

Ginger Turmeric Dressing

Serves 4

Ingredients

2 tablespoon tahini
1/4 cup orange juice (preferably fresh squeezed)
2 tablespoon sherry vinegar or red wine vinegar
2 tablespoon maple syrup
3/4 teaspoon ground ginger
3/4 teaspoon ground turmeric
1/4 teaspoon salt (optional)
1/4 teaspoon ground black pepper (optional)

Substitutions

Instead of powdered ginger and turmeric, use about 3/4 tablespoon of freshly grated ginger and turmeric.

Instead of tahini try almond butter; you may need to add water for a thinner consistency, depending on the thickness of the almond butter.

Date paste can be used as a sugar-free alternative for maple syrup.

Directions

Add all ingredients to a medium bowl and whisk until smooth, or add the ingredients to a blender and blend until smooth.

Taste for additional flavors of your choice, e.g. more turmeric for earthiness, more ginger for spice, more tahini for a more nutty flavor, etc.

Keeps in refrigerator for 5-7 days,
in an airtight container

*Source: www.foodrevolution.org
March 2021 OFA Nutrition News*

Naturally Sweet Cranberry Sauce

Makes about 2 1/4 cups

Ingredients

1 12-oz bag cranberries (approx. 4 cups)
1/2 cup unsweetened applesauce
1 cup orange juice
1/3 cup agave syrup
1 cinnamon stick (or 1/2 teaspoon ground)
1/2 teaspoon allspice
1/4 teaspoon nutmeg

Directions

Add cranberries, applesauce, orange juice and agave to a medium saucepan. Bring to a boil over medium heat.

Reduce to simmer and add cinnamon, allspice and nutmeg.

Let simmer for approximately 10-12 minutes or until most of the cranberries have burst.

Remove from heat and allow to cool completely.

Source: Kara Lydon Nutrition

Roasted Cauliflower

Ingredients:

1 medium cauliflower, sliced into small florets or half-inch-thick "steaks"
2 tablespoons olive oil
2 tablespoons melted butter (unsalted)
1/2 teaspoon garlic powder (optional)
1/2 teaspoon salt (optional)
1/4 teaspoon ground paprika (optional)
1/4 teaspoon ground black pepper (optional)

Directions

Preheat the oven to 425°F and line a rimmed baking sheet with parchment paper for easier cleanup.

Add the cauliflower to the center of your baking sheet, drizzle with oil and butter, and toss to coat.

Season the cauliflower and toss again, then spread into a single layer.

Bake cauliflower for 15-20 minutes, or until desired tenderness and golden at the edges. Baking time may vary depending on the size of your pieces.

Substitution

Instead of butter, use another 2 tablespoons of olive oil.

An Addition For Cheese Lovers

Sprinkle 1/2 cup shredded Parmesan over the cauliflower during the last five minutes of cooking.

*Source: Yukon-Kuskokwim Health Corporation
November 2021 OFA Nutrition News*

Vegetarian Collard Greens

Serves 4-6

Ingredients

1 tablespoon olive oil
1 tablespoon butter
1/2 large onion, chopped
1 teaspoon red pepper flakes
1 clove garlic, finely chopped
1 pound collard greens, chopped
3 cups vegetable stock
2 tomatoes, seeded and chopped
Salt and freshly ground black pepper

Directions

In a large pot over medium heat, heat oil and butter.

Saute the onions until slightly softened, about 2 minutes, then add the red pepper flakes and garlic, cook another minute.

Add collard greens and cook another minute. Add the vegetable stock, cover and bring to a simmer.

Cook until greens are tender, about 40 minutes.

Add tomatoes and season with salt and freshly ground black pepper.

*Source: Food Network
December 2021 OFA Nutrition News*

Caldo Verde (Green Soup)

Serves 6

Ingredients

3 pounds Yukon gold or russet potatoes, peeled and chopped

8 cups low-sodium chicken stock (or water)

1 bunch kale or collard greens (about $\frac{3}{4}$ to 1 pound), stemmed, coarsely chopped, and washed

2 to 3 precooked chicken or turkey sausages, cut into 1/4-inch slices (or 1 cup cooked and rinsed red beans)

Directions

Put the potatoes in a large pot and cover with water or chicken broth. Bring to a boil over medium-high heat. Reduce the heat to a simmer and cook, partially covered, until tender, about 15 to 20 minutes. Remove from heat and use a potato masher to crush them in the pot.

Return to the heat and add the sliced sausages or beans. Stir in the greens, a few handfuls at a time, just before serving.

*Adapted from Visiting Nurse Service of New York
"Caregiver Cookbook"
January 2022 OFA Nutrition News*

Veggie Loaded Chili

Ingredients

1 pound lean ground turkey, beef, or chicken
1 tablespoon olive oil or other plant oil
2 large or 3 small garlic cloves, minced
1/2 medium onion, diced
1 small red bell pepper, diced
1 small zucchini or yellow squash, diced
1 medium carrot, diced
2 Tablespoon chili powder
1 Tablespoon ground cumin
1 can (15 ounce) puréed tomato, or plain tomato sauce
1/2 can water or broth
1 can (15 ounce) crushed or petite diced tomatoes
1 can (15 ounce) black beans or any other type of bean, rinsed and drained
1 cup corn, frozen or canned/drained
Dash of cayenne pepper (optional)
Salt and pepper, to taste
Optional toppings: Diced avocado, chopped cilantro, shredded cheese, plain Greek yogurt, and/or lime wedges

Directions

In a large pot or soup kettle over medium heat add the oil. Once the oil is hot, add ground meat, garlic, onions, bell peppers, zucchini or yellow squash, and carrots, and sauté for 7-9 minutes or until meat is no longer pink.

Add seasonings, tomato sauce, water, crushed tomatoes, beans, and corn. Bring to a boil over medium-high heat. Reduce heat to low, cover, and simmer for 15 minutes or until carrots are tender.

Source: February 2022 OFA Nutrition News

French Wild Rice Vegetable Soup

Serves 8

Ingredients

1 tablespoon extra virgin olive oil
1 small leek, green and white parts, sliced
2 cloves garlic, minced
2 medium (about 6 ounce total) carrots, sliced
2 small (about 8 ounce total) zucchini, sliced
4 ounce mushrooms, sliced
1 teaspoon Herbes de Provence
1/2 cup uncooked wild rice
1/2 cup uncooked brown lentils
4 cups water or vegetable broth
1 cup water***
1 (14.5-ounce) can diced tomatoes, with juice
1/4 teaspoon salt (optional)
1/2 teaspoon black pepper

Directions

Heat olive oil in a large heavy pot or Dutch oven over medium heat. Add leeks, garlic, carrots, and sauté for 5 minutes. Add zucchini and mushrooms and sauté for 2 minutes. Add Herbes de Provence, wild rice, and brown lentils and sauté for 1 minute. Add vegetable broth, water, tomatoes, salt (optional), and black pepper. Stir well, cover, and simmer for about 40-45 minutes, until wild rice and lentils are tender. Stir occasionally. Should make a thick, hearty soup.

***May need to add additional water to replace water lost in evaporation. Should make a thick, hearty soup.

*Recipe by Sharon Palmer, registered dietitian
January 2023 OFA Nutrition News*

Pesto Casserole

Ingredients

2 teaspoons canola oil
2 large yellow onions, peeled and sliced into thin rings
2 large Yukon Gold potatoes, cut into 1/2 inch rounds
1 teaspoon salt
1 teaspoon freshly ground pepper
2 large yellow summer squash, cut into 1/2 inch rounds
2 large tomatoes, cut into 3/4 inch rounds
1 tablespoon dried basil
1 batch of Basil Pesto (see next recipe)

Directions

Heat oven to 350 degrees.

Boil potato rounds in a medium saucepan of water for 8-10 minutes. Drain and season with 1/2 teaspoon each salt and pepper.

While potatoes are cooking, warm oil over medium heat in a large skillet and sauté onions for 10 minutes or until browned.

In a glass 9×13 pan, place a layer of zucchini evenly on the bottom. Season with a sprinkle of the remaining salt and pepper and spread a dollop of basil pesto on top. Add a layer of yellow squash, season with salt and pepper and spread a dollop of basil pesto on top. Add a layer of potato rounds and spread a dollop of basil pesto on top. Repeat until veggies are used up in layers. Top with tomato slices and then onions. Season with dried basil. Bake casserole for 30 minutes. Let set for 10 minutes before serving.

*adapted from Forks Over Knives Cookbook
April 2023 Nutrition News*

Basil Pesto

Ingredients

2 cups packed basil
1/2 cup pine nuts, toasted
4 cloves garlic, chopped
2 teaspoon fresh lemon juice
1/2 teaspoon salt
1 package silken tofu, drained
1/4 cup nutritional yeast

Directions

Combine all ingredients in a food processor and puree until smooth and creamy.

adapted from *Forks Over Knives Cookbook*
April 2023 Nutrition News

Msickquatash (Succotash)

Ingredients

2 tablespoons olive oil
6 garlic cloves, minced
2 leeks or onions, sliced thin
2 zucchini, diced
2 cups dried (or one 15-ounce can) lima or other beans
1/4 cup vegetable broth or reserved cooking liquid from the beans
2 lemons, both zest and juice
Sea salt and pepper to taste
1 small handful fresh thyme leaves
(or 1/2 teaspoon dried thyme)

Directions

In a large pot, heat olive oil over medium-high heat. Add garlic and leeks, cover and reduce heat to low. Cook unattended for 30 minutes. When you remove the lid, the leeks will still be pale and will have produced a lot of liquid. (This is good.)

Bring heat back up to medium-high and add zucchini. Stirring occasionally, cook until zucchini softens and leeks turn golden, about 8 minutes. If you're adding greens instead of zucchini, add them here and cook until just wilted, about 5 minutes. Add beans and broth, stirring to keep beans from sticking. Grate in lemon zest and add lemon juice and thyme. Season with salt and pepper.

Can be doubled super-easily. Keeps in the fridge for days.

Source: soulfulvegan.com
January 2024 OFA Nutrition News

Pear and Berry Crisp With Pecan Oat Topping

Serves 6 to 8

Start with Bosc, Bartlett and/or Concorde pears and convenient frozen mixed berries. The topping calls for whole grain oats, pecans, and olive oil vs butter. With just 1/4 cup brown sugar in the entire recipe, 6 grams fiber per serving, and monounsaturated fats from the nuts and olive oil, give this better-for-you dessert a try.

Ingredients

3 large ripe pears, peeled, cored, and cut into 3/4-inch pieces, 3 heaping cups
One 12-oz bag frozen mixed berries (2 1/2 cups)
1/4 cup brown sugar, divided
2 tablespoons cornstarch
1 teaspoon ground cinnamon, divided
1/2 teaspoon ground ginger
1 cup quick-cooking or old-fashioned oats
1/2 cup roughly chopped pecans
A few pinches kosher salt
3 tablespoons extra virgin or pure olive oil
* Optional topping: Plain Greek yogurt or frozen vanilla yogurt

Directions

1. Preheat oven to 375° F. Place pears and frozen mixed berries in large bowl and stir gently to combine. (If there are strawberries in frozen fruit mix, place on cutting board and carefully cut each into thirds or quarters.)
2. Add 2 tablespoons of the brown sugar, cornstarch, 1/2 teaspoon of the cinnamon, and ginger, and stir gently until fruit is evenly coated and cornstarch dissolves.
3. Place fruit mixture in 8 x 8-inch baking pan or dish and set aside.
4. To make crisp topping, place oats, pecans, remaining brown sugar, remaining cinnamon, and kosher salt in a medium bowl and stir to combine. Add oil and stir until oat mixture is well coated. Spread topping evenly over fruit mixture.
5. Bake 30 minutes until topping is golden. Lightly cover with aluminum foil and cook 10 to 15 minutes more until fruit is tender and mixture is bubbling. Serve with optional toppings as desired.

*Source: Today's Dietitian, November 2016
OFA Nutrition News, November 2024*