

Enjoy!

Everyday Smoothie

A tasty beverage that everyone loves, Every Day is simple to prepare when time is at a premium.

Yield: 2 to 3 servings

2 cups frozen berries of your choice
1 cup frozen mango chunks, or 1 frozen peeled banana
1 cup water or unsweetened almond milk
1/4 cup freshly ground flaxseed meal
2–3 leaves kale

1. Place all the ingredients in a blender, and blend at low speed for 20 seconds. Then purée at high speed until very smooth.
2. Divide the smoothie among glasses and drink as soon as possible.

Butternut Squash, Kale, and Black Bean Stew

Consider this a thick soup to eat from a bowl, or a stew to enjoy over quinoa or rice. It can also be thinned down with more water and tomato purée to make a “soupier” soup.

Yield: 6–8 servings

1 medium-large butternut squash (about 2 1/2 pounds)
12 ounces kale, finely chopped (about 5 1/2 cups)
1 1/2 cup chopped onion (1 large)
1 1/2 cups chopped celery (3 medium)
3 cups water
4 bay leaves
1 1/2 cups tomato purée
15-ounce can black beans, rinsed and drained
1 tablespoon smoked paprika
2 teaspoons ground cumin
2 teaspoons dried basil
1/4 teaspoon ground chipotle or a pinch of cayenne, or to taste

1. Pierce the squash with a knife, place it on a baking sheet, and bake at 375°F for 1 hour, or until soft when pierced with a fork. Allow to cool until easy to handle. Then cut the

squash in half, scoop out the seeds and stringy parts, remove the peel, and either dice or mash the flesh, depending on how soft it is. Set aside.

2. In a large heavy pot, combine the kale, onion, celery, water, and bay leaves. Bring to a boil over high heat. Reduce the heat to low, cover, and cook at a simmer, stirring occasionally, for 30 to 40 minutes, or until the vegetables are tender.

3. Add the tomato purée, black beans, smoked paprika, cumin, basil, and the reserved squash to the pot, and stir to combine. Simmer for another 10 minutes or so to blend the flavors. Add the chipotle or cayenne, ladle into bowls, and serve hot.

Fresh Ginger and Bok Choy Salad

Fresh ginger adds zest and vibrancy to a green salad inspired by Asian cuisine. This is a wonderful dish to bring to social events or serve to special guests.

Yield: 4 to 6 servings

2 baby bok choy, chopped (about 4 cups)

2 tablespoons raisins

1 tablespoon shredded unsweetened coconut

1 tablespoon sesame seeds

Ginger Dressing

1 tablespoon minced fresh garlic

1 1/2 teaspoons grated fresh ginger root

2 large pitted dates, chopped

Juice of 1 lemon

2 teaspoons coconut aminos

1. To make the dressing, place all of the dressing ingredients in a blender, and process on high speed until the mixture is smooth and creamy. Set aside.

2. To assemble the salad, place the bok choy in a salad bowl, add the prepared dressing, and toss until the greens are well coated. Sprinkle the raisins, coconut, and sesame seeds over the top, and serve immediately.

Black Bean Burgers

Slightly spicy and quick to make with either home-cooked or canned beans, these burgers are delicious topped with salsa and accompanied by a salad.

Yield: 5 burgers

2 1/2 cups cooked or canned black beans, rinsed and drained
1 1/4 cups fine whole grain bread crumbs, from toasted bread (see Helpful Tip, below)
1/4 cup minced celery
1/4 cup minced onion
1/4 cup minced red bell pepper
1/4 cup sun-dried tomatoes (no oil) cut into small pieces
2 teaspoons coconut aminos
1 teaspoon ground cumin
1 teaspoon dried basil
1/4 teaspoon ground chipotle pepper, or to taste
1 clove garlic, pressed

1. Place the black beans in a large mixing bowl, and use a potato masher to mash the beans until they're chunky and hold together. Add all of the remaining ingredients and mix well, using your hands as needed.

2. Divide the mixture into 5 equal portions (about 1/3 cup each), and shape each portion into a burger that is about 3 1/2 inches in diameter and 3/4 inch thick.

3. Spray a large nonstick skillet with nonstick cooking spray. Arrange the patties in the skillet and cook over medium heat for 4 to 5 minutes, or until the bottom is brown. Turn the patties over, and brown on the second side. Serve immediately.

Helpful Tip

To make the bread crumbs for this recipe, toast 3 slices of whole grain bread. Allow to cool to room temperature, tear the slices into pieces, and grind the toast into crumbs in a blender or food processor. (In small appliances, this may have to be done in two batches.) Be sure to measure out 1 1/4 cups of bread crumbs, and reserve any extra crumbs for another use.

Chocolate Avocado Pudding

This rich and creamy pudding makes a delectable special-occasion dessert when spooned into a pretty dish, topped with berries, and garnished with fresh mint leaves. To serve six people rather than four, use more berries per serving.

Yield: 4 to 6 servings

1/2 cup firmly packed pitted dates
3 tablespoons water, if needed
2 cups diced avocado (2–3 avocados)
2 teaspoons vanilla extract
1/8 teaspoon pure monk fruit powder
1/3 cup cocoa or cacao powder
1/4–1 cup sliced fresh strawberries
4–6 sprigs mint

1. Place the dates and water in a small saucepan. Cover and cook for 3 to 4 minutes, or until the water is absorbed. If the dates are nice and soft, you can skip this step.
2. Place the cooked dates or soft raw dates in a blender or food processor with the avocado and vanilla extract, and blend until smooth and creamy. Transfer the blended mixture to a bowl.
3. Stir the monk fruit powder and the cocoa or cacao powder into the avocado mixture, mixing well. To serve, divide the pudding evenly among 4 to 6 dessert dishes or stemmed glasses. Top with the strawberries and garnish each dish with a sprig of mint before serving.

Variation

❑ To make a lower-glycemic version of Chocolate Avocado Pudding, omit the dates and add an additional 1/8 to 1/4 teaspoon of pure monk fruit powder.

Recipes from: The Change Cookbook Milan Ross and Scott Stoll, M.D.