



Nancy Walker's
**Wisdom
From
The
Kitchen**

*Healthy Eating,
Vibrant Living*

**Cookbook—Vol II
Vegetables A to Z**

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From
The
Kitchen***

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Vibrant Living***

Cookbook

***Volume II ~ Vegetables
from A to Z***

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**Special thanks to my husband, Rick, for
all of his tireless dedication,
encouragement, help and support.
Without him, all that I do would not be
possible. Thanks to my children who
are wonderful taste-testers and a joy.
Thanks also to all of my friends who
have encouraged me in a wide variety
of ways.**

**This book is dedicated to everyone who
desires to eat healthy without being in
bondage to their kitchens or their food.**

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Introduction

This book has been a long time in the making for a girl who grew up eating only canned vegetables – and hardly eating those at all. Fresh fruits and vegetables were unknown in my parent’s house. It wasn’t that they didn’t love us or that they didn’t want us to eat healthy, but I think our menu was a by-product of the early 1960s when families were moving away from the past and embracing what they thought was new and improved. I grew up in Florida where outside gardens and roadside markets were not popular or feasible and canned or frozen fruits and vegetables were the only options my parents thought of. Every once in a while we would have a bit of fresh tomato, cantaloupe or watermelon - all of which I was taught to “season” with sugar or salt. I couldn’t bear the thought today of putting salt on watermelon, but that was the way I grew up. I also can’t imagine ever eating canned vegetables and fruits and perhaps that is why it took me a very long time to embrace all of the earth’s bounty that the Lord has provided. Produce markets used to intimidate me and I had no idea how to select or properly prepare fresh vegetables. Perhaps you also have had similar experiences. Take heart – there is hope.

Local produce markets are now my favorite place to shop. The look, the smell and the feel of the fresh fruits and vegetables is invigorating. I always laugh when people ask me, “If you don’t eat meat or dairy, just what do you eat?” Every trip to my local produce market convinces me that there are not enough days in the year to enjoy all of the wonderful foods and recipes that can be created using the most basic of fruits and vegetables.

In the following pages and recipes I will teach you the basics of how to select and prepare most of the more popular vegetables available. The recipes are the ones my family loves the best. You may view these vegetable recipes as side dishes, but in our house they often take center stage. In some of the dishes, using frozen vegetables is fine, and in other recipes only fresh will do. The key to healthy eating is not whether you use fresh or frozen, but that you enjoy the taste, texture and preparation. Hopefully, these recipes will help you try new vegetables and feel comfortable enough to start creating your own family favorites.

I have also included two articles on how to get started with healthier eating. I hope they help you get moving in the right direction with great joy, peace and excitement.

I hope you enjoy the recipes you'll find here. If you have any questions, comments, or recipes to share, please email me at Nancy@Veg4Health.com.

Step by Step Plan for Better Eating

Are you trying to eat better? Perhaps lose weight or lower you cholesterol? You probably don't want to go on a diet since they never really work over the long haul. But what can you do today to start making positive changes? You know that eating more fruits, vegetables and whole grains will help your overall health – but you just can't seem to make the change. What you may need is a step-by-step list to help incorporate the changes you need to make. Trying to overhaul your diet in one step is too hard. Just like trying to remodel your house – every room at the same time is too hard and too confusing. Take heart! There is help! Just follow the roadmap below and when you get lost, (or fall off the wagon) just back-up to the last place you were comfortable on the list. Then start moving forward once again from there. Change takes time, motivation and a clear cut plan. Remember every journey starts where you are so make a quick assessment and get moving.

1. Start eating at home. It is very difficult to get truly healthy food while dining out. If your habit is to grab what you can while on the road, set a goal to start eating at home. Don't worry yet about whether your recipes or food at home is healthy. You need to start the habit of eating at home – then later you can start experimenting with healthy recipes.

2. Start drinking water – only. Our bodies need water. We don't need sodas, energy drinks, caffeinated beverages, coffees, teas or milks. Pure water – refreshing and invigorating – is the healthiest beverage. If you find you are drinking

anything *but* water – *stop!* Limit yourself to maybe one non-water beverage per day – and no, not an enormous, 32 oz beverage. Try limiting it to 1 cup of coffee or one small soda per day. Gradually you can eliminate that as well. Your kidneys, skin and body will love you for it. (Just one word of caution – if you are used to drinking caffeine all day long, you may have to endure caffeine withdrawal for a few days. Back off slowly if you have to, but the main thing is to persevere! You will survive and breaking the caffeine addiction is a huge step in the right direction!)

3. **Pick one meal per day to overhaul.** Trying to eat healthier at every meal is too hard to tackle. Set your sights on *one* meal. Change your family's eating habits for that one meal before moving onto the next. Perhaps you may want to work your way through the day. Start with changing breakfast this month, and then next month tackle lunch, then snacks, then dinner and ending with desserts. Before you move onto the next meal, make sure the changes you've already made are permanent and comfortable. If not, back-up and wait before moving on. The key is to make the change stick – whether that takes you one month or one year.

5 Easy Steps to Menu Planning

Trying to eat healthy without a menu and a plan is pretty impossible. After a busy day at work or field tripping with my children, I need to be able to come home and prepare dinner without having to think. I need to move quickly and with forethought in order to get a healthy and delicious meal on the table in 30 minutes. If I didn't take the time earlier in the week to plan our meals, I would be lost and the quality of our food would suffer. Not only would the taste suffer, but the healthiness would as well. If there is one thing I would strongly recommend it would be to make the time each week to sit down and develop a menu for the week. It doesn't have to be rigid and inflexible and it doesn't have to be elaborate. It just needs to take into account your family's schedule, taste buds and budget.

1. Prepare your menu when you are not hungry and not pressed for time. I normally take about 15 minutes in the evening, right after the children have gone to bed. Dinner is over, my tummy is full and I find it relaxing to think about all of the delicious foods we will be enjoying the following week. If I am rushed or hungry when I prepare my menu, it doesn't work well for us.

2. Start with your family's activities and schedules. The first thing I do when planning our menu, is to look at my calendar and see which days I know we will be too rushed or too tired to do much food preparation. Those are the days I rely on my slow cooker or on previously frozen meals (leftovers). There's nothing more frustrating to me than coming home from a full day and having a complicated or unfamiliar recipe staring me in the face. That is when my willpower is at its lowest and I am most tempted to use a drive-thru. Know your limits and plan around them.

3. Take into account your family's taste buds. Every week, I try to make sure that I am fixing some of everybody's favorite foods. I also try to balance that out at every meal. If there is a dish I really love, but I know my children don't enjoy, I balance it out with a dish that same night that I know they love. They still have to eat

some of everything I prepare, but I can fill their tummies that night with a food they like. Also, most of your favorite recipes can be modified to a healthier version of its original self for a familiar, healthy meal.

4. Take into account your budget. Begin to learn when fruits and vegetables are in season in order to make the most money conscious menu choices. With the advent of global shipping most fruits and vegetables are available year round. However, the freshest foods are those grown nearby, not a half a world away.

5. Have a list of old time favorites and a cookbook nearby. Menu planning time can be a time to let your creativity shine, within the comfort of your family's favorite items. I love to find a favorite cookbook or a new one and peruse the collection of healthy foods. Sometimes the dishes I select are duds but most times we find some real gems.

Healthy eating doesn't just happen. It does require some planning and forethought, but it doesn't have to be complicated or boring.

Vegetables

Vegetables in our house are truly the main course of our meals. Often times this nutrient dense food is given second or third place to foods which are incredibly high in calories and low in nutrients such as animal products. You know you need to eat more vegetables, but it can be difficult when you are not familiar with how to select and prepare them.

In the following sections, I will walk you through the most common vegetables you will find in grocers, produce markets and health food stores. Although there are hundreds of ways to prepare each vegetable from Asparagus to Zucchini, I have listed two or three of our family's favorite recipes. Let these recipes serve as an easy way to ignite your taste buds and welcome you into enjoying the plethora of the earth's rich bounty. As you become more familiar with the selection and preparation of each vegetable, you will discover how easy it is to greatly increase your intake of fruits and vegetables

Asparagus

Fresh asparagus should be bright green (unless choosing the white variety), plump and crisp with tight buds that have not begun to spread or sprout. Always check the tips of the asparagus to make sure none of them are mushy. If you aren't going to use the asparagus within a day or two of purchase, you can trim the ends of the asparagus bunch and leave them standing upright in a container with a small amount of water. This should keep the asparagus fresh for a few extra days. I often peel the stems that are thick or have a heavy skin with a vegetable peeler before cooking them. We have found it helps make the entire stem as tasty as the top. Simply wash and trim off the end, being careful to cut to the same length, since both length and thickness determine cooking time.

Roasted Asparagus

This is our favorite way to eat asparagus. In our house, the rule is that asparagus is one item you can eat with your fingers. We have a great time picking it up off of our plates and eating it "tip to tail". This recipe works great with fresh green beans also.

Ingredients

- 2 pounds asparagus, washed and trimmed
- 1-2 tspn good quality olive oil
- Salt and ground pepper to taste

Preparation

1. Preheat oven to 425 degrees.
2. Place the asparagus in a 13x9x2 pan. Sprinkle the teaspoon of olive oil over the top. Shake the pan vigorously to ensure even coating of the spears. Add salt and pepper to taste.
3. Roast the asparagus until tender, approximately 15 minutes. Serve fresh from the oven.
4. Leftovers are a great topping for green salads.

Pasta Primavera

This recipe works great with almost any combination of vegetables you have on hand. We often double the amount of soy milk because my children love it saucy.

Ingredients

- ½ cup water
- 1 tablespoon soy sauce
- 2 carrots, diced
- 1 cup sliced fresh mushrooms
- 1 cup broccoli florets, chopped
- 6 green onions, chopped
- 2 garlic cloves, minced
- 1 pound asparagus spears, cut into 1 ½ inch pieces
- 1 red bell pepper, thinly sliced
- 1 cup soy milk blended with 1 tablespoon Wondra flour or all purpose flour
- 1 teaspoon dried basil
- 8 ounces, uncooked, of whole grain pasta noodles – fettuccine or linguini or spaghetti

Preparation

1. Place a large pot of water on to boil before starting to cook the vegetables.
2. Place the ½ cup of water into a large sauté pan. Add the garlic and cook for one minute. Add the soy sauce, scallions and carrots to the sauté pan. Cover and let simmer for approximately 5 minutes.
3. Add the pasta into the boiling water and allow to cook according to the directions on the box.
4. Add the mushrooms, broccoli, asparagus and bell pepper and stir to combine well. Cover and let simmer for another 5 minutes.
5. Add the basil, salt and pepper to taste and the soy milk mixture. Continue to simmer until the milk is heated through and starting to thicken.
6. Drain the pasta and serve the vegetables on the pasta.

For the picture recipe, click [here](#).

Beets and Beet Greens

Beets are a wonderful root vegetable that were previously grown only for their greens. Nowadays, most people have never even tried beet greens. However, we like beet greens better than any other kind of leafy green. They have a wonderfully sweet taste and are fully cooked within minutes. Look for beets with greens still attached, if possible. The greens should be crisp and without yellow or wilted edges. The beets should not be shriveled, dried-out, show any signs of mold and should be very hard when squeezed. Also, the smaller the beet, the more tender and sweet it is. Beets can be boiled, steamed or roasted in the oven. They can be peeled and sliced before or after cooking and the skins are edible if you give them a good scrub before cooking.

Beet Greens

Beet greens were the first green other than spinach that we ever tried. We loved them then and we still do. The hardest part is trying to find them. Whenever I am shopping and happen to stumble on them I buy them. My menu always has room for a few last minute surprises. Beet greens are wonderfully sweet and mild. Look for dark green leaves with rich red stems. Do not buy if the leaves are wilted, spotted with yellow or have dark green slimy patches

Ingredients:

- 4 C beet greens, washed and chopped
- 1/3 C apple cider vinegar
- 3 tomatoes, chopped
- 1 small onion, chopped
- 1 T sugar

Preparation

1. Sautee onion in a small amount of water until tender.
2. Add tomatoes and stir.
3. Add remaining ingredients and heat over low heat until beet greens begin to wilt.
4. Serve immediately. (Diced cooked beets can be added.)

Pickled Beets

This is one of my favorite ways to prepare beets. We love them served warm and the leftovers make wonderful salad toppings. Over the years, I have gotten rather lazy and have stopped peeling my beets before cooking them. I just scrub them really well and slice them thin. I never even notice the skins.

Ingredients:

- 4 medium-sized beets, peeled
- $\frac{3}{4}$ C water
- $\frac{1}{2}$ C apple cider vinegar
- $\frac{1}{4}$ cup sugar
- 1 tspn salt

Preparation:

1. Cut beets into $\frac{1}{8}$ inch sliced wheels.
2. Place beets and remaining ingredients in a 2 quart saucepan.
3. Bring to a boil, reduce heat to low, cover and simmer for 30 minutes or until beets are easily pierced with a fork.
4. Remove beets from heat, place uncovered in refrigerator, and cool. Do not drain off liquid.
5. Refrigerate beets in their liquid. Great alone or as a topping for green salads

Bok Choy

Bok choy is a delicious vegetable which is classified as a cabbage. However, bok choy bears little resemblance to the round European cabbages found in supermarkets, or to Napa Cabbage for that matter. Its white stalks resemble celery without the stringiness, while the dark green, crinkly leaves of the most common variety is similar to Romaine lettuce. The Chinese commonly refer to bok choy as pak choi or "white vegetable." Another common name is white cabbage. Cultivated in China since ancient times, bok choy is found in soups and stir-fries, appetizers and main dishes. Bok choy's popularity comes from its light, sweet flavor, crisp texture and nutritional value. Not only is bok choy high in Vitamin A, Vitamin C and calcium, but it is low in calories. Look for nice white stalks and dark green leaves with no sign of yellowing or dark spots. Bok Choy will keep nicely in your refrigerator for several days.

Baby Bok Choy with Mung Bean Sprouts

Baby bok choy has a mild cabbage type flavor and is a wonderful addition to the list of healthy greens. I used to chop my bok choy up until someone suggested that I just separate the stalks and cook them whole. What a wonderful suggestion that was as it stopped the bickering at our table over the delicate greens. Everyone is happy and we found that they are much easier to pick up when using chopsticks!

Ingredients:

- 2 garlic cloves, minced
- 4-6 bunches of baby bok choy, cleaned and separated
- ½ pound mung bean sprouts, rinsed and drained
- 1 tspn toasted sesame oil
- Soy sauce to taste

Preparation:

1. Place bok choy and garlic in a non-stick wok or large skillet with a small amount of water. Cover and steam until bok choy begins to soften.
2. Add remaining ingredients and heat thoroughly

Bok Choy Salad

This recipe is a modified version of a recipe my sister's family loves. I made quite a few modifications to it to decrease the fat, increase the nutrient density and decrease the preparation time. My husband loves the recipe and we try to have it often. It is great when prepared with bok choy, baby bok choy or nappa cabbage.

Ingredients:

- 1/2 C vinegar – any kind will do
- 1/4 C sugar
- 2 T oil
- 1/2 C soy sauce
- 1 head Bok Choy or 5 heads baby bok choy or 1 head nappa cabbage
- 1/4 cup finely diced onions or scallions
- 1 pkg ramen noodles (baked buckwheat ones from oriental market are best)
- 1 cup sunflower seeds, raw
- 1 T McKay's Chicken style seasoning

Preparation:

1. Whisk together vinegar, sugar, oil and soy sauce until the sugar is dissolved.
2. Shred or finely chop the Bok Choy or cabbage and place in a large bowl.
3. Crush the ramen noodles into fine bits and add to the cabbage. (This is easily done before removing the noodles from the package.)
4. Add sunflower seeds and onions to the cabbage. Sprinkle the McKay's seasoning on top. Toss.
5. Add the dressing to the cabbage mixture and thoroughly mix. Chill and serve.

Broccoli

Broccoli has become such a staple on our plates it's hard to believe it is fairly new to America. It is one of the cruciferous vegetables and a close relative of the cauliflower. It provides ample quantities of calcium and vitamins A and C and is high in beta-carotene. Broccoli stores well, is available all year, but is at its best during the winter. Look for bright green crisp stems and leaves, topped by dark green, tightly closed flowerets. All of the broccoli head can be used and the stems are particularly tasty if peeled and sliced thin. After taking broccoli with us on a camping trip, where my cooking tools are limited, we discovered our favorite way of eating broccoli – simply stir fry it with a little oil and garlic salt. We never have leftovers when we prepare it in such a simple fashion.

Broccoli with Soy-Sesame Sauce

We have really come to enjoy the taste of sesame oil and ginger and this is one of our favorite ways to enjoy it. I love to serve this along side grilled portabello mushrooms or a nice mild rice blend.

Ingredients:

- 3 T soy sauce
- 1 T toasted sesame oil
- 1 T grated fresh ginger
- 1 clove garlic, minced
- Broccoli florets, from 1 large head of broccoli – steamed
- 1 T sesame seeds, toasted

Preparation:

1. Combine soy sauce, sesame oil, ginger and garlic in a small saucepan. Cook over low heat until just hot.
2. Pour sauce over the broccoli florets and toss gently to coat.
3. Sprinkle sesame seeds and serve hot.

Broccoli and Roasted Potatoes

Living in Florida, I save this recipe for the cooler winter months when I don't mind heating up my kitchen. We often prepare this with a combination of both sweet potatoes and white potatoes.

Ingredients

- 4 large potatoes, cut into wedges
- 1 T oil
- 1 clove garlic, minced
- Broccoli florets, from 1 large head of broccoli
- Dash of salt
- Seasoned pepper to taste

Preparation

1. Preheat oven to 375 degrees
2. In a large bowl, toss together potatoes, olive oil, garlic, salt and seasoned pepper. Spread on a baking sheet and roast (turning once or twice) in the oven until well browned, approximately 40 minutes.
3. Remove the baking sheet from the oven and toss in the broccoli with the potatoes. Return the baking sheet to the oven and roast for 5 to 7 minutes, turning once

Broccoli Casserole

I developed this recipe after having a real craving for it during a holiday visit to my sister's house. If your traditional recipe calls for extra spices (soy sauce, Worcestershire sauce or other herbs) feel free to add them to this basic recipe.

Ingredients

- 16 oz frozen chopped broccoli, thawed and drained
- 1 small container of Silk Soy Creamer
- 8 oz sliced mushrooms (I used crimini)
- ½ diced medium onion
- 4 oz shredded vegan cheddar style cheese
- 1 cup instant brown rice
- Salt and pepper to taste

Preparation

1. Water sauté the sliced mushrooms and onions until tender.
2. Mix all ingredients together and place in a 2 quart casserole dish.
3. Bake at 350 degrees for approximately 45 minutes or until the rice is tender.

Brussels Sprouts

I am always amazed at how many people exclaim their total disdain for Brussels Sprouts whenever they are mentioned. I probably shouldn't be surprised since I didn't like them for the longest time. I still don't like to prepare frozen sprouts because I like being able to remove the inner core of the sprouts just like I do on cabbages. It may be my imagination, but I believe the Brussels Sprouts are much less bitter when they are split and the inner core removed before cooking. By removing the core and spreading the leaves, the Brussels Sprouts make a very pretty presentation and will make a convert out of the most vocal Brussels Sprouts malinger. Brussels Sprouts are tiny little cabbage relatives and are often criticized as mushy and strong tasting. However, nothing could be farther from the truth if they are prepared properly. They can be parboiled and then added to skewers with other vegetables for grilling, sautéed with garlic, caramelized or tossed with pecans after cooking. The possibilities are endless.

Caramelized Brussels Sprouts

This was the first way I ever prepared Brussels sprouts and is still one of my favorites. If I can find really small sprouts, I don't bother to cut them in half and remove the core. You may need to be a little patient with this recipe as it can sometimes take longer than 15 minutes to evaporate most of the liquid.

Ingredients

- 1 ½ pounds fresh Brussels sprouts
- ¼ C sugar
- 2 T Earth Balance
- ¼ C red wine vinegar
- ½ C water
- ¼ tspn salt

Preparation

1. Wash and trim ends of Brussels sprouts.
2. In a skillet, heat sugar over medium-high heat, until it begins to melt, shaking pan occasionally to heat sugar evenly. Once sugar begins to melt, reduce heat and cook until sugar begins to turn brown. Add Earth Balance, stir until melted. Add the vinegar. Cook and stir for 1 minute.
3. Add the water and salt. Bring to boiling and add the sprouts. Return to boiling and reduce heat and simmer, covered for 6 minutes. Uncover and cook about 15 minutes longer or until most of the liquid has been absorbed and the sprouts are coated with a golden glaze, stirring occasionally.

Garlic Sautéed Brussels Sprouts

In our house, we fight over our Sprouts when I prepare them this way. If there are any leftovers, we like them right out of the refrigerator as well as reheated. This dish is so easy and uncomplicated, but I have used it to “convert” quite a few people who had been known to avoid Brussels Sprouts.

Ingredients:

- 1 pound fresh Brussels sprouts
- 4 garlic cloves – or more to taste
- Salt to taste

Preparation

1. Wash Brussels sprouts and cut in half. Cut a V in the sprout to remove the bitter core. (It will look just like a cabbage when split in half.) Spread the sprout out to “loosen” head and leaves.
2. Mince garlic cloves or “smash” and flatten with the side of a large butcher’s knife
3. Add garlic to large sauté pan or wok. Cook with a small amount of water or oil for 1 minute over med high heat.
4. Add prepared Brussels sprouts and sauté until tender. Add more water as needed. Brussels sprouts will brighten as they tenderize.
5. Add salt to taste and serve immediately.

Cabbage

Cabbage is a very versatile vegetable. It is great raw in salads or cooked in a variety of ways. It is a great vegetable to always have on hand as it lasts a long time in the refrigerator. Always look for nice, tight heads without black marks. Cabbage comes in both green and purple varieties. For the most part, the two types are completely interchangeable. We use whatever variety is on sale, looks its best or will make an interesting color addition to our meal. My children love all kinds of cabbage, but they declare the purple or red cabbage to be their favorite. It may be because it adds such an interesting and unexpected color to their dinner plates.

Sweet and Sour Red Cabbage

My husband loves this cabbage. I often use green cabbage instead of red cabbage because I have it on hand. I also prepare this in my pressure cooker in order to make it much faster. All I do is sauté the onion in water, dump in the remaining ingredients once the onion is soft, and cook under pressure for approximately two minutes. If I am in a hurry, I decrease the water prior to cooking so it is not too watery. If I have more time, I will use the ingredients just as listed and let it simmer for a while after cooking to reduce the liquid.

Ingredients:

- 1 medium sized onion, thinly sliced
- 1 small head red cabbage, shredded or thinly sliced
- 1/3 C red wine vinegar
- 1 large Granny Smith apple, peeled, quartered, cored and thinly sliced
- 1 T sugar
- 1 cup vegetable stock
- Salt and pepper to taste

Preparation

1. Cook the onion in a large heavy sauté pan in a small amount of water until translucent.
2. Add the cabbage and cook, stirring occasionally, until the cabbage begins to wilt, 3 to 5 minutes.
3. Stir in the vinegar and toss to coat the cabbage.
4. Stir in the apple and sugar and stock. Cover and simmer over low heat until the apple is quite tender, 15 to 20 minutes.
5. Uncover, season with salt and pepper to taste. Simmer over medium-low heat until most of the liquid is evaporated, about 10 to 15 minutes

Cabbage Stir Fry

This is a very simple stir fry which is absolutely delicious. It is wonderful as a side dish or as a main dish, either over rice or tucked inside a tortilla. Let your imagination run wild with whatever you have in the fridge. If you are in a real hurry, frozen peppers, onions, carrots and mushrooms work just fine. You can also add any type of sauce that you and your family like.

Ingredients:

- 2 carrots, peeled and chopped
- 2 cloves garlic, minced
- ½ medium onion, diced
- ½ red pepper, diced
- ½ green pepper, diced
- ½ lb mushrooms, sliced
- ½ head of purple cabbage, diced
- Soy sauce or other stir fry sauce

Preparation

1. Add carrots, garlic and a very small amount of water to a large sauté pan and stir fry over medium high heat until the carrots begin to get tender.
2. Add the remaining ingredients and continue to sauté until they get tender. Be sure to add more water as you need it while sautéing.
3. Add soy sauce or stir fry sauce. Heat thoroughly and serve, either alone, on top of rice or in a tortilla.

For the picture recipe, click [here](#).

Carrots

Carrots are easy to keep and prepare, great raw or cooked, and offer some very important health benefits. Like all vegetables, they are low in fat, yet loaded with the anti-oxidant beta carotene. The best and sweetest carrots in the market are the ones sold in bunches with the tops still intact. If bunch carrots are not available, choose the best-looking carrots you can find in pre-packed plastic bags. Be sure to avoid any that have moisture on the inside of the bag. I often keep extra baby carrots on hand because they are so easy to use in recipes when I am short on time. Baby carrots require no peeling and no washing, just chop and use – or leave whole in your favorite recipe.

Orange Glazed Carrots and Brussels Sprouts

I love the colorful look of this dish as well as its flavor. There's just something about the taste combination of orange juice and vegetables that brings out the wonderful flavor of both.

Ingredients:

- 2 C fresh Brussels sprouts cut in half
- 3 medium carrots, cut lengthwise into quarters, then into 1-inch pieces
- 1/3 C orange juice
- 1 tspn cornstarch
- 1/2 tspn sugar
- 1/4 tspn salt
- 1/4 tspn ground nutmeg

Preparation:

1. In a medium saucepan boil approximately 2 cups water. Add sprouts and carrots and cook covered for 10 to 12 minutes, or until vegetables are crisp-tender. Drain well and return to saucepan.
2. Stir together orange juice, cornstarch, sugar, nutmeg and salt in a small bowl. Add to vegetables.
3. Cook and stir mixture over medium heat until thickened and bubbly. Cook and stir 1 minute more. Serve at once

Herb Carrots

This is a great dish to substitute whole baby carrots and use with your pressure cooker. It only takes about one minute at high pressure and the results are wonderful. Try different combinations of herbs – they are all good.

Ingredients:

- 2 pounds medium carrots, peeled and sliced
- 1 C vegetable broth
- 1 T fresh chopped parsley
- 1 T fresh chopped tarragon
- 1 T fresh chopped chives
- Salt and black pepper to taste

Preparation:

1. Place carrots and vegetable stock in a medium-sized saucepan. Cook over medium heat until the stock is almost evaporated and the carrots are tender, 15 to 20 minutes.
2. Stir in the herbs and season well with salt and pepper. Toss to coat. Serve immediately.

Cauliflower

Cauliflower is a member of the cruciferous family, as is broccoli and cabbage. It is a good source of absorbable calcium and contains large amounts of vitamin C and potassium. Be sure to choose the heaviest most compact heads available with tightly spaced, white florets. Avoid any heads that show any signs of brown or yellow or have a grainy texture. A very fresh head of cauliflower should be left unwashed and loosely wrapped or enclosed in a perforated vegetable bag. It can easily be stored in the refrigerator for four or more days. Whenever I find cauliflower on sale, I make sure to stock up on it. It is my daughter's favorite vegetable – simply steamed with Earth Balance on top.

Cauliflower with UnCheese Sauce

This is my son's favorite way to eat cauliflower. It is easy to prepare and the sauce can be used on anything from broccoli to pasta to burritos.

Ingredients:

- 1 head cauliflower, broken into florets
- 1 C soy milk
- 2 T flour for thickening
- 2 T Earth Balance
- ¼ cup shredded vegan cheddar style cheese

Preparation:

1. Place cauliflower florets in steamer basket in a large pan. Steam for approximately 20 minutes or until florets are tender.
2. Meanwhile, melt Earth Balance in a small saucepan over medium-low heat.
3. Whisk together the soy milk and flour and add to the Earth Balance.
4. Stir constantly until the milk begins to thicken.
5. Add the shredded vegan cheese and continue to heat until the cheese begins to melt.
6. Serve over the steamed cauliflower florets.

Curried Cauliflower and Broccoli

I love the taste of curry and would eat this dish everyday if my family would let me. This also makes a wonderful main dish which I love to serve along with a fresh fruit salad.

Ingredients:

- 2 medium onions, wedged
- 1 T grated fresh ginger
- 2 cloves garlic, minced
- 1 T curry powder
- 1 tspn ground cumin
- ¼ tspn crushed red pepper
- 2 C cauliflower florets
- 2 C broccoli florets
- 1 large Russet potato, unpeeled, cut into 1 inch cubes
- ½ C vegetable stock

Preparation:

1. Cook the onions in a small amount of water, stirring occasionally, until tender.
2. Stir in the ginger, garlic, curry powder and cumin. Cook over medium heat about 2 minutes. Keep warm.
3. In a large heavy skillet, sauté the cauliflower, broccoli and potato in a small amount of water for approximately 5 minutes, stirring often.
4. Add the stock, cover and simmer over low heat until the potatoes are tender, approximately 5 minutes.
5. Remove the cover and increase the heat to high, cooking until most of the liquid is evaporated.
6. Stir in the onion mixture and heat thoroughly.

Italian Cauliflower

I love tomatoes, garlic and onion on just about anything – but it really tastes great on cauliflower. Cauliflower was not one of my favorite vegetables in the past, but has moved up in part because of this easy and great flavor combination. Regular wine will work or a cooking wine from your grocer's shelves will work as well.

Ingredients:

- 2 cloves garlic, minced
- ½ medium onion, diced
- 1 large roma or plum tomato, seeded and finely chopped
- 3 T fresh chopped parsley
- 2 C cauliflower florets, steamed until just tender
- ¼ C white wine
- Vegan Parmesan cheese, optional

Preparation:

1. Sauté onion and garlic in a small amount of water until tender, approximately 5 to 7 minutes.
2. Add the tomato and parsley and cook for 2 more minutes, stirring frequently.
3. Add the cauliflower and white wine. Cook while tossing for approximately 5 more minutes.
4. Serve immediately topped with a sprinkle of vegan parmesan cheese if desired.
5. Note: Balsamic vinegar can be substituted for the white wine for a new and different taste.

Chard

Swiss chard is a member of the beet family, although it has no bulbous root. Chard comes in a variety of colors and has a deliciously delicate flavor. Chard stems and leaves are often cooked separately and then recombined before serving, although that is not necessary. Look for crisp, fresh-looking leaves and plump, tender stalks. Red stalks tend to be a bit more fibrous than the white variety and may require longer cooking times. The best tasting chard is in the markets from late summer to the first frost. Oftentimes recipes will call for cooking the stems separate from the leaves. I have never found it worth the extra time so I skip this step. Even raw, the stems are not too tough to chew and I hate to make extra work for myself. Swiss chard is not as common as other greens, so I never miss the opportunity to buy it when I find a fresh, colorful bunch. Recently we have taken to simply wilting the chard and spreading a tiny dollop of Veganaise atop it at the table.

Swiss Chard Sauté

Swiss chard has such delicate taste and soft texture that it is one of our favorite greens. It is also so beautiful to look at on the grocer's shelf that I can never resist bringing home a colorful bunch. We like to prepare this dish when we are in the mood for a more savory dish.

Ingredients:

- ½ small onion, thinly sliced
- 2 cloves garlic, minced
- 2 bunches Swiss chard, stems removed, leaves chopped
- 2 T white wine or balsamic vinegar

Preparation:

1. Sauté onion and garlic in a medium sauté pan in a small amount of water until tender.
2. Add chopped Swiss chard leaves, toss and cover. Cook over medium heat for about 3 to 5 minutes, until the leaves are wilted and tender.
3. Add in the white wine or vinegar, toss and heat

Sweet Swiss Chard

Chard is one of those few greens that can either be fixed with a savory or sweet bent. This is a wonderfully sweet green that we love to indulge in. Hoison is nothing more than an oriental dipping sauce which should be readily available in the ethnic section of any grocer.

Ingredients:

- 1 medium sized onion, diced
- 4 garlic cloves, minced
- 2 bunches Swiss chard, leaves coarsely chopped, stems diced
- 2 T hoison sauce
- 2 tspn plum sauce
- 2 tspn balsamic vinegar

Preparation:

1. Sauté onion in a small amount of water until tender and starting to brown, approximately 8 to 10 minutes. Add the garlic and heat for one more minute.
2. Add the Swiss chard, lowering the heat. Cover and cook until the greens are wilted and the stems are tender, approximately 5 minutes.
3. Combine the remaining ingredients in a bowl. Pour over the greens, toss gently.
4. Remove from heat and let sit covered for a few minutes.

Collards

Normally considered a southern delicacy, collards are also a member of the cruciferous family. Collards are rich in beta-carotene, Vitamin C and absorbable calcium and a home gardener's dream vegetable. The greens grow on a straight, tall stalk and are harvested from the bottom up. Harvesting can continue until the hard frost kills the plant. Look for collard leaves that have a rich, deep color and are crisp, not wilted. Avoid any that are strong smelling or have yellow edges or dried up stems. Traditional cooking methods suggest that collards must be cooked for hours, however, collards can be cooked for 5 to 10 minutes, just until the leaves are wilted and tender. We recently discovered another quick and easy way to serve freshly prepared collards. Simply add a small dollop of Veganaise (a vegan mayonnaise product we all love) on top of the "mess of greens". It may be the southerners in us, but we love our collards along a side of black-eyed peas.

Italian Braised Collards

When we aren't in the mood for "plain ol' collards", we love to prepare this dish. The combination of shallots, garlic and white wine combine to form a more elegant collard recipe which everyone enjoys. If you don't have shallots, just substitute some minced onion.

Ingredients:

- 2 shallots, minced
- 1 clove garlic, minced
- 1 large tomato, peeled, seeded and chopped
- 2 pounds collards, stems removed and coarsely chopped
- ½ cup white wine
- ½ tspn dried Italian seasonings

Preparation:

1. Cook the shallots, garlic and tomato in a little bit of water over low heat while stirring for about 5 minutes.
2. Sir in the collards, wine and herbs. Cover and simmer over low heat until the collards are tender, stirring occasionally, for approximately 15 minutes.

Collards with Vinegar

I grew up with the taste of greens and vinegar, and it is still one of my favorites. This dish works great in the pressure cooker also.

Ingredients:

- 2 pounds collards, stems removed and coarsely chopped
- ½ C vegetable broth
- 1 T malt vinegar, or more to taste

Preparation:

1. Put the collards and vegetable broth in a large kettle. Cover and cook over medium heat for about 5 minutes, until the greens are just tender.
2. Uncover the pot and add the vinegar.
3. Cook until all of most of the liquid is evaporated.

Corn

Corn has been cultivated by Native Americans for years before the first Europeans landed on the New World. Corn is an all purpose crop with a wide variety of uses. Corn is low in calories and a good source of vitamin C and fiber. Fresh corn can be identified by a moist husk without mold or rust. It should be stored in the husk in the refrigerator until ready to prepare it. It is always best eaten the day you bring it home. Corn does not need to be cooked to be enjoyed and is wonderful right off of the cob as a tasty addition to salads and salsas.

Creamed Corn

This is such an easy, yet tasty, dish that we have it often. It's hearty enough to make it a main dish and is ready in minutes. We eat it plain or use it to smother roasted potato chunks. Either way, it is just wonderful and will remind you of being at grandma's house for Sunday dinner.

Ingredients:

- 2 tspn minced onion
- 2 C corn kernels
- 2 T all purpose flour
- 1 C soy milk
- 1 T sugar
- Salt and pepper to taste

Preparation:

1. In a medium, heavy saucepan, cook onion in a small amount of water until translucent, about 2 to 3 minutes.
2. Add corn and continue stirring and cooking for another 2 to 3 minutes.
3. Sprinkle flour over the corn and toss with a spoon.
4. Add milk and sugar and stir. Continue over low heat for 3 to 4 minutes, until the soy milk thickens.
5. Add salt and pepper to taste and serve immediately.

Scalloped Corn

My mom used to make scalloped corn for special occasions, so I often find myself pulling out this recipe when we are having guests. My mom's recipe included eggs which aren't missed at all in this rendition. Sometimes we don't have cracker crumbs so I'll use homemade bread crumbs instead.

Ingredients:

- 3 C corn kernels
- 1 bunch scallions, thinly sliced
- 2/3 C soy milk
- ¾ cup cracker crumbs
- 1 T Earth Balance

Preparation:

1. Preheat oven to 350 degrees.
2. In a medium bowl, combine the corn and green onions. Spoon the mixture into an oiled baking dish.
3. Pour the soy milk over the mixture.
4. Combine the crumbs and Earth Balance. Spread over the corn.
5. Bake until bubbling hot and golden brown on top, about 35 to 40 minutes.

Eggplant

The eggplant is a member of the night-shade family, a relative to the potato, pepper and tomato. There are many varieties of eggplant, including a 6-8 inch long and thin Japanese variety; Chinese variety which is slightly larger and darker than the Japanese; the Italian variety which is generally small, more round and can be dark purple, light purple, white, or white-and-purple striped; and the large familiar globe variety which can come in purple or white. All varieties are very similar in taste, though their skins will vary greatly in toughness. If in doubt, peel the eggplant. When selecting eggplant, look for a firm one with a high gloss on the skin and a nice bright green top. As with all fresh vegetables, try to use the eggplant as soon as possible after purchasing. Long storage will tend to make the eggplant bitter. Some recipes call for salting, rinsing and draining the eggplant before use. Quite frankly, I have never done this and I have never found the taste in any recipe objectionable.

Italian Eggplant Roll-up

This dish reminds me of lasagna, but with the added benefit of eggplant rather than noodles. Frozen, defrosted and well drained spinach can be added to the Ricotta style "cheese" for an extra nutritional boost.

Ingredients:

- 2 eggplants. peeled and sliced into thin, long strips
- Ricotta style "cheese" (see recipe below)
- 2 C marinara sauce of your choice
- 1-2 T olive oil

Preparation:

1. Brush olive oil on both sides of the thin eggplant slices and place on an oiled cookie sheet.
2. Bake at 375 degrees for 20 minutes and remove from oven.
3. Spread 1-2 T of ricotta style "cheese" on each eggplant slice. Rollup the eggplant and place standing up in a 11x7x2 pan.
4. When all eggplant has been rolled, cover the eggplant rolls with the marinara sauce. Return to 375 degree oven and cook for approximately 30 minutes. Remove from the oven let sit for 5 to 10 minutes before serving.

To make Ricotta style "cheese" – combine in a blender or food processor - 1 block tofu, 2 T honey, ½ tspn salt, 1 tspn dried basil, 2 T olive oil and the juice from one lemon.

Barbecue Eggplant

Sometimes, we still crave that old fashioned meaty barbecue taste and texture. Eggplant provides a meaty texture while our favorite barbecue sauce provides the flavor we've come to love. These slices are great by themselves or stacked high on a whole wheat bun for a delicious barbecue sandwich. Pass the coleslaw and pickles please.

Ingredients:

- 1 eggplant
- Barbecue Sauce

Preparation:

1. Preheat the oven to 350 degrees.
2. Peel and cut the eggplant into 1/3-inch thick slices.
3. Lay the slices out on a lightly oiled baking sheet. Brush on barbecue sauce. Bake for 15 minutes.
4. Turn over, brush with barbecue sauce, and bake for 15 minutes more or until the eggplant is tender but not mushy.

Oven Fried Eggplant

We used to love the fried eggplant my mother-in-law used to make until I watched how much oil she used to prepare it. After many failed attempts to duplicate the flavor without the fat, I finally perfected it. These slices are great right out of the oven and as leftovers. I love them cold with a big spoonful of hummus on top.

Ingredients:

- 1 large eggplant, peeled and sliced into 1/3 inch slices
- Veganaise or mayonnaise of your choice
- Cracker crumbs

Preparation:

1. Preheat oven to 425 degrees.
2. Spread eggplant slices with a very thin coating of Veganaise and then dip in cracker crumbs.
3. Place coated eggplant slices on a baking sheet.
4. Place in preheated oven for 10 minutes.
5. Remove eggplant slices from oven and flip them over.
6. Return eggplant slices to oven for another 10 minutes or until tender. (You may broil the slices during the last 2-3 minutes to crisp up the slices.)
7. Serve immediately.

For the picture recipe, click [here](#).

Garlicky Stir-Fried Eggplant

This recipe was one of the first eggplant recipes I ever tried, and it is still my favorite. Every year I hope for an abundance of eggplant from our meager garden just so I can enjoy this dish more often.

Ingredients:

- 3 T peanut oil
- 2 cloves garlic, minced
- 1 medium sized eggplant, peeled and diced
- 1 bunch scallions, diced
- Pinch of crushed red pepper
- 2 T balsamic vinegar
- 2 T sugar
- 1 T Chinese black bean paste
- ¼ C white wine
- 3 T soy sauce

Preparation:

1. In a small bowl, whisk together the vinegar, sugar, black bean paste, white wine and soy sauce. Set aside.
2. Heat the oil in a large stir fry pan over high heat. Add the garlic and stir for one minute, then add diced eggplant. Cook while stirring constantly until the eggplant is tender, approximately 5 minutes.
3. Add the diced scallions and cook for one more minute. Add the crushed red pepper and stir.
4. Pour the reserved sauce onto the eggplant. Cover and steam for approximately 2 minutes. Remove the cover and cook over high heat, stirring, until the sauce is slightly thickened – about 1 minute. Serve immediately.

Green Beans

Fresh beans are best enjoyed fresh from the garden because they tend to spoil rather quickly on the grocer's shelf. They may retain their color, but their fresh "snap" disappears quite quickly. If truly fresh beans aren't available, frozen green beans are a great substitute. Frozen green beans also come in a wide variety of preparation style so be sure to try a few to find the ones your family loves best. My family likes the French cut beans the best when prepared simply with sliced mushrooms, sliced onions and a little vegetable broth.

Green Beans with Sundried Tomatoes

This is a wonderful recipe which doesn't smother the delightful taste of green beans with too many ingredients. The sun-dried tomatoes complement the look and flavor of the beans.

Ingredients:

- 1 lb green beans, tipped and tailed
- 1 med onion, chopped
- 3 oz sun-dried tomatoes chopped
- 1 tablespoon roasted chopped garlic

Preparation:

1. Sauté onions and garlic in small amount of water in a large skillet until the onions are clear.
2. Add green beans, sun-dried tomatoes and salt and pepper.
3. Add enough water to cover bottom of pan. Cook until desired doneness.

Green Bean Casserole

I modified the traditional green bean casserole recipe in an attempt to make it much healthier. If your recipe calls for extra spices (soy sauce, Worcestershire sauce or other herbs) feel free to add them to this basic recipe.

Ingredients:

- 10 oz green beans (cooked al dente)
- 8 oz sliced mushrooms (I used cremini ones)
- ½ sliced onion
- 1 ½ cups soy milk (rice, almond are fine)
- 3 T flour (I used Wondra flour)
- Soy sauce to taste
- Fried Onions (recipe follows)

Preparation:

1. Sauté onions and mushrooms in water until tender.
2. Whisk together milk and flour until smooth. Add to onions and mushrooms. Heat over medium heat while stirring constantly until mixture begins to thicken.
3. Remove sauce from heat and fold in green beans. Put mixture in 2 quart casserole dish. Top with Fried onions. (recipe on the following page)
4. Bake at 350 degrees until heated thoroughly

Fried Onions

I was all set to use that can of French fried onions until I read the label. Be kind to yourself and take a few extra moments and make your own! The canned ones are so bad and these are so tasty.

Ingredients:

- 1 large onion sliced thin, soaked in ice cold water for 15 minutes or more
- ½ cup all purpose flour
- 2 T vegetable oil

Preparation:

1. Remove onion from ice water and dry thoroughly.
2. Place flour in a large plastic bag. Add onions and shake vigorously.
3. Heat oil in a cast-iron or non-stick pan. Add onions and cook over high heat until browned, flipping as needed. Remove from pan and drain.

Schezwan Green Beans

If you like your dishes spicy, this is a great one to try. Serrano peppers are spicier than a jalapeno, but not as spicy as a habanero. Feel free to adjust the seasonings to your desired level of heat.

Ingredients:

- 2 cups frozen green beans
- 1 T sesame oil
- 1/2 tspn tahini
- 1/2 tspn pureed ginger
- 1 clove garlic, chopped
- 1/2 cup soy sauce
- 1 teaspoon Serrano peppers (diced, adjust amount to spicy preference) or use dried chili peppers
- pepper to taste

Preparation:

1. Over medium-high heat, stir fry the green beans and chopped garlic in the sesame oil. Cook for a few minutes until green beans have softened.
2. Add rest of ingredients. Stir constantly, until most of liquid from soy sauce has cooked away.

Kale

Kale is a leafy green which is also from the cruciferous family, related to collards and cabbage. Although kale does diminish some when cooked, it does not lose as much bulk as spinach. Kale offers vitamins A and C and contains substantial quantities of iron and absorbable calcium. Always chose the brightest, most vibrant colored leaves available, with no signs of yellowing or brown around the edges. Kale can be stored unwashed in the crisper for a day or two or it can be left unwashed (be sure to wash right before preparing), chopped and stored in a bag for 4 to 5 days. When preparing kale, wash thoroughly and remove the center stem by ripping the leaves from the stem. To do this, hold the leaves, folded over with the stem down and on the right, in your left hand. Use your right hand to grasp the stem end and pull-up, until it separates from the leaf. Discard the stem and chop the greens.

Creamed Kale

This recipe is adapted from one of Dr. Fuhrman's recipes. We love to eat our kale this way. The sauce is creamy, rich and wonderfully tasty.

Ingredients:

- 2 bunches kale, de-stemmed, rinsed, drained and chopped
- ½ C raw cashews
- ½ C soy milk
- 2 T onion flakes
- 1 T McKay's chicken style flavoring

Preparation:

1. Wilt kale in a large skillet or pan over medium heat.
2. While kale is wilting, place remaining ingredients in a blender. Blend on high speed until smooth.
3. Combine cooked kale and cream sauce. Serve immediately.

Kale with Red Peppers and Onions

This has quickly become one of our favorite ways to prepare kale. It is really easy and works great with any type of green.

Ingredients:

- 8 C fresh kale, washed, de-stemmed, chopped
- 1 tspn olive oil
- 3 cloves garlic, minced
- ½ medium onion, sliced thin
- ½ red bell pepper, sliced thin
- 1 tspn McKay's chicken style seasoning
- 1 ½ tspn Red Star nutritional yeast flakes

Preparation:

1. In a large sauce pan, briefly sauté the garlic, onion. Bell pepper and seasonings in the olive oil over medium heat until the onions and pepper begin to soften – approximately 4-5 minutes.
2. Add the kale, toss all the ingredients together well and cover the pan until the kale begins to wilt.
3. Remove the cover and stir well. Serve immediately.

Spicy Kale with Tomatoes

This is the first way I ever tried kale and it is still one of my favorites. It may sound a little strange, but this tastes really good on top of a large mound of mashed potatoes. Often times, I will simply place all of the ingredients in a large pressure cooker and let it cook at high pressure for approximately 5 minutes.

Ingredients:

- 2 bunches kale, washed, de-stemmed and chopped
- 1 medium purple onion, thinly sliced
- 4 garlic cloves, minced
- 1 tspn salt
- 1 28 oz can diced tomatoes, undrained
- 1 12 oz bottle of beer
- 1 C water
- 1 tspn red wine vinegar
- 1 T hot sauce or to taste

Preparation:

1. Water sauté the onion and garlic in a large Dutch oven until tender.
2. Add the kale and salt and cook for approximately 2 minutes until the kale starts to wilt.
3. Add the tomatoes, beer, water, vinegar and hot sauce. Bring to a boil, cover and cook for about 30 minutes. Serve with a slotted spoon.

Kale with Root Vegetables

It isn't really fall in our house until we've enjoyed this dish. Kale doesn't seem to taste its best after the first frost and coupled with yummy fresh parsnips and turnips it can't be beat. Feel free to substitute carrots for the parsnip if you need to.

Ingredients:

- 1 bunch green or purple kale
- 1 medium parsnip, chopped into bite-size pieces
- 1 medium turnip, chopped into bite-sized pieces.
- 2 medium red potatoes, chopped into bite-sized pieces.
- 1 small yellow onion, diced.
- 3 cloves garlic, diced
- olive oil
- balsamic vinegar
- dash of pepper

Preparation:

1. Clean kale and chop into bite sized pieces.
2. In a large pot add a small amount of water (1/4 - 1/2 inch deep is fine). Bring water to a boil. Put the kale, parsnip, turnip and potato into the pot. Then turn down the heat to low boil and cover the pot.
3. In a small skillet sauté the onion and garlic until soft. Remove the onion and garlic from the heat when done cooking.
4. In the meantime, keep an eye on the kale and root vegetables. When the kale is thoroughly cooked and the root vegetables are soft but not mushy turn off the heat.
5. Put the kale and root veggies in a large serving bowl. Add the onions and garlic, a swig or two of the balsamic vinegar, pepper to taste and toss everything together. Serve warm.

Kale with Raisins and Pinenuts

We love kale just about any way it's prepared, but this dish has a wonderfully sweet and savory taste. If you don't have pine nuts, feel free to substitute toasted and chopped pecans or walnuts. We also love this dish prepared with spinach instead of kale.

Ingredients:

- 1-2 bunches of fresh kale, stems removed and chopped and rinsed
- 1 T pine nuts, lightly toasted
- 1 clove garlic, chopped
- 1T raisins
- 1 T balsamic vinegar

Preparation:

1. Sauté garlic in small amount of water for a minute or so then add rinsed kale. Stir for a minute or two, then cover for a couple of minutes. If all water cooks off, add a splash more.
2. Add raisins and pine nuts. Stir, then cover a few more minutes.
3. Add balsamic vinegar; stir, then cover for a few more minutes.
4. Good warm or at room temperature. Also nice on pasta.

For the picture recipe with spinach, click [here](#).

Portabello Mushrooms

Mushrooms can add a new dimension to foods and are wonderful as an addition to almost any vegetable dish. Portabello mushrooms are cremini mushrooms that have grown into a very large fungus. The texture is steak-like, and the flavor is delicious. Thick slices can be grilled, and whole caps can be basted with olive oil and garlic and roasted over indirect coals. Portabella mushrooms are available all year but are fragile and spoil quickly. Avoid any that are damp or even slightly slimy. We try to always have portabella mushrooms in our fridge. We love them simply grilled and slapped between a whole wheat hamburger bun, or sliced and grilled with onions and peppers, topped with vegan cheese and served on a whole wheat hoagie roll.

Portabello Marsala

We used to love to go to a local, small Italian restaurant and sample their chicken Marsala. This is better than what they used to serve and it is great with thin slices of seitan in place of the portobellos. I have also found that a finer quality of Marsala wine enhances the flavor significantly.

Ingredients:

- 2-3 large portabello mushrooms, cleaned with stem removed
- 1 medium sweet onion, sliced thin
- ½ pound crimini mushrooms, cleaned and sliced
- 1 C chicken style broth
- ½ C marsala cooking wine
- ¼ C water
- 2 T cornstarch

Preparation:

1. "Grill" portabello mushrooms in large non-stick skillet over medium-high heat until tender. Remove from pan and set aside.
2. Water sauté onions in the large skillet until tender. Add crimini mushrooms and stir until they begin to give off their juice. Add broth and cooking wine. Stir until hot and bubbling.
3. Combine cornstarch and water. Add to broth and wine mixture. Stir over medium-low heat until sauce thickens.
4. Add portobellos to sauce and heat. Serve over rice or noodles.

Portabello Parmesan

This is a very quick and easy dish to prepare, especially after a long day when dinner has to get on the table in a hurry. Coupled with a side dish of Italian Cauliflower and you have a feast!

Ingredients:

- large portabella mushrooms
- egg substitute/soymilk mixture
- Italian flavored breadcrumbs
- vegan cheese, mozzarella style
- spaghetti sauce

Preparation

1. Clean the mushrooms and remove the stems. Dry them and dip the mushroom in the egg substitute and then breadcrumbs.
2. Place the mushrooms in a non-stick frying pan over medium-high heat.
3. When the mushrooms are tender, transfer them to a cookie sheet and cover them with spaghetti sauce and vegan cheese if desired.
4. Place the mushrooms under a broiler until the cheese melts.

Potatoes

Everyone loves potatoes and such a familiar vegetable needs almost no introduction. They are a great and easy addition to help fill out any meal. There is almost nothing you cannot do to a potato. It can be boiled, steamed, braised, baked, roasted or fried. Under the right conditions, potatoes are long-lasting vegetables. However, the longer they are stored, the more flavor and vitamin C they lose. Russet potatoes are great for baking, Yukon gold potatoes are great for mashing and red potatoes are great for roasting or pan frying. I find my potatoes last for quite a while in my refrigerator crisper.

Garlic Scalloped Potatoes

If my children had to pick a favorite dish, this would be it. If we have leftovers, they are devoured for breakfast and lunch the next day. I have gotten rather lazy lately and don't even bother to peel the potatoes first. I just scrub them vigorously with a brush before I slice them.

Ingredients:

- 2 pounds potatoes (Yukon gold or red bliss), peeled and sliced thin
- 4 cloves garlic, minced
- 1 T olive oil
- 2 T all-purpose flour
- 4 cups soy milk
- ½ tspn salt
- 1/8 tspn cayenne
- 1/8 tspn ground nutmeg

Preparation:

1. Preheat oven to 400 degrees.
2. Dissolve flour in soy milk and heat over medium heat while stirring until it is warm. Add salt, cayenne and nutmeg. Set aside.
3. In a 11x7x1/2 pan, place minced garlic and the olive oil. Spread around the pan bottom.
4. Ladle a small amount of sauce on the oil.
5. Begin layering the sliced potatoes and hot soy milk in the baking dish. Be sure to put a little soy milk between each layer of potatoes. Continue layering until all the potatoes are used. Pour any remaining soy milk over the last layer of potatoes.
6. Bake for approximately 35 to 40 minutes, until the potatoes are tender. Allow to dish to

set for 5 to 10 minutes before serving. (This will allow the sauce to thicken.)

Blistered Potatoes

Blistered potatoes are a staple in our house as they are an easy and healthy way to fill an empty tummy. This recipe works well with sweet potatoes as well as white potatoes. Be sure to try different spice combinations. We often use different spice blends at the same time by spicing different sections of the cookie sheet.

Ingredients:

- As many potatoes as you need, any variety will do
- Baking spray
- Garlic powder
- Onion powder
- Salt and Pepper
- Cayenne pepper, optional, for a spicy potato

Preparation:

1. Wash potatoes (peeling is optional unless using sweet potatoes)
2. Slice potatoes in any shape, approximately ¼ inch thick
3. Spray a cookie sheet with baking spray and place potatoes in a single layer on the tray.
4. Sprinkle potatoes with garlic and/or onion powder and salt and pepper. (Try using different spice combinations)
5. Lightly spray potato slices with baking spray and bake at 425 degrees until undersides are brown. Turn over potatoes and broil the other side.

Double Baked Potatoes

I have always loved double baked potatoes. My mom used to make them for special occasions and I loved to help make them as well as eat them. I try to have these more frequently and will often make a double batch as they freeze very well.

Ingredients:

- 4 large baking potatoes, well scrubbed
- 1 C mushrooms, sliced
- 1 T soy sauce
- Earth Balance
- Soy Milk
- 2 T vegan cheese, parmesan or cheddar

Preparation:

1. Stab the potatoes with a fork and bake at 400 degrees for 45 to 60 minutes, or until soft.
2. Meanwhile, in a saucepan, sauté the mushrooms in a small amount of water for 2 minutes.
3. Add the soy sauce, remove from the heat, and set aside.
4. When the potatoes are done, carefully scoop out the centers, and place in a bowl. Mash with a small amount of Earth Balance and soy milk.
5. Add the mushrooms, including the pan juices, mix well.
6. Fill each potato skin with the stuffing and arrange the stuffed potatoes in a baking dish. Sprinkle with the cheese of your choice, and broil until browned.

Spinach

Spinach is readily available now in pre-washed cellophane bags which are very convenient and last well in the refrigerator for days. Fresh, non-packaged spinach, will contain a certain amount of dirt and grit, and will need to be washed well. Avoid any spinach with leaves that are thick and tough looking, are torn or broken, or have yellow or brown spots. Spinach is my favorite green and was my favorite vegetable as a child. I don't think I have ever found a way of serving spinach that I don't like. Oftentimes I will simply heat the spinach until it wilts and toss with vinegar. Yummy!

Mashed Potatoes Florentine

Potatoes and greens just seem to go together well and we often find ourselves combining the two on our plates. This is a wonderful dish which combines them before they get on your plate. If you cook the onion in the same pan as the potatoes, it becomes a one pot dish which is easy to clean up after.

Ingredients:

- 5 potatoes, peeled and chopped
- 1 cup of spinach, washed and chopped
- 1 small onion, chopped
- 1 tspn paprika
- 1 tspn garlic salt
- 3 Bay leaves
- 2 T Earth Balance or Smart Balance margarine
- salt and pepper as needed
- soy milk as needed

Preparation:

1. Sauté the onion and ½ of the paprika, in a small amount of water until the onion is tender and slightly browned. Remove from heat and set aside.
2. Boil potatoes and bay leaves, until potatoes are almost done.
3. Remove the bay leaves from the potatoes and add the spinach. Boil until the spinach is limp. Drain well.
4. Return the potatoes and spinach to the pan, add the onion mixture and the rest of the ingredients. Mash well and serve hot. (Soy milk can be added to the potatoes as needed to reach the right consistency.).

Spinach and Strawberry Salad

My husband's favorite green is spinach and this is one of his favorite salads.

Ingredients:

- 2 pkgs fresh spinach
- 1 1/2 - 2 pints sliced strawberries
- 1/3 C sugar
- 1/4 C apple cider vinegar
- 1 T poppy seeds
- 2 T sesame
- 1 1/2 tsp minced onion
- 1/4 tsp paprika
- 1/2 C oil (or oil substitute)
- 1/4 tsp Worcestershire sauce

Preparation:

1. Wash and break fresh spinach into bite-sized pieces.
2. Add fresh sliced strawberries.
3. Combine dressing ingredients; mix well and add to salad just before serving.

Spinach with Tomatoes

This is one of my favorite dishes and one that I love to eat cold the next day. I also love to serve it alongside a fresh pan of sweet cornbread for a complete meal. Oftentimes, I will crumble the cornbread into a bowl with the spinach and tomatoes.

Ingredients

- 1 small onion, diced
- 1 15 oz can of diced tomatoes
- 3 T apple cider vinegar
- 1 T sugar
- 1 lb fresh or frozen spinach

Preparation

1. Sauté onion in a small amount of water until tender.
2. Add tomatoes, cider vinegar and sugar and heat until boiling.
3. Add spinach and heat until spinach is wilted. Stir and serve

Spinach Soufflé

This is a nice and easy dish which is fancy enough to be served to company, yet quick enough to enjoy most any day. The leftovers hold up well and seem to get tastier after they sit for a day or two.

Ingredients:

- 12 oz firm tofu
- 1 small onion, chopped
- 4 T all purpose flour
- 1 ½ C reserved spinach juice from thawed spinach (if less, add water or milk)
- 1 ½ tspn salt
- ¼ tspn black pepper
- ½ tspn ground nutmeg
- 1 lb frozen chopped spinach, thawed and drained
- 3 T fresh lemon juice

Preparation

1. In a frying pan, sauté the onion in a small amount of water until tender.
2. Stir in the flour, spinach juice, ¼ tspn of the salt, a dash of the pepper and the nutmeg.
3. Add the thawed spinach to the sauce. Cook on low heat for 5 minutes.
4. Meanwhile, in a blender, mix the tofu, lemon juice and the rest of the salt and pepper, until smooth.
5. Add the tofu mixture to the spinach and sauce.
6. Pour the mixture into an oiled, 8 inch round pan and bake at 350 degrees for 30 minutes. Serve immediately.

Spaghetti Squash

Spaghetti squash is an oval-shaped, golden yellow squash with a relatively thin skin. When cooked, the flesh of the spaghetti squash can be pulled away from the skin in long thin strands, which can be used as a substitute for pasta. My kids love to help with the preparation. There is just something magical about pulling the strands apart with a fork and it captivates their attention.

Garlicky Sautéed Spaghetti Squash

This is a wonderfully simple, yet elegant dish. We love to serve it along side vegetable "meatballs" or eggplant parmesan.

Ingredients:

- 1 medium spaghetti squash
- 3 T olive oil
- 5-6 garlic cloves, minced
- ½ tspn Italian seasoning
- Salt and pepper to taste

Preparation:

1. Cut squash in half, lengthwise, and remove all seeds. Place cut side down on a baking dish. Place approximately 1 cup of water in the baking dish. Bake at 400 degrees for approximately 45 to 60 minutes, or until easily pierced by a fork.
2. When squash is done, remove from oven and shred the insides with a fork.
3. In a large sauté pan, heat the olive oil over medium heat. Add the garlic and sauté for 1 minute.
4. Add the shredded squash, Italian seasonings and salt and pepper. Toss and heat thoroughly. Serve immediately

Italian Spaghetti Squash

This is a great recipe to prepare when you are craving some good, healthy Italian fare. Since my son would eat nothing but wheat products all day, I like to use this recipe when I want spaghetti, but I want to give us something more nutritious than pasta.

Ingredients:

- 1 spaghetti squash
- 1 small onion, diced
- 8 ounces mushrooms, sliced
- 1 each green, red and yellow bell pepper, chopped
- 1 can Italian stewed tomatoes
- 8 oz spaghetti sauce

Preparation:

1. Cut squash in half, lengthwise, and remove all seeds. Place cut side down on a baking dish. Place approximately 1 cup of water in the baking dish. Bake at 400 degrees for approximately 45 to 60 minutes, or until easily pierced by a fork.
2. Meanwhile, place onions and peppers in a sauté pan and sauté in a small amount of water until soft. Add mushrooms and sauté until they release their juice. Add Italian stewed tomatoes and spaghetti sauce. Heat thoroughly.
3. When squash is done, remove from oven and shred the insides with a fork.
4. Scoop out the squash and spoon sauce over it. Serve immediately.

Sweet Potatoes

Sweet potatoes are incredibly versatile, nutritious and provide large amounts of beta carotene and moderate amounts of fiber, vitamin C and potassium. When selecting sweet potatoes, be sure to look for plump, smooth, hard tubers that are heavy. Their thin skins are readily broken and the flesh can be easily bruised. Store them unwashed in a cool, dry place for up to 2 weeks. When baking sweet potatoes, do not pierce their skin like you would regular baking potatoes. If you don't like cleaning your oven, be sure to wrap sweet potatoes in aluminum foil prior to baking. The foil helps hold in the sweet drippings that are sure to flow from a freshly baked and tender sweet potato.

Rosemary Roasted Sweet Potatoes

If you have never been a big fan of sweet potatoes, this is a great way to try them. It is a very simple recipe, but one that is guaranteed to please almost everyone. I love this dish so much that I even started growing rosemary in my backyard so I was never left without fresh rosemary on hand.

Ingredients:

- 3 or 4 sweet potatoes or velvet yams
- 2 T Earth Balance
- Bunch of fresh rosemary, stems removed and chopped

Preparation:

1. Preheat oven to 400 degrees. While oven is preheating, place Earth Balance in 13x9x2 pan in the oven, allowing the Earth Balance to fully melt.
2. Peel and cut sweet potatoes into 1 inch cubes
3. Place potatoes in the preheated pan with the margarine. Toss to coat sweet potatoes.
4. Sprinkle chopped rosemary over the sweet potatoes. Place in oven and roast for approximately 35 to 45 minutes, until potatoes are tender.

Sweet Potato Casserole

It's just not a holiday celebration without sweet potato casserole. When we first gave up meat, I was a little concerned about how Thanksgiving and Christmas would be without the traditional turkey. However, I quickly discovered that with all of the side dishes, the turkey wasn't even missed. We simply had more room on our plates and in our tummies for all of those delicious holiday dishes.

Ingredients:

- 6 medium sweet potatoes – cooked, cooled, peeled and mashed
- ½ C sugar
- Egg replacer equivalent to 2 eggs
- 1 tspn vanilla
- 1/3 C soy milk
- ½ C Earth Balance
- 1/3 C brown sugar
- 1/3 C chopped pecans
- 2 T flour
- 2 T Earth Balance

Preparation:

1. Preheat oven to 350 degrees.
2. Combine the sweet potatoes, sugar, egg replacer, vanilla, soy milk and ½ C Earth Balance. Mix well and spoon into a greased 11x7x2 inch pan.
3. Combine the brown sugar, chopped pecans, flour and 2 T Earth Balance until crumbly. Sprinkle over the sweet potato mixture.
4. Bake at 350 degrees for approximately 30 minutes.

Tomatoes

It's hard to believe that until just over a 100 years ago, Americans considered the tomato poisonous. A good tomato is like a little slice heaven - but the problem is finding a good tomato. Farm stands and produce markets are about the only source of truly vine ripened tomatoes. The one rule of thumb for keeping tomatoes is to keep them out of the refrigerator.

Temperatures below 55 degrees will halt ripening and flavor development. Canned tomatoes are a wonderful substitute in cooked dishes and sundried tomatoes are great on salads or incorporated into cooked dishes. However, our favorite ways to serve tomatoes are simply sliced on a plate with a bit of salt and pepper or thickly sliced, topped with Veganaise, and served between two slices of home made bread.

Tomatoes and Okra

Nothing speaks summer to me faster than a recipe with the combination of tomatoes and okra. I never had okra as a child, but have come to love it as an adult. Luckily, my children have had the privilege of growing up with this delicious vegetable and this is one of their favorite ways to enjoy it.

Ingredients:

- 10 ounces of fresh or frozen okra
- 16 ounces of chopped tomatoes
- 1 small chopped onion
- 1/2 tspn salt
- 1/4 freshly ground black pepper

Preparation:

1. Cook the chopped onion in a small amount of water until the onion is moderately clear.
2. Add the remaining ingredients and cook for 10 to 15 minutes, stirring occasionally

Fresh Tomato Salsa

There is nothing like homemade salsa and if you have never tried it, you will be surprised at how easy it is to prepare. Homemade salsa tastes so good and is so versatile that you may find you have to make this every week. Canned, diced tomatoes can be substituted for the fresh tomatoes without sacrificing too much in flavor. We especially like to make this recipe when we have been lucky enough to find discount tomatoes at our local produce market so keep an eye out for good bargains.

Ingredients

- 3 large tomatoes, seeded and chopped
- 1/2 medium onion, minced
- 2 T lime juice; or to taste
- 2 T cilantro; fresh, snipped
- 1 T jalapeno; finely chopped (wear gloves)
- 1 tspn garlic; finely chopped
- 1/2 tspn sea salt

Preparation

1. Mix all ingredients.
2. Great as a dip or topping for salad.

Roasted Vegetable Medley

Roasted vegetables are a favorite in our family. Whenever I found that my kids were having a hard time developing a taste for a certain vegetable, I would resort to roasting it. I often found that this would make the vegetable much more inviting to their palates. Although I suggest a combination of vegetables, feel free to use whatever you may have on hand. Just be careful not to mix root vegetables with other vegetables since root vegetables such as potatoes, beets, turnips and rutabagas take quite a bit longer to roast.

Ingredients

- 2 T soy sauce
- 2 T canola oil
- 2 T rice vinegar
- 2 tspn sugar
- 1/2 tspn garlic powder
- 1 C sliced mushrooms
- 1 med zucchini
- 1 med yellow squash
- 1 red bell pepper
- 3-4 carrots
- 1 onion

Preparation

1. Preheat oven to 425 degrees.
2. Combine soy sauce, oil, rice vinegar, sugar and garlic powder in small bowl and mix well.
3. Cut vegetables into 1 inch pieces and combine in shallow roasting pan. Toss with soy sauce mixture to coat well.
4. Roast vegetables 30 minutes or until browned and tender; stir occasionally while cooking.

Easy Vegetable Bake

If it's too hot in the kitchen to make this dish, try wrapping it all in aluminum foil and placing it on the grill. Served with a nice loaf of bread and you have a wonderful dinner made from the bounty of a summer garden.

Ingredients:

- 1 large eggplant, peel and dice into 1 inch cubes
- 1 large onion, sliced
- 1 green pepper, dice into 1 inch cubes
- 2 15 oz. cans of diced tomatoes or 3-4 large fresh tomatoes, diced
- salt and pepper to taste
- 2 medium zucchini, sliced

Preparation:

1. Combine all the cut vegetables and put into a 9x13 rectangle oven proof pan
2. Add tomatoes salt and pepper and mix.
3. Cover with aluminum foil and bake at 375 degrees oven for one hour.

Zucchini

Zucchini has only been abundant in the American market for the last 25 to 30 years, although it has been plentiful in Europe for a long time. It can be baked, fried, stewed, stuffed, eaten raw and incorporated into breads, muffins and desserts. Zucchini is a thin-skinned squash and must be handled with care. It should be brightly colored, heavy, firm and no longer than 6 to 8 inches. It does not keep well in the refrigerator for longer than 4 to 5 days so plan on preparing it shortly after purchase.

Zucchini Patties

My son loves these patties at any meal. They are a great as a side dish or as the main course. Try them topped with ketchup, Veganaise or Tofutti non-dairy sour cream.

Ingredients:

- 2 medium sized zucchini, grated
- 2 T finely diced onion
- 1/4 tspn garlic powder
- 1/4 tspn oregano
- Dash of pepper
- 1 T grated Parmesan cheese
- 1/2 C flour
- Egg replacer equivalent to 1 eggs
- 1 T peanut oil

Preparation:

1. Mix all ingredients in a large bowl with a spoon.
2. Preheat oil in a heavy skillet over medium heat. Drop mounds (approx 2 tablespoons) of zucchini mixture into hot skillet. Flatten with spatula.
3. Cook approximately 4 minutes per side – until golden brown. Serve immediately.

Zucchini Italiano

If you are looking for a refreshing summer Italian dish – this is the one.

Ingredients:

- 2 medium zucchini, diced into 1 inch pieces
- 1 medium eggplant, diced into 1 inch pieces
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 medium green pepper, diced
- 2 ribs celery, diced
- 2 15 oz cans diced tomatoes
- 3 T tomato paste
- 6 to 8 fresh basil leaves
- salt and pepper to taste

Preparation:

1. Sauté the zucchini, eggplant, onion, garlic, peppers and celery in a small amount of water until the onion is transparent.
2. Add the tomatoes and the tomato paste and enough water to cover the bottom of the pan.
3. Cook approximately 30 minutes over low-medium heat or until all is tender.
4. Add salt and pepper to taste and chopped basil.
5. Serve over whole wheat angel hair pasta.

Zucchini – Fiesta Mexicana

I'm always looking for an easy and tasty side dish to accompany tacos and fajitas. This zucchini dish is quick to prepare and cook. It is also an appealing way to serve zucchini to those who might not otherwise appreciate it.

Ingredients:

- 3 medium zucchini, shredded
- 2 cups frozen or fresh corn kernels
- 1 small onion, diced
- 1 C salsa, mild or spicy to your taste

Preparation:

1. Sauté onion and garlic in a small amount of water until onion is translucent.
2. Add corn and salsa and heat thoroughly. Serve immediately.
3. This is also wonderful on a bed of greens, and topped with salsa and/or guacamole.

