



Harmonic Recipes Collection

Healthy Entrees



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Harvest Stuffed Acorn Squash

1 Large size for 2 persons.

Bake squash according to instructions (be sure to place cut side down in a glass baking dish with 1/4 inch of water in the bottom) or as I usually prepare it at 225 degrees for about 45 minutes. I prefer squash partially cooked.

While that is baking, make stuffing as follows:

Cook 1/2 cup Quinoa Grain for 10–12 minutes until fluffy

Mix in separate bowl:

2 Tablespoons of Pine Nuts

1/4 cup chopped Pecan Nuts

2 diced Celery stalks

1 medium diced Onion (of choice)

Real Salt to taste

Spice of choice – I use Spice Hunter Brand (Poultry Seasoning, Garam Masala, or Indian Curry for a hot stuffing)

3 Tablespoons Grapeseed Oil (optional)

1.2 teaspoon Paprika, 1/2 teaspoon Tumeric, sprinkle of Cardiman seed.

Wait to add juice from 1 whole Lemon till the Quinoa is cooked. This must be added last.

Mix all above ingredients together and then fold into the cooked Quinoa. Stir and mix well, then add lemon juice and mix again.

When squash reaches the 35 minute mark, take out of oven and turn over and place stuffing into squash halves.

Finish baking for another 10–15 minutes. Then Enjoy!

Broccoli Mash



Steam cut-up stems and tops until tender
Add plain or spicy hummus to desired consistency
Add Real Salt and/or Braggs Liquid Aminos
Hemp seeds
Flax seed oil (it gives it a buttery taste)

After draining broccoli, add all the ingredients together and stir. It makes a delicious side dish for dinner and holiday entertaining.

Pumpkin Potato Bake



A fast main dish that is ready about the time you finish preparing the salad.

2 cups red potatoes, scrubbed, unpeeled and cut into 1-inch cubes (or substitute any potato you like)
2 cups raw pumpkin, seeded, peeled, and cut into 1-inch cubes
2 Tablespoons olive oil
Sea salt and freshly ground black pepper, to taste
1/2 tsp. fresh rosemary, snipped (optional)

Spread the pumpkin and potato cubes on a cookie sheet that has been brushed with olive oil. Sprinkle with sea salt and pepper. Toss some freshly snipped rosemary over the vegetables and bake at 350 degrees, about 20 minutes or until tender. Serve hot, garnished with fresh rosemary sprigs for flair. Serves 3-4

Raw Pumpkin with Pesto



Raw pumpkin is sweet and delicious. Try it topped with pesto, or use your imagination for other worthy topping ideas.

3 cups raw pumpkin, seeded, peeled and cut with mandoline into long spaghetti-like strips

1 Tablespoon olive oil

Sea salt and freshly ground black pepper, to taste

1/2 to 3/4 cup of your favorite pesto

Prepare the pumpkin. If you do not have a mandoline slicer, just grate the raw pumpkin. Toss pumpkin with olive oil, salt and pepper. Divide the pumpkin among 3 to 4 plates and top with the pesto. If you like, you may thin the pesto with a little olive oil or add some cooked pumpkin to tone it down a bit. Serves 3-4

Navajo Tacos

1 recipe Quick Whole Grain Fry Bread OR use whole grain wraps
2 cups salsa, purchased or make one recipe Sunny Salsa
2 avocados, chopped
1 cup grated soy cheddar cheese
1 large can vegetarian refried beans
1 cup soy sour cream
2 cups lettuce, shredded
1/2 cup chopped cilantro

Make one recipe of Quick Whole Grain Fry Bread. This will be the base for your "taco". Serve fry bread warm with toppings. To assemble: Spread fry bread with some refried beans, then top with lettuce, salsa, grated soy cheese, avocado and add a dollop of soy sour cream sprinkled with cilantro. Serves 6

Recipe twist: Mediterranean Tacos

Make one recipe of Quick Whole Grain Fry Bread. Instead of refried beans, spread the fry bread with your favorite hummus and top with the following: Marinated artichoke hearts, baby spinach leaves, sliced olives, fresh or sun-dried tomatoes, grated soy mozzarella cheese, a dollop of yogurt sprinkled with chopped basil.

Quick Whole Grain Fry Bread

A tasty scone that is yeast free and easy to make

3 cups whole wheat flour
4 1/2 tsp. non-aluminum baking powder
1 1/2 tsp. sea salt
1 1/2 cups rice OR soy milk
1 1/2 tsp. lemon juice
Oil for frying

Stir lemon juice into milk. Milk will thicken a bit. Measure dry ingredients into a large mixing bowl and pour in milk, stirring 20 times. Pull off small amount of dough and flatten with floured hands. Fry in heated oil until browned, turning to brown other side. Drain on paper towel and serve immediately. Try it with a bit of agave nectar or organic honey. Or use for Navajo Tacos or Mediterranean Tacos.

Sunny Salsa

This fresh salsa bursts with color and flavor. Using yellow and orange bell pepper makes it sweeter than using green bell peppers.

6 ripe red tomatoes, chopped
1 yellow bell pepper, seeded and finely chopped
1 orange bell pepper, seeded and finely chopped
1 small onion, chopped
1 small jalapeno pepper seeded and finely minced (hot, adjust to taste)
1/4 cup chopped cilantro
1 – 2 cloves garlic, finely minced
Sea salt to taste

Combine all ingredients together in a mixing bowl. Allow flavors to blend a few minutes and serve with tortilla chips, or use to top tacos or salads, spread in wraps, add to soups, etc. It is very versatile and delicious. Keeps several days in the fridge.

Mac & Broccoli with Cheesy-like Sauce

2 cups organic macaroni
Broccoli flowerets from 1 head broccoli
1 1/2 cups raw cashews
1 1/2 cups water
1 teaspoon sea salt
2 Tablespoons onion powder
2 1/2 Tablespoons fresh lemon juice
1/8 teaspoon garlic powder
1/2 red bell pepper
Filtered water and hydrogen peroxide for soaking cashews

Soak cashews in about 3 to 4 cups filtered water; add 1 Tablespoon hydrogen peroxide and let soak for 15 minutes. This helps neutralize any mold that may be in the cashews. Drain and rinse cashews. Cook macaroni in pot of boiling water, adding the broccoli flowerets during the last 2 minutes of cooking. Drain and return to the pot. Blend cashews, water, salt, onion and garlic powders, lemon juice and red pepper in blender until creamy (1 to 2 minutes). Pour cashew "cheese" sauce over macaroni and broccoli and stir. Serve over a bed of fresh spinach for added health.

Serves 4

Quinoa and Tofu Meal

Tofu

- 1 package organic extra firm Tofu
- 1 Tablespoon soy sauce substitute such as Bragg's liquid aminos
- 1 Tablespoon coconut oil or grape seed oil

Dice tofu into cubes and toss with warmed oil & soy sauce. Bake tofu cubes at 400 degrees F for about 25 minutes.

Quinoa

Cook 1/2 cup Quinoa as directed. Cool.

Vegetables

- 4 cups greens: leaf lettuce, romaine, baby salad mix, spinach
- 1 cup sunflower sprouts
- 1/2 cup shredded red cabbage
- 2 green onions, chopped
- 1 1/2 cup green beans (blanched)
- Optional veggies: red pepper, radish, carrot

Dressing

Make dressing in bottom of a very large bowl:

- 3 Tablespoon soy sauce substitute such as Bragg liquid aminos
- 3 Tablespoon fresh squeezed lemon juice
- 1 Tablespoon toasted sesame oil
- 1/3 cup olive oil
- 1 fresh garlic clove, minced
- 1 teaspoon grated fresh ginger root
- Sesame seeds

Mix everything together in the large bowl, coating all salad ingredients with the salad dressing and enjoy.

Make Everyone Happy Bean Dip

- 1 box soy meat substitute
- 1 small can organic tomato sauce
- 1 large can refried beans
- 1 can veggie chili
- 1 can chopped green chilies
- Diced onion

Combine all ingredients. Simmer. Top with diced scallions, soy cheese and sliced olives. Serve on lettuce to make a taco salad or dip baked tortilla chips in it.

Cabbage Roll-Up

1 large cabbage leaf (or lettuce leaf)
1/2 avocado, cut into chunks
1 teaspoon onion, chopped
2 olives, chopped
Lentil, pea, fenugreek or other sprouts
Lemon Juice
Soy sauce substitute such as Bragg liquid aminos
Slivered red & green peppers
Soaked almonds, coarsely chopped (soak almonds overnight,
drain and rinse well)
Slivered Chinese pea pods

Softening the cabbage leaf will make it easier to roll the fillings up in it. Use any pâté, guacamole or salad filling recipe to spread on the cabbage or lettuce leaf. The spread helps hold the veggies together in the cabbage roll. To make the cabbage leaf easier to roll, soften the cabbage leaf by either placing it in a dehydrator for ten minutes or try dipping the whole leaf in hot water until pliable. Set leaf aside. Mash the avocado with a fork and blend in the chopped onion, olives, sprouts, lemon juice and soy sauce to taste.

Spread mixture on cabbage leaf and top with red peppers, sprouts, chopped almonds, slivered Chinese pea pods, and any other veggies you have on hand. Roll up and enjoy. Secure roll with toothpick, if needed. Tastes great dipped in your favorite Asian dipping sauce or try Creamy Tahini Dip below.

Creamy Tahini Dip

1 cup water (more if desired)
1/2 cup fresh lemon juice
1 cup raw tahini (sesame seed butter)
1/3 cup soy sauce substitute
1 cup fresh parsley, chopped
1/4 cup onions, chopped
2 garlic cloves, chopped
1/4 cup green onion, chopped
1 teaspoon fresh ginger root, minced
1 teaspoon ground cumin
Cayenne pepper to taste

Pour water in blender and slowly add tahini to blend. Add all other ingredients and blend until smooth and creamy. Adjust the amounts of onions, garlic, scallions, ginger, or soy sauce to your taste. Add additional water for a thinner sauce. Recipe yields approximately 4 cups and keeps in refrigerator for about a week.

Sesame Roasted Pumpkin or Butternut Squash

1 medium pumpkin or 1 large butternut squash
4 Tablespoons soy sauce substitute such as Bragg liquid aminos
1/2 teaspoon Chinese 5 spice blend (star anise, cinnamon, cloves, fennel, pepper)
2 Tablespoon oil
1 Tablespoon seasoned rice vinegar
5 Tablespoon sesame seeds

Peel and seed the pumpkin or butternut squash. Cut into wedges.
Stir together
the soy sauce, oil, vinegar, sesame seeds and spice in a bowl.
Add the pumpkin or
squash and stir to coat well. Place the pumpkin or squash in a
roasting pan and cook at 400 degrees F for about 20 minutes or
until tender and a lightly browned on the edges.
Serves 6 – 8

Tahini Green Beans

- 1 pound fresh green beans, left whole with stem ends snipped off
- 2 Tablespoon raw tanini (sesame butter)
- 2 Tablespoon raw agave nectar (liquid sweetener)
- 2 teaspoon miso paste (a salty soybean paste used for soups and sauces)
- 4 teaspoon soy sauce substitute such as Bragg's liquid aminos

Gently steam the beans in a little water until crisp-tender, 3 – 4 minutes, and drain.

In a bowl large enough to accommodate the cooked green beans, mix remaining ingredients together into a paste, thinning with water, if necessary, toss the beans in the tahini dressing to coat. Serve hot or cold. Could garnish with a sprinkle of sesame seeds if desired. Try this recipe replacing the green beans with fresh asparagus for a real treat.

Serves 6

Sunny Pâté Loaf

1 1/2 cup sunflower seeds
3/4 cup almonds
1 clove garlic
2 carrots
2 ribs celery, diced
1 red bell pepper, diced
1 yellow bell pepper, diced
1/2 cup sweet yellow or red onion, diced
1 cup fresh parsley, chopped
2 Tablespoon soy sauce substitute such as Bragg liquid aminos
Salt-free vegetable seasoning, to taste

Soak sunflower seeds and almonds for 8 – 10 hours; rinse well and drain.

Process soaked nuts, carrots and garlic in food processor fitted with an "S" blade until finely blended. Stir in the minced celery, peppers, onion, parsley, soy sauce, and seasoning.

Serving suggestions:

Shape into a loaf and decorate with additional parsley, other fresh herbs and edible flowers. Serve with sliced vegetable "chips" or with your favorite cracker, or place a scoop of the pâté in the hollow of a peeled avocado half. Stuff red, yellow or orange bell peppers with the pâté and sprinkle with chopped parsley for garnish.

Spicy Eggplant with Miso

3 medium eggplants
1 fresh red chili, sliced very thin
5 Tablespoon seasoned rice vinegar
3 Tablespoon soy sauce substitute such as Bragg liquid aminos
4 Tablespoon miso (salty soybean paste)
4 Tablespoon water
Oil for stir-frying (olive oil or grape seed oil mixed with small amount of sesame oil. Sesame oil is very strongly flavored, so use it with discretion)

Preheat wok or a deep frying pan over high heat. Add a little oil and heat until very hot, stir-frying the eggplant in several batches about 3 minutes or until browned and just about cooked through. Return the stir-fried eggplant to the wok and stir in the sliced red chili. Add remaining ingredients and toss, cooking until sauce is thickened. Serve immediately over hot cooked brown or basmati rice or on a bed of fresh spinach or other greens, if desired.
Serves 6

Spicy Black Beans

2 cups dried black beans
1/8 cup grapeseed oil
2 medium onions, diced
3 stalks celery, diced
1/2 red bell pepper, diced
1/2 green bell pepper, diced
1 28 oz can diced fire roasted tomatoes
1 - 2 chipotle peppers, (seeded makes them less hot)
1 cloves garlic, minced
2 teaspoon cumin
1/4 teaspoon cardamom
Sea salt to taste

Rinse and pick through beans. Soak overnight. Drain and rinse beans and cook in water until tender. Drain beans. Soak chipotle peppers in a small amount of water to soften, then mince them. Chipotle peppers are hot and can burn the skin, so use caution when handling them. Don't omit them from the recipe, as they give the beans their characteristic rich smoky flavor and heat. Meanwhile, sauté onions in oil for 5 minutes, add celery, chipotle peppers, cumin and cardamom and sauté for 3 to 4 minutes, add red and green peppers and garlic and sauté for 3 to 4 minutes. Combined cooked beans, vegetable mixture and diced tomatoes in a pot and simmer for 10 to 15 minutes for the beans to absorb the seasoning, remove from heat. Season with sea salt to taste. Serve hot over cooked basmati rice.
Serves 15 as a side dish



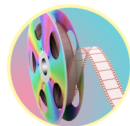
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