

Side Dishes

Basic Brown Rice

Makes 3 cups

- 2 cups water
- 1 cup brown rice
- 1 teaspoon sea salt
- 1 strand kombu or several strands wakame

Bring the water to boil, and add the brown rice, sea salt, and sea vegetable. Return to a boil, lower the heat to a gentle simmer, cover, and cook for 45 minutes.

*Recipe from Vegetarian Cooking for People with Allergies
by Raphael Rettner, D.C.*

Beets with Dill Sauce

Makes about 4 cups

- 4 medium beets
- 2 tablespoons lemon juice
- 1 tablespoon stone-ground mustard
- 1 tablespoon cider vinegar
- 1 tablespoon apple juice concentrate
- 1 teaspoon dried dill weed, or 1 tablespoon fresh dill, chopped

Wash and peel the beets, then slice them into 1/4-inch thick rounds. Steam over boiling water until tender when pierced with a fork, about 20 minutes. Mix the remaining ingredients in a serving bowl. Add the beets and toss to mix. Serve immediately, or chill before serving.

Recipe from Foods That Fight Pain by Neal D. Barnard, M.D.;
recipe by Jennifer Raymond.

Braised Cabbage

Serves 2 to 3

1/2 cup water
2 cups coarsely chopped cabbage
salt
freshly ground black pepper

Bring the water to a boil in a skillet or saucepan. Stir in the cabbage, cover, and cook until it is just tender, about 5 minutes. Sprinkle with salt and pepper to taste.

*From Eat Right, Live Longer by Neal D. Barnard, M.D.;
recipe by Jennifer Raymond.*

Braised Collards or Kale

Makes 3 cups

Collard greens and kale are rich sources of calcium and beta-carotene, as well as other minerals and vitamins. One of the tastiest (and easiest) ways to prepare them is with a bit of soy sauce and plenty of garlic. Try to purchase young tender greens as these have the best flavor and texture.

1 bunch collard greens or kale (6–8 cups chopped)
1 teaspoon olive oil
2 teaspoons reduced-sodium soy sauce
1 teaspoon balsamic vinegar
2–3 garlic cloves, minced, or 2–3 teaspoons chopped
1/4 cup water

Wash greens, remove stems, then chop leaves into 1/2-inch wide strips. Combine olive oil, soy sauce, vinegar, garlic, and water in a large pot or skillet. Cook over high heat about 30 seconds. Reduce heat to medium-high, add chopped greens, and toss to mix. Cover and cook, stirring often, until greens are tender, about 5 minutes.

*Recipe from Healthy Eating for Life for Children
by PCRM nutrition director Amy Lanou, Ph.D.*

Broccoli with Sundried Tomatoes

Makes about 4 cups

The tangy flavor of sundried tomatoes is a perfect addition to steamed broccoli. Look for sundried tomatoes near the pickles and olives.

1 bunch broccoli
6 sundried tomatoes in olive oil, drained

Rinse broccoli and cut into florets. Peel and slice stems into rounds. Steam over boiling water until just tender, 3 to 5 minutes.

While broccoli is cooking, cut tomatoes into small pieces and place in a serving dish. When cooked, add broccoli to tomatoes, toss and serve.

Recipe from Healthy Eating for Life for Women by Kristine Kieswer.

Calabacitas

Serves 4

This recipe came from a burrito shop in Ithaca, New York. It can be made with lima beans as well. It's a perfect vegetable combination for tostadas, tacos, or burritos, or it can be used as a side dish or as a baked potato topping.

1 small yellow onion, finely chopped
2 tablespoons water, divided
2 small zucchini, quartered lengthwise and sliced
8 ounces button mushrooms, sliced
1 1/2 cups frozen corn
1/2 teaspoon cumin
1/2 teaspoon chili powder

Braise onion in 1 tablespoon of the water, stirring until liquid has evaporated. Add sliced zucchini, mushrooms, and the remaining water. Stir in spices and simmer for 5 minutes, covered, until mushrooms are soft. Stir in corn and cook for 2 more minutes to heat through. Add black pepper to taste.

*Recipe from PCRM Weight Loss Study Cooking Demonstration;
contributed by PCRM nutrition director Amy Lanou, Ph.D.*

Collard Greens with Almonds

Serves 6

- 1/4 cup slivered almonds
- 1 pound collard greens, rinsed, thick stems removed
- 2 tablespoons toasted sesame oil
- 1 tablespoon rice vinegar
- 1 small garlic clove, minced

In a small skillet, toast almonds over medium heat until golden in color, 1 to 2 minutes; set aside.

Layer three collard leaves. Roll into cylinder and slice crosswise into thin strips. Repeat until all leaves are sliced. In large saucepan, bring 2 inches water to a boil over high heat. Add greens, cover, and steam 4 minutes.

In small bowl, whisk sesame oil, vinegar, and garlic until blended. Toss greens with dressing and garnish with toasted almonds. Serve hot.

Garlic Spinach

Serves 4

- 1 large bunch of fresh spinach
- 3 cloves of garlic
- 1 teaspoon vegetarian Worcestershire sauce

Wash and de-stem spinach. Peel and mince garlic. Braise garlic in Worcestershire sauce over medium heat, stirring, until lightly browned. Add spinach to hot skillet. Use tongs to turn spinach until it is just wilted. Serve hot or at room temperature.

*Recipe from PCRM Weight Loss Study Cooking Demonstration;
contributed by PCRM nutrition director Amy Lanou, Ph.D.*

Hearty Barbecued Beans

Makes 6 cups

- 1 16-ounce can vegetarian baked beans
- 1 15-ounce can kidney beans

- 1 10-ounce package frozen baby lima beans
- 1 6-ounce can crushed tomatoes
- 1 cup finely chopped onion
- 1 tablespoon cider vinegar
- 1 tablespoon molasses
- 2 teaspoons stone-ground mustard
- 1 teaspoon chili powder

Combine all ingredients in a saucepan and cook at a slow simmer for 25 to 30 minutes.

*Recipe from Turn Off the Fat Genes by Neal D. Barnard, M.D.;
recipe by Jennifer Raymond.*

Mashed Grains and Cauliflower

Serves 8

- 1 cup minced onion
- 1 teaspoon olive oil
- 2 cups millet, quinoa, couscous, or other grain of your choice
- water for cooking 2 cups of selected grain according to package directions
- 4 cups cauliflower, cut into medium size pieces
- 1/2 teaspoon sea salt

Brush pot with oil and then add onion. Sauté for 3 minutes. Add grain and roast for 5 minutes. Add cauliflower, salt, and water. Cover pot and cook until grain has absorbed all the water. When the grains are done, mash the mixture together with a potato masher. Add a little water if necessary in order to get a smooth consistency. Serve topped with Mushroom Gravy (recipe on page 138).

Moroccan Carrots and Parsnips

Serves 6

- 1 teaspoon canola oil
- 3 tablespoons sweetener
- 1 1/2 teaspoons cinnamon
- 1/8 tsp cumin
- 1 3/4 cups orange juice
- 6 carrots, peeled and sliced
- 8 parsnips, peeled and sliced

1/2 cup chopped dried figs
1/4 cup raisins

In a large saucepan, heat oil over medium heat. Add sweetener, cinnamon, and cumin; cook, stirring for 1 minute. Add remaining ingredients and simmer, covered, for 25 minutes.

Adapted from Calci-Yum! by David and Rachelle Bronfman.

Pan-Grilled Portabello Mushrooms

Serves 4

Serve with your favorite type of rice and a big pile of steamed spinach, chard, or collard greens. These mushrooms also work well as burgers in whole-grain buns with the desired condiments.

4 large portabello mushrooms
2 teaspoons olive oil
2 tablespoons red wine (*optional*)
2 tablespoons soy sauce
1 tablespoon balsamic vinegar
2 medium cloves garlic, minced, or 2 teaspoons chopped garlic

Clean mushrooms and trim stems flush with the bottom of the caps. In a large skillet, mix the remaining ingredients. Heat until the mixture begins to bubble; add mushrooms, tops down. Reduce to medium heat. Cover and cook for about 3 minutes, or until tops are browned. (If the pan becomes dry, add 2 to 3 tablespoons of water.) Turn the mushrooms and cook for about 5 minutes more, or until tender when pierced with a sharp knife. Serve hot.

*Recipe from Foods That Fight Pain by Neal Barnard, M.D.;
recipe by Jennifer Raymond.*

Sautéed Broccoli with Ginger

Serves 4

1 clove garlic, minced
1/2-inch piece fresh ginger root, peeled and grated

2 teaspoons vegetable oil
1 pound broccoli, cut in florets
1 medium leek, sliced thin (white part only)
2 tablespoons vegetable stock
1 teaspoon tamari

Sauté the garlic and ginger in the oil in a large skillet for 1 minute. Add the broccoli, leek, and stock. Toss together all the ingredients to mix well. Cover the pan and cook for 3 minutes. Remove the cover and continue to sauté, stirring frequently, until the vegetables are just tender, about 10 minutes. Mix in the tamari and serve immediately.

Recipe from The Vegetarian Way, by Virginia Messina, M.P.H., R.D., and Mark Messina, Ph.D.

Spicy Black Beans and Tomatoes Serves 4

1/4 cup vegetable broth
1/2 cup chopped onion
2 garlic cloves, minced
2 14.5-ounce cans diced tomatoes, drained
2 tablespoons canned chopped green chilies
2 15-ounce cans black beans, rinsed and drained
1 tablespoon chopped cilantro or parsley
1/2 teaspoon cumin
1/2 teaspoon ground red pepper
1/4 teaspoon chili powder

Heat vegetable broth in non-stick cooking skillet over medium-high heat. Add chopped onion and garlic; sauté in broth until tender. Add tomatoes and chilies. Reduce heat and cook, uncovered, 6 to 8 minutes or until mixture is slightly thickened, stirring occasionally. Stir in beans and remaining ingredients.

Cover and cook 5 minutes or until thoroughly heated. Serve over brown rice or cooked couscous, scoop up with baked tortilla chips, or wrap up in a tortilla to make a black bean burrito.

Recipe from PCRM Weight Loss Study Cooking Demonstration; contributed by PCRM dietitian Brie Turner-McGrievy, M.S., R.D.

Sure-Fire Roasted Vegetables

Vegetable Options

4 to 5 cups of “soft” veggies

- Chopped broccoli
- Chopped bell peppers
- Chopped zucchini or yellow summer squash
- Chopped eggplant

OR

4 to 5 cups of “hard” veggies

- Chopped carrots
- Chopped sweet potatoes or new potatoes
- Cubed butternut squash (or other squash)
- Chopped parsnips or rutabaga

Onions and/or chopped garlic can be used with either soft or hard veggies.

Seasoning Mix Options

Italian:

- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 2 teaspoons dried rosemary
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup chopped fresh parsley

Mexican:

- 2 teaspoons cumin
- 1 teaspoon basil
- 1 teaspoon rosemary
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup chopped cilantro

Indian:

- 1 teaspoon curry powder
- 1 teaspoon garam masala
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup chopped cilantro

Preheat oven to 400°F. Spray jelly roll pan with cooking spray.

Combine vegetable mixture (either hard or soft vegetables) in bowl. Add your choice of seasoning mix. Toss vegetables to coat with seasoning. Place vegetables in pan in a single layer.

For soft vegetables: Roast 10 minutes. Take pan out of oven and spray the tops of the vegetables with cooking spray. Turn veggies and cook for another 5 to 10 minutes or until vegetables are tender.

For hard vegetables: Roast 15 minutes. Take pan out of oven and spray the tops of the vegetables with cooking spray. Turn veggies and cook for another 15 minutes or until vegetables are tender.

Make it a meal by adding a can of drained and rinsed beans (such as garbanzo or black beans). Serve vegetables as a side dish, over couscous or brown rice, or wrapped up in a burrito with salsa.

*Recipe from PCRM Weight Loss Study Cooking Demonstration;
contributed by PCRM dietitian Brie Turner-McGrievy, R.D.*

Three Bean Delight

Serves 4

1 cup cooked kidney beans
1 cup cooked garbanzo beans
1 cup cooked lima beans
1 cup onion, chopped
1/2 cup green pepper, chopped
4 teaspoons olive oil

Toss all ingredients together. Serve hot or cold with a grain or bread. To serve cold for a salad, add a few drops of lemon juice or vinegar.

*Recipe from Vegetarian Cooking for People with Diabetes
by Patricia Le Shane.*

Wonderful Winter Squash

Makes 4 cups

- 1 medium winter squash (butternut or kabocha, for example)
- 1/2 cup water
- 2 teaspoons soy sauce
- 2 tablespoons maple syrup

Slice the squash in half, then peel and remove the seeds. Cut the squash into 1-inch cubes (you should have about 4 cups).

Place the cubes in a large pot with the water. Add the soy sauce and syrup. Cover and simmer over medium heat for 15 to 20 minutes or until squash is tender when pierced with a fork.

*Recipe from Foods That Fight Pain by Neal Barnard, M.D.;
recipe by Jennifer Raymond.*

Zippy Yams and Collards

Serves 4

- 1 bunch collards, finely sliced
- 2 small yams, cut into bite-sized chunks
- 1 onion, sliced
- 2 large cloves of garlic, minced
- 1 tablespoon vegetarian Worcestershire sauce
- 1/2 teaspoon Thai chili paste
- 1/2 lemon

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

Zucchini Skillet Hash

Serves 8

8 ounces gluten-free pasta (quinoa, rice, etc.)
1/2 cup water
1 medium onion, chopped
2 medium stalks celery, sliced thin
2 medium zucchinis, diced
3 vegan burger patties, chopped
1 15-ounce can garbanzo beans, including liquid
1/2 teaspoon salt

Cook pasta according to package directions. Drain and rinse, then set aside. In a large skillet, heat the water; add onion and garlic. Cook over high heat for about 3 minutes or until onion is soft. Add mushrooms and celery and continue cooking, stirring frequently, for about 5 minutes or until the mushrooms begin to brown. Add burger patties and cook, stirring often, for about 3 minutes, or until zucchini is just tender when pierced with a fork.

Purée beans, with their liquid, in a blender or food processor. Add to the vegetable mixture, along with pasta and salt. Heat gently, stirring frequently, until hot and steamy.

Recipe from Foods That Fight Pain by Neal D. Barnard, M.D.;
recipe by Jennifer Raymond.