



## WEEK 1 GROCERY LIST

In lieu of a grocery list that includes all of the ingredients for this week's recipes, we have listed each recipe for the week. Circle the recipes you want to try, add in your own, and then devise a personalized grocery list. Visit [NutritionMD.org](http://NutritionMD.org) to compile a detailed grocery list. Register to use the shopping list function that will compile the ingredients you need.

### **Always Great Brown Rice**

Makes 6 1/2-cup servings

Brown rice supplies more vitamins, minerals, protein, and fiber than does white rice. This cooking method ensures perfect rice and actually reduces the usual cooking time. Short-grain brown rice tends to be a bit chewy; long-grain brown rice is slightly more tender and fluffy. If brown rice is new to you, you may want to start with the long-grain variety.

1 cup dry brown rice  
3 cups water  
1/2 teaspoon salt (optional)

Rinse rice in a medium saucepan of cool water. Drain off water as thoroughly as possible. Put the saucepan on medium heat, stirring constantly for about 2 minutes, or until rice dries. Add 3 cups water and salt, if using. Bring to a boil, then lower heat slightly. Cover and simmer for about 40 minutes, or until rice is soft but still retains a hint of crunchiness. Drain excess liquid. This liquid can be saved and used as a broth for soups and stews, if desired.

### **Ambrosia**

Makes about 4 1-cup servings

2 oranges, peeled and chopped  
2 cups pineapple chunks  
1 banana, sliced  
1/4 cup shredded coconut  
2 to 4 tablespoons dried cranberries  
1 tablespoon orange juice concentrate  
1/2 teaspoon almond extract  
1 tablespoon water

Place oranges, pineapple, banana, coconut, and cranberries in a medium bowl. In a small bowl, mix orange juice concentrate, almond extract, and water. Pour over fruit and toss to mix.

### **Apple Cinnamon Oatmeal**

Makes 2 1-cup servings

1 cup old-fashioned or quick-cooking oats

2/3 cup apple juice concentrate

1 1/3 cups water

1/2 teaspoon cinnamon

1/2 cup raisins or currants (optional)

Combine oats, apple juice concentrate, water, and cinnamon in a saucepan. Bring to a simmer, then cover and cook 3 minutes. Remove from heat and stir in raisins or currants, if using. Let stand 3 minutes before serving.

### **Blueberry Buckwheat Pancakes**

Makes 16 3-inch pancakes

In this recipe, buckwheat and blueberries team up to make a terrific-tasting, health-protecting breakfast.

1/2 cup buckwheat flour

1/2 cup cornmeal

1/2 teaspoon baking powder

1/4 teaspoon baking soda

1/4 teaspoon salt

1 ripe banana, mashed

2 tablespoons maple syrup

1 tablespoon vinegar

1 cup fortified soy- or rice milk

1 cup fresh or frozen blueberries

vegetable oil spray

Mix buckwheat flour, cornmeal, baking powder, baking soda, and salt. In a separate large bowl, combine mashed banana, maple syrup, vinegar, and nondairy milk. Add flour mixture, stirring just enough to remove any lumps and make a pourable batter. Stir in blueberries and add a bit more milk if the batter seems too thick.

Preheat a nonstick skillet or griddle, then spray lightly with vegetable oil. Pour small amounts of batter onto the heated surface and cook until tops bubble. Turn carefully with a spatula and cook the second sides until browned, about 1 minute.

### **Breakfast Rice Pudding**

Makes 6 1/2-cup servings

2 cups cooked brown rice  
1 1/2 cups vanilla rice milk  
3 tablespoons raisins  
2 tablespoons maple syrup  
1 teaspoon vanilla extract  
1/4 teaspoon cinnamon

In a medium saucepan combine all ingredients and bring to a slow simmer. Cook uncovered, stirring occasionally, for about 20 minutes, or until thick. Serve hot or cold.

### **Carrot and Red Pepper Soup**

Makes 4 1 1/2-cup servings

1 onion, chopped  
6 carrots, thinly sliced  
2 cups water or vegetable stock  
2 red bell peppers  
2 cups soymilk  
2 teaspoons lemon juice  
2 teaspoons balsamic vinegar  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper

Place onion and carrots into a pot with water or stock and simmer, covered, over medium heat until the carrots can be easily pierced with a fork, about 20 minutes.

Roast bell peppers by placing them over an open gas flame or directly under the broiler until the skin is completely blackened. Place in a bowl, cover, and let stand about 15 minutes. Slip the charred skin off with your fingers, then cut the peppers in half and remove the seeds.

Blend the carrot mixture along with the bell peppers in a blender or food processor in several small batches. Add some of the soymilk to each batch to facilitate blending. Return to the pot and add lemon juice, vinegar, salt, and black pepper. Heat until steamy.

### **Chocolate Raspberry Mousse**

Makes 4 1/2-cup servings

1 pound soft silken tofu  
2 tablespoons cocoa powder  
1/3 - 1/2 cup maple syrup (to taste)  
1 teaspoon vanilla or raspberry extract (optional)

1/2 cup fresh raspberries

Place all ingredients in a blender and process until completely smooth. Spoon into small bowls and chill well before serving.

### **Couscous Confetti Salad**

Makes about 8 1-cup servings

1 1/2 cups dry whole wheat couscous  
2 cups boiling water  
3 - 4 green onions, finely chopped, including tops  
1 red bell pepper, seeded and finely diced  
1 carrot, grated  
1 - 2 cup finely shredded red cabbage  
1/2 cup finely chopped fresh parsley  
1/2 cup golden raisins or chopped dried apricots  
1 juice of 1 lemon  
1/4 cup seasoned rice vinegar  
1 tablespoon olive oil  
1 teaspoon curry powder  
1 1/2 teaspoons salt

In a large bowl, combine couscous and boiling water. Stir to mix, then cover and let stand until all the water has been absorbed, 5 to 10 minutes. Fluff with a fork.

Add green onions, bell pepper, carrot, cabbage, parsley, and raisins or apricots.

In a small bowl mix lemon juice, vinegar, oil, curry powder, and salt. Add to salad and toss to mix. Serve at room temperature or chilled.

### **Curried Lentil Soup**

Makes about 2 1/2 quarts (10 1-cup servings)

1 cup dry lentils, rinsed  
1 onion, chopped  
2 celery stalks, sliced  
4 garlic cloves, minced  
1 teaspoon cumin seeds, or 1/2 teaspoon ground cumin  
8 cups water or Vegetable Broth  
1/2 cup dry couscous  
1 cup crushed tomatoes  
1 1/2 teaspoons curry powder  
1/8 teaspoon black pepper  
1 teaspoon salt, or to taste

Combine lentils, onion, celery, garlic, cumin, and water or broth in a large pot. Bring to a simmer, then cover loosely and cook until lentils are tender, about 50 minutes.

Stir in couscous, tomatoes, curry powder, and black pepper. Continue cooking until couscous is tender, about 10 minutes. Add salt to taste.

### **Easy Bean Dip**

Makes 6 servings

- 1 15-ounce can black beans, drained and rinsed
- 1 cup salsa
- 1/2 teaspoon ground cumin (optional)

Combine all ingredients in a food processor or blender and process until smooth.

### **Easy Stir-Fry**

Makes 4 servings

- 1 15-ounce can of your favorite beans, or 1 package vegetarian chicken substitute
- 1 16-ounce bag frozen stir-fry vegetables
- 1/4 cup low-fat stir-fry sauce

Heat beans in a large skillet or wok. If using vegetarian chicken substitute, cook according to package directions. Mix in vegetables and sauce.

### **Facon Bacon**

Makes 4 servings

- 1 teaspoon fennel seeds
- 1 teaspoon cumin seeds
- 2 1/2 teaspoons soy sauce
- 3 garlic cloves, crushed
- 1 dash black pepper
- 1 cup water
- 8 ounces (227-gram package) tempeh, sliced into bacon shapes

Toast fennel and cumin in a dry skillet over medium heat. Grind the spices and return to the skillet. Add soy sauce, garlic, black pepper, and water. Set skillet to simmer. Add the sliced tempeh and simmer 15 to 20 minutes. Then place the tempeh on a nonstick or oiled cookie sheet, and broil until crisp (about 7 to 8 minutes), then turn and broil again.

The marinade will keep for one week refrigerated.

## **Fantastic Fruit Smoothie**

Makes about 2 to 2 1/2 cups (2 servings)

- 1 frozen or fresh banana, broken into chunks (see Tips, below)
- 1 1/2 cups unsweetened fruit juice (your choice; any kind)
- 1/2 cup sliced fresh or frozen unsweetened fruit or berries
- 1/2 cup plain, vanilla, or fruit-flavored soy yogurt (optional)

Combine all ingredients in blender and process until very smooth and creamy. Serve immediately.

Tips:

- With a few ripe bananas in your freezer, you can always create a quick breakfast smoothie. Simply peel bananas, place them in plastic bags, and store in the freezer. They will last for several weeks, depending on your freezer's temperature.
- To make your smoothie extra creamy and give it a healthy protein boost, try adding a little powdered soymilk or protein powder prior to blending.

## **Hoppin' John Salad**

Makes about 10 1/2-cup servings

- 2 cups cooked black-eyed peas, or 1 15-ounce can black-eyed peas, drained
- 1 1/2 cups cooked brown rice
- 1/2 cup finely sliced green onions
- 1 celery stalk, thinly sliced (about 1/2 cup)
- 1 tomato, diced
- 2 tablespoons finely chopped fresh parsley
- 1/4 cup lemon juice
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1 - 2 garlic cloves, crushed

Combine black-eyed peas, rice, green onions, celery, tomato, and parsley in a mixing bowl. In a small bowl, mix together lemon juice, oil, salt, and garlic and pour over the salad. Toss gently. Chill 1 to 2 hours if time permits.

## **Hummus**

Makes about 2 cups

- 1 15-ounce can garbanzo beans, drained, liquid reserved
- 2 tablespoons tahini
- 1/4 cup lemon juice
- 3 green onions, chopped
- 1 tablespoon chopped garlic
- 1 teaspoon ground cumin

1/2 teaspoon black pepper  
1/2 cup roasted red peppers (optional)

Put beans, tahini, lemon juice, green onions, garlic, cumin, black pepper, and roasted peppers, if using, in food processor and process until smooth. Add reserved bean liquid for a smoother consistency.

### **Kwick Kale**

Makes 4 servings

1/2 cup water  
1 bunch kale (any variety) (6-8 cups chopped)  
2 teaspoons seasoned rice vinegar

Wash kale, remove stems and chop leaves into 1/2-inch strips. Heat water in large skillet with a lid. When boiling, add kale. Cover and cook over medium heat until greens are bright green and tender, about 5 minutes. Sprinkle with vinegar and stir to heat. Serve warm.

### **Simple Marinara Sauce**

Makes about 2 cups

1/2 cup red wine or water  
1 small onion, chopped  
2 garlic cloves, crushed  
1 15-ounce can crushed or ground tomatoes  
2 teaspoons mixed Italian seasonings  
1 tablespoon apple juice concentrate  
1/4 teaspoon black pepper

Heat wine or water in a large pot, then add onion and garlic and cook until soft, about 5 minutes. Add tomatoes, Italian seasonings, apple juice concentrate, and black pepper. Cover and simmer 15 minutes.

### **Southern Beans and Greens**

Makes 4 servings

1 cup vegetable broth or water  
3 cups drained cooked or canned beans (your choice of any kind)  
1/2 teaspoon crushed garlic  
4 cups chopped fresh kale, stems and center ribs removed, lightly packed  
1 teaspoon olive oil  
salt, to taste  
black pepper, to taste  
Tabasco sauce, to taste

Combine beans, broth or water, and garlic in a large saucepan. Place chopped kale on top of beans and bring to a boil. Cover, reduce heat to low, and simmer until kale is tender, about 15 to 20 minutes. Remove from heat and stir in oil, salt, black pepper, and Tabasco sauce to taste.

### **Spinach Salad with Orange Sesame Dressing**

Makes about 6 1-cup servings

- 1 bunch fresh spinach (about 5 cups of leaves)
- 1 red or yellow bell pepper, seeded and cut into strips
- 1/2 cup thinly sliced red onion
- 1 orange
- 1 tablespoon sesame seeds
- 2 tablespoons seasoned rice vinegar
- 1 tablespoon orange juice concentrate
- 1 tablespoon water

Trim off spinach stems. Carefully wash the leaves, dry them, then tear any large leaves into bite-size pieces. Place in a salad bowl along with bell pepper and onion.

Peel the orange, then cut it in half from top to bottom. Slice each half into thin half circles and add to the salad.

Spread sesame seeds in a frying pan and toast for a few minutes. Transfer to a blender and grind into a powder. Transfer to a separate bowl and mix with vinegar, orange juice concentrate, and water. Pour over salad and toss just before serving.