

RECIPES

These are some of the recipes that were part of our 6-day challenge to calculate the cost of everything we ate. For more details on the results, visit:

<http://stonetreeclinic.com/2010/04/23/the-cost-of-eating-healthy/>

Most of my cooking is just made up as I go— I don't usually follow recipes—but these should result in something delicious!

-Tara

Organic Green Salad with Tuna (gluten free)

- ½ box organic pre-washed greens
- ¼ package of crumbled feta cheese
- 1/3 cucumber diced
- 1/3 organic bell pepper
- ¼ container of organic grape tomatoes
- 1 can of tuna
- 3 tbsp organic roasted seeds (pumpkin and sunflower)

Balsamic Dressing

- 2-3 tbsp organic olive oil
- 2-3 tbsp balsamic vinegar
- 2 tsp organic sugar
- 1-2 tsp Dijon mustard
- Salt and pepper to taste

Brussels sprout and Navy Bean Salad (vegan, gluten & dairy free)

- Soak ¼-1/3 of bag of navy beans in water for 8-10 hours
- 1-2 pounds of Brussels sprouts, halved
- 1-2 tbsp organic olive oil
- Salt and pepper
- 1-2 cloves of crushed garlic if desired
- Bake at 375F for 30-45mins – remove and cool
- Boil beans until soft – about 30-45 minutes and drain

- Add beans to Brussels sprouts
- Add ½ container of sun dried tomatoes diced
- Make balsamic dressing
- Toss all together

I ate this all week with sautéed Kale as well – pure energy!!!!

Vegetarian Spaghetti Sauce

Vegan, gluten & dairy free (unless you add parmesan cheese)

- 1 median onion diced
- 1-2 cloves garlic crushed
- Sauté in a little olive oil.
- Add a head diced broccoli
- ½ organic bell pepper diced
- 1 med zucchini diced
- ¼ lb mushroom diced
- 1 package of soy veggie ground

- Sauté until veggies soft (around 8-10 minutes)
- Add 2-3 cans organic diced tomatoes
- 1-2 tsp oregano
- Salt and pepper to taste

Serve with corn or rice pasta for gluten free meal.

Pesto Tilapia with potatoes and sautéed vegetables (gluten and dairy free)

- Take tilapia out of freezer in am.

- 3 organic sweet potatoes diced
- 3 organic potatoes diced
- 1-2 tbsp organic olive oil
- Salt and pepper to taste, and bake at 400 for 35-45 min

- Spread pesto (use about ½ the container if store bought) on top of tilapia, bake in foil or covered dish for 15 minutes

- Slice mushrooms and zucchini
- Sauté in cast iron pan 1 clove of crushed garlic until fragrant. Add veggies and sauté until browned (around 5min).

- Add the vegetables to plate, top with fish and serve potatoes on the side.

Chinese noodle soup (vegan, gluten and dairy free)

- 1-2 cloves garlic
- ½ tsp minced ginger
- ½ med onion sliced in strips.
- 1 tbsp olive oil
- Sauté until soft and browned
- Add 1 box of organic vegetable broth and simmer

In wok stir-fry:

- 1 head of broccoli diced
- 1 organic bell pepper diced
- 2 handfuls snow peas
- 1 handful mushrooms sliced
- 1 package of tofu (I use the pre-marinated ones they sell at the 100 mile store in Creemore – yum).
- Add some soy sauce for flavour

- Boil Brown rice Vermicelli noodles in water – 2 minutes and drain.

*Put desired noodles in bowl, add broth to cover noodles and top with stir-fried veggies.
I eat mine with an Asian hot sauce.*

Pasta with pesto, artichoke, grape tomatoes and feta

- Boil water – add Penne and cook
- Sauté diced grape tomatoes in a little olive oil and garlic
- Drain Penne
- Add tomatoes, artichokes (1 can diced), feta cheese and ½ cup pesto
- Toss and serve