

Easy, Quick Recipes

Grains and Pasta

Brown Basmati Pilaf

Prep Time: 5 minutes

Cooking Time: 30-40 minutes

Yields: 4 servings

Ingredients:

1 cup brown basmati rice
1/2 cup dried cranberries
1/2 cup walnut pieces
1/2 cup fresh parsley, chopped
2 cups water
pinch of salt

Directions:

1. Rinse rice in fine mesh strainer until the water runs clear.
2. Boil the water and add rice and salt. Cover and reduce heat.
3. After 15 minutes add cranberries and walnuts on top, do not stir.
4. Cook 15-25 more minutes, until all the liquid is absorbed.
5. Remove from heat, add parsley and fluff with fork. Cover and let sit for 3-5 minutes before serving.

Peanut Soba Noodles

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yields: 6 servings

Ingredients:

1/2 pound rice noodles
1/2 cup chopped peanuts, roasted, skinned
1 cup shredded red cabbage
1 bunch scallions, chopped
1 shredded carrot

Peanut Sauce

1/4 cup natural peanut butter
1 clove garlic, minced
1/8 cup orange juice
2 teaspoons tamari (gluten-free soy sauce)
water

Directions:

1. Bring a pot of water to a boil, then turn off the heat and soak the rice noodles for 10 minutes.
2. While soaking noodles, mix all the peanut sauce ingredients in a bowl and whisk with a fork until all ingredients are well blended, adding a bit of water until it is the thickness you desire.
3. Drain and rinse the noodles to cool them.
4. Toss the rice noodles with the peanut sauce, transfer them to a serving bowl, then sprinkle the veggies and peanuts on top.

Optional: add cooked sliced chicken breast or cooked shrimp

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Orange and Walnut Quinoa

Prep Time: 5 minutes

Cooking Time: 20 minutes

Yields: 4 servings

Ingredients:

1 1/2 cups dry-roasted quinoa

2 navel oranges, zested

1/2 cup chopped toasted walnuts

2 1/2 cups veggie broth

2 tablespoons flat leaf parsley, chopped

1 tablespoon extra virgin olive oil

Directions:

1. Rinse quinoa in a fine mesh strainer.
2. Combine broth, oil and quinoa, bring to a boil.
3. Cover and lower heat to low, cooking for 12 minutes.
4. Remove from heat and let stand for 5 minutes.
5. Fluff with a fork and toss in orange zest, parsley and toasted walnuts.

Variations:

Slice zested oranges and serve them after dinner.

Curried Millet

Prep Time: 5 minutes

Cooking Time: 20 minutes

Yields: 4 servings

Ingredients:

1 cup dry-roasted millet

1/2 cup crushed cashews

3 tablespoons pumpkin seeds

1 teaspoon curry powder

1 teaspoon grated ginger

1 teaspoon sea salt

2 cups stock or water

Directions:

1. Boil the stock or water in a pot.
2. Add all the ingredients, bring to a boil, reduce heat to low and simmer for 20-25 minutes, until all the liquid is absorbed.
3. Fluff with a fork and serve warm.

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Cindy's Instant Breakfast

Prep Time: 2-5 minutes

Cooking Time: 25 minutes

Yields: 3-4 servings

Ingredients:

3 cups water

1 cup millet or quinoa, optional: steel cut oats

Directions:

This morning recipe is quick and easy, with enough protein to get you through to lunch. If you get it started first thing in the morning, by the time you are dressed, it's ready to eat. Flavor it differently for each meal. Put the leftovers into a shallow dish to cool. Option: add plain leftover quinoa to a salad for dinner or tomorrow's lunch.

1. Bring 3 cups of water to a boil.
2. In the meantime, wash 1 cup of millet or quinoa. Be sure to wash well: millet and quinoa can be bitter and dusty.
3. Add to boiling water.
4. Reduce heat to a light boil and simmer for 20 minutes. No salt needed.

Variations:

You can flavor this and all porridges by mixing and matching any of the following ingredients:

During cooking: squash, carrots, raisins, almonds, sesame seeds.

After cooking: powdered ginger, gomasio, tamari, milk substitute, sweetener, cinnamon, protein powder, cashews, berries

Note:

For a "minute breakfast" make extra grains at night. In the morning, boil 1/2 inch of water, add some grains and reheat for 1-2 minutes. Add your favorite flavorings.