

KITCHEN RESCUE

ENGINE



ENJOY!

SUPREME PIZZA

The mother of one of my good friends always used to exclaim how leftover pizza, warm or cold, was "absolutely divine." That reminds me of a pizza joke. Q: How are sex and pizza the same? A: When it's good it's really good, and when it's bad it's still pretty darn good. This pizza has the potential to get out of control so use caution!

Serves 2 to 3

Preheat oven to 425 degrees

INGREDIENTS:

- 2 Kabuli crusts
- 1 jar pizza sauce (see E2 Approved Foods)
- 8 ounces frozen spinach, thawed, rinsed, and drained
- 8 ounces mushrooms, sliced
- 1 onion, sliced thinly
- 2 cloves garlic, minced
- 2 red bell peppers, sliced

- 2 chopped veggie burger patties, thawed and chopped
- ½ cup olives, sliced
- 4 roma tomatoes, sliced
- 4 tablespoons nutritional yeast

INSTRUCTIONS:

Generously spread sauce on the crusts. Cover with a generous amount of spinach and top with the vegetables and chopped burger patties. Cook on sprayed baking sheet or pizza stone for 15 to 20 minutes. Sprinkle pizzas with nutritional yeast before serving.

CANDLE CAFÉ BURGERS

Serves 6 to 8

Preheat oven to 350 degrees

INGREDIENTS:

3 1/2 cups water
1/2 cup lentils, rinsed and drained
1 cup brown rice
2 garlic cloves, chopped
1 medium red onion, chopped
2 red bell peppers, seeded, deveined, and diced
1 teaspoon sea salt
1 teaspoon chili powder
Whole-grain flour

INSTRUCTIONS:

In a medium saucepan, bring 1 1/2 cups of water to a boil. Add the lentils, reduce the heat, and cook until beans are softened, about 15 minutes. Drain and set aside. Meanwhile, in another medium saucepan, bring 2 cups of water to a boil, add the rice, reduce the heat, cover, and simmer until the rice is just tender, about 40 minutes. Drain and set aside. In a sauté pan, sauté the garlic, onion, and peppers until lightly browned. In a large bowl, combine the lentils, rice, and vegetables. Add the salt and chili powder and mix well. Add a bit of flour to hold the mixture together, if needed. Form into burger-sized patties and place on a baking sheet or press into a loaf pan. Bake burgers until slightly firm, about 15 minutes, or bake the loaf for about 25 minutes.

ANN'S PANINI

Ann's Panini with Hummus, Mushrooms, and Spinach

Serves 2 (or one ravenous firefighter)

At the firehouse we have great old iron skilletts that weigh as much as concrete bricks. They come in handy because the key to making a fantastic panini is to get a hefty amount of weight on top of the sandwich as it cooks. You can prepare this in one of two ways: Place an iron skillet (or other heavy object) on top to smush the sandwich, or be decadent and purchase a panini maker and use as directed. I got one for Christmas. It sears perfect lines on top of the bread. You'll know it's ready when the hummus drips over the sides like melted cheese, the outside is crispy, the inside soft. This dynamite recipe comes from my mom, Ann. And by the way, for those of who don't know, panini is an Italian sandwich.

INGREDIENTS:

8 ounces mushrooms, sliced
Tamari or Bragg Liquid Aminos, to taste
4 slices whole grain bread
Healthy Homemade Hummus (see page 00)
4 green onions, chopped into rounds
1/2 cup chopped cilantro

3 handfuls baby spinach

INSTRUCTIONS:

Sauté mushrooms on medium heat in a non-stick skillet for about 5 minutes or until soft. Season lightly with Bragg's or tamari. Spread all 4 bread slices thickly with hummus. Sprinkle two pieces of the bread with green onions and cilantro and reserve the other two pieces as sandwich tops. Using a slotted spoon to allow any liquid to drain away from the mushrooms, place them on top of the green onions. Put a handful of spinach on top of the mushrooms. Top the two sandwiches with the reserved pieces of bread, and press to seal. Carefully place the sandwiches in a non-stick skillet. Place a heavy casserole dish on top of the sandwiches to flatten them. Cook the weighted sandwiches on one side over medium heat for about 5 minutes, taking care not to let them burn. Flip sandwiches and cook the other side in the same way. When done, Panini's will be quite thin and browned on both sides.

RAISE THE ROOF SWEET POTATO-VEGETABLE LASAGNA

Serves 10 to 12

Preheat oven to 400 degrees

I prepared this lasagna for my first cooking demonstration at the new Whole Foods Culinary Center in Austin. Tim Lafuente, an award-winning chef who is also an Austin firefighter, asked me to join him at this event, where he prepared an angel-hair pasta with chicken, bacon, butter, and oil. Firefighters are naturally competitive, so the demonstration quickly turned into a competition. No one was declared the winner, but I walked away with my head high because the lasagna was a smashing success: another triumph for plant-happy cuisine! This lasagna is so good Jill and I chose it to be the main dish at our wedding reception.

INGREDIENTS:

- 1 onion, chopped
- 1 small head of garlic, all cloves chopped or pressed
- 8 ounces mushrooms, sliced
- 1 head broccoli, chopped
- 2 carrots, chopped
- 2 red bell peppers, seeded and chopped
- 1 can corn, drained
- 1 package Silken Lite tofu
- 1/2 teaspoon cayenne pepper
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon rosemary
- 2 jars pasta sauce (see E2 Approved Foods)
- 2 boxes whole grain lasagna noodles
- 16 ounces frozen spinach, thawed and drained
- 2 sweet potatoes, cooked and mashed
- 6 roma tomatoes, sliced thin
- 1 cup raw cashews, ground

INSTRUCTIONS:

Sauté onions and garlic on high heat for 3 minutes in a wok or non-stick pan. Add mushrooms and cook until onions are limp and mushrooms give up their liquid. Remove them to a large bowl with a slotted spoon. Reserve mushroom liquid in pan. Sauté broccoli and carrots for 5 minutes and add to mushroom bowl. Sauté peppers and corn until just beginning to soften. Add to the vegetable bowl. Drain the tofu by wrapping in paper towels. Break it up directly in the towel and mix into the vegetable bowl. Add spices to vegetable bowl and combine.

To assemble:

Cover the bottom of a 9-by-13 inch casserole with a layer of sauce. Add a layer of noodles. Cover the noodles with sauce. This way the noodles cook in the oven, saving time and energy.

Spread the vegetable mixture over the sauced noodles. Cover with a layer of noodles, and another dressing of sauce. Add the spinach to the second layer of sauced noodles. Cover the spinach with the mashed sweet potatoes. Add another layer of sauce, the final layer of noodles, and a last topping of sauce. Cover the lasagna with thinly sliced Roma tomatoes. Cover with foil and bake in the oven for 45 minutes. Remove foil, sprinkle with cashews, and return to the oven for 15 minutes.

Let sit for 15 minutes before serving.

RIP'S BIG BOWL

This has been my mainstay breakfast for more than twenty years. I never get sick of it and no two bowls are ever quite the same, depending on which fruits are in season and the milk substitute I have on hand. This was also a favorite recipe for most of the E2 Pilot Study participants. As a seven-year old daughter of one of the E2 participants said, "I look forward to waking up in the morning just so I can have my Rip's Bowl." Let your appetite be your guide as to the size of your bowl.

INGREDIENTS:

- 1/4 cup raw old-fashioned oats
- 1/4 cup Grape Nuts or Ezekiel brand equivalent
- 1/4 cup bite-size shredded wheat
- 1/4 cup Uncle Sam cereal
- 1 tablespoon ground flaxseed meal
- 2 tablespoons raisins
- 2 tablespoons walnuts
- 1 banana, sliced
- 1 kiwi, sliced

- Segments of one grapefruit and juice
- 3/4 cup milk substitute of choice

INSTRUCTIONS:

Toss all ingredients except the grapefruit and milk substitute into a bowl. After cutting grapefruit in half, use a small, sharp knife to remove the segments. Add segments to the top of the bowl and squeeze in the juice. Top the bowl with milk substitute.

Variations:

In a pinch, simply add water (the fruits blend with the water and give it a sweet taste). Add any fresh or frozen fruit, such as peaches, cherries, blueberries, or red grapes.

Rip's Tip: If you want to lower your cholesterol levels even more, use half a cup of oats and omit one of the quarter cups of other cereals.

TOFU SCRAMBLE BREAKFAST TACOS

I don't know if it's just a Texas thang, but breakfast tacos are super popular in the Lone Star State. They're fast, easy, and really darn tooting good. We warm up the corn tortillas on the gas burner, throw in the fillings, and top with salsa. Yummy!

Serves 10 to 12

INGREDIENTS:

- 1 pound extra firm tofu, drained, pressed with a cloth, and mashed
- 1 yellow onion, chopped
- 1 teaspoon tumeric
- 1/2 teaspoon cumin
- 1 1/2 tablespoon nutritional yeast
- black pepper to taste
- 8 ounces frozen, fat-free hash brown potatoes
- 1 can, no fat refried beans

- 6 corn tortillas or ezeziel whole grain tortillas
- Salsa

INSTRUCTIONS:

Drain, press, and mash tofu. Saute' the onion in a skillet on medium heat until translucent. Add tofu, tumeric, cumin, and nutritional yeast. Mix together and cook for 4-5 minutes. Heat potatoes in a separate skillet, on medium heat. Stir continuously to prevent potatoes sticking to pan, or add a bit of water to prevent sticking. Heat refried beans in another pan on medium heat until warm. Warm up the tortillas on the gas burner, skillet, oven, or toaster oven for 30 seconds to 1 minute. Spoon a layer of the refried beans, potatoes, and tofu/onion mix into each tortilla. Garnish with salsa or pico de gallo and serve!