPARAGUS

INGREDIENTS:

1 pound asparagus spears
1 tablespoon olive oil or margarine
1/8 teaspoon dried basil, crushed 1/8
teaspoon dried oregano, crushed 1
teaspoon lemon juice

DIRECTIONS:

To prepare fresh asparagus, wash and scrape off scales. Snap off and discard the woody bases. Meanwhile, place a steamer basket in a medium saucepan. Add water to just below basket. Bring water to boiling. Add asparagus to steamer basket. Cover and steam for 5 to 8 minutes or till tender. Meanwhile, in another saucepan combine olive oil or margarine, basil, oregano, and dash pepper. Cook and stir over medium till heated through or till margarine melts. Remove from heat. Stir in lemon juice. Transfer asparagus to a serving platter. Drizzle with lemon mixture. Makes 4 servings.

Calories: 58/serving

Preparation Time: 10 min./Cooking Time: 5 min.

NUTRITIONAL INFORMATION PER SERVING:

9g protein, 5g carbohydrate, 4g fat 0mg cholesterol,
5mg sodium, 358mg potassium