

# TURN THE TIDE GIFT BASKET: VEGETARIAN RECIPES



## Hot Artichoke Dip

- 1 15 oz can artichoke hearts
- 2 tbs Grape Seed Oil (lower saturated fat than Olive oil)
- 4 tbs lemon juice

Combine in a food processor or blender until smooth.

Bake at 350 for 1/2 hour. Serve with corn chips. Yum!

## Portobello Mushroom Fajitas

Serving Size: 6; Preparation Time: 0:20 min

- 1 tbs vegetable oil
- 1 clove garlic -- minced
- 1 tsp ground cumin
- 1/2 tsp salt
- 3/4 pound fresh baby portobello or crimini mushrooms -- thinly sliced
- 2 cups frozen stir-fry bell peppers & onions -- (from a 16 oz. pkg.)
- 1/4 cup chopped fresh cilantro
- 2 tbs lime juice
- 6 flour tortillas
- salsa, guacamole

Heat oil, garlic, cumin, and salt in a 10-inch skillet over medium-high heat.

Cook mushrooms and bell pepper mixture in oil for 4 to 6 minutes, stirring frequently, until vegetables are crisp-tender.

Sprinkle with cilantro and lime juice.

Spoon about 1/2 cup mushroom mixture onto each tortilla; roll up.

Serve with salsa, guacamole, and/or vegan sour cream, if desired.

**WWW.TURNTHETIDE.ORG**

# VEGETARIAN RECIPES AND ONLINE COOKING RESOURCES

Do-It-Yourself Pad Thai as described in *Seven Wonders* by J.Ryan  
(Northwest Environment Watch, 1999)

- 8 oz rice noodles
- 1 lime quartered
- 4 tbsp vegetable oil
- 4 tbsp chopped peanuts
- 2 tbsp chopped garlic
- 2 cups bean sprouts
- 4 oz broccoli or other chopped vegetables
- 8 slender onions, sliced diagonally
- 2 tbsp Thai fish sauce or Soy Sauce
- Chili paste or powder (to taste)
- 4tsp palm or brown sugar
- 1 lightly beaten egg (optional)
- 1 tbsp white vinegar
- 4 oz tofu (optional)

Soak noodles in warm water for about 30 minutes. Meanwhile, prepare all remaining ingredients and place next to wok. When noodles are limp and white, drain and place by wok. In 1 tablespoon of oil, sauté the garlic until golden. Add the tofu; brown; set aside. Add vegetables and egg to wok and scramble or cut egg into strips as it fries; set aside. Add remaining 2 tablespoons of oil, heat for 30 seconds, and add the semi-soft noodles. With a spatula, spread noodles into a thin layer and turn frequently as they cook. Add the fish sauce, sugar, vinegar, chili, and juice of half a lime; turn the noodles a few more times. Add most of the green onions, peanuts, and sprouts (save the rest for garnish) and any precooked ingredients; cook for one minute. Remove from heat and garnish with remaining ingredients. Serves two.

## COOKING RESOURCES

For a number of good cookbooks and recipes, go to:

<http://www.moosewoodrestaurant.com/> and <http://www.bloodroot.com/>

For a large selection of vegan dishes, see *A Celebration of Wellness : A Cookbook for Vibrant Living* by James Levin and Natalie Cederquist.

For more recipe and cookbook advice, visit the Vegetarian Times and Cooking Light websites: <http://www.vegetariantimes.com/> and <http://www.cookinglight.com/cooking/>

**Eat well and log back on to [www.turnthetide.org](http://www.turnthetide.org)**