

# Tricolor Quinoa with Collard Greens, Beans, and Pumpkin Seeds

## MAKES 2 SERVINGS

Per serving:

327 calories

16 g protein

9 g fat (1 g sat)

53 g carbs

446 mg sodium

670 mg calcium

12 g fiber

*Note: Analysis doesn't include sea salt and freshly ground black pepper to taste.*

Tricolor quinoa is a blend of black, red, and white quinoa, but if you can't find it, any variety of quinoa can be used in this recipe. For added flavor, the quinoa is cooked in vegetable broth and then enhanced with collard greens, beans, parsley, and pumpkin seeds.

- 1¼ cups low-sodium vegetable broth
- ½ cup tricolor quinoa or other quinoa, rinsed
- 1 small shallot, diced, or ¼ cup diced red onion
- 2 teaspoons chopped fresh thyme, or ¾ teaspoon dried
- 1 large leaf collard greens or other leafy greens, stemmed and coarsely chopped
- ½ cup cooked or canned butter beans, kidney beans, or pinto beans, drained and rinsed
- 3 tablespoons raw or roasted pumpkin seeds
- 3 tablespoons chopped fresh parsley
- Sea salt
- Freshly ground black pepper

1. Put the broth, quinoa, shallot, and thyme in large saucepan and stir to combine. Bring to a boil over high heat. Cover, decrease the heat to low, and simmer until the quinoa is tender and all the broth is absorbed, 15 to 18 minutes.
2. Fluff the quinoa with a fork to separate the grains. Add the collard greens. Cover and let sit for 3 minutes to allow the collard greens to wilt.
4. Add the beans, pumpkin seeds, and parsley and stir until well incorporated. Season with salt and pepper to taste. Serve hot.

**VARIATION:** Replace the beans with 2 tablespoons dried fruit (such as cherries, cranberries, currants, or goji berries).

## SAVE FOR LATER

Stored in an airtight container, the extra serving of quinoa will keep for 3 days in the refrigerator. Warm in a small saucepan over medium-low heat before serving.

# Rich and Chewy Brownies

## MAKES 6 BROWNIES

Per brownie:

264 calories

4 g protein

11 g fat (4 g sat)

40 g carbs

126 mg sodium

0 mg calcium

3 g fiber

Coffee, chocolate chips, and cacao powder unite to create the deep dark-chocolate flavor of these chewy, rich-tasting brownies. If you like, add the optional chopped nuts to the batter or sprinkle them over the top of the batter to add a little crunch.

- 1½ tablespoons warm water
- ½ teaspoon chia seeds, or 1½ teaspoons ground flaxseeds or flaxseed meal (preferably golden flaxseeds)
- 6 tablespoons vegan chocolate chips
- 2 tablespoons brewed coffee (regular or decaffeinated) or water
- 1½ tablespoons vegan butter
- ½ cup unbleached cane sugar
- ¼ cup cacao powder or unsweetened cocoa powder
- ½ teaspoon vanilla extract
- ¾ cup unbleached all-purpose flour or whole wheat pastry flour
- ¼ teaspoon sea salt
- ⅛ teaspoon baking soda
- ¼ cup coarsely chopped walnuts or pecans (optional)

1. Preheat the oven to 350 degrees F. Line an 8 x 4 x 2½-inch loaf pan with two pieces of parchment paper, overlapping the pieces and allowing the paper to drape a bit over the sides of the pan.
2. Put the water and chia seeds in a small bowl and stir to combine. Let rest for 10 minutes, until the mixture thickens into a gel.
3. Put the chocolate chips, coffee, and butter in a small glass or ceramic bowl and microwave in intervals of 10 to 15 seconds, stirring between each interval, until the chips are melted. Alternatively, put the chocolate chips, coffee, and butter in a double boiler over medium-low heat until the chips are melted. Transfer to a large bowl.
4. Add the sugar, cacao powder, and vanilla extract and stir until the sugar dissolves. Add the flour, salt, and baking soda and stir to form a thick batter. Gently stir in the optional chopped walnuts (or sprinkle them over the batter, as described in the next step).

## SAVE FOR LATER

Stored in an airtight container, the extra brownies will keep for 5 days at room temperature or 2 months in the freezer.

I recommend that, rather than assembling individual tacos, you put all the fixin's out on the table in small bowls. That way everyone can make their own tacos with just the ingredients they prefer. It's far less likely that mealtime will become a battleground if everybody feels like they're making their own decisions about what to eat.

## overstuffed **SOFT TACOS**

See photo facing page 53.

**MAKES 4 SERVINGS**

8 (6-inch) **corn tortillas**, briefly warmed in a toaster oven or microwave

1 cup vegan **refried beans**, warmed

1 ripe **avocado**, sliced and sprinkled lightly with lemon juice (to prevent browning)

1 ripe **mango**, cut into small pieces (see tip, page 47)

½ cup shredded **romaine lettuce**, lightly packed

½ cup **baby salad greens**, lightly packed

½ cup **baby spinach**, lightly packed

½ cup chopped **red bell pepper**

2 **green onions**, thinly sliced

¼ cup finely chopped **red onion**

¼ cup **alfalfa sprouts**

¼ cup pitted **olives**, chopped

¼ cup **salsa**

¼ cup chopped **cilantro** (optional)

Put all the ingredients in individual bowls and allow everyone to assemble their own tacos as desired.

Per serving: 381 calories, 12 g protein, 29 g fat (1 g sat), 61 g carbs, 492 mg sodium, 89 mg calcium, 15 g fiber

When you serve this confection, people will know that you're really trying to win them over. Regardless of whether or not you succeed in that endeavor, everyone will be a winner when it comes time to eat these treats.

## DATE NIGHT **truffles**

See photo facing page 116.

MAKES 6 SERVINGS

½ cup raw or unsalted roasted **almonds**  
½ cup pitted **soft dates**, preferably medjool  
½ cup **nondairy milk**, plus more if needed  
2 tablespoons unsweetened **cocoa powder**  
1 tablespoon **maple syrup** (optional)  
½ cup **puffed wheat** or **rice cereal**

Put the almonds, dates, nondairy milk, cocoa powder, and optional maple syrup in a food processor and process until smooth, stopping to scrape down the work bowl a time or two. The mixture should be quite thick, but if it's too thick to process well, add more nondairy milk, 1 tablespoon at a time, as needed.

Scrape the mixture into large bowl. Add the cereal and stir gently with a rubber spatula until well combined.

Form the mixture into 1-inch balls. Put them on a plate, making sure they aren't touching, and cover with plastic wrap. Freeze until firm, at least 30 minutes. Let sit at room temperature to soften slightly before serving.

Per serving: 149 calories, 4 g protein, 5 g fat (1 g sat), 25 g carbs, 16 mg sodium, 84 mg calcium, 4 g fiber

*Note:* Analyzed with unsweetened almond milk.

**CHOCOLATE-COATED DATE NIGHT TRUFFLES:** For a hard chocolate shell, omit the cocoa powder and instead coat the balls in melted chocolate. Put 1 cup of vegan chocolate chips in a microwave-safe bowl and microwave in 30-second increments just until melted. The chocolate chips may retain their shape even when melted, so check by stirring with a fork. When the chocolate chips are mostly melted, stir until smooth. Line a plate with parchment paper. Dip each ball in the chocolate until evenly coated. Put the balls on the lined plate, making sure they aren't touching, and cover with a bowl. Freeze and serve as directed.