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15 BEAN SOUP

Ingredients:

1 package Hurst 15 Bean soup
3 qts. water (2 qts if you soak beans first)
1 c. carrots, chopped
1 c. celery, chopped
1 medium onion, chopped
4-8 cloves garlic, minced
1-2 T. McKay's Vegetarian Chicken Seasoning (no MSG kind) or
Bill's Best Chik'nish or
Veggie Better Than Bullion
¼ c. McCormick's Imitation Bac'n Pieces
1 T. Liquid Smoke

Optional Seasonings:

1 tsp. basil (optional)
1 tsp. tarragon (optional)

For beans with a kick add
1-2 tsp. cumin
1 serrano pepper, finely chopped

Preparation:

1. THROW AWAY THE SEASONING PACKET THAT COMES WITH THE BEANS! Way too much salt.
2. Place beans and seasonings in a crock pot and cover with water 1-2" deep.
3. Cook overnight high.
4. Add veggies in the morning and cook on low for about 4 hours.

CAROB CHIP CANDY

NOTE: Melting the carob is the tricky part of this recipe. In lieu of the crock pot I run the carob chips through my Champion Juicer for a smoother consistency.

Ingredients:

1 c. organic peanut or almond butter
3 c. non-dairy, barley malt sweetened carob chips

Preparation:

5. Spread nut butter in crock pot.
6. Sprinkle carob chips on top and heat for about 45 minutes on low.
7. Stir when carob is shiny and beginning to melt.
8. Stir several times until the chips become smooth.
9. Drop mixture by spoonful on waxed paper covered cookie sheet or candy molds.
10. Refrigerate or freeze to harden.

Options:

Add 1 cup unsweetened coconut OR 3 cups Rice Krispies®

MARVELOUS MUSHROOM SAUCE

Makes about 2 cups)

Serve this sauce on Seitan Chicken Breasts, grilled Portobello mushrooms or baked potatoes. Heck, it's even good on toast.

Ingredients:

1 T. olive oil
1 small yellow onion, grated
1 garlic clove, minced
4 oz. mushrooms, sliced (about 1 cup)
2 T. all-purpose flour
1½ c. vegetable stock or water
1 T. tamari, soy sauce or Bragg's Liquid Aminos™
1 tsp. minced fresh thyme leaves or ½ tsp. dried
Salt and pepper to taste

Preparation:

1. Heat the oil in a medium-size saucepan over medium heat.
2. Add the onion and garlic, cover and cook, stirring a few times until softened, about 5 minutes.
3. Add the mushrooms and cook, stirring, for 2 minutes longer.
4. Stir in the flour and cook, stirring, for 1 minute.
5. Stir in the stock, tamari, thyme and salt and pepper to taste.
6. Cook, stirring, until thickened, 3 to 5 minutes.
7. Serve hot.

From "The Vegetarian Meat and Potatoes Cookbook" by Robin Robertson

RAW WALNUT SPREAD

Use this spread on crackers, as a filling for lettuce wraps or celery, or as a vegetable dip.

Ingredients:

2 c. walnuts
2 stalks celery
1 c. green onion
1 bell pepper (any color)
¾ c. sundried tomatoes
1 tsp. salt

Preparation:

1. Chop walnuts, celery, onion, bell pepper and tomatoes.
2. Place all ingredients in food processor and process until desired texture is achieved — chunky or smooth.

MOCKAMOLE

Makes 2½ cups (10 ¼-cup servings)

If you long for your favorite south-of-the-border dip, but don't want the fat of avocado, try this reduced-fat version of guacamole. You can use either green peas or green beans for part of the avocado. Green peas will give this dip a slightly sweet flavor that we found especially appealing.

The peas in this guacamole help to lower the fat content and they also add cancer-fighting fiber.

Ingredients:

1 c. drained and rinsed canned, fresh or frozen peas
1 ripe avocado, peeled
½ c. mild salsa
1 garlic clove, finely chopped, or
1 tsp. chopped garlic
juice of 1 lemon
½ tsp. ground cumin
1 green onion, chopped (optional)
1 T. fresh cilantro, chopped (optional)
salt and black pepper to taste

Preparation:

1. If using fresh or frozen peas, blanch peas in boiling water for 2 minutes, then cool with cold water and drain.
2. Cut avocado into large chunks.
3. Mash avocado and peas together using a potato masher or fork, or, if a very creamy texture is desired, in a food processor.
4. Mix in salsa, garlic, green onion (if using), lemon juice, cumin, and cilantro (if using.)
5. Add salt and black pepper to taste.

Nutritional Analysis:

Per ¼-cup: 45 calories; 2.7 g fat; 0.4 g saturated fat; 53.5% calories from fat; 0 mg cholesterol; 1.3 g protein; 4.9 g carbohydrate; 1.3 g sugar; 2.1 g fiber; 227 mg sodium; 12 mg calcium; 0.5 mg iron; 6.1 mg vitamin C; 118 mcg beta-carotene; 0.5 mg vitamin E

Recipe from The Survivor's Handbook, The Cancer Project

SEITAN CHICKEN BREASTS

These freeze for quick future meals.

Step 1: Making the cutlets

Ingredients:

- ¼ c. oats (whiz in a blender until fine)
- ¼ c. wheat germ
- 2 ¼ c. gluten flour (use Vital Gluten - it is 90% vs 75% gluten)
- ½ c. unbleached flour

Seasoning:

- 1 tsp onion powder
- 1 tsp garlic powder
- ¼ tsp basil
- 1 Tbsp beef style seasoning (Bill's Best or McKay's)

Preparation:

1. Mix all ingredients in a bowl and stir in 2 - 2¼ cups **cold** water
2. Mix and knead on a damp surface (don't over-mix)
3. Form into long smooth roll
4. Let rest for 30 minutes (to give gluten time to work)
5. Slice into individual pieces (you choose serving size)

Step 2: Boiling the cutlets

Ingredients:

- 10 c. water
- ½ c. Bragg's Liquid Aminos®
- 1 Tbsp beef style seasoning (Bill's Best or McKay's)
- ¼ c. dehydrated onion

Preparation:

1. Mix all ingredients in a large pot and bring to a boil.
2. Add gluten meat pieces and boil about an hour (until broth is all gone)

Step 3: Breading and frying the cutlets

Ingredients:

- ½ c. nutritional yeast
- 1 c. whole wheat flour
- ½ c. corn meal
- ½ Tbsp garlic powder
- ½ Tbsp salt
- ¼ c. dried parsley

Preparation:

1. Mix all ingredients in a dish.
2. Bread cutlets with mixture.
3. Fry coated cutlets in a lightly oiled pan or oiled grill.
4. Brown cutlets well on both sides.
5. Serve with your favorite gravy.

TIP: Save the broth from Step 2 for making Marvelous Mushroom Sauce.

VEGANDAD'S HOMEMADE SAUSAGES

Makes 6 sausages

This recipe comes from VeganDad's blog. These sausages are great for pizza, pasta dishes and the like. They're good on a bun or on their own, lightly grilled, and served with mustard or ketchup. They are easy to make, taste better than anything you can get at the store and contain no additives whatsoever.

Ingredients:

½ c. black or pinto beans, rinsed and drained
1 c. cold vegetable broth
1 T. olive oil
2 T. soy sauce
2 cloves garlic, very finely minced
¼ c. nutritional yeast
1 tsp. fennel seed, crushed
½ tsp. crushed red pepper flakes
1 tsp. sage
1 tsp. sweet paprika
1 tsp. dried oregano
white pepper to taste
1¼ c. vital wheat gluten (stir in last)

Options:

½ onion
¼ c. sun-dried tomatoes
1 tsp. thyme, rosemary, basil or parsley

Preparation:

1. Before mixing ingredients bring water to a full boil in your steamer.
2. Make 6 sheets of tin foil about 12 inches square.
3. In a large bowl, mash beans until no whole ones are left.
4. Add all the other ingredients together in the order listed and mix with a fork.
5. Divide dough into 6 even parts.
6. Place one part of dough into tin foil and mold into about a 5 inch log.
7. Wrap dough in tin foil like a Tootsie Roll.
8. Place wrapped sausages in steamer and steam for 60 minutes (turning once.) It's the steaming that gives them their sausage-like texture.

TIP: These freeze great for future quick meals

CONFETTI SALAD

Makes 5 1-cup servings

The eye appeal of this salad and the crunch texture are welcome changes from traditional lettuce salads. Add beans and you have a main dish salad. This easy salad is good for a diabetic menu.

Ingredients:

2 cups quick-cooking brown rice, cooked
1½ cups frozen whole kernel corn, thawed
½ cup green bell pepper, diced
½ cup red bell pepper, diced
4 green onions, chopped
1 tsp dried thyme

½ cup fat-free or reduced-fat Italian dressing
OR BETTER YET
Lemon Juice & Italian Herb Mixture & Garlic Powder

Directions:

1. Combine rice, corn, bell peppers, onions and thyme.
2. Pour dressing over mixture and toss well.

SLICED TOFU SEASONING

Ingredients:

½ cup McKays Chicken or Beef (no MSG)
¾ cup nutritional yeast flakes
2 T onion powder
1 T garlic powder
½ T turmeric
1 cup dried parsley or chives
Salt to taste (optional)

Directions:

1. Slice tofu in ¼ inch slices
2. Dip slices in seasoning
3. Lay on sprayed sheet
4. Bake at 350 for 15 minutes
5. Turn and bake approx. 10 minutes until slightly browned

AMBROSIA

Makes about 4 cups (4 servings)

This colorful fruit salad may be made up to a day in advance if you add the banana just before serving. Fruit-sweetened desserts not only satisfy a sweet tooth, they're full of health-promoting antioxidants. In this case, you're better off opting for dessert!

Ingredients:

2 oranges, peeled and chopped
2 cups pineapple chunks
1 banana, sliced
¼ cup unsweetened shredded dried coconut
2 to 4 T dried cranberries
1 Tbsp water
½ tsp almond extract

Directions:

1. Combine the oranges, pineapple, banana, coconut, and cranberries in a medium bowl.
2. Combine the orange juice concentrate, water, and almond extract in a small bowl. Pour over the fruit and toss until evenly distributed.

Stored in a covered container in the refrigerator, leftover Ambrosia (without the banana) will keep for up to 2 days.

Nutrition Information

Per serving (1 cup)

188 calories	2.4 g fat	1.8 g protein	3.9 g fiber
11.5% calories from fat	1.9 g saturated fat	43.3 g carbohydrate	
	0 mg cholesterol	35.3 g sugar	
17 mg sodium	49 mg calcium	0.7 mg iron	61.5 mg vitamin C
88 mcg beta-carotene	0.3 mg vitamin E		

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

BLACK BEAN GLUTEN STEAKS

Ingredients:

2 C drained	Cooked Black Beans
1 Medium	Onion chopped
½ Cup	Quick Oats
½ Cup	Nutritional Yeast Flakes
1 tsp	Garlic Powder
1 tsp	Onion Powder
1 tsp	McKay's Beef Style Flavoring
1 tsp	Salt
1 ½ Cups	Cold Water
¼ Cup	Olive Oil
½ Cup	Whole Wheat Flour
2 Cups	Gluten Flour

Broth:

1 ½ Cups	Diced Tomatoes
1 Medium	Diced Onion
¼ Cups	Bragg's Liquid Aminos or Soy Sauce
2 Tb	McKay's Beef Style Flavoring
12 Cups	Water

Directions:

1. Place black beans, onions, oats, nutritional yeast flakes, seasonings, cold water and olive oil in blender. Blend until smooth. Pour into a large bowl.
2. Add the whole wheat flour and gluten flour. Stir until all mixed.
3. Knead by hand until all flours are incorporated.
4. Form into a long roll about 2 ½ inches in diameter. Slice ½ inch thick.
5. Pat gluten pieces into circles and drop into large kettle of boiling broth. Boil gently for 30-35 minutes. Reduce heat and continue cooking for 60 minutes. Let cool.

These can be frozen individually on a cookie sheet. When frozen place all in a ziplock bag until ready to use. Freezing them individually prevents them from sticking together.

CRUNCHY SOY-CORN SALAD

Ingredients:

1 12 oz package shelled green soybeans (edamame), thawed
16 oz sweet corn (white or yellow)
1 cup jicama cut in ¼ inch cubes (or substitute water chestnuts)
¾ cup celery, diced
½ cup sweet red pepper, diced
½ cup green onion, ¼" slices
1 Tbsp minced fresh parsley (or try cilantro)

Dressing:

5 T fresh lemon juice
1 T honey
1½ tsp salt
¼ tsp garlic powder
¼ tsp dry basil
1/8 tsp dried dill weed

Directions:

1. Mix corn, soybeans, jicama, celery, red pepper, onion and parsley.
2. Combine dressing ingredients.
3. Mix dressing with vegetables, chill and serve.

Note: I did not thaw the corn and edamame in advance—since I made the salad a day ahead I knew they would be thawed by the time it was served, so I just mixed them frozen into the salad.

Recipe from *Vital Vittles* by Heather Leno (see www.HeaterLeno.com)

DILLY CARROTS and GREEN BEANS

Makes about 7 servings

Ingredients:

½ lb fresh green beans, washed, trimmed and left whole (appx 3 cups)
(I usually use frozen beans that are cut)
¾ cup boiling water. (I use less)
1 tsp sugar (or a sprinkle of stevia)
½ tsp salt
½ tsp dill weed
4 medium carrots, cut in thin 2-3 inch strips

Directions:

1. Add green beans, sugar, salt and dill to boiling water.
2. Simmer 5 minutes. Add carrots to green beans.
3. Simmer until both are done, about 10 minutes.

Serve hot.

EASY BEAN SALAD

The simplicity and widespread enjoyment of this salad have made it a Cancer Project classic. Plus, it has lots of fiber to help move carcinogens and excess cholesterol and hormones out of your body to improve overall health.

Ingredients:

1 ½ cups cooked or canned kidney beans, rinsed and drained
1 ½ cups cooked or canned pinto beans, rinsed and drained
1 ½ cups cooked or canned black-eyed peas, rinsed and drained
1 10 oz pkg frozen lima beans (preferably Fordhook), thawed,
or 1 ½ cups cooked or canned lima beans, rinsed and drained,
or 1 ½ cups cooked green soybeans (shelled edamame)
1 cup frozen corn, thawed, or cooked fresh corn, chilled
1 large red bell pepper, diced
½ medium red onion, diced
½ cup low-fat or fat-free Italian salad dressing
1 tsp salt
1 tsp ground black pepper

Directions:

1. Combine all of the ingredients in a large bowl and toss gently.
2. Serve cold or at room temperature.

Stored in a covered container in the refrigerator, leftover Easy Bean Salad will keep for up to 3 days.

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

FIVE MINUTE CAROB CAKE

Ingredients:

1 cup Florida Crystals (raw sugar)
1½ cup unsifted, unbleached white flour
½ tsp salt
¼ cup carob powder
1 tsp baking soda
1 T lemon juice
⅓ cup oil
1 tsp almond flavoring
1 cup cold water + 1 tsp Roma = (steeped then cooled)

Directions:

1. Mix ingredients in order given.
2. Pour mixture into ungreased square cake pan.
3. Bake for 30-35 minutes.
4. Frost or serve plain with berries.

GRILLED BEAN BURGERS

Ingredients:

1 large onion, chopped
4 minced garlic cloves
1 med carrot, shredded
1 ½ tsp chili powder
1 tsp cumin
2 cups black beans (15 oz can rinsed)
1 ½ cups quick-cook oats
1 Tbsp Dijon mustard
1 Tbsp reduced sodium soy sauce
1 Tbsp ketchup
¼ tsp pepper

Directions:

1. In non-stick pan coated with cooking spray, sauté onion and garlic on low heat about 2 minutes.
2. Add carrot, chili powder, cumin. Cook 2 more minutes.
3. Partially mash beans. Stir in Oats, mustard, soy sauce and ketchup.
4. Add to carrot mixture.
5. Form into 8 patties.
6. Spray grill with cooking spray. Grill covered 4-5 minutes on each side or until heated through.
7. Serve on buns with lettuce (try bok choy leaves for a delightfully different flavor) and salsa.

IT'S EASY BEING GREEN SMOOTHIE

Ingredients:

16 oz fresh squeezed OJ (or 3-4 fresh oranges)
2 bunches of Curly Kale (approximately 16 oz)
2 frozen, ripe bananas
1-2 cups frozen mango
Mint leaves to taste (optional)

Directions:

1. In high speed blender, blend OJ (or oranges) with kale until smooth.
2. Add frozen fruit until completely blended and thick.

For a creamsicle taste use half OJ and half unsweetened almond milk.

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LEMON ZUCCHINI, CHICKPEA and LIMA BEAN SALAD

Every spoonful of this chopped salad includes a medley of fresh zucchini, buttery lima beans and chickpeas. ½ cup of zucchini contains 19% of the recommended amount of manganese, which activates the body's fat burning enzymes, resulting in a faster metabolism. The zucchini vegetable is low in calories and contains useful amounts of folate, potassium and vitamin A. One hundred grams of mature boiled chickpeas contains 164 calories, 2.6 grams of fat (of which only 0.27 grams is saturated), 7.6 grams of dietary fiber, and 8.9 grams of protein. Chickpeas are also a significant source of calcium (190 mg/100 g). Some sources quote it as equal to yogurt and close to milk. One cup (156 grams) of lima beans contains 61.% of the Daily Value of vitamin C, 15% of protein, 35% of dietary fiber, 5% of calcium and 27% of iron.

Ingredients:

10 oz pkg frozen baby lima beans, blanched
15 oz can chickpeas, drained and rinsed
2 med zucchini, quartered lengthwise and cut crosswise into ¼ inch thick slices
4-5 Romaine or red lettuce leaves, cut into strips
2 Tbsp vegetarian Parmesan cheese
2 Tbsp chopped fresh basil
2 lemons – juiced
4 Tbsp extra virgin olive oil
¼ tsp red pepper flakes
¼ tsp coarse salt
¼ small red onion cut in slivers

Directions:

1. Combine lima beans, chickpeas, zucchini, onion, Vegetarian Parmesan cheese and chopped basil.
2. Add lemon juice, oil, red pepper flakes and toss to combine.
3. Refrigerate for at least an hour.
4. Add lettuce leaves just before serving. Garnish with basil sprigs.

Recipe from Joy Hyde

RAW SWEET POTATO SALAD

Ingredients:

3 clean sweet potatoes
1 can crushed pineapple in juice
1 tsp cinnamon
¼ tsp cloves
¼ tsp allspice
½ cup chopped nuts
½ cup raisins

Directions:

1. Shred raw sweet potatoes.
2. Add other ingredients
3. Let marinate 2-3 hours before serving

ROASTED RED PEPPER HUMMUS

Makes about 2 cups (8 servings)

Spread hummus on whole wheat pita bread or serve it as a dip for vegetables. This version is lower in fat than most commercial brands, which is important when it comes to reducing hormone dependent cancer risk and keeping your immune system operating smoothly. Keep whole wheat pita and cut veggies on hand for a quick meal or snack.

Ingredients:

1 ½ cups cooked or canned chickpeas, rinsed and drained
½ cup roasted red bell peppers packed in water, drained
3 green onions, sliced
¼ cup freshly squeezed lemon juice
1 T tahini
3 garlic cloves, minced or pressed
1 tsp ground cumin
½ tsp ground black pepper
¼ cup bean cooking liquid or vegetable broth (optional)

Directions:

1. Place the chickpeas, red peppers, green onions, lemon juice, tahini, garlic, cumin, and pepper in a food processor or blender and process until smooth. Add the bean cooking liquid as needed to facilitate processing and achieve a smoother consistency.
2. Stored in a covered container in the refrigerator, leftover Roasted Red Pepper Hummus will keep for up to 3 days.

Nutrition Information

Per serving (¼ cup)

80 calories	2.1 g fat	3.9 g protein	2.8 g fiber
23.3% calories from fat	0.03 g saturated fat	12.5 g carbohydrate	
	0 mg cholesterol	1.4 g sugar	
32 mg sodium	36 mg calcium	1.6 mg iron	23.5 mg vitamin C
299 mcg beta-carotene	0.4 mg vitamin E		

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

SPINACH, BEET & ORANGE SALAD with AGAVE DRESSING

Beets pair beautifully with citrus, and this salad is a delicious example. Beets come in a variety of colors – not only several shades of red and purple, but also pink, yellow, and even white! And have you ever wondered what to do with those beautiful green leafy beet tops? They don't have to go to waste; the tops are very nutritious and can be lightly steamed or served fresh in a salad mix.

Ingredients:

2 small beets, scrubbed and trimmed, stems removed
6 cups baby spinach
2 medium oranges, peeled and cut into sections

Directions:

1. Preheat oven to 400 F.
2. Wrap each beet in foil to seal.
3. Place beets on a baking sheet. Roast beets until fork tender; this may take as little as 40 minutes or as much as 1 hour and 20 minutes depending on the size of the beets.
4. Let beets cool, unwrap, and peel beets under running water.
5. Cut beets into bite-size wedges.
6. Arrange spinach on a platter and top with beets and oranges.

Dressing:

4 Tbsp rice vinegar
2 Tbsp agave nectar
2 tsp paprika
2 tsp grated fresh ginger
½ tsp chili powder
Juice of 1 lime

To prepare the dressing:

1. Add vinegar, agave nectar, paprika, ginger, and chili powder to a saucepan and bring to a boil.
2. Add lime juice.
3. Let dressing cool and drizzle over spinach salad.

Nutrition Information

Per serving (1/4 of recipe)

89 calories	0.5 g fat	2.5 g protein	3.5 g fiber
5% calories from fat	0.1 g saturated fat	20.6 g carbohydrate	
	0 mg cholesterol	13.5 g sugar	
59 mg sodium	100 mg calcium	2.3 mg iron	51.1 mg vitamin C
2947 mcg beta-carotene	1.5 mg vitamin E		

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

WHITE BEAN SPREAD with SUN-DRIED TOMATOES

Makes 6 servings

This luscious spread uses no added fat. The sun-dried tomatoes give it a wonderful smoky flavor and add the cancer-fighting antioxidant lycopene. Spread it on low-fat crusty bread or use it as a dip for baked pita chips.

Ingredients:

6 sun-dried tomatoes (not packed in oil)
1 cup boiling water
1 ½ cups cooked or canned great northern beans, rinsed and drained
1 tsp finely chopped fresh rosemary, or 1 tsp dried rosemary, crumbled
1 tsp freshly squeezed lemon juice
2 garlic cloves, minced or pressed, or ½ tsp garlic powder
½ tsp salt
½ tsp dried sage
½ cup bean cooking liquid or vegetable broth (optional)

Directions:

1. Place the sun-dried tomatoes in a heatproof bowl and pour the boiling water over them. Let soak until softened, about 10 minutes. Drain, thinly slice, and set aside.
2. Combine the beans, rosemary, lemon juice, garlic salt, and sage in a food processor and process until smooth. If desired, add some or all of the bean cooking liquid for a creamier texture.
3. Stir in the sun-dried tomatoes.
4. Taste and add more salt or lemon juice if needed.

Stored in a covered container in the refrigerator, leftover White Bean Spread with Sun-Dried Tomatoes will keep for up to 3 days.

Nutrition Information

Per serving

74 calories	0.2 g fat	5 g protein	3.3 g fiber
2.9% calories from fat	0.1 g saturated fat	13.6 g carbohydrate	
	0 mg cholesterol	0.9 g sugar	
361 mg sodium	49 mg calcium	2 mg iron	1.4 mg vitamin C
11 mcg beta-carotene	0.5 mg vitamin E	688 mcg lycopene	

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

ZIPPY YAMS and BOK CHOY

Makes 4 servings

Yams are packed with beta-carotene, vitamin c, vitamin B6, and dietary fiber, all of which promote good health and protect against illness. They are also suitable for people with diabetes as they have a lower glycemic index than other potatoes. Vegetarian Worcestershire sauce is readily available at most health food stores and some chain grocery stores.

Ingredients:

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

Directions:

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

Nutrition Information

Per serving

88 calories	0.6 g fat	6 g protein	4.8 g fiber
6.3% calories from fat	0.1 g saturated fat	17.5 g carbohydrate	
	0 mg cholesterol	7.4 g sugar	
172 mg sodium	315 mg calcium	3.8 mg iron	91 mg vitamin C
12,247 mcg beta-carotene	0.6 mg vitamin E		

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

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