

## Creative Health & Herbal Nutrition

### Winter Recipes (seasonal meal options)

#### “Cauliflower Au Gratin”

1-2 large heads of cauliflower  
1 onion, diced (can use more if desired)  
1 ¼ c. soy, rice, or almond milk  
¾ c. water  
3 T. crushed raw almonds  
1/8 tsp. Nutmeg  
3 T. oil  
1/3 c. spelt flour  
1 tsp. Salt & black pepper  
½ tsp. Garlic powder  
1 tsp. Nutritional yeast (can use more if desired)  
2 T. spelt bread crumbs (optional)  
½ tsp. Paprika

Cut cauliflower into bitesize pieces, put in a bowl with onions and set aside. Blend soy milk, water, almonds, salt & pepper, nutmeg, garlic, nutritional yeast in a blender until smooth. Pour in saucepan, gently heat, stir often. Heat oil in small saucepan. Add flour to make roux. Then whisk heated soy milk mixture into roux to make creamy sauce. Pour sauce over vegetable and stir. Oil a casserole dish. Pour vegetables and sauce into pan. Sprinkle bread crumbs over with paprika. Cover and bake in preheated oven at 350 degrees for 45-55 min.

#### “Steamed Broccoli with Spicy Peanut Sauce”

1-2 heads of broccoli  
¾ c. creamy soy nut or almond butter  
½ c. freshly squeezed orange juice  
¼ c. apple cider vinegar  
2 T. brags amino acid  
2 T. dark molasses  
½ tsp. Cayenne pepper

Separate florets from the stem and steam until preferred texture is reached. Heat soy nut butter and orange juice in a saucepan over medium heat and stir until well-blended and smooth. Add remaining ingredients, whisking frequently, and bring to a gentle boil for 1-2 min. Serve immediately.

“Egyptian Lentils and Rice” – (serves 4)

Lentils mixture:

1 c. uncooked lentils

2 T. olive oil

1 sm. Green pepper

2 stalks celery with leaves, chopped

3 cloves minced garlic

2 cups water

1 ½ c. tomato

1 T. Bragg’s aminos

1 tsp. Cumin

1 tsp. Tabasco

pinch of pepper

2 c. cooked brown rice

3 c. fresh spinach

1 sliced cucumber

1 onion sliced in rings

2 sliced tomatoes

Heat oil in a pan and sauté celery and green peppers for 5 mins. Add lentils, stirring constantly for another 5 mins. Or until lentils turn a darker brown. Stir in water, tomato juice, Braggs, cumin, and hot sauce. Cover and cook until lentils are tender, 45 minutes to 1 hour. The mixture should be saucy and not too dry. If it is dry, add a little extra water. Adjust seasonings.

Serve over cooked rice on a bed of spinach. Garnish with tomatoes, onion, and cucumber.