



Best of Adventist Health's Healing Hospital Recipes

A resource for hospital food
systems

Table of Contents

Introduction	2
Why serve plant-based meals?	2
About Adventist Health	3
Breakfast Recipes	4
Power Porridge	4
HMH Granola	5
Oatmeal Pancakes	6
Side Dishes	7
Black Bean Salad	7
Pea-Avocado Guacamole.....	8
Roasted Brussel Sprouts with Cherry Balsamic Reduction.....	9
Main Dishes	10
Black Bean Quinoa Patty.....	10
Buffalo Cauliflower Tacos	12
Vegan Corn Chowder.....	13
Chickpea Curry	15
Smoked Lentil Soup	16
Tempeh Cacciatore	17
Tofu and Walnut Balls	19
Vegetarian Neat Loaf.....	21
Quinoa Chili	25
Desserts	26
Raw Fudge Brownie	26
Vegan Carrot Cake	27

Introduction

Why serve plant-based meals?

Plant-based meals center on four of the most nutrient-dense food groups: fruits, vegetables, whole grains and legumes. These foods have been shown to prevent and even reverse diseases like heart disease, diabetes and obesity. Due to their high vitamin, mineral and phytonutrient content, plant-based foods served at a hospital can provide healing benefits to patients when they need it most. In addition, patients who suffer from nutrition-related diseases like heart disease or diabetes may be looking to hospitals to provide examples of healthy, healing foods. A hospital stay can be a wake-up call for many patients and is a prime opportunity for them to learn about healthy eating. When a hospital can serve nutrient-dense, plant-based meals to patients, they are likely to reduce readmissions, speed up recovery times and improve the long-term health of patients, staff members and the community they serve.

In 2017, the American Medical Association (AMA) called on hospitals to improve the foods they serve to patients. The organization laid out three specific goals:

- provide a variety of healthful food, including plant-based meals and meals that are low in fat, sodium, and added sugars
- eliminate processed meats from menus
- provide and promote healthful beverages

By serving and promoting fruits, vegetables, whole grains and legumes, hospital systems will not only meet the goals set out by the AMA, but also work towards creating healthier communities and a healthier nation.

About Adventist Health

Adventist Health is a faith-based, nonprofit health system comprising of 20 hospitals and 250 clinics, serving communities on the West Coast and Hawaii. Founded on Seventh-day Adventist heritage and values, Adventist Health's mission is to share God's love by inspiring health, wholeness and hope. As part of that mission, the organization takes pride in serving wholesome meals to patients, staff members and the community.

The Adventist Church has a long history of eating healthy, vegetarian foods. In fact, this way of eating has played a central role in the church's ministry and teachings over the past 150 years. As part of a larger emphasis on whole person health, the Adventists with the lowest rates of chronic disease and the longest lives thrive on a diet of whole grains, legumes, fruits, vegetables, nuts and seeds.

Independent of any religious message, a growing body of scientific evidence shows that the benefits of a vegetarian diet may be profound. Many members of the Adventist community, based in Loma Linda, California have participated or continue to participate in the Adventist Health Studies 1 and 2. The results of these large-scale, long-term research studies show that the closer one gets to a completely plant-based diet, the better their health outcomes. Recently, the community has also been recognized for their healthy habits, including plant-based eating as well as healthy movement and a strong sense of community, leading them to be one of the longest living populations in the globe as Dan Buettner has written about in his book *The Blue Zones*.

Breakfast Recipes

Power Porridge

A favorite from Howard Memorial Hospital in Willits, CA this power porridge is a great way to start the day. Enjoy this breakfast with a dash of maple syrup, a generous portion of fresh berries and a handful of walnuts.

Yield: 18 Portions: ½ cup

Ingredients:

- 1 cup long grain brown rice, dry
- 1 cup quinoa, dry
- 2 cups rolled oats, dry
- 2 quarts water
- 2 teaspoons ground cinnamon

Instructions:

- Bring water to a boil.
- Add brown rice and simmer for 20 minutes.
- Add quinoa and simmer for 10 minutes.
- Add oatmeal and simmer for 5 minutes.
- Add cinnamon, mix well and serve.

HMH Granola

A favorite from Howard Memorial Hospital in Willits, CA, patients rave about granola and often ask for the recipe before going home. A high-calorie and nutrient dense breakfast, this granola goes perfectly with a side of fresh berries and soy milk.

Servings: 75

Portion: ½ cup

Ingredients:

- 5.5 lbs oats, rolled
- 1 quart + ¼ cup raw sunflower seeds, unsalted, shelled
- 3 ¼ cup whole cashews, raw
- 2 ¼ cup sesame seeds
- 3 ¼ cup coconut shreds, sweetened
- 2 ¼ cups raw pumpkin seeds, shelled
- 3 ¼ cup wheat germ
- 2 ¼ cup light brown sugar
- 2 tbsp + ½ tsp salt, iodized
- 1.5 cups + 2 tbsp maple syrup
- ½ cup + 2/3 tablespoon molasses, light unsulfured
- 1 ½ cup + 2 tbsp hot water
- 1 quart + ¼ cup raisins, golden, seedless

Instructions:

- Preheat oven to 225 degrees Fahrenheit.
- Combine all dry ingredients, mix thoroughly.
- Mix all wet ingredients and gradually add to dry mixture, stirring continuously.
- Bake for about 2 hours, stirring every 35 minutes.
- Let cool before adding raisins.
- Portion out using #12 scoop.

Oatmeal Pancakes

A favorite from Howard Memorial Hospital in Willits, CA, these pancakes are a winner for everyone. Oatmeal pancakes are a healthy twist on the traditional pancake breakfast. By using whole wheat flour and oats, pancakes transform into a nourishing, fiber-rich breakfast that is not only healthy, but comforting and delicious.

Serves 12 Portion: 1/3 cup batter

Ingredients:

- 1.5 cups soy milk
- 3 tbsp apple cider vinegar
- 2 tbsp sunflower or olive oil
- 1 tsp vanilla extract
- 1.5 cups oats
- 1 cup whole wheat flour
- 2 tbsp flax seeds, ground
- 6 tbsp water
- ½ tsp baking soda
- 2 tsp baking powder
- ½ tsp salt
- 2 tsp ground cinnamon

Instructions:

- Combine soymilk, vinegar, vanilla and oil. Set aside and sit for 10-15 minutes until curdled.
- Combine flax seeds and water and let sit for 2 minutes until viscous.
- Blend together oats and whole wheat flour to make a rough flour.
- Add some of the liquid mixture (soymilk, vinegar, etc.) to blender slowly while blender is on until mixture reaches an easily blended consistency.
- Add flax seed mixture to blender while blender is on.
- Add more soymilk mixture if necessary to enable blending.
- Add baking soda, baking powder, salt and cinnamon to blender.
- Blend in remaining soymilk mixture until desired consistency is reached.
- Spoon 1/3 cup portions of batter onto a medium hot skillet. Cook for 3 minutes or until bubbles start to form on top, then flip over.
- Serve hot with fresh berries and walnuts.

Side Dishes

Black Bean Salad

A classic from Ukiah Valley Medical Center in Ukiah, California, this black bean salad is an easy crowd pleaser packed with fiber and flavor.

Serves: 24 Portion: 4 oz

Ingredients:

- 1 quart black beans, canned drained and rinsed
- 2 cups corn, kernels, frozen, tossed with olive oil and roasted
- 1 cup red onion, small dice
- 1 ¼ cup red bell pepper, roasted
- 2 tsp garlic minced
- ½ tsp cumin, ground
- 1 tsp chili powder
- ½ cup cilantro, rough chopped
- ¼ cup olive oil
- 2 tbsp red wine vinegar
- 1 tsp salt
- 1 tsp black pepper

Instructions:

1. Preheat oven to 450 degrees Fahrenheit. Toss Frozen corn with 1 teaspoon of olive oil. Place on a sheet pan and roast until lightly browned. Remove and cool.
2. In large bowl combine all ingredients and stir well.
3. Take temperature and record for HACCP. Place finished black bean salad in appropriate container, cover, label, date and refrigerate.

Pea-Avocado Guacamole

A classic from Ukiah Valley Medical Center in Ukiah, California, this pea-avocado guacamole offers all the flavor of traditional guacamole but in a lower-fat version. Perfect for patients recovering from gallbladder surgery and needing a low-fat diet.

Servings: 8 Portion: ¼ cup

Ingredients:

- 10-ounce pack of frozen peas
- 1/2 small ripe avocado
- 1/2 cup cilantro, stems removed
- 1/2 ripe tomato deseeded and chopped
- ¼ cup minced jalapeno
- 1/3 cup minced onion
- Squeeze of fresh lime juice

Instructions:

- Cook peas according to package instructions. Empty into a colander, drain and rinse with cold water.
- Place peas, avocado and cilantro in a blender and blend to desired consistency. Spoon into a bowl with chopped tomato and onion.
- Add a squeeze of lime juice, stir and serve.

Roasted Brussel Sprouts with Cherry Balsamic Reduction

A favorite from Lodi Memorial Hospital in Lodi, California, roasting brussels sprouts brings out a nutty, crispy flavor that is unmatched in any other food. Brussels sprouts, along with broccoli and cabbage, are a powerful cancer-fighting food and should be eaten as often as possible.

Servings: 8

Portion: 2 ounces

Ingredients:

- 1 lb Brussels sprouts cut in half
- ½ red onion sliced
- 6 oz dried cherries
- 2 oz slivered almonds
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- Salt and pepper to taste

Instructions:

- Toss Brussels sprouts and red onion in olive oil, balsamic vinegar with salt and pepper to taste.
- Spread evenly on baking sheet.
- Roast in the oven at 400 degrees for 25-30 minutes.
- Toss with cherries & almonds and serve

Main Dishes

Black Bean Quinoa Patty

A favorite from Howard Memorial Hospital in Willits, CA. This homemade patty offers a delicious alternative to a standard burger and is still packed with protein. Once prepared, it freezes well for later use. Serve on a whole wheat bun with lettuce and tomato, or on top of a big green salad with a light vinaigrette dressing.

Servings: 40

Portion: 1/3 cup

Ingredients:

- 3 cups zucchini, grated
- 2 cups onion, fine diced
- 2 cups red bell pepper, chopped
- 8 cups black beans, canned, ½ pureed
- 2 tbsp garlic, chopped
- 4 tbsp thyme
- 4 tbsp oregano
- 4 tbsp cilantro
- ½ tsp black pepper
- 4 tsp cumin powder
- 8 tsp nutritional yeast
- 2 tsp tamari or soy sauce
- 4 cups oats, coarsely ground
- 4 tsp flax seed, ground
- ½ cup water
- 1 cup quinoa
- 2 cups water

Instructions:

- Bring 1 cup water to a boil, add quinoa, cover, simmer for 15-20 minutes, set aside to cool.
- Take half the beans and puree or use a can of fat free refried beans. Combine vegetables, herbs, seasonings and beans and mix thoroughly.
- Mix flax seed with ¼ cup warm water, whisk together and let sit for 2 minutes. Add to other ingredients and mix well.
- Add oats to vegetable mixture and mix thoroughly.
- Use scoop to form a patty. Place on a parchment paper and place in fridge until ready to cook.

- To cook, preheat oven to 375 degrees. Place on a sheet pan or in oven safe pan. Bake at 375 degrees for 10-12 minutes. Then grill patty on a non-stick pan to medium high heat. Lightly spray with oil if needed. Sauté patty for 3-5 minutes on each side until crispy.

Buffalo Cauliflower Tacos

A classic from Lodi Memorial Hospital in Lodi, California, these tacos are a great twist on the traditional taco. Roasted cauliflowers provide a great meaty-texture with the extra benefit of cancer-fighting phytonutrients.

Servings: 8

Portion: 1 taco

Ingredients:

- 1 head of cauliflower, chopped into large florets
- 8 whole wheat tortillas, 6"
- 3 cups romaine lettuce, shredded
- 1 cup shredded red cabbages
- 2 beef steak tomatoes, diced
- 2 avocados, sliced
- 4 oz Frank's buffalo sauce
- 1/8 cup cilantro

In a large bowl, combine cauliflower with buffalo sauce. Toss to combine and cauliflower is well coated. Place cauliflower in air-fryer basket. Set air-fryer to 400 degrees for 20 minutes

Fill each tortilla with 1/8 of the cauliflower, top with lettuce, cabbage, avocado, diced tomato and garnish with cilantro.

Vegan Corn Chowder

A classic from Ukiah Valley Medical Center in Ukiah, California, this corn chowder is a great comfort dish. With creaminess coming from the coconut milk and flavor packed in from spices and veggies, this is a delicious soup for any day of the week.

Servings: 8

Portions: 1 ½ cups

Ingredients:

- 2 cups coconut or soy milk
- 2 cups veggie stock
- 4 to 5 cups of corn
- 1 red pepper small dice
- 1 poblano pepper small dice
- 2 tbsp olive oil
- 1 ¼ cups diced yellow onion
- 1 ½ cups (1 large potato or 2 small) russet potatoes, cut in ¼ -inch dice
- ½ tsp dried thyme leaves
- 4 cloves garlic, minced
- ½ tsp cumin
- 1 ½ tsp chili powder
- Salt to taste
- Black pepper to taste
- Fresh cilantro or basil for garnish

Instructions:

- In a large pot over medium-low heat, heat the milk until bubbles just begin to break the surface.
- Meanwhile, cut the corn kernels away, reserving the cobs. You should have 4 to 5 cups of kernels; set them aside.
- When the milk is warm, add the corn cobs and cook for 10 minutes to flavor the milk.
- Heat the olive oil in a large skillet over medium-high heat. Add the onion, potatoes and thyme and cook for about 3 minutes, add the peppers cook two minutes longer. Add the garlic, other spices and cook for 1 more minute.

- Add the potato-onion mixture to the milk and increase the heat to medium. Add the corn kernels and cook 15 minutes without allowing the mixture to boil. Season with salt and pepper to taste.

Chickpea Curry

A favorite from Ukiah Valley Medical Center in Ukiah, California, this hearty chickpea curry offers a filling and flavorful foundation for any meal and is packed with protein and fiber. Curry spices can also act as anti-inflammatory nutrients to help address pain and swelling.

Servings: 12

Portion: 1 ½

Ingredients:

- 1 #10 can chickpeas, drained
- 2# russet potato, diced
- 2 tbsp vegetable oil
- 1 tbsp fresh ginger root, finely chopped or grated
- 2 cups onion, diced
- 1 cup celery, diced
- ½ tsp cloves, ground
- 2 tbsp garlic, minced
- ½ tsp cardamom
- 1 tsp cinnamon, ground
- 1 tsp coriander, ground
- ½ tsp cayenne pepper
- 1 tsp cumin, ground
- 1 tsp turmeric, ground
- 2 tbsp curry powder
- 1 #10 can coconut milk
- Lemon juice or vinegar to taste
- 1 cup fresh cilantro, chopped
- Salt and pepper to taste

Instructions:

- Take a big frying pan and heat oil in it on medium flame.
- Fry onions and celery until tender.
- Add garlic, ground cloves, cinnamon, cumin, coriander, ginger, salt, pepper, cayenne, curry and turmeric to it.
- Cook it for about 1 minute on medium flame, stirring continuously. Add the coconut milk and bring to a boil then reduce to simmer. Add the potatoes and chickpeas and cook until potatoes are done. Add cilantro, reserving some to garnish on top with.

Smoked Lentil Soup

A favorite from Ukiah Valley Medical Center in Ukiah, this hearty lentil soup is both nourishing and comforting. A splendid blend of herbs and spices elevate the lentils to a new dimension of flavor.

Servings: 64 Portion: 1 cup

Ingredients:

- ¼ cup olive oil
- 1 quart onion, yellow, small dice
- 1 quart carrot, small dice
- 1 quart celery, small dice
- 2 tbsp garlic, minced
- 2 tbsp thyme, dry leaf
- 2 tbsp smoked paprika
- 1 tbsp oregano, dry leaf
- 3 bay leaves
- 2 quarts tomato, canned (roughly chopped in food processor)
- 3 quarts lentils, green
- 2 gallons water
- 3 quarts vegetable stock
- 2 tbsp salt
- 1 tbsp black pepper
- 2 tbsp red wine vinegar
- 2 cups parsley, chopped for garnish

Instructions:

- Take a big frying pan and heat oil in it on medium flame.
- In large rondo or soup pot heat the olive oil over medium heat. Add the onion, carrot and celery.
- Cook until onion becomes translucent, add the dry spices, garlic and tomato. Continue to cook until tomato liquid has evaporated.
- When all liquid gone, add the lentils, vegetable stock and water. Bring to a boil and then turn down to simmer. Cook for 35 – 45 minutes or until lentils have softened.
- Garnish with parsley and serve immediately or cool down, record, and refrigerate according to HACCP procedure.

Tempeh Cacciatore

A favorite from Ukiah Valley Medical Center, tempeh cacciatore is a great alternative to the traditional chicken dish. Tempeh offers the probiotic benefits of a fermented food combined with the cancer-fighting properties of unprocessed soy.

Servings: 80

Portion: 1 4oz piece of tempeh + 2 oz sauce

Ingredients:

- 20 lbs tempeh, cut in 4oz portions
- ½ cup olive oil
- 1 quart red bell pepper, medium diced
- 1 quart green or Poblano pepper, medium diced
- 1 ½ quarts onion yellow, medium diced
- 3 cups celery, medium diced
- ¾ cup garlic, minced
- #10 can tomatoes, diced in juice,
- 2 tbsp sugar
- 1 quart vegetable broth
- 1 ½ cups capers
- 2 tbsp oregano, dry
- 1 tbsp thyme, dry
- 2 tbsp basil, dry
- 2 tsp red chili flakes
- 1 tbsp salt,
- 1 tbsp black pepper,
- Parsley, fresh chopped for garnish

Instructions:

- In large rondo or sauce pot, heat oil over medium heat.
- Add the onion, celery and bell peppers, cook until onions are translucent. Add the garlic and dry herbs, cook for 1 minute longer.
- Add the capers, canned tomatoes with liquid, chicken stock and sugar. Bring to a boil, then turn down to simmer. Let simmer at least ½ hour then season with salt and pepper.
- Place tempeh in perforated pans and place in steamer for about 7 minutes or until slightly softer. Remove to 2' hotel pans, shingled and cover with hot cacciatore sauce (half way up side of tempeh).

- Return pans to 325F oven and cook uncovered 15-20 minutes or until tempeh reaches internal temperature of 165F.
- Serve immediately or hold above 140F.
- Unused portions can be rapidly cooled and recorded according to HACCP procedures.

Tofu and Walnut Balls

A favorite from Ukiah Valley Medical Center in Ukiah, these tofu walnut balls offer a healthy alternative to the traditional meatball. Walnuts add anti-inflammatory benefits to the protein-packed dish.

Servings: 48 Portions: 4 ounces

Ingredients:

- 3 tbsp olive oil
- 3 cups onion, minced
- 2 cups carrot, grated
- 1 ½ quarts Corn Flakes,
- 1 ½ quarts walnuts, finely chopped (almost ground)
- 3 cups oats, quick
- 1 tbsp sage, dried
- 1 ½ tbsp garlic powder
- 2 tsp onion powder
- 1 tbsp coriander
- 1 tbsp turmeric
- 1 ½ tbsp paprika
- 1 ½ tbsp basil, dried
- 3 tbsp McKay's chicken style (vegan) seasoning
- 2 lbs tofu, extra firm, drained and broken up
- 3 cups water
- ½ cup soy sauce
- 1 ½ cups almond milk, unsweetened
- 1 ½ tbsp black pepper
- 3 cups fresh parsley, chopped

Instructions:

- Sauté onion and carrot in the olive oil over medium heat. Once onion becomes translucent add the dry spices and herbs. Cook for 1 minute longer then remove from heat.
- In batches appropriate for the size of the food processor, pulse batches of the sautéed veggies with the nuts and corn flakes.
- In 20-quart mixer combine all ingredients until well mixed.

- Portion with #12 scooper onto a well-greased sheet pan, flatten with the back of spatula to make little patties.
- Place in oven and cook until lightly browned and internal temperature of 165°F is reached.
- Serve immediately. Uncooked portion may be frozen and labeled according to HACCP procedure.

Vegetarian Neat Loaf

A favorite from Ukiah Valley Medical Center in Ukiah, this is a healthy adaptation of the traditional meatloaf. A great comfort food and high in fiber and protein, this would go well served with some roasted potatoes and vegetarian gravy.

Servings: 48

Portions: 6 oz

Ingredients:

- 1 gallon water
- 1 tbsp salt
- ½ gallon lentils, green
- 3 quarts onion, small diced
- 1 ½ quart celery, small diced
- 1 ½ quart carrot, small diced
- 2 quarts mushroom, small diced
- 2 quarts oats, quick
- 1 quart corn flake crumbs
- 1 quart cashews, coarsely ground
- 2 14 oz blocks tofu, extra firm
- 2 cups BBQ sauce
- 1 cup tomato sauce
- 2 tbsp vegetable base, mixed into ½ cup hot water
- ¼ cup garlic, minced
- 3 tbsp mustard
- 3 tbsp paprika
- 3 tbsp parsley, dry
- 3 tbsp basil, dry
- 2 tbsp Mrs. Dash
- 1 ½ tbsp black pepper

Instructions:

- Bring water, lentils and salt to a boil. Cook until lentils are softened. Drain and reserve some of the cooking liquid for mashing.
- While lentils are cooking, sauté onion, carrot, celery and mushrooms until onions are translucent and mushrooms have released their liquid. Add the garlic, herbs and spices, cook 1 minute longer then remove from heat.
- Mash the lentils until ¾ mashed then add to 20-quart mixer. Add the sautéed vegetables and herb mixture. Turn on the mixer and begin blending.

- When slightly cooled, add the remaining ingredients and mix well.
- Shape mixture into loafs on well-greased sheet pans, 3 loaves, 3'tall by 4' wide.
- Brush tops of loaves with BBQ sauce or ketchup. Bake covered with foil in 325F convection oven for 35-40 minutes. Remove cover and bake an additional 20 minutes or until lightly browned and internal temperature of 165F is reached.
- Serve immediately or cool, store and record according to HACCP procedure.

Vegetarian Pho

This is a popular dish enjoyed by Adventist Health Castle visitors and employees. Cook Gordon Au has refined this recipe and you can adjust the recipe to your taste buds. This is a meal that can be prepared in advance for family dining, and also makes for a crowd-pleasing potluck dish.

Serves: 16

Portions: ~2 cups

Ingredients:

- ½ medium round onion (peeled and quartered)
- 1 piece of ginger root, 4 inches (peeled)
- 5 whole star anise
- ¼ cup black peppercorn
- 10 whole cloves
- 1 cinnamon stick (2-3 inch sticks)
- ¼ to ½ cup mushroom base
- 2 gallons water
- 2 blocks extra firm tofu
- ¼ cup shoyu or Tamari
- 1 oz. garden seasoning

Optional toppings and Garnish Ingredients:

- Fresh vegetables
- Bean sprouts
- Cilantro
- Thai basil
- Cut lime wedges
- Sliced serrano chilis
- Hoisin sauce
- Sriracha sauce

Instructions:

- Roast ginger, onion, star anise, black peppercorn, whole cloves and cinnamon stick in a pan or oven for 2-3 minutes (in pan) or 5-10 minutes (in oven at 350 degrees).
- Place roasted ingredients in a large pot and add 2 gallons of water.
- Bring to a boil.
- Add ¼ to ½ cup mushroom base.
- Let broth boil for 15 minutes and then let simmer for 10 to 15 minutes.
- Cut tofu into bite sized pieces.

- Deep fry tofu in canola vegetable oil for 15-20 minutes or until golden brown. Alternatively, bake at 350 degrees for 30-45 minutes or until golden brown.
- Place tofu into mixing bowl and add shoyu/tamari, mix well.
- Add 1 oz. garden seasoning and mix, then add another 1 oz. garden seasoning.
- Add more shoyu/tamari or seasoning if desired.
- Portion 1-2 cups of broth and 3-5 pieces of tofu into bowls to serve. Add vegetables and garnish as desired.

Quinoa Chili

A favorite from Howard Memorial Hospital in Willits, CA, this warming chili provides a perfect balance of spice and depth. As a high fiber meal that's packed with nutrition, this dish is perfect for balancing blood sugar, lowering blood sugar and fighting inflammation. Serve large portions alongside a green salad or whole wheat bread.

Serves 60

Portion: 1 cup

Ingredients:

- 6 cups onions, chopped
- 6 cups celery, chopped,
- 6 cups carrot, chopped
- 2 cups bell peppers, chopped
- 2 jalapeno chili peppers, seeded and chopped
- 24 cups diced tomatoes, canned (or 2 #10 cans)
- 12 cups kidney beans, canned (or 1 #10 can)
- ½ cup garlic, chopped
- 2 tbsp oregano
- 2 tbsp cumin
- 4 tbsp chili powder
- 2 tsp cayenne pepper
- 1.5 cups brown rice, dry
- 1.5 cups quinoa, dry
- 4 tbsp salt
- 1 gallon water
- ¼ cup oil or water
- 2 bay leaves
- ½ cup cilantro, chopped fresh

Instructions:

- Sautee all fresh vegetables in water or oil in a large pot until tender
- Add garlic, spices and herbs. Stir and sauté for several minutes, stirring occasionally.
- Add remaining ingredients and simmer for approximately 1 hour
- Remove bay leaves and serve.

Desserts

Raw Fudge Brownie

A favorite from Howard Memorial Hospital in Willits, CA, this raw brownie is a decadent, guilt-free dessert. With dates as the main ingredient, these brownies will satisfy a sweet tooth while providing a boost of phytonutrients and fiber.

Yield: 1 8x8 pan

Servings: 20

Ingredients:

- 12 ounces dates, soaked in water 15 minutes, then drained
- $\frac{3}{4}$ cups cashews
- 1 cup walnuts
- 1 cup pecans
- $\frac{1}{2}$ cup coconut flakes, unsweetened
- $\frac{1}{4}$ teaspoon vanilla extract
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- 1 cup cocoa powder

Instructions:

- In a food processor, blend dates until they start to break down, remove and set aside.
- Place remaining ingredients except cocoa powder into food processor and pulse until ground evenly.
- Add dates and cocoa powder to the blended mixture and blend until well combined. Stop machine and scrape sides a couple times so ingredients blend evenly.
- Press into plastic wrapped 8x8 pan and press down evenly. Top with parchment paper and press with flat spatula. Chill for 1-2 hours until set.

Vegan Carrot Cake

A favorite from Howard Memorial Hospital in Willits, CA, this carrot cake provides all the sweet and spicy satisfaction of a traditional carrot cake but without the saturated fat and cholesterol from butter and eggs. Applesauce is used in place of oil to provide moisture and flax seeds act as a binder in place of eggs.

Servings: 24

Portions: 9x13" sheet pan cut 4x6

Ingredients:

- 2 ¼ cup all-purpose flour
- 1 tsp baking powder
- 1 ½ teaspoon baking soda
- 2 tsp cinnamon
- 1 tsp nutmeg
- ½ teaspoon cardamom
- ¼ cup + 2 tbsp flax seed, ground
- ¾ cup water
- ¾ cup light brown sugar
- ¼ cup cane sugar
- ¾ cup applesauce
- ½ vegetable oil
- 1 tbsp lemon juice
- 1 tbsp vanilla extract
- 3 cups carrots, shredded
- ½ cup walnuts, chopped
- ½ cup raisins

Instructions:

- Preheat oven to 350 degrees Fahrenheit. Prepare 9x13" baking pan with parchment paper and nonstick cooking spray.
- Sift dry ingredients together in a bowl.
- In another bowl, whisk together ground flax seeds and water. Beat in sugars, applesauce, oil and lemon juice. Add vanilla and carrots; mix until combined.
- Add dry ingredients and stir until moistened. Fold in walnuts and raisins. Pour into prepared pan.
- Bake for 25 to 35 minutes or until toothpick inserted in center comes out clean.
- Cool in pan for 10 minutes before removing. Cut along a 4x6 grid into 24 pieces.