A collage of fresh ingredients including garlic, olive oil, tomatoes, and spices. The background features a spiral-bound notebook with various items scattered around it: a head of garlic, a glass of yellow olive oil, a wooden bowl of red tomatoes, a small wooden dish with black peppercorns and a red chili pepper, a single green bay leaf, and several more tomatoes and a red chili pepper. The overall theme is clean, natural food.

*Jonathan Vine*

# Clean Food **Diet**

Clean Eating  
+50 natural recipes  
for healthy living

**Clean Food Diet**  
**+50 Best Recipes**

**by**

**Jonathan Vine**



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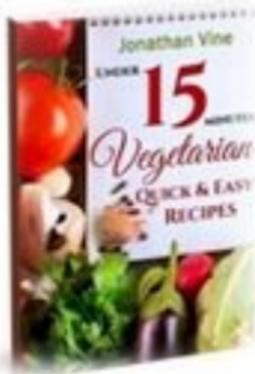
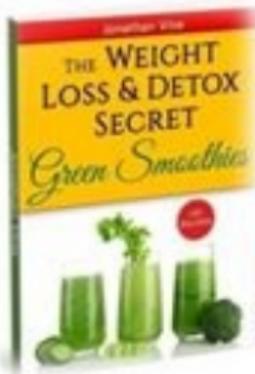
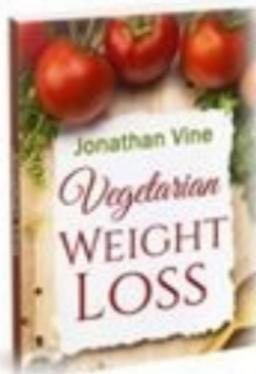


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# Table of contents

[Introduction](#)

[What is clean eating](#)

[What to eat](#)

[How to eat clean](#)

[How to Cook Clean](#)

[Recipes: Appetizers](#)

[Guacamole Bruschetta](#)

[Tomato and Cheese Skewers](#)

[Cream Cheese Cucumber Cups](#)

[White Bean Hummus](#)

[Whole Wheat Zucchini Muffins](#)

[Grilled Zucchini Rolls](#)

[Mini Spinach Pizzas](#)

[Blue Cheese Apricots](#)

[Wrapped Mango and Spinach Bites](#)

[Crusted Jalapeno Peppers](#)

## **Recipes: Soups**

[Gazpacho](#)

[Garlicky Cauliflower Soup](#)

[Thai Tomato Soup](#)

[White Bean and Kale Soup](#)

[Cabbage Soup](#)

[Roasted Bell Pepper Creamy Soup](#)

[Cauliflower and Cashew Soup](#)

[Fall Soup](#)

[Garlic and Beet Soup](#)

[Sweet Potato and Cauliflower Soup](#)

## **Recipes: Salads**

[Mexican Bean Salad](#)

[Light Waldorf Salad](#)

[Strawberry Spinach Salad](#)

[Balsamic Grilled Vegetable Salad](#)

[Grilled Tofu Salad](#)

[Multi Veggie Chickpea Salad](#)

[Spinach and Avocado Salad with Poppy Seed Dressing](#)

[Radish and Cucumber Creamy Salad](#)

[Pear and Arugula Salad](#)

[Tabbouleh Quinoa Salad](#)

## **Recipes: Main Dishes**

[Buttermilk Marinated Tofu Kebabs](#)

[Asian Tofu Lettuce Wraps](#)

[Ginger Glazed Tofu](#)

[Mediterranean Stuffed Eggplants](#)

[Herbed Quinoa Cakes](#)

[Meatless Chili](#)

[Lemon Crusted Tofu](#)

[Zucchini Oven Fries](#)

[Greek Vegetarian Burgers](#)

[Quinoa Stuffed Bell Peppers](#)

## **Recipes: Desserts**

[Two-Ingredient Oatmeal Cookies](#)

[Clean Chocolate Soufflé](#)

[Grilled Peaches](#)

[Fruit Kebabs](#)

[Chocolate Covered Strawberries](#)

[Chocolate Popsicles](#)

[Skinny Homemade Nutella](#)

[Dried Fruit Granola](#)

[Banana Strawberry Smoothie](#)

[Caramelized Pineapple](#)

**[Conclusion](#)**



# Introduction

The more progress we make in the food industry, the more additives and preservatives we seem to use. Every single food we buy at the supermarket has at least one additive added to preserve it better, to make it look better or to taste better. But luckily over the last few years, you can see that more people have stopped eating whatever, whenever and began to become more interested in where their food comes from, how it is

being produced, what it contains, and what health benefits it has. This has led to a movement that is trending more and more called *clean eating*. And that can only be a good thing, right?!

# What is clean eating

This is a question I hear often, but it has such a simple answer. Clean eating is very straightforward, and it doesn't even count as a diet; it's more of a lifestyle. Clean eating is a concept that you need to embrace; a concept that revolves around the idea of knowing what your food contains and where it comes from. To put it simpler, clean eating simply means avoiding processed foods. Processing

refers to food that has been processed before, such as many canned goods, white flour (and pastries made with it), and foods that have ingredients you can't identify. As a general rule, processed foods include anything from a hotdog to pasta sauce and instant oatmeal.

The problems with these foods is that they've been processed so much that part of (or all) the nutrients have been destroyed. Moreover, often additives are added to preserve the food longer, to make it look better, improve its taste, and

make it irresistible. But these additives have been linked to serious health problems, including cancer, so they shouldn't be part of anyone's diet.

# What to eat

Now that all the processed foods have been removed from your diet, let's see what you are allowed to eat:

**Whole foods** - This is simple and refers to [eating fruits and vegetables](#) fresh raw rather than including them in foods that we can live without. For instance, instead of eating banana nut muffins, eat a banana and some nuts. Also, use whole grains when cooking rather than processed ones. This includes: quinoa,

bran, bulgur, and the list can go on. Focus more on grains that still have their full nutritional content and you will get more fibers and nutrients just by following this simple and handy change.

**Canned foods** – as long as they don't have any additives. Canned beans, tomatoes, corn or other vegetables are ok to eat as long as you read the ingredient list carefully and make sure it contains as little ingredients as possible. Buy organic cans if you can afford it as they surely have less salt and no additives.

**Foods that have ingredients you can**

**recognize easily** – whenever buying something, read the label carefully and make sure you know every ingredient listed there. You will be surprised to find that many types of crackers and breads comply with clean eating rules, and this spares you a lot of time baking your own at home.

**Fresh fruits and vegetables** – you can indulge on these all you want. They are healthy, delicious, and can be combined into many recipes. Try to eat seasonal and buy organic or from sources that don't use additives. When out of season, you

can buy frozen fruits and vegetables, but choose reliable brands and be sure to read labels.

## **Dried fruits**

## **Farm range eggs**

**Nuts and seeds** – almonds, hazelnuts, pecans, cashews, chia, pumpkin seeds, sunflower seeds – you can snack on these or use them in salads.

**Healthy fats** – coconut oil, avocado oil, and olive oil are what we call healthy fats, and they can be used in cooking with great success, but they can also be eaten raw, all of them having plenty of health

benefits.

**Dairy products** – as long as they are hormone-free, come from a safe source, and are also low in fat.

**Healthy sweeteners** - such as honey or agave syrup – they are both allowed, but use as little as possible.

# How to eat clean

Clean eating doesn't necessarily mean choosing certain foods or ingredients. It also assumes cooking at home for yourself; stop buying readymade food from supermarkets or restaurants.

Cooking for yourself is cheaper and healthier because you get to control the amount of fat and seasoning you add, and you can also use quality, clean ingredients. This book includes plenty of recipes for you to try your hand at, and they are all clean, delicious and healthy,

but best of all, they don't require an expert to cook them.

Another great concept of clean eating is keeping your body hydrated. This means drinking at least two liters of water daily and removing soda and carbonated drinks from your diet for good. Our body and brain is made mainly from water so we need it in order to function properly. Plus, water will help you detox your system and also conduct the nutrients better into your blood and, furthermore, to your organs and brain. This translates into

better digestion, better brain functions, and an improved health.

Apart from this, think about food as a medicine and your body as a temple -treat it according to that belief. The phrase "you are what you eat" has never been truer than now! So focus on eating clean and channel your positive energy, and only then will you see a change in your lifestyle. Your health will improve, your immune system will be better, and you will feel much better overall. Your body will know how to tell you when

something's wrong, but it will also know how to show you gratitude for taking care of it like you are supposed to!

# How to Cook Clean

Cooking doesn't necessarily preserve the nutrients and benefits of your food. Some of these nutrients are destroyed, like vitamin C, but others are increased. So if you're not a follower of the raw trend, I suggest you cook your food wisely so it tastes great and preserves as many nutrients as possible.

Cooking clean starts with choosing clean ingredients, the ones that come from safe sources and are healthy and chemical-

free. With these kinds of ingredients on hand, the job is half done already! From delicious ingredients to amazing cooked food is just one step.

Clean cooking means avoiding frying food on huge amounts of oil and focusing more on frying in small amounts of oil, steaming, stewing, and cooking on low heat. However, of all of these, steaming is the most nutritious and preserves most of the vitamins, antioxidants and fibers.

Apart from the cooking technique, there's one more important thing to consider –

reducing the amount of salt you use in cooking. You are free to use spices and herbs, but reduce the salt and try to enjoy food in the most natural possible way. That's when you get more flavors and nutrients that are crucial for a healthy lifestyle, healthy mind, and a healthy body.



# Recipes:

## Appetizers

# Guacamole

# Bruschetta

*Avocado is an excellent choice of good fats and it is such a versatile fruit. In this combination it yields a rich, delicious, fresh bruschetta, perfect for a*

*quick appetizer.*

**Time: 25 minutes**

**Servings: 8**

**Ingredients:**

- 8 slices whole grain bread
- 1 ripe avocado
- 2 garlic cloves, minced
- 1 ripe tomato, diced
- 1 cucumber, diced

- 1 green onion, chopped
- 1 tablespoon lemon juice
- 1 tablespoon chopped cilantro
- Salt and pepper to taste

## **Directions:**

- 1** Toast the bread and place them on a platter.
- 2** Mash the avocado into a bowl and stir in the garlic, tomato, cucumber, green onion, lemon juice and cilantro.

- 3 Season with salt and pepper then spoon the mixture over the bread slices.
- 4 Serve immediately.

### **Nutritional information per serving**

**Calories: 126**

**Fat: 6g**

**Protein: 3.9g**

**Carbohydrates: 16.8g**

# Tomato and Cheese Skewers

*This is such a quick appetizer, but so pretty and fresh! The ingredient list is simple, but the result is beyond delicious. It is a dish that shines through its simplicity.*

**Time: 20 minutes**

**Servings: 6**

**Ingredients:**

- 2 cups cherry tomatoes
- 6 oz. mozzarella, cubed
- 6 basil leaves
- Salt and pepper to taste
- 2 tablespoons olive oil
- Wooden skewers or toothpicks

## **Directions:**

- 1** Place the tomatoes and mozzarella on skewers.
- 2** Garnish with a leaf of basil and season with salt and pepper.
- 3** Place the skewers on a platter and drizzle with olive oil.
- 4** Serve fresh.

## **Nutritional information per serving**

**Calories: 130**

**Fat: 9.8g**

**Protein: 8.6g**

**Carbohydrates: 3g**



# Cream Cheese

# Cucumber Cups

*Turning cucumbers into a delicious appetizer is a great idea because they are refreshing and have a low caloric content. The filling is done with low fat cheese and parsley so it tastes great, but it is guilt free as well.*

**Time: 30 minutes**

**Servings: 4**

**Ingredients:**

- 2 cucumbers
- ½ cup low fat cream cheese, softened
- 1 garlic clove, minced
- 1 tablespoon chopped dill
- 1 tablespoon chopped parsley

- Salt and pepper to taste

## **Directions:**

- 1** Cut the cucumber into 1 1/2 –inch thick slices then scoop out part of the flesh to form cups.
- 2** Place them all on a platter.
- 3** Mix the cream cheese, garlic, dill and parsley in a bowl.
- 4** Add salt and pepper to taste then spoon the mixture into the cucumber cups.
- 5** Serve them as fresh as possible.

## **Nutritional information per serving**

**Calories: 54**

**Fat: 0.6g**

**Protein: 5.4g**

**Carbohydrates: 7.9g**

# White Bean Hummus

*Easy to make and fragrant, this hummus is a crowd pleaser. Serve it with a few slices of toasted bread and tomatoes and you're up for a delicious*

*start of the meal.*

**Time: 25 minutes**

**Servings: 6**

**Ingredients:**

- 1 can white beans, drained
- 2 tablespoons olive oil
- 2 tablespoons water
- 2 garlic cloves
- 2 basil leaves

- ¼ cup fresh parsley
- ½ lemon, juiced
- Salt and pepper to taste
- Whole wheat bread for serving

## **Directions:**

- 1** Toast the bread and place it on a platter.
- 2** Mix the beans, oil, water, garlic, basil, parsley and lemon juice in a blender until pureed and smooth.
- 3** Season with salt and pepper and

pulse a few more seconds.

- 4 Spoon the hummus into a small bowl and place it on the platter next to the bread slices.
- 5 Serve immediately.

### **Nutritional information per serving**

**Calories: 165**

**Fat: 5g**

**Protein: 8g**

**Carbohydrates: 21g**

# Whole Wheat

# Zucchini Muffins

*These savory muffins can be served as an appetizer for any meal, but they work better on a buffet. If you top them with cream cheese, they turn into a savory*

*cupcake and can easily become the star of your meal.*

**Time: 40 minutes**

**Servings: 12**

**Ingredients:**

- 2 cups whole wheat flour
- 1 teaspoons baking powder
- ½ teaspoon baking soda
- 1 pinch salt

- ½ cup unsweetened applesauce
- ¼ cup olive oil
- ¼ cup milk
- 1 teaspoon honey
- 2 cups grated zucchini
- ½ cup low fat cheese, crumbled

## **Directions:**

- 1 In a bowl, combine the flour, baking powder, baking soda and salt then stir in the applesauce,

olive oil, milk and honey and mix well.

- 2 Fold in the zucchinis and cheese and spoon the mixture into 12 muffin cups lined with muffin papers.
- 3 Bake in the preheated oven at 350F for 20-25 minutes or until well risen and golden brown.
- 4 Let them cool in the pan then serve.

### **Nutritional information per serving**

**Calories: 132**

**Fat: 4.9g**

**Protein: 3.7g**

**Carbohydrates: 18.7g**

# Grilled Zucchini Rolls

*Clean food diet is all about simple ingredients and amazing flavors and this recipe surely complies with that!*

*However, you can replace the zucchinis*

*with eggplants and create a whole new appetizer. It is a delicious recipe, regardless of the vegetable used.*

**Time: 35 minutes**

**Servings: 10**

**Ingredients:**

- 2 zucchinis, sliced lengthwise
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste

- 1 tablespoon chopped parsley

## **Directions:**

- 1** Season the zucchini slices with salt and pepper then brush each slice with olive oil.
- 2** Heat a grill pan over high flame and place the zucchini slices on the grill. Cook on both sides until golden brown.
- 3** Transfer the zucchini in a bowl and drizzle with balsamic vinegar. Sprinkle with parsley and let them cool down.

- 4 Take each slice of zucchini and roll it tightly into a roll. Secure the ends with a toothpick and serve the rolls fresh.

### **Nutritional information per serving**

**Calories: 31**

**Fat: 2.9g**

**Protein: 0.5g**

**Carbohydrates: 1.4g**

# Mini Spinach Pizzas

*Spinach is one of the healthiest vegetables, but hard to include in many people's diet due to its taste. However, there are ways to trick kids and even grown-ups into eating it and these pizzas do just that! They are easy to make, but delicious and versatile. After all, you*

*can replace the spinach with other vegetable.*

**Time: 30 minutes**

**Servings: 6**

**Ingredients:**

- 6 whole wheat pita breads
- ½ cup tomato sauce
- 1 cup spinach leaves
- 1 cup mozzarella, shredded

- Salt and pepper to taste

## **Directions:**

- 1** Place the pita breads on your baking tray.
- 2** Brush each pita with tomato sauce and cover with spinach and mozzarella.
- 3** Season with salt and pepper if needed and bake in the preheated oven at 350F for 10-15 minutes or until the top is melted and crusty.
- 4** Serve the pizzas warm or chilled.

## Nutritional information per serving

**Calories: 199**

**Fat: 4.4g**

**Protein: 10.7g**

**Carbohydrates: 30g**



# Blue Cheese

## Apricots

*Blue cheese and fruits is a combination that never dies! The sweetness of the apricots and their delicate flavor balances the blue cheese perfectly and creates an exquisite appetizer.*

**Time: 25 minutes**

**Servings: 12**

**Ingredients:**

- 24 dried apricots
- ½ cup low fat cream cheese
- ¼ cup blue cheese, crumbled
- 1 pinch black pepper
- Basil leaves to garnish

**Directions:**

- 1 In a bowl, mix the cream cheese and blue cheese then add a pinch of black pepper.
- 2 Place the apricots on a platter and drop a small dollop of cheese mixture on each apricot.
- 3 Garnish with a basil leaf and serve immediately.

### **Nutritional information per serving**

**Calories: 53**

**Fat: 1.2g**

**Protein: 3g**

**Carbohydrates: 8.4g**

# Wrapped Mango and Spinach Bites

*It doesn't get simpler than this! This appetizer is delicious, refreshing and quick to make. But it has an exquisite*

*feel to it and an incredible taste that comes from the contrast between the sweet and fragrant mango and salty pancetta.*

**Time: 25 minutes**

**Servings: 10**

**Ingredients:**

- 1 ripe mango, peeled and sliced
- 2 cups spinach leaves
- Chive strands as needed

- 2 tablespoons balsamic vinegar

## **Directions:**

- 1** Take 1 mango slice and a few spinach slices and wrap them together with a few chive strands.
- 2** Place each bundle that you make on a platter and drizzle with balsamic vinegar.
- 3** Serve as fresh as possible.

## **Nutritional information per serving**

**Calories: 51**

**Fat: 0.8g**

**Protein: 1.3g**

**Carbohydrates: 3.8g**

# Crusted Jalapeno Peppers

*If you like spicy food, these crusted peppers will be a delicacy. They are spicy, but the heat is not overwhelming,*

*being well balanced by the herbed cream cheese filling.*

**Time: 40 minutes**

**Servings: 10**

**Ingredients:**

- 10 jalapeno peppers
- 1 cup low fat cream cheese
- 2 tablespoons chopped parsley
- 1 tablespoon chopped cilantro

- 1 green onion, chopped
- ¼ teaspoon garlic powder
- Salt and pepper to taste
- 2 egg whites, beaten
- ½ cup breadcrumbs

## **Directions:**

- 1** Cut the top of each jalapeno pepper and remove the core and seeds.
- 2** In a bowl, mix the cream cheese with parsley, cilantro, green onion

and garlic powder.

- 3 Season with salt and pepper and mix well.
- 4 Spoon the filling into each jalapeno pepper.
- 5 Dip the peppers into beaten egg whites then roll through breadcrumbs.
- 6 Place all the pepper in a baking tray lined with parchment paper.
- 7 Bake in the preheated oven at 400F for 10-15 minutes.
- 8 Serve them warm or chilled.

## Nutritional information per serving

**Calories: 54**

**Fat: 0.9g**

**Protein: 5g**

**Carbohydrates: 6.5g**



# Recipes: Soups

# Gazpacho

*This soup has Spanish origins and it is great because it uses vegetables in their natural form. No nutrient is being wasted through cooking and you get to take advantage of all of that with a bowl of soup. It's a refreshing and delicious soup, perfect for summer.*

**Time: 25 minutes**

**Servings: 6**

**Ingredients:**

- 4 ripe tomatoes
- 2 cucumber, peeled and sliced
- 1 shallot
- 1 garlic clove
- 1 slice whole wheat bread, cubed
- 1 cup water

- 4 ice cubes
- 1 teaspoon sugar
- 1 teaspoon balsamic vinegar
- Salt and pepper to taste
- 2 tablespoons olive oil
- 2 tablespoons chopped cilantro

## **Directions:**

- 1 Combine all the ingredients, except the cilantro, in a blender and pulse until smooth.

- 2 Season with salt and pepper then pour the soup in bowls and top with chopped cilantro.
- 3 Serve the soup as fresh as possible.

### **Nutritional information per serving**

**Calories: 89**

**Fat: 5.1g**

**Protein: 2.1g**

**Carbohydrates: 9.9g**



# Garlicky Cauliflower Soup

*Cauliflower is mild in flavor so it can take a lot of seasoning, but nothing tastes better than a touch of garlic and black pepper. It's a creamy and delicate soup and it can be made with broccoli as well.*

**Time: 45 minutes**

**Servings: 6**

**Ingredients:**

- 2 tablespoons olive oil
- 1 onion, chopped
- 4 garlic cloves, chopped
- 1 head cauliflower, cut into florets
- 4 cups vegetable stock
- Salt and pepper to taste

- ½ lemon, juiced
- ¼ teaspoon cumin powder

## **Directions:**

- 1** Heat the oil in a soup pot and stir in the onion and garlic.
- 2** Sauté for 2 minutes then add the cauliflower and stock.
- 3** Season with salt and pepper and cook the soup on medium flame for 20 minutes.
- 4** Add the lemon juice and cumin then puree the soup with an

immersion blender.

**5** Serve the soup warm.

**Nutritional information per serving**

**Calories: 77**

**Fat: 4.9g**

**Protein: 2.3g**

**Carbohydrates: 7.7g**

# Thai Tomato Soup

*This tomato soup looks common at a first glance, but once you taste it you get to feel all those Thai flavors and your taste buds go to heaven. It's a soup that doesn't need anything else, it is enough*

*with what it has.*

**Time: 45 minutes**

**Servings: 6**

**Ingredients:**

- 2 tablespoons olive oil
- 2 garlic cloves, chopped
- 1 shallot, chopped
- 4 heirloom tomatoes, peeled and chopped

- 1 2-inch lemon grass stalk, crushed
- 1 teaspoon grated ginger
- Salt and pepper to taste
- 3 cups vegetable stock
- 1 teaspoon hot sauce

## **Directions:**

- 1** Heat the oil in a soup pot and stir in the garlic and shallot.
- 2** Sauté for 2 minutes then add the tomatoes, lemon grass, ginger,

stock and hot sauce.

- 3 Season with salt and pepper and cook the soup on medium flame for 20-25 minutes.
- 4 Remove and discard the lemongrass stalk and puree the soup with an immersion blender.
- 5 Serve the soup warm or chilled.

### **Nutritional information per serving**

**Calories: 78**

**Fat: 5g**

**Protein: 1g**

**Carbohydrates: 5.5g**

# White Bean and Kale Soup

*The flavors of this soup are basic, but the final result is a thick, filling soup that can easily be customized to your*

*personal taste. Replace the kale with spinach or skip it altogether. It's simple to create a new recipe using this one as a base.*

**Time: 1 hour**

**Servings: 8**

**Ingredients:**

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped

- 1 can white beans, drained
- 4 cups water
- 2 cups vegetable stock
- 2 tomatoes, peeled and diced
- 1 bay leaf
- ½ teaspoon cumin powder
- ½ teaspoon sweet paprika
- ½ lemon, juiced
- ¼ pound kale, shredded

- Salt and pepper to taste

## **Directions:**

- 1** Heat the oil in a soup pot and stir in the onion and garlic. Sauté for 2 minutes.
- 2** Add the beans, water, stock and the remaining ingredients, except kale and lemon.
- 3** Season with salt and pepper and cook the soup for 20-30 minutes.
- 4** Add the kale and lemon juice and cook 10 additional minutes.
- 5** Serve the soup warm.

**Nutritional information per serving**

**Calories: 146**

**Fat: 3.9g**

**Protein: 6.9g**

**Carbohydrates: 19.9g**

# Cabbage Soup

*This recipe takes the basic cabbage and turns into a delicious, filling soup. The soup relies mostly on the taste of vegetables and it is light and healthy.*

**Time: 45 minutes**

**Servings: 8**

**Ingredients:**

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 red bell pepper, cored and sliced
- 1 green bell pepper, cored and sliced
- 1 head cabbage, shredded
- 3 cups water

- 2 tablespoons tomato paste
- Salt and pepper to taste
- ½ lemon, juiced
- 1 teaspoon dried thyme
- 1 tablespoon chopped cilantro

## **Directions:**

- 1** Heat the oil in a soup pot and stir in the onion. Sauté for 2-3 minutes then stir in the bell peppers and cabbage.

- 2 Cook for 5 minutes then add the water and tomato paste and season with salt and pepper.
- 3 Cook the soup on medium flame for 20-30 minutes.
- 4 When done, stir in the lemon juice, thyme and cilantro and remove from heat.
- 5 Serve the soup warm.

### Nutritional information per serving

**Calories: 71**

**Fat: 3.7g**

**Protein: 1.7g**

**Carbohydrates: 9.1g**

# Roasted Bell Pepper Creamy Soup

*What I love about this recipe is its creaminess and smoky flavor. It's all about grilled bell peppers in this soup*

*and it tastes amazing.*

**Time: 1 ¼ hours**

**Servings: 8**

**Ingredients:**

- 8 red bell peppers
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 2 tomatoes, peeled and diced

- 1 carrot, diced
- 1 parsnip, diced
- Salt and pepper to taste
- 2 cups water
- 2 cups vegetable stock
- ½ teaspoon dried thyme
- ½ teaspoon cumin powder

## **Directions:**

- 1** Heat a grill pan over medium flame

and place the bell peppers on the grill. Cook on all sides until browned.

- 2 Peel off the skin from every bell pepper and remove the core. Place aside.
- 3 Heat the oil in a soup pot and stir in the onion and garlic. Sauté for 2 minutes then add the bell peppers, tomatoes, carrot, parsnip, water and stock.
- 4 Season with salt and pepper then add the thyme and cumin powder and cook on medium flame for 30

minutes.

- 5 When done, puree the soup with an immersion blender and serve it warm.

### **Nutritional information per serving**

**Calories: 82**

**Fat: 2.3g**

**Protein: 2g**

**Carbohydrates: 14g**

# Cauliflower and Cashew Soup

*The cashew nuts make this soup rich and thick. In terms of seasoning, the recipe keeps it simple, but that's what*

*makes this soup so comforting and delicious – it's simple and delicate flavors.*

**Time: 40 minutes**

**Servings: 8**

**Ingredients:**

- 1 head cauliflower, cut into florets
- 1 tablespoon olive oil
- 1 shallot, chopped
- 1 carrot, diced

- 4 cups water
- ½ cup cashew nuts, chopped
- Salt and pepper to taste
- 1 tablespoon chopped rosemary

## **Directions:**

- 1** Heat the oil in a soup pot and stir in the shallot and carrot.
- 2** Sauté for 5 minutes then stir in the cauliflower, water and cashew nuts.
- 3** Cook over medium flame for 20 minutes.

- 4 Season with salt and pepper and puree the soup with an immersion blender.
- 5 Serve the soup warm, topped with rosemary.

### **Nutritional information per serving**

**Calories: 87**

**Fat: 5.8g**

**Protein: 2.1g**

**Carbohydrates: 5.6g**

# Fall Soup

*This soup combines what this season has to give us best: squash, bell peppers and tomatoes. The ingredients are pureed together to create a creamy and rich soup, perfect for a comforting*

***lunch or dinner.***

**Time: 45 minutes**

**Servings: 8**

**Ingredients:**

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 garlic clove, chopped
- 4 cups butternut squash cubes
- 1 pinch cinnamon powder

- 1 pinch ground cardamom
- ¼ teaspoon anise seeds
- 1 red bell pepper, cored and chopped
- 1 tomato, chopped
- 3 cups vegetable stock
- 1 cup water
- Salt and pepper to taste
- ¼ cup chopped walnuts to serve

## Directions:

- 1 Heat the oil in a soup pot and stir in the onion and garlic. Sauté for 2 minutes.
- 2 Stir in the squash, cinnamon, cardamom, anise seeds, bell pepper and tomato then add the stock and water.
- 3 Season with salt and pepper and cook over medium flame for 20-30 minutes.
- 4 Puree the soup with an immersion blender and serve it warm, topped

with walnuts.

**Nutritional information per serving**

**Calories: 59**

**Fat: 3.6g**

**Protein: 0.7g**

**Carbohydrates: 3.4g**

# Garlic and Beet Soup

*This soup has a vibrant purple color and it is a bomb of nutrients – vitamins and antioxidants, plus loads of fibers. It is a*

*healthy soup that will help you detox your body if that is your purpose.*

**Time: 45 minutes**

**Servings: 4**

**Ingredients:**

- 1 tablespoon olive oil
- 1 shallot, chopped
- 1 leek, sliced
- 4 garlic cloves, chopped

- 3 beets, cooked and chopped
- 2 cups vegetable stock
- 1 pinch salt
- 1 pinch cayenne pepper

## **Directions:**

- 1** Heat the oil in a soup pot and stir in the shallot, leek and garlic.
- 2** Sauté for 5 minutes then stir in the beets and stock.
- 3** Season with salt and cayenne pepper and cook the soup on

medium flame for 20-30 minutes.

- 4 Puree the soup with an immersion blender and serve it warm.

### **Nutritional information per serving**

**Calories: 86**

**Fat: 3.8g**

**Protein: 2g**

**Carbohydrates: 12.5g**

# Sweet Potato and Cauliflower Soup

*The sweet potato and cauliflower are both rather sweet so they need a flavor to balance them and that flavor is a*

*touch of lemon juice at the end. What you get is a delicious, refreshing soup, but nutritious at the same time.*

**Time: 50 minutes**

**Servings: 8**

**Ingredients:**

- 2 tablespoons olive oil
- 1 shallot, chopped
- 1 garlic clove, chopped
- 1 head cauliflower, cut into florets

- 3 sweet potatoes, peeled and cubed
- 4 cups water
- Salt and pepper to taste
- 1 lemon, juiced
- 2 tablespoons chopped cilantro

## **Directions:**

- 1** Heat the oil in a soup pot and stir in the shallot and garlic. Sauté for 2 minutes.
- 2** Stir in the cauliflower and sweet

potatoes then add the water, salt and pepper.

- 3 Cook on medium flame for 30 minutes.
- 4 When done, stir in the lemon juice and cilantro and serve the soup warm.

### **Nutritional information per serving**

**Calories: 106**

**Fat: 3.6g**

**Protein: 1.6g**

**Carbohydrates: 17.8g**



# Recipes: Salads

# Mexican Bean Salad

*Beans, corn and avocado are used to make this delicious salad. And since it's Mexican, it can't exist without a touch of spicy, can it?!*

**Time: 20 minutes**

**Servings: 6**

## Ingredients:

- 1 can black beans, drained
- 1 can sweet corn, drained
- 1 cucumber, sliced
- ½ cup chopped cilantro
- 1 tomato, cubed
- 1 ripe avocado, peeled and sliced
- 2 tablespoons olive oil

- 2 limes, juiced
- Salt and pepper to taste
- ½ teaspoon dried oregano

## **Directions:**

- 1** Combine the beans, corn, cucumber, cilantro, tomato and avocado in a bowl.
- 2** Add the olive oil, lime juice and oregano then season with salt and pepper to taste.
- 3** Mix gently and serve the salad fresh.

**Nutritional information per serving**

**Calories: 249**

**Fat: 11.8g**

**Protein: 8.8g**

**Carbohydrates: 30.4g**

# Light Waldorf Salad

*Waldorf salad is a classic and it is one of the most nutritious salads ever, combining green leafy vegetables with fruits and vegetables and a delicious dressing.*

**Time: 30 minutes**

**Servings: 4**

**Ingredients:**

- 1 head lettuce, shredded
- 2 red apples, sliced
- 1 celery stalk, sliced
- 2 tofu slices, grilled and cut into strips
- 2 tablespoons almond slices

- ¼ cup fat free buttermilk
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- Salt and pepper to taste

## **Directions:**

- 1** Combine the lettuce, apples, celery, tofu and almond slices in a salad bowl.
- 2** In a small glass jar, mix the

buttermilk, lemon juice, olive oil plus salt and pepper to taste.

- 3 Drizzle this dressing over the salad and mix gently.
- 4 Serve the salad as fresh as possible.

### **Nutritional information per serving**

**Calories: 188**

**Fat: 6.1g**

**Protein: 17.6g**

**Carbohydrates: 16.1g**

# Strawberry Spinach Salad

*This salad will surprise you in the best possible way. It's more than a salad, it is a bomb of nutrients and a mouthful of*

*refreshing and delicious flavors with each bite.*

**Time: 20 minutes**

**Servings: 4**

- **Ingredients:**
- 1 pound baby spinach, shredded
- 1 cup halved strawberries
- ½ cup strawberries, pureed
- ½ lemon, juiced

- 2 tablespoons olive oil
- 1 teaspoon honey
- 1 teaspoon balsamic vinegar
- Salt and pepper to taste

## **Directions:**

- 1** Place the spinach on a platter. Top with halved strawberries and set aside.
- 2** For the dressing, mix the strawberry puree with the lemon juice, honey, balsamic vinegar and

olive oil and season it with salt and pepper.

- 3 Drizzle the dressing over the salad and serve fresh.

### **Nutritional information per serving**

**Calories: 100**

**Fat: 7.5g**

**Protein: 3.4g**

**Carbohydrates: 7.6g**



# Balsamic Grilled Vegetable Salad

*Grilling the vegetables briefly enhances their natural flavor and sweetness, but preserves the nutrients. What you get is a smoky, delicious, filling salad that can become a meal on its own or can accompany a different main dish.*

**Time: 35 minutes**

**Servings: 6**

**Ingredients:**

- 1 zucchini, sliced
- 1 eggplant, peeled and sliced
- 2 tomatoes, sliced
- 1 red onion, sliced
- 1 carrot, finely cut lengthwise
- 2 yellow bell peppers, cored and

cut in quarters

- 4 garlic cloves, chopped
- 2 tablespoons olive oil
- ¼ cup balsamic vinegar
- Salt and pepper to taste

## **Directions:**

- 1 Heat a grill pan over high flame and place the vegetables on the grill, one by one.
- 2 Cook them until browned on each side then transfer them in a salad

bowl.

- 3 Mix the garlic, olive oil, vinegar and salt and pepper in a bowl.
- 4 Drizzle the dressing over the salad and let it cool down before serving.

### **Nutritional information per serving**

**Calories: 101**

**Fat: 5.1g**

**Protein: 2.2g**

**Carbohydrates: 13g**

# Grilled Tofu Salad

*This recipe is simple and uses common ingredients, but sometimes a simple recipe like this one is all we need to feel better. The twist of this recipe is adding beans and tomatoes as well to make it*

*more filling, but it's just as delicious.*

**Time: 25 minutes**

**Servings: 6**

**Ingredients:**

- 3 tofu fillets
- 1 tablespoon soy sauce
- 1 teaspoon rice vinegar
- 1 head lettuce, shredded
- 2 tomatoes, sliced

- 1 cup canned black beans, drained
- 1 red onion, sliced
- ¼ cup coarsely chopped cilantro
- ½ teaspoon garlic powder
- ¼ teaspoon cumin powder
- ½ teaspoon dried oregano
- ¼ teaspoon smoked paprika
- ½ lemon, juiced
- 2 tablespoons olive oil

- ¼ cup fat free buttermilk
- Salt to taste

## **Directions:**

- 1** To make the tofu, brush each slice with soy sauce and rice vinegar. Heat a grill pan over high flame and place the tofu on the hot grill. Cook on both sides until golden brown then cut into thin strips.
- 2** Combine the tofu, lettuce, tomatoes, black beans, red onion and cilantro in a salad bowl.

- 3 For the dressing, combine the buttermilk, olive oil, garlic powder, cumin powder, oregano, paprika and lemon juice in a glass jar. Cover with a lid and shake the jar well.
- 4 Season with salt to taste then drizzle the dressing over the salad.
- 5 Serve the salad fresh.

### Nutritional information per serving

**Calories: 180**

**Fat: 5.3g**

**Protein: 8.4g**

**Carbohydrates: 26.2g**

# Multi Veggie

# Chickpea Salad

*This salad is so filling that it could easily become a meal on its own. The chickpeas are the base of the recipes and*

*the only compulsory ingredient. The rest can be replaced or skipped to create a salad that best fits your taste.*

**Time: 20 minutes**

**Servings: 6**

**Ingredients:**

- 1 can chickpeas, drained
- 1 red bell pepper, cored and sliced
- 1 green bell pepper, cored and sliced

- 1 tomato, sliced
- 1 avocado, peeled and sliced
- 1 cup shredded cabbage
- ½ cup chopped cilantro
- Salt and pepper to taste
- ½ lemon, juiced
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil

## **Directions:**

- 1** In a bowl, mix the chickpeas, bell peppers, tomato, avocado, cabbage and cilantro in a salad bowl.
- 2** Add salt and pepper to taste then stir in the lemon juice, vinegar and olive oil.
- 3** Serve the salad fresh.

## **Nutritional information per serving**

**Calories: 228**

**Fat: 11g**

**Protein: 7.7g**

**Carbohydrates: 26.6g**

# **Spinach and Avocado Salad with Poppy Seed Dressing**

*The great thing about this recipe is the contrast between the creamy avocado and crunchy poppy seeds. It is this contrast that creates the flavor profile of the salad, the lemon juice only enhancing it.*

**Time: 20 minutes**

**Servings: 6**

**Ingredients:**

- 1 pound baby spinach
- 1 avocado, peeled and sliced

- 2 tablespoons sliced almonds
- ½ lemon, juiced
- 1 teaspoon lemon zest
- 1 tablespoon poppy seed
- 1 teaspoon honey
- 1 teaspoon apple cider vinegar
- 1 tablespoon olive oil
- Salt and pepper to taste

## **Directions:**

- 1** Combine the spinach, avocado and sliced almonds on a platter.
- 2** In a bowl, mix the lemon juice, lemon zest, poppy seeds, honey, vinegar, olive oil, salt and pepper in a glass jar. Cover with a lid and shake the jar well.
- 3** Drizzle the dressing over the salad and serve it as fresh as possible.

## **Nutritional information per serving**

**Calories: 129**

**Fat: 10.8g**

**Protein: 3.5g**

**Carbohydrates: 7.4g**

**Radish and**

**Cucumber Creamy**

**Salad**

*The dressing of this salad is creamy and rich, although low in fat. Combined with cucumbers and radishes it create a refreshing salad that works great as a side dish for a steak, although I would serve it even as a stand-alone meal during summer.*

**Time: 15 minutes**

**Servings: 4**

**Ingredients:**

- 2 cucumbers, sliced

- 15 radishes, sliced
- ¼ cup low fat yogurt
- 1 garlic, minced
- 1 tablespoon olive oil
- Salt and pepper to taste

## **Directions:**

- 1** Mix the yogurt, garlic, olive oil, salt and pepper in a bowl.
- 2** Add the cucumbers and radishes and mix gently.

**3** Serve the salad fresh.

**Nutritional information per serving**

**Calories: 67**

**Fat: 3.9g**

**Protein: 2g**

**Carbohydrates: 7.4g**



# Pear and Arugula Salad

*Although it sounds like a weird combination at first, this salad is delicious. It combines the pears with arugula and walnuts and the final result is rich and filling.*

**Time: 20 minutes**

**Servings: 4**

**Ingredients:**

- 1 pound arugula
- 2 pears, sliced
- ½ lemon, juiced
- 1 teaspoon honey
- 1 teaspoon apple cider vinegar
- 1 tablespoon Dijon mustard

- Salt and pepper to taste
- ¼ cup walnuts, chopped

## **Directions:**

- 1** Place the arugula on a platter. Arrange the pear slices over the arugula.
- 2** In a small glass jar, mix the lemon juice, honey, vinegar and mustard. Add salt and pepper to taste and cover the jar with a lid.
- 3** Shake well then drizzle the dressing over the salad.

- 4 Top with walnuts and serve immediately.

**Nutritional information per serving**

**Calories: 145**

**Fat: 5.7g**

**Protein: 5.4g**

**Carbohydrates: 22.8g**

# Tabbouleh Quinoa Salad

*Tabbouleh is a well-known salad that combines vegetables with herbs, but this recipe adds a twist to the classic – uses*

*quinoa instead of bulgur. They are both healthy grains, but quinoa has more fibers and nutrients overall and therefore it is the better choice.*

**Time: 35 minutes**

**Servings: 6**

**Ingredients:**

- 1 cup quinoa, rinsed
- 1 cup vegetable stock
- 1 cup water

- 1 red onion, sliced
- 2 tomatoes, diced
- 4 mint leaves, chopped
- 2 green onions, chopped
- 1 cup chopped Parsley
- ½ cup chopped cilantro
- 4 basil leaves, chopped
- 2 tablespoons olive oil
- 1 teaspoon cumin seeds

- 1 lemon, juiced
- Salt and pepper to taste

## **Directions:**

- 1** Combine the quinoa, stock and water in a saucepan and bring to a boil over medium flame.
- 2** Cook until most of the liquid has been absorbed.
- 3** Transfer the quinoa into a salad bowl and add the red onion, tomatoes, mint, green onions, parsley, cilantro and basil leaves.

- 4 Stir in the olive oil, cumin seeds and lemon juice then season with salt and pepper.
- 5 Serve the salad fresh.

### **Nutritional information per serving**

**Calories: 165**

**Fat: 6.6g**

**Protein: 5.1g**

**Carbohydrates: 22.4g**



# Recipes: Main Dishes

# Buttermilk

# Marinated Tofu

# Kebabs

*Turn on that grill and make these delicious kebabs. The buttermilk flavors*

*the tofu and makes it tender and melt-in-your-mouth. Feel free to add any seasoning you want to the buttermilk for even more aroma.*

**Time: 1 ½ hours**

**Servings: 6**

**Ingredients:**

- 3 slices tofu, cubed
- 1 cup fat free buttermilk
- 1 tablespoon olive oil

- 1 teaspoon Worcestershire sauce
- 1 tablespoon chopped rosemary
- ½ teaspoon smoked paprika
- Salt and pepper to taste

## **Directions:**

- 1** Combine the tofu, buttermilk, olive oil, Worcestershire sauce, rosemary and paprika in a bowl.
- 2** Add salt and pepper to taste and place the bowl in the fridge for 1 hour.

- 3 After one hour, remove the bowl from the fridge and place the tofu cubes on skewers.
- 4 Heat your electric grill to high and place the skewers on the grill.
- 5 Cook on all sides for 2-3 minutes or until browned.
- 6 Serve the kebabs warm.

### **Nutritional information per serving**

**Calories: 82**

**Fat: 5.1g**

**Protein: 5.2g**

**Carbohydrates: 1.7g**

# Asian Tofu Lettuce Wraps

*Tofu is a great meat replacer for vegetarians because it has a high amount of proteins. Plus, its texture and cooking style is similar to chicken or turkey so tofu eases the transition from*

*meat to vegetarian while offering you more nutrients than meat does.*

**Time: 25 minutes**

**Servings: 6**

**Ingredients:**

- 1 tablespoon olive oil
- 1 pound firm tofu, crumbled
- 2 garlic cloves, minced
- 1 shallot, chopped

- 1 tablespoon soy sauce
- 1 teaspoon hoisin sauce
- 1 tablespoon rice vinegar
- ½ teaspoon Sriracha sauce
- 2 green onions, chopped
- ¼ cup peanuts, chopped
- Salt and pepper to taste
- Lettuce leaves for serving

## Directions:

- 1 Heat the oil in a skillet and add the crumbled tofu.
- 2 Season with a pinch of salt and pepper and cook the tofu, stirring often, until most of the juices evaporate.
- 3 Add the garlic, shallot, soy sauce, hoisin sauce, vinegar and Sriracha and continue cooking 5-10 additional minutes.
- 4 When done, stir in the green onions and peanuts then spoon the mixture into lettuce leaves and serve.

**Nutritional information per serving**

**Calories: 116**

**Fat:8.5g**

**Protein:8.1g**

**Carbohydrates:3.6g**

# Ginger Glazed Tofu

*Tofu is as versatile as meat, but it has a higher nutritional profile. It also has a mild taste and can take a lot of seasoning. This recipe does just that – seasons tofu perfectly to create an Asian*

*flavored dish that can be served as lunch, dinner or even used to make sandwiches.*

**Time: 35 minutes**

**Servings: 4**

**Ingredients:**

- 4 firm tofu slices
- 2 tablespoons raw honey
- 2 tablespoons grated ginger
- 2 garlic cloves, minced

- 1 tablespoon Dijon mustard
- 1 tablespoon soy sauce

## **Directions:**

- 1** In a small bowl, mix the honey, ginger, garlic, mustard and soy sauce.
- 2** Brush tofu slices with this mixture and place them on a baking tray lined with parchment paper.
- 3** Bake in the preheated oven at 350F for 20-25 minutes until golden brown.

- 4 Serve the tofu warm with your favorite side dish.

-

**Nutritional information per serving**

**Calories:175**

**Fat:6.6g**

**Protein:13.5g**

**Carbohydrates:14.7g**

# Mediterranean Stuffed Eggplants

*Quick and easy to make, this dish is a summer masterpiece. It combines what summer has to offer best: tomatoes,*

*eggplants and fresh cheese in order to create a filling, juicy, delicious dish that tastes amazing warm, but even better chilled.*

**Time: 45 minutes**

**Servings: 4**

**Ingredients:**

- 2 eggplants
- 2 tablespoons olive oil
- 1 shallot

- 2 garlic cloves, chopped
- 2 roasted red bell peppers, chopped
- 1 tomato, diced
- ¼ cup chopped parsley
- 1 teaspoon dried basil
- Salt and pepper to taste
- 6 oz. low fat mozzarella cheese

## **Directions:**

- 1 Cut the eggplants in half lengthwise and scoop out the flesh, leaving the skins intact.
- 2 Chop the flesh into small pieces.
- 3 Heat the oil in a skillet and stir in the shallot and garlic. Sauté for 2 minutes then add the chopped eggplants.
- 4 Cook 5 additional minutes then remove from heat and stir in the bell peppers, tomato, parsley and basil.
- 5 Season with salt and pepper then spoon the mixture into the eggplant

skins.

- 6 Top with mozzarella cheese and place the eggplant halves in a baking tray lined with parchment paper.
- 7 Bake in the preheated oven at 350F for 20-30 minutes.
- 8 Serve the eggplants warm or chilled.

### **Nutritional information per serving**

**Calories: 192**

**Fat: 11.1g**

**Protein: 7.5g**

**Carbohydrates: 19.4g**



# Herbed Quinoa Cakes

*These patties are moist and delicious and can be served simple, with a garlic sauce or used in sandwiches for a takeaway lunch.*

**Time: 50 minutes**

## Servings: 14

### Ingredients:

- 2 cups cooked quinoa
- 4 eggs, beaten
- 1 shallot, chopped
- 2 garlic cloves, chopped
- 1 cup whole wheat breadcrumbs
- Salt and pepper to taste
- 1 carrot, grated

- 2 tablespoons oil for frying

## **Directions:**

- 1** Combine the quinoa, eggs, shallot, garlic, breadcrumbs and carrot in a bowl.
- 2** Season with salt and pepper then mix well.
- 3** Heat the oil in a large skillet then form small patties and place them in the hot pan.
- 4** Fry on both sides until golden brown.
- 5** Serve the patties warm.

**Nutritional information per serving**

**Calories: 142**

**Fat: 4.7g**

**Protein: 5.8g**

**Carbohydrates: 19.5g**

# Meatless Chili

*Chili is usually made with beef or pork, but this recipe skips the meat and creates a filling, flavorful dish without any kind of animal protein. It's a sweet, spicy, flavorful dish, great for the entire family.*

**Time: 1 hour**

**Servings: 8**

## **Ingredients:**

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 2 red bell peppers, cored and diced
- 1 carrot, diced
- 1 can black beans, drained
- 1 can cannellini beans, drained

- 1 can diced tomatoes
- 1 cup vegetable stock
- 1 teaspoon cumin powder
- ½ teaspoon dried oregano
- ¼ teaspoon smoked paprika
- 2 bay leaves
- Salt and pepper to taste
- Chopped cilantro for serving

## Directions:

- 1 Heat the oil in a large heavy pot and stir in the onion and garlic. Sauté for 2 minutes.
- 2 Stir in the bell peppers and carrot and sauté 2 additional minutes.
- 3 Stir in the beans, tomatoes, stock, cumin, oregano, paprika and bay leaves then add salt and pepper to taste.
- 4 Cook the chili on low heat for 40 minutes.
- 5 Serve the chili warm, topped with chopped cilantro.

**Nutritional information per serving**

**Calories: 213**

**Fat:4.3g**

**Protein:11.4g**

**Carbohydrates:33.7g**

# Lemon Crusted Tofu

*The lemon crust is crisp and fragrant, just what this mild tofu needs to get a nice kick. Serve the dish simple or with a salad on one side and your taste buds will be grateful for such a refreshing*

*taste.*

**Time: 35 minutes**

**Servings: 4**

**Ingredients:**

- 4 tofu slices
- 1 lemon, juiced
- ½ cup breadcrumbs
- 2 tablespoons chopped parsley
- 1 teaspoon lemon zest

- Salt and pepper to taste
- 1 tomato, diced

## **Directions:**

- 1** In a bowl, combine the lemon juice, breadcrumbs, parsley, lemon zest and tomato.
- 2** Place the tofu in a baking tray lined with parchment paper.
- 3** Top each tofu slice with the breadcrumb mixture and bake in the preheated oven at 350F for 20 minutes.

- 4 Serve the tofu warm with your favorite side dish, although I recommend a simple salad.

### **Nutritional information per serving**

**Calories: 188**

**Fat: 7.1g**

**Protein: 14.9g**

**Carbohydrates: 15.1g**

# Zucchini Oven Fries

*Once you taste this recipe you will get hooked! These fries taste amazing warm, but they are even better chilled. It is a simple summer, but like all recipes of this kind, it truly shines!*

**Time: 40 minutes**

## Servings: 6

### Ingredients:

#### Zucchini fries:

- 2 zucchinis, sliced
- 1 cup fat free buttermilk
- 1 tablespoon chopped dill
- Salt and pepper to taste
- 1 cup whole wheat breadcrumbs
- 2 tablespoons grated Parmesan

#### Garlic sauce:

- ½ cup low fat yogurt
- 4 garlic cloves, minced
- 1 cucumber, grated
- 1 pinch salt

## **Directions:**

- 1** To make the zucchini fries, in a bowl, combine the buttermilk, dill, salt and pepper then add the zucchini slices.
- 2** Toss around to evenly coat them in the buttermilk mixture.

- 3 Mix the breadcrumbs with the Parmesan. Take each zucchini slice and roll it through breadcrumbs then place them all on a baking tray lined with parchment paper.
- 4 Bake in the preheated oven at 400F for 10 minutes.
- 5 For the sauce, mix all the ingredients in a bowl.
- 6 Serve the fries dipped into the garlic sauce.

### **Nutritional information per serving**

**Calories: 129**

**Fat: 2.8g**

**Protein: 9g**

**Carbohydrates: 18.2g**

# Greek Vegetarian Burgers

*Burgers don't have to be fatty and greasy like the ones you buy in a fast food in order to be tasty. This recipe*

*uses lentils and beans to create a moist, flavorful and filling vegetarian burger that has Greek flavors – basil, oregano and feta cheese for its saltiness.*

**Time: 45 minutes**

**Servings: 8**

**Ingredients:**

- 2 cups cooked lentils
- 1 cup canned beans, drained
- 1 tablespoon olive oil

- 1 onion, finely chopped
- 1 carrot, grated
- ½ cup whole wheat breadcrumbs
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- ½ teaspoon garlic powder
- 2 eggs
- Salt and pepper to taste

- 1 cup feta cheese, crumbled
- Whole wheat burger buns
- Your favorite toppings

## **Directions:**

- 1** Place the beans in a food processor and pulse until smooth.
- 2** Transfer the beans in a bowl and stir in the rest of the ingredients.
- 3** Adjust the taste with salt and pepper then wet your hands and form small burgers.
- 4** Place them on a baking tray lined

with parchment paper and bake in the preheated oven at 400F for 10-15 minutes just until they begin to turn golden brown.

- 5 Serve the burgers warm with your favorite toppings.

### **Nutritional information per serving**

**Calories: 282**

**Fat: 7.5g**

**Protein: 17.6g**

**Carbohydrates: 36.5g**



# Quinoa Stuffed Bell Peppers

*When it comes to versatile recipes, nothing beats this one. I've made these stuffed peppers with whole wheat, with quinoa, with bulgur and the list can go. And they turned out amazing every single time!*

**Time: 1 ¼ hours**

**Servings: 6**

**Ingredients:**

- 6 red bell peppers
- 1 cup quinoa
- 2 cups vegetable stock
- 1 carrot, grated
- 1 shallot, chopped
- 1 tomato, diced

- 2 tablespoons chopped parsley
- Salt and pepper to taste
- ½ cup low fat mozzarella,  
shredded

## **Directions:**

- 1** Cut the top of each bell pepper and remove the core.
- 2** Place the peppers in a baking tray and place aside.
- 3** Combine the quinoa and stock in a saucepan and cook over low heat until all the liquid has been

absorbed.

- 4 Remove from heat and stir in the carrot, shallot, tomato and parsley.
- 5 Season with salt and pepper then spoon the mixture into each bell pepper.
- 6 Top with mozzarella and place the tray in the preheated oven at 330F for 40-50 minutes or until the peppers are tender.
- 7 Serve the peppers warm.

### **Nutritional information per serving**

**Calories: 170**

**Fat: 3.7g**

**Protein: 8g**

**Carbohydrates: 26.4g**



# Recipes: Desserts

# Two-Ingredient Oatmeal Cookies

*You will be surprised to discover some amazing cookies, despite their short ingredient list. Only bananas and rolled oats are used, but the final result is*

*nutritious, healthy and delicious. The recipe itself can be customized by adding chocolate chips or some dried fruits.*

**Time: 35 minutes**

**Servings: 2 dozen**

### **Ingredients:**

- 2 ripe bananas, mashed
- 2 cups rolled oats

### **Directions:**

- 1** Mix the bananas and rolled oats in

a bowl.

- 2 Drop spoonfuls of this mixture on a baking tray lined with parchment paper and bake in the preheated oven at 350F for 15-20 minutes.
- 3 Let them cool in the pan before serving.

### **Nutritional information per serving**

**Calories: 42**

**Fat: 0.5g**

**Protein: 1.2g**

**Carbohydrates: 8.2g**

# Clean Chocolate Soufflé

*Yes, you read that right! Chocolate soufflé can be part of your diet if you prepare it following this recipe. It yields*

*a delicious, airy soufflé with an intense taste. Just top it with some fresh fruits and your dessert is done!*

**Time: 40 minutes**

**Servings: 4**

**Ingredients:**

- ¼ cup natural cocoa powder
- 2 tablespoons whole wheat flour
- ½ cup low fat milk
- ½ cup honey

- 4 egg whites
- 1 teaspoon lemon juice

## **Directions:**

- 1** In a bowl, mix the egg whites with the lemon juice until fluffy then add the honey and keep mixing until glossy and stiff.
- 2** Fold in the cocoa powder, flour and milk then pour the mixture into 4 individual ramekins.
- 3** Bake in the preheated oven at 350F for 15-20 minutes until well

risen.

**4** Serve the soufflés warm.

**Nutritional information per serving**

**Calories: 172**

**Fat: 0.4g**

**Protein: 5.2g**

**Carbohydrates: 39g**



# Grilled Peaches

*Grilling these peaches turns them into an amazing dessert! The peaches are delicate and juicy and combined with the smoky flavor of the grill they taste even better. Serve them drizzles with honey and topped with almond slices for more flavor and a texture contrast.*

**Time: 25 minutes**

**Servings: 2**

**Ingredients:**

- 4 peaches, halved
- ½ teaspoon cinnamon powder
- 2 tablespoons raw honey
- 2 tablespoons almond slices

**Directions:**

- 1 Sprinkle the peaches with cinnamon powder.
- 2 Heat your grill pan over medium

flame and place the peaches on the grill.

- 3 Cook the peaches on both sides until browned then transfer them on a serving platter and drizzle with honey.
- 4 Top with almond slices and serve immediately.

### **Nutritional information per serving**

**Calories: 320**

**Fat: 15.5g**

**Protein: 7.8g**

**Carbohydrates: 42g**

# Fruit Kebabs

*These colorful and fresh fruit kebabs are a summer delicacy! You can use any fruit you want, but choose different colors to create a contrast.*

**Time: 35 minutes**

**Servings: 6**

**Ingredients:**

- 1 cup red grapes
- 1 cantaloupe, cubed
- 2 cups fresh strawberries
- Mint leaves as needed
- ½ lemon, juiced

**Directions:**

- 1 Place the red grapes, cantaloupe and strawberries on wooden skewers.
- 2 Garnish each kebab with mint leaves then drizzle them with lemon juice.
- 3 Serve the kebabs fresh.

### **Nutritional information per serving**

**Calories: 32**

**Fat: 0.2g**

**Protein: 0.6g**

**Carbohydrates: 7.8g**

# Chocolate Covered Strawberries

*Although a classic, this recipe never stops to impress with its amazing taste! Plus, it looks amazing and it matches*

*any type of meal because it is a well-balanced combination between a rich chocolate and a refreshing fruit.*

**Time: 25 minutes**

**Servings: 4**

**Ingredients:**

- 1 pound fresh strawberries
- 1 cup dark chocolate chips

**Directions:**

- 1** Melt the chocolate over a hot water

bath.

- 2 Dip each strawberry into the melted chocolate and place them on a baking tray lined with parchment paper.
- 3 Refrigerate 10 minutes to allow the chocolate to set.
- 4 Serve immediately.

### **Nutritional information per serving**

**Calories: 176**

**Fat: 8.3g**

**Protein: 2.8g**

**Carbohydrates: 28.7g**

# Chocolate Popsicles

*All you want during summer is something to cool you off and these popsicles are just the right thing! They are rich and delicious, but skinny and as healthy as a dessert can get.*

**Time: 4 hours**

**Servings: 6**

**Ingredients:**

- 6 tablespoons natural cocoa powder
- 1 avocado
- 1 ½ cups low fat coconut milk
- ½ cup honey
- 1 teaspoon lemon juice

- 1 teaspoon vanilla extract

## **Directions:**

- 1** Combine all the ingredients in a blender and pulse until smooth.
- 2** Pour the mixture into 6 popsicle molds and freeze them at least 3 hours.
- 3** To remove them from their molds, sink them in hot water for a few seconds.
- 4** Serve immediately.

## **Nutritional information per serving**

**Calories: 209**

**Fat: 10g**

**Protein: 1.7g**

**Carbohydrates: 32.3g**

# **Skinny Homemade Nutella**

*We all love Nutella, don't we?! But the store bought one is not as healthy as we'd like so here is a version that is*

*homemade and has less calories and more nutrients without losing the well-known Nutella taste.*

**Time: 20 minutes**

**Servings: 6**

**Ingredients:**

- 1 cup hazelnuts
- $\frac{3}{4}$  cup dark chocolate chips
- $\frac{3}{4}$  cup light coconut milk
- 3 tablespoons raw honey

- 1 pinch salt

## **Directions:**

- 1** Combine the hazelnuts, chocolate chips, honey and salt in a blender.
- 2** Pulse until ground then gradually stir in the coconut milk, mixing well for a few minutes until smooth.
- 3** Spoon the Nutella into a glass jar and store it in the fridge for 3-4 days.
- 4** Serve it simple or with fruit and even light crackers.

**Nutritional information per serving**

**Calories: 249**

**Fat: 18.7g**

**Protein: 3.6g**

**Carbohydrates: 22.4g**





# Dried Fruit Granola

*Granola is amazing because it can be served as breakfast, but it also makes an excellent quick dessert if you pair it with yogurt or milk. This recipe uses dried fruits and rolled oats, but it has less fats and sweeteners so it is healthier.*

**Time: 45 minutes**

**Servings: 20**

**Ingredients:**

- 4 cups rolled oats
- 1 cup almond slices
- 1 cup coconut flakes
- ½ cup dried raisins
- ¼ cup dried cranberries
- ¼ cup dried pineapple cubes

- 1 pinch cinnamon powder
- ¼ cup raw honey
- ¼ cup coconut oil

## **Directions:**

- 1** In a bowl, combine the oats, coconut flakes, almond slices, raisins, cranberries, pineapple and cinnamon and mix well.
- 2** In a saucepan, mix the honey and coconut oil and melt them together.
- 3** Drizzle this mixture over the oats and mix well then spread the

mixture on a baking tray lined with parchment paper.

- 4 Bake in the preheated oven at 350F for 30-35 minutes.
- 5 When done, remove from the oven and store in an airtight container or jar for up to 2 weeks.

### **Nutritional information per serving**

**Calories: 174**

**Fat: 7.7g**

**Protein: 3.5g**

**Carbohydrates: 19.3g**

# Banana Strawberry Smoothie

*With such an amazing taste, this smoothie qualifies as dessert! It's thick and rich, fragrant and delicious, but*

*also healthy and nutritious. If you ask me, this is the perfect dessert for a healthy lifestyle.*

**Time: 10 minutes**

**Servings: 4**

**Ingredients:**

- 2 ripe bananas
- ½ cup fresh or frozen strawberries
- 2 tablespoons wheat germ
- 1 cup almond milk

- ½ cup low fat yogurt
- 1 tablespoon raw honey

## **Directions:**

- 1** Combine all the ingredients in a blender and pulse until smooth.
- 2** Pour the mixture into serving glasses and serve it as fresh as possible as it tends to change color in time and lose nutrients.

## **Nutritional information per serving**

**Calories: 232**

**Fat: 14.7g**

**Protein: 3g**

**Carbohydrates: 26.1g**

# Caramelized Pineapple

*Pineapple is one of the healthiest tropical fruits you can easily find at the supermarket. It has plenty of*

*antioxidants and vitamins to help your immune system toughen up and it tastes amazing. But this recipe combines it with honey and grills it until caramelized. What a delicacy!*

**Time: 20 minutes**

**Servings: 4**

### **Ingredients:**

- 4 pineapple slices
- 4 tablespoons raw honey
- 4 mint leaves, chopped

- 2 tablespoons lemon juice
- Frozen yogurt for serving

## **Directions:**

- 1** Mix the honey, mint and lemon juice in a bowl.
- 2** Brush the pineapple slices with this mixture.
- 3** Heat a grill pan over high flame and place the pineapple on the grill.
- 4** Cook on both sides until browned then transfer on serving plates and top with a scoop of frozen yogurt.

**5** Serve immediately.

-  
**Nutritional information per serving**

**Calories: 189**

**Fat: 0.3g**

**Protein: 1.4g**

**Carbohydrates: 40g**



# Conclusion

Clean eating is a challenge given the amount of processed foods you can find on the market, but there are still gems to be found out there and you can still do it yourself. It sounds harder than it actually is, and once you get started and taste real, clean food and get to testify to its benefits later on, there's nothing stopping you. Clean eating improves your health, it boosts your immune system, it helps you think better, it makes your skin look

better, it makes your hair shine, and your tummy feel much better as well. And this is all from a few simple lifestyle changes! Not in a month or two, but now! Now is the time for that change, now is the time to feel better; do this for yourself and be grateful for it!



# From the author

Thank you for purchasing this book, the 4th of my *Special Diet Cookbooks & Vegetarian Recipes Collection*.

I really enjoyed writing it, and I've already had some great feedback from readers who enjoyed the recipes and tips. I hope you too enjoyed it.

I appreciate that you chose to buy and read my book over some of the others out there. Thank you for putting your

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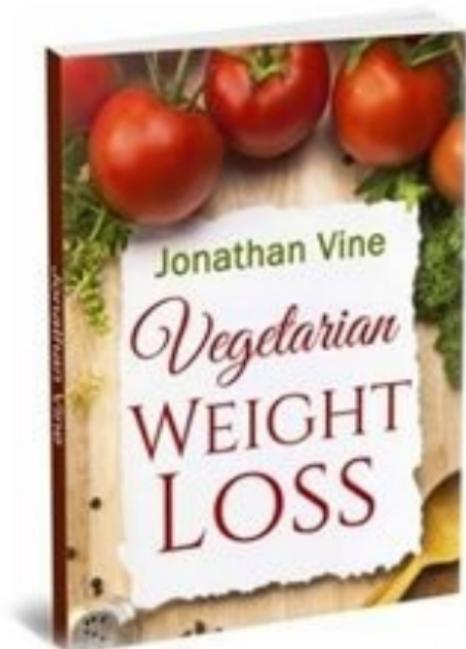
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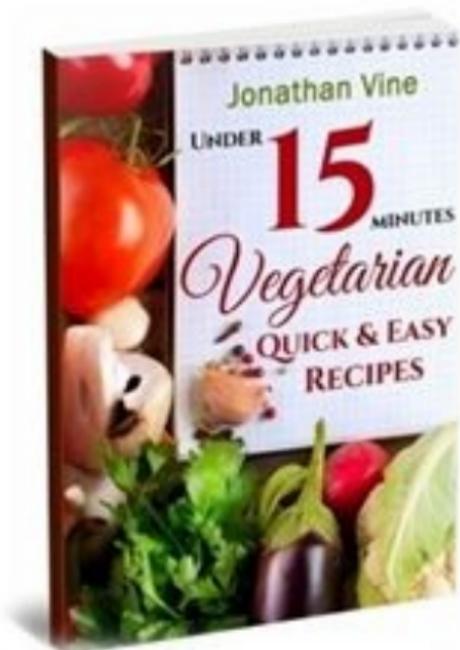
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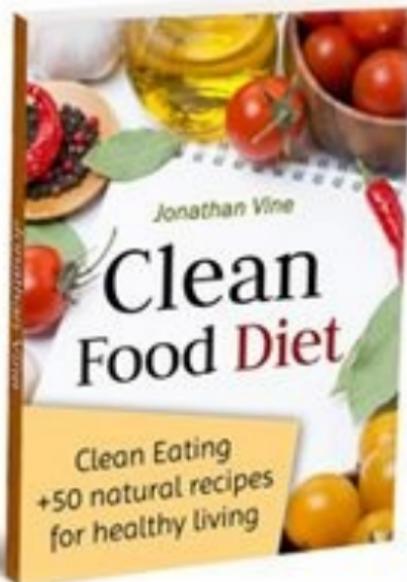
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