

Vegetables

Baked Stuffed Bell Peppers

Ingredients:

2 cups cooked grain (brown rice, quinoa, millet)
2/3 cup crushed almonds or walnuts
1 onion, finely chopped
1-2 cloves garlic, finely minced
4 celery stalks, finely chopped
4 bell peppers (green, red, or yellow)
1/2 cup parsley, chopped
2 teaspoons olive oil or ghee
salt to taste

Prep Time: 10 minutes

Cooking Time: 30 minutes

Yield: 4 servings

Directions:

1. Sauté onion and garlic with oil for 1 minute.
2. Add celery and sauté for 3 minutes.
3. Mix with remaining ingredients, except peppers and crushed nuts.
4. Preheat oven to 350 degrees.
5. Cut off tops of peppers and scoop out insides.
6. Steam peppers until slightly tender.
7. Fill each with stuffing and top with crushed nuts.
8. Place in casserole dish with 1/8 inch water, bake in oven for 30 minutes and serve.

Adapted from *Healing with Whole Foods: Asian Tradition and Modern Nutrition*, by Paul Pitchford.

Portobello Steaks

Ingredients:

4 portobello mushrooms
3 teaspoons oregano
2 tablespoons balsamic vinegar
2 tablespoons olive oil
salt and pepper to taste

Prep Time: 5 minutes

Cooking Time: 30 minutes

Yield: 4 servings

Directions:

1. Preheat oven to 350 degrees.
2. Cut off mushroom stems and wash both tops and stems.
3. Mix oil, oregano and balsamic vinegar in a dish.
4. Put mushroom tops and stems in a baking dish with an edge. Pour oil mixture over mushrooms and bake for 30 minutes. Serve.

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Vegetables

Rainbow Stir Fry

Ingredients:

2 ears of corn (corn sliced off)
2 carrots, thinly sliced
1 bunch broccoli
1 cup purple cabbage, shredded
1 pint cherry tomatoes
1 tablespoon olive oil
1 teaspoon Bragg's Amino

Prep Time: 10 minutes

Cooking Time: 10 minutes

Yield: 4-6 servings

Directions:

1. Heat oil in a large skillet or pan.
2. Add carrots, stir and cook for 2 minutes. Add broccoli, stir and cook for 2 minutes.
3. Add remaining ingredients and stir for 2 minutes. Then add a splash of water, cover and allow to steam for 3 minutes.
4. Remove from heat, stir and leave covered for 2-3 minutes, depending on how crunchy you like your veggies.
5. Sprinkle Bragg Liquid Aminos and stir. Serve.

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Veggie Bake

Ingredients:

any leftover veggies that need to be used
1 large can chopped tomatoes
1 can chickpeas
3 or 4 large yams, thinly sliced
extra virgin olive oil

Prep Time: 10 minutes

Cooking Time: 40 minutes

Yield: 4-8 servings

Directions:

1. Chop veggies (except yams) and stir-fry in a bit of oil until soft.
2. Add can of tomatoes and drained can of chickpeas.
3. In a casserole or lasagna dish, layer yams then veggie mix (same as if you were making lasagna but use potatoes as lasagna sheets and veggie mix instead of meat).
4. Finish with a layer of yams, lightly drizzle olive oil on top.
5. Bake for 1/2 hour at 300 degrees. Then take off cover, turn up temperature to 400 degrees for 10 minutes to crisp up the top layer.

Variations:

Add your favorite herbs or spices, like basil, oregano, fennel, cumin, chili pepper, sea salt, etc., when adding tomatoes and peas for an extra kick. For a bit of added texture, add roasted sunflower seeds when adding tomatoes. Veggie Bake keeps great in the refrigerator for a few days.

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Vegetables

Roasted Brussels Sprouts and Fennel

Ingredients:

1 pound Brussels sprouts
1 bulb fennel
1 tablespoon extra virgin olive oil
coarse sea salt and freshly ground pepper

Prep Time: 5 minutes

Cooking Time: 25 minutes

Yield: 4-6 servings

Directions:

1. Preheat oven to 350 degrees.
2. Slice fennel and slice Brussels sprouts in half.
3. Drizzle oil and mix until all ingredients are covered. Sprinkle with salt and pepper.
4. Place on a baking sheet and roast for 25-30 minutes.

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Garlic Steamed String Beans

Ingredients:

1 pound string beans, rinsed and ends removed
2 cloves minced garlic
2 tablespoons tamari
4 tablespoons tahini
juice of 1/2 lemon

Prep Time: 5 minutes

Cooking Time: 15 minutes

Yield: about 4 servings

Directions:

1. Place beans in a steamer basket.
2. Add about 2 inches of water into the pot.
3. Bring to a boil, cover and let steam for 10 minutes.
4. Mix tahini, garlic, and tamari.
5. When beans are tender, place in a bowl with garlic mixture.
6. Squeeze with lemon juice, combine and serve.

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