

Life More Abundant

PESTO

- 2 tablespoons pine nuts, soaked 20 minutes
- 6 tablespoons extra-virgin olive oil
- 3 cloves garlic, chopped
- 6 tablespoons chopped fresh basil
- 1 tablespoon chopped parsley
- Pinch sea salt

In a blender, combine the pine nuts, oil, garlic, basil, parsley, and salt. Blend until very smooth. If too thick, add a spoonful of warm water. Use with pasta or as a dip.

WHITE BEAN AND KALE CHILI

- 2 1/2 cups cooked Great Northern beans
- 2 cups wheat berries, cooked
- 1 large bunch Red Russian Kale, roughly chopped
- 1 large onion, chopped
- 1 yellow bell pepper, seeded and chopped
- 2 14-oz cans fire roasted diced tomatoes
- 6 cloves garlic, minced
- 2 1/2 tablespoons olive oil
- 2 teaspoons chili powder
- 1 tablespoon fresh oregano
- 1 1/2 teaspoons ground cumin
- 2 cups vegetarian broth
- 2 teaspoons agave nectar
- juice of 1 lime
- 1 avocado, diced
- 1/2 cup fresh cilantro leaves, chopped
- salt to taste

In a large pot over medium-high heat, heat the olive oil until it's hot but not smoking. Add the garlic, and saute 30 seconds. Add onion, pepper, chili powder, cumin, salt and pepper, and saute for 5-7 minutes, until tender.

Add the canned tomatoes, heirloom beans, broth and agave. Turn heat up to high and bring to a boil, then reduce heat to simmer and cover. Allow the soup to simmer for 25 minutes.

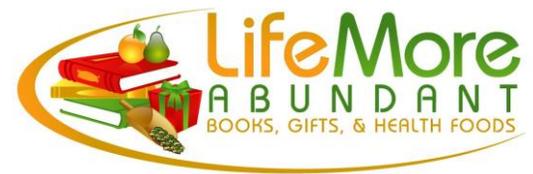
Add kale, oregano, and cooked wheat berries to the pot, and allow the kale to wilt and the wheat berries to heat through...about 5-7 minutes. Remove from heat, add in lime juice and taste for salt and pepper. Serve garnished with diced avocado and cilantro.

VEGETABLE ROLL-UPS

- 1/2 cup Tofutti cream cheese, at room temperature
- 4 chives, 1 sprig of dill, and/or 3 basil leaves (optional)
- 2 eight- to ten-inch flour tortillas
- 1 tomato, seeded and sliced into thin rounds
- 6 spinach leaves

Place the cream cheese in a small bowl. For herb cream cheese, use scissors to snip the herbs into tiny pieces, then mash them into the cream cheese with the back of a spoon.

Spread a little cream cheese on each of the spinach leaves, then spread the remainder in a thin layer onto



the tortillas. Place three tomato slices in a row down the middle. Top with the spinach leaves, cream cheese facing up.

Roll up each tortilla tightly into a log. Pinch the seams shut. Use a serrated knife to slowly slice each log crosswise into 5 or 6 pinwheel sandwiches.

SANTA FE SUNSET DIP

- 3 oz. sun-dried tomatoes
- 2 (7 oz.) jars roasted red peppers, drained
- 2 garlic cloves, finely chopped
- 1 teaspoon ground cumin, or to taste
- 1 teaspoon fresh lemon juice, or to taste
- 1/4 cup fresh cilantro, chopped
- 1/4 cup scallion, chopped
- 4 oz. Tofutti cream cheese
- 1/8 teaspoon cayenne pepper (optional)

Soak sun-dried tomatoes in hot water (enough to cover) for about 5 minutes. Drain well, reserving 3 tablespoons of the soaking liquid.

In a food processor, purée red peppers, drained sun-dried tomatoes, garlic, cumin, lemon juice, cilantro and scallion until smooth.

Add the Tofutti cream cheese and purée again, adding enough of the reserved liquid to thin the dip to the desired consistency. Blend until smooth. Add cayenne pepper, if using, to taste.

Transfer the dip to a covered container and refrigerate up to 24 hours before serving. Bring the dip to room temperature before serving. Serve with assorted cut vegetables or whole-wheat pita bread.

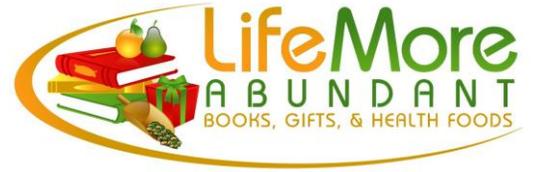
MANGO, CHICKEN, AND PECAN SALAD

- 2 cups soy chicken, chopped or cubed
- 4 cups torn romaine lettuce
- 1 1/2 cups mango, peeled and cubed
- Bragg's salad dressing
- 1 cup red pepper strips (about 1 large pepper)
- 2 scallions, sliced (about 1/4 cup)
- Salt, to taste
- 1/4 cup pecan halves, toasted

In a large salad bowl, combine the soy chicken, lettuce, mango, red pepper and scallions. Combine with salad dressing and top with toasted nuts.

VEGETARIAN INDIAN CHICKEN SOUP

- 1 1/2 cups vegetarian chicken pieces
- 2 tablespoons lime juice
- 1/8 teaspoon cayenne pepper
- 1/2 cup thinly sliced onion
- 1/2 cup thinly sliced celery
- 1/2 cup shredded bok choy or green cabbage
- 1 1/2 teaspoons grated fresh ginger
- 1 1/2 teaspoons minced or crushed garlic
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon salt
- 4 cups no-chicken broth
- 1 tablespoon Bragg's liquid aminos
- 1/2 cup cooked brown rice
- 1 bunch baby spinach leaves
- 1 1/2 teaspoons sesame oil



Sprinkle lime juice and cayenne over vegetarian chicken pieces; set aside. Heat a little canola oil and add onion, celery, cabbage, ginger and garlic. Saute for 1 minute. Sprinkle with curry powder and salt. Reduce heat to medium and saute for 5 minutes or until onion is translucent. Add no-chicken broth and bring to a boil. Stir in vegetarian chicken mixture and bring back to boil. Add brown rice and simmer for 10 minutes. Add Braggs and stir in the spinach leaves and add sesame oil.