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Spicy Broccoli Noodles

Ingredients

6 oz (180 g) noodles
1 tbsp oil
4 cloves garlic, minced
1/8 tsp chili flakes
1/4 cup cider vinegar
1/3 cup tamari or Bragg's liquid soy
1 tbsp honey or Agave nectar
1/2 cup almond butter
2 tbsp oil
1 cup onion crescents
1 cup red pepper, julienne
2 cups broccoli, sliced (stems and flowers)
Raw almond slivers

Method

- Cook cloves and chili flakes in oil.
- Then add vinegar, tamari, honey and almond butter.
- Immediately take off burner and set aside.
- Cook onions in oil.
- Then either add vegetable and stir fry or steam vegetables separately.
- Toast almond slivers (or leave raw).
- Cook Noodles.
- Mix everything together.

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Teriyaki Tofu

Ingredients

500 g (16 oz) firm tofu
4 tbsp Tamari or Bragg's
3 tbsp rice vinegar
3 tbsp maple syrup
1/2 cup orange juice

1 tsp	fresh grated ginger
2 cloves	garlic, minced
¼ tsp	dry mustard
2 tsp	grated orange peel (organic orange)

Method

- Mix above ingredients (except the tofu) to make a marinade.
- Cut tofu into small cubes. Add the tofu cubes to the marinade and let it marinate for at least an hour.
- Preheat oven to 375 C. Cook 45-60 minutes. Remove 1/2 the marinade at 30 minutes.
- Watch to make sure tofu doesn't burn – turn the tofu over as the tops brown.

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Southern Spiced Tofu with Sweet and Sour Sauce

Ingredients

500 g	firm tofu
1 cup	bread crumbs
2 tbsp	whole wheat flour
1/8 tsp	black pepper
1 tsp	each; Thyme Oregano Ground coriander
½ tsp	cumin
1/8 tsp	chili powder
	Vegetable oil for drizzling over the tofu
	Tamari or Bragg liquid soy

Method

- Mix above ingredients (except the tofu)
- Slice the tofu.
- Soak each piece of tofu in the Bragg before coating the tofu with the bread mixture. Make sure both side are coated. Shake of excess bread crumbs.
- Place slices in greased baking dish.
- Drizzle oil over top the pieces.
- Bake above in preheated oven @375 C for 30-45 min or until golden. Turn over about 1/2 way.
- Top with Sweet and Sour Sauce (see recipe below) or cut into strips and put in salad.

Sweet and Sour Sauce

Ingredients

1 can	100% pineapple juice
1 cup	white or vinegar (or apple cider vinegar)
Pinch	black pepper
2	cloves garlic
1-2 tsp	freshly grated ginger

Method

- Heat above mixture in sauce pan
- Then add;
 - 4 Tablespoons Bragg liquid soy sauce.
 - 6 Tablespoons sugar (or 6 Tablespoons agave nectar)
- Heat above to a boil.
- Mix 2 Tablespoons cornstarch or arrowroot powder with water to make a runny paste.
- Add paste to liquid mixture and turn mixture down to a simmer.
- Cook until sauce thickens. (add more cornstarch if needed always making it a runny paste first).
- Pour over cooked tofu, rice and vegetables as desired.

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Curried Vegetables with Dahl

Ingredients

1 ½ cups	red lentils or yellow split peas (soak peas 8 hours before cooking to speed up cooking time).
4 or 5 cups	water
1	onion, chopped (about 1 cup)
1	fresh green chili, minced
3 tbsp	vegetable oil
2	sweet potatoes, peeled and diced (about 4 cups)
1 tbsp	mild curry powder (add more if stronger flavor desired)
1 tbsp	ground cumin (add more if stronger flavor desired)
2 tbsp	grated fresh ginger root
2 cups	water
½ head	cauliflower (about 4 cups florets)
2	green or red bell peppers, chopped (about 2 cups)
10 ounces	fresh spinach
3-4 tbsp	fresh lemon juice
	Salt to taste.

Method

- Rinse the lentils or split peas. Lentils cook faster and absorb less water than split peas, so use 4 cups of water for lentils, 5 cups of water for split peas.
- In a covered saucepan, bring the water and lentils or peas to a boil. Reduce the heat, uncover and simmer for about 30 min, until tender.
- In a large soup pot, sauté the onion and chili in the oil for several minutes. Add the sweet potatoes, curry powder, cumin, and ginger and continue to sauté for 2 to 3 minutes, stirring often. Pour in the 2 cups of water. Cut the cauliflower into florets and add to the pot. Add the bell peppers, cover and simmer for 10 minutes.
- While the vegetables simmer, rinse, stem and coarsely chop the spinach. Pour the lentils or peas and their cooking liquid into a blender or food processor, and puree for 2-3 minutes to make a smooth dahl (You can also use a hand held blender). When the cauliflower is tender, stir in the spinach, the dahl, and the lemon juice. Simmer just until the spinach has wilted. Add salt to taste. Serve immediately.

Per 8oz serving: 162 calories, 8.1 g protein, 4.2 g fat, 25.2 g carbohydrate, 401mg sodium, 0 mg cholesterol.

Recipe from the "Moosewood Restaurant Cooks at Home" cook book.

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Chili

Ingredients

2 tsp	oil
2	onions, coarsely chopped
2 stalks	celery, coarsely chopped
2 cloves	garlic, minced
1	green pepper, chopped
1 can	tomatoes (19 oz/540 ml) or 3-4 fresh tomatoes chopped
2 tbsp	chili powder
2 tsp	ground cumin
½ tsp	salt
1 tsp	agave nectar
½ tsp	crushed red chili pepper
4 cups	canned kidney beans (or PC organic bean medley)
1 cup	frozen corn
1 can (14 oz/398ml)	tomato sauce (I like Classico Spicy Red Pepper sauce).

Method

- In large nonstick skillet, heat oil over medium heat; cook onions, celery, garlic and green pepper, stirring occasionally, for 15 minutes or until onion is translucent.
- Stir in tomatoes, breaking up with fork, chili powder, cumin, salt, agave, red chili pepper, and corn. Cook for 5 minutes. Stir in beans and tomato sauce. Simmer, covered for about 1 hour. Add water if seems too dry.

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Moroccan Stew

Ingredients

2 tsp	olive oil
1 cup	chopped onions
½ cup	each diced celery and green pepper
1 tsp	minced garlic
3 cups	vegetable broth
3 cups	cubed sweet potato
1 can	diced organic tomatoes 540 ml – fresh in summer time
1 can	chickpeas 540 ml (or dried soaked and boiled beans of your choice)
1 tbsp	lemon juice
tsp	grated ginger
1 tsp	each, ground cumin, curry powder, coriander
½ tsp	salt
¼ cup	raisins
2 tbsp	organic peanut butter
Chopped fresh cilantro as a garnish	

Method

- Heat olive oil in a large sauce pan over medium heat. Add onions, celery, peppers and garlic. Cook and stir until vegetables begin to soften. Add all remaining ingredients, except raisins, peanut butter and cilantro.
- Bring to a boil and reduce heat, simmer covered for 20 minutes
- Stir in raisins and peanut butter mix. Simmer for another 5 minutes.
- Garnish with cilantro and serve.

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