



Day 8

Breakfast-Baked Oatmeal

Mid-morning Snack-Apple Crisps

Lunch-Stir-Fry Vegetables and Brown Rice

Snack-Nuts

Dinner-Avocado and Kale Salad with Eggplant Pecan Pesto

Baked Oatmeal

Serves 6

- 1 1/2 cups old-fashioned rolled oats
- 1 1/2 cups unsweetened almond milk
- 1/2 cup unsweetened applesauce
- 1/4 cup chopped dried apricots
- 1/4 cup chopped dates or raisins
- 1/4 cup chopped pecans or walnuts
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt

Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8 inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top.

Optional: Serve with Almond Butter or Date Honey.

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APPLE CRISPS

3 large apples

cinnamon

1. Preheat oven to 275°.
2. Place apple strips in a single layer without overlapping on two large baking sheets lined with parchment paper.
3. Bake 2 hours or until apples are dry and crisp. For chewier crisps, remove from oven at 1 1/2 hours.
4. Using a spatula, transfer crisps to wire rack to cool.

Snack

Stir-Fry Vegetables with Brown Rice

1 tablespoon sesame oil	4 cups greens, chopped
3 green onions	1 can sliced water chestnuts
3 tablespoons fresh ginger	3 cups cooked brown rice
4 cups fresh broccoli	2 tablespoons soy sauce
1/2 pound fresh green beans	1 1/2 cups peas
2 carrots	1/2 cup toasted sliced almonds
2 cloves garlic, minced	

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.
2. Add green onions and ginger. Sauté for 5 minutes.
3. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.
6. Serve as complete meal.

Avocado and Kale Salad

Ingredients

- 1 bundle of kale
- 1 small red onion, thinly sliced
- 2 avocados, cubed
- ¼ cup scallions
- ¼ cup scallions

Directions

1. Soak kale in cold water and wash leaves individually.
2. Cut kale leaves thinly and place in salad spinner, then transfer to large bowl.
3. Place red onion slices into bowl.
4. Place avocado cubes in bowl.
5. Toss the scallions and cilantro in bowl.
6. Toss and serve with an approved dressing.

EGGPLANT PECAN PESTO

1/2 cup water

1 medium onion, diced

1/2 teaspoon crushed garlic

1 large eggplant, peeled

1 cup pecans

1/2 cup fresh basil, firmly packed

2-3 tablespoon fresh lemon juice

2-4 tablespoon light miso

1. Heat water in a large nonstick skillet. Add onion and garlic and cook over medium-high heat for 5 minutes.
2. Cut eggplant into 1/2-inch cubes. Add to onion, cover, and reduce heat to medium. Cook, stirring often, until eggplant is very soft, about 25-30 minutes.
3. When tender, transfer eggplant mixture to blender. Add remaining ingredients and process until completely smooth.
4. Serve immediately while warm or at room temperature. Store leftovers in refrigerator and reheat to serve.



Main Dish





Day 9

Breakfast-Creamy Banana Oatmeal

Mid-morning Snack-Brian's Awesome Smoothie

Lunch-Black Bean and Avocado Salad

Snack-Apple Crisps

Dinner-Black Bean Poblano and Corn Chowder

Creamy Banana Oatmeal

Serves 2

2 cups oats (Old Fashioned)

3 cups Silk Organic Soy Milk

1 whole banana

1/4 teaspoon of cinnamon

1. Combine Oats and soy milk in a medium pot. Cook over medium heat stirring continually until thick. Be aware that old fashioned whole oats take time to soften and thicken.
2. Add fruit.

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Smoothies

BRIAN'S AWESOME SMOOTHIE

Serves 2

2 mangoes

5-6 bananas

**Peel and chop the mangoes and bananas.
Put all the ingredients in a blender and
puree, adding water as needed.**

Black Bean and Avocado Salad

Ingredients

1 15-oz. can black beans, drained and rinsed
1 cup red bell peppers
1/2 cup red onion, chopped
1 whole jalapeno pepper seeded, chopped
1 whole avocado, diced
1/4 cup chopped fresh cilantro
4 tablespoons lime juice
2 tablespoons olive oil
1/2 teaspoon garlic powder
1/4 teaspoon pepper
1/2 teaspoon salt
6 cups mixed greens

Directions

1. Place the first six ingredients in a bowl.
2. Then in a separate bowl whisk together the lime juice, olive oil and seasonings.
3. Pour the mixture over the black bean mixture. Mound mixture over greens. May add more salt or lime juice to taste.

APPLE CRISPS

3 large apples

cinnamon

1. Preheat oven to 275°.
2. Place apple strips in a single layer without overlapping on two large baking sheets lined with parchment paper.
3. Bake 2 hours or until apples are dry and crisp. For chewier crisps, remove from oven at 1 1/2 hours.
4. Using a spatula, transfer crisps to wire rack to cool.

Snack

Black Bean, Poblano Corn Chowder

Ingredients

2 whole poblano peppers
2 15 oz. can black beans, drained
2 tablespoons olive oil
1 tablespoon ground cumin
1 teaspoon pepper
1 teaspoon salt
2 tablespoons dried parsley
2 14.5 oz. can diced tomatoes
2 cup frozen corn
1 large onion, chopped

Directions

1. Place poblano peppers on the grill and char them on all sides.
2. Place peppers in a bowl and cover tightly with wrap, after about 5 minutes, remove the skin, stem and seeds.
3. Drop in food processor and blend.
4. In a large pot, put the olive oil, onions, garlic and sauté for about 5 minutes.
5. Add the can of tomatoes, juice and all, along with black beans, corn, poblano peppers and all the seasonings.
6. Cover with lid and simmer for 20 minutes.



Day 10

Breakfast-Gene's Green Machine Smoothie

Mid-morning Fresh Fruit and Nuts

Lunch-Eggplant Pecan Pesto

Snack-Nuts

Dinner-Avocado and Chickpea Salad w/ Pesto and Black Bean Poblano and Corn Chowder

GENE'S GREEN MACHINE SMOOTHIE

Serves 2

2 cups plant-based milk

1 banana

1/4 cup frozen blueberries

2 large leaves of kale

1/2 cup spinach

1/2 English cucumber

1/2 tablespoon flax seed

1 dare, pitted

Blend all the ingredients until smooth and no chunks remain. Add more plant-based milk or water to get the consistency you prefer.

Smoothies

Fresh Fruit

Serves 1

1 apple	1 apricot
1 kiwi	1 pear
1/2 papaya	1 plum
1 mango	1 cup watermelon
1 cup grapes	1 cup cantaloupe
1 orange/tangerine	1 cup honeydew
1 pink grapefruit	4-6 prunes
1 cup berries	1 banana
1 peach	

Snack

Choose any two fruits from the list. A great snack on the go!

EGGPLANT PECAN PESTO

1/2 cup water

1 medium onion, diced

1/2 teaspoon crushed garlic

1 large eggplant, peeled

1 cup pecans

1/2 cup fresh basil, firmly packed

2-3 tablespoon fresh lemon juice

2-4 tablespoon light miso

1. Heat water in a large nonstick skillet. Add onion and garlic and cook over medium-high heat for 5 minutes.
2. Cut eggplant into 1/2-inch cubes. Add to onion, cover, and reduce heat to medium. Cook, stirring often, until eggplant is very soft, about 25-30 minutes.
3. When tender, transfer eggplant mixture to blender. Add remaining ingredients and process until completely smooth.
4. Serve immediately while warm or at room temperature. Store leftovers in refrigerator and reheat to serve.

Avocado Chickpea Salad with Vegan Pesto

Ingredients

- 1 can chickpeas, rinses and drained
- 1 avocado, cubed
- lemon juice
- salt, pepper,
- 2 scallions, chopped
- 2 handfuls spring mix or arugula, sliced
- 4 tablespoons vegan basil arugula pesto

Directions

1. Squeeze lemon juice over cubed avocado. Combine ingredients in a large bowl and enjoy (mash chickpeas beforehand if using this as sandwich filling).



Black Bean, Poblano Corn Chowder

Ingredients

2 whole poblano peppers
2 15 oz. can black beans, drained
2 tablespoons olive oil
1 tablespoon ground cumin
1 teaspoon pepper
1 teaspoon salt
2 tablespoons dried parsley
2 14.5 oz. can diced tomatoes
2 cup frozen corn
1 large onion, chopped

Directions

1. Place poblano peppers on the grill and char them on all sides.
2. Place peppers in a bowl and cover tightly with wrap, after about 5 minutes, remove the skin, stem and seeds.
3. Drop in food processor and blend.
4. In a large pot, put the olive oil, onions, garlic and sauté for about 5 minutes.
5. Add the can of tomatoes, juice and all, along with black beans, corn, poblano peppers and all the seasonings.
6. Cover with lid and simmer for 20 minutes.



Day 11

Breakfast-Dried Fruit Bars

Mid-morning-Carrot Juice with Nuts

Lunch-Black Bean Poblano Corn Chowder

Snack-Nuts

Dinner-Raw Vegan Collard Wraps

Dried Fruit Bar

Serves 2

- 1 cup agave nectar
- 2 tablespoons peanut oil
- 1 tsp cinnamon
- 1 1/2 cups oats, uncooked
- 1/2 cup whole grain, whole wheat flour
- 1/2 cup sliced Almonds
- 1/2 teaspoon salt
- 2/3 cup sunflower seed
- 10 whole dried apricots
- 10 dried figs
- 10 whole dried pitted dates
- 1/2 cup dried cherries

1. Preheat oven to 350°.
2. Add agave nectar, oil, and cinnamon in small bowl and whisk together.
3. In a large bowl, stir together oats, flour, almonds, sunflower seeds, salt and dried fruit.
4. Add agave mixture to the oatmeal fruit mixture with hands.
5. Place in lightly oiled 8x8 pan and press ingredients down tightly.
6. Bake at 350° for 25 minutes.

Breakfast

CARROT JUICE

Serves 2

2 large carrots

1/4 inch ginger root

1 lemon

1 apple

1. Wash carrots and ginger root.
2. Cut lemon in half or quarter.
3. Cut apple in quarters.
4. Add all ingredients to juicer and juice.

Juice

Black Bean, Poblano Corn Chowder

Ingredients

2 whole poblano peppers
2 15 oz. can black beans, drained
2 tablespoons olive oil
1 tablespoon ground cumin
1 teaspoon pepper
1 teaspoon salt
2 tablespoons dried parsley
2 14.5 oz. can diced tomatoes
2 cup frozen corn
1 large onion, chopped

Directions

1. Place poblano peppers on the grill and char them on all sides.
2. Place peppers in a bowl and cover tightly with wrap, after about 5 minutes, remove the skin, stem and seeds.
3. Drop in food processor and blend.
4. In a large pot, put the olive oil, onions, garlic and sauté for about 5 minutes.
5. Add the can of tomatoes, juice and all, along with black beans, corn, poblano peppers and all the seasonings.
6. Cover with lid and simmer for 20 minutes.

Raw Vegan Collard Wraps

4 large collard leaves

1 red bell pepper

1 avocado

2-3 ounces alfalfa sprouts

1/2 lime

1 cup raw pecans

1 tablespoon tamari

1 teaspoon cumin (or 1/2 teaspoon
minced garlic and 1/2 teaspoon
grated ginger)

1 teaspoon olive oil

1. To prepare collard leaves wash leaves, cut off white stem at the bottom that has no leaves and place them in a bath of warm water with juice of half a lemon. Let soak for 10 minutes. Dry the leaves off with paper towels and using a knife thinly slice down the central root.
2. Slice avocado and pepper.
3. In a food processor combine pecans, tamari, cumin and olive oil. Pulse until combined and mixture clumps together.
4. Place a collard leaf in front of you and layer nut mix, red pepper slices, avocado slices, a drizzle of lime juice and alfalfa sprouts. Fold over the top and bottom and then wrap up the sides. Slice in half and serve.

Main Dish



Day 12

Breakfast-Fresh Fruit

Mid-morning-Dried Fruit Bars

Lunch-Raw Vegan Collard Wraps

Snack-Nuts

Dinner-Black Bean and Avocado Salad with Creamy Corn Chowder

Fresh Fruit

Serves 1

1 apple	1 apricot
1 kiwi	1 pear
1/2 papaya	1 plum
1 mango	1 cup watermelon
1 cup grapes	1 cup cantaloupe
1 orange/tangerine	1 cup honeydew
1 pink grapefruit	4-6 prunes
1 cup berries	1 banana
1 peach	

Choose any two fruits from the list. A great breakfast on the go!

Breakfast

Dried Fruit Bars

Serves 2

1 cup agave nectar	2/3 cup sunflower seed
2 tablespoons peanut oil	10 whole dried apricots
1 tsp cinnamon	10 dried figs
1 1/2 cups oats, uncooked	10 whole dried pitted dates
1/2 cup whole grain, whole wheat flour	1/2 cup dried cherries
1/2 cup sliced Almonds	1 teaspoon peanut oil (to grease pan)
1/2 teaspoon salt	

1. Preheat oven to 350°.
2. Add agave nectar, oil, and cinnamon in small bowl and whisk together.
3. In a large bowl, stir together oats, flour, almonds, sunflower seeds, salt and dried fruit.
4. Add agave mixture to the oatmeal fruit mixture with hands.
5. Place in lightly oiled 8x8 pan and press ingredients down tightly.
6. Bake at 350° for 25 minutes.

Snack

Raw Vegan Collard Wraps

4 large collard leaves

1 red bell pepper

1 avocado

2-3 ounces alfalfa sprouts

1/2 lime

1 cup raw pecans

1 tablespoon tamari

1 teaspoon cumin (or 1/2 teaspoon
minced garlic and 1/2 teaspoon
grated ginger)

1 teaspoon olive oil

1. To prepare collard leaves wash leaves, cut off white stem at the bottom that has no leaves and place them in a bath of warm water with juice of half a lemon. Let soak for 10 minutes. Dry the leaves off with paper towels and using a knife thinly slice down the central root.
2. Slice avocado and pepper.
3. In a food processor combine pecans, tamari, cumin and olive oil. Pulse until combined and mixture clumps together.
4. Place a collard leaf in front of you and layer nut mix, red pepper slices, avocado slices, a drizzle of lime juice and alfalfa sprouts. Fold over the top and bottom and then wrap up the sides. Slice in half and serve.

Lunch

Black Bean and Avocado Salad

Ingredients

1 15-oz. can black beans, drained and rinsed
1 cup red bell peppers
1/2 cup red onion, chopped
1 whole jalapeno pepper seeded, chopped
1 whole avocado, diced
1/4 cup chopped fresh cilantro
4 tablespoons lime juice
2 tablespoons olive oil
1/2 teaspoon garlic powder
1/4 teaspoon pepper
1/2 teaspoon salt
6 cups mixed greens

Directions

1. Place the first six ingredients in a bowl.
2. Then in a separate bowl whisk together the lime juice, olive oil and seasonings.
3. Pour the mixture over the black bean mixture. Mound mixture over greens. May add more salt or lime juice to taste.

Creamy Corn Chowder

Ingredients

2 1/2 cups plain, unsweetened almond milk, chilled
2 1/2 cups fresh or frozen corn kernels
1 small shallot
1 ripe avocado
Scallions or fresh cilantro

Directions

1. Puree all ingredients in a blender until smooth. Ladle into bowls and sprinkle with scallions, diced avocado, and corn kernels.



Day 13

Breakfast-Chocolate Smoothie

Mid-morning-Fresh Fruit

Lunch-Creamy Corn Chowder and Cucumber Salad

Snack-Dried Fruit Bars

Dinner-Greek-Style Stuffed Peppers

CHOCOLATE SMOOTHIE

Serves 2

3/4 cup unsweetened almond milk

1/2 cup pomegranate juice

6 oz. baby spinach, optional

1 frozen banana

Dates, to taste

3 tablespoons raw cocoa powder

2 cups frozen blueberries

Puree all the ingredients in a high-powered blender until smooth.

Fresh Fruit

Serves 1

1 apple	1 apricot
1 kiwi	1 pear
1/2 papaya	1 plum
1 mango	1 cup watermelon
1 cup grapes	1 cup cantaloupe
1 orange/tangerine	1 cup honeydew
1 pink grapefruit	4-6 prunes
1 cup berries	1 banana
1 peach	

Choose any fruits from the list. Serves as a great snack!

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Creamy Corn Chowder

Ingredients

2 1/2 cups plain, unsweetened almond milk, chilled
2 1/2 cups fresh or frozen corn kernels
1 small shallot
1 ripe avocado
Scallions or fresh cilantro

Directions

1. Puree all ingredients in a blender until smooth. Ladle into bowls and sprinkle with scallions, diced avocado, and corn kernels.



Lunch

Cucumber Salad

Ingredients

2 cups sliced cucumber, peeled
2 cups halved cherry tomatoes
1/2 cup thinly-sliced red onion, sliced pole-to-pole
2 tablespoons extra-virgin olive oil
1/2 teaspoon dried dill
1/2 teaspoon salt

Directions

Place cucumbers, tomatoes, and onions in a 1-quart ceramic dish. Pour olive oil over all, and stir well to combine. Add dill and salt, and stir again. Cover, and marinate 2 hours in refrigerator. Serve cold.

Yield: 8 servings (serving size: 1/2 cup)



Dried Fruit Bars

Serves 2

1 cup agave nectar	2/3 cup sunflower seed
2 tablespoons peanut oil	10 whole dried apricots
1 tsp cinnamon	10 dried figs
1 1/2 cups oats, uncooked	10 whole dried pitted dates
1/2 cup whole grain, whole wheat flour	1/2 cup dried cherries
1/2 cup sliced Almonds	1 teaspoon peanut oil (to grease pan)
1/2 teaspoon salt	

1. Preheat oven to 350°.
2. Add agave nectar, oil, and cinnamon in small bowl and whisk together.
3. In a large bowl, stir together oats, flour, almonds, sunflower seeds, salt and dried fruit.
4. Add agave mixture to the oatmeal fruit mixture with hands.
5. Place in lightly oiled 8x8 pan and press ingredients down tightly.
6. Bake at 350° for 25 minutes.

Snack

Greek-Style Stuffed Peppers

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| 1 tablespoon olive oil | 1 teaspoon dried oregano flakes |
| 1/2 cup chopped onion | 1 teaspoon dried parsley |
| 1/2 cup diced zucchini | 1/2 teaspoon salt |
| 1 clove garlic, minced | 6 medium bell peppers |
| 1 can tomato sauce | 2 cups cooked quinoa |
| 3 chopped canned artichokes | 1 1/2 tablespoons pine nuts |
| 1/2 cup chopped black olives | |

Preheat oven to 350°. Place artichokes in a food processor, and pulse until artichokes are chopped well. Set aside. Heat olive oil over medium heat. Add onion and zucchini. Cook 3-5 minutes or until vegetables are softened. Lower heat, and add garlic. Cook 1 minute, stirring constantly so garlic doesn't burn. Add tomato sauce, artichokes, olives, oregano, parsley and salt. Cook 15 minutes, or until sauce is thickened.

While sauce is cooking, prepare peppers. Cut in half lengthwise, and remove stems and seeds. Place peppers in boiling water for 5 minutes. Drain in colander, and place in a large baking dish. When sauce is finished, mix in the quinoa and pine nuts. Stir well. Spoon mixture evenly into pepper halves. Add hot water to dish to a depth of 1/2-inch. Bake uncovered for 20 minutes.

Main Dish



Day 14

Monday

Breakfast-Fruit Salad

Mid-morning-Apricot Fruit Pop'ems

Lunch-Greek-Style Stuffed Peppers

Snack-Hummus and Nuts

Dinner-Cajun Red Beans and Rice

Fruit Salad

Serves 2-4

1 cup strawberries	4-6 kiwi
1 cup raspberries	1 mango
1 cup blueberries	2 cup seedless grapes
1 cup blackberries	1 papaya
2 oranges	2 cups diced watermelon
2 tangerines	4-8 mint leaves (optional)
1 pink grapefruit	1 lemon (optional)

1. Wash strawberries, raspberries, blueberries, and blackberries. Remove stems from strawberries, cut them in half, and add to a large bowl.
2. Peel oranges, tangerines, grapefruit, and kiwi. Cut away the flesh of the mango from the seed and thinly slice the mango lengthwise. Scoop the slices out of the peel and add them to bowl.
3. Section oranges, tangerines, and grapefruit and add to the bowl. Cut grapes in half and add to bowl.
4. Cut kiwi crosswise and add to bowl.
5. Cut papaya in half, remove the black seeds, scoop out flesh, and add to bowl.
6. Add raspberries, blueberries, and blackberries to bowl.
7. Add diced watermelon to bowl, and mix all fruits together.

Breakfast

APRICOT FRUIT POP'EMS

2 cups dried apricots

1 cup pecans

1 tablespoon orange juice

1. Dump all of the above ingredients in a food processor and pulse for about 30 seconds.
2. Then make into small balls about the size of a quarter.
3. Refrigerate in tight container.

Snack

Greek-Style Stuffed Peppers

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| 1 tablespoon olive oil | 1 teaspoon dried oregano flakes |
| 1/2 cup chopped onion | 1 teaspoon dried parsley |
| 1/2 cup diced zucchini | 1/2 teaspoon salt |
| 1 clove garlic, minced | 6 medium bell peppers |
| 1 can tomato sauce | 2 cups cooked quinoa |
| 3 chopped canned artichokes | 1 1/2 tablespoons pine nuts |
| 1/2 cup chopped black olives | |

Preheat oven to 350°. Place artichokes in a food processor, and pulse until artichokes are chopped well. Set aside. Heat olive oil over medium heat. Add onion and zucchini. Cook 3-5 minutes or until vegetables are softened. Lower heat, and add garlic. Cook 1 minute, stirring constantly so garlic doesn't burn. Add tomato sauce, artichokes, olives, oregano, parsley and salt. Cook 15 minutes, or until sauce is thickened.

While sauce is cooking, prepare peppers. Cut in half lengthwise, and remove stems and seeds. Place peppers in boiling water for 5 minutes. Drain in colander, and place in a large baking dish. When sauce is finished, mix in the quinoa and pine nuts. Stir well. Spoon mixture evenly into pepper halves. Add hot water to dish to a depth of 1/2-inch. Bake uncovered for 20 minutes.

Lunch

Cajun Red Beans and Rice

- 1/2 tablespoon olive oil
- 1/2 cup chopped green pepper
- 1/2 cup chopped red onion
- 1/2 cup sliced celery
- 1/4 cup water
- 2 teaspoons Creole Seasoning
- 1 can red kidney beans
- 2 cups cooked brown rice

Heat olive oil in a large, deep skillet over medium heat. Add green peppers, onions, and celery. Cook until vegetables are softened, about 3-5 minutes. Add water and Creole Seasoning. Stir well. Mix in kidney beans and rice. Lower heat and cook another 5 minutes or until heated through.

Stovetop Directions

Sauté vegetables as directed. While vegetables are cooking, bring 2 cups water to a boil. Lower heat, and add vegetables, 1 cup uncooked brown rice, and beans. Cover, and simmer about 45 minutes, or until rice is light and fluffy.

Main Dish



Day 15

Breakfast-PB&J with SB&G Wrap

Mid-morning-Carrot Juice and Nuts

Lunch-Vegetable Fest

Snack-Fruit Salad with Nuts

Dinner-Black Bean Salad and Greek Vegetable Stew

PB&J with SB&G Wrap

Serves 1

- 1 Whole Wheat tortilla
- 1 tablespoon peanut butter/almond butter
- 2 Strawberries, sliced thinly
- 1/4 banana, cut lengthwise
- 2 tablespoons granola

1. Spread peanut/almond butter evenly over tortilla. Layer strawberries, banana, and granola. Roll, cut and enjoy.

Breakfast

CARROT JUICE

Serves 2

2 large carrots

1/4 inch ginger root

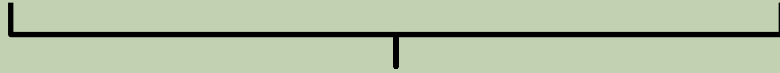
1 lemon

1 apple

1. Wash carrots and ginger root.
2. Cut lemon in half or quarter.
3. Cut apple in quarters.
4. Add all ingredients to juicer and juice.

Juice

Vegetable Fest



- 1 tablespoon olive oil
- 1 small onion, very thinly sliced
- 2 teaspoons fresh ginger, grated
- 2 tablespoons fresh fennel, minced
- Salt, to taste
- 1 pound fresh green beans, trimmed and whole
- 1/4 cup Basic Vegetable Broth

1. Heat olive oil in a large skillet over medium heat. Add onion, ginger, fennel and salt. Sauté 8 to 10 minutes or until onions are translucent.
2. Add beans and broth, cover and cook until beans are tender.

Fruit Salad

Serves 2-4

1 cup strawberries	4-6 kiwi
1 cup raspberries	1 mango
1 cup blueberries	2 cup seedless grapes
1 cup blackberries	1 papaya
2 oranges	2 cups diced watermelon
2 tangerines	4-8 mint leaves (optional)
1 pink grapefruit	1 lemon (optional)

1. Wash strawberries, raspberries, blueberries, and blackberries. Remove stems from strawberries, cut them in half, and add to a large bowl.
2. Peel oranges, tangerines, grapefruit, and kiwi. Cut away the flesh of the mango from the seed and thinly slice the mango lengthwise. Scoop the slices out of the peel and add them to bowl.
3. Section oranges, tangerines, and grapefruit and add to the bowl. Cut grapes in half and add to bowl.
4. Cut kiwi crosswise and add to bowl.
5. Cut papaya in half, remove the black seeds, scoop out flesh, and add to bowl.
6. Add raspberries, blueberries, and blackberries to bowl.
7. Add diced watermelon to bowl, and mix all fruits together.

Snack

Black Bean Salad

Ingredients

- 2 16-oz. cans black beans, drained and rinsed well
- 1 very large tomato, chopped
- 1 package frozen corn
- ½ Vidalia onion, chopped
- 1 can sliced water chestnuts, drained and rinsed
- 1 bunch cilantro, chopped
- ½ lime, juice and zest
- 3 tablespoons balsamic vinegar or more

Directions

1. Add beans, tomatoes, corn, onion, and water chestnuts to bowl and mix. Rinsing the beans well keeps the salad from looking gray.
2. Add cilantro, lime, and balsamic vinegar and mix again. Serve alone or with cucumber open-faced sandwiches for a perfect meal.

Greek Vegetable Stew

Ingredients

- 2 tablespoons oil
- 2 onions, chopped
- 1 pound green string beans, broken in half
- 1 package frozen or fresh spinach
- 4 cups water
- 6 zucchini, chunked
- 4 yellow squash, chunked
- 2 cups celery leaves
- 4 tomatoes, quartered
- 1 teaspoon salt
- 8 slices lemon
- 1 tablespoon dried oregano
- 3 tablespoons fresh basil
- 2 cloves chopped garlic
- 2 tablespoons lemon juice

Directions

1. Lightly brown onions in a hot dry skillet in 2 tablespoons oil.
2. Add oregano and garlic, cook 1 minute.
3. Add 4 cups water and tomatoes. Cook 10 minutes.
4. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally.
5. Serve with a lemon slice in each bowl

Main Dish

