

Green Cuisine

for complete health



A Collection by Margaret Owens



Pacific Press®
Publishing Association

Nampa, Idaho | Oshawa, Ontario, Canada
www.pacificpress.com

Designed by Second Arrow Creative
Photography from Laurie Coates and sourced stock images

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ISBN 978-0-8163-6381-0

January 2018

"Whole-food to make you feel good"

When it comes to successfully combating the epidemic of heart disease, diabetes, excess weight, and high blood pressure, nothing in effectiveness trumps a plant-based, whole-food centered diet. This cookbook embodies these principles. You will thrive and experience health, vitality, and joy without the looming threat of chronic disease and premature death.

And you will enjoy these mouthwatering recipes.
You can do them.

Bon Appetit!

Dr. Hans Diehl

*Founder of CHIP & Lifestyle Medicine Institute,
Clinical Professor of Preventive Medicine,
Loma Linda University, School of Medicine,
Loma Linda, California.*



Green Cuisine for Complete Health

I love that it is prefaced with guides to clearly explain staple ingredients and spices. It's also clear that you have done due diligence with nutritional research; your recommendations are steeped in good evidence, which is super refreshing!

I can only imagine the time and effort required to compile a book like this. There is true heart on every page.

Kali Gray

*APD, Dietitian & Nutritionist
B. Nutr Diet*





Dedication

This book is dedicated to all those who wish to improve their health, lifestyle, and quality of life by changing to a plant-based, whole-foods centered diet.

Recipes found here will help encourage each person to continue the journey to better health.

ACKNOWLEDGMENTS:

Writing is a lonely business, but no book is produced alone. My thanks go to my husband, Peter, my toughest critic and greatest support, and my family for their wonderful encouragement.

A special mention to Dr. Hans Diehl, who read the draft manuscript and gave his valued opinion, suggestions, and comments, and to Brenda Matthews, without whom this book may not have been completed.



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“Do the best you can until you know better.
Then when you know better, do better.”

MAYA ANGELOU

To Start the Day

Have you heard the saying, “Eat like a king for breakfast, a prince for lunch, and a pauper for tea”? If we were all prepared to take this advice, fewer of us would suffer from obesity as a good breakfast reduces the desire to “graze” through the day when many extra calories are consumed. With a lighter evening meal, we would also probably sleep better at night.

A wholesome breakfast provides the nutritional and colonic foundation for the day. With a bit of effort, it can be prepared before retiring at night so that it is waiting, cooked for you in the morning. It has been shown to improve a child’s attention span, reduce aggressiveness in the school playground, and increase the child’s ability to learn. But avoid processed breakfast cereals that are high in salt and sugar, and poor in fiber and nutritional content.

SELECT CEREALS
HIGH IN FIBER AND
NUTRITIONAL
CONTENT.

“The fat you eat is the fat you wear.”

J. MCDOUGALL, MD

pistachio, cranberry & apricot quinoa porridge, p. 19

whole wheat rolled or flaked
 whole rye rolled or flaked
 whole barley rolled or flaked
 brown rice flaked
 whole rolled oats
 amaranth seed (use whole)
 quinoa (use whole)



1 cup of 5 grain cereal
 3–3 ½ cups water
 ½ tsp salt
 4 fresh dates, chopped
 1 red apple, grated
 ½ cup sultanas (raisins)
SERVES 4

FIVE GRAINS FOR CEREAL

This cereal is an excellent source of fiber and makes a most satisfying breakfast dish.

It is preferable to purchase these grains in either rolled or flake form as they are easier to cook. In addition, they are more palatable. If you cannot find them in rolled or flaked form, then try pulse blending them in a good strong blender for around 3 seconds to break those grains a little. Refrigerate left-over quantities in a sealed container for future use.

Use equal quantities of 5 of the listed grains for 5 grain cereal. If you have access to other grains, then use them as well.

FIVE GRAIN CEREAL

Jean Gidley Ward

Place all ingredients in a slow cooker and stir well. Soak for 6–8 hrs then turn the setting to high and cook for 4 hrs. Use a timer, if you intend to cook the cereal through the night.

TIP: If you require gluten free, replace whole wheat with quinoa or amaranth seed that are available in good supermarkets or health food stores.

Here is my recommendation: Soak for 6–8 hrs and then cook for 4 hrs. Try preparing the evening prior, using a 3–4 quart slow cooker and a timer set to start around 2:00 a.m. so that by 6:00 a.m. it is cooked and ready to serve. Those commencing work early have a hot substantial start for the day. This long slow process allows for the fiber to be well soaked and completely cooked, limiting for some the uncomfortable effects of a high fiber meal. I recommend 1 part cereal to 3½ parts of water for a softer consistency. For a firmer consistency add less water.

PER
SERVING

Calories 89

Protein 2g

Fat 1g

Carbohydrates 18g

Sugar 16g

Fiber 3g

Sodium 289mg

BAKED OATMEAL

Linda Owens

This breakfast dish was first introduced to me by our daughter-in-law. I enjoyed it so much that she gave me the recipe. Here it is:

Preheat oven to 350°F. Reserve 1 Tbsp each of the berries, nuts, and dates for garnishing later.

Mix the rest of the ingredients in a large bowl and spoon into a casserole dish. Place into preheated oven and bake for around 45 mins. Garnish surface with the remaining fruit and nuts before serving.

2 cups oatmeal

1 cup barley

4½ cups warm water

2 Tbsp chia seeds

3 tsp honey

¼ cup quinoa flakes

2 Tbsp shredded coconut

pinch of salt

1 cup frozen mixed berries

½ cup mixed nuts (chopped),
dates and/or dried fruit of
your choice

SERVES 4

PER SERVING

Calories 310

Protein 9g

Fat 9g

Carbohydrates 48g

Sugar 9g

Fiber 10g

Sodium 103mg



2 cups quinoa (see p. 10)
 5 cups water
 ½ cup nondairy milk
 ¼ cup dried apricots, chopped
 ¼ cup dried cranberries
 ¼ cup pistachio nuts, chopped
SERVES 4

PISTACHIO, CRANBERRY & APRICOT QUINOA PORRIDGE **GF**

First tried at a restaurant, I enjoyed it so much that I now serve it on occasions for breakfast at our home.

Gently cook quinoa in the water over a gentle heat in a covered saucepan for 25–30 mins or until quinoa is light, fluffy, and soft to taste. Add ¾ of the apricots, cranberries, and nuts (reserving the remainder for the garnish) while cooking quinoa. Add enough milk to keep quinoa moist.

Serve in warm bowls and top with the rest of the dried fruit and nuts. Top with a drizzle of honey if desired.

PER SERVING	Calories 417	Protein 15g	Fat 8g	Carbohydrates 69g	Sugar 20g	Fiber 9g	Sodium 296mg
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½ cup chia seeds (see p. 9)
 3–3½ cups of water or nondairy milk (or a combination of both)
 2 tsp honey
 ½ tsp salt
 4 strawberries
 2 tsp toasted slivered or flaked almonds (optional)
SERVES 4



CHIA SEED PORRIDGE **GF**

I first tried this porridge in a local restaurant. I liked it so much that I experimented at home until I thought this dish was similar in taste and texture. And here it is! Despite the relatively high fat content of chia seeds, I have included it as it is a valuable and nutritious food source. As an option try adding a few Tbsp of coconut milk to add some creaminess.

Place chia seeds in a large bowl and gradually add the liquid while whisking continuously to prevent seeds from clumping, until all the milk/water has been added.

Cover and refrigerate overnight. In the morning check consistency and add more milk or water if desired.

Heat chia seeds in a saucepan or microwave and serve when well warmed through.

Add a small drizzle of honey to each plate. Garnish with a fanned strawberry or a few flaked or slivered almonds.



PER SERVING	Calories 100	Protein 4g	Fat 7g	Carbohydrates 5g	Sugar 4g	Fiber 8g	Sodium 284mg
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TOASTED MUESLI

Jean Gidley Ward

This is my favorite muesli recipe.

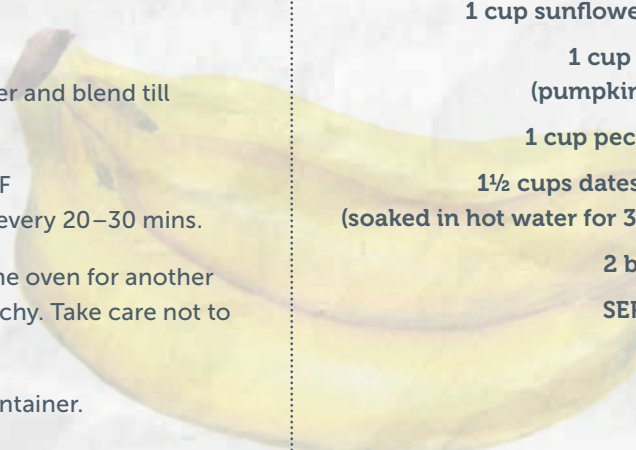
Mix all the dry ingredients in a large bowl.

Place soaked dates, water, and bananas in a blender and blend till smooth. Add to dry ingredients and mix in well.

Spread mixture on baking sheets and bake at 260°F for 1 hr 15 mins until toasted and dry. Turn muesli every 20–30 mins.

If the ingredients are still not dry, return them to the oven for another 10–15 mins until they are completely dry and crunchy. Take care not to overcook or burn the muesli.

Store muesli at room temperature in an airtight container.
1 cup per serving.



8 cups oat flakes
1 cup desiccated coconut
1 cup sunflower seeds
1 cup pepitas
(pumpkin seeds)
1 cup pecan nuts
1½ cups dates, pitted
(soaked in hot water for 30 mins)
2 bananas
SERVES 12

PER SERVING	Calories 500	Protein 14g	Fat 24g	Carbohydrates 57g	Sugar 19g	Fiber 12g	Sodium 7mg
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BROWN RICE CEREAL

Start the day right! This can be cooked in advance and heated before serving. Here is my labor-saving tip: Cook enough breakfast cereal to last a couple of days and store it refrigerated.

Place brown rice and quinoa plus 3 cups water (from the 5¼ cups) in a saucepan or pot and simmer for about 20 mins.

Then add the ground flax seeds, porridge oats, and all other ingredients plus the rest of the water to the saucepan or pot.

Bring to the boil and simmer for 25 mins or until mixture is well cooked and thickened. Stir occasionally to prevent grains sticking to the base of the saucepan.

Add more water as needed to obtain desired consistency. Serve warm with a nondairy milk.

¾ cup brown rice
1 cup rolled oats
¼ cup quinoa
2 tsp flax seeds, ground
1 Tbsp sunflower seeds
1 Tbsp pepita seeds
(pumpkin seeds)
4 dates, chopped
1 Tbsp sesame seeds
¼ cup sultanas (raisins)
5¼ cups water
½ tsp salt
SERVES 4

PER SERVING	Calories 320	Protein 9g	Fat 7g	Carbohydrates 55g	Sugar 7g	Fiber 5g	Sodium 276mg
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1 large onion, chopped
 3 cloves garlic, crushed
 2 Tbsp tomato paste
 30 oz chopped fresh peeled tomatoes (or 2x15 oz cans tomatoes)
 7 oz dried haricot beans
 2 oz dried lima beans
 3.5 oz dried black eyed beans
 1¼ cups water with 1 tsp stock powder (see p. 83)
 2 tsp Dijon mustard
 3 Tbsp tamari
 1 tsp brown sugar
 1 Tbsp cornstarch
 SERVES 8

BAKED BEANS GF

I serve this dish on toast. It is especially good for breakfast. I first tasted this at a local restaurant. After some experimentation in my kitchen, this emerged. I think you will enjoy this most satisfying dish as much as we do. Try making this quantity and use it for several servings. It is also nice as a filling with baked potatoes.

See p. 9 for instructions on cooking beans.

Meanwhile sauté onions and garlic (without oil), until translucent and golden, adding 2 Tbsp water if necessary to prevent burning while stirring constantly.

Next add tomato paste, chopped tomatoes, cooked beans, stock, and mustard. Stir in well.

Bring to heat and simmer gently for 20 mins to blend flavors and ingredients. Add tamari and sugar after 10 mins, again stirring well.

Stir in cornstarch mixed with ¼ cup cold water and continue stirring until mixture thickens slightly. Remove from heat and serve immediately.

Will keep refrigerated for up to a week.

PER SERVING	Calories 163	Protein 17g	Fat 3g	Carbohydrates 18g	Sugar 6g	Fiber 9g	Sodium 370mg
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