

Quinoa and Butternut Squash

Serves 4

1 cup	Water
1 tablespoon	Cold pressed, extra-virgin olive oil or organic canola oil
3 1/2 cups	Butternut squash, peeled and cubed into bite-sized pieces
1/4 cup	Fresh cilantro (coriander) leaves, finely chopped
2 cups	Water
1 cup	Quinoa, uncooked
1 teaspoon	White miso

1. Bring 1 cup of water to a boil, add oil and butternut squash, bring back to a boil, then reduce heat to medium and cook until squash is tender, about 15-20 minutes. Towards the end of cooking, add the chopped cilantro leaves.
2. While squash is cooking, bring 2 cups of water to a boil, add quinoa, bring back to a boil, then reduce heat to medium, cover and cook for 10-12 minutes (until the quinoa has soaked up all the water).
3. When both squash and quinoa have finished cooking, carefully mix them together in a large bowl without breaking up the squash.
4. Dissolve miso in a small amount of hot water and stir into the squash / quinoa mixture.

Salmon Dill Soup

Serves 4 - 6

2	Medium salmon fillets, skin removed (about 3/4 lb total)
2 cups	Water
1	Medium sweet potato, peeled, diced into bite-sized pieces
2	Medium carrots, peeled, diced into bite-sized pieces
1/2	Onion, diced
3 cups	Vanilla rice milk (e.g. Rice Dream™)
1/2 cup	Fresh dill, stems removed, finely chopped
1 teaspoon	Salt
6 tablespoons	Cornstarch

1. Slice each salmon filet very thinly into bite-sized pieces. Set aside.
2. In a pot, bring water, sweet potato, carrots, and onion to a boil, then reduce to medium-high heat and cover until vegetables are tender, about 10 minutes.
3. Add rice milk and bring to a boil.

4. Add salmon, dill, and salt and reduce heat to medium until salmon is done, about 3 minutes.
5. Mix cornstarch with just enough cold water to dissolve and add to soup. Bring soup to a boil while stirring and allow mixture to thicken for 1-2 minutes.
6. Remove from heat and serve warm.

Mashed Sweet Potatoes with Herbs and Mushrooms

Serves 6

2 large (or 3 medium)	Sweet potatoes
2 tablespoons	Cold pressed, extra-virgin olive oil or organic canola oil
1/2	Onion, diced
1	Clove of garlic, crushed and minced
1	8 oz (250 g) package of cremini (brown) mushrooms, thinly sliced and diced into small pieces
1/4 cup	Fresh cilantro (coriander) leaves, finely chopped
1/2 teaspoon	Dried thyme
3/4 cup	Vanilla rice milk (e.g. Rice Dream™)
	Salt and pepper to taste

1. Scrub potatoes to clean. Place in pot with just enough water to cover the bottom half of the potatoes. Cover, bring to a boil, and simmer until tender – 20-30 mins.
2. Meanwhile, sauté onions and garlic in olive oil or canola oil for 1-2 minutes over medium heat. Add mushrooms, cilantro, and thyme and cook for another 2 minutes.
3. Add rice milk. Bring to a boil, then reduce to a simmer to keep warm.
4. When potatoes are tender and thoroughly cooked, drain and pat dry. Remove peel.
5. Mash the potatoes and then mix in mushroom mixture.
6. Season to taste with salt and pepper.