



The Nutrition CODE

Greek Lemon Potatoes

Fill a 9x13 pan with 1-2 layers of:

Potatoes, cut into chunks (about 2-3x bite size)

Mix the following ingredients and pour over potatoes:

1/4 cup olive oil

1/4 cup lemon juice

1/2 tablespoon salt

Bake at 450° until potatoes are tender, some are browned, and most of the liquid is absorbed, about an hour or more. Stir them every 15-20 minutes to promote even browning.

Then add:

1 tablespoon dried oregano

1-2 tablespoons minced garlic

Return to the oven for an additional 10 minutes.

Greek Salad

Press and crumble:

1 pound firm tofu

Mix with:

1 tsp. salt

1 tsp. basil

1/2 tsp. oregano

3 Tbsp. oil

3 Tbsp. lemon juice

3 Tbsp. finely minced onion or sliced green onion

Place in serving dish. Layer the following on top:

1 cup Greek olives, halved

1 cucumber, diced

2 tomatoes, diced

Stir just before serving.

Baba Ganoush

Preheat oven to high broil and position a rack at the top of the oven.

Peel and slice into 1/4-inch to 1/2-inch rounds:

2 medium eggplants

Sprinkle with salt, and place in a strainer in the sink. This will help remove any bitterness from the eggplant. After 10 minutes, rinse slightly and then pat dry between two towels. Place in a single layer on a baking sheet. Roast the eggplant for 5-10 minutes on each side until it is golden brown. Place eggplant in a food processor with the following ingredients:

2 large cloves garlic, coarsely chopped

1/3 cup lemon juice

1/4 cup tahini

1 tsp. salt

Serve with crackers, pita bread, pita chips, or veggies. Will keep covered in the fridge for several days but is best served the day it is made.

Hummus

Puree in a food processor:

1/3 cup tahini

2 Tbsp. olive oil

1/2 tsp. ground cumin

3/4 tsp. salt

2 cloves garlic

3 Tbsp. lemon juice

Then add to food processor:

1 can (15 oz) garbanzos, drained

Add a small amount of water to blend smooth if needed. Taste and adjust seasonings if desired.



Quinoa Tabouli Salad

Ingredients

- 1 cup quinoa
- 2 cups water or vegetable broth
- 1 large or 2 medium tomatoes, finely chopped
- 1 medium cucumber, chopped, optional
- 4 medium scallions, chopped
- 2 cloves garlic, minced
- 2 to 3 tablespoons chopped fresh mint
- 1/2 cup fresh parsley, chopped
- 1/4 cup olive oil
- 1/4 cup freshly squeezed lemon juice
- 1/2 teaspoon sea salt, or kosher salt, or to taste

Instructions

1. In a medium pot, cover the quinoa in water or vegetable broth and bring to a boil. Reduce heat to a slow simmer, cover, and allow the quinoa to cook for about 15 minutes, or until the quinoa is cooked and most of the liquid has been absorbed. Fluff a few times with a fork to allow the last bits of steam to escape. Set aside.
2. Meanwhile, while the quinoa is either cooking or cooling, in a large bowl, combine the chopped tomatoes, chopped cucumbers, scallions, garlic, fresh mint, and fresh parsley.
3. Once the quinoa has mostly cooled (it can be warm still, but it shouldn't be hot) add the cooked quinoa, olive oil, lemon juice, and salt, tossing gently to combine well. Season with sea salt or kosher salt, to taste.
4. Chill your quinoa tabouli salad for at least 1 hour before serving, preferably overnight, to allow the flavors to mingle and fully develop. Lightly toss it all together again just before serving.
5. Give this quinoa salad recipe an extra squeeze of fresh lemon and a dusting of sea salt again just before serving for an extra burst of flavor.

Spinach Artichoke Dip

Ingredients

- 3 Tbsp olive oil or grape seed oil
- 5 cloves garlic, minced
- 3/4 cup raw cashews, soaked and drained
- 8 ounces vegan cream cheese
- 1/2 cup unsweetened plain almond milk
- 4–6 Tbsp nutritional yeast
- 1/2 tsp each sea salt and black pepper, plus more to taste
- 1 14- ounce can artichoke hearts, well drained and chopped
- 1 pound frozen chopped spinach, thawed and squeezed dry in a thin towel
- 1/4 cup Vegan Parmesan for topping

Instructions

1. Preheat the oven to 350 degrees F (176 degrees C). Heat a large oven-safe cast iron or metal skillet over medium heat. Once the skillet is hot, add 1 Tbsp (15ml) olive oil and the garlic. Sauté for 1–2 minutes or until just golden brown. Set aside to cool.
2. To the bowl of a blender, add the cashews, garlic, vegan cream cheese, remaining 2 Tbsp (30ml) olive oil, and almond milk. Puree to a cream. Add 4 Tbsp (12g) nutritional yeast to start, plus the salt and pepper. Blend once more.
3. Taste and adjust the seasonings as needed. The dip should be cheesy in flavor and well salted, so consider adding the remaining 2 Tbsp (6g) nutritional yeast and another 1/4–1/2 tsp salt. Set aside.
4. Add the artichokes and spinach to the skillet used earlier. Pour all of the cheesy sauce over the artichokes and spinach. The mixture will look sauce-heavy, but that's the idea. Stir to combine.
5. Sprinkle the top with Vegan Parmesan for additional texture/flavor. Bake for 8–12 minutes, or until warmed through. Serve warm with assorted vegetables, tortilla chips, crackers, or toasted baguette, tortilla chips being my personal favorite.
6. Store leftovers covered in the refrigerator for 3–4 days, though best when fresh.

