COOKBOOK for a Sustainable Community

- Eat organic
- Reduce meat & dairy consumption
- Avoid processed foods
- Eat locally grown
- Reduce packaging & food waste

sustainablesm.org
The City of Santa Monica is committed to supporting sustainable, local, and organic food by helping to make sustainable food more accessible to community members. As a sign of this commitment, Santa Monica was the first city to sign on to the Cool Foods Pledge, and has elevated food sustainability to a priority focus within the Sustainable City Plan.

One of the most meaningful actions community members can take is to reduce meat and dairy consumption. This is why the city has joined the Meatless Monday campaign. In honor of the Meatless Monday campaign, we offer you the Meatless Monday Community Cookbook. These delicious recipes will enable you to start each week with healthy, environmentally friendly meat-free alternatives. Our goal is to help you reduce your meat consumption by at least 15% in order to improve your personal health and the health of the planet.

This cookbook was created in collaboration with Rosie’s Girls, The Office of Sustainability and the Environment, Community Arts Resources and the Santa Monica Farmers Markets.

If you want to access this cookbook online or submit a recipe to be added to the online cookbook, please visit sustainablesm.org/food or contact the Office of Sustainability and the Environment at 310.458.4925.
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APPETIZERS, SALADS & SIDES

Carrot-Broccoli Slaw
Santa Monica Wise and Healthy Aging, Healthy Lunch Program
Serves 6

Ingredients
- 3/4 lb of broccoli-florets and the stems grated
- 1/2 lb shredded or grated carrots
- 1/4 cup Mayonnaise or salad dressing
- 1/4 cup of milk
- 2 tbsp cider vinegar
- 1 tablespoon of sugar
- 1 tsp of salt
- pinch of white pepper

Instructions
Mix wet ingredients and seasonings. Add to vegetables. For best results, let sit for at least an hour.

Strawberry Cantaloupe Salad with Fresh Mint
Nathan Lyon, from Great Food Starts Fresh Cookbook
Yield: 2 to 4 servings

Ingredients
- 1/2 cantaloupe, seeded, rind removed, and sliced into 1-inch sections
- 2 pints strawberries, hulled and quartered
- 2 tablespoons of balsamic OR white wine vinegar
- 15 medium-sized fresh mint leaves, chopped finely
- Freshly ground black pepper, to taste
- 1 cup crumbled feta cheese
- 2 tablespoons extra-virgin olive oil

Instructions
Gently toss the cantaloupe, strawberries, vinegar of choice, pepper, and olive oil in a large bowl. Add the feta and chopped mint to the bowl just prior to serving and toss.

Note: If you prefer the flavor of the strawberries to pop, go with a nice balsamic. If you’re more of a cantaloupe person, go with the white wine vinegar. Both work great.

Genise’s “What-Do-I-Look-Like, Chopped-Liver?” Mushroom Paté
Kevin McKeown, Santa Monica City Councilmember

Ingredients
- 4 cups diced mushrooms (2 medium Portobello mushrooms; use Portobello or other full-flavored mushrooms such as shiitakes or chanterelles or any combination)
- 1 ½ cups diced yellow onions (a medium onion will yield about one cupped diced)
- A few cloves garlic, minced (about one tablespoon, even more if you really like garlic; less or omit if you don’t)
- 1 or 2 large shallots, minced (can’t go wrong on amount here!)
- 4 or 5 tablespoons total butter or olive oil or a combination, added at various points as needed during sautéing
- 1 tablespoon balsamic vinegar, or a couple of tablespoons wine, sherry, or cognac
- Sea salt and freshly ground black pepper to taste

Instructions
Melt onions in a skillet slowly on low heat (using as little butter or oil as needed, if any, depending on whether you’re using a non-stick pan), turning onions periodically to cook evenly.

When onions are soft and transparent and beginning to caramelize, add minced garlic and shallots, season generously with sea salt and freshly ground black pepper, and continue to sauté on low heat, adding butter or olive oil as needed. Add the diced mushrooms, and continue to cook on low heat until mushrooms begin to soften.

As mixture continues to caramelize, add the balsamic vinegar, wine, sherry or cognac, stirring everything and adding additional butter or oil if needed to keep mixture from sticking. Keep cooking until mushrooms are tender and cooked through.

To continue to “What-Do-I-Look-Like, Chopped Liver” completion, hardboil, peel, and finely chop 4 or 5 large eggs and combine with mushroom/onion mix.

Or serve as is, with or without a couple of tablespoons of crème fraîche (as sandwich, crêpe, omelets filling, in quiche, on bruschetta, melba toast, crackers, etc.) or blend with cream cheese or Nuechâtel to make a creamy spread as smooth as desired to top toast, crackers, etc.
Salad Pita Pockets
By City of Santa Monica CREST Program
Great for kids!

Ingredients
- 12 Whole Grain Pita Bread cut in halves
- Romaine lettuce or baby spring mix
- 1 cup of cherry tomatoes cut into halves
- 1 1/2 cup of shredded mozzarella cheese
- 3 avocados
- Your favorite dressing

Instructions
Place all ingredients in a bowl and toss with your favorite dressing. We used Italian.

We lightly toasted the pita pockets, so they were warm, and stuffed the pita with the salad we had mixed up.

Quinoa Salad with Arugula, Cherries and Almonds
Orlando Griego & Dona Richwine
Santa Monica – Malibu Unified School District
Food & Nutrition Services

Ingredients
- 1-1/2 cups Quinoa
- 1 cup canned garbanzo beans
- 2 Tablespoons finely chopped red onion
- 1 teaspoon finely diced garlic
- ¼ cup sliced toasted almonds
- 1-2 cups fresh cherries
- 2 cups fresh baby arugula
- 3 Tablespoons Extra Virgin olive oil
- 1 Tablespoon Balsamic Vinegar
- Sea salt to Taste

Instructions
Follow directions for cooking Quinoa. 1-1/2 cups will yield 3 cups.

Add garbanzo beans, onions, garlic, olive oil, vinegar and salt.

Add to the warm quinoa helps to “marry” the flavors; refrigerate.

Pit and cut cherries in half.

When ready to serve, add cherries, almonds and arugula.

Adjust oil, vinegar and salt if necessary.

Serves 8
Raw Kale with Basil Dressing
Chef Bryan LaFort
Santa Monica Co-Opportunity Natural Foods

Ingredients
• 10 pounds black kale cleaned and chopped
• 6 cups cashews
• 13 medium cloves garlic
• 2/3 cup lemon juice
• 5 Tablespoons yeast
• 4 Tablespoons dry basil
• 4 Tablespoons Agave
• 1/3 cup apple cider vinegar
• 1/4 cup olive oil
• 1 1/2 cups water
• 2 tablespoons sea salt
• 5 tablespoons Dijon mustard

Instructions
Clean and cut kale and place in a large bowl and set aside.
Combine all other ingredients and in small batches blend in a
blender until combined. Add liquid mixture to the kale a little
at a time until the kale is evenly coated. Allow to chill for a few
hours and serve.

Raw Kale Salad with Feta, Pine Nuts and Cranberries
Chef Nathan Lyon, Author of Great Food Starts Fresh
Yield: 4 servings

Ingredients
Salad:
• 1 bunch curly kale
• 1/4 cup pine nuts
• 1/4 cup toasted walnuts, chopped roughly
• 1/4 cup toasted almonds, chopped roughly
• 1/4 cup pumpkin seeds (pepitas)
• 1/4 cup dried cranberries, preferably unsweetened
• 3 large oranges
• 1/4 cup crumbled feta cheese
• Kosher salt, to taste
• Freshly ground black pepper, to taste

Vinaigrette:
• 1 medium shallot, peeled and diced finely (3 tablespoons)
• 1 tablespoon red wine vinegar
• 3 tablespoons freshly squeezed orange juice (from the
  oranges)
• 1/4 cup extra-virgin olive oil

Instructions
Strip the tender leaves from the tough stems of the kale;
discard the stems. Rinse and dry the leaves, then roll them up
and slice into thin strips. You should have approximately 5
packed cups of kale ribbons.

Cut the peel and pith off the oranges, then segment them by
cutting between the dividers. Discard any seeds, but reserve
the juice for the vinaigrette.

In a medium container with a tight fitting lid, combine the
vinaigrette ingredients, close the lid tightly, and shake well to
combine. Or, whisk to combine the ingredients in a
medium-sized bowl.

Add the kale, nuts, seeds, cranberries, orange segments, and
crumbled feta to a large serving bowl. Drizzle half the
vinaigrette over the salad and toss to combine. Season to taste
with salt and pepper, adding more vinaigrette if needed.

Wonder aloud why you didn’t make this salad sooner, then
serve.

Note: Other optional ingredients that go wonderfully in kale
salads are sunflower seeds, diced avocado, and diced apples.
Tomato, Red Onion and Basil Salad
Piero Selvaggio, Valentino Restaurant

Ingredients
- 1 pound not quite ripe tomatoes, cored and cut into ¼-inch-thick slices
- 15 purple or green basil leaves
- 1 small red onion, sliced paper thin
- 2 tablespoons extra-virgin olive oil
- fine sea salt

Instructions
Arrange the tomato slices on a large platter, interspersing them irregularly with the whole basil leaves. Strew the onion on top and drizzle the olive oil over all. Season with salt and serve.

Farro Salad
Darra Henigan, Farmers Market Coordinator

Ingredients
- 1 1/2 cups farro
- 2 teaspoons salt, plus more to taste
- 1 pint cherry tomatoes
- 1 shallot chopped
- 1 cucumber chopped
- 1/4 cup finely chopped fresh basil
- 1 7-ounce package feta cheese, crumbled
- 1 large garlic clove, minced
- 2 tablespoons red wine vinegar
- Salt and freshly ground black pepper, to taste
- 1/4 cup extra-virgin olive oil

Instructions
Cook farro in large saucepan of boiling salted water until just tender. Drain well, and then transfer to a large bowl to cool.
Add the tomatoes, cucumber, shallot, and basil to the farro and toss to combine.
In a medium bowl, whisk together the garlic, lemon juice, salt, pepper, and olive oil. Add the feta and vinaigrette to the salad and toss to coat.
The salad can served warm or at room temperature.
Beet And Rice Salad With Goat Cheese
Schaner Farms—An unusual, yet refreshing dish.

Ingredients
- 1 cup basmati rice, white or brown
- 1 bay leaf
- 4 medium beets, about 1 lb
- 2 tsp olive oil
- 2 small, sweet onions or spring onions, finely chopped
- 1 Tbsp minced garlic (or 1 stalk green garlic)
- 1 tsp kosher salt
- freshly ground pepper
- ⅓ cup pine nuts, toasted
- 1 lemon, zest grated and juiced
- ⅓ cup Italian or curly parsley, chopped
- 2 oz (about ¼ cup) goat cheese

Instructions
Cook the rice with the bay leaf in a rice cooker according to manufacturer’s instructions.

Wash the beets. Place in a saucepan and cover with water. Bring to a boil. Cook on a low-boil for about 1 hour, or until soft.

Meanwhile, sauté the onions and garlic in the olive oil over medium-low heat until the onions are translucent.

When the beets are done, run under cold water, rubbing to remove the skins. Dice into ½-inch cubes. Add to the onions and season with 1 tsp salt and pepper.

When the rice is done, add to the onions along with half of the pine nuts, the lemon zest and juice and the parsley. Mix well. Toss in some of the goat cheese. Transfer to a platter. Top with remaining pine nuts and goat cheese. Garnish with some additional chopped parsley.

Serve warm or at room temperature.

Windrose Wild Garden Salad
BWindrose Family Farm

Ingredients (per one serving)
- 1 head of young butter lettuce, ripped into large, 3-4 inch, pieces
- 6 sprigs Rustic arugula—separate leaves to 3-4” long
- 6-10 leaves Minutina—rough tear
- 2 leaves Verona chicory—finely shredded / julienned
- 2 leaves Siberian or White Russian kale, finely shredded/julienned
- 4 leaves Scarlet Frills
- 1 Carrots shaved or minced—red dragons!
- Parmesan or Romano type hard cheese to taste—shaved
- Seeds of choice—sesame or sunflower
- Salt and pepper if need more than in dressing

Dressing— for 4 servings, mix first before preparing the greens
- 1 medium Green garlic finely chopped / minced
- 1/3 cup Olive oil
- Juice of ½ lemon
- 1-2 TBSP Soy sauce
- Coarse salt to taste
- Black Pepper to taste—go for it!

Instructions
Mix, mound on plates and sprinkle with the cheese and sesame or sunflower seeds

Sicilian Orange Salad
Piero Selvaggio, Valentino Restaurant

Ingredients
- 2 pounds blood oranges or other juicy, lightly tart oranges
- 2 tablespoons extra-virgin olive oil
- fine sea salt
- ⅓ teaspoon hot paprika or crushed red pepper flakes, or to taste
- 1 generous cup (gently packed) fresh flat-leaf parsley leaves

Instructions
Remove the skin and the white pith from the oranges, then cut each crosswise into 1/8-inch-thick rounds. Arrange the rounds, slightly overlapping, on a large serving platter.

Drizzle the oranges with the oil, then season with salt and the paprika or red pepper flakes.

Mince the parsley and sprinkle it over the oranges.
Meyer Lemon – Green Salad
Schaner Farms

Here is another crunchy, light salad which, with each bite you can taste the wonderful flavors of the season. It is fresh, colorful and delicious.

Chef Corina of Canelé restaurant shared with me her technique of using our Meyer lemons by taking the thinly sliced fruit (with its skin on) and adding it to a salad. I decided to try it. It’s unusual but it works well especially with the ingredients I’ve chosen. (I give only ingredients and not portions, as it’s up to you.)

**Ingredients**
- Radishes, halved and thinly sliced
- Fennel, halved and thinly sliced
- Meyer lemon, halved and thinly sliced (keep the skin on)
- Ram’s horn (small, red, sweet) peppers, halved and thinly sliced
- Green olives, halved
- Arugula, torn into bite-size pieces
- Romaine lettuce, torn into bite-size pieces
- Avocado
- Lemon juice
- Olive oil
- Kosher salt & pepper
- Feta cheese, crumbled
- Pine nuts, toasted
- Pomegranate seeds

**Instructions**
Combine all the produce. Drizzle with lemon juice and olive oil. Season with salt & pepper. Toss lightly. Add feta cheese and pine nuts. Toss and adjust seasoning to taste. Sprinkle with the pomegranate seed and toss lightly. Serve immediately.

Root Slaw
Finley Farms Recipes

**Ingredients**
Grate:
- 1 celery root
- 1 parsnip
- 3 medium carrots

Dressing:
- 3 tablespoons olive oil
- ¼ veganaise or mayonnaise
- Juice from ½ lemon
- 1 tablespoon (or to taste) Sriracha hot sauce
- Salt and pepper

**Instructions**
Combine all and enjoy!

Harry’s Berries Strawberry Salad
Molly Gean, Harry’s Berries Farm

**Ingredients**
- 4 ounces baby lettuce salad mix
- 1 pint strawberries
- ¼ cup toasted pecans, chopped
- ¼ cup toasted almond slices (or ½ cup of either nuts)

**Instructions**
Wash, spin dry, and chill lettuce.
Toast nuts in a dry skillet over medium heat, stirring constantly, until light brown. (Caution! Nuts burn easily!) Cool.

Rinse and slice strawberries.

**Strawberry vinaigrette**
Whisk together:
- 1 Tablespoon strawberry preserves
- 1 Tablespoon red wine vinegar
- ¼ teaspoon Kosher or sea salt
- 1/8 teaspoon black pepper

Slowly drizzle in, whisking constantly:
- 2 tablespoons olive oil

Toss gently but thoroughly before serving.
Tomato & Chile Salsa For Dipping With Fresh Vegetables
Sonia Ramos, City of Santa Monica City Council Administration

Ingredients
- Can (1 pound) stewed tomatoes, very finely chopped. Do not drain.
- ¾ cup chopped green onions
- tablespoons minced red onion
- tablespoons chopped cilantro
- tablespoons chopped parsley
- clove garlic, minced
- tablespoons red wine vinegar (or more to taste)
- tablespoons lime juice
- can (4 ounces) diced green chiles
- ¼ teaspoon ground cumin
- ¼ teaspoon sugar
- pinch of cayenne
- salt to taste

Instructions
In a quart-jar with a tight-fitting lid, shake together all the ingredients until mixture is nicely blended.

Refrigerate for several hours or overnight.

Serve with fresh vegetables that have been cut on the diagonal, so that the sauce can be scooped up more easily.

Yields 2 ½ cups sauce. (About 4 calories per tablespoon)

SOUPS

Black Bean Soup
Meredith McCarthy | Heal the Bay

Amended from The Moosewood Cookbook by Mollie Katzen
Serves 6-8

Ingredients
- 2 cups black beans
- 1 tablespoon olive oil
- 2 cups onions, chopped (about 1.5 large onions)
- 10 medium garlic cloves, crushed
- 1 tablespoons cumin
- 2-1/2 teaspoons salt
- 1 medium carrot, diced
- 1 medium bell pepper, diced
- 1 1/2 cups orange juice (squeeze your own, and then add the chunks of orange to the soup for extra texture and sweetness)
- black pepper
- 2 diced tomatoes (optional)
- sour cream (optional)
- cilantro (optional)
- salsa (optional)

Instructions
Soak beans in plenty of water for at least 4 hours (preferably overnight). -- Use canned beans if you are in a hurry –

Place the soaked beans in a kettle or Dutch oven with 4 cups water.

Bring to a boil, cover and simmer until tender (about 1.25 hours).
Heat olive oil in a medium sized skillet. Add chopped onion, 5 crushed cloves garlic, cumin, salt, and carrot.

Sauté over medium heat until the carrot is just tender. Add the rest of the crushed garlic and diced bell pepper. Sauté until everything is very tender (10-15 mins). Add the sautéed mixture to the beans, scraping out every last morsel.

Stir in orange juice, black pepper, and diced tomatoes (optional).

Puree all or some of the soup in a blender and return to kettle. Simmer over very low heat 10-15 minutes more. Serve topped with an artful arrangement of sour cream, cilantro and salsa.
Green Garlic – Garbanzo Soup
Schaner Farms—Nice, hearty soup for the season emphasizing our winter produce.

Ingredients
1 cup dried garbanzo beans
bay leaf
olive oil
1 large red onion, chopped
½ cup chopped celery
2 parsnips, peeled and chopped
1 bunch spring onions, chopped
1 fennel bulb, chopped
2 bunches green garlic
1 cup chopped broccoli
kosher salt & freshly ground pepper, to taste
red pepper flakes
fresh thyme, to taste
½ cup orzo

Instructions
Soak the garbanzo beans overnight. Drain and rinse. Put in a saucepan and cover with water. Add bay leaf. Bring to a boil. Reduce heat and simmer for about an hour, until the beans are soft. Make sure there is always enough water to cover the beans. Drain and rinse.

Heat the olive oil in a soup pot. Add the onion and sauté until they begin to soften. Gradually add the remaining vegetables in order continuing to sauté them. Add water to cover, about 8 cups. Add the beans. Bring the soup to a boil. Reduce the heat and simmer for about an hour or longer. During this time, add the salt & pepper, a few red pepper flakes and the thyme. (If you put in whole stems of thyme, the leaves will eventually fall off and you can remove the empty sticks before serving.) Add the orzo and continue cooking until it is done.

Serve as is or over chopped winter greens such as black kale, chard or mustard greens. Top with additional chopped green garlic. Reheats well.

White Bean and Escarole Soup
Darra Henigan, Farmers Market Coordinator

Ingredients
1 tablespoons olive oil
1 cup chopped onion
1 large carrot, cut into small dice
5 large garlic cloves, peeled, flattened
3 cups (packed) 1-inch pieces escarole (about 1/2 large head)
4 cups (or more) vegetable broth (ideally homemade)3
1/4 cups cooked or two 15-ounce cans cannellini beans
rinsed, drained
1 14 1/2- to 16-ounce can diced tomatoes, drained
Parmesan cheese rind (optional)
Salt and freshly ground pepper, to taste
freshly grated Parmesan cheese

Instructions
Heat oil in heavy large Dutch over medium-low heat. Add onion, carrot and garlic and sauté until onion is golden and tender, about 7 minutes.

Add escarole; stir 3 minutes.

Add 4 cups broth, beans and tomatoes (and Parmesan cheese rind, if using) and bring to boil. Reduce heat to medium-low. Cover and simmer until escarole is tender and flavors blend, about 20 minutes.

Thin with more broth, if desired. Season soup to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to simmer before continuing.)

Ladle soup into bowls. Sprinkle with Parmesan cheese and a drizzle of good olive oil and serve.
**MAIN DISHES**

**Anne’s Famous Spinach Pie**
Karen Ginsberg
Santa Monica Community & Cultural Services Department

**Ingredients**
- 2 frozen pie crusts
- 1 package frozen spinach
- 8 oz low-fat cottage cheese
- 1 oz grated parmesan cheese
- 1 egg
- Salt & pepper

**Instructions**
Defrost pie crusts. Place 1 crust in pie plate.
Cook spinach according to package instructions.
Squeeze all liquid out of spinach with fork and sieve.
Mix cottage cheese and parmesan in bowl.
Lightly beat egg and add to mix (reserve some to brush on top crust).
Add drained spinach.
Season with salt & pepper to taste.
Mix all ingredients and layer over bottom crust.
Place second crust on top and brush with reserved egg.
Sprinkle a little grated parmesan on the crust.
Bake at 350 – 375 for 45 – 50 minutes.

**Lentil Tacos**
Chef AJ, Unprocessed - Active Santa Monica

**Ingredients**
- 1 c chopped onion
- 1 garlic clove
- 1 c dry lentils, rinsed
- 2 T chili powder
- 2 tsp ground cumin
- 1 T oregano
- 14 oz water
- 1 c salsa

**Instructions**
Put everything in soup pot and simmer until lentils are soft.
Great with tortillas, on top of salad greens or just on its own.
A hit with kids!

**Vegetarian Lasagna**
Santa Monica’s Wise and Healthy Aging, Healthy Lunch Program

**Ingredients**
- 3 cups house tomato sauce
- 6 frozen or no bake lasagna sheets
- 2 cups of low fat cottage cheese
- 6 tablespoons of grated parmesan (2 oz)
- 1.5 cup of shredded mozzarella
- 1 bag of frozen mixed vegetables

**Instructions**
Layer ingredients into 13x9 baking dish
1. Tomato sauce: 1 cup
2. Lasagna sheets: 2
3. Cottage cheese: 1 cup
4. Parmesan cheese, grated: 3 tablespoons
5. Mozzarella cheese: 1/2 cup
6. Tomato sauce: 1 cup
7. Mixed vegetables, thawed: 2 cups
8. Repeat steps 2-6
9. Mozzarella cheese: 1/2 cup
Cover with foil. Bake at 350°F for 45-60 minutes, Uncover 20-30 minutes.
Spinach Frittata With Cheese & Onions
Sonia Ramos, Santa Monica City Council Administration

Ingredients
- 2 packages (10 ounces, each) frozen chopped spinach, drained
- 1 pint low-fat Ricotta cheese
- 3 tablespoons grated Parmesan cheese
- 1 egg, beaten
- 2 slices fresh whole wheat bread, crumbled (1 cup crumbs)
- 1/3 cup chopped green onions
- ¼ teaspoon each, sweet basil and oregano flakes
- 1 teaspoon oil

Instructions
In a large bowl, stir together all the ingredients (except the oil) until mixture is nicely blended.

Spread oil on the bottom of a 9x13-inch baking pan and spread mixture evenly in pan.

Bake at 350-degrees for about 50 to 55 minutes, or until top is browned and casserole is set.

Allow to cool in pan. When cooled, cut into squares. This is nice served warm.

Crispy California Avocado TACOS
Border Grill Santa Monica

Ingredients
- 2 1/2 Tbsp. all-purpose flour or rice flour
- 1/3 cup water
- 1/2 tsp. ground cumin
- 1/2 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 1/3 cup quinoa
- 1/3 cup poppy seeds
- 1/3 cup sesame seeds
- All-purpose flour or rice flour, for dusting
- 1 ripe, firm, fresh California avocado*, seeded, peeled and cut into 1-inch slices
- Salt, to taste
- Vegetable oil, for frying
- 8 (4-inch) corn tortillas, warmed
- 4 romaine lettuce leaves, torn in half
- 8 cilantro sprigs, for garnish

Instructions
Combine flour, water, cumin, salt and pepper to make a batter. In a separate bowl, combine quinoa, poppy seeds and sesame seeds. Place flour for dusting into a third bowl. Season avocado liberally with salt. To coat avocado, dust wedges with flour, shaking off all excess. Dip floured wedges into batter to coat lightly and then roll each wedge in the seed mixture, pressing gently to form a complete crust.

Heat 1 to 2 inches of vegetable oil to 375°F in a small pot. In batches, fry the coated avocado wedges in the hot oil until seeds are golden and crispy, about 2 to 3 minutes, and then transfer to a rack to drain. To assemble the tacos, place a piece of lettuce in the center of each warm tortilla and top with a crispy avocado wedge, a generous spoonful of Corn Salsa and a cilantro sprig. Serve immediately.

Crispy California Avocado Tacos

Corn Salsa
Border Grill Santa Monica

Ingredients
- 4 Tbsp. extra virgin olive oil
- 2 cups fresh corn kernels
- Sea salt and freshly ground black pepper, to taste
- 1 red bell pepper, cored, seeded and cut into ¼ inch dice
- 3 green onions, white and light green parts only, thinly sliced
- 1 canned chipotle chile, seeded, if desired and minced
- ½ bunch cilantro, chopped
- 3 Tbsp. red wine vinegar

Instructions
Heat half of the olive oil in a large skillet over medium heat. Sauté corn with salt and pepper, about 5 minutes. Transfer to a mixing bowl. Add remaining ingredients and let sit for 5 minutes to blend the flavors.

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Heat 1 to 2 inches of vegetable oil to 375°F in a small pot. In batches, fry the coated avocado wedges in the hot oil until seeds are golden and crispy, about 2 to 3 minutes, and then transfer to a rack to drain. To assemble the tacos, place a piece of lettuce in the center of each warm tortilla and top with a crispy avocado wedge, a generous spoonful of Corn Salsa and a cilantro sprig. Serve immediately.

**Border Guacamole**
Border Grill Restaurants & Truck

Makes 3 cups, or 6 appetizer servings

**Ingredients**
- 5 ripe avocados, preferably Hass
- 6 tablespoons, chopped fresh cilantro
- 1 medium red onion, diced
- 4 jalapeno chilies, stemmed, seeded, and finely diced
- 3 tablespoons freshly squeezed lime juice
- 1 1/2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper

**Instructions**
Cut avocados into quarters. Remove the seeds, peel, and place in a chunky bowl. Mash with a potato masher or fork until chunky. Add the remaining ingredients and combine with a fork. Serve immediately.

**Pickled Red Onions**
Border Grill Restaurants & Truck

**Ingredients**
- 1 red onion, thinly sliced
- 1/2 cup white vinegar
- 1/2 teaspoon cracked black pepper
- 1/2 teaspoon roughly chopped cumin seeds
- 1/2 teaspoon dried oregano
- 2 cloves garlic, sliced
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1/4 beet, trimmed, peel, and cut into 4 wedges

**Instructions**
Place sliced onion in a small saucepan and add water to cover. Bring to a boil, remove from heat, drain, and set onion aside. Combine remaining ingredients in the saucepan. Bring to a boil, reduce to a simmer, cover, and cook 10 minutes. Add blanched onion and simmer an additional 10 minutes, stirring occasionally. Transfer mixture to a storage container and refrigerate at least a day before serving. Pickled onions will keep in the refrigerator up to a month.
Red Bean Stew
Chef Mary Sue Milliken, Border Grill Restaurants & Truck

Serves 4 to 6

Ingredients
- 2 cups dried red beans*, washed and picked over
- 1 smoked turkey wing or smoked ham hock (optional)
- 2 quarts water
- 1/3 cup plus 2 tablespoons extra virgin olive oil
- 1 large onion, diced
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 4 cloves garlic, minced or crushed
- 2 ancho chiles, wiped clean, stemmed, seeded, lightly toasted, and chopped
- 2 medium parsnips, peeled and cut into 1/2-inch chunks
- 2 medium carrots, peeled and cut into 1/2-inch chunks
- 2 celery stalks, cut into 1/2-inch chunks
- 1 medium zucchini, cut into 1/2-inch chunks
- 1 medium yellow crookneck squash, cut into 1/2-inch chunks
- 1/2 bunch cilantro, chopped
- Juice of 1 lime
- Salt and freshly ground black pepper, to taste
- Ancho Chile Salsa (see recipe below), for serving

Instructions
Place the beans and if using, the smoked turkey wing or ham hock in a large pot with the water and bring to a boil. Cover, reduce to a simmer, and cook until the small beans are creamy, not powdery, and the turkey or ham is beginning to fall off the bone, about 45 to 60 minutes. Remove the meat from the beans, setting it aside to cool. When meat is cool enough to handle, discard bones, fat, and skin and chop remaining meat.

Meanwhile, heat 1/3 cup olive oil in a large stockpot over medium heat. Cook onions with salt and pepper until golden, about 10 to 15 minutes. Add garlic and cook, stirring frequently, for 1 minute. Pour the red beans with their liquid into the stockpot, along with the ancho chiles, parsnips, carrots, and celery. Turn heat up to medium-high and bring to a low boil for 10 minutes.

Reduce heat to medium, add zucchini and squash, and simmer until all the vegetables are soft, about 15 minutes longer. Remove any ancho chile skin that floats to the top. Stir in cilantro and lime juice. Taste stew and season with salt and pepper as necessary.

Ancho Chile Salsa
Border Grill Restaurants & Truck

Makes 1 cup

Ingredients
- 4 ancho chilies, wiped clean, stemmed, seeded, and lightly toasted
- 1 cup freshly squeezed orange juice
- 2 tablespoons freshly squeezed grapefruit juice
- 1 tablespoon freshly squeezed lime juice
- 2 table spoons extra virgin olive oil
- 1 teaspoon salt, to taste
- 1/2 teaspoon freshly ground black pepper

Instructions
Slice the chili into 1-inch strips, then into a very fine julienne. Combine all of the ingredients in a bowl, mix well, and let sit at least 30 minutes or as long as 2 hours before serving.
Easy Ratatouille
Gwen K. Gulliksen, Harvest Sensations

Makes a nice sized pot ~ serve with crusty bread and chilled wine)
Known as Provencal vegetable stew made with your favorite combination of; eggplant, summer squash, bell peppers, tomatoes and fresh herbs. From the Occitan region of Provence this versatile summer vegetable dish can be cooked many ways including; sautéed, baked and/or grilled. It can be served hot or room temperature as a side or main dish.

Ingredients

• 2 tbsp. Olive Oil
• 2 bell peppers diced
• 1 medium onion diced
• 2 medium summer squash diced
• 1 medium eggplant diced
• 2 garlic cloves, minced
• 2 medium tomatoes, seeded & diced
• 1 tsp dry fresh thyme Leaves
• 1 tsp dry fresh rosemary Leaves
• 1 fresh bay leaf
• ¼ cup vegetable stock
• 6-8 ea fresh basil leaves, chiffonade
• Salt & pepper to taste

Instructions

Heat the 2 tbsp of olive oil in a 5 qt pot, sauté bell peppers and onions together until tender then remove and reserve.

Add 2 additional tbsp of olive oil and sauté the squash and eggplant until tender, then add the garlic, bell peppers and onions and continue to sauté for a couple minutes until the garlic is cooked.

Add the tomato, stock, thyme, rosemary and bay leaf and bring to a boil then immediately turn off and stir in basil.

Cook off liquid more if you want a dryer version then season with salt and pepper and serve hot or room temperature.

More delicious recipes & information at harvestsensations.com

Risotto di Gamberi, Asparagi Bianchi e Menta
Lago Ristorante Italiano, Executive Chef Gianfranco Minuz

Arborio Risotto with Sustainable Laughing Bird Shrimp, Market White Asparagus and Fresh Mint (Serves 4)

Ingredients

• ¾ cup Arborio rice
• 6 tbs. extra virgin olive oil
• 1 small onion, finely chopped
• 1 clove garlic, minced
• 1 cup dry white wine
• 6 cups vegetable broth
• 1 bunch white asparagus, ends cut and chopped
• 12 leaves mint, chopped

Instructions

Bring the vegetable stock up to a boil in a sauce pan. Turn heat down to a simmer.

Place the second sauce pan on medium heat and add the olive oil. Sauté onion and garlic, until translucent, then add the Arborio rice. Stir the rice with a wooden spoon for 1 minute, then add the white wine and let evaporate while constantly stirring.

Turn the heat to low and pour one ladle of vegetable stock into rice pan while constantly stirring. As the liquid evaporates, continue the process of adding stock, ladle by ladle, and constantly stirring until the rice grain has almost double the volume, about 10-12 minutes.

Add the asparagus to the sauce pan and continue process of ladling broth and reducing.

Once all of the stock has been consumed, about 18 minutes, add the mint and 3 more tablespoons of olive oil for the “mantecato” effect of releasing the rice’s starches and making the risotto creamy in texture. Remove from the heat and stir to creamy consistency.
Vegetable Quesadillas with Citrus Salsa
Orlando Griego & Dona Richwine
Santa Monica – Malibu Unified School District
Food & Nutrition Services

Ingredients (Serves 8)
- 4 cups grated Low Fat Mozzarella Cheese
- 2 cups baby spinach
- 2 cups fresh or thawed/frozen corn kernels
- 2 cups grated zucchini
- 8 Whole Wheat Tortillas

Instructions
Heat griddle or electric fry pan to 400 degrees (High Temp)
Sprinkle 1/8th of each ingredient on tortillas in order listed above.
When cheese starts to melt, fold tortilla in half with spatula. Let heat for 1 minute then turn again. Heat for another minute and remove from pan. Cut with pizza cutter. Serve with salsa.

Citrus Salsa (Serves 8)

Ingredients
- 2 navel oranges
- 1 ruby red grapefruit
- 2 tangerines
- 1 red bell pepper
- 1-2 jalapeno peppers (to taste)
- ½ red onion
- 1 bunch cilantro, leaves only
- Juice of 1-2 limes

Instructions
Slice off peel from citrus fruits with sharp knife so as to remove rind also; remove seeds; cut into small pieces. Seed and dice red pepper and jalapeno(s). Dice onion. Remove cilantro leaves from stems, chop. Combine all ingredients with lime juice.

Pink Butterfly Pasta
Kitchen Kid LLC.

Kids love to eat with their eyes – and this bright magenta beet pasta has won over the palates of several self-proclaimed “non-beet-eating” young chefs! The beet mixture can also be used as a delicious filling for ravioli. Serves 4-6
Samantha Barnes, Founder, Kitchen Kid, LLC,
www.KitchenKid.com; samantha@kitchenkid.com

Ingredients
- 3-4 medium beets, washed with greens removed
- 1 tsp lemon zest
- ¾ cup ricotta cheese
- 1 lb farfalle (bowtie) pasta
- 6 tbsp unsalted butter
- 1 tbsp poppy seeds
- Parmesan cheese, grated, for serving
- Salt and pepper to taste

Instructions
Cook the beets: bring a saucepan of water to boil and add the beets. Cook until soft when pierced with a fork, about 40 minutes depending on their size.

Allow beets to cool, then remove skins and quarter them. In the meantime, bring a large pot of salted water to boil and cook pasta according to box directions. Drain and reserve 1 cup pasta water. Return pasta to pot.

In a food processor, pulse the beets until shredded. Add lemon zest, salt & pepper to taste, and ricotta. Pulse again to combine. If a thinner sauce is desired, slowly mix in reserved pasta water ¼ cup at a time.

In a small sauté pan, melt butter until it’s foamy and brown and emits a nutty aroma. Sprinkle in poppy seeds and remove from heat.

Toss pasta with the beet mixture. Transfer to serving dishes and top with browned butter and Parmesan, if desired. Season to taste.
Hearty Bean Stew
Bruce Rankin, Executive Director, Westside Food Bank

Ingredients
- 2 15-oz cans red kidney beans
- 1 15-oz can garbanzo beans
- 2 1/2 cups water
- 2 or 3 medium potatoes, peeled, quartered lengthwise and sliced into chunks
- 1 cup sliced carrots (this is equivalent to about 3 average carrots, scrubbed but not peeled)
- 1 medium-large chopped onion
- 1 6-oz. can of tomato paste
- Spices (substitutions are possible):
  - 1 tsp of chili powder (more, if you like spicy food)
  - 1/2 to 1 tsp salt (if the beans are salted, use less; if the beans are unsalted, use a little more)
  - 2 tsp dried, crushed basil
  - 2 tsp garlic powder
  - 1/4 tsp black pepper
  - 1/2 lb (8 oz) Monterey Jack cheese, cut into 1/2 inch cubes (optional)

Instructions
In a large kettle or Dutch oven, combine UNDRAINED kidney and garbanzo beans, water, potatoes, carrot, onion, tomato paste, chili powder, salt, basil, garlic powder and pepper. Bring to a boil; reduce heat. Cover and simmer about 25-30 minutes or until vegetables are tender. Put about 1/4 cup of cheese cubes into each dish, and serve hot bean stew over the top. As an alternative to cheese, serve with corn bread. Serves about four people with some extra. Easily doubles. It's very tasty on the second day, good for leftovers!

Winter Thai Stew with Tofu
Jodi Low, Santa Monica’s Farmers Market

5 servings (serving size: 1 1/4 cups stew and 1 cup rice)

Ingredients
- 2 tablespoons roasted-peanut oil (such as Loriva) or vegetable oil, divided
- 2 cups thinly sliced leeks (about 3 small)
- tablespoon minced peeled fresh ginger
- 3/4 to 1 1/2 teaspoons finely chopped seeded Serrano chili
- 2 garlic cloves, minced
- 3 tablespoons less-sodium mushroom-flavored soy sauce (such as House of Tsang) or low-sodium soy sauce
- 1 tablespoon curry powder
- 1 teaspoon brown sugar
- 3 cups water
- 2 cups (1/2-inch) cubed peeled butternut squash (about 1 pound)
- 1/2 teaspoon salt
- 1 (14-ounce) can light coconut milk
- 1 (12.3-ounce) package reduced-fat firm tofu, drained and cut into 1/2-inch cubes
- 1 tablespoon fresh lime juice
- 5 cups hot cooked basmati or other long-grain rice
- 1/4 cup finely chopped unsalted, dry-roasted peanuts
- 1/4 cup chopped fresh cilantro

Instructions
Heat 1 tablespoon oil in a Dutch oven over medium-high heat. Add leeks; sauté 3 minutes. Add ginger, Serrano, and garlic, and sauté 1 minute. Stir in soy sauce, curry, and sugar. Add water, squash, salt, and coconut milk; bring to a boil. Reduce heat; simmer 15 minutes.

Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add tofu; sauté 12 minutes or until golden brown, stirring occasionally. Add tofu and juice to squash mixture. Serve over rice; sprinkle evenly with peanuts and cilantro.

Bruce Rankin, Executive Director, Westside Food Bank
Portabella Mushroom and Gluten Free Quinoa Pilaf with Asparagus Cappuccino and Red Pepper Coulis

Chef Thomas Moran, Sheraton Delfina Santa Monica

Ingredients

- 6 Medium Sized Portabella Mushrooms 5 inch Diameter
- 1 Small White Onion Chopped Fine
- 1 Medium Sized Carrot Peeled and Dice Fine
- 1 Stalk of Celery Chopped Fine
- 2 Cups Quinoa Grain, Soaked and Steamed for 20 Minutes
- 2 Cups Cooked and Chopped Swiss Chard
- 1 Teaspoon Fresh Chopped Thyme
- 1 Teaspoon Fresh Chopped Parsley
- ½ Cup of California Parmesan
- 6 Large Leaves of Napa Cabbage Cleaned, Trimmed, Blanched and Chilled
- 1 Red Sweet Pepper Burnt on the open Flame of the Stove Top and Blistered
- 1 Large Heirloom Tomato Seeded and Chopped
- 1 Basil Stem and Leaves
- ½ Cup White Wine
- 6 Asparagus Trimmed and Blanched
- 1 Cup Whole Milk
- Sea Salt and Fresh Milled Black Pepper
- Olive oil

Instructions

For the Mushrooms; Clean the stem off the portabella and scrap off the brown gills underneath with the back of a teaspoon. Oil the mushrooms and grill them for about 3 minutes a side, remove from grill. (reserve)

For the Quinoa; In a hot sauté pan add oil, onion, celery, carrot and sauté for 3 minutes until aromatic and translucent. Add the steamed Quinoa and warm.

Add the fresh herbs, parmesan and season with salt and pepper. Remove from the pan. (reserve)

For the Napa Cabbage; In a large pot of salted boiling water plunge the trimmed cabbage leaves in and cook for 1 minute remove to a bowl of ice water and chill. (reserve)

For the Red Pepper Coulis; In a kitchen blender place the tomato, blistered red pepper, basil and 1 ounce of oil. Puree smooth. Season the sauce with salt and pepper.

For the Asparagus Cappuccino; Heat whole milk just to the boil and add the asparagus. Cook for one minute. In a kitchen blender mix on high top create a frothy foamy cappuccino.

Vegetable Casserole

Susan B. Dapart, M.S., R.D., C.D.E.

Recipes from A Recipe for Life by the Doctor’s Dietitian and copyrighted by SGJ Consulting, Santa Monica

Servings: 6

Prep Time: 40 minutes
Cook Time: 20 minutes

Ingredients

- 1 medium sweet yellow onion, chopped
- 1 medium red bell pepper, chopped
- 1 ½ tablespoons olive oil
- 3 cloves garlic, minced
- 2 small to medium zucchini, chopped
- 1 medium to large eggplant, cut into 1 inch cubes
- 1 cup tomato puree
- 2 large eggs, beaten
- 1 cup shredded Monterey Jack or mozzarella cheese, divided
- ½ cup shredded parmesan cheese
- Salt and pepper to taste

Instructions

Preheat oven to 400 degrees.

In a large skillet over medium heat sauté onions and peppers in olive oil until tender. Add garlic and zucchini and sauté for an additional 4 minutes. Add eggplant, salt and pepper to taste and sauté another 10-15 minutes.

Remove from heat and stir in tomato puree. Stir in beaten eggs, Parmesan cheese and half of Monterey Jack or mozzarella cheese. Pour in a 9 x 9 glass square baking dish, and top with remaining cheese.

Bake for 20-25 minutes. Remove from oven and let rest for 10 minutes before serving.

Variation: Add 1 pound of cooked ground turkey to increase protein.
Easy Vegetarian Chili
Susan B. Dopart, M.S., R.D., C.D.E. Recipes from A Recipe for Life by the Doctor’s Dietitian and copyrighted by SGJ Consulting, Santa Monica

Serves: 4 1 ¼ cup servings
Prep Time: 20 minutes
Cook Time: 30 minutes

Ingredients

- 3 carrots, peeled and diced
- ½ medium yellow onion, chopped
- 1 medium red bell pepper, seeded and chopped
- 1 medium yellow bell pepper, seeded and chopped
- 3 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 tablespoon olive oil
- ½ cup water
- 1 14.5 ounce can low salt diced tomatoes with juice
- 1 14 ounce can dark red kidney beans, rinsed
- 1 ½ cups of shredded hot pepper Monterey Jack cheese

Instructions

Preheat broiler on low. Sauté carrots, onions, pepper, chili powder and cumin in olive oil in an oven proof skillet until tender. Add water, tomatoes, and beans. Cook covered for 15 minutes on medium to high heat. Remove cover and stir. Top with cheese and place in broiler until cheese melts. Garnish with sour cream and lime wedges.

Tofu Breakfast Tacos
By Chef Fortino and Chef Karuba, Whole Foods Market

Here’s a tasty and satisfying breakfast or brunch entrée that you can feel good about. You can make the tofu filling up to 2 days ahead and reheat it in a dry skillet or microwave.

Ingredients

- 1 (14-ounce) package extra-firm tofu, drained
- 1/4 cup whole wheat flour
- 1/4 cup nutritional yeast
- 2 teaspoons onion powder
- 1 1/2 teaspoon garlic powder
- 1/4 teaspoon turmeric
- 2 tablespoons Bragg Liquid Aminos
- 8 corn tortillas, warmed
- Salsa
- Toppings of choice: onions, cilantro, greens, potatoes, avocado, etc.

Instructions

Drain tofu and place the block on a plate. Cover with another plate and weight the top with a food can or other object of about 1 pound. Let stand 20 to 30 minutes to extract excess liquid. Pour off liquid. Crumble tofu and place it in a bowl. Sprinkle with flour, yeast, onion powder, garlic powder and turmeric and toss. Sprinkle with liquid aminos and toss again.

Heat a large cast-iron skillet or nonstick pan over medium heat until hot. Add tofu mixture and cook, stirring and scraping the bottom of the pan frequently with a spatula to prevent sticking, until tofu is browned and crisp in places. Serve with the warmed tortillas, salsa and toppings of choice and let diners assemble their own tacos.

Weiser Farms DeCicco Broccoli with Pasta
By The Weiser Family, Weiser Farms

Sauté fresh green garlic and chili flakes (to taste) in 2 tablespoons olive oil until fragrant. Add cherry tomatoes and cook until they burst. Add baby DeCicco broccoli and sauté for a couple of minutes. Add 1/4 cup of water or vegetable broth, cover and simmer for three minutes. Toss into cooked pasta. Top with grated Parmesan cheese.
Tempeh Curry and Vegetables
By Chef Bryan LaForte
Santa Monica Co-Opportunity Natural Foods

Ingredients
- 3 packages Tempeh (8 ounce each)
- 2 Large yellow onions
- 1 16oz vegetable broth
- 2 Tablespoons Curry powder
- 1 Tablespoon Cumin
- 1 Can (12oz) Coconut milk
- 1 Tablespoon fresh chopped ginger
- 1 Tablespoon fresh chopped garlic
- 1 Tablespoon fresh chopped cilantro
- Salt to taste
- 4 sliced carrots
- 1 head cauliflower
- 1 head broccoli
- 2 bell peppers
- ½ pound chopped green beans

Instructions
In a sauce pot on the stove add half of the vegetable broth and onions, ginger, and garlic. Cook until the onions become soft stirring often. Add the coconut milk, curry powder, cumin, and remaining vegetable broth and wisk together. Taste and add salt as needed. Steam the Tempeh for 6 minutes, remove and cut into bite size pieces and add into the sauce and toss together. Over low heat add the vegetables and cover the pot until the vegetables are cooked.

Sweet and Sour Tofu and Vegetables
Chef Bryan LaForte
Santa Monica Co-Opportunity Natural Foods

Ingredients
- 2 pounds tofu
- 1 tablespoons ginger
- 3 large yellow onions
- 5 carrots
- 3 large bell peppers
- 10 white mushrooms
- 1 large head green cabbage
- 2 cans of pineapple chunks in juice
- ¼ cup lemon juice
- ¼ cup soy sauce
- ¼ cup sesame oil
- ¼ cup ketchup
- ¼ cup maple syrup

Instructions
Wisk all liquid ingredients including the juice from pineapple and set aside. Pat dry and cut the tofu into bite size pieces. In a Wok combine onions, ginger, and tofu and stir-fry in half of the liquid mixture. Chop all the vegetables and add carrots first and allow them to become soft. Add the remaining vegetables and be careful not to overcook and remain crunchy. At the end add in the remaining sauce and pineapple chunks and toss to coat.
**Roasted Cherry Tomato Pasta**
Molly Gean’s Berries Farm

**Roasted Vegetables**
- 6oz brown mushrooms, sliced
- ½ red onion, sliced into rounds
- 1 bunch asparagus OR ½ pound green beans
- 2 pint baskets cherry tomatoes (about 2 pounds)
- 4 cloves garlic, pressed or fine chopped
- Olive oil
- Kosher or sea salt

Preheat oven to 450 degrees.

On baking sheet - drizzle and coat mushrooms, onions, and asparagus or beans with olive oil and sprinkle with salt. Lay out as evenly as possible. Roast 10 minutes.

Stir and turn over. Roast 10 more minutes. (If needed, do mushrooms and onions in one batch and asparagus or beans in another. Don’t overcrowd baking sheets.)

On baking sheet - drizzle and coat cherry tomatoes with olive oil and sprinkle with salt. Roast 10 minutes. Remove from oven and add pressed or chopped garlic. Stir gently. Roast 3 minute more.

Cut onions into bite-sized pieces.

**Pasta**
- 1 pound short pasta (mostaccioli, penne, cavatelli, etc.)
- 3 Tablespoons olive oil
- 2 teaspoons kosher or sea salt
- ¼ teaspoon pepper
- 1 3.8 oz can sliced black olives
- 2 Tablespoons flat leaf (Italian) parsley, chopped
- Parmesan cheese, grated

Cook pasta according to directions in boiling water with 2 Tablespoons kosher or sea salt. Drain.

Toss cooked pasta with olive oil, salt, and pepper. Add olives, parsley, and roasted vegetables.

Top with grated parmesan cheese

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**High Protein Burgers**
Josephine Miller, Office of Sustainability and the Environment

**Ingredients**
- 1 cup toasted walnuts
- ½ cup toasted sunflower seeds
- ½ cup toasted sesame seeds
- 10 tablespoons bulgur wheat (soaked in hot water until soft and drained)
- ½ cup wheat germ
- splash of vegetable oil
- 2 minced garlic cloves
- 2 cups finely chopped onions
- 1 ½ cups finely chopped mushrooms
- 1 ½ cups finely chopped carrots
- 1 ½ cups garbanzo beans
- 4 tablespoons tahini
- ½ cup parsley
- 2 tablespoons dill
- 2 tablespoons cumin
- 3 tablespoons soy sauce
- 3 tablespoons lemon juice
- Salt and pepper

**Instructions**
Blend walnuts and sunflower seeds together in a food processor. Toss in a large bowl and fold in sesame seed, bulgur wheat and wheat germ.

Separately, sauté garlic, onions, mushroom and carrots and let cool. Blend the vegetables in a food processor with the garbanzo beans, tahini, parsley, dill, cumin, soy sauce, lemon juice and salt and pepper.

Combine all ingredients and chill for 1 hour before shaping into burgers. Grill or sauté for 5 minutes on each side, or bake in a 350 oven until golden brown. Serve with favorite toppings. Great with grilled onions and mushrooms.
Vegetarian Lentil Dhansak
Gabriel Gomez, Executive Chef
Santa Monica-UCLA Medical Center and Hospital

Yield: 8

Ingredients

- 4-1/2 ounces Red Bean Lentils (3/4 Cup)
- 3 Tablespoons Olive Oil
- ¾ teaspoon whole Cumin Seeds
- 1-1/2 Tablespoons chopped Garlic
- 4 ounces diced Yellow Onion
- 4 ounces chopped Spinach Leave
- 12 ounces diced Tomatoes, including liquid
- 3 ounces diced Green Bell Pepper
- 3 ounces diced Red Bell Pepper
- 3 ounces diced Green Zucchini Squash
- 4 ounces diced Carrot
- 1-1/2 Tablespoons Curry Powder
- ¾ Cup canned Coconut Milk
- 3 Tablespoon chopped Cilantro
- 1 teaspoon chopped mint
- 4 unsalted/roasted Cashew Nut
- ¾ teaspoon of whole Mustard Seeds
- 1/8 teaspoon of Salt
- 1-1/2 teaspoon whole Cardamom Pods
- 1-1/2 cup Water

Instructions

Cook the lentils in water until the lentil are soft and all the water is absorbed, approximately 30 minutes. Add Salt.

Heat the oil in the sauté pan. Add cumin seeds, cardamom pods, and mustard seeds. Cook for 30 seconds.

Add garlic and onion to above mixture and cooked for additional 5 minutes.

Add spinach, diced tomatoes with liquid, peppers, zucchini, and carrots cook for additional 10 minutes.

Mix curry powder in 1 tablespoon of water to make a paste. Add the paste to vegetable mixture.

Add the lentils to the sautéed vegetables and spices. Cooked for additional 10 minutes. The Vegetarian Lentil Dhansak should be like stew and served warm.

May garnish with mint or cilantro sprigs.
**Meyer Lemon Blueberry Pie**

Clémence Gosset, The Gourmandise Cooking School  
Farmers Market Recipes  
This recipe will make 2 pies

**Ingredients**

**Pie Crust**
- 1 tsp salt sugar  
- 3 cups flour  
- 1/3 cup water, very cold  
- 2 oz butter, very cold and cut into small squares  
- 1 cup fresh blueberries

**Instructions**

Place the dry ingredients in a food processor and pulse 4 or 5 times.  
Add the butter and pulse just until small pebbles form.  
Add the ice water and pulse just until a crumbly dough comes together. If needed, add 1 tbsp of water at a time until the dough forms.  
Remove from the food processor (carefully) and form a flat disc. Wrap in plastic and refrigerate for 1 hour (or 20 minutes in the freezer).  
Roll your dough in a shape 2” larger than your pie pan. Using the rolling pin, pick up and gently lay the dough into the pan. Cut, crimp or use the tines of a fork to create a decorative edge.  
Bake blind by placing either parchment paper or foil over the crust and filling it with weights (dried beans or rice do the trick) and baking at 375°F until golden on the edges.  
Remove from the oven and wait 5 minutes. Remove the pie weights and paper.  
Place blueberries over the crust and return to oven for 10 minutes.

**Lemon Curd**
- 3 eggs  
- ¼ cup sugar  
- ½ cup Meyer lemon juice  
- 2 Tbsp butter  

Place a saucepan, ⅔ filled with water, on the heat and bring to a simmer.  
In a medium-sized bowl, whisk together the eggs, sugar and lemon zest.  
Whisk in the lemon juice. Set the bowl above the pot and reduce heat to medium to continue the simmer.  
Stir the mixture over heat until a thick custard forms (this may take about 10 minutes).  
Remove from heat and stir in the butter until smooth.  
Pour over blueberries and chill for 30 minutes before serving.

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**Chocolate Pudding**

Chef Fortino and Chef Karuba, Whole Foods Market

A fabulous dessert, with no added oil or refined sugar, but packed with flavor! Serve with berries.

**Ingredients**
- 2 avocados  
- 1 banana  
- 1/2 cup unsweetened cocoa powder  
- 1/2 cup dates, pitted, soaked in water for a few hours, drained  
- 1 teaspoon pure vanilla extract

**Instructions**

Combine all ingredients in a food processor until smooth, scraping down sides of the bowl as needed. Transfer to a bowl or individual serving bowls and chill several hours before serving.
SAUCES

Tomato sauce (all purpose, Italian style)
Santa Monica's Wise and Healthy Aging, Healthy Lunch Program

Ingredients
- 20 oz tomato sauce
- 1 tbsp tomato paste
- 1 tbsp garlic powder
- 4 oz white onion
- Pinch of pepper
- 20 oz tomato, diced, canned
- 1 cup of water
- 1 tsp sugars, granulated
- 1 tbsp dried parsley
- 1 tbsp dried basil
- ½ tbsp dried oregano
- 1 tbsp olive oil

Instructions
Dice 1/2 white onion
Saute onion in oil at medium heat until translucent 5-8 minutes
Add dry spices except sugar and blend well-keep moving so you don’t burn the mixture
Stir in tomato paste until well blended
Add in water until blended
Add canned tomato sauce and diced tomatoes
Add sugar
It doesn’t hurt to add 4 oz of red wine, whatever you have around
Simmer for 20-30 minutes
Cool completely if using for lasagna

Our Favorite Kale Salad Dressing
Kale...any kind de-stemmed and bite size
Dressing in blender

Ingredients
- Olive oil to cover blade
- 1 inch ginger
- 2 cloves garlic
- 1 lemon juiced
- 2 tablespoons Braggs Liquid Aminos
- Large scoop almond butter
- 1 tablespoon honey

Instructions
Blend and dress kale.
Great to add avocado chunks!

Gado-Gado Peanut Sauce
(For vegetable kebabs or stir fry)
Josephine Miller
Office of Sustainability and the Environment

Step 1:
Sauté ingredients until softened:
- splash of vegetable oil
- 2 teaspoons sesame oil
- ½ cup red onion
- 2 tablespoons minced garlic
- 1 tablespoon minced ginger

Add to the above ingredients and sauté for 2 minutes
- 1 tablespoon red wine vinegar
- 1 tablespoon brown sugar

Step 2:
Combine Step 1 and 2 ingredients and blend by hand, in a blender or food processor:
- 1 tablespoon lemon juice
- 3 tablespoons ketchup
- 3 tablespoons soy sauce
- 1/3 cup peanut butter
- ½ cup water
- ½ teaspoon turmeric
- ½ teaspoon ground coriander
- Hot sauce to taste

Adjust the seasoning to find the perfect balance of sweet and sour. Better with age.
Serve with vegetable kabobs or stir fry
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