

2018 Lenten Meat-Free Recipes

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The current Climate Crisis
is earth crying out in anguish.

Paul wrote to the Romans (8:19)

*“All creation is eagerly waiting for God to reveal
who his children are.”*

The earth is groaning, aching for people to arise and
act toward her like God would.

Eaarth Advocates
Second Congregational Church UCC
Bennington, VT 05201

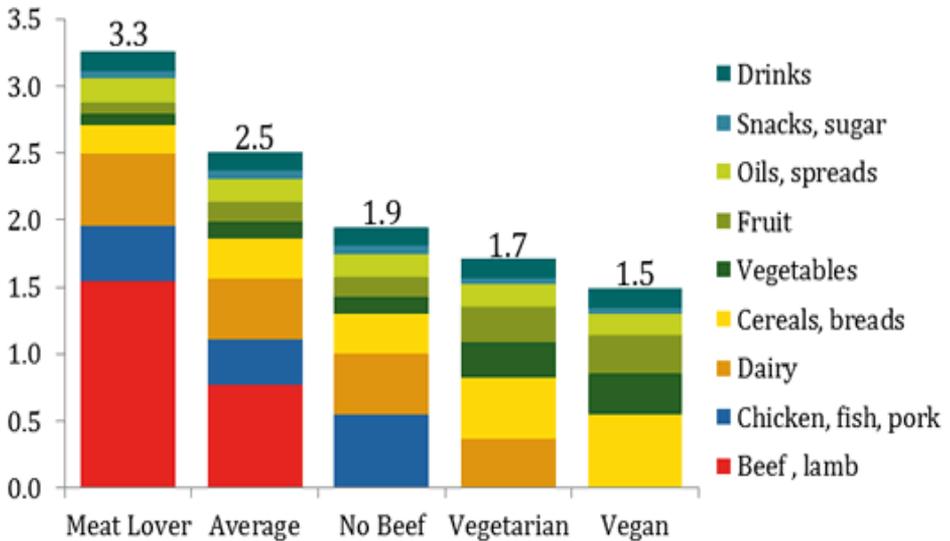
The food we eat has an overwhelming impact on the climate crisis.

For this season of Lent Eaarth Advocates are inviting you to consider fasting from meat. Lent is a time when our church encourages us to draw near to Jesus in the suffering he bore, to draw near to others who are more vulnerable than we are, and to draw near to the pulse of the entire earth. Some people think of the earth as if it is one organism, and each of us is one element in something far greater than ourselves. It is this unity we are called to engage.

Eaarth Advocates are suggesting that you commit to go meatless one day a week, or two, or three, or skip meat for Lent.

Once you have decided about how many days you want to eat meatless, you may want to consider the variety of options of meat-free eating. For this Lent you might experiment with one or more of the eating styles.

Foodprints by Diet Type: t CO₂e/person



The strictest plant-based eater is a **fruitarian**. She eats only fruit, nuts, seeds, and other plant material that can be harvested without killing the plant. **Vegans** enjoy the whole alphabet of vegetables, fruits, grains, beans, and nuts, but they skip meat, fish, seafood, dairy, and eggs.

A regular **vegetarian** also eats dairy, eggs and animal products.

A **pescetarian** also eats fish and shellfish. An **ovo-vegetarian** will eat eggs but not fish or dairy products. A **lacto-vegetarian** will eat dairy products but not fish or eggs.

History of Plant-Based Eating:

One of the first famous vegetarians was the Greek philosopher Pythagoras who lived at the end of the 6th century B.C. In fact, the term “Pythagorean diet” was commonly used for a plant-based diet until the term “vegetarian” was coined in the 19th century.

Benjamin Franklin was an early American vegetarian (though he later returned to meat-eating). He introduced tofu to America in 1770.

The first Vegetarian Society was formed in England in 1847 to teach people that it is possible to be healthy without eating meat.

Why go Meat-Free?

Ethics and health have long been a part of these practices. Now the future of humanity is at stake.

Some people choose to eat meat-free because of their compassion for animals. How animals are treated in factory farms: torturous living conditions, brutal deaths, make some of us unwilling to keep supporting that system. Marsh & Cindy’s son and daughter in-law was moved by this concern. Marsh chose to become a vegan for health reasons. His PSA was going up and his son Moses told him that prostate cancer is 30-40% less prevalent among vegans. Marsh became a vegan that day six years ago. As you read the Earth Notes throughout this booklet, you can explore lots of motivations to change your eating style and learn about how what you eat affects our whole earth.

Eearth Advocates decided to collect meat free recipes to help with our experiments this Lent. We aimed for 40 recipes and ended up with a lot more. Several of them are vegan (see above) but you may add dairy or eggs if you want. Others are simply meat-free.

We start with **breakfast**. Marsh’s favorite is granola, fruit, and coconut or almond milk. Try lovely muffins! Cindy loves fruit/veggie smoothies. She sometimes makes a bigger batch for snacks throughout the day. Making healthy **snacks**, while it takes some effort, helps add to the protein supply of your day. Then you will find **main dishes, soups, and salads, and some desserts**.

Store-Bought and Homemade.

Some of us shop at Aldi's and they offer great veggie burgers (Asia, Thai, Crunchy Quinoa, etc.), some great trail munches for snacking, and most of the ingredients required for this recipe collection. Hannafords have lots of choices and a couple of favorites: R.W. Garcia Stone Ground Tortilla chips (non-GMO) and Soy and Coconut Yogurts. Price Chopper has a good selection too. For the specialty ingredients, like Kombu or seitan, try your favorite health food store.

As you get more experienced you will want to start reading the labels in the store. For example, trail mixes can include high levels of carbohydrates, often as candy, and varied levels of proteins. For processed foods read through the whole list of ingredients if you want to avoid meat or dairy. After a while you know which ones are friends of meat-free eating and which aren't.

One discovery from early in meat-free eating. It may take a while to develop the enzymes to digest some beans and particularly lentils. So be prepared for a little gas or flatulence! Some people have tried beano or cooking seaweed with beans. Be patient and persist while your body gets those great bean-eating enzymes.

Protein:

Soy, quinoa, hempseed, chia seed, amaranth, buckwheat, and lupine beans all provide the 8 amino acids we need for health. Eating a variety of vegetables, combined with beans, seeds and nuts will provide all the protein we need. Various studies around the world confirm this. Eating whole grains and legumes (for example, rice and beans) creates complete proteins. You do not have to eat the grains and beans simultaneously, just sometime during the day. Plant-based proteins are especially good for us because they contain nutrients such as complex carbohydrates, minerals, vitamins and fiber. Vegetable protein sources include beans, peas, lentils, nuts, seeds and grains. Now it's time to dive in.

This book may be your Lenten devotion.

A recipe and an earth note a day is a good devotion.

Marsh or Cindy have been exploring meat-free eating for a long time and are glad to answer question. Call them at 440-5190.

5 Maple Nut Granola

Submitted by Marsh H-K
adapted from *Moosewood New Classics*
(double recipe)

Breakfast

5

Preheat oven to 350°

Mix in BIG mixing bowl

- 10C Rolled Oats (NOT Quick Oats)
- 1 C Sunflower Seeds
- 1 C Pumpkin seeds
- 1 C Raw Cashews
- 1 C Almonds, Sliced
- ½ C Walnuts or Pecans, may be chopped

Mix in Blender:

- 2/3 C Olive Oil
- 1 C Maple Syrup
- 1/3 C Molasses

Pour over dry ingredients and stir thoroughly
Spread in 2 baking pans/ cookie sheets (12x16)

Cook 10 minutes

Stir and rotate pans top/bottom

Repeat once or twice until slightly toasty looking

After cooked add 1 cup Shredded Coconut (optional)

Cool. Store in airtight container.

Makes about 2 cereal box size containers.



Go Meatless Monday
for breakfast.
Rise and shine!

Good for you. 
Good for the planet.

*Graphics: Our thanks to Meatless Mondays. We are encouraging you to choose which days you go meatless this Lent. If you choose Mondays know that you are part of a **global** movement to go meat-free!*



Earth Note: Global hunger

Researchers argue that a vegetarian diet can feed far more people than a meat-based diet. For example, on one acre of land one can grow 165 pounds of beef or about 20,000 pounds of potatoes!

6 Apple-Oat Muffins

Breakfast

6

Submitted by Cindy H-K

- 2 c. old-fashioned or quick-cooking oats, uncooked
- 1 1/4 c. all-purpose flour
- 1/2 c. packed brown sugar
- 2 tsp. baking powder
- 3/4 tsp. baking soda
- 3/4 tsp. salt
- 1/2 tsp. ground cinnamon
- 1 c. buttermilk , or tomato Juice or pineapple juice
- 2 Tbsp. vegetable oil
- 1 lg. egg, lightly beaten
- 1 c. shredded apple (I used Macs) 1-2 med. size
- 1/2 c. walnuts, chopped

Preheat oven to 400 degrees F. Grease 12 standard muffin-pan cups. In large bowl, combine oats, flour, sugar, baking powder, baking soda, salt, and ground cinnamon.

In medium bowl, with fork, beat buttermilk, oil, and egg until well blended; stir in shredded apples. Add apple mixture to flour mixture, and stir just until flour mixture is moistened (batter will be very thick and lumpy). Stir in chopped walnuts.

Spoon batter into prepared muffin-pan cups. Bake 23-25 minutes or until muffins begin to brown and toothpick inserted in center of muffins comes out clean. Immediately remove muffins from pan. Serve warm, or cool on wire rack to serve later.

Makes 12

*If you don't have buttermilk you can add 1 Tbsp. lemon juice or 1 Tbsp. vinegar to 1 cup sweet milk and let stand 5 minutes or substitute pineapple or tomato juice!



Earth Note: Global Hunger:

Yield of Usable protein per acre:

Soybean 263 lb./acre; Rice 224 lb.; Legumes (an average) 94 lb.;

Meat: only 36 lb./acre.

Submitted by Cindy H-K

- 2 ¼ cups white flour (GF option: buckwheat flour)
- 2 ¼ cups whole wheat flour (GF option: brown rice flour)
- 1 T baking soda
- 2 T cinnamon
- 1 T freshly ground nutmeg
- 1 t cardamom
- 1 t salt
- 1 cup plus 2 T oil
- 1-2 cups sugar or 1 ½ cups maple syrup (depends on your taste)
- 6 eggs
- 1 T vanilla
- 4 cups shredded carrots (or zucchini in July and August)
- 2 cups chopped apples
- 1 cup shredded coconut
- 1 cup chopped pecans (or pumpkin seeds)
- 1 cup sunflower seeds
- 1 cup raisins (optional)
- ¼ cup orange juice or apple cider

Preheat oven to 350 degrees.

Mix together all **dry ingredients**.

In large mixing bowl, beat **eggs, oil, sugar** and **vanilla**. Stir in **carrots, apples, coconut, nuts** and **seeds**.

Add dry ingredients and mix. Add **orange juice**.

Scoop batter into lined muffin tins to ½ " from top. Sprinkle with cinnamon sugar.

Bake for 25 minutes. Remove from tins, slather with your version of



Earth Note: Global Hunger: Around 20% of the corn grown in the U. S. is eaten by people, about 80% is consumed by livestock.

About 95% of the oats grown in the U.S are eaten by livestock.

8 Cousin Carl's Yummy Egg Casserole Breakfast

8

submitted by Deb Perkins

(Excellent for breakfast, great meal with wild rice and a veg)

8 Eggs, hard-boiled and prepared as “deviled”,
make them as devil-y as you like.

½ cup chopped Onion

2 T butter

1 can condensed Cream of Mushroom (or Asparagus) Soup

1 cup Sour Cream

½ cup shredded Cheddar Cheese

½ t paprika (the smoked variety adds interesting flavor).

Sauce:

Sauté chopped **onion** in melted **butter**, then mix in **soup** and **sour cream**.

Casserole:

Pour half the sauce into bottom of baking dish. Arrange **eggs** over sauce. Pour remaining sauce over eggs.

Sprinkle with **shredded cheddar** and **paprika**.

Bake about ½ hour at 350.

Make ahead and keep in fridge overnight if you wish. *Serves 4.*

N.B. You may wish you'd doubled the recipe!

**SHOULD WE FEED GRAIN TO
LIVESTOCK FOR MEAT? OR
FEED 2.3 BILLION PEOPLE PER YEAR?**



With the 756 million tons of grain used to feed animals for meat production each year, we could feed 2.3 billion people instead!



Earth Note: Global Hunger:

It is estimated that 700 million tons of food that could be consumed by humans goes to livestock each year.

Submitted by Cindy H-K

Smoothies can be made from just about anything that can be put into a blender and puréed. I bought a whole book of smoothie recipes and used it twice. Instead, my acupuncturist gave me this rule of thumb:

3 cups water

something **Sweet** like apple, pear, peach, orange, banana, mango, strawberries, blueberries, etc.

something **Sour** like lemon, lime, Fire cider

something **Salty** celery is considered a salty vegetable
in a pinch I've used raw sauerkraut

something **Spicy** like ginger root or cayenne pepper

something **Bitter** like baby greens, spinach, arugula, lettuce

Place all ingredients in blender and blend on highest setting until smooth. This makes about 2 quarts of smoothie, plenty for breakfast and snacks throughout the day. Store the extra in the refrigerator in a quart jar that you can shake vigorously when it's time for a snack.

Obviously the possibilities are limitless for ingredients. I find a banana provides enough sweetness so sweetener isn't necessary and it enhances the creamy texture. If you have a sweet tooth, use a couple of drops of stevia to take the edge off the sour.

One of my favorite combinations is apple, banana, lime, grapefruit, ginger root, celery and whatever greens are available.

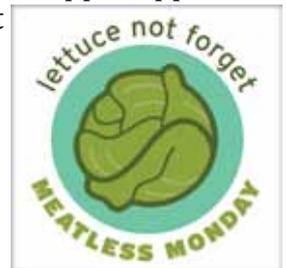
Another is mango, banana, lime, celery, ginger root, and cilantro.

In summer be sure to include cucumber.

A warm weather refresher is watermelon, lime and mint with no water necessary.

And then there's an old-fashioned Switchel variation: apple, apple cider vinegar, salt, ginger root, cucumber, and a bit of honey or maple syrup.

Be creative and bottoms up!



10 Healthy Lemon Bars

Snacks 10

Submitted by Cindy H-K

- 1 cup raw almonds or pecans
- 1 cup raw cashews
- 1 cup shredded coconut, unsweetened
- zest of 1-2 lemons
- 2 cups pitted dates (12-24 soft medjool work best)
- 1 – 6 T lemon juice
- dash vanilla extract

In a food processor, combine **almonds** or **pecans**, **cashews**, **coconut** and **lemon zest**. Pulse until medium crumbs; some will still be fairly coarse, and this is okay. Add **dates** and process until mixture comes together and begins to make a ball against the sides. Add **vanilla** and **lemon juice** a tablespoon at a time until mixture is sticky enough to hold together well.

Press mixture into a 9" X 4" or 9" X 5" loaf pan that has been lined with plastic wrap.

Smooth the top. Place in refrigerator until firm, about an hour, then cut into squares or bars.



Earth Note: Green House Gas Pollution: Carbon Dioxide:

Burning fossil fuels (such as oil and gasoline) releases carbon dioxide.

Since it takes, on average, 11 times as much fossil fuel to produce a calorie of animal protein as it does to produce a calorie of grain protein,

considerably more carbon dioxide is released.

These no-bake bars are thrown together in minutes and make the perfect snack to store in the freezer for a quick burst of energy. Feel free to use sunflower seed butter to make these nut-free. I used an unsweetened/unflavored protein powder, so if you are using a sweetened protein powder, you will likely have to reduce the liquid sweetener (and make up for the lack of liquid by adding some non-dairy milk). Play around with it if necessary and aim for a cookie dough texture. You can also roll the dough into balls and add in chocolate chips if you don't wish to make them into bar form.

1.5 cups gluten-free rolled oats, blended into a flour

1/2 cup unsweetened/unflavored vegan protein

1/2 cup rice crisp cereal

1/4-1/2 teaspoon fine grain sea salt, to taste

1/2 cup natural peanut butter, almond butter, or sunflower seed butter

1/2 cup pure maple syrup (or liquid sweetener of choice)

1 teaspoon pure vanilla extract

3 tablespoons mini dark chocolate chips (I use Enjoy Life)

1/2 tablespoon coconut oil

Line an 8-inch square pan with a piece of parchment paper. Mix the oat flour, protein powder, rice crisp, and salt together in a large bowl. Add in the nut/seed butter, maple syrup, and vanilla. Stir well to combine. If the mixture is a bit dry, add a splash of non-dairy milk and mix again.

Press into pan and roll out with a pastry roller until smooth. Pop into the freezer.

Melt the chocolate chips and coconut oil together in a small pot over low heat. When half of the chips have melted, remove from heat and stir until smooth.

After freezing the bars for about 5-10 minutes, remove from freezer and slice into bars. Drizzle with melted chocolate and freeze again until set. Store in the freezer for a week or longer in an air-tight freezer bag or container.

Makes 12 bars



Earth Note: Green House Gas and Water Pollution: Carbon Dioxide:

The total production of excrement by the entire U.S. population is 12,000 pounds per second.

The total of excrement by U.S. livestock is 250,000 pounds per second.

Submitted by Cindy H-K from thenourishinghome.com

1/3 cup pure honey (mild honey such as clover is best)

2 tablespoons coconut flour

1 tablespoon *all-natural almond butter

1/8 teaspoon sea salt

1 1/3 cups chopped whole *nuts

1/2 cup chopped dried fruit

1 cup unsweetened coconut flakes

(not finely shredded coconut)

Preheat oven to 300 degrees. Trim parchment paper to line an 8×8-inch baking dish, leaving parchment paper to hang over two sides of the dish.

In a large bowl, add the honey, coconut flour, all-natural nut butter and salt. Use a spoon to stir until well combined.

Coarse-chop a couple of large handfuls of assorted whole nuts (see note below). Measure out 1 1/3 cups of the chopped nuts and add them to the honey mixture.

Next, chop the dried fruit and measure out 1/2 cup and add to the honey mixture.

Finally, measure 1 cup of coconut flakes (not shredded coconut).

Place coconut flakes on the cutting board and coarse-chop. Add chopped coconut flakes to honey mixture. Using a spoon, mix ingredients together making sure they are thoroughly combined.

Place the bar mixture into the parchment-lined baking dish. Fold overlapping flaps down and evenly press the top of the bar mixture firmly to pack-in the ingredients so they hold together better after baking. Then, peel back the parchments flaps from top of bars. (Do not trim, as the flaps help to remove the bars after baking.)

Bake for 20 minutes. Then remove from oven and allow to completely cool on stovetop for approximately one hour (or until bottom of

baking dish is room temp).

Place in fridge to continue cooling. (Do not freeze) Once cold, remove dish from refrigerator. Then, run a knife along the two edges without parchment. Using the parchment paper ends, lift the bars from the baking dish to a cutting board.

Cut into 8 bars and individually wrap and store in the fridge or freezer. For best results, bars should be kept cold so they do not become over-sticky.

Yield: 8 bars

Notes: *You can use any combination of nuts, such as almonds, cashews, pistachios, peanuts, etc. Just be sure to rough-chop the nuts first and then measure out 1 1/3 cups.



Earth Note: Green House Gas Pollution: Methane Gas Pollution:

Food production is responsible for about 25 percent of the greenhouse-gas emissions heating up the planet. Scientists have long known that meat has a bigger climate footprint than fruits and vegetables do because meat takes more energy to produce, more land, and because cows burp up lots of methane. Ruminants—such as cows, sheep, and goats—produce the gas while they digest their food.

14 Cherry Chocolate Chip “KIND” Bars (GF) Snacks 14

Submitted by Cindy H-K from thenourishinghome.com

1/3 cup pure honey (I prefer sage honey due to its mild flavor)

2 tbsp coconut flour

1 tbsp *all-natural almond butter

1/8 teaspoon sea salt

1 cup unsweetened coconut flakes

(not finely shredded coconut)

1 cup coarse-chopped unsalted cashews

1/3 cup coarse-chopped unsalted almonds

1/4 cup mini chocolate chips

1/4 cup chopped dried organic cherries or cranberries (see
**note below)

Prepare as in previous “KIND” recipe.

Preheat oven to 300 degrees. Line an 8×8-inch baking dish with parchment.

In a large bowl, add the honey, coconut flour, all-natural almond butter and salt. Use a spoon to stir until well combined.

Coarse-chop a couple of large handfuls of whole cashews and measure out 1 cup. Then, coarse chop a handful or two of whole almonds and measure out 1/3 cup. Add the chopped nuts to the honey mixture.

Next, chop the dried cherries (or cranberries) and measure out 1/4 cup; add to the honey mixture. Then add 1/4 cup of mini-chocolate chips. Add chopped coconut flakes to honey mixture. Mix ingredients together. Press bar mixture into baking dish.

Bake for 20 minutes. Cool and cut as before. **Yield:** 8 bars.

Notes: *You can use any all-natural nut butter you choose, just be sure it’s simply ground nuts without additives for best results and nutrition.

******Most dried fruits are treated with sulfur dioxide, so if you wish to avoid this preservative, be sure to purchase unsulfured organic dried fruits, or conventional dried fruits specifically labeled as sulfur dioxide free.

Apricot-Almond “KIND” Bars (GF)

- 1/3 cup pure honey
- 2 tbsp coconut flour
- 1 tbsp *all-natural almond butter
- 1/8 teaspoon sea salt
- 1 cup unsweetened coconut flakes
(not finely shredded coconut)
- 1 cup coarse-chopped unsalted almonds
- 1/3 cup coarse-chopped unsalted cashews
- 1/2 cup chopped dried organic apricots (see ******note below)

Prepare as for other “KIND” bars.

Note: I have not prepared all three variations. My first batch was a bit overcooked making the dried fruits somewhat bitter. Another recipe I found for “KIND” bars claimed that only corn syrup would work. I found the honey satisfactory, but if you have trouble getting your bars to hold together, try substituting corn syrup for honey. Here’s the website for the corn syrup version: <https://leitesculinaria.com/93372/recipes-homemade-kind-bars.html>



Earth Notes: Green House Gas Pollution: Methane:

Methane is also emitted from the acres of cesspools filled with the feces that pigs, cows, and other animals excrete on factory farms.

16 Black Bean and Corn Salsa

Snacks 16

Submitted by Cindy H-K from COOKS.COM

- 1 ¼ cups cooked black turtle beans
- 1 ¼ cups cooked fresh corn kernels
- ¾ cup finely diced red onion
- ¾ cup red or green bell pepper
- 2 jalapeno peppers, minced
- ½ cup balsamic vinegar
- 1/3 cup extra virgin olive oil
- 1 ½ t Dijon mustard
- salt and pepper
- ¼ cup chopped flat leaf parsley

Combine all ingredients except for parsley and mix well.

Serve with guacamole and corn or wheat tortilla chips.

**DECREASE YOUR CHANCE OF
GETTING DIABETES BY ABOUT 15%**



Just skip a serving of meat every day and replace it with a vegetable protein like black beans or tofu.

#MeatlessMonday

**Meatless
Monday**



Earth Notes: Green House Gas Pollution: Methane:
Methane has 70 TIMES as much impact on Climate Change
as carbon dioxide.

Submitted by Cindy H-K

2 T chili powder

3 T cumin (sometimes more)

2 t oregano

2 t ginger powder

4-6 T extra virgin olive oil

2 T butter

1 large onion, chopped

¾ cup carrots, grated

3 bell peppers, chopped (1 pkg of three colored peppers)

3-4 stalks celery, chopped

2 8oz. packages baby bella mushrooms, sliced

1 28oz. can diced tomatoes

2 14oz. cans black beans, drained

1 can sweet corn, drained

1 28oz. can pinto beans, drained

1 can black olives, sliced

¼ cup molasses

1-3 T Ethiopian berbere spice (from teenytinyspice.com)

Throw the **tomatoes, beans, corn, pinto beans, olives** and **molasses** into a large pot and start cooking over low heat. When heated, stir in **chili powder** and **cumin**. Stir well. In a large frying pan, heat 2T **olive oil** and sauté the **onions** and **celery** until celery softens. Transfer to the large pot but do not clean the frying pan.

Add 2 T olive oil and sauté **carrots** until softened and transfer to large pot.

Add 2 T olive oil to frying pan and sauté the **peppers** and transfer to large pot.

Add 2 T butter to frying pan. When it starts to melt add **ginger powder** and stir. (continued)

Add **mushrooms** and sauté, stirring constantly, until they give up their juices and start to brown. Scrape everything into large pot. A little beer poured into frying pan and heated can help loosen the scrapings in the frying pan.

Continue to cook over low heat. Add **berbere** spice 1 T at a time until the desired degree of HOT is attained. It will get hotter as it cooks.

(I bought a can of this spice at the Middlebury Co-Op. I made my own mix of spices from the ingredients list on the can of berbere I bought. There were a couple of ingredients I didn't know but it tastes similar. I'd be happy to share.)



**Go Meatless Monday with
veggie chili. Warm up without
warming the planet.**

Good for you. **MEATLESS MONDAY**
Good for the planet.



Earth Notes: Green House Gas Pollution: Methane:
Nearly 40% of methane gas emissions comes from farm animals.

- 1 C. black beans in 3 C hot water. Bring to boil. Cook 1½ hrs
 1 C. med lima beans in 3 C hot water. Bring to boil. Cook 1 hr
 1 C. red kidney beans in 3 C hot water. Boil & Cook 1½ hrs
 2-3 T extra virgin olive oil
 1 Large sweet onion chopped
 5+ cloves of garlic minced
 2 Green or Red Peppers Chopped
 1 qt. or 2 14oz. cans diced tomatoes
 2 6oz. cans tomato paste
 1 16oz. bottle of beer or 2 C vegetable broth
 2 TBSP Chili Powder
 3 TBSP Cumin (sometimes more)
 2 tsp Oregano
 ¼ tsp Cayenne Pepper or 1-2 canned hot peppers chopped
 Fresh Ground Pepper to taste
 1-2 T Salt
 2 T Molasses
 1 can sliced black olives
 2 – 3 Cups fresh or frozen corn or 1 14oz. can
 OR 1 lb. chopped Tofu



Heat **olive oil** into a large stock pot that will cook the whole batch of chili. Sauté the **onions** and **garlic** until they have started to soften (5 minutes) Add peppers and cook 3 minutes more. Add **chili powder, cumin, oregano, cayenne pepper, fresh ground pepper, salt,** and **molasses** and stir. Add **tomatoes** (or two 14 oz cans from store) w/ liquid and **tomato paste** and **beer**. Bring this all to a boil, reduce and simmer until it starts to thicken 25 – 30 minutes.

Add **black olives** and adjust spices to taste. Add 2 cups or one can each **black, lima, kidney beans** and **corn** or tofu. Simmer another 20 minutes are so...until all the ingredients have all gotten nice and friendly with each other. Adjust the seasonings again to your liking. Serve with fresh cornbread or with crumbled tortilla chips.



Earth Notes: Green House Gas Pollution:

Half of "of all human-produced greenhouse gases come from meat, dairy and egg farming..."

Submitted by Marsh H-K A favorite!

Rather than fussing with a pie crust, we serve this on biscuits.

- 1 small onion, diced
 - 1 med. sweet potato, peeled & diced
 - 1 cup mushrooms, sliced
 - 1/2 cup carrots, diced
 - 1/2 cup celery, diced
 - 1/2 cup string beans, cut in 1" pieces
 - 1/2 cup asparagus, cut in 1" pieces
 - 1 cup frozen peas
 - 3 fresh garlic clove, finely chopped
 - 3 cups vegetable broth
 - 1/4 cup olive oil (or enough to cover the bottom of the pan)
 - about 1/3 cup potato starch
 - 1/4 cup cashew cream
 - 3 C Vegetable Broth
 - 1/2 cup fresh chopped parsley
 - ¼ C Bragg's aminos
 - 3 T. nutritional yeast
- Season with salt, pepper, pinch of red pepper flakes



Make cashew cream by soaking ½ cup raw cashews in warm water to cover for at least 1 hour. Drain and reserve liquid. Place cashews in blender with just enough liquid to allow blending until creamy consistency. Set aside.

Place a large-size deep sauté pan over medium heat. Add oil and heat until hot but not smoking. Add **onions, celery** and **carrots** and cook until soft (about 5 min.).

Add **potatoes** and **string beans**, and cook for another 5 minutes until they begin to soften. Add **asparagus** and **mushrooms** and **garlic**, cook an additional 5 minutes or until they too begin to soften, then add the **peas**, stir and cook for two minutes.

Add the **potato starch** to 2 ½ Cups of cold **broth** and whisk till all dissolved.

Slowly add starch-broth to sautéed veggies stirring until it thickens.

When thick enough, stop adding starch-broth. If it is still too watery, mix more starch and cool broth and add till thick enough. Add the **cashew cream** and **Bragg's Aminos**. Stir. Add **nutritional yeast** and cook for a few minutes to incorporate.

Remove from the heat, stir in the **parsley**. Serve hot on warm biscuits.

21 Easy Mushroom Gravy

Main Dish

21

submitted by Marsh H-K

Single Makes 2 C	Double Makes 4 C	Triple Makes 4 C	
1 1/2 t	1 T	1 1/2 T	Olive Oil
1C	2C	3C	Chopped Onion
2	4	6	Cloves Garlic, minced
			Salt & Pepper
3C=8oz.	6C=16oz.	9C=24oz.	Sliced Mushrooms
1t	2t	1T	Fresh Rosemary, chopped
2t	1 1/3 T	2T	Flour or Arrowroot
1 1/4 C	2 1/2 C	3 3/4 C	Vegetable Broth
2t	1 1/3 T	2T	Tamari or Bragg's Aminos

Any kind of mushrooms will work, although the brown ones like baby bella or cremini make a richer gravy.

In a skillet heat oil over med heat.

Add onions and Garlic and sauté 3-4 min.

Season with salt & pepper.

Add sliced mushrooms and rosemary and raise heat to med-high.

Sauté for 8-9 min until most of the water released by the mushrooms is cooked off.

Stir in flour until all veggies are coated.

Add broth and Tamari/Braggs aminos GRADUALLY and stir quickly to smooth out any lumps of flour.

Bring mixture to simmer.

Cook, stirring often, for 5 min longer

When Gravy thickens remove pan from heat and serve.



Earth Notes: Green House Gas Pollution: Nitrous Oxide

Nitrous oxide is about 300 times more potent as a greenhouse gas than carbon dioxide. According to the U.N., the meat, egg, and dairy industries account for an astonishing 65 percent of worldwide nitrous-oxide emissions.

Submitted by Marsh H-K

1 Cup Old Fashioned Oats or Gluten Free Oats

1/2 Block Extra Firm Tofu

1 Cup Chopped Onion

1/2 Cup Chopped Green Pepper

1/2 Cup Chopped Red Pepper

1 Tablespoon Mushroom Gravy

3 Tablespoons Plain Yellow Corn Meal

3/4 Cup Cooked & Drained Lentils

1 Tablespoon Balsamic Vinegar

1 Tablespoon Soy Sauce

2 Tablespoons Olive Oil

1/4 Teaspoon Thyme

1/4 Teaspoon Cumin

1 Teaspoon Chili Powder

1 Teaspoon Dried Parsley

1/2 Teaspoon Salt

1 Teaspoon Sugar

1/2 Teaspoon Garlic Salt

1/4 Teaspoon Onion Salt

1/4 Teaspoon Dried Mustard



Preheat oven to 375 degrees.

Make a double batch of Mushroom Gravy for topping the lentil loaf before baking.

Add 1 tablespoon of the olive oil to a skillet on medium heat, add chopped onions, red and green bell pepper and let cook until onions are transparent (about 5 minutes), stirring frequently.

In a food processor chop oats for 5 quick pulses.

Drain tofu well and press with hands until all excess water comes out. In a mixing bowl mash tofu with a fork or use grater to coarsely grate.

In the same mixing bowl combine, cooked onions and peppers, 1 tablespoon of mushroom gravy, oats, corn meal, lentils, balsamic vinegar, soy sauce, 1 tablespoon olive oil, thyme, cumin, chili powder, parsley, salt, sugar, garlic and onion salt, dried mustard and mix until well combined.

Place lentil loaf mixture into greased loaf pan and compress. Coat top with mushroom gravy (you will probably have some left over to spoon on later).



Earth Notes: Green House Gas Pollution: Livestock Breathing
Livestock breathing makes up about 14% of greenhouse gases

Submitted by Marsh H-K

Italian Dressing/Marinade:

Double Batch for large batch of Veggies (usual)

1/2C Olive oil

1/2C Lemon juice

9+ Cloves of Garlic

3T Fresh, GROUND Rosemary (1 T dry, ground)

2T Minced, fresh Oregano (1T dry)

1/3C Fresh Basil (1 T dry)

Mix in blender.

Cut up 1 pound of tofu and cover with marinade.

Place Veggies in 2 Gal Plastic bag and cover in balance of marinade

Close and rotate from time to time to cover all veggies well.

Best to soak for longer time

Veggies:

3 Medium sized Sweet Potatoes – Peel, slice 1/2” thick, and parboil for 6-8 min in microwave

4-5 Carrots diagonally sliced 1/2”: thick

3 Lg. Onions Quartered

2 Med. Zucchini, sliced

4 Bell peppers (green and or colored) in 1 1/2” to 2” chunks

1/2 lb or more baby bella mushrooms

(small ones whole, big ones cut in 1-2” chunks)

1/2 Lb Small Tomatoes (or tomatoes chunks

Other Veggies (NOT broccoli) like eggplant or brussels sprouts or cauliflower may be added or substituted.

Preheat Oven to 425°F

Spray 1 baking pans with oil

Cook 35-45 min, stirring every 10-15 minutes,

rotating pans top and bottom, front and back

Serve with cooked rice. Brown rice is a whole grain.



Earth Notes: Green House Gas Pollution: Livestock Breathing

“tens of billions more livestock are exhaling CO2 than in pre-industrial days, while Earth’s photosynthetic capacity (its capacity to keep carbon out of the atmosphere by absorbing it in plant mass) has declined sharply as forests have been cleared.”

24 Sweet Potato Shepherd's Pie – Vegan Main Dish 24

Submitted by Marsh H-K

- 3 lg sweet potato
- 1 C veggie broth
- 8-12 oz tofu
- 2 T miso
- 2 lg onions
- 2/3 C carrots
- 2 C. frozen peas
- 1 T fresh thyme
- 1 ½ C frozen string beans
- 1.5 C corn (canned or frozen)
- 1 C Mushroom gravy

Make single recipe **Easy Mushroom Gravy**, see page 21.

Peel and cook **sweet potatoes** (microwave for 8+ min covered) and mash using some **veggie broth** for moisture.

Chop 8-12 oz. **tofu** in squares add 1 cup **veggie broth** and 2 T **miso**

Cover bottom of baking dish with tofu mixture.

Sauté 2 large **diced onions** in olive oil until carmelized.

Add frozen 2/3 lb (1.5 C) sliced **carrots** or 2/3 pound of fresh carrots sliced and microwaved and stir until carrots are tender.

Add 2C frozen **peas** and stir till soft.

Season with 1 T **Thyme**

Layer that in baking pan.

Make a layer of 2/3 lb (1.5 C) frozen corn and a layer of 1 ½ cups cooked string beans.

Cover with 1 C or more of mushroom gravy.

Layer sweet potatoes on top.

Bake for 20-25 min at 350°. Serve with extra mushroom gravy.



Earth Note: The Environmental Defense Fund reports that if each American replaced chicken with plant-based foods at just one meal per week, the carbon dioxide savings would be the same as taking more than half a million cars off U.S. roads.

Submitted by Marsh H-K

2 C Vegetable Broth

1 C Brown Rice

1 ½ C Diced Tomatoes or plain tomato sauce

3 heaping t herbs de Provence

2 cloves Garlic, chopped

½ t. smoked paprika

1 Med Onion or leek diced

4 large peppers, circle removed at top and peppers cleaned out

1 Pepper, Chopped

2 C Mushrooms, Chopped

1 ½ C Cauliflower chopped in food processor

1 Can Black Beans

Optional: other veggies like carrots or eggplant

Directions:

Preheat Oven to 350°

Cook the brown rice in the vegetable broth.

Meantime, sauté garlic, onion or leek in a large frying pan

Sauté chopped pepper, mushrooms cauliflower, any optional veggies

Add black beans and heat until warm

Add 1 ½ t herbs de Provence to cooked rice and mix.

Combine with veggies in frying pan

Coat bottom of pan with olive oil

spread 1 C tomato sauce or diced tomatoes in pan

Stuff peppers and sprinkle with herbs

use rest of diced or sauced tomato on tops

Cover with the circle of pepper removed earlier

Bake 55 minutes. Uncover. Spoon diced or sauced tomato on tops

Bake 10 min more

Makes 4 peppers.

Submitted by Marsh H-K

1 cup uncooked brown rice

3 Tbsp Extra Virgin olive oil

1 small onion, chopped

1/2 green bell pepper, thinly sliced

1/2 red bell pepper, thinly sliced

(for added flavor you can substitute roasted red bell peppers)

3 cloves minced garlic

2 16-ounce cans of black beans, partly drained

2 Tbsp vinegar

1-2 small canned hot peppers w/o seeds finely chopped

1 can diced tomatoes drained (Reserve juice for soup?)

1 teaspoon dried oregano or 1 heaping T chopped fresh oregano

1 hearty bunch of kale, washed & chopped

Option: Lime wedges or squeeze half a fresh lime or cilantro for garnish

Cook rice according to package instructions.

Brown rice usually takes 45 min plus 10 minutes to sit.

Start prepping veggies, harvesting herbs, etc.

Heat oil in a large skillet on medium high.

Sauté onions and bell peppers for 3-4 minutes, until just beginning to soften, then add garlic and sauté a minute more.

Add the black beans, vinegar, hot peppers, kale (and tomatoes).

Bring to a boil, reduce heat, cover and simmer for 5 minutes.

Stir in rice and oregano. Add salt and pepper to taste.

Will thicken as it cools.

Serve on corn chips or wraps with salsa, guacamole, hummus, lettuce

Serves 6+.



Earth Notes: Destroying Natural Forests:

With "a global shortage of grassland, practically the only way more livestock and feed can be produced is by destroying natural forests. Growth in markets for livestock products is greatest in developing countries, where rainforest normally stores at least 200 tons of carbon per hectare. Where forest is replaced by moderately degraded grassland, the tonnage of carbon stored per hectare is reduced to 8."

Submitted by Marsh H-K

1 cup dry brown rice

1 can drained and rinsed beans, or 2 cups cooked

1 onion, chopped

1 clove garlic, minced

1 tbsp vegetable oil

Cook the brown rice in a rice steamer or follow the directions [here](#).

Heat up the oil in a large pan over medium-high heat and fry the onion for 5 minutes.

Add the garlic and fry for an additional 5 minutes.

Stir in the beans and heat through.

Add salt and pepper to taste. Serve with rice.

Indian Beans and Rice

1 cup dry brown rice cooked

1 can drained and rinsed chickpeas, or 2 cups cooked

1 onion, chopped

1 clove garlic, minced

1 tbsp vegetable oil

1 tbsp curry powder

1/2 tsp cinnamon

1 can diced tomatoes with green chilies

a thumb-sized piece fresh ginger, minced

1/4 cup chopped fresh cilantro

Heat up the oil in a large pan over medium-high heat and fry the onion for 5 minutes.

Add the garlic and fry for an additional 5 minutes.

Stir in the chick peas and heat through.

Stir curry powder and cinnamon into the chickpea and onion mixture.

Fry for a minute, then add the ginger and tomatoes and their juices.

Cook on medium-high heat for 5 minutes, until the tomatoes no longer taste raw.

Stir the cilantro into the rice. Add salt and pepper to taste.

Feeling fancy? Serve with warm naan and a side of sliced mangoes.

- 1 cup dry brown rice cooked
- 1 can drained and rinsed Great Northern White Beans,
or 2 cups cooked
- 1 onion, chopped
- 1 clove garlic, minced
- 1 tbsp vegetable oil
- 2 stalks chopped celery
- 1 small can (2.25 oz) black olives
- juice of 1 lemon
- 1/3 cup fresh chopped parsley
- 2 tsp dry dill weed

Heat up the oil in a large pan over medium-high heat and fry the onion for 5 minutes.

Add the garlic and fry for an additional 5 minutes.

Stir in the beans and heat through.

Add the celery and olives to the bean and onion mixture and fry for a few minutes to soften.

Stir in the lemon juice and parsley and heat through.

Stir the dill into the rice. Add salt and pepper to taste.

Feeling fancy? Add chopped artichoke hearts, serve with warm pita.



**Go Meatless Monday
and help save the rainforests.**



Earth Notes: *Destroying Natural Forests:*

Plants yield 10 times more protein per acre than meat.

Reducing meat consumption reduces rainforest destruction,
leaving more diversity and carbon-absorbing capacity.

Submitted by Nora Parsons from allrecipes.com

- 1 sweet potato, peeled and cubed
- 1 med eggplant, cubed
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 carrots, chopped
- 1 onion, chopped
- 6 Tbsp olive oil
- 3 cloves garlic, minced
- 1 tsp ground turmeric
- 1 Tbsp curry powder
- 1 tsp ground cinnamon
- $\frac{3}{4}$ Tbsp sea salt
- $\frac{3}{4}$ tsp cayenne pepper
- 1 can (15 oz) garbanzo beans, drained
- $\frac{1}{4}$ cup blanched almonds
- 1 zucchini, sliced
- 2 Tbsp raisins
- 1 cup orange juice
- 10 oz spinach



Sauté first 6 ingredients in 3 Tbsp oil over med heat for about 5 min in large Dutch oven. In med saucepan, sauté garlic and spices in 3 Tbsp olive oil over med heat for 3 min. Pour garlic and spices into Dutch oven with the vegetables. Add garbanzo beans, almonds, zucchini, raisins and orange juice. Simmer 20 min, covered. Add spinach and cook for 5 more min. Serve over rice.



Earth Notes: Destroying Natural Forests:

The global population is expected to hit or surpass 9.1 billion by 2050.

There is not enough land on the planet to raise enough meat to feed everyone the average American diet.

Nor can Earth cope with the pollution this would cause.

Submitted by Nora Parsons adapted from recipe in relish.com

4 cups vegetable broth

4 Tbsp olive oil

2 med shallots, minced

¼ tsp salt

Freshly ground black pepper

1 cup Arborio rice

½ cup dry white wine

1 cup frozen peas

1 Tbsp butter

¼ cup heavy cream

¼ cup grated Parmigianino Reggiano cheese

Heat broth in saucepan. Keep warm.

Heat oil in med saucepan over med-high heat. Add shallots, salt and pepper. Sauté 2 min. Add rice and stir to coat in oil. Cook, stirring constantly, 2 min. Add wine, bring to simmer and cook until wine is absorbed, about 2 min. Reduce heat to med and add 1 cup warm broth. Cook, stirring constantly, until liquid is mostly absorbed. Continue adding broth 1 cup at a time, cooking and stirring, until rice is al dente, 25 to 30 min. Add green peas and cook 3 min. Add butter, cream and cheese, stirring until incorporated. Serves 4

May use any other vegetable. Also good with sweet potato, which has been cubed and roasted in oven, with olive oil and chili or curry powder, or asparagus.

Editor's note: I make a vegan version substituting vegan margarine for the butter, and omitting the cream and cheese



Earth Notes: Energy Consumption:

Today, a whopping 30% of Earth's landmass goes to meat, dairy, and egg production, according to the United Nations. Livestock production causes "an even larger contribution" to climate change "than the transportation sector worldwide." The Factory farmed animals contribute more to climate change than all the world's cars, trucks, trains, planes, and ships combined.

31 Spicy Vegan Potato Curry (VERY SPICY!)

31

Submitted by Nora Parsons from allrecipes.com

- 4 potatoes, peeled and cubed
- 2 Tbsp vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 tsp ground cumin
- 1 ½ tsp cayenne pepper
- 4 tsp curry powder
- 4 tsp garam masala
- 1 (1 inch) piece fresh ginger root, peeled and minced
- 2 tsp salt
- 1 can (14.5 oz) diced tomatoes (or fresh)
- 1 can (15 oz) garbanzo beans, rinsed and drained
- 2 cups frozen or canned peas
- 1 can (14 oz coconut milk

Simmer potatoes until tender about 15 min. Sauté onion and garlic until softened, about 5 min. Season with cumin, cayenne, curry, garam masala, ginger and salt. Cook for 2 more min. Add tomatoes, garbanzo beans, peas and potatoes. Pour in coconut milk. Simmer 5-10 min.



Earth Notes: Energy Consumption:

Citizens are urged to conserve energy, and one of the best ways of doing so is by skipping out on meat and dairy. Case and point: a Cornell study found that producing animal-based protein requires eight times more fossil-fuel energy than creating plant-based protein.

2 tablespoons coriander seeds

1 tablespoon cumin seeds

1 tablespoon cardamom seeds

1 tablespoon whole black peppercorns

1 teaspoon fennel seed

1 teaspoon mustard seed

1/2 teaspoon whole cloves

2 dried red chile peppers, seeds discarded

2 tablespoons ground turmeric

Combine the coriander seeds, cumin seeds, cardamom seeds, peppercorns, fennel seeds, mustard seeds, cloves, and red chile peppers in a small skillet over medium-low heat. Toast until fragrant, about 2 minutes.

Grind the toasted spices in a clean coffee grinder or spice mill to a fine powder. Spoon in the turmeric, and process to combine. Use immediately, or store in a sealed jar for up to 1 month.



Earth Notes: Energy Consumption:

Feeding massive amounts of grain and water are required to farm animals, kill them, process, transport, and store their flesh. This is extremely energy-intensive.

Further emissions come from cooking, storage, waste disposal and packaging.

33 Mushroom, caramelized onion, & goat cheese Tart 33

Submitted by Amy S. Orr (Linda Lyons' daughter)

This recipe combines flavors and techniques from Martha Stewart and Cooks Illustrated. It's easy to play around with toppings. Try adding spinach, or make it instead with sliced tomatoes, mozzarella, and basil. Using frozen puff pastry makes it super easy! It's also surprisingly filling, and easy to double the recipe since the pastry comes in a pack of two.

- 1 Puff Pastry (thawed)
- 10 to 15 oz sliced white mushrooms
- 1 large onion, sliced
- 2 oz chevre, crumbled
- ¼ tsp thyme
- ¼ tsp rosemary
- olive oil
- salt & pepper

Carefully unfold and roll out puff pastry to 10 inches square. Wet each edge and fold over about a ¼ inch. Prick holes in pastry with a fork and bake at 425° for 15 minutes, rotating pan halfway through. Remove from oven. If it's all puffed up, spear some slits with a knife to let steam escape, then slowly and gently press pastry down, using a clean cloth to protect your hands.

Meanwhile, caramelize the onions. Heat a swirl of olive oil in a 12 inch nonstick pan over medium high heat. Add onions and stir to coat. Add about ¼ cup water, cover and let steam until water is nearly boiled away. Turn heat to medium low and stir onions every 30 seconds, pressing them into pan each time. After ~15 minutes the onions will become brown and sticky. Transfer to small bowl.

Add another swirl of olive oil to pan, turn heat to medium high, and add mushrooms, rosemary, and thyme. Salt generously, cover, and let cook until water is drawn out of mushrooms (about 10 minutes). Reduce heat to medium, uncover and cook, stirring occasionally, until water is boiled away and mushrooms are soft and dark. Add salt and pepper to taste.

Spread onions over pastry, followed by mushrooms, then the crumbled goat cheese. Bake at 425° until heated through, about 10 min.



Earth Notes:

The average vegan diet (see p.) has a carbon footprint 60% lighter than meat-heavy diets.

34 Guac and Black Bean Burrito

Submitted by Cindy H-K

Guacamole

- 1 ripe avocado
- 3 tablespoons minced red onion (see note)
- 3 tablespoons minced cilantro
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1 lime



Go Meatless Monday
and go loco for veggie tacos.
¡Tasty, healthy, olé!

Burrito

- 2 large whole wheat flour tortillas
- 1/2 cup cooked brown rice
- 1/2 cup cooked black beans, drained and rinsed if using canned
- 1/3 cup shredded Cheddar or Monterey jack cheese
- 1/2 cup shredded lettuce
- 3 tablespoons minced red onion

To make guacamole, cut avocado in half around the pit and spoon out the avocado into a bowl. Mash with a fork. Add in the onion, cilantro, garlic, and salt. Cut the lime in half and squeeze 1 to 2 tablespoons of lime juice over the guacamole and stir. Taste and adjust salt and lime juice as needed.

Heat tortilla, one at a time on a hot skillet, until slightly toasted on each side. Place tortilla on plate and layer in heated rice and black beans. Top with lettuce, onion and cheese. Tuck in one end and roll burrito.

Other toppings can include salsa, black olives, diced tomatoes, and/or sour cream.



Earth Notes: Water Consumption:

With water shortages a crucial global concern:

Approximately 25 gallons of water are needed to produce 1 pound of wheat.

Around 2,500 gallons of water are needed to produce 1 pound of meat.

A meat-free diet would lower the strain that meat production puts on the environment.

35 Home-style Green Bean Casserole Main Dish

35

Submitted by Nadine Wisher

1 ½ pounds fresh green beans, trimmed

2 T butter

¼ cup all-purpose flour

1 ½ cups milk

½ cup nonfat buttermilk

1 T Ranch dressing mix

2 t chopped fresh thyme

¼ t salt

¼ t pepper

1 t butter

1 8oz. package sliced fresh mushrooms

Vegetable cooking spray

1 cup French fried onions, crushed

½ cup panko (Japanese bread crumbs)

2 plum tomatoes, seeded and chopped

Preheat oven to 350 degrees. Cook green beans in boiling, slated water to cover in a Dutch oven 4 to 6 minutes or to desired degree of doneness; drain. Plunge into ice water to stop the cooking process; drain and pat dry.

Melt 2 T butter in Dutch oven over medium heat; whisk in flour til smooth. Cook, whisking constantly one minute. Gradually whisk in 1 ½ cups milk; cook, whisking constantly, 3 to 4 minutes until sauce is thickened and bubbly. Remove from heat, and whisk in buttermilk, dressing mix, thyme, salt, and pepper.

Melt 1 teaspoon butter in a medium skillet over medium-high heat; add mushrooms and sauté 6 to 8 minutes or until lightly browned. Remove from heat; let stand 5 minutes. Gently toss mushrooms and green beans in buttermilk sauce. Place in 9" X 13" or 3-qt. baking dish coated with cooking spray.

Combine French fried onions, panko and tomatoes; sprinkle over green bean mixture. Bake for 25 to 30 minutes until golden brown and bubbly. Serves 8.

Submitted by Natalie Basil and Shelley Adriance

From *South Beach Diet Super Charged* - Gluten Free

- 1 large eggplant (about 1 1/2 lbs), ends trimmed, cut width wise into 1/4 in thick rounds
- 2 t Extra Virgin Olive Oil
- 1 large onion, chopped
- 4 garlic cloves, minced
- 1 (15 ounce) can lentils, drained
- 1 (15 ounce) can diced tomatoes, with juices
- 1/4 c chopped parsley
- 1 t dried oregano
- 1/4 t ground cinnamon
- 1/4 t salt
- Black Pepper
- 1/2 c fat-free half-and-half
- 2 large eggs
- 1/4 c grated parmesan cheese
- 1/8 t nutmeg

Heat oven to 425 degrees.

Lightly coat **eggplant** sliced with cooking spray and arrange on a baking sheet. Bake until soft & golden, 20-25 minutes. Reduce oven to 350 degrees.

Meanwhile, in a large sauce pan, heat **oil** over medium heat. Add **onions** and **garlic**; cook, stirring occasionally, until onion is translucent, about 5 minutes. Add **lentils**, **tomatoes** and their juices, **parsley**, **oregano**, **cinnamon**, **salt**, and a pinch of **pepper**. Bring to a simmer and cook until thickened, about 20 minutes.

While eggplant and lentils are cooking, in a medium bowl, whisk together **half-and-half**, **eggs**, 2 T of the **cheese**, and **nutmeg**.

Lightly coat an 8x8 inch baking dish with cooking spray. Arrange one-third of the eggplant slices in a single layer in the dish. Spread half of the lentil mixture over the top. Repeat with remaining eggplant and lentil mixture, ending with a layer of eggplant. Pour half-and-half mixture over vegetables and sprinkle with remaining 2 T **cheese**. Cover with aluminum foil.

Bake moussaka, covered 20 minutes, then remove foil and bake for 10-15 minutes longer, or until heated through and golden on top. Let stand for 15 minutes before cutting. Serve warm.

37 Vegetarian “Beef” and Guinness Stew Main Dish 37

Submitted by Marsh H-K

- 12-14 oz. seitan, cut into strips
- 2 T soy sauce
- 2 T olive oil
- 1 T steak sauce
- 3 T butter or margarine
- 1 onion, sliced
- 3 stalks celery cut into 1 inch chunks
- 2 carrots sliced thickly
- 2 medium potatoes chopped into 1 inch cubes
- 3 cloves garlic minced
- 2 12oz. bottles Guinness Stout OR
 - 1 bottle stout and 1½ cups vegetable broth
- 2 T flour
- 1 T chopped fresh thyme or 2 T dried thyme
- 1 T brown sugar
- Salt and pepper to taste

Sauté **seitan** in **olive oil** and **soy sauce** until slightly browned, about 5 minutes. Reduce heat, as **steak sauce** and stir until seitan is lightly coated. Remove from heat and set aside.

In a large pot or dutch oven, sauté **onions, celery, carrots, potatoes** and **garlic** in **butter** or margarine for 3 – 5 minutes, or until onions are slightly soft. Reduce heat and slowly add **Guinness** or Guinness and **vegetable broth**, gently stirring to combine. Add **flour, thyme, sugar, salt and pepper** and stir well. Add seitan and allow stew to simmer until Guinness reduces and stew thickens, about 40-50 minutes. Add more salt and pepper to taste and serve.

Especially lovely when served with Irish soda bread.



Earth Notes: Water Consumption:

It requires, on the average, 100 to 200 times more water to raise a pound of beef than it does to raise a pound of plant foods.

Submitted by Amy Hale

- 12 lasagna noodles
- 2 tablespoons olive oil
- 2 heads fresh broccoli, chopped
- 2 carrots, thinly sliced
- 1 large onion, chopped
- 2 green bell peppers, chopped
- 2 small zucchini, sliced
- 3 cloves garlic, minced
- 1/2 cup all-purpose flour
- 3 cups milk
- 3/4 cup parmesan cheese, divided
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 (10 ounce) package frozen chopped spinach, thawed
- 1 (8 ounce) container small curd cottage cheese
- 24 ounces ricotta cheese
- 2 1/2 cups shredded mozzarella cheese, divided

Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch casserole dish.

Bring a large pot of lightly salted water to a boil. Add lasagna **noodles** and cook for 8 to 10 minutes or until al dente; drain.

Heat **oil** in a large cast iron skillet over medium heat. When oil is hot add **broccoli, carrots, onions, bell peppers, zucchini** and **garlic**. Sauté for 7 minutes; set aside.

Place **flour** in a medium saucepan and gradually whisk in **milk** until well blended. Bring to a boil over medium heat. Cook 5 minutes, or until thick, stirring constantly. Stir in 1/2 cup **Parmesan cheese, salt** and **pepper**; cook for 1 minute, stirring constantly. Remove from heat; stir in **spinach**. Reserve 1/2 cup spinach mixture. In a small bowl, combine **cottage and ricotta cheeses**; stir well.

Spread about 1/2 cup of spinach mixture in the bottom of the prepared pan. Layer noodles, ricotta mixture, vegetables, spinach mixture, and 2 cups **mozzarella cheese**, ending with noodles. Top with reserved spinach mixture, 1/2 cup mozzarella cheese and 1/4 cup parmesan cheese.

Bake in preheated oven for 35 minutes, or until lightly browned on top. Cool for approximately 10 minutes before serving.

Makes 12 servings.

39 Spinach and Chickpeas

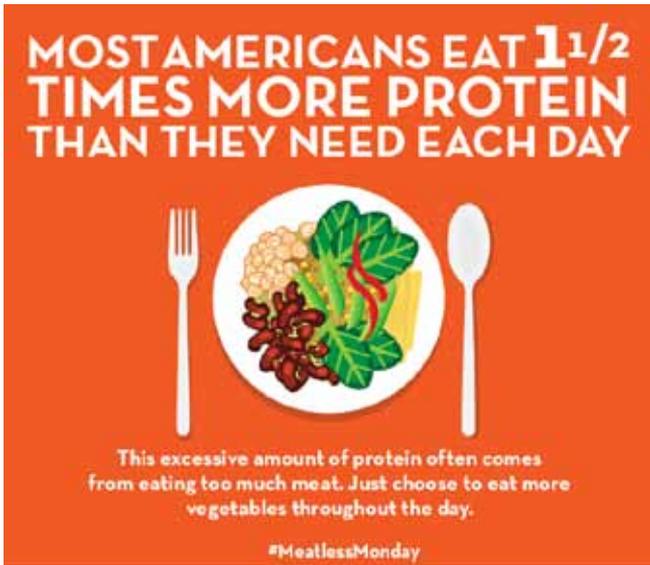
Main Dish

39

Submitted by Natalie Basil and Shelley Adriance
altered from Mark Bittman's *Kitchen Matrix*

- 2 T Olive Oil
- 2 garlic cloves, minced
- 1 onion
- 1lb spinach
- 1 t cumin, ground
- 1 t smoked paprika
- 1 (14oz) can chickpeas (drained)

Heat 2 T **olive oil** in large skillet and cook **garlic cloves** and **onion** until fragrant. Add **spinach** and sauté along with **cumin & paprika**. When spinach begins to wilt (2-3 min), add drained can of **chickpeas** and cook for 5 min or so.



Earth Notes: Water Consumption:

Replacing a roast chicken with a hearty veggie chili or bean stew (which has similar protein levels) saves 1,000 gallons of water.

40 Sweet Potato & Black Bean Burritos Main Dish 40

Submitted by Natalie Basil and Shelley Adriance
from Mollie Katzen's *Moosewood Cookbooks*

5 cups peeled cubed sweet potatoes
1/2 teaspoon salt
2 teaspoons canola or other vegetable oil
3-1/2 cups diced onions
4 large garlic cloves, minced or pressed
1 Tablespoon minced fresh green chile
4 teaspoons ground cumin
4 teaspoons ground coriander
4-1/2 cups cooked black beans (three 15-ounce cans, drained)
2/3 cup lightly packed cilantro leaves
2 Tablespoons fresh lemon juice
1 teaspoon salt
8 eight-inch flour tortillas
Fresh tomato salsa or jarred

Preheat the oven to 350 degrees F. Place the **sweet potatoes** in a medium saucepan with the **salt** and water to cover. Cover and bring to a boil, then simmer until tender, about 10 minutes. Drain and set aside. While the sweet potatoes are cooking, warm the **oil** in a medium skillet or saucepan and add the **onions, garlic, and chiles**. Cover and cook on medium-low heat, stirring occasionally, until the onions are tender, about 7 minutes. Add the **cumin** and **coriander** and cook for 2 to 3 minutes longer, stirring frequently. Remove from the heat and set aside.

Combine the **black beans, cilantro, lemon juice, salt,** and cooked sweet potatoes and puree until smooth. (You can also mash the ingredients in a large bowl by hand using a potato masher. The result will be a less smooth but nicely textured filling.) Transfer the sweet potato mixture to a large mixing bowl and mix in the cooked onions and spices.

Lightly oil a large baking dish. Spoon about 2/3 to 3/4 cup of the filling in the center of each **tortilla**, roll it up, and place it, seam side down, in the baking dish. Cover tightly with foil and bake for about 30 minutes, until piping hot.

Serve topped with salsa. Yield: 4 to 6 servings

41 Easy Sauceless Spaghetti
(Ingredients can be varied greatly)
Submitted by Lorna Cheriton

Main Dish **41**

Cook any **pasta**.

While it's cooking, steam, boil or microwave a **green vegetable** such as spinach or broccoli

Optional: sauté **mushrooms** and/or **onions** in **oil** or **butter**; if desired add **sun-dried tomatoes (yum!)**

Drain pasta and, in saucepan or serving bowl, mix in quality olive oil to coat pasta, serve onto plates and top with vegetables

Serve with **parmesan** or **other grated cheese**.

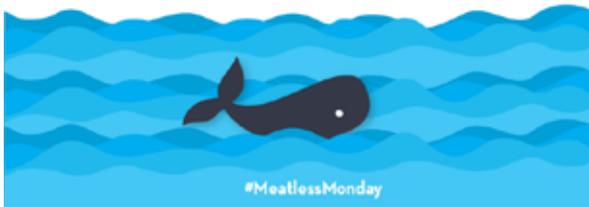
Recommended Vegetarian Cookbooks

Deborah Madison *Vegetarian Cooking for Everyone*

Mark Bittman *How to Cook Everything Vegetarian*

23,400
GALLONS OF WATER

That's the amount of water you'd save
by skipping just one 1/4 lb. beef burger each Monday
for a year. Let's make a splash!



MEATLESS
MONDAY



Earth Notes: Water Consumption:

According to Water Footprint Network data, it takes over 2,000 gallons of water to produce a single steak and over 800 gallons to produce a single glass of milk.

Nearly 600 gallons are used to produce just one pound of chicken meat, and nearly 400 gallons go into just one egg.

(Ingredients and quantities can be varied greatly)

Submitted by Lorna Cheriton

Cook **noodles or rice** (white rice takes 15-20 minutes, brown around 45 minutes; either can be left to steam with lid on after cooking).

While it's cooking...

Slice **tofu** into match-box-sized pieces about 1/4 inch thick

Heat roughly 1/4 cup **oil** and 3 Tablespoons of **tamari or soya sauce** in frying pan over medium heat; add tofu

Check underside of tofu pieces and turn when toasted brown

When both sides of tofu are medium brown, remove tofu from pan (It will have absorbed the tamari) and add 1 or more **onion(s)** to oil in frying pan

When onions are soft and golden, dump them on top of the tofu resting on a plate

Saute **mushrooms** in remaining oil; meanwhile, ...

Steam, cook or microwave **broccoli or other vegetable(s); Chinese cabbage is good**

Combine lightly cooked vegetables, tofu, mushrooms and onion. Heat briefly.

Serve over rice or noodles with option of people adding more tamari as desired and (**optional**) **sunflower seeds** or other nuts to be sprinkled on top).



Use your noodle.
Go Meatless Monday.



Earth Notes: Live Healthier:

The American Dietetic Association (ADA) concludes that a vegetarian or vegan diet is healthier than one that includes meat.

They note that vegetarians have lower body mass indices, lower rates of death from ischemic heart disease, lower blood cholesterol levels, lower blood pressure, lower rates of hypertension, type 2 diabetes, and less prostate and colon cancer.

Submitted by Norma McShane

1 tablespoon olive oil

5 garlic cloves, minced

2 medium size zucchini, finely chopped

2 tablespoons of tomato paste

1 (14.5 ounce) can diced tomatoes, undrained

1 (14½ oz.) can crushed tomatoes

½ cup pitted black gaeta or kalamata olives, halved

1 /3 cup pitted green olives, sliced

2 tablespoons capers, drained (optional)

1 teaspoon dried basilq \ 8 to 12 ounces uncooked pasta of your choice

2 tablespoons minced fresh Italian parsley

Heat the **oil** in a large saucepan over medium heat. Add the **garlic** and **zucchini** and cook until softened, about 3 minutes. Stir in the **tomato paste, diced tomatoes with juice, crushed tomatoes, black olives, green olives, capers, basil, and oregano**. Season to taste with **salt and pepper**. Bring the sauce to a boil, then reduce the heat to simmer and cook for 10 minutes, stirring occasionally.

While the sauce is simmering, cook the **pasta** in a large pot of salted boiling water, stirring occasionally, until it is al dente. Drain well and return to the pot. Add the sauce and toss gently to combine. Sprinkle with the **parsley** and serve hot.



Earth Notes: Live Healthier:

The China Study, a 20-year experiment, compared the mortality rates of meat eaters and plant eaters. They found that countries that ate more animal-based food were more likely to have higher death rates from “Western diseases,” while countries that ate more plant food were healthier.

Submitted by Darlene Cleveland

1 medium green pepper, chopped

1 medium onion, chopped

1 can (31 oz.) pork and beans

(OOPS! Try using vegetarian beans.)

1 can (16 oz.) kidney beans rinsed and drained

1 can (15½ oz.) great northern beans rinsed and drained

1 can (15½ oz.) black-eyed peas rinsed and drained

1 can (15 oz.) pinto beans rinsed and drained

1 can (15 oz.) garbanzo beans rinsed and drained

1½ cups ketchup

¾ cup packed brown sugar

2 teaspoons ground mustard

In a skillet over medium heat sauté **pepper** and **onion** until tender. Drain. Add remaining ingredients and mix well. Pour into a greased 13x9x2 inch baking dish. Cover and bake at 325 for 1 hour then uncover and bake 20-30 minutes longer or until bubbly.

Yields 12-16 servings

Serve with corn bread for a complete protein.



Earth Notes: Live Healthier:

Nobel Prize winner Elizabeth Blackburn found that

a vegan diet changed more than 500 genes in just 3 months.

It activated genes that prevented disease

and deactivated genes that caused various cancers and other illnesses.

45 Bow Ties with Walnuts, Butter and Sage

45

Submitted by Jan Day

1 cup coarsely chopped walnuts

3/4 pound bow tie pasta(I use whole grain)

5 T. unsalted butter

12 fresh sage leaves, coarsely chopped(can use more)

2 T. lemon juice

1/2 t. salt

1/4 t. black pepper

1 cup shredded Romano cheese(grated okay)

Place **walnuts** in a large, dry nonstick skillet over medium heat. Cook 4 to 5 minutes, until toasted, shaking pan constantly. Remove walnuts; set aside.

Cook **pasta** in boiling water according to package directions, about 10 minutes. When pasta is almost done, melt **butter** in large nonstick skillet over medium heat. Add **sage, lemon juice, salt** and **pepper**. Cook a minute or two to blend flavors. Remove from heat.

3. Drain pasta, reserving 1/2 cup pasta cooking water.

Gradually add pasta to butter in skillet. Gradually add pasta water. Stir in **cheese** and toss to combine. Garnish with toasted **nuts** and serve.

Serves 6.



Go Meatless Monday
and plug into saving energy.

Good for you. **Meatless Monday**
Good for the planet.



Earth Notes: Live Healthier:

Let food be thy medicine and medicine be thy food.- Hippocrates

Submitted by Mary Ann St. John

created for Greater Bennington Peace and Justice Center pot luck.

2 cans chick peas, drained & rinsed

1 12 oz. bag organic chopped kale

coconut oil

2 cloves garlic, minced

1 tsp chili-lime seasoning

(or 1 t. chili powder & 2 t. fresh lime juice)

3-4 T. red wine vinegar

fresh ground salt & black pepper to taste

In large skillet, sauté **chick peas** in **coconut oil** until crispy, adding **garlic** near the end to lightly brown the garlic. Toss with **chili-lime** seasoning & remove from pan.

Add **kale** to pan (with a bit more oil if needed) & sauté, covered, until kale begins to wilt; toss to cook evenly until all of the kale has wilted. Remove from heat & drizzle with red wine vinegar, season with salt & pepper.

Add chick peas & use tongs to gently mix with kale.

Delicious! Serve with a grain such as corn chips or rice or bread to make a complete protein.



Earth Notes: Weight Loss:

In studies, carnivores had the highest body weight for their age and vegans the lowest (an average of 30 pounds lighter), with vegetarians and semi-vegetarians falling in between.

47 Linguine with Roasted Green Tomatoes

47

Submitted by Bonnie Holden

6 green tomatoes, cut into ½-inch thick slices (about 3 lbs.)

Olive oil-flavored cooking spray

1 Cup fresh breadcrumbs

¾ Cup (3 ounces) grated fresh Parmesan cheese, divided

3 Tbsp. chopped fresh parsley

¼ tsp salt

¼ tsp black pepper

3 garlic cloves, crushed

8 cups hot cooked linguine (about 1 lbs. uncooked pasta)

¾ Cup fat-free Caesar dressing

Preheat oven to 425°.

Place **tomato** slices on a baking sheet coated with **cooking spray**. Combine the **breadcrumbs**, ¼ cup **cheese**, **parsley**, **salt**, **pepper**, and **garlic**. Sprinkle breadcrumb mixture evenly over tomato slices. Bake at 425° for 20 minutes or until tender.

Combine pasta, ½ cup **cheese**, and **dressing**; toss well. Place 1 1/3 cups pasta mixture on each of 6 plates; divide tomatoes evenly over pasta.

Yield: 6 servings.

Nutrition Information:

Calories 413; Fat 5.6g; Protein 16.2g; Carb 75.3g; Fiber 4.6g; Chol 10mg; Iron 3.8mg; Sodium 884mg; Calcium 211mg.



Earth Notes: Weight Loss:

Studies show that a plant-based diet increases the body's metabolism, causing the body to burn calories up to 16% faster than the body would on a meat-based diet for at least the first 3 hours after meals.

Submitted by Bonnie Holden

- 8 ounces uncooked medium elbow macaroni
- 2 Tbsp. cornstarch
- 2 Cups fat-free milk
- 1 Cup (4 ounces) shredded reduced-fat sharp cheddar cheese, divided
- 1 10-ounce package frozen chopped spinach, thawed and drained
- 2 tsp. Worcestershire sauce
- ½ tsp. salt
- ¼ tsp. black pepper
- 3 drops hot pepper sauce
- Cooking spray

Preheat oven to 350°.

Cook **pasta** according to package directions, omitting salt and fat.

Combine **cornstarch** and **milk** in a medium, heavy saucepan over medium heat; stir with a whisk. Bring to a boil. Cook 1 minute. Stir in ½ **cheese** and **spinach**. Reduce heat to low; cook until cheese melts. Stir in ½ cup **cheese**; remove from heat. Stir in **Worcestershire** sauce, **salt**, **pepper** and **pepper sauce**. Combine cheese mixture and pasta; spoon into a 2-quart baking dish coated with cooking spray. Bake at 350° for 10 minutes.

Yield: 5 servings (serving size 1 cup).

Nutrition information:

Calories 100 (16% from fat); Fat 5.4g; Protein 17.5g; Carb 45.3g; Fiber 2.8g; Chol 17mg; Iron 3.1mg; Sodium 523mg; Calcium 395mg.



Earth Notes: Weight Loss:

While plant-based diets tend to be lower in calories and higher in fiber (which makes a person feel more full),

some vegetarian diets can cause higher caloric intake if they include a lot of cheese and nuts.

Submitted by Kathy Shaw from *Moosewood Simple Suppers Cookbook*

Inspired by a Southwestern Native American dish, this is a sunny, colorful stew of roasted vegetables in a hot and smoky mole-type sauce.

- 2 medium sweet potatoes
- 2 red or green bell peppers
- 1 large onion
- 4 garlic cloves, minced
- 2 tablespoons vegetable oil
- 1 tablespoon ground cumin
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 15-ounce can of tomatoes
- 1 tablespoon canned chipotles in adobo sauce
- 2 cup chopped fresh cilantro
- 1 15-ounce can of butter beans or black beans, drained
- flatbread (tortillas, lavash, or pita)
- plain yogurt or sour cream (optional)

Preheat the oven to 450°. Lightly oil a baking sheet.

Peel the **sweet potatoes** and cut into 1-inch cubes.

Stem and seed the **peppers** and cut into 1-inch pieces.

Peel the **onion** and cut it stem end to root end into thin wedges.

In a bowl, toss the vegetables with the **garlic, oil, cumin, salt, and pepper**.

Spread on the prepared baking sheet and roast in the oven for about 10 minutes.

Stir and continue to roast for another 10 to 15 minutes, until the sweet potatoes are tender but not mushy.

While the vegetables roast, puree the **tomatoes, chipotles, and cilantro** in a blender until smooth. Set aside.

When the vegetables are tender, put them into a 2- to 3-quart baking dish, stir in the tomato-cilantro sauce and the **beans**, and return to the oven until hot, about 10 minutes.

A few minutes before serving, warm the bread in the oven.

Serve the stew in bowls topped with yogurt or sour cream (if desired), with warm flatbread on the side

Serves: 4

Submitted by Bonnie Holden

10 lasagna noodles

2 packages frozen chopped spinach

½ Cup chopped onion

1 Tbsp. oil

1 Cup sliced fresh mushrooms

1 Cup sliced carrots

1 15-ounce can tomato sauce

1 6-ounce can tomato paste

½ Cup chopped pitted black olives (optional – I omit them)

½ tsp. dried oregano

2 Cups cream-style cottage cheese

1 pound sliced Monterrey Jack cheese (I don't usually use quite this much)

¼ Cup grated parmesan cheese

Place **noodles** in a pot of boiling salted water and cook for 8 to 10 minutes. Drain. Prepare **spinach** as directed or defrost ahead of time. Sauté the **onion** in **oil** until soft. Add **carrots** and **mushrooms**. Cook until crisp tender. Stir in **tomato sauce**, **tomato paste**, **olives** and **oregano**.

Grease 13" x 9" x 2" casserole dish or pan. Lay in ½ each: noodles, **cottage cheese**, **spinach**, sauce mixture, and 1/3 of the **cheese slices**. Repeat. Place the remaining third of the Monterrey Jack cheese on top. Sprinkle with **parmesan cheese**.

Bake at 375° for 30 minutes.



Earth Notes: Long Life:

Vegetarian men live an average of 9.5 years longer than their meat-eating counterparts and vegetarian women an average of 6.1 years longer.

51 Asparagus and Mushrooms in Tarragon Cream 51

Submitted by Sue DeLucia from *The Best Meatless Pasta Dishes*

2 pounds Asparagus

2 T Butter

3 cloves Garlic, minced

1 T dried Tarragon

$\frac{3}{4}$ pound Mushrooms, thickly sliced

$\frac{1}{2}$ t. Salt

1 T Flour

1 $\frac{1}{2}$ cups Half-and-Half

$\frac{1}{2}$ t freshly grated Nutmeg

$\frac{1}{2}$ cup Parmesan cheese, finely grated

Pepper to taste

1 Lemon, cut into wedges

12 oz. dried Pasta (recommended: fettuccine or linguine)

Break off the tough stem ends of the **asparagus** stalks, and cut the asparagus at a slant into 3-inch lengths. Melt the **butter** in a large skillet, add the **garlic** and **tarragon** and stir to distribute. Add the **asparagus** and **mushrooms**, sprinkle with **salt**, and stir and sauté over medium heat about 10 minutes. Sprinkle the **flour** over the vegetables and stir to distribute. Add the **half-and-half** and **nutmeg**; reduce heat to low. Bring to a simmer and cook about 5 minutes, until the sauce is slightly thickened. Meanwhile, bring several quarts of water to a boil and cook the **pasta** until al dente. Toss the well-drained pasta with the sauce in a warm serving bowl, Add the **Parmesan** and a few grinds of **pepper** and toss again. Serve immediately, passing additional Parmesan, if desired and **lemon wedges**.



Earth Notes: Be Smart!

A British study revealed that a child's IQ could help predict his or her chance for becoming a vegetarian. The higher the IQ, the more likely the child will become a vegetarian.

Submitted by Sue DeLucia and Fran Broomhall

- 1 T Olive Oil
- 1 medium Red Onion or 1¼ cups , chopped
- 1 medium Red Bell Pepper or 1¼ cups , chopped
- ½ cup chopped Carrots
- ½ cup chopped Celery
- 3 cloves Garlic, minced
- 2 T Ginger root, minced
- 1 T Curry powder
- 1 can diced Tomatoes (14½ oz. can), drained
- 1 Bay Leaf
- 2 cups Vegetable Broth
- 1 large (12oz.) Sweet Potato, peeled and cubed, 1/2 " pieces
- 1½ cups shelled Edamame
- ¼ cup Peanut Butter, creamy or crunchy
- ¼ cup fresh Cilantro, chopped
- 1 bag (5 oz.) Baby Spinach, torn
- ½ t. Salt & Pepper, to taste

Heat **olive oil** in a 4 quart saucepan over medium heat. Add **onion, bell pepper, carrot** and **celery**. Sauté until soft and translucent, about 5 minutes.

Add **garlic, ginger** and **curry powder** and sauté until fragrant, about 1 minute. Add **tomatoes** and **bay leaf**. Cook uncovered until tomatoes are slightly reduced, about 3 minutes.

Add **broth** and **sweet potato** and bring to boil. Reduce heat and simmer for about 8 minutes. Stir in **edamame** and **peanut butter** until combined. Cook until thoroughly heated, about 2 minutes. Stir in **cilantro** and **spinach** until spinach wilts. Add **salt** and **pepper** to taste.

This African dish is usually prepared with chicken, but this version made with edamame, along with the tomatoes, sweet potatoes and spinach make it a super nutritious, fiber, protein and antioxidant rich meal.

Serve it on rice to complete the protein balance.

Submitted by Fran Broomhall

10 cups Flour

$\frac{3}{4}$ cup Oil (vegetable)

$\frac{1}{2}$ cup Sugar

2 t Salt (may use 3 t)

4 cups cold Water

2 T. Yeast dissolved in $\frac{1}{2}$ cup warm water with 1 T sugar.

Place **water** in a large mixing bowl and mix in 5 cups **flour** then **oil**, **sugar** and **salt**, stirring until smooth. Add yeast mixture and stir. Add remaining 5 cups of flour and stir. Turn out onto a floured surface and knead bread until smooth and stretchy. Set dough back in bowl, cover with damp cloth and let rise until doubled.

(The warmer the room, the faster it will rise. The ideal temperature for rising bread is 106 degrees!)

Form into two loaves and place in greased or well-seasoned loaf pans. Allow to rise again, until doubled. Bake at 400 degrees Fahrenheit for 20 minutes. (Bread is done when temperature in the middle of the loaf reaches 180 degrees.)

Remove from pans and let cool 5 minutes. Slice while warm and serve with soup.



**Go Meatless Monday and
help clear the air.**



Earth Notes: Seafood:

From 1999 to 2007, between 0.97 and 2.74 trillion fish were taken from the oceans annually, dredged up in nets many miles long that are pulled by gigantic ships, destroying the habitats of the ocean floor and burning huge quantities of fossil fuels.

Submitted by Cindy H-K

16+ cups Flour (I use a mix of about 5 C High Gluten Flour, 5 C White Whole Wheat, and 6 C Whole Grain of Choice like Graham, Rye, or WW)

8 Cups Warm Water

½ cup Molasses

3-4 T. Yeast (depending on how old it is)

2 T Salt

Olive Oil to coat Bowl for rising

Dissolve **yeast** warm **water** in very large mixing bowl. Add **molasses** and stir. Allow to sit for a few minutes until you see the yeast start to bubble. Add 8 cups **flour** and stir until relatively smooth. Let stand for at least half an hour while dough bubbles and makes a sponge. When good and bubbly add remaining 8 cups of **flour** and 2 T **salt** and stir to mix thoroughly. Turn out onto a floured surface and knead bread until smooth and stretchy, adding flour to keep bread from sticking to counter. (Adding too much flour can make dough stiff and loaves heavy. Keep the dough soft with just enough flour to keep it kneadable and not sticky.) Set dough back in oiled bowl, cover with damp cloth and let rise until doubled. (The warmer the room, the faster it will rise. The ideal temperature for rising bread is 106 degrees!) Preheat oven to 375 degrees F. Form into 4-6 loaves and place in greased or well-seasoned loaf pans. Allow to rise again, until doubled. Bake at for 35 minutes. (Bread is done when temperature in the middle of the loaf reaches 180 degrees.)

Remove from pans and let cool 5 minutes. Slice while warm and slather with butter for a special treat. Bread is great for toast. Marsh lives on it! I make the bread six loaves at a time about once a month and freeze five. For a fun **variation** I use 11 C White Whole Wheat and no other whole grain flour. Then when forming loaves, I roll each loaf with a rolling pin and sprinkle with about ¼ cup cinnamon sugar, then roll it up to form the loaf. It's important to pinch all the edges closed before placing loaves in pans. Then bake as normal. Slice while hot and toast the cooled loaf.



Earth Notes: Concern for Animals:

The number of animals killed for meat every hour in the U.S. is 500,000

Submitted by Marsh H-K

A chilled cucumber soup recipe for summer. Cooling cucumbers combine with fresh dill, onions and garlic for a smooth creamy cold cucumber soup that is vegetarian, vegan, and very refreshing.

- 2 tsp vegetable oil
- 5 cucumbers, chopped
- 3 cloves garlic
- 2 onions, diced
- 2 1/2 cups vegetable broth
- 1/4 cup chopped fresh dill
- pepper to taste
- 1 cup soy, almond or coconut milk

In a large saucepan, heat the oil over medium heat and saute the cucumbers, garlic, and onions until onions are transparent, about 6 minutes. Add the broth and simmer until the cucumber is soft, about 15 to 20 minutes.

Remove the soup from the heat and transfer to a blender or food processor and blend until smooth. While the mixture is still warm, stir in the dill and season with pepper.

Chill. Stir in the milk just before serving.



**Go Meatless Monday
and get the beef off your buns
with a veggie burger.**



Earth Notes: Many Options:

There are whole, plant-based foods readily available to help us each curb climate change. We can replace the chicken in our chicken salad with chickpeas. We can try black bean burgers, and fill our sandwiches with sautéed Portobello mushrooms instead of turkey for a meaty, smoky texture and flavor. The list of options is only as limited as our creativity in the kitchen and the rapidly growing variety of vegan/vegetarian foods in the stores.

Submitted by Cindy H-K

- 1 bunch scallions, sliced thin, white and green parts separated
- One 1-inch piece fresh ginger, chopped
- 3 cloves garlic, chopped
- 2 tablespoons toasted sesame oil
- 8 cups water or vegetable broth
- Three 6-inch pieces dried kelp (kombu)
- 3 ounces dried shiitake mushrooms or 8 oz. fresh mushrooms
- 1/2 cup light miso
- 1 pound baby bok choy, cut in quarters
- 8 ounces firm tofu, cut into cubes

In a large soup pot over medium heat add the **scallion white parts, ginger, garlic, and sesame oil**. Cook for 1 minute and add 8 cups **water or broth**. Rinse the **kombu** and add it to the pot. Bring it to a simmer and cook for 10 minutes - do not let it boil. Remove the kombu and set it aside. Add the **mushrooms** and **miso** to the pot and let it simmer gently for 10 to 15 minutes, or until the mushrooms are hydrated and tender. Add the **bok choy** and simmer until it is tender, about 10 minutes. Add the **tofu** and cook for another 5 minutes. Ladle into bowls and garnish with the reserved **green parts of scallions**.

A note about miso. I buy South River Organic miso, either the brown rice or azuki bean miso. These will both result in some chunks of rice or bean in the soup. I prefer using the organic ingredients, manufactured in the U.S. The Brown Rice miso is slightly sweet and lighter in taste. The Azuki Bean miso is dark and gives a much heartier flavor to the soup. I often use less than the half cup the recipe calls for. Start with a couple of tablespoons and add more til your desired level of saltiness and miso flavor is achieved.

Submitted by Cindy H-K

2 T extra virgin olive oil

2 large onions, chopped

3-4 cloves garlic, minced

6 cups vegetable broth

8 cups well washed and chopped kale, toughest stems removed

1 lb. potatoes chopped potatoes

1 cup carrots, sliced

1 8 oz. package baby bella mushrooms, washed and sliced

1 can dark red kidney beans

1 can butter beans

salt and pepper to taste

In a large heavy kettle brown **onion** and **garlic** lightly in **olive oil**. Add **kale** and put on lid to wilt down kale, for 10 minutes. Add **potatoes, carrots** and **mushrooms** and cook to sear in fresh veggie taste. Add **broth** and simmer for 30 minutes. Add **kidney** and **butter beans, salt** and **pepper** and continue to simmer for 15 minutes more. Serve with a splash of vinegar (I prefer using my Fire Cider) and corn muffins or crusty bread.



Earth Notes: Many Options:

*We each have the power to show the world,
starting with our families, friends, and neighbors,
that we do NOT need to wait for Washington
in the war on the climate change.*

As individuals, each of us can rise to meet climate change's challenges by adjusting our own habits to create a cleaner world.

58 Garlicky Tortellini, Spinach and Tomato Soup

58

Submitted by Marilyn Couture

2 Tbsp. unsalted butter

6 - 8 cloves garlic, chopped

4 cups (1 qt) low salt chicken broth

6 oz. fresh or frozen cheese tortellini

14 oz. canned diced tomatoes with liquid

10 oz. fresh spinach, washed and stemmed, coarsely chopped if large

8 -10 leaves basil, coarsely chopped

Grated Parmigiano cheese (Reggiano)

Melt **butter** in a large sauce pan over medium - high heat. Add **garlic** and sauté until fragrant (2 min.). Add **broth** and bring to boil. Add **tortellini**, about 5 min. if frozen. Add **tomatoes** and **liquid**. Reduce heat and simmer until pasta is tender. Stir in **spinach** and **basil**. Serve **cheese** at table.



**Go Meatless Monday and
show your heart some love.**

Good for you. **MEATLESS MONDAY**
Good for the planet.

Submitted by Natalie Basil and Shelley Adriance
altered from Mollie Katzen's *Moosewood Cookbook*

- 2 T olive oil
- 2 c onion, chopped
- 3 medium garlic cloves, crushed
- 1 stalk celery, minced
- 2 c peeled, diced sweet potato (or butternut squash)
- 1 t salt
- 2 t paprika
- 1 t tumeric
- 1 t basil
- dash of cinnamon
- dash of cayenne
- 1 bay leaf
- 3 c water
- 1 can diced tomatoes
- 1 medium bell pepper (we prefer red, yellow or orange)
- 1 1/2 c cooked chickpeas (we use canned)

Heat the **olive oil** in a kettle or dutch oven. Add **onion, garlic, celery,** and **sweet potato** (or squash), and sauté over medium heat for about 5 minutes. Add **salt** and sauté 5 minutes more. Add **seasonings,** water, cover, and simmer about 15 minutes.

Add **tomatoes, bell pepper** and **chickpeas.** Cover and simmer for about 10 more minutes, or until all the vegetables are as tender as you like them. Taste to adjust seasonings, and serve.



Earth Notes: Many Options:

To curb climate change, we must eat more plant-based foods and fewer animal-based foods.

The free market is helping. Companies are now sprouting up left and right to produce meat-like but meat-free foods.

Submitted by Cindy H-K

6 ripe tomatoes (about 3 lbs), peeled and chopped (yielding about 6 cups)

1 red onion, finely chopped (about 1 1/4 cups)

1 cucumber, peeled, seeded, chopped (about 1 cup)

1 sweet red bell pepper (or green) seeded and chopped

½ small jalepeno or hot cherry pepper chopped very fine

2 stalks celery, chopped (about 1 cup)

1-2 Tbsp chopped fresh parsley and/or cilantro

2 Tbsp chopped fresh chives

3 cloves garlic, minced (about 1 tablespoon)

1/4 cup balsamic vinegar

1/4 cup extra virgin olive oil

1 Tbsp freshly squeezed lime juice

2 teaspoons sugar (more may be needed to balance out the acidity of the tomatoes, add to taste)

Salt and fresh ground pepper to taste

1 teaspoon Worcestershire sauce (omit for vegan)

2 cups tomato or vegetable (V8) juice

(or 1 15-ounce can crushed tomatoes)

Place all ingredients in a large bowl. Use an immersion blender or blend in batches, to desired smoothness. We prefer our gazpacho somewhat chunky, so only pulse a few times in the blender (or not at all). When the summer garden is producing at its peak, I like to add chunked sugar snap peas or raw green beans to the mix. The hot pepper gives this cold soup an extra bit of zip, but start sparingly and add to taste. The hot pepper permeates the other vegetables and becomes a bit hotter when left to sit for several hours before serving.

61 Turkish Tomato & Red Pepper Soup

61

Submitted by Natalie Basil and Shelley Adriance
altered from *Cook's Illustrated All-Time Best Soups*

2 T – Extra Virgin Olive Oil
1 onion - Chopped
2 red bell peppers, stemmed, seeded & chopped
3/4 t salt & 1/4 t pepper
3 garlic cloves
1 t dried mint
1/2 t smoked paprika
1/8 t red pepper flakes
1 T tomato paste
1 (28 oz) can diced fire-roasted tomatoes
4 c vegetable broth
2 c water
3/4 c farro

Heat **oil** in pot. Add **onion, peppers, salt and pepper**. Cook until softened. (6-8 min). Stir in **garlic, dried mint, smoked paprika** and **red pepper flakes**. Cook until fragrant (30 seconds). Stir in **tomato paste** & cook for 1 min.

Add **tomatoes** and cook, stirring occasionally, until tomatoes soften & break apart. (about 10 min).

Stir in broth, water and farro and bring to a simmer. Reduce heat to low, cover and cook until farro is tender. (about 20 min). Season with salt & pepper

62 Broccoli Rabe, Butternut Squash & White Bean Soup

62

Submitted by Marilyn Couture from *Kim's Cooking Light*

Looks putrid but very good! MC/CG liked Nov., 2003.

2 cups (3/4 inch) cubed, peeled butternut squash

Cooking spray

1 tbsp. olive oil, divided

8 oz. broccoli rabe (rapini), trimmed or escarole

(I used regular broccoli)

1/2 cup finely chopped onion

1 garlic clove, minced

4 1/2 cups turkey stock (OOPS! Try using vegetable stock.)

1 (16 oz) can cannellini beans or other white beans,
rinsed and drained

1/4 tsp. salt

Preheat oven to 450 deg.

Arrange **squash** in a single layer on a jelly roll pan coated with cooking spray. Drizzle with 1 1/2 tsp. oil; toss well to coat. Bake at 450 deg. for 25 min. or until lightly browned. Set aside.

Cut the **broccoli rabe** crosswise into thirds. Cook broccoli rabe in boiling water 5 minutes; drain. Set aside.

Heat 1 1/2 tsp. oil in a large saucepan over medium heat. Add **onion** and **garlic**; cook 5 minutes, stirring frequently. Add **squash, stock,** and **beans**; cook 10 minutes. Place 1 1/2 cups vegetable mixture in a blender or food processor; process until smooth. Return pureed mixture to pan; stir in broccoli rabe and salt. Cook 5 min. or until thoroughly heated.

Yield: 4 servings (serving size; 1 3/4 cups).



Earth Notes: Many Options:

"We do not expect everybody to become vegan,
but the climate change effects of our eating urge us to."

63 Vegan Leek and Potato Soup

Soups 63

Submitted by Fran Broomhall

4 T vegetable Oil

4 Leeks, green leaves removed and sliced to equal 4 cups

1½ pounds Potatoes, peeled and sliced to equal 4 cups

6 cups vegetable stock

1 T. Salt

Add more oil as needed.

In a heavy bottom saucepan or Dutch oven put in oil. Add **leeks** and **potatoes**. Sauté 5 minutes stirring occasionally to prevent scorching. Add the vegetable **stock** and **salt** (if stock is already salted, add **ONLY** 1 t. salt.) Bring to boil, cover, and cook for 35 minutes.

To make the soup smoother, blend in blender in small batches, or mash with a potato masher and stir.

Serve immediately.



**Go Meatless Monday
and save water.**

Good for you. **MEATLESS MONDAY**
Good for the planet.

64 Lentil-Quinoa Salad with Fresh Ginger Salads 64

Submitted by Sue DeLucia

- 1 quart Water
- $\frac{3}{4}$ cup dried green Lentils, rinsed
- $\frac{1}{2}$ cup dried Quinoa
- 2 oz. fresh Asparagus tips, cut into 1-inch pieces
- $\frac{1}{2}$ cup Extra Virgin Olive Oil
- $\frac{1}{4}$ cup Red Wine Vinegar
- 2 T grated Ginger root
- $1\frac{1}{4}$ t Salt
- $\frac{1}{2}$ t coarsely ground black Pepper
- $\frac{1}{4}$ t dried Pepper Flakes
- 1 cup fresh Mint leaves, chopped
- 2 oz. Pine Nuts, toasted
- 6 cups mixed Arugula and Radicchio

Bring **water** to a boil over high heat in a medium saucepan. Add **lentils**, reduce heat, cover and simmer 17 minutes. Add **quinoa**, cover and cook 7 minutes. Add **asparagus** and cook 2 minutes or until asparagus is tender crisp. Drain excess water if there is any left. Spread out on large plate or cookie sheet to cool.

Meanwhile, combine **oil, vinegar, ginger, salt, black pepper** and **pepper flakes** in a medium bowl. Add the cooled lentil mixture, **mint**, and **pine nuts** to the oil mixture and toss, until well coated. Serve over **arugula and radicchio mix**.

Serves 8



Earth Notes: Many Options:

Research led by scientists at the Oxford Martin School found that widespread adoption of a vegetarian diet would bring down greenhouse emissions by 63%.

Submitted by Jen Clarkson-Smith

- 1 cup quinoa (well washed and drained)
- 1 3/4 cups water
- 1/4 teaspoon sea salt (plus more to taste)
- 4 tablespoons extra-virgin olive oil (divided)
- 1 medium yellow onion (cut into half-moons)
- 2 stalks celery (chopped)
- 1 carrot (sliced into 1/4-inch-thick rounds)
- 1/2 lg. golden beet (halved lengthwise and cut into 1/4" slices)
- 2 1/2 cups broccoli florets
- 2 tablespoons balsamic vinegar
- 1 large clove garlic (minced or pressed)
- Juice of 1/2 lemon
- 1/2 cup chopped fresh parsley
- 2 ounces feta cheese (crumbled (omit to make recipe Vegan))

Preheat oven to 425°.

Combine **quinoa, water, salt**, and 1 tablespoon **olive oil** in a 2-quart saucepan. Bring to a boil; then immediately reduce heat to low. Cover and simmer 15–20 minutes, until all water is absorbed. Let stand 5 minutes; then fluff with fork.

While quinoa cooks, **toss onion, celery, carrot, beet, and broccoli** with 1 tablespoon **olive oil** and salt to taste. Spread in single layer in baking dishes or on baking sheets. Roast in oven 20–25 minutes, stirring occasionally, until crisp-tender.

Meanwhile, combine **vinegar, garlic, lemon juice**, a pinch of sea salt, and a few grinds of black pepper in a small bowl. Whisk in remaining 2 tablespoons **olive oil**.

Place quinoa and vegetables in a large bowl; add **parsley**. Stir dressing and pour over mixture; toss to coat. Taste and adjust seasoning with salt and freshly ground black pepper. Divide among bowls and top with crumbled feta, if using.

Serves: 4 people

66 Beet & Avocado Salad

Salads 66

Submitted by Natalie Basil and Shelley Adriance

From *How to Cook Everything Vegetarian* by Mark Bittman GF,
Dairy Free

3-4 beets, roasted or boiled (can use canned in a pinch!)

2 ripe but firm avocados, peeled, pitted, and sliced

1 small red onion

1/3 c Lemon Vinaigrette (1/2 c Extra Virgin Olive Oil, 1/4 c freshly squeezed lemon juice, pepper & salt - combine all ingredients into blender and turn on; a creamy emulsion will form within 30 seconds.)

1 fresh tarragon leaf, minced, or a pinch - dried
salt & pepper

Arrange **beets** and **avocados** in alternating layers in a dish or shallow bowl. Mix together the **onion**, **vinaigrette**, and **tarragon** and spoon over the beets and avocados. Taste and add **salt & pepper**; serve immediately.



Submitted by Cindy H-K

2 cups Vegetable Broth

1 cup Basmati rice

¼ red onion, finely chopped (about 1/4 cup)

½ cup diced Tomatoes

1/3 cup sweet red bell pepper (or yellow) seeded and chopped

1 stalk celery, chopped (about ½ cup)

¼ cup chopped fresh parsley

¼ cup chopped fresh basil

2 tablespoons sherry vinegar (balsamic may be substituted)

6 tablespoons extra virgin olive oil

Salt and fresh ground pepper to taste

Cook rice in broth 10-15 minutes on simmer until cooked but still firm, all the broth will have been absorbed. Remove and cool to room temperature.

Stir in onions, tomatoes, peppers and celery.

Blend oil and vinegar. Pour over rice mixture.

Add parsley, basil, salt and pepper. Toss gently.

Chill at least one hour (several are better) before serving.



Earth Notes: Many Options:

Going meatless once a week can also help reduce our carbon footprint and save precious resources like fossil fuels and fresh water.

68 Quinoa Salad with Mango, Cucumber, Avocado & Black Beans 68

Submitted by Cindy H-K

- 1 cup quinoa, rinsed and drained
- 1 can black beans, drained
- 1 fresh mango, cubed
- 1 ripe avocado, cubed
- 1 cucumber, seeds removed and diced
- ½ cup mint leaves, chopped
- ½ cup fresh chopped cilantro
- 1/3 cup extra virgin olive oil
- 2 T lime juice
- 1 clove garlic, minced
- salt and pepper

Place the **quinoa** along with 2 cups salted water in a medium saucepan. Cover and bring to a boil, then reduce heat to the lowest setting. Simmer until water is completely absorbed and quinoa is fluffy, about 15 minutes. Spread on large plate to cool.

In a large bowl, whisk together **olive oil, lime juice** and **garlic**. Add the remaining ingredients (**black beans, mango, avocado, cucumber, mint and cilantro**), along with the quinoa, and gently combine. Season with **salt and pepper**. Place in refrigerator for 20 minutes to let the salad finish cooling and flavors combine. Serve immediately.

MEAT PRODUCTION USES
33% OF THE EARTH'S
ENTIRE LAND SURFACE



Earth Notes: Land Use :

- A quarter of land worldwide is used for livestock grazing.
- 70% of the clearing of the Amazon is for land to farm beef.
- A third of farm land is used to grow food for animals.

Submitted by Cindy H-K

For the Salad:

½ cup quinoa, rinsed and drained

1 cup water

½ bunch kale (6-8 lg. leaves) stems removed or

1 package baby kale

1 T extra virgin olive oil

¼ t fine sea salt

1 cup grape tomatoes, cut in half

¼ cup chopped red onion

¾ cup fresh blueberries

sprinkling of hemp seeds, for garnish

1 clove garlic, minced

salt and pepper

Fresh Blueberry Vinaigrette Dressing

¾ cup fresh blueberries

¼ cup extra virgin olive oil

1 lemon, juiced

1 large clove garlic, minced

Place the **quinoa** along with 1 cup salted water in a medium saucepan. Cover and bring to a boil, then reduce heat to the lowest setting. Simmer until water is completely absorbed and quinoa is fluffy, about 15 minutes. Spread on large plate to cool.

Wash and dry the **kale**. Chop into bite-sized pieces and place in a large salad bowl with the **1 T olive oil** and **salt**. “Massage” with your *clean* hands by kneading and squeezing the kale between your thumb and fingers until it becomes shiny, softer and a shade darker. This allows the kale to be digested more easily.

Add **tomatoes, red onion, and blueberries** to the bowl and toss.

To make the dressing combine all **dressing ingredients** in a blender and blend until creamy.

Pour over the salad and toss to coat. Add the cooled quinoa and toss again. Sprinkle with hemp seeds just before serving. Serves 4-6.

70 Curried Lentil Salad

Submitted by Cindy H-K

Salads 70

- ½ lb. lentils
- 2 cloves garlic
- Fresh ginger, 1" X 2" piece
- 3 T butter
- 2 t ground coriander
- 1 t ground cumin
- 1 t ground turmeric
- ¼ t cayenne pepper
- ½ t cinnamon
- 1 medium red onion
- ½ cup raisins
- 1 carrot
- 2 T lemon juice
- 1 t salt
- black pepper



Cook **lentils** until just tender in lots of boiling water with peeled **garlic** cloves and **ginger**. Don't bother to chop the garlic or ginger, just drop them in the water. Don't let the lentils get mushy or gravy-like, 25 to 30 minutes cooking is about right. Drain and set aside.

Heat **butter** and fry the **spices** for 4 or 5 minutes and set aside.

Peel and dice the **onion** into as small pieces as possible (try the food processor);

Peel and julienne the **carrot**.

Assemble by combining the lentils, the spices and the carrots, onion and **raisins**, and tossing gently with the lemon juice. Allow to stand several hours or overnight.

Serve slightly cool or at room temperature, not ice cold.

71 Roasted Fennel, Hot Pepper & Sweet Potato Salad 71

Submitted by Cindy H-K

- 2 small fennel bulbs, quartered
- 1 sweet potato, peeled and cut into 1 inch pieces
- 4 slices of a jalepeno or hot cherry pepper
- 1 head of garlic
- zest from 1 lemon
- olive oil for cooking
- sea salt and freshly ground black pepper
- 1 bunch of rocket (any kind of zesty baby greens will do)
- 2 tablespoons pumpkin seeds
- 2 tablespoons balsamic vinegar
- 4 tablespoons olive oil

Preheat oven to 400 degrees. Place **fennel, sweet potatoes, chillies, whole garlic cloves** and **lemon zest** in a bowl. Drizzle with **olive oil, salt** and **pepper** and mix until coated. Spread on a tray and roast until vegetables are tender and have caramelised a little (about 20 minutes). When cool, mix with the **rocket** and **pumpkin seeds**, dress with **balsamic vinegar** and **olive oil**. Serves 4

The Culinary Chase's Note: We're not big on pumpkin seeds so I omitted this. Cook the garlic in its skin and remove skin after finished cooking. I sliced a couple of the cooked garlic cloves and left some whole to toss into the salad. The cooked garlic will taste sweet and the flavors from this dish were amazing. A bit of heat from the chilli peppers was softened by the sweet potato and the unique, aromatic taste of fennel (hints of licorice and anise).

Submitted by Cindy H-K altered from epicurious.com

- 1 quart vegetable broth
- 1 1-pound package long-grain rice
- 2 bay leaves
- 2 15-ounce cans black beans, drained, rinsed
- 2 red bell peppers, diced
- 1 green bell pepper, diced
- 1 medium red onion, diced
- 1 medium bunch fresh cilantro, chopped
- 1/2 cup olive oil
- 3 tablespoons orange juice
- 2 tablespoons red wine vinegar
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- Lettuce leaves
- Fresh cilantro sprigs

Bring **broth** to boil in heavy large saucepan. Add **rice** and **bay leaves**. Bring to boil. Reduce heat to low, cover and cook until liquid is absorbed, about 20 minutes.

Transfer rice to large bowl and fluff with fork. Mix in **black beans, bell peppers, red onion, chopped cilantro, oil, orange juice, vinegar, cumin** and **chili powder**. Season salad to taste with **salt and pepper**. (Can be prepared 1 day ahead. Cover and refrigerate.) Line platter with **lettuce leaves**. Mound salad on platter. Garnish with fresh **cilantro** sprigs and serve.



Earth Notes: Many Options:

The average "high-meat" diet in Britain produced the equivalent of 15.8 pounds of carbon-dioxide per day. The study defines "high meat" as anything more than 3.5 ounces per day, or about one chicken breast. The average British person eats about twice that much meat.

73 Kale, Avocado and Grapefruit Salad, Ginger Dressing 73

Submitted by Cindy H-K from Pickles & Honey see link below

For the Salad:

6 C. Raw Chopped Kale, stems removed

1 Grapefruit

1 Small Avocado

For the Dressing:

1 Tsp. Freshly Grated Ginger

1 Tbs. Extra Virgin Olive Oil

1 Tbs. Braggs Liquid Aminos (or low sodium soy sauce)

Juice of ½ Lemon

½ Tbs. Agave (maple syrup or honey would also work)

Place the chopped kale in a large bowl and set aside.

Prepare the dressing by adding the freshly grated ginger (I used a microplane to grate the ginger and create a very fine pulp), olive oil, Braggs, lemon juice, and agave to a small bowl. Whisk to combine. Pour the dressing over the kale, and using your hands, massage the kale for 1-2 minutes until the kale is tender and most of the dressing has been absorbed. Set the kale aside.

Prepare the grapefruit by removing the skin (first slicing off the top and bottom, and then the sides, making sure to remove as much of the pith as possible). Next, cut the grapefruit segments apart (these are called supremes) and cut each supreme in half. *(This is a lot of work! If you don't mind eating the skin of the grapefruit wedges, you can just peel the grapefruit, slice it and chop the slices into chunks. I don't find that this alters the taste of the salad too much.)*

Slice the avocado into small, bite-sized pieces.

Add the grapefruit and avocado to the large bowl of kale. Toss to combine and enjoy!

<http://www.picklesnhoney.com/2012/03/02/kale-avocado-grapefruit-salad/>

Submitted by Cindy H-K from BonAppétit

- 1 cup quinoa, rinsed well
- 1/2 teaspoon kosher salt plus more
- 2 tablespoons fresh lemon juice
- 1 garlic clove, minced
- 1/2 cup extra-virgin olive oil
- Freshly ground black pepper
- 1 large English hothouse cucumber
 - or 2 Persian cucumbers, cut into 1/4 " pcs.
- 1 pint cherry tomatoes, halved
- 2/3 cup chopped flat-leaf parsley
- 1/2 cup chopped fresh mint
- 2 scallions, thinly sliced

Bring quinoa, 1/2 tsp. salt, and 1 1/4 cups water to a boil in a medium saucepan over high heat. Reduce heat to medium-low, cover, and simmer until quinoa is tender, about 10 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork.

Meanwhile, whisk lemon juice and garlic in a small bowl. Gradually whisk in olive oil. Season dressing to taste with salt and pepper.

Add cucumber, tomatoes, herbs, and scallions to bowl with quinoa; toss to coat. Season to taste with salt and pepper. Drizzle remaining dressing over.

DO AHEAD: Can be made 1 day ahead. Cover remaining dressing and quinoa separately; chill.

This recipe is great in July, August and September when you need creative ways to use all those cucumbers and cherry tomatoes that keep appearing in your garden.



Earth Notes: Many Options:

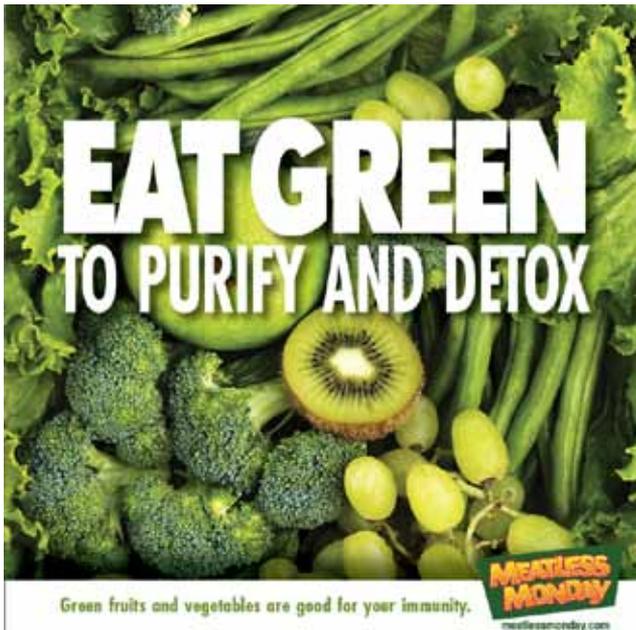
The average vegetarian diet, in contrast to meat rich diet, produces the equivalent of about 8.4 pounds of carbon-dioxide per day

— roughly half as much.

Submitted by Marsh H-K altered from allrecipes.com

- 1 (15 ounce) can green beans
- 1 (15 ounce) can wax beans
- 1 (15 ounce) can garbanzo beans, drained and rinsed
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 red onion, chopped
- 1 green bell pepper, halved, seeded and chopped
- 1/2 cup raw cane sugar
- 1/2 cup cider vinegar
- 1/3 cup extra virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon celery seed

Mix together green beans, wax beans, garbanzo beans, kidney beans, onion, green pepper, sugar, vinegar, olive oil, salt, pepper, and celery seed. Let set in refrigerator for at least 12 hours.



Submitted by Marsh H-K

Salad:

- 11 oz. container baby spinach leaves
- 2 cups of sliced fresh strawberries
- 1/2 cup red onion, diced or sliced (your choice)
- 1/3 cup raw pecans

Strawberry Chia Dressing:

- 1 cup fresh sliced strawberries
- 1/4 cup clementine mandarin orange juice (use the sweetest FRESH oranges you can find)
- 4 small dates, pitted (or you can sub 1-2 tbsp of liquid sweetener)
- 2 tsp apple cider vinegar
- 1 tbsp chia gel (or 1 tsp chia seeds)

Slice pecans lengthwise on a cutting board so they are in long halves. (This makes them go farther and you'll use less in the recipe)
Arrange salad ingredients into 2 large bowls or 4 medium sized bowls for starter salads.
Blend dressing ingredients together and drizzle over salad.
Serve immediately.
Makes 2 dinner servings or 4 side servings



Earth Notes: *God's Purpose?*

"And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food." —Genesis 1:30

Submitted by Cindy H-K

8 – 10 apples, peeled and thickly sliced

¼ cup maple syrup

1 t freshly ground nutmeg

2 cups flour

¼ cup sugar

2 t baking powder

½ t baking soda

½ t salt

1 stick butter cut into cubes

1 cup buttermilk

1 T crystallized ginger, chopped

1 t lemon zest

cinnamon sugar

Preheat oven to 425 degrees.

Place **apples** in a deep baking dish which has been generously buttered. Pour **maple syrup** over them and sprinkle with **nutmeg**.

In a mixing bowl, whisk together **flour, sugar, baking powder, baking soda** and **salt**. Cut in **butter**. Add **ginger** and **zest** and toss.

Make a well in center of this mixture and stir in **buttermilk** until just evenly moistened.

Drop by spoonful onto apples in the baking dish. Sprinkle with **cinnamon sugar**.

Bake for 10 minutes. Lower oven temperature to 350 degrees and bake 30 minutes more, until cobbler is nicely golden.

Serve hot with vanilla ice cream or whipped cream.



Earth Notes: A Hint from Nature

A number of researchers argue that while the human body is capable of digesting meat, our bodies are actually designed to be herbivores. For example, the human molars are similar to those of an herbivore, flat and blunt, which make them good for grinding, not gnashing and tearing.

Coconut Oil for pans, or Butter

1 C Guinness Stout

10 T (5/8 C) Coconut Oil, or Butter

3/8 C Unsweetened Cocoa

2 C Superfine Sugar (or other sugar blended fine in a blender)

3/8 C Tofu Sour Cream, or Sour Cream

2 Lg. Eggs (not a vegan option)

1 t. Vanilla Extract

2 C All purpose Flour

2 ½ t Baking Soda

Pre-heat oven to 350°

Grease a 9 in springform cake pan and line with parchment

Microwave Coconut oil or butter for 30 second intervals until melted

Add cocoa, superfine sugar and whisk to blend.

In a medium bowl combine tofu sour cream, eggs & vanilla and mix well.

Add Guinness to mixture. Combine with cocoa mixture.

Add flour and baking soda and whisk until smooth.

Pour into a buttered pan and bake 45 min to an hour

Place pan on a wire rack until completely cool, then remove pan.

Delicious without frosting or sprinkled with confectioner's sugar.

Or you may make a butter cream frosting with vegan butter.

Yield: one 9 in pan -serves 12



Earth Notes: Saving Lives

A global switch to diets that rely less on meat and more on fruit and vegetables could save up to 8 million lives by 2050, reduce greenhouse gas emissions by two thirds, and lead to healthcare-related savings. It could also avoid climate-related damages of \$ 1.5 trillion, Oxford Martin School researchers have found.

Coconut Oil for pans or Butter

1 ½ C Oil (coconut or olive oil work well)

1-2 C Raw Cane Sugar (You decide how sweet you want it)

4 Eggs (not a vegan option)

4 t Cinnamon

1 ½ t Baking Soda

1 ½ t Baking Powder

3 C Grated Carrots

1 ½ C Chopped Nuts (walnuts, pecans, or sunflower seeds)

Pre-heat oven to 350°

Grate the carrots and set aside.

Grease & flour a 9 X 13 cake pan

Combine oil and sugar and beat. Add eggs and beat until fluffy.

In a quart bowl combine flour, cinnamon, soda, and powder and mix well. Add flour mix alternately with carrots to oil and sugar and stir.

Stir in nuts.

Pour into a greased pan and bake 45 min to an hour

Place pan on a wire rack until completely cool, then remove pan.

Turn out onto rack if desired.

Yield: one 9 X 13 in pan -serves 15

Easy Penuche Frosting

½ C Butter or margarine, melted

1 C Brown Sugar (You decide how sweet you want it)

1½ - 2½ C Confectionery Sugar

¼ C Milk (dairy or non-dairy)

Add brown sugar to melted butter and heat 2 min stirring constantly.

Cool to lukewarm (room temperature).

Add sugar a little at a time alternately with milk beating to smooth consistency.

Frosting should be soft enough so that it does not pull top layer of cake off when you spread it.



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2018 LENTEN PLEDGE (for your own record)

Please turn in an original pledge card.

I pledge during this Lenten Season to fast from meat. I understand that meat production is a major cause of climate change. Reducing the consumption of meat will decrease the amount of green house gases in our atmosphere. For each week of Lent, I promise to abstain from meat by having a vegetarian or vegan meal at least:

Once a week _____	Four times a week _____
Twice a week _____	Five times a week _____
Three times a week _____	For the whole week _____

I am not able at this time to abstain from meat
but I will do one of the following: (please circle)

1. Encourage my friends and family to reduce their consumption of meat
2. I will pray for those who are already suffering from climate change.
3. I will learn more about food and climate change.

*"Therefore, my beloved, be steadfast, immovable,
always excelling in the work of the Lord,
because you know that in the Lord your labor is not in vain".*

-I Cor. 15.58

