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### wine-glazed lentils

1 ½ c French green lentils, rinsed  
salt and pepper  
1 bay leaf  
2 t olive oil  
1 onion, cut into 1/2-inch dice  
1 lg carrot, cut into 1/4-inch dice  
1 celery rib, cut into 1/4-inch dice  
1 garlic clove, pressed  
1 T tomato paste  
2/3 c dry red wine  
2 t Dijon mustard  
2 T butter or extra virgin olive oil  
2 t chopped parsley

*Cook lentils with salt & bay leaf until done (~25 min).*

*Cook veggies in medium skillet; season with ½ t salt; cook until browned (~10 min); add garlic & tomato paste; cook for 1 min; add wine; simmer until liquid is syrupy (~10 min). Stir in mustard and undrained lentils.*

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### lentils with spiced salmon

¾ c French green lentils  
1 lemon, 1/2 juiced & 1/2 wedges  
1 clove garlic, crushed  
2 skinless salmon fillets  
garam masala  
1 bunch mint, roughly chopped  
1/2 c plain yogurt  
1 bunch parsley, roughly chopped

*Boil lentils til tender; drain and toss with lemon juice, garlic, ½ mint and parsley. Sprinkle salmon with garam masala & grill. Mix yogurt with ½ mint.*

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### dal

1 ½ c moong dal  
2 cloves garlic, peeled  
2 sliced fresh ginger, peeled  
1 T chopped cilantro  
1 T ground turmeric  
½ t cayenne  
1 ½ t salt  
1 ½ T lemon juice  
3 T vegetable oil  
1 t whole cumin  
lemon wedges

*Cook dal with 5 c water, garlic, ginger, cilantro, turmeric and cayenne ~1 ½ hours. Once cooked add salt & lemon juice.*

*Heat vegetable oil over medium-high; add cumin seeds when hot. pour over dal & serve.*

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### pasta puttanesca

olive oil  
2 lg cloves garlic, minced  
1 t dried red pepper flakes  
1 c kalamata olives, chopped  
3 anchovy, chopped  
½ t dried oregano  
28 oz can crushed tomatoes  
2 T capers

*Heat oil over med heat; add garlic and red pepper flakes to flavor oil. Stir in olives, anchovies and oregano; cook for about 30 sec. Then stir in tomatoes. Simmer uncovered, until the sauce is thickened, about 5 minutes. Stir in the capers and season with salt and pepper, to taste.*

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### mu shu in moments

vegetable oil  
2 lg eggs, lightly beaten  
2 t fresh ginger, minced  
1 garlic clove, finely chopped  
¼ t red pepper flakes  
1 (16-oz) bag coleslaw mix  
¼ c water

2 T soy sauce  
1 t Asian sesame oil  
3 T hoisin sauce  
1 bunch scallions, chopped  
8 (6-inch) flour tortillas  
2 ½ 3 c chopped baked tofu

*Scramble eggs then remove to a plate. Flavor oil with ginger, garlic & red pepper flakes. Add coleslaw mix & 2 T water; cook until coleslaw is wilted (~5 min). Stir together 2 T water, sesame oil & hoisin; add to coleslaw mix with scallions & eggs.*

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### vegetarian chili

2 T canola oil  
2 med onions, finely chopped  
salt  
4 med garlic cloves, minced  
1 small chipotle w/ 2 t adobe  
2 T chili powder  
2 t ground cumin  
1 t ground coriander  
2 (8 oz) pkg tempeh, crumbled  
1 (15 oz) cans kidney beans  
2 (15 oz) cans diced tomatoes  
1 bottle bear

*Cook onions ~7 mins. Add garlic, chipotle, chili powder, cumin & coriander; cook 2-3 min. Add everything else; cook 30 min.*

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### tomato lime soup

3 cloves garlic, minced  
2 t ground cumin  
1 T vegetable oil  
6 c tomato juice  
2 c chopped fresh tomatoes  
juice of 1 large lime (~ 1/4 cup)  
3 T chopped fresh cilantro  
Tabasco, to taste

*Over low heat, saute garlic & cumin in oil for 1 min. Stir in tomato juice, tomatoes, lime juice, & cilantro. Bring to a simmer and cook for several minutes. Add Tabasco to taste.*

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### tofu burrito filling

3 T vegetable oil  
3 garlic cloves, minced  
1 fresh chile, minced  
2 med onions, finely chopped  
1 bell pepper, diced  
2 t paprika  
1 T ground cumin  
1 t ground coriander  
1 t dried oregano  
1/2 c frozen cut corn  
2 cakes firm tofu, crumbled  
1/4 c tomato paste  
2 T soy sauce  
1/4 c chopped green olives  
salt and black pepper, to taste

*Saute garlic, chile, onions & bell pepper. When soft add paprika, cumin, coriander, oregano, corn and crumbled tofu; saute 1 min. Add tomato paste, soy sauce, and olives. Season to taste.*