Kickstart the World Recipe Booklet

This online e-recipe booklet promises an exciting culinary journey through PCRM's 21-day vegan kickstart program. Try traditional and authentic recipes from Latin America, China, India, Japan, and the U.S.

Table of Contents

Recipes from the Spanish Kickstart Program

Fruit Salad with Chia and Amaranth **1**
Tomatillo Sauce (Salsa Verde) **2**
Nopalitos y Granitos (Cactus and grains) **3**
Stuffed Chile Relleno Peppers **4**
Tofu Tacos **5**

Recipes from the Indian Kickstart Program

Navratan Kurma **6**
Punjabi Rajma **7**
Chickpeas with Gravy (Chole) **8**
Uttapam Sambhar **9**
Mint Biryani with Roasted Mushrooms **10**

Recipes from the Chinese Kickstart Program

Pumpkin and Tomato Soup **11**
Ma Po Tofu **12**
“Meat” Balls **13**
Stuffed Buns **14**
Summer Rolls **15**

Recipes from the Japanese Kickstart Program

Somen Japanese Noodles **16**
Nori Rolls **17**
Seaweed Tofu Burgers **18**
Ginger Noodles **19**
Miso Soup with Shiitake Mushrooms **20**

Recipes from the English Kickstart Program

Tempeh Sloppy Joes **21**
Balsamic Zucchini Sandwiches **22**
Barbeque-Style Portobellos **23**
Zippy Yams and Bok Choy **24**
Hearty Chili Mac **25**

Fruit Salad with Chia and Amaranth

Makes 4 servings

Amaranth is a delicious, protein-filled grain. For this recipe, you will need to pop the amaranth, which is a lot like popping popcorn! To pop your amaranth, heat a pan over medium-high, drop 1-2 tablespoons of amaranth in the pan, cover it, shake above the flame, and then it pops. In 10 to 15 seconds you are done with your first batch.

⅓ slice seeded papaya
1 nectarine
⅓ slice cantaloupe
1 bunch of green, seedless grapes or red
1 seedless Valencia orange
1 gala apple
1 mango
1 banana, sliced
¼ cup popped amaranth
2 tablespoons chia seeds
2 tablespoons sliced almonds

Chop all fruit in chunks (except banana) and mix well. Sprinkle with the sliced almonds, chia seeds and popped amaranth, mixing again to make sure all fruit is coated. Top with sliced bananas.

Per serving (1/4 of recipe): Calories: 241 • Total fat: 4g • Saturated fat: 0.5g • Calories from fat: 13% • Cholesterol: 0 mg • Protein: 5g • Carbohydrate: 53g • Sugar: 37g • Fiber: 8g • Sodium: 13 mg • Calcium: 82 mg • Iron: 2 mg • Vitamin C: 88 mg • Beta Carotene: 1648 mcg • Vitamin E: 2mg

Source: Gloria Huerta

Tomatillo Sauce (Salsa Verde)

Makes about 2 cups

Tomatillos start out tart, but once they're stewed or roasted, the natural sugar in the fruit develops, striking a nice balance in the sauce. You can use this as a dipping salsa instead of a cooking salsa if you omit most of the water in the recipe.

1 yellow onion, diced
3 cloves garlic, minced
8 large tomatillos, papery husks removed and cut in half
½ cup water
⅛ teaspoon salt
½ teaspoon ground cumin
3 tablespoons chopped fresh cilantro
Juice of 2 limes (optional)

Over medium-high heat, sauté the onion until it is lightly browned. Reduce the heat to medium. Add the garlic and sauté for one more minute. Add the tomatillos, water, salt, and cumin. Simmer until the tomatillos have turned into a rough sauce. Remove from the heat and add the cilantro and optional lime juice.

As a short cut, add all the ingredients to the pot at once and simmer until the tomatillos have softened and turned into a sauce. You won't get the caramelized onion flavor, but you'll be done with the sauce in about 5 minutes plus however long it takes you to cut the ingredients.

For the gourmet touch, leave the tomatillos in their husks and add all the ingredients to a baking dish, including the water. Cover the dish and roast the ingredients at 400 degrees F for about 20 minutes. Puree them in a blender or mash them with a potato masher for a rougher texture.

Per 1-cup serving: Calories: 76 • Protein: 2g • Carbohydrate: 14g • Sugar: 6g • Total fat: 2g • Calories from fat: 18% • Fiber: 5g • Sodium: 109 mg

Source: *21-Day Weight Loss Kickstart* by Neal Barnard, M.D.; Recipe by Jason Wyrick of the Vegan Culinary Experience.

Nopalitos y Granitos (Cactus and grains)

Makes 4 servings

This traditional dish calls for Tequesquite, which is a mineral salt used as a leavening for tamales, and in this case, it is used to preserve the green color of the nopales (cactus paddles).

1½ cups Kamut or Barley* *may substitute for whole wheat, unhulled*
5 cups water
4 cactus leaves/paddles, cleaned and de-splintered (they sell cactus already cleaned, chopped or in the leaf intact)
2 cups water
4 pinches of Tequesquite
1 small box of cherry tomatoes, cut in half
1 small red onion, finely chopped
3 garlic cloves, finely chopped
1 cup of precooked corn (can be frozen, or low sodium canned)
2 cups of cooked black beans
1 bunch of cilantro, finely chopped
1 large lime

Presoak the Kamut the day before. If you did not have time to do so, no problem.

Cook the Kamut, if not previously soaked, in 5 cups of boiling water, with a pinch of Tequesquite. Set to low, cover and cook for 90 minutes. Drain and rinse in cold water.

Finely dice the cactus and add to 2 cups of boiling water, with 3 pinches of Tequesquite. Cook for approximately 5 to 7 minutes. Drain and rinse in cold water. NOTE: You can also just eat them raw and bypass the cooking.

Mix all ingredients together, and squeeze the juice of the lime over the ingredients. Mix well. Enjoy as a salad, all by itself, on baked tortillas, as a filling for Chiles rellenos. May garnish with a slice of avocado.

*May add finely chopped serrano peppers or a teaspoon of crushed chili.

No salt was added, because the Tequesquite is a mineral which is already salty to taste.

If Tequesquite is not available, you can omit. Suit to taste with garlic salt if you like.

Per serving (1/4 of recipe): Calories: 422 • Total fat: 3g • Saturated fat: 0.3g • Calories from fat: 5% • Cholesterol: 0 mg • Protein: 20g • Carbohydrate: 87g • Sugar: 11g • Fiber: 19g • Sodium: 411 mg • Calcium: 187 mg • Iron: 6 mg • Vitamin C: 23 mg • Beta Carotene: 667 mcg • Vitamin E: 1mg

Source: Gloria Huerta

Stuffed Chile Relleno Peppers

Makes 5 servings

A Poblano pepper is a mild pepper that originally comes from the state of Puebla, Mexico. When this pepper is dried, it is called chile ancho. This recipe is a less traditional version of chile rellenos, removing the cheese, but it is much more healthful.

5 poblano peppers
1 cup black beans, mashed, or a can of refried beans
4 large tomatoes, chopped
½ onion, chopped
2 cloves garlic, minced
½ teaspoon oregano
⅛ tsp salt
¼ tsp black pepper
¼ cup water

2 cups non-dairy milk
1 tablespoon apple cider vinegar
1½ cup flour
⅓ cup cornstarch
1 tablespoon onion powder
1 teaspoon garlic powder
1 tablespoon paprika
1 tablespoon oregano
1 tablespoon nutritional yeast (optional)
Salt and pepper to taste

With tongs holding the chiles, turn stove top burner onto low flame and begin to roast chiles directly onto fire or on a flat roasting pan and rotate them around until the skin begins to turn dark and fall off. Once the skin begins to fall off, transfer to a plastic bag and leave to sweat for removing skin more easily. Once cooled, make an incision along the chile and remove seeds and veins carefully to avoid breaking the chili. Place ground beans in chili and close securing with a toothpick.

In a small bowl, mix nondairy milk with vinegar and let stand for 5 minutes. In separate bowl, combine dry ingredients and slowly add the liquid, stirring as the consistency is thin, like syrup , not a thick sauce, if necessary add more nondairy milk.

Take the stuffed chile relleno, dip first in flour and then the combined mixture above. Place in baking dish and place in the oven preheated to 425 degrees for 25–35 minutes or until golden brown.

While the chili is in the oven, grind the onion, garlic, and tomatoes in a blender or food processor. Strain the mixture and place in hot pan. Add salt, oregano, and pepper. Add water slowly until desired consistency.

You can serve the sauce over peppers and place peppers in the pan where the sauce and leave for a few minutes to absorb the flavor.

* Modify quantities and heat to taste.

Per serving (1/5 of recipe): Calories: 337 • Total fat: 3g • Saturated fat: 0.4g • Calories from fat: 7% • Cholesterol: 0 mg • Protein: 12g • Carbohydrate: 68g • Sugar: 12g • Fiber: 9g • Sodium: 399mg • Calcium: 201mg • Iron: 5 mg • Vitamin C: 107mg • Beta Carotene: 1320mcg • Vitamin E: 2mg

Source: Maite Sancho

Tofu Tacos

Makes 6 tacos

These tacos may be made with fresh or frozen tofu. Freezing tofu gives it a chewy texture somewhat like ground beef. To freeze tofu, place it in its package in the freezer. To thaw, place the package in the refrigerator. Once thawed, remove the tofu from its package and squeeze out the excess water.

¼ cup water
1 small onion, chopped
½ small bell pepper, seeded and diced (optional)
½ pound firm tofu, crumbled (about 1 cup)
1 tablespoon chili powder
1 tablespoon nutritional yeast (optional)
1 teaspoon garlic powder
¼ teaspoon ground cumin
¼ teaspoon dried oregano
1 tablespoon soy sauce
¼ cup tomato sauce
6 corn tortillas
1–2 cup shredded lettuce
2 green onions, chopped
½ cup chopped tomato
⅓ cup salsa
½ avocado, sliced (optional)

Heat water in a non-stick skillet. Add onion and bell pepper, if using, and cook over high heat, stirring often, 2 to 3 minutes.

Add tofu, chili powder, nutritional yeast (if using), garlic powder, cumin, oregano, and soy sauce. Reduce heat to medium and cook 3 minutes, stirring often.

Add tomato sauce and cook over low heat until mixture is fairly dry, 3 to 5 minutes.

Heat a tortilla in a heavy dry skillet, turning it from side to side until soft and pliable. Place a small amount of tofu mixture in the center, then fold tortilla in half and remove from heat. Garnish with lettuce, green onions, tomato, salsa, and avocado, if using. Repeat with remaining tortillas.

Per taco: Calories: 118 • Fat: 4.1 g • Saturated Fat: 0.7 g • Calories from Fat: 31.4% • Cholesterol: 0 mg • Protein: 5.7 g • Carbohydrates: 16.9 g • Sugar: 2.8 g • Fiber: 3.2 g • Sodium: 321 mg • Calcium: 116 mg • Iron: 1.6 mg • Vitamin C: 10 mg • Beta Carotene: 371 mcg • Vitamin E: 1.1 mg

Source: *Healthy Eating for Life for Women* by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D.

Navratan Kurma

Makes 6 1-cup servings

This traditional dish, from the Moghuls period gets its name Navratan (meaning nine gems), from the many vegetables, nuts, and seeds used in it. Using soy yogurt and cashews gives this dish a healthful low-fat, cholesterol free makeover. Serve it with hot chapati and rice.

¼ cup raw cashew nuts, soaked in about ½ cup (125 milliliters) of water for about half an hour
3 cups chopped mixed vegetables (for example: carrots, potatoes, cauliflower, green beans)
1 medium onion, chopped coarsely
2 garlic cloves
1-inch (2.5 centimeters) piece peeled ginger
1 or 2 green chilies, seeded (optional)
1 teaspoon poppy seeds (optional)
½ teaspoon turmeric
1 tablespoon garam masala (spice mix)
2 cardamom pods
2 medium tomatoes, chopped
½ cup plain soy yogurt (if not available, substitute ½ cup blended tofu with 1 tablespoon (15 ml) of lemon juice)
salt, to taste (optional)
¼ cup raisins
3 tablespoons finely chopped fresh cilantro, for garnish

Take cashews soaked in water, drain, and set soaking water aside. Place cashews in a blender and grind them into a fairly smooth paste. Add a little water, if needed, to make cashews into a paste. Steam mixed vegetables until tender.

Place onion, garlic, ginger, chilies, and poppy seeds (if using) in a food processor to create a coarse paste or mince them. Add paste to nonstick, heavy steel, or cast iron pan and sauté until the mixture becomes fragrant or until it just begins to brown a bit.

Add the turmeric, garam masala, and cardamom and stir. Then add tomatoes and cook, stirring, until tomatoes break down, approximately 3 minutes. Add soy yogurt and stir, letting the paste cook for another 2 to 3 minutes. Add salt, if using.

Add cooked vegetables, raisins, and cashew paste, mixing well. When the gravy comes to a boil, turn down the heat and simmer on a low flame for another 5 minutes for the flavors to incorporate. Garnish with cilantro.

Per serving (1/6 of recipe): Calories: 113 • Fat: 3.2 g • Saturated Fat: 0.5 g • Calories from Fat: 24.3% • Cholesterol: 0 mg • Protein: 3.5 g • Carbohydrates: 19.5 g • Sugar: 7.7 g • Fiber: 2.7 g • Sodium: 23 mg • Calcium: 67 mg • Iron: 2 mg • Vitamin C: 22 mg • Beta Carotene: 1415 mcg • Vitamin E: 0.6 mg

Recipe by Nandita Shah

Punjabi Rajma

Serves 4–6

A popular dish from the northern state of Punjab, Rajma, the Hindi name for red kidney beans, is high in protein and a good source of fiber. It is traditionally served with chapati.

1½ cup red kidney beans, soaked overnight
2 bay leaves
1 medium onion finely chopped
1 teaspoon grated ginger
3–4 garlic cloves chopped
1 teaspoon chili powder
½ tablespoon coriander powder
½ teaspoon turmeric powder
1 teaspoon cumin powder
3 medium sized tomatoes, chopped
½ teaspoon gram masala (spice mix) powder
1 tablespoon chopped fresh cilantro
Salt to taste

Cook beans with five cups of water in a pressure cooker and cook for 15–20 minutes or till completely cooked.

Add tomatoes, bay leaves, and onion in a deep non-stick pan and stir it for 10 min.

Add ginger and garlic and continue stirring for another 5 min. As there is no oil, you might have to add 2 tablespoons of water if things start sticking in the pan.

Add chili, coriander, turmeric and cumin powder and stir. Add salt and cooked beans and its boiling water and mix. Cook on low heat for 15 min., continue stirring in between. Adjust the salt according to taste and add gram masala powder. Cook for five more min. Garnish with fresh cilantro and serve hot with steamed rice.

Calories: 125 • Fat: 1 g • Saturated Fat: 0.1 g • Calories from Fat: 6.5 • Cholesterol: 0 mg • Protein: 7.4 • Carbohydrates: 23.8 g • Sugar: 4 g • Fiber: 6.6 g • Sodium: 58 mg • Calcium: 60 mg • Iron: 2.7 mg • Vitamin C: 32 mg • Beta Carotene: 611 mcg • Vitamin E: 0.8 mg

Recipe by Arwa Hussain

Chickpeas with Gravy (Chole)

Serves 4

Chole is the Hindi name for this chickpea- based dish. It is the most favored recipe from Indian cuisine and is nutritious and a cinch to prepare. Garam masala, an Indian spice mixture, can be found in an international grocery store though many natural food markets carry it.

2 cups cooked chickpeas
½ cup chopped onions
2 large garlic cloves
1 cup fresh tomato puree
½ teaspoon turmeric powder
1 teaspoon red pepper powder
2 teaspoons coriander powder
2 teaspoons cinnamon powder
2 teaspoons garam masala (spice mix) or substitute with chole masala
2.5 cups water
Salt to taste

Steam-fry the onions and garlic in a hot pan on medium heat. Add all the spices except garam masala and tomato puree. Stir for 5 minutes. Add precooked chickpeas, garam masala, salt and water. Stir nicely mashing some chickpeas in gravy and cover with lid. Cook for 20 minutes on medium-low heat until all flavors blend. Serve with rice or roti.

To give this recipe a sweet and sour flavor, you can add tamarind chutney into it.

Per serving (¼ of recipe): Calories: 177 • Fat: 3 g • Saturated Fat: 0.3 g • Calories from Fat: 12% • Cholesterol: 0 mg • Protein: 9g • Carbohydrates: 32 g • Sugar: 8 g • Fiber: 9 g • Sodium: 179 mg • Calcium: 85 mg • Iron: 4 mg • Vitamin C: 11 mg • Beta Carotene: 315 mcg • Vitamin E: 2 mg

Adapted from Suruchi Mishra

Uttapam Sambhar

Serves 4

A traditional oil-free delight from south India.

For Uttapam:

2 cups rice
2 cups urad dal (white lentil)
Salt

For topping:

2 medium sized finely chopped onions
2 cups finely chopped capsicum (green bell peppers), cilantro leaves, cabbage (if you prefer)
1 medium sized chopped tomato
1 slitted green chili finely chopped

Soak rice and dal separately for at least 4 hours. Drain and grind rice and dal separately, using a little water, to make a smooth paste. Mix them in a deep vessel. Cover and keep the batter to ferment for a minimum of six to eight hours in a warm place.

Take batter in a bowl, add salt and some water to get the consistency of paste.

Heat a non-stick tawa (skillet) on medium flame. Put a ladle full of batter and spread thickly. Sprinkle onion, capsicum, coriander leaves, tomatoes etc., and sprinkle a little water all around to avoid it from sticking. Cover and cook on medium heat till both sides of uttapam are baked and it starts detaching from the pan. Serve hot with hot Sambhar (see the recipe for Sambhar) or tomato ketchup.

For Sambhar:

2 cup split red gram (tuvar dal)
½ teaspoon turmeric powder (haldi)
3 dry whole red chilies
2 teaspoon Sambhar masala powder (easily available at any Indian grocery store)
2 teaspoon mustard seeds
1 teaspoon cumin seeds
1 teaspoon fennel seeds
1–2 teaspoon tamarind paste or to taste
1 cup vegetables washed and chopped (you can use tomatoes, green peas, capsicum [green pepper], brinjal [eggplant].)
Green chilies to taste
Few curry leaves (easily available at any Indian grocery store)
Salt to taste
1–2 cups water

Soak tuvar dal for ½ hour. Cook it in a pressure cooker along with turmeric powder, salt, and 4½ cups of water on medium flame. After boiling for 20 minutes, turn off the heat.

Take a non-stick pan and add cumin seeds, mustard seeds, fennel seeds, curry leaves, dry whole red chilies, sliced tomatoes, salt and all other chopped vegetables with sambhar powder and ½ cup water and cover the pan and let it cook for five minutes.

You should not overcook this seasoning because later you will also cook this with dal.

Add the seasoning with dal in the pressure cooker and add 1–2 cups of water to get soup-like consistency. Put this mixture on low flame again for 5 minutes.

Sambhar is ready to be served with dosa, idli or uttapam.

Per serving (¼ of recipe): Calories: 1048 • Fat: 4 g • Saturated Fat: 1 g • Calories from Fat: 3% • Cholesterol: 0 mg • Protein: 58g • Carbohydrates: 200 g • Sugar: 8 g • Fiber: 35 g • Sodium: 327 mg • Calcium: 181 mg • Iron: 23 mg • Vitamin C: 75 mg • Beta Carotene: 595 mcg • Vitamin E: 1 mg

Recipe by Munira Ali

Mint Biryani with Roasted Mushrooms

Serves 2

Mint Biryani is a rice dish with a combination of spices and mushrooms flavored with mint leaves. With the cardamom pods, cinnamon sticks, and fresh mint, the aroma will fill your home well before this satisfying dish fills your stomach!

For the rice:

1½ cups white or brown basmati or other long-grain rice
4 cloves
4 pods of green cardamom
2, 1-inch (2.5 centimeters) pieces of cinnamon
3 cups (.75 liter) water (3¾ cups if using brown rice) for rice, ¼ cup (60 milliliters) water for mint paste

For the mushrooms:

1 pound of white button mushrooms or crimini mushrooms (or a meatier mushroom like portabella or shiitake)
¼ teaspoon turmeric
¼ teaspoon red chili powder
Salt to taste

For the mint paste:

1 cup mint leaves (1½ cups if using brown rice)
1-inch (2.5 centimeters) piece of ginger, minced
4–5 cloves garlic, minced
2 hot green chilies, minced
⅓ cup soft tofu (you can use soy yogurt as a substitute)
1 tablespoon (15 milliliters) lemon juice
¼ cup (60 milliliters) water

1 medium onion, sliced
1 tomato, diced
½ teaspoon turmeric
1 heaping tablespoon of garam masala (spice mix)

Preheat the oven to 175 degrees C or 350 degrees F. Heat a deep pan. Add the cardamom, cinnamon and cloves. When they sputter, add the rice and stir for a minute, until the grains start to turn opaque.

Add the water, and bring to a boil. Cover, lower the heat to low, and simmer for 15 minutes. If using brown rice, once the water comes to a boil, cover the saucepan with a tight lid and bake in a preheated 350-degree-F oven for 50 minutes. Let stand for at least 10 minutes.

Meanwhile, thinly slice the mushrooms. Spray oil in the baking sheet and toss the mushrooms with ¼ teaspoon of turmeric, red chili powder, and salt. Roast in the 350-degree-F oven for about 20 minutes or until the mushrooms are tender and begin to caramelize but are not burned.

(Tip: If you don't have mushrooms around, potatoes are also great. Cut them into thick fingers and follow the rest of the instructions, adding a few more minutes in the oven for the potatoes to cook and turn golden-brown.)

In a blender, add and grind: mint, ginger, garlic, green chilies, tofu, lemon juice, and water. If using brown rice, add 1 teaspoon more of the garam masala and another green chili, to taste.

For the final step, heat a large saucepan. Sauté onion until it turns golden-brown. Add tomato, ½ teaspoon turmeric, and garam masala. Stir and let cook until the tomatoes are tender. Add the mint paste and stir and cook for about 10 minutes on medium heat. Add salt to taste. Now carefully add the rice to the mint, using a light touch so as to not crush the grains. Using a fork, mix the rice and the mint paste.

Cover and cook for another 2 minutes on a very low flame. Sprinkle the roasted mushrooms on top and serve.

Per serving (½ of recipe): Calories: 661 • Fat: 4 g • Saturated Fat: 1 g • Calories from Fat: 5% • Cholesterol: 0 mg • Protein: 19g • Carbohydrates: 143 g • Sugar: 10 g • Fiber: 13 g • Sodium: 195 mg • Calcium: 230 mg • Iron: 13 mg • Vitamin C: 120 mg • Beta Carotene: 990 mcg • Vitamin E: 3 mg

Recipe by Vaishali Honawar

Pumpkin and Tomato Soup

Serves 2

A quick and easy way to prepare a healthy soup before your meal. Pumpkin and apple combine here for a plenty of fiber.

There is no added seasoning in this delicious soup.

10 ounces cherry/grape tomatoes
1 small pumpkin pulped and cubed
1 carrot cubed
1 Fuji apple peeled and cubed
3½ cups water
3 oyster mushrooms

Add water to sauce pan with carrot and bring to a boil. Reduce heat to a simmer for 3 minutes. Add pumpkin, bring to boil, simmer for 7 minutes. Add tomatoes, mushrooms, and apple, bring to a boil, reduce heat and simmer for a final 10 minutes.

Per 2 cup serving: Calories: 178 • Fat: 1.5g • Saturated Fat: 0.1g • Calories from Fat: 7.0% • Cholesterol: 0 mg • Protein: 9.8 g • Carbohydrates: 39.3 g • Sugar: 20.3 g • Fiber: 10.9 g • Sodium: 86 mg • Calcium: 64 mg • Iron: 4.1 mg • Vitamin C: 27.2 mg • Beta Carotene: 5448 mcg • Vitamin E: 2 mg

Ma Po Tofu

Serves 2

Ma Po Tofu is a traditional spicy dish from the Sichuan province in China. This stir-fry recipe is easy to prepare with loads of flavor. For more exotic ingredients like hot broad bean paste, visit your closest International or Asian market.

2 cloves garlic minced
1 slice ginger minced
1 pound regular tofu cut into 3/4-inch cubes
1 cup green bell pepper cut into small pieces
1 cup red bell pepper, cut into small pieces
1 green onion chopped
2 tablespoon soy sauce
1 tablespoon hot broad bean paste
1 tablespoon cornstarch
veggie broth
water

Stir-fry garlic and ginger with ¼ cup veggie broth until fragrant. Add ¼ cup water, soy sauce, broad bean paste, green and red pepper, mix thoroughly and cook for half a minute. Add tofu, mix for half a minute. Premix cornstarch with 2 tablespoons water, add to tofu. Mix and cook until thickened. Sprinkle with chopped green onions. Serve over brown rice.

Per serving: Calories: 358 • Fat: 18.5 g • Saturated Fat: 1.8 g • Calories from Fat: 43.3% • Cholesterol: 0 mg • Protein: 33.1 g • Carbohydrates: 22.6 g • Sugar: 7.1 g • Fiber: 4.9 g • Sodium: 919 mg • Calcium: 559 mg • Iron: 6.7 mg • Vitamin C: 159 mg • Beta Carotene: 1652 mcg • Vitamin E: 1.3 mg

"Meat" Balls

Makes 12 balls

These meat-free take on traditional meatballs have a crisp texture perfect for an appetizer or part of a meal. It's also packed with protein.

1 cup radish shredded into short pieces
1 cup carrots, shredded into short pieces
8 ounces tofu fresh skin, if not fresh, boil at low heat until tender
8 ounces regular tofu smashed
6 ounces bean vermicelli boiled until soft, cut into ½ inch strips
1½ tablespoon mushroom seasoning (or 5 black mushrooms, soaked overnight, rinsed and minced)
Salt to taste
White pepper powder to taste
4 tablespoons gluten powder or corn starch

Sauce:

2 green onions finely sliced
2 tablespoons soy sauce
1 tablespoon brown sugar
2 tablespoons balsamic vinegar
2 tablespoons corn starch
3 tablespoons water

Mix all ingredients in a large bowl; add salt and white pepper powder to taste. Add gluten powder or corn starch (gluten powder makes it more chewy) while mixing, until the desired dryness. Make small balls or cylinders with hand and arrange on a plate.

Steam at high heat for 10 to 15 minutes; set aside. Mix water, cornstarch, soy sauce, brown sugar, balsamic vinegar, green onion in a bowl, heat saucepan and pour in the cornstarch mix. Stir until content becomes translucent and thickens. Pour over streamed vegan meat balls and serve.

Per 4-ball serving: Calories: 562 • Fat: 13.5 g • Saturated Fat: 1.4 g • Calories from Fat: 20% • Cholesterol: 0 mg • Protein: 31.7 g • Carbohydrates: 82 g • Sugar: 11.2 g • Fiber: 6.3 g • Sodium: 669 mg • Calcium: 404 mg • Iron: 6.7 mg • Vitamin C: 11.6 mg • Beta Carotene: 4138 mcg • Vitamin E: 0.5 mg

Stuffed Buns

Makes 6 buns

Loaded with vegetable protein, this Shanghai cuisine is famous for its stuffing and flavor. If you'd like, you can substitute your favorite lentil in for the TVP. Aniseeds are a dried star-shaped fruit of anise. Allspice is a dried berry-like spice that is similar to black pepper. Both can be found in an Asian market.

8 ounces TVP (Textured Vegetable Protein) soaked, washed, squeeze dried
¼ onion, chopped
1 tablespoon ginger, minced
1 clove garlic, minced
2 green onions
5 cilantro stems, minced
2 aniseeds
8 allspice
soy sauce to taste or 1 tablespoon mushroom seasoning

In a sauce pan, use high heat to sauté allspice and aniseeds until fragrant, add ¼ cup water, wait 5-10 seconds, remove aniseeds and allspice. Add onion, ginger and garlic and sauté for 20 seconds. Add TVP, soy sauce and half a cup water, cook until no more liquid is left. Add mushroom seasoning and cilantro, mix and set aside. Stuff the mixture between halved buns and serve.

Per serving (1 bun's filling): Calories: 66 • Fat: 0.6 g • Saturated Fat: 0.1 g • Calories from Fat: 7.8% • Cholesterol: 0mg • Protein: 13 g • Carbohydrates: 2.7 g • Sugar: 0.5 g • Fiber: 0.9 g • Sodium: 157 mg • Calcium: 36 mg • Iron: 2.8 mg • Vitamin C: 2.3 mg • Beta Carotene: 108 mcg • Vitamin E: 0.1 mg

Buns

You can purchase premade steamed buns in a Chinese or International market or you can make your own following the directions below.

4 cups all-purpose flour
1 ½ cups water
2 teaspoon Active Dry Yeast (Red Star brand)
1 teaspoon sugar

Mix yeast, water, and sugar. Add flour, mix well, and knead thoroughly into a dough. Leave dough covered at room temperature for 2 hours to allow the dough to rise. Knead dough thoroughly, adding a small amount of flour to prevent sticking. Cut dough into 12 equal-sized mini doughs, and cover for 10 minutes. Boil 6 cups water in a steaming pot, and cover steaming tray with a piece of cheese cloth. Transfer mini doughs onto the tray, cover, and steam at high heat for 20 minutes.

Summer Rolls

Makes 6 rolls

This satisfying summer roll is perfect for a light dinner. It is served with hot and savory dipping sauce. You can really make this dish your own by adding other veggies like fresh peppers, and carrots. Rolling these up can be a fun family activity.

6 rice paper
8 ounces rice noodle (medium thickness), cooked
8 lettuce leaves
12 basil/mint leaves
6 stems of cilantro, cut into small pieces
12 gardein strips
3 ounces dried flavored tofu or baked seitan
½ small cabbage, shredded
½ cucumber cut into large strips

Dipping sauce:

5 tablespoons soy sauce
1 clove garlic, minced
1 cube of fermented bean curd (fermented tofu), mashed
½ teaspoon mushroom seasoning, or to taste
1 teaspoon hot pepper sauce (optional)
1 teaspoon lime juice (optional)

Wet rice paper with cold water and lay on the plate. Put lettuce leaf first, then other ingredients. Wrap up and serve with dipping sauce.

Per 2-roll serving: Calories: 337 • Fat: 4.1 g • Saturated Fat: 0.5 g • Calories from Fat: 10.3% • Cholesterol: 0 mg • Protein: 25.3 g • Carbohydrates: 53 g • Sugar: 5.1 g • Fiber: 6.7 g • Sodium: 493 mg • Calcium: 438 mg • Iron: 6.6 mg • Vitamin C: 143.1 mg • Beta Carotene: 10844 mcg • Vitamin E: 0.8 mg

Somen Japanese Noodles

Makes 3 servings

Japanese somen noodles are made of wheat flour and are characteristically thin. Eating this dish with chop sticks will round out the authentic Japanese experience!

1 8-ounce package Japanese somen noodles
2 tablespoons soy sauce or tamari
3 tablespoons rice vinegar
water or vegetable broth (if needed)
3 green onions, chopped
1 zucchini, sliced
2 cups shredded napa cabbage
2 cups sliced brown mushrooms
1 12.3-ounce package firm low-fat silken tofu, sliced
vegetable oil spray
2 tablespoons agave nectar

Cook noodles according to package instructions. Drain, rinse, and set aside in a large bowl.

Preheat a large skillet over medium heat. Mist pan with a little vegetable oil spray and add tofu. Cook until golden on both sides. Remove tofu and set aside. In the same skillet, sauté mushrooms, cabbage, zucchini, and green onions until tender. Add a little water or vegetable broth to prevent sticking, if needed. Add tofu and veggies to noodles.

In a small bowl, combine vinegar, soy sauce or tamari, and agave nectar. Pour over noodles and toss.

Per serving (1/3 of recipe): Calories: 457 • Fat: 3.2 g • Saturated Fat: 0.6 g • Calories from Fat: 6% • Cholesterol: 0 mg • Protein: 22.4 g • Carbohydrates: 84.3 g • Sugar: 11.7 g • Fiber: 6.6 g • Sodium: 713 mg • Calcium: 122 mg • Iron: 5.4 mg • Vitamin C: 16.6 mg • Beta Carotene: 528 mcg • Vitamin E: 0.4 mg

Source: Isis Israel, Cancer Project Educational Alliance Partner, Saladmaster Senior Dealer

Nori Rolls

Makes 6 servings

Nori Rolls can be eaten like burritos or cut into slices and arranged on a platter for a more elegant presentation. Serve with pickled ginger and wasabi (very hot horseradish sauce) if desired.

1 cup dry short-grain brown rice
¼ teaspoon salt
3 cups water
¼ cup seasoned rice vinegar
3 sheets nori
½ carrot, julienned or grated
½ cup thinly sliced cucumber
1 block baked tofu, cut in thin strips
½ avocado, sliced
1 green onion, sliced

Combine brown rice with salt and water in a saucepan. Cover and simmer until rice is very soft and all water has been absorbed, about 1 hour. Remove from heat and stir in vinegar. Set aside until cool.

To assemble rolls, place a sheet of nori on a cloth napkin or bamboo sushi mat. Spread with about ¾ cup of cooled rice in a thin, even layer, leaving a 1-inch band along top of sheet uncovered.

Arrange small amounts of carrot, cucumber, tofu, avocado, and green onion on the rice. Hold filling ingredients in place with your fingertips, and use your thumbs to lift the bottom edge of the napkin or mat, so that the edge of the nori nearest you is lifted over to meet the top edge. Moisten top edge with water and use it as a "flap" to seal the roll. Use your hands to gently shape the roll, then let it sit on its seam to seal.

Per ½ roll: Calories: 229 • Fat: 7.4 g • Saturated Fat: 1.1 g • Calories from Fat: 28.9% • Cholesterol: 0 mg • Protein: 10.9 g • Carbohydrates: 32.2 g • Sugar: 4.5 g • Fiber: 5.4 g • Sodium: 438 mg • Calcium: 97 mg • Iron: 2.1 mg • Vitamin C: 2.7 mg • Beta Carotene: 644 mcg • Vitamin E: 0.4 mg

Source: *Healthy Eating for Life for Women* by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D.

Seaweed Tofu Burgers

Makes 10 to 12 burgers

Seaweed is a major staple in Japanese cuisine and is a rich source of iodine. This is a fun spin on traditional veggie burgers.

25 ounces extra-firm tofu
1 ounce dried hijiki seaweed
20–24 slices bread
2 medium potatoes
¼ cup water
4 green onions, finely chopped
1 medium carrot, finely chopped
3 shiitake mushrooms, finely chopped
2 teaspoons soy sauce
2 tablespoons miso
1 pinch salt
1 pinch black pepper
1–1½ cup bread crumbs
1 chopped lettuce
1 alfalfa sprouts
1 teriyaki or soy sauce

Place tofu on a plate. Put another plate on top and place in the refrigerator for 1 to 3 hours to drain the water out of the tofu.

Preheat oven to 375 degrees F.

Soak hijiki in water for 20 minutes.

Boil potatoes until just tender, about 30 minutes, then slice..

Heat water in a skillet. Add green onions, carrot, and mushrooms and lightly “fry”. Add soy sauce.

Put tofu in a food processor and blend with miso, salt, and black pepper. Add potato and blend slightly, so the potato mixes but doesn’t lose its form.

Place the tofu mixture in a bowl and stir in hijiki, onions, carrot, and mushrooms. Divide into 10 to 12 balls. Mix each with about 2 tablespoons bread crumbs, mold into burger shapes, and lightly fry in a non-stick skillet on both sides.

Place burgers on a baking sheet and bake for 10 minutes.

Warm the bread.

To assemble sandwiches, place burgers on bread, add lettuce and sprouts, and sprinkle with teriyaki or soy sauce.

Per burger: Calories: 303 • Fat: 8.1 g • Saturated Fat: 1.1 g • Calories from Fat: 24% • Cholesterol: 0 mg • Protein: 14.8 g • Carbohydrates: 46 g • Sugar: 4.2 g • Fiber: 5 g • Sodium: 747 mg • Calcium: 250 mg • Iron: 5.2 mg • Vitamin C: 8.2 mg • Beta Carotene: 1068 mcg • Vitamin E: 0.5 mg

Source: The Great 844 Store Café, Kyoto City, Japan. Published in *Best in the World II*, Jennifer Keller, R.D., editor.

Ginger Noodles

Makes 4 1-cup servings

These exotic-tasting noodles are surprisingly easy to prepare. Soba noodles are made from buckwheat flour and are sold in natural food stores and Asian markets.

1 8-ounce package soba noodles
3 tablespoons seasoned rice vinegar
3 tablespoons reduced-sodium soy sauce
2 teaspoons finely chopped fresh ginger
2 garlic cloves, minced
½–1 jalapeno pepper, finely chopped
2 green onions, finely chopped, including tops
¼ cup chopped fresh cilantro (optional)

Cook noodles in boiling water according to package directions. When tender, drain and rinse. Mix vinegar, soy sauce, ginger, garlic, jalapeno pepper, green onions, and cilantro, if using, then pour over cooked noodles and toss to mix.

Per 1-cup serving: Calories: 211 • Fat: 0.8 g • Saturated Fat: 0.2 g • Calories from Fat: 3.6% • Cholesterol: 0 mg • Protein: 8.8 g • Carbohydrates: 45.2 g • Sugar: 5.2 g • Fiber: 4.5 g • Sodium: 581 mg • Calcium: 32 mg • Iron: 1.9 mg • Vitamin C: 3.5 mg • Beta Carotene: 48 mcg • Vitamin E: 0.5 mg

Source: *Healthy Eating for Life to Prevent and Treat Cancer* by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.

Miso Soup with Shiitake Mushrooms

Makes 6 servings

Miso, also known as soybean paste, is a traditional Japanese food. It is most commonly used for making miso soup, which is served with every meal in Japan. There are different types of miso, each with a distinct and characteristic flavor. This recipe uses white miso, which has a mellow, slightly sweet flavor. Miso is available at natural food stores and Asian markets; it can also be purchased online. The shiitake mushrooms in this soup add vitamin D, an important nutrient for cancer prevention.

5 cups vegetable broth
1 ounce dried shiitake mushrooms
½ pound firm tofu, cut into 1/4-inch cubes
1 sheet nori, cut into 1-inch squares
2–3 teaspoons grated fresh ginger
2 cups small broccoli florets
1 cup julienned or grated carrot
3–4 tablespoons white miso

Pour the broth into a large pot, bring to a boil, then remove from the heat. Add the mushrooms, cover, and let stand for 20 minutes, or until the mushrooms have softened. Remove the mushrooms from the broth with a slotted spoon. Cut off and discard the mushroom stems. Thinly slice the caps and set aside.

Add the tofu, nori, and ginger to the broth. Bring to a simmer and cook for 3 minutes. Add the mushrooms, broccoli, and carrot. Cover and simmer for 1 minute, just until the broccoli turns bright green. Transfer 1 cup of the broth to a measuring cup and stir in the miso with a fork until it is completely dissolved. Pour the dissolved miso into the soup and stir until it is well incorporated.

Stored in a covered container in the refrigerator, Miso Soup with Shiitake Mushrooms will keep for up to 3 days.

Note: Do not boil the soup after the miso has been added, as high heat will destroy the beneficial enzymes in the miso.

Per serving: Calories: 92 • Fat: 2.8 g • Saturated Fat: 0.4 g • Calories from Fat: 27.2% • Cholesterol: 0 mg • Protein: 6.5 g • Carbohydrates: 12.8 g • Sugar: 5.9 g • Fiber: 2.8 g • Sodium: 1167 mg • Calcium: 92 mg • Iron: 1.4 mg • Vitamin C: 13.4 mg • Beta Carotene: 2314 mcg • Vitamin E: 0.8 mg

Source: *The Survivor's Handbook: Eating Right for Cancer Survival* by Neal D. Barnard, M.D. and Jennifer Reilly, R.D.

Tempeh Sloppy Joes

Makes 4 servings

Everyone needs a good Sloppy Joe recipe. This recipe will have you catching every bite before it falls on your plate or the floor.

1 cup water, divided
1 small onion, chopped
1 green bell pepper, seeded and chopped
1 8-ounce package tempeh, crumbled into small pieces
1 8-ounce can tomato sauce
2 tablespoons ketchup
1 tablespoon agave nectar
1 tablespoon apple cider vinegar
1 tablespoon vegan Worcestershire sauce
2 teaspoons prepared mustard
½ teaspoon garlic powder
4 multigrain hamburger buns

Heat 1/2 cup water in skillet. Add onion and bell pepper and sauté until cooked through. Add remaining ½ cup water and tempeh. Sauté for 5 to 7 minutes, allowing the tempeh to get well-done.

Add tomato sauce, ketchup, agave nectar, vinegar, Worcestershire sauce, mustard, and garlic powder and cook for 15 minutes.

Serve on buns.

I didn't know that: You can substitute faux meat crumbles, textured vegetable protein (TVP), or even lentils in this recipe.

Per serving: Calories: 273 • Fat: 7.9 g • Saturated fat: 1.6 g • Calories from fat: 24.5% • Cholesterol: 0 mg • Protein: 17.6 g • Carbohydrate: 36.6 g • Sugar: 14.4 g • Fiber: 6.3 g • Sodium: 666 mg • Calcium: 143 mg • Iron: 3.9 mg • Vitamin C: 27.7 mg • Beta Carotene: 239 mcg • Vitamin E: 1.5 mg

Source: *The Get Healthy, Go Vegan Cookbook* by Neal Barnard, M.D. Recipe by Robyn Webb.

Balsamic Zucchini Sandwiches

Serves 2

This quick sandwich combines the flavors of fresh zucchini sautéed in balsamic vinegar with the creaminess of roasted red pepper and cannellini bean spread.

2 zucchini, cut lengthwise into 1/2"-thick strips
4 cloves garlic, sliced
1 tablespoon balsamic vinegar
1 cup rinsed white kidney beans (cannellini beans)
1 large roasted red pepper
2 whole wheat sandwich rolls (mini baguettes or bolillo rolls)
6–8 fresh basil leaves
½ teaspoon freshly cracked black pepper

Over medium-high heat, sauté the zucchini strips for about 1 minute (do not overcrowd the pan). Reduce the heat to medium. Add the garlic and balsamic vinegar and stir immediately. Sauté this for about 30 seconds and remove from the heat. Puree the white beans and roasted red pepper. Toast the buns. Spread the pureed beans on the bottom bun, then add the basil, then the zucchini, and finish off with a garnish of black pepper.

Making It Simple: Instead of making the roasted red pepper and white bean spread, simply use a commercial roasted red pepper hummus.

The Gourmet Touch: Instead of sautéing the zucchini slices, toss them in the balsamic vinegar and then grill them over mesquite wood.

Per serving: Calories: 274 • Fat: 2.5 g • Saturated Fat: 0.5 g • Calories from Fat: 7.9 • Cholesterol: 0 mg • Protein: 16 g • Carbohydrates: 50.1 g • Sugar: 15.8 g • Fiber: 11.3 g • Sodium: 191 mg • Calcium: 126 mg • Iron: 4.3 mg • Vitamin C: 172.7 mg • Beta Carotene: 1489 mcg • Vitamin E: 1.8 mcg

Source:*21-Day Weight Loss Kickstart* by Neal Barnard, M.D.; recipe by Jason Wyrick of the Vegan Culinary Experience.

Barbeque-Style Portobellos

Makes 2 servings

Large meaty portobello mushrooms make a delicious meal when they're simmered in a spicy sauce and served with polenta, brown rice, pasta, or French bread.

2 large portobello mushrooms
½ cup vegetable juice
¼ cup apple juice concentrate
½ cup roasted red peppers
1 tablespoon reduced-sodium soy sauce
1 tablespoon seasoned rice vinegar
2 teaspoons chili powder
½ teaspoon garlic powder
¼ teaspoon black pepper

Clean mushrooms and remove stems. Cut into ½-inch strips.

Combine vegetable juice, apple juice concentrate, red peppers, soy sauce, vinegar, chili powder, garlic powder, and black pepper in a blender. Process until smooth, then transfer mixture to a non-stick skillet and heat until bubbly.

Add mushroom strips, turning to coat evenly with sauce. Cover and cook over medium-high heat, turning occasionally, until mushrooms are tender, about 10 minutes. Serve immediately.

Per serving (½ of recipe): Calories: 132 • Fat: 1.2 g • Saturated Fat: 0.2 g • Calories from Fat: 8.4% • Cholesterol: 0 mg • Protein: 4.7 g • Carbohydrates: 28.9 g • Sugar: 19.9 g • Fiber: 3.9 g • Sodium: 589 mg • Calcium: 31 mg • Iron: 1.8 mg • Vitamin C: 97.9 mg • Beta Carotene: 1906 mcg • Vitamin E: 1.6 mg

Source: *Healthy Eating for Life to Prevent and Treat Cancer* by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.

Zippy Yams and Bok Choy

Makes 4 servings

The chili paste, lemon, and garlic give this recipe a delightful zip which is a welcome way to eat nutrient-rich vegetables like yams and bok choy. The bok choy in this recipe is a great source of calcium and folate. If you can't find the vegetarian Worcestershire, you can skip it and the dish will still be packed with flavor.

2 small yams, cut into bite-size chunks
1 onion, quartered and sliced
2 large garlic cloves, minced
1 tablespoon vegetarian Worcestershire sauce
½ teaspoon Thai chili paste
2 small heads bok choy, finely sliced
1 juice of 1/2 lemon

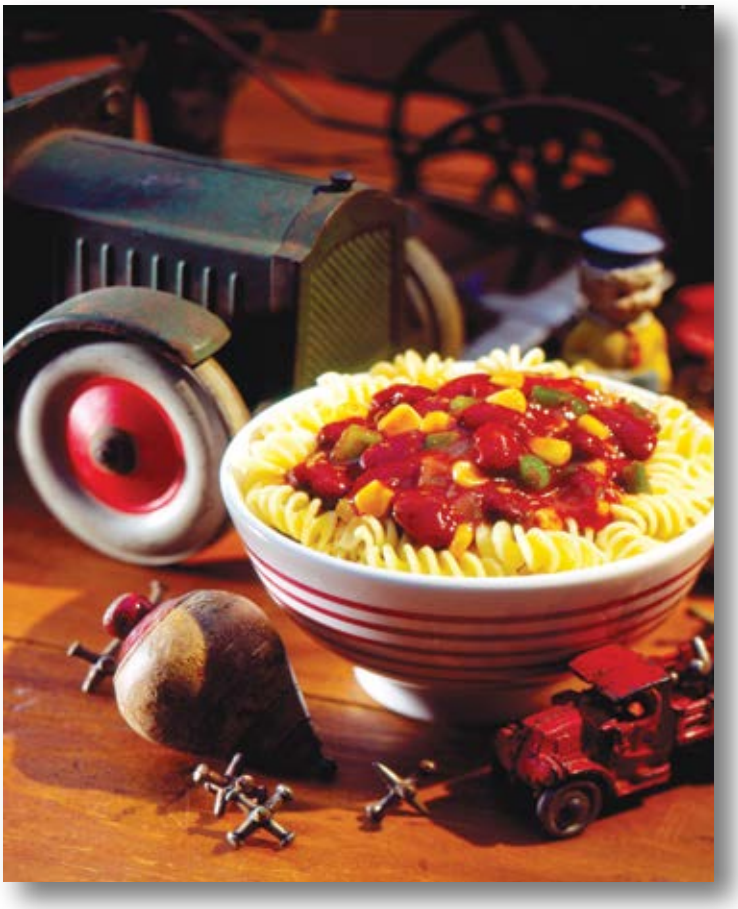
Put yams in a deep skillet and just cover them with water. Cover skillet and boil yams for 5 to 10 minutes, until soft when pierced with a fork. Add onion and garlic and continue to simmer until about half of the water has boiled away. Add vegetarian Worcestershire sauce, chili paste, and bok choy. Simmer until bok choy is soft. Sprinkle lemon juice over the mixture and serve.

Per serving (¼ of recipe): Calories: 88 • Fat: 0.6 g • Saturated Fat: 0.1 g • Calories from Fat: 6.3% • Cholesterol: 0 mg • Protein: 6 g • Carbohydrates: 17.5 g • Sugar: 7.4 g • Fiber: 4.8 g • Sodium: 172 mg • Calcium: 315 mg • Iron: 3.8 mg • Vitamin C: 91 mg • Beta Carotene: 12247 mcg • Vitamin E: 0.6 mg

Source: Amy Joy Lanou, Ph.D.

Hearty Chili Mac

Makes 10 1-cup servings



Children of all ages will enjoy this tasty combination of chili and pasta.

8 ounces dry macaroni noodles
½ cup water
1 onion, chopped
3 garlic cloves, minced
1 small red or green bell pepper, seeded and diced
1 8-ounce package vegetarian ground beef substitute, or 4 vegetarian burgers, thawed (if necessary) and chopped
1 28-ounce can crushed tomatoes
1 15-ounce can kidney beans, undrained
1 15-ounce can corn, undrained
2 tablespoons chili powder
1 teaspoon ground cumin
Cook macaroni according to package directions. Drain, rinse, and set aside.

Heat water in a large pot. Add onion and garlic. Cook until onion is soft, about 5 minutes.

Add bell pepper and vegetarian ground beef substitute or chopped vegetarian burgers. Mix in tomatoes, beans and their liquid, corn and its liquid, chili powder, and cumin. Cover and simmer over medium heat, stirring occasionally, for 20 minutes.

Add cooked pasta and check seasonings. Add more chili powder if a spicier dish is desired.

Per 1-cup serving: Calories: 211 • Fat: 2.1 g • Saturated Fat: 0.3 g • Calories from Fat: 8.7% • Cholesterol: 0 mg • Protein: 12 g • Carbohydrates: 38.3 g • Sugar: 4.7 g • Fiber: 5.1 g • Sodium: 348 mg • Calcium: 62 mg • Iron: 3.5 mg • Vitamin C: 23.9 mg • Beta Carotene: 450 mcg • Vitamin E: 1.3 mg

Source: *Healthy Eating for Life for Children* by Amy Lanou, Ph.D.; recipe by Jennifer Raymond, M.S., R.D.

PhysiciansCommittee
for Responsible Medicine

PCRM.org

Thank you for participating in the ***21-Day Vegan Kickstart program*** *and for taking this culinary journey with us! We welcome you back to the Kickstart program as often as you'd like, and encourage you to spread the word about the numerous health benefits of a plant-based diet to your friends and family. Together, we can change our own health, and start to make a difference across the world!*