BANANA-OATMEAL CINNAMON COOKIES

1 CUP QUICK OATS
⅔ CUP WHOLE WHEAT PASTRY FLOUR
⅓ CUP HONEY
½ CUP RAISINS
½ TSP. BAKING-POWDER
3 TBSP OLIVE OIL
2/3 CUP MASHED BANANAS
½ TSP. GROUND CINNAMON

1. In a medium mixing bowl, combine all ingredients. Mix well.

2. Prepare a cookie sheet using a nonstick spray.

3. Drop cookie dough by large tablespoonsfuls onto prepared cookie sheet.

4. Bake at 350 degree for 10-15 minutes until golden brown.
Broccoli and Cauliflower Salad

Ingredients

- 4 cups broccoli, chopped
- 1 medium finely chopped red onion
- 1/2 cup sunflower seed kernels
- 16 oz soft silken tofu
- 1 Tbsp Dijon mustard
- 4 cups cauliflower, chopped
- 1 cup raisins
- 3 Tbsp cider vinegar
- 2 tsp herb blend

Instructions

1. Wash vegetables. Break cauliflower and broccoli into bite sized florets and place in a large bowl.
2. Chop onion.
3. Add raisins and sunflower seeds
4. Mix the remainder of the ingredients together and pour over vegetables.
5. Chill at least one hour.

Nutrition Information per serving:

Serving Size: makes 10 servings

- Calories: 90
- Fat: 4.5 gm
- Sodium: 20 mg
- Fiber: 2 gm
- Carbohydrates: 11 gm
- Protein: 5 gm

ThedaCare has established guidelines to categorize Green, Yellow and Red recipes—see your Health Coach for detailed information.
This is one of the original salads at Revive that somehow was forgotten and not featured for many years. I rediscovered it in 2013 when I was hunting through some old files. It is a very fresh way to have brown rice. The apple and celery make a great crunchy combination.

Brown Rice Waldorf

MAKES 6 X 1 CUP SERVES

2 cups cooked long grain brown rice (1 cup uncooked)
1 cup celery chopped (around 1 large stalk)
2 cups red apple chopped into large cubes (around 1 large)
¼ cup parsley finely chopped
¼ cup aioli (page 134) or tofu mayo (page 132)
½ cup walnuts
½ cup sultanas
¾ teaspoon salt

1. Cook the rice or use leftover rice.
2. Chop the celery, apple and parsley.
3. In a bowl combine all ingredients.

If your sultanas are dry simply soak them in some boiling water for 5 minutes to plump them up. Make sure you drain the water!

This recipe is also great when you replace the sultanas with raisins, currants or cranberries.

I added some cinnamon to add some flavor.

Walnuts

These are a great crunchy nut to include in salads. They go rancid easily so make sure you buy fresh and store in your refrigerator.
Buckwheat Noodle Salad

Ingredients

1/2 cup rice vinegar (no sodium no sugar)
2 tbs grated fresh ginger
1 tbs honey
2 tbs tamari - low sodium
1 teaspoon toasted sesame oil
2 tbs sriracha or more :)
1/4 cup grapeseed oil
16 oz buckwheat noodles - cook according to package rince with cold water and drain
3 carrots grated
1 red bell pepper seeded and ruff chop
1 English cucumber grated
1 bunch on green onions or red onions would work
small bunch of cilantro chopped (1/2 cup)

Directions

Whisk together the vinegar, sugar, ginger, honey, tamari, sesame oil, and siracha, in a large bowl, slowly whisk together until emulsified.

Add Noodles, carrots, pepper, cucumber, green onions and cilantro to dressing. combine and serve.
Chips Cook Book Recipe – Black Bean and Avocado Salad

3-cups cooked black beans (I use 1 ½ cans of canned black beans rinsed and drained)
2-cups corn (I use one bag frozen corn thawed out in the refrig. ahead of time)
⅛-cup red onion – thinly chopped
¼ cup cilantro – thinly chopped
Sprinkle with garlic powder – recipe calls for ¼ tsp – I used more for taste
1-lime juiced over top
1-lemon juiced over top
2-large avocados – cut into bite size pieces

Toss gently all together in a bowl and chill. I serve with taco chips as a dip and also whole wheat tortillas as a wrap.
Chocolate Chia Pudding
(Makes TWO servings) 😊
(Vegan, gluten-free, no bake/raw, oil free, refined sugar-free, soy free)

Ingredients:

1 cup coconut milk or almond milk
\(\frac{1}{4}\) chia seeds
6 pitted medjool dates
2 – 3 tablespoons unsweetened cocoa powder (I used Wilmar’s cocoa powder)
\(\frac{1}{2}\) teaspoon vanilla extract
Pinch of fine grain salt

Directions:
Add milk to high speed blender (or food processor), then add the remaining ingredients.
Blend on the highest speed until super smooth. Enjoy immediately or chill in the fridge where it will thicken up even more.

Notes:
If your dates are firm, I suggest soaking them in hot water for 30 minutes before you begin to soften them. Drain well.

If a sweeter taste is desired, you may add 2 – 3 drops of liquid stevia. (You could probably skip the dates and add 6 – 8 drops of stevia in their place too.)

Chia seeds are incredibly nutrient dense, consisting of some of the highest concentration of antioxidants!

Remember: This is dessert!

Submitted by Sue Hagen Knudson
Curried Quinoa and Chickpeas

4 Servings     Prep: 15 min. Cook: 25 min.

Ingredients
• 1-1/2 cups water
• 1/2 cup orange juice
• 1 can (15 ounces) chickpeas or garbanzo beans, rinsed and drained
• 2 medium tomatoes, seeded and chopped
• 1 medium sweet red pepper, julienned
• 1 cup quinoa, rinsed
• 1 small red onion, finely chopped
• 1/2 cup raisins
• 1 teaspoon curry powder
• 1/2 cup minced fresh cilantro

Directions
• In a large saucepan, bring water and orange juice to a boil. Stir in chickpeas, tomatoes, red pepper, quinoa, onion, raisins and curry. Return to a boil. Reduce heat; cover and simmer for 15-20 minutes or until liquid is absorbed.
• Remove from the heat; fluff with a fork. Sprinkle with cilantro.
• Yield: 4 servings.

Nutritional Facts: 1-1/2 cups equals 355 calories, 5 g fat (trace saturated fat), 0 cholesterol, 155 mg sodium, 70 g carbohydrate, 9 g fiber, 12 g protein.

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Easy Coleslaw

10oz bag of shredded carrots
10oz bag of shredded red cabbage
14oz bag of coleslaw (shredded green cabbage)
2Tbs of Dill weed
3Tbs Sesame Seeds
16oz jar of Grapeseed Oil Vegenaise
½ cup Non Dairy Milk  (I used Rice Milk)

Mix Vegenaise and milk in a bowl and set aside.  Mix all other ingredients in a large bowl and add the Vegenaise and milk to it.  Pepper to taste.
Eggless Salad

Ingredients:  
18 ounces firm tofu, steamed, cooled and mashed
1/2 cup vegan mayo, aka Vegenaise
1/3 cup Dijon mustard (I like classic Grey Poupon)
1/4 tsp cayenne powder
1 tsp turmeric
1/2 tsp black pepper - fine
2 tsp seasoned rice vinegar
1/2 cup chopped sweet onion - Vidalia onions are in season
1 Tbs. Fresh Parsley, chopped fine

Method: Combine ingredients and mix well. Reserve refrigerated for service.
Use in wraps or sandwiches on good whole wheat bread with baby spinach.
Energy Bites

Ingredients

6 dried medjool dates
1/4 cup dried, unsweetened coconut flakes
1/4 cup raw whole cashews or other nuts
1 1/2 cup dry oatmeal (old-fashioned oats)
1 teaspoon unsweetened cocoa powder
1/2 teaspoon vanilla

Instructions

Remove pits from dates and chop into small pieces. Place dates, cashews, cocoa into food processor. Add 2 tablespoons of warm water. Let it sit to soften the dates for about 3-5 minutes. Next process mixture, it will be runny.

Empty mixture in bowl and add coconut, oatmeal and vanilla. Stir, may need to add more oats as needed depending on consistency. Mixture should stick together.


Nutrition Information per serving:

Serving Size: 1 ball

Calories: 45
Fat: 0.5 gm
Sodium: 0 mg
Fiber: 2 gm
Carbohydrates: 8 gm
Protein: 1 gm

Kitchen Classroom

Medjool dates have a rich, almost caramel like taste, with hints of honey and cinnamon. They are a good source of fiber and contain high levels essential minerals, potassium, magnesium, copper, and manganese. Most do contain a significant amount of fruit sugar, but this makes them a good alternative for sugar in recipes. In the Middle East where they grow wild, they are a popular food for nomadic travelers as they provide a lot of energy and healthful nutrients with the added benefit of being readily available. Look for them in the bulk foods area of your grocer.
Garbanzo Bean Salad

Ingredients:

1 can garbanzo beans – drained well and mashed gently
½ onion – finely chopped
2 – 3 stalks of celery – finely diced
3 Tablespoons sweet pickle relish
4 Tablespoons Vegenaise (Grapeseed Oil)
1 teaspoon curry powder

Directions:

Mix all ingredients together.

Chill in refrigerator for a 2 – 3 hours. The longer it chills the more the flavors will blend. Add pepper to taste. Top with chopped green onions or chives.

Serve on whole grain bread with lettuce, tomato or serve on top of salad greens.
MIXED RICE AND QUINOA SALAD

2 C mixed rice (cooked) – suggest Lundberg Wildblend or other mixture of long grain rices.
1 C (cooked) quinoa – suggest tri-color blend or blend of red and white.
1 C red pearl onions – cleaned and quartered.
2 cloves garlic – minced.
2 C asparagus – cut into 1” pieces.
1 C frozen edamame – thawed.

Saute onions, garlic in 1 tsp olive oil about 4-5 minutes. Add asparagus and continue cooking until desired doneness. About 3-4 minutes to keep it crisp. Can salt and pepper lightly and also add some Herbs de Provence (about ½ - 1 tsp)

Mix above ingredients.

Dressing: Juice from ½ lemon, 2 tsps olive oil, 1-2 tsp Dijon mustard. Mix and pour over salad with 1 tsp lemon zest.

Can be served warm or chilled.

Toppings: Toasted slivered almonds, sliced avocado, chopped mango, Clementine orange slices. Fresh parsley or cilantro.

Jon McCluskey
May 22, 2014
Quinoa with Fire-Roasted Peppers

1 T. olive oil
1 jalapeno or poblano pepper
5 cloves garlic
1 can corn
1 can black beans
1 lime
2 T. cilantro
1 avocado
1 can fire-roasted peppers (can substitute fire-roasted tomatoes)
1 cup broth (vegetable)
1 cup quinoa
2 cups chopped tomatoes (unless using fire-roasted tomatoes)
1/2 t. cumin
1 T. chili powder

Revive
Aioli

MAKES 3 CUPS

½ cup soy milk
1 tablespoon cider vinegar or lemon juice
3 cloves garlic
1 tablespoon whole-grain mustard
½ teaspoon salt
2 cups oil
½ to 1 cup room temperature water

1. Select a blender, food processor or stick blender.

2. Blend all ingredients (except oil and water).

3. While blending, slowly add oil and then add water at end until desired consistency is reached.

When making dressings you need to ensure that all items are at room temperature, and that you add the oil slowly.

Aioli will last 2-3 weeks in your refrigerator.
Veggie Meatloaf

User Rating: 5 Reviews

By Linda Larsen, About.com Guide

This healthy and hearty vegetarian meatloaf freezes well after it's baked. Just wrap well, label, and freeze. Let meatloaf thaw in the fridge overnight, then reheat at 350 degrees for 20-30 minutes until hot.

Prep Time: 35 minutes
Cook Time: 1 hour, 50 minutes
Total Time: 2 hours, 25 minutes

Ingredients:
- 1 cup dried lentils
- 1/4 cup wheat germ
- 1 cup whole wheat bread crumbs
- 1/2 cup cooked brown rice
- 1 onion, minced
- 3 cloves garlic, minced
- 3 eggs or 3/4 cup egg substitute
- 1 tsp. dried oregano leaves
- 1 tsp. dried thyme leaves
- 1 Tbsp. soy sauce
- 1/4 cup ketchup
- 1 Tbsp. olive oil
- 1/2 tsp. Tabasco sauce
- 1/2 tsp. salt
- 1/8 tsp. white pepper

Preparation:

Preheat oven to 350 degrees F. Place lentils in a small saucepan and cover with water. Cook over low heat for 60 to 90 minutes, or until tender. Drain lentils, if necessary, and coarsely mash lentils. Combine with remaining ingredients. Pour mixture into a 9 x 5" loaf pan sprayed with nonstick cooking spray.

Cover with foil and bake at 350 degrees for 30-40 minutes. Remove foil and bake for another 10-15 minutes or until loaf is firm to the touch. 6 servings

Zesty Quinoa Salad

**Ingredients:**

- 1 cup quinoa
- 2 cups water
- ¼ cup extra-virgin olive oil
- 2 limes, juiced
- 2 teaspoons cumin
- 1 teaspoon salt
- ½ teaspoon red pepper flakes
- 1 ½ cups halved cherry tomatoes
- 1 (15 ounce) can black beans, drained and rinsed
- 5 green onions, chopped
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- ¼ cup fresh cilantro, chopped
- Salt and Pepper to taste

**DIRECTIONS:**

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool.

2. Whisk olive oil, lime juice, cumin, 1 teaspoon salt, and red pepper flakes together in a bowl.

3. Combine quinoa, tomatoes, black beans, peppers and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.