



# Acid Alkaline Food Chart & Alkalizing Recipes

45 delicious recipes  
Including Salads, Soups & Entrees



The Magic of pH Balance



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My name is Christopher Vasey, ND. For Over 20 Years, I have taught the simple, yet 'life-changing' concept of "pH Balance" to thousands of people all around the world. These ideas have propelled many to transformation in their health and their lives.

This report includes a list of foods that are alkalizing and acidifying. It is my wish that you'll find ways to integrate more healthy alkalizing foods into your diet, and free yourself from the kinds of acidic foods that tax your body.

I have also included over 45 alkalizing recipes that are not only delicious, but will help to alkalize your body. Even by simply adding one alkalizing meal to your daily diet, you'll begin to notice the difference.

### **Acidification in the body comes as a result of THREE primary things:**

1. Eating too many acidifying foods which create an acid ash in your body. This is where proper diet comes in. By eating a diet of 80% alkalizing foods, you'll eliminate the production of excess acid in your body.
2. Microforms like bacteria, yeasts and fungi create acidic toxins in your body. Not only that, but they proliferate in an acidic body. So, not only do they "show-up" in an acidic body, they also pollute and further acidify your body. For this reason, it is important to cleanse & detoxify your body in order to jumpstart the process of balancing your pH.
3. You lack proper alkaline buffers such as certain minerals that neutralize acids. By increasing your intake of alkaline-mineral rich water and alkaline supplements, you will replenish your body's capacity to neutralize excess acids.

It is my deepest wish that you discover the magic of pH balance. I invite you to read my book, *The Acid-Alkaline Diet for Optimal Health*. I also welcome you to visit [www.ph-ion.com](http://www.ph-ion.com) to learn more about how to achieve vibrant health and energy through pH Balance.

Best Wishes,  
Christopher Vasey, N.D.

For the purposes of identifying the acid or alkaline potential of foods, we have divided the following list into three basic categories - alkalizing, slightly acidifying, and very acidifying. Even within a single category, however, not all foods are uniformly alkalizing, acidifying, or acid.

The classification used here presents foods in a three-column chart. Alkaline foods (vegetables) are divided into very alkalizing, acid but alkalizing, and slightly alkalizing. “Acid but alkalizing” foods are those which are acid by nature because they contain weak acids such as citric acid. However, these acids are easily exhausted in your body, converting to carbon dioxide and water during digestion. They are rich in alkaline minerals, and thus have an alkalizing effect on the body.

Fruits are classified as alkalizing, acid but alkalizing, and slightly acidifying. Since most fruits are high in sugar, they fit into the slightly acidifying category. If you are very acidic, it is best to avoid high sugar fruit altogether, or limit your intake to a serving per day. Once your pH becomes balanced, you can eat them in moderation.

Dairy products are classified as alkalizing, slightly alkalizing or acidifying. Some refute the fact that dairy products can be alkalizing. This is because they contain lactic acid, which is a weak acid.

While it is considered weak, it does contribute to a low oxygen environment and fatigue. The lactic acid in dairy products is produced by bacteria that feed on the sugar (lactose) in it. However, milk contains large amounts of alkaline minerals including calcium, magnesium, and potassium. It also contains phosphorous, which is necessary for calcium utilization. When one of these alkaline minerals, like calcium for example, binds with lactic acid, a neutral salt called calcium lactate is produced. Thus, while milk contains lactic acid, it also contains the minerals required to buffer it... and then some. The fresher the product is, the less amount of lactic acid it will contain, and the more alkalizing it will be.

Grains and breads are classified as alkalizing, slightly acidifying and acidifying. Most grains are slightly acidifying. When mixed with vegetables, however, they make for a great alkalizing meal. Meats and fish are classified as slightly acidifying, acidifying, and very acidifying. Some meats, of course are more acid producing than others. As a rule, these foods should be avoided until your body gets back into balance.

In order to maintain proper pH, you should eat them in moderation. The classification on these charts can serve as a useful guide for taking the first steps towards developing a healthier pH balanced diet and lifestyle..

**Tip! While eating a healthy diet plays a fundamental role in the process of pH balancing, there are a few things you can do to get a jumpstart:**

1. Cleanse your body (colon, lymph, liver, kidneys).
2. Hydrate! Drink PLENTY of water... Especially alkaline water.
3. Supplement your diet with alkalizing nutritional supplements.

Try to eat 80% (or more) alkalizing foods and 20% (or less) acidifying foods

**Note:** \* "Acid but Alkalizing" foods are weak acid foods that contain weak acids. While their pH is acidic, these foods have an alkalizing effect in your body. This is because the weak acids (ie. citric acid) convert to water and carbon dioxide in your body. The carbon dioxide is expelled through your breath.

## VEGETABLES

### VERY ALKALIZING

avocado	cucumber	leeks	
beet greens	edible gourds	peas	salad greens
broccoli	fennel	peppers	spinach
Brussels sprouts	garlic	potato	squash
carrots	grasses (ie wheatgrass)	radish	sweet potatoes
celery stalks	green beans	red beets	turnips
chives	green cabbage	red cabbage	watercress
corn	leeks	rhubarb	yellow beans
			Zucchini

### \* ACID BUT ALKALIZING

Sour Pickles	Tomato
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### SLIGHTLY ALKALIZING

artichokes	cauliflower	onion
brussels sprouts	lettuce	peas

## DRIED FRUITS

### SLIGHTLY ALKALIZING

apricots	dates
bananas	raisins

### SLIGHTLY ACIDIFYING

apples	mangos	pears	prunes	raisins
figs	peaches	pineapple	dates	

## BEANS & LEGUMES

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### ALKALIZING

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navy beans	soy nuts	white beans
soy beans	soy sprouts	

### SLIGHTLY ALKALIZING

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tofu	lentils	mung beans
dried peas	kidney beans	

### SLIGHTLY ALKALIZING

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chickpeas (garbanzo beans)  
red beans

## FRESH FRUITS

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### SLIGHTLY ALKALIZING

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coconut	* bananas - the riper they get, the more acidifying they become
sour cherries	
watermelon	

### ACID BUT ALKALIZING

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grapefruit  
lemons  
limes

### SLIGHTLY ACIDIFYING

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apples	dates	mangos	oranges	plums	tangerines
apricots	figs	melons	papayas	raspberries	
blueberries	gooseberries	mulberries	peaches	red currant	
cantaloupe	grapes	nectarines	pears	strawberries	
cranberries	kiwis	oranges	pineapples	sweet cherries	

## CEREAL GRAIN AND BREADS

### ALKALIZING

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buckwheat

### SLIGHTLY ACIDIFYING

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barley	millet	rye	whole-grain bread
brown rice	oatmeal	spelt	(without yeast)
dark bread	oats	whole grain crackers	whole-grain cereals
granola	quinoa	whole grain pasta	

### ACIDIFYING

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cakes	cookies	pies	white rice
cookies	couscous	semolina	yeast bread
couscous	crackers - white flour	sweetened granola	
dark bread	millet	wheat	
commercial cereals	pasta - white flour	white bread	



Continued on next page.

## DAIRY PRODUCTS

### ALKALIZING

acidophilus milk	fresh butter	fresh cheese	raw whole milk
banana smoothie	fresh buttermilk	fresh whey	

### SLIGHTLY ALKALIZING

brie	slightly aged whey	oatmeal	whole grain pasta
drained cheese	swiss	oats	whole-grain bread
fresh yogurt	yogurt drinks	quinoa	(without yeast)
fruit smoothie	dark bread	rye	whole-grain cereals
pasteurized milk	granola	spelt	
provolone	millet	whole grain crackers	

### ACIDIFYING

aged brie	aged whey	cooked butter	ultra pasteurized milk
aged buttermilk	aged yogurt	cream	kefir
aged cheeses	chocolate milk	dextrogyre yogurt	parmesan cheese
			sweetened yogurt w/ fruit

**Note:** Some refute the fact that dairy products can be alkalizing. This is because they contain lactic acid, which is a weak acid. While it is considered weak, it does contribute to a low oxygen environment and fatigue. The lactic acid in dairy products is produced by bacteria that feed on the sugar (lactose) in it. However, milk contains large amounts of alkaline minerals including calcium, magnesium, and potassium. It also contains phosphorous, which is necessary for calcium utilization. When one of these alkaline minerals, like calcium for example, binds with lactic acid, a neutral salt called calcium lactate is produced. Thus, while milk contains lactic acid, it also contains the minerals required to buffer it... and then some. The fresher the product is, the less amount of lactic acid it will contain, and the more alkalizing it will be.

## MEAT AND FISH

### SLIGHTLY ACIDIFYING

bass	oysters	sole
flounder	pike	trout
liver	salmon	walleye

### ACIDIFYING

chicken	halibut	organ meats
catfish	mahi mahi	tuna
egg yolk	mussels	turkey

### VERY ACIDIFYING

beef	crab	lobster	shrimp
carp	herring	mackerel	veal
cold cuts	lamb	pork	whole eggs

## MISCELLANEOUS FOODS

### ALKALIZING

apple cider vinegar *	sea salt	* apple cider vinegar is alkalizing because the acetic acid in it is a weak acid, and easily exhausted. The remaining components are alkalizing.
cold pressed vegetable oils	stevia	
green herbs	table salt	

### SLIGHTLY ACIDIFYING

brown rice syrup	vegetable oils	pickles
fructose	honey	raw cane sugar
heat pressed	maple syrup	vinegar

### ACIDIFYING

artificial sweeteners	capers	lard	mushrooms	white sugar
brown sugar	heated oils	margarine	mustard	
processed foods	hydrogenated oils	mayonnaise	pickles	
canned foods	ketchup	molasses	pimentos	

## BEVERAGES

### ALKALIZING

almond milk		mint tea	water with a pH of 7+
fresh lemonade	green tea	soy milk	
fresh vegetable juice		tomato juice	*(from grasses)

### SLIGHTLY ACIDIFYING

filtered water	green tea	tap water - depending on how treated
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### ACIDIFYING

beer	cocoa	commercial lemonade	liquor
black tea	coffee	hot chocolate	sodas
carbonated water	commercial juices	liquor	wine

**Now for the delicious recipies!**



## SALADS

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### ROMINI SALAD

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1 med. Red-Leaf Lettuce  
1 med. Romaine Lettuce  
2 med. Zucchini, thinly sliced  
¾ cup Radishes, sliced  
2-3 Green Onions, sliced

### DRESSING

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¼ cup Flax Seed Oil  
2 tbs. Sea Salt  
Crushed Garlic clove (to taste)  
Pinch of dried Tarragon Leaves

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### SPICY ASIAN NOODLE SALAD

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½ package thin Buckwheat Soba Noodles  
½ cup green onion  
10 pieces tofu (optional)  
1 stalk celery, chopped  
½ cup Mung bean sprouts  
½ cup red pepper, chopped  
½ cup raw almonds, chopped

### DRESSING

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4 tablespoons sesame oil  
2 tablespoons Bragg® Aminos  
¼ tablespoon hot chili oil

Cook the noodles, drain, and rinse in cold water. Mix the Sesame oil, Bragg® Aminos, and hot chili oil. Add the dressing to the noodles and toss well. Cover and chill for several hours or overnight. Just prior to serving, stir in the vegetables, and top off with the almonds.



**It's sometimes difficult to make time to prepare a healthy salad.  
That's why I recommend drinking at least one green drink a day...  
It's like an instant liquid salad!**

## SALADS

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### CABBAGE PATCH SALAD

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2 cups Red Cabbage, thinly sliced  
2 cups Green Cabbage, thinly sliced  
1 Carrot, grated  
1 Red Pepper, slivered  
1 Yellow Pepper, slivered  
1 Green Pepper, slivered  
1 Orange Pepper, slivered  
4 Tbs. Scallions, chopped  
4 Tbs. Parsley, minced  
¼ cup Lemon Juice  
3 Tbs. Water  
1 Tbs. Oil (Extra Virgin Olive, Flax Seed, or Udo's Choice)  
1-2 tsp. dried Red Chili Pepper  
Dash of Bragg® Liquid Aminos

Combine all ingredients, toss thoroughly, cover & refrigerate at least a half-hour before serving.

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### TRADITIONAL GREEK SALAD

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½ head romaine lettuce  
1 cucumber, diced  
2 tomatoes, diced  
5 scallions, diced  
½ green pepper, diced  
1 cup soy feta cheese

### DRESSING

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2 tablespoons lime or lemon juice  
1 clove garlic, finely chopped  
1/8 teaspoon pepper  
¼ Teaspoon Sea salt  
½ teaspoon oregano  
1/3 cup olive oil

Wash and cut vegetables. Tear lettuce and place in a large salad bowl. Add cucumbers, tomatoes, scallions, green peppers, and feta cheese. Mix dressing ingredients together and slowly add olive oil. Sprinkle dressing on top of salad.

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## SALADS

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### FRESH SPINACH SALAD

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- 1 head Spinach
- 2 stalks Celery, chopped
- ½ cup Cauliflower cut in small pieces
- 6 Radishes, chopped
- 2 Shallots, chopped (or 1 small Red Onion)
- 2 Red Peppers, chopped
- ½ cup chopped Basil
- 4 Tbs. Pine Nuts

Combine the spinach, celery, cauliflower, radishes, shallots, red peppers, basil, and pine nuts in a large bowl. Toss thoroughly. Top with Essential Dressing.

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### BROCCOLI SALAD

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- 1 head Broccoli
- 1 large Red Onion, chopped
- 1 cup diced Celery
- 4 chopped Scallions
- 1/3 cup Flax Oil Dressing or Parsley Dressing

Cut broccoli into small pieces. Mix ingredients and chill for one hour.

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### SUPER FIESTA SALAD

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- |   |                       |
|---|-----------------------|
| 2 tomatoes, sliced                              | 3 Tbs. salsa          |
| 1 cucumber, sliced and peeled                   | 2 Tbs. lemon juice    |
| 1 each red, green & yellow bell pepper, chopped | ½ Tbs. garlic, minced |
| 1 small red onion, coarsely chopped             | ¼ tsp. pepper         |
| 1 can diced green chilies                       | ¼ tsp. sea salt       |
| ¼ cup fresh cilantro, chopped                   | ¼ tsp. ground cumin   |

Combine ingredients and chill for one hour. Serve on a bed of lettuce or with tortilla chips.  
Serves: 6, preparation time: 15 min, cook time: 0 min

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## SALADS

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### AVOCADO SUNBURST SALAD

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- 4 sprouted whole wheat tortillas
- 1/2 package tofu
- 1 1/2 Tbs. Chile sauce
- 1 avocado seeded and diced
- 1 pink grapefruit, sectioned and peeled
- 1/8 cup toasted almonds, chopped
- 1 Packaged Organic Salad Mix

Place tortillas over the top of a medium size bowl and bake in the oven at 350 degrees F for 10 minutes. Remove the tortillas and cool. Combine tofu and Chile sauce in a medium bowl. Cover and chill for 20 minutes. Stir in avocado, grapefruit, and almonds. Arrange greens in tortilla cups and spoon salad on top and serve.

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### CUCUMBER SALAD

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- 2 cups Cucumbers, chopped
- 2 Tbs. Parsley, chopped
- 1/3 cup finely chopped Peppermint
- 1 Tbs. Lemon Juice
- 1 Tbs. Olive Oil or Flax Seed Oil

Combine the cucumbers, parsley, mint, lemon juice, oil in small bowl. Toss together. Chill for several hours or overnight. Toss before serving.

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### RAINBOW SALAD

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|---|-------------------------------|
| Grated Beets                                    | Red, Yellow, and Orange Bell  |
| Grated Jicama                                   | Peppers                       |
| Grated Carrots                                  | Sprouts                       |
| Grated Squash (e.g. Butternut, Yellow Zucchini) | Fresh Green Peas from the pod |
| Grated Red Cabbage                              | Cucumbers                     |

In a large salad bowl, add fresh, clean, dry greens (baby greens, spinach, lettuce, etc.). Arrange the ingredients from the deepest dark colors to the lightest. Top with a dressing of lemon juice and desired oil and a sprinkle of sesame seeds.

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## SALADS

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### AVOCADO & TOMATO SALAD

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- 2 Avocados
- 1 small Eggplant, diced
- 2 Green Chili Peppers, seeded
- ¾ Tbs. Curry Powder
- 2 Tbs. Lemon Juice
- Salt and seasoning to taste
- 2 or 3 Tomatoes, thickly sliced
- Sprout Salad with Avocado Dressing
- 8-10 leaves of organic leaf or romaine lettuce, washed and torn
- 2-3 cups mung bean sprouts
- 1-2 cups of your favorite sprouts (broccoli, buckwheat, clover, and lentil)
- 1 cucumber, peeled and sliced
- 1 tomato, cut into small wedge
- 1 carrot, peeled and grated
- 1 cup garbanzos, sprouted or canned

Arrange ingredients in a bowl and chill until ready to serve. Serve with avocado dressing.

### AVOCADO DRESSING

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- One small avocado
  - 1 Tbs. olive oil
  - 2 Tbs. tofu
- In a blender, blend all ingredients.

### TOMATO SALAD

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- 2 medium tomatoes
- ¼ tsp. fresh ground pepper
- 2 Tbs. dressing (see below)

Cut tomatoes into bite size pieces. Arrange them in a bowl. Pour the dressing over the tomatoes.

### DRESSING

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- |                    |                      |                        |
|--------------------|----------------------|------------------------|
| 1 tsp. lemon juice | 1 tsp. garlic powder | Pepper to taste        |
| 1 tsp. olive oil   | Sea salt to taste    | Italian herbs to taste |

## DRESSINGS

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### MINTY CINNAMON DRESSING

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- ½ cup Olive Oil
- 5 Tbs. Carrot Juice
- 1/3 cup Lemon Juice
- ½ tsp. Cinnamon
- ½ tsp. Lemon Pepper
- 1 tsp. Orange Ginger Pepper blend (Spice Hunter)
- 1/8 tsp. Paprika
- 1 Tbs. fresh Mint, finely chopped

Blend all ingredients except mint in a food processor or blender. Blend until smooth. Stir in Mint.

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### SOY CUCUMBER DRESSING

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- 2-3 tsp. Carrot Juice
- ½ small Onion
- ½ Red Bell Pepper
- 1 lg. Cucumber
- 1 cup Soy Milk
- 1 tsp. dried Basil (or 2 tsp. fresh)
- 1 Tbs. Bragg Liquid Aminos or Salt to taste

Blend ingredients in food processor or blender until smooth.

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### FLAX OIL DRESSING

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- 30% Flax Seed Oil
- 30% Bragg Liquid Aminos
- 40% Water
- Liquid Lecithin to thicken and emulsify
- Season as desired
- Shake and pour. Can be used as dressing for salad or steamed veggies.

## SOUPS

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### YUMMY BROCCOLI SOUP

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2 cups Vegetable Stock or Water  
3-4 cups Broccoli, chopped  
2 Red or Yellow Onions, chopped  
1 Red Bell Pepper, chopped  
1-2 stalks of Celery, cut in large pieces  
1 Avocado  
Bragg Liquid Aminos or Salt to taste  
Cumin and Ginger to taste

Warm 2 cups of water or stock in an electric skillet. Keep the temperature at or below 118 degrees (finger test). Add the chopped broccoli and warm for 5 minutes. Puree the warmed broccoli, onion, bell pepper, celery, and avocado. Thin with additional water if necessary achieve the desired consistency. To add a crunch, save the broccoli stalks and peel off the tough outer skin; then in a food processor until they are small chunks. Add to the soup just before serving. Serve warm. Add Bragg's, cumin, and ginger and any other spices you like.

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### GAZPACHO

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4 cups fresh Tomato Juice	1 Tbs. Olive Oil
½ cup Cucumber, chopped	1 tsp. Basil
¼ cup celery, finely chopped	½ tsp. Garlic, minced
¼ cup Green Bell Pepper, chopped	½ tsp. Pepper

Combine ingredients. Cover and chill overnight.

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### GREEN RAW SOUP

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1-2 Avocados	1 Tbs. fresh Cilantro
1-2 Cucumbers, peeled and seeded	1 Tbs. fresh Parsley
1 Jalapeno Pepper, seeded	Juice of ½ Lemon
1 Carrot, finely diced	1-2 cups light Vegetable Stock or Water
½ Yellow Onion, diced	3 cloves roasted Garlic

Puree all ingredients, except onions and carrots, in a food processor. Add more or less water to desired consistency. To garnish add onions and raw carrot bits.

## SOUPS

### ASPARA ZINCADO SOUP

- 12 stalks medium Asparagus (or 17 thin stalks)
- 5-6 large Tomatoes
- 1 cup fresh Parsley
- 3-5 Sun-dried Tomatoes (bottled in olive oil)
- 1 Red Bell Pepper
- 1 Avocado
- ¼ cup dried Onion
- 4 cloves fresh Garlic
- Bragg Liquid Aminos to taste
- 1-2 tsp. Spice Hunter's Herbes de Provence
- 2 tsp. Spice Hunter's Deliciously Dill
- 2 Lemons or Limes, cut in thin slices

Blend the asparagus and red tomatoes, parsley, dried tomatoes, red bell pepper, onion, garlic, and spices in a food processor. Blend in the avocado until soup is smooth and creamy. Warm in an electric skillet and garnish with lemon or lime slices. Season with Bragg's to taste.

### CELERY SOUP

- 4-5 stalks Celery
- 3 cups pure Water
- 2 Tbs. yeast-free instant Vegetable Broth

Cook celery until tender. Add water and broth mix and pour into blender. Blend 15-20 seconds. Reheat and serve. Use Bragg Liquid Aminos, flax seed oil, and cayenne pepper, to taste.



## ENTRÉES

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### TUSCANY TOFU MEATBALLS

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- 1-2 cups Sprouted Wheat Tortilla crumbs
- 1 cup cooked Brown and Wild Rice, 50/50
- 1 med. Red Onion, finely chopped
- 2 cloves Garlic, minced
- 2 stalks Celery with leaves, finely chopped
- 2 lbs. FIRM Tofu (Nigari), crumbled
- 1 cup Vegetable Stock (Pacific Foods of Oregon brand)
- ¼ cup whole Rolled Oats
- 2 cups fresh Basil, finely chopped
- 2 cups Parsley
- ¼ tsp. Black Pepper, Freshly ground
- 2 tsp. “Zip” or pinch of Cayenne Pepper
- 1 Tbs. Olive Oil
- 3 Tbs. Bragg Liquid Aminos
- Spice Hunter's Herbes de Provence to taste (about 1 tsp.)

Take 8-10 sprouted wheat tortillas and leave them out to dry on a counter or quick-dry them in a low-heat oven. Break into small pieces and blend in a food processor until they are finely ground into crumbs. Set aside in a bowl. Steam-fry the celery, onion, and garlic in an electric skillet. Cook until softened, about 6 minutes. Transfer to a large bowl. Blend tofu, vegetable stock, oats, and Liquid Aminos until smooth. Add the basil, parsley, black pepper, and “Zip,” and pulse until well blended. Add to the onion mixture. Add the cooked wild rice and the tortilla crumbs to the onion mixture. Mix well. Mixture should be slightly sticky but form into balls easily. If mixture is too wet, you may need to add more tortilla crumbs. Preheat oven to 400 degrees. Lightly oil a cookie sheet or baking dish. Shape mixture into balls. Roll each ball into the remaining tortilla crumbs to coat. Bake 20-30 minutes or until lightly browned. Serve with Roasted Pepper Macadamia sauce to dip the balls in.

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### RED PEPPER MACADAMIA SAUCE

- 4-5 big pieces of roasted Red Peppers
- 1 lb. Macadamia Nuts (raw)
- 6 cloves roasted Garlic
- 3 large fresh Basil Leaves
- Salt and Pepper to taste
- ½ to 1 cup Olive Oil

Process all ingredients, except olive oil, in a food processor until creamy. Slowly add olive oil until well emulsified. This sauce that can be made thick for dipping grilled Tofu slices or the Tuscan Tofu Meatballs, or it can be thinned for use as a salad dressing.

## ENTRÉES

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### STUFFED VEGETABLES

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- 8 Cabbage Leaves
- 2 stalks Celery
- 1 cup French-Style Green Beans
- ½ cup Bean Sprouts
- ½ Green Bell Pepper
- 1 tsp. Parsley (chopped)
- 3 tsp. dehydrated Onion Flakes moistened with Tomato Juice or Veggie Broth
- 2 cups Vegetable Broth

Scald cabbage leaves with boiling water & leave covered in pot for one-half hour. Finely chop vegetables & add parsley. Mix. Spoon vegetable mixture onto each cabbage leaf. Roll tight & tuck in ends. Use toothpicks to fasten. Simmer in vegetable broth for 1 hour. Season with flax seed oil, Braggs Liquid Aminos, & cayenne pepper.

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### KALE & GARLIC SAUCE

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- 1 lb. Kale
- 4 med. Garlic cloves, minced
- 2 tsp. ground Coriander
- Salt and Cayenne Pepper

Rinse Kale and remove stems, including the tough part of stem in the leaf. Cut leaves into a manageable size. Steam kale until tender-crisp and then transfer to a bowl. Steam-fry garlic for 1 minute. Add coriander, salt, & cayenne and stir over low heat for 15 seconds to blend. In a pan or bowl, toss mixture with kale. Adjust seasoning to taste. Serve hot.

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### CAJUN BEANS AND RICE

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- |                               |                            |
|-------------------------------|----------------------------|
| 1 lb. dried Pinto Beans       | ½ tsp. Celtic Sea Salt     |
| 1 cup Green Onions (chopped)  | ¼ tsp. Red Cayenne Pepper  |
| 2 cups Yellow Onion (chopped) | 1 oz. Braggs Liquid Aminos |
| ½ tsp. Garlic (minced)        | 6 cups cooked Brown Rice   |
| ¼ tsp. Oregano                | 6 oz. Tomato Paste         |
| ¼ tsp. Garlic Powder          | ¼ tsp. Thyme               |
| ¾ tsp. Black Pepper           | 1 tsp. Celery Flakes       |

Wash beans. Soak 12 hours, Drain water. Fill large pot with beans, add water about ½" above beans. Add remaining ingredients. Cover. Cook over low heat for 2 ½ hours. Serve over cooked brown rice.

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## ENTRÉES

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### STUFFED SQUASH

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- 2 small Acorn Squash, halved and seeded
- ½ cup Carrot, diced
- ½ cup Red Bell Pepper, diced
- ½ cup Zucchini, thickly sliced
- ½ cup Onion, diced
- ½ tsp. minced Garlic
- Non-Stick Vegetable Spray

Preheat the oven to 350 degrees. Use cooking spray to coat large baking dish. Place acorn squash halves in pan with ¼ cup of water and steam for 10 to 15 minutes. Lightly steam-fry remaining ingredients for a few minutes. Stir frequently. Spoon vegetables into squash halves and bake until squash is tender or for 20-25 minutes.

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### CHILI TOFU PITAS

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- 1 pkg. Tortillas or Pita Bread
- 1 small can Green Chilies (chopped)
- 3 cloves Garlic, minced
- 1 pkg. extra firm Tofu (Nigari)
- 1 tsp. Mexican Seasoning (Spice Hunter)
- 2 tsp. dried Onion, OR ¼ cup minced fresh Onion
- ¼ cup Soy Parmesan Cheese substitute
- 1 Tbs. fresh Cilantro
- ½ tsp. Salt
- 1 jar or can Enchilada Sauce
- 3-4 Sun-dried Tomatoes for garnish
- Avocado slices for garnish

Cut the pita bread into eight triangular pieces, like a pie. Mince the garlic in a food processor. Add the other ingredients, except the tofu, and process until finely chopped. Grate the tofu into the mix by first placing the grater attachment on the processor. Process until mixed (a few seconds). Open each pita triangle up so you can put the filling in. Spoon the filling into the pita triangles and place into a pie pan. Add enchilada sauce inside over the filling mixture and over each pita on the outside as well. Bake at 350 degrees for 10-15 minutes. Cut the avocado slices and sun-dried tomatoes to put on top for a garnish just before serving warm.

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## ENTRÉES

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### **CURRIE VEGGIE CREPES**

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- 1 cup Almond Milk
- 3 Tbs. unsweetened Coconut Milk
- 1 ½ tsp. Egg Substitute OR 1 ½ Tbs. Agar Agar flakes  
(seaweed gel, found in your health food store)
- 1/3 cup Water
- 1 Tbs. Olive Oil
- ½ tsp. Turmeric
- ¼ tsp. Curry Powder
- Dash of Cinnamon
- 1 cup all-purpose Flour (or spelt, millet, or whole wheat flour)
- ½ tsp. Salt (optional)

In a bowl, whisk together the almond milk, coconut milk, egg substitute or agar flakes, water, oil, turmeric, curry, and cinnamon. Whisk in the flour and salt until there are no lumps left in the batter. If using agar, you must use a food processor and process until smooth.

Use saran wrap to wrap over the bowl and refrigerate for at least a half an hour or up to one day. Heat a small nonstick crepe pan or skillet over medium-low heat. Gently stir batter to blend again. Once the pan is hot, drop 2 Tbs. of crepe batter into the skillet. Swirl the pan to coat the bottom evenly with the batter. If the batter does not swirl easily you must add a little water to thin it down a bit. Cook for about a minute or two or until the top appears dry. Use a spatula to gently flip the crepe. Cook for about a minute or two longer or until the bottom appears lightly browned and the crepe slides easily in the pan.

Move the crepe onto a plate or paper towel. Once made, these crepes may be refrigerated or frozen for later use.

Curried Veggie Crepes Veggie Filling on next page...

## ENTRÉES

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### **CURRIED VEGGIE CREPES VEGGIE FILLING**

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10-12 thin Asparagus Stalks, cut into 3-in. segments  
½ cup Snow Peas  
1 Yellow Onion, thinly sliced  
4 cloves minced Garlic  
2 med. Orange or Yellow Bell Peppers  
2 med. Red Bell Peppers  
¼ cup Olive Oil  
1 Tbs. fresh grated Ginger  
½ to 1 tsp. ground Mustard Seed  
1 ½ tsp. ground Cumin  
½ tsp. Cinnamon  
1 Tbs. Curry Powder  
½ cup Pine Nuts  
1 tsp. Salt or Bragg Liquid Aminos to taste  
1/3 cup Coconut Milk (unsweetened)

Remove the seeds and ribs from all the bell peppers. Cut into matchsticks. Heat the olive oil in a large skillet or electric fry pan over medium high heat. Add the asparagus and snow peas. Cook. Stir constantly, until they barely begin to brighten and soften. Reduce the heat to medium and add the onions and garlic. Cook until onions soften. Add the bell peppers and steam-fry with a little water just until peppers are begin to soften. Add the ginger, mustard seed, cumin, cinnamon, curry, and a little more olive oil. Continue to stir and cook. Add the pine nuts, salt, and coconut milk, and cook until desired softness. Serve warm with the Autumn Curry Crepes. Can also be served over rice or any other cooked grain you prefer.

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### **PEPPER TOFU PACKETS**

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1 pkg. firm or extra firm FRESH Tofu	¼ cup chopped fresh Coriander
3 Scallions	1 tsp. Sesame Seeds
¼ Red Bell Pepper	1 cup Bragg Liquid Aminos

Soak sesame seeds overnight. Drain tofu. Cut in half on the diagonal to form two triangles. Cut a pocket in each triangle. Finely chop the scallion, pepper, and coriander. Add sesame seeds. Stuff half the mixture into each piece of tofu. Pour Liquid Aminos over tofu pockets and marinate in refrigerator for 10 minutes before serving.

## ENTRÉES

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### BUTTERNUT AND CELERY SOUP

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- 3 Celery Stalks cut in big chunks
- 2 Butternut Squash
- 1 Onion, peeled and chopped in big chunks
- 1 Onion, peeled and sliced into thin rings for garnish
- 2 Tb Olive or UDO's Oil
- 3-4 cups Veggie Stock
- Cinnamon and Nutmeg or Salt and Pepper to taste

Cut Squash in half & remove seeds. Lightly oil the cut side of the vegetables. On an oiled cookie sheet, place squash cut side down and celery chunks and roast in a 400 degree oven until tender and lightly browned or for about 45 minutes. Scoop out soft squash from the skins. Puree the roasted vegetables in a food processor or blender with some of the stock. For a smoother texture, pass soup through a strainer into a clean pan. Add the remaining stock & season to taste. Keep warm. For the onion ring garnish, fry the onion in oil until brown and somewhat crisp or for about 10 minutes. Top soup & serve.

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### VEGETABLE BORCHT

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- |                               |                            |
|-------------------------------|----------------------------|
| 6 cups Veggie Broth           | 1 Red Pepper (shredded)    |
| 1 cup each Carrots (shredded) | 1 ½ cups Cabbage, shredded |
| 1 cup Beets (roughly chopped) | Vegetable Salt to taste    |
| 1 cup Onions (thinly sliced)  | Pepper to taste            |

In a large saucepan combine broth, carrots, beets, and onion. Gently cook until tender. Add red pepper and cabbage. Add salt and pepper to taste and cook for about 5 minutes more. For a richer flavor, cool completely before serving time and reheat and serve.

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### ZUCHCHINI TOFU PATTIES

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- |                              |                                |
|------------------------------|--------------------------------|
| 1 carton FRESH Tofu, drained | 1 cup Zucchini, grated         |
| 3 Tbs. Onion, chopped        | Egg Substitute equal to 2 eggs |
| ½ Tbs. Vegetable Broth Mix   | 3/8 tsp. Salt                  |

Slice and steam tofu for 5-10 minutes. Chop & drain well. Steam-fry onions. Add vegetable broth mix & zucchini. Stir well. Add salt, tofu, & egg substitute and combine all ingredients. Make into patties. Place on sprayed baking sheets & flatten slightly. Lightly bake at 350 degrees. When bottoms are barely brown, flip patties. Finish baking, but make sure not to overbake.

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## ENTRÉES

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### SIMPLE VEGGIE STEAM-FRY

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1-2 tsp. fresh grated Ginger (hand grated)	½ cup Onion slices
2-3 cloves Garlic, crushed	1 cup Pea Pods
½ cup Yellow Squash	(other veggies as desired, cut julienne)
½ cup Cauliflower, slices	1 cup fried Tofu (or use marinated tofu from the health food store)
½ cup Red Peppers, strips	¼ tsp. Salt
½ cup Broccoli (cut small)	

Heat up electric fry pan. With a small amount of water, steam-fry the garlic and ginger for a couple of minutes. Pour in vegetables and tofu. Steam-fry until vegetables turn very bright and begin to slightly soften. Pour the steam-fry sauce mixture over the top and steam for a couple more minutes. Serve while warm.

### STEAM-FRY SAUCE

---

1/3 cup Water or Veggie Stock  
1 tsp. Stir-Fry Ginger Spice (Spice Hunter)  
Juice of half a Lemon or Lime  
Bragg Liquid Aminos to taste

### BEAN SPROUT CASSEROLE

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1 cup baby Lima Beans, sprouted  
1 cup Mung Beans, sprouted  
3 cups chopped Leeks  
1 cup Pinto Beans, sprouted  
1 large Red or Green Pepper, finely chopped  
1 large Onion, chopped  
1 clove Garlic, finely chopped  
3 Tbs. Bragg Liquid Aminos  
Freshly ground Pepper to taste

Steam-fry the garlic and onions. Add leeks, Bragg Aminos, and pepper. Simmer for 15 minutes. Add chopped pepper and simmer for 5 more minutes. In casserole dish, pour over beans. Stir gently. Bake at 350 degrees for 15 minutes.

## ENTRÉES

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### ITALIAN ZUCCHINI

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8-10 med. Zucchini  
2/3 cup Onion, coarsely chopped  
1 ½ cups Tomatoes  
2 cloves Garlic, minced  
1 tsp. Salt  
1/8 tsp. Pepper  
3 Tbs. Olive Oil

Wash, cut ends, and slice zucchini. Steam-fry sliced zucchini, onion, and garlic in a saucepan over low heat for 10 minutes. Turn and move mixture occasionally. Remove vegetable mixture from heat and sieve in tomatoes with pepper. Blend thoroughly but lightly. Place mixture into a casserole dish. Cover and simmer 30 minutes. Add olive oil just before serving.

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### CABBAGE ROLLS

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1 medium head of Cabbage	1/8 tsp. Black Pepper
1 clove Garlic	1 tsp. Bragg Liquid Aminos
1 Bay Leaf	½ tsp. Real Salt or Vegetized Salt
1 pkg. drained FRESH Tofu (break into fine pieces)	3 cups Vegetable Broth
1 cup Onion, finely chopped	½ cup Vegetable Broth Mix

Grease a shallow casserole dish with a tight-fitting lid. Remove wilted outer leaves from cabbage. Rinse and cut in half through core. Remove eight large leaves. Shred remaining cabbage, enough to yield 2 cups, and place in casserole dish.

Add garlic clove and bay leaf. Set casserole aside. In a large pan, pour boiling water to 1-inch level. Add the eight leaves of cabbage and salt. Cover and simmer for 2-3 minutes. Steam-fry chopped tofu, onion, pepper, and Liquid Aminos.

Place one-quarter cup of this mixture into the center of each of the eight cabbage leaves. Roll each leaf, tucking ends in. Use wooden picks to secure and place on shredded cabbage in a casserole dish. Stir vegetable broth mix into cold vegetable broth. Pour this mixture over cabbage rolls along with a few grains of pepper. Cover and simmer on low heat for 30 minutes. Remove bay leaf and wooden picks and serve.

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## ENTRÉES

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### TOFU ONION STEW

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2 med. Onions, sliced	1 1/2 cups fresh Green Beans
3 cups Water	3 large Onions. Quartered
3 Kale leaves, torn to bite-size	1 pkg. FRESH Tofu, firmness of choice
1 Bay Leaf	

Steam-fry the sliced onions in a 3-quart pan with a lid. Add water, kale, bay leaf. Cover and simmer until kale begins to soften. Remove bay leaf. Add in quartered onions and green beans. Continue to simmer until beans are tender. Drain and slice tofu and warm in pan or steam separately in steamer. Season if desired. Place tofu on top of stew and serve.

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### TOMATO OKRA CREOLE

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4 cups sliced Okra	1/2 tsp. Salt
1/3 cup chopped Green Pepper	1/8 tsp. Black Pepper
1 cup chopped Onion	1 tsp. powdered Lecithin
2 cups chopped Tomatoes	1/8 tsp. Thyme
1/8 tsp. Curry Powder	

Wash okra, cut off ends, and slice. Set aside. Chop green pepper and onion. In a large skillet, steam-fry green pepper and onion to a transparent stage. Add okra and tomatoes. Stir in mixture of curry powder, salt, pepper, lecithin, and thyme. Cover and simmer for 30-40 minutes or until okra becomes tender.

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### SPINACH LASAGNA

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1-2 cans tomato sauce (6 oz.)	2 cups soy burgers (crumpled, precooked)
1 pkg. "no boil" spelt lasagna noodles	2 cups soy cheese (shredded)
1 package fresh spinach	

Pour tomato sauce into a glass container. In a large skillet, sauté spinach for 5 minutes. Add spices for flavoring. Remove spinach and set aside. Spread a layer of tomato sauce on the bottom of a baking pan. Depending on the size of the dish, place 2 or 3 lasagna noodles on top of the tomato sauce. Spread another layer of tomato sauce over the noodles. Place spinach, crumbled soy burgers, and soy cheese on top of the layer of tomato sauce. Add more lasagna noodles on top of mixture. Repeat this procedure until all of the ingredients have been used. Place the baking pan in the oven and bake for 30 minutes at 350-400 degrees.

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## ENTRÉES

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### CURRIED SQUASH

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3 cloves Garlic, sliced	1 tsp. Salt
2 Serrano or Thai Chili Peppers, seeded or diced	¼ tsp. Turmeric
½ can unsweetened Coconut or Almond Milk	2 cups Vegetable Stock or Water
1 med. Yellow Onion, quartered	1 Tbs. Udo Choice Oil or Olive Oil
2-4 Sun-dried Tomatoes, minced	4 cups Butternut Squash, peeled and diced
1 Tbs. fresh Ginger Root, minced	2 cups fresh Tomatoes, diced
2 tsp. Garam Masala	2 cups Black-eyed Beans or Lentils, cooked
1 tsp. ground Cumin	2 cups Spinach or Kale, chopped
½ tsp. Cinnamon	1 cup Green Peas
¼ tsp. ground Coriander	3 Tbs. Mint, minced

Combine first twelve ingredients and 3 Tbs. of stock or water in a blender. Puree mixture to a paste while scraping down the sides of the blender a couple of times. In a large saucepan, heat oil. Add the spice paste and cook. Stir often for 10 minutes. Add remaining stock, butternut squash, and tomatoes. Cook over medium heat while stirring often. Cook until squash is just tender or about 20 minutes. Mix in black-eyed beans, spinach, and green peas. Continue to cook while stirring often. Cook until spinach is tender, about 10 more minutes. Remove from heat. Adjust seasonings to taste. Just before serving stir in the mint.

### HARVEST CASSEROLE

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1 each med Green and Red Pepper, cut into 1" strips	3 med. Carrots, cut into chunks
2 large Onions, cut and separated into rings ¾" thick	½ head Cauliflower florets
1 cup sprouted Barley, partially cooked (save 1 cup water)	1 lb. Green Beans, snapped in half
1 cup Barley Water (saved above)	2 cloves Garlic, crushed
4 Tbs. Vegetable Broth mix	1 tsp. Paprika
2 med. Zucchini cut into 1 1/2inch chunks	¼ cup Parsley, chopped
2 large Tomatoes, peeled and quartered	1 Tbs. Salt
3 med. Carrots, cut into chunks	¼ tsp. Black Pepper

Steam-fry green peppers and onion. In a casserole dish combine all ingredients and cover.

Bake at 350 degrees for 1 hour.

Barley should be tender.

## ENTRÉES

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### VEGGIE PAD THAI

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1 package tofu	8 oz. rice noodles
3 Tbs. almond butter	2 cups bean sprouts
1/3 cup lime juice or lemon juice	3/4 tsp. garlic powder
1/3 cup Bragg's Liquid Aminos	1" piece of ginger (minced or powdered ginger)
1/2 teaspoon red pepper flakes	2 Tbs. sesame oil
1 small onion (chopped)	Sliced lemons
1 small bunch green onions (chopped)	Water as needed
2 cups of mixed vegetables (steamed, stir-fried, or microwave)	

Prepare rice noodles. Drain and set aside. Squeeze tofu until completely dry. Cut tofu in 1/4" to 1/2" squares. Set aside. Mix almond butter, lime or lemon juice, Bragg's Liquid Aminos and red pepper flakes. Set aside. Stir-fry garlic and tofu in 1 tablespoon of sesame oil in a wok, until garlic and tofu slightly turn brown. Add in remaining oil, ginger, and onions. Stir-fry for two minutes. Add in vegetables and almond mixture. Stir-fry until all vegetables are covered in almond mixture. Add in noodles and bean sprouts. Stir-fry until sauce thickens and vegetables and noodles are hot. Use sliced lemons for garnish.

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### VEGGIE ENCHILADA TORTILLAS

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4 sprouted whole wheat tortillas
4 oz. soy Monterey Jack Cheese (shredded)
1/2 cup onion (diced)
1/2 cup green bell peppers (diced)
1/4 cup red bell pepper (diced)
2 tsp. canned green chilies (chopped)

Place tortilla in microwave with a paper towel cover. Microwave on high for 15 seconds. If preferred, place in toaster oven for 2 minutes or warm on a dry fry pan and flip each top to bottom until all are warmed through. Set aside. In a bowl, mix cheese, onion, peppers, and chilies. Split the mixture among the tortillas. Roll tortillas and place seam side down on a plate. Top the tortilla rolls with cheese. Bake at 350 F for 5 minutes or until cheese melts.

Serve hot. Serves: 4, preparation time: 15 min, cook time: 5 min

## ENTRÉES

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### FALAFEL FRITTERS

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- ¼ cup fresh Cilantro, coarsely chopped
- ¼ cup fresh Parsley, coarsely chopped
- 8 oz. (1 cup) Beans, soaked overnight (drain well and cook in boiling water for about 10 minutes or you could use black-eyed beans, cranberry beans, or lima beans.)
- 1 ½ cups canned Chickpeas, rinsed and drained (15 oz. can)
- 1 clove Garlic, minced
- 1 tsp. Salt
- 1 tsp. Cumin
- 1 Red Hot Chili Pepper, seeds and ribs removed, minced
- ¼ cup Red Onion, chopped
- 1 tsp. Turmeric
- 1 Tbs. fresh Lime Juice
- 3 Tbs. Flour (spelt, millet, whole wheat)
- 2 heads Butter Lettuce or Savoy Cabbage, leaves separated, tear big ones in half
- 6 cherry Tomatoes, quartered; or 1 small tomato finely chopped
- Tahini Tofu Sauce (see recipe below)
- 1 Tbs. toasted or raw Sesame Seeds

In the food processor bowl, process the cilantro and parsley until fine. Add the next nine ingredients. Pulse until the mixture forms a very thick, fairly smooth paste (you will need to scrape the sides down and process a few times.) Add the flour and pulse to combine. Place this mixture in a bowl and set aside. This mixture can be made a day ahead and refrigerated in an airtight container.

Drop falafel mixture 1 Tbs. at a time on a non-stick cookie sheet. Bake at 350 degrees for 10-12 minutes. This can be brushed with olive oil and baked until golden brown if preferred.

Each fritter should be served warm on a piece of lettuce or cabbage cup. Use the remaining onions, tomatoes, Tahini Tofu Sauce, and a sprinkling of sesame seeds to garnish. Wrap the cabbage around the fritter and eat like a finger food hors d'oeuvre.



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