

## Quick Cuisine: Healthy Eating in the Fast Lane

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### Breakfast Bonanza

Reach & maintain a healthy weight. Powers your brain. Energizes you. Provides stress-resiliency.

**Oat Barley Kamut Cereal**  
**Easy Overnight Steel Cut Oats**  
**Breakfast Beans**  
**Chia Breakfast Parfait**

### Quick Cuisine

**“Cheesy” Fondue**  
**Roasted Vegetables**  
**Herb Mix**  
**Baked Tofu**

**Miso Soup**  
**Black Bean Soup**

**Stir Fry Vegetables**  
**Lemon Olive Oil Salad Dressing**

**Black Bean Dip**  
**Bean Spread**  
**Sun-dried Tomato Bean Spread**

### Oat Barley Kamut Cereal - Slow Cooker Cereal

3 cups whole grain cereal

Our favorite combination is oat groats, whole barley, and whole kamut – 1 cup of each.

8 - 8 1/2 cups water (2 1/2 - 3 cups water for each cup of grains)

Place in slow cooker at night.

Use a timer to start the slow cooker at 3:00 a.m. in the morning so your cereal is just right when you want to eat at 7:00 a.m.

After cooking, add fresh fruit (berries, grapes, fresh apple), nuts, and soymilk.

*Tastes great warmed up each morning over the next few days!*

### Easy Overnight Steel Cut Oats

3 cups water

1 cup steel cut oats

Bring water to boil. Add oats. Let boil one minute. Turn off burner. Cover. Let sit overnight.

In morning. Heat and stir. May add plant milk. Serve with fruit and nuts.

**Beans for Breakfast:** rinse & drain black beans or garbanzo beans

### Breakfast Beans

1 tsp oil

1 cup onions, diced

2 cans great northern or navy beans, drained

2 tsp onion powder

1/2 tsp garlic powder

Creamy: 1 cup plant milk or 1 cup coconut milk

Blend: 1/2 c cashews + 1 c water

Sauté onion. Add beans and seasonings. Add milk or blended cashews. Slightly mash beans.

May serve over toast.

## Chia Breakfast Parfait

1 cup plant milk (soy, coconut, almond, rice)  
2 Tbsp chia seeds  
2 Tbsp rolled oats  
1/2 tsp vanilla  
Dash cinnamon (optional)

Mix together. May add mashed banana.

Refrigerator overnight.

Layer with raspberries, strawberries, and blueberries.

Top with toasted almonds or walnuts.

## Oven Baked Tofu

1 lb tofu – cut in ½ inch slices

Mix 2 Tbsp chicken seasoning with ½ cup nutritional yeast.

Roll tofu in mixture.

Drizzle baking sheet with olive oil (2 tsp). Drizzle olive oil on top of tofu.

Bake until firm and brown, about 1 hour at 350°.

## Oven Baked Vegetables:

- Place vegetables in greased oven pan.
- A great combination is potatoes, carrots, celery, onions, and garlic.
- Drizzle vegetables with a little olive oil. Add salt or spices if desired. Cover.
- Bake about 1 hour at 350°.

## Orange Vegetables:

- Bake together or just choose one: sweet potatoes, carrots, and butternut squash.
- Cut into 2" cubes, drizzle with a little olive oil, bake uncovered at 375 for about 1 hour.

## Oven Roasted Vegetables:

### Summer Vegetables:

- Yellow squash, zucchini, onions, garlic, green beans, mushrooms
- Prepare pan. Cut vegetables in chunks. Drizzle with small amount of olive oil. Season as desired (Mrs. Dash, herbs, basil, salt).
- Bake at 450° for about 15 minutes.

### Root or Winter Vegetables:

- Potatoes, butternut squash, parsnips, carrots, onions.  
Cut vegetables into 1" thick cubes. Drizzle with small amount of olive oil.  
Baked carrots: Season with salt and tarragon
- May season with salt or herbs. Place in 450° oven for 1 – 1 ½ hours uncovered.

## Herb Mix:

½ cup nutritional yeast  
1 Tbsp each: basil, oregano, rosemary, Italian seasoning  
2 tsp each: salt, onion powder  
½ tsp garlic, red pepper flakes or cayenne pepper (optional)

Use on roasted vegetables or with bread dip.

Bread Dip: Mix 1 tsp of mix with 2 Tbsp olive oil. Dip bread.

## “Cheesy” Fondue

Mix in blender:

1 cup water  
¾ cup cashews, raw, washed  
3 Tbsp tahini  
½ to 1 tsp salt  
4 Tbsp nutritional yeast flakes  
2 tsp onion powder  
½ tsp garlic powder  
¼ tsp dill weed  
½ cup pimiento or red pepper  
4 Tbsp lemon juice

Pour into sauce pan and thicken over medium heat, stirring constantly.

½ cup tofu sour cream or cream cheese and

1 cup salsa

water to desired consistency.

Freezes well. Use for haystacks, pizza, vegetable dip, lasagna, stuffed shells.

## Stir “Fry” Vegetables

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Prepare in wok, a non-stick skillet or pan.

Cut vegetables into bite-size pieces.

Add: Onion, sliced or cubed  
Carrot, cubed, diagonal cut or julienne cut

Cook: 1-2 minutes – add small amount of water to keep from scorching

Add: Broccoli, small pieces

Cook: 1-2 minutes

Add: Summer squash (yellow and/or zucchini), cut on diagonal or julienne

Season with: Mrs. Dash  
Herb mixtures (Spike, Veg It)  
and/or lite soy sauce or Braggs Liquid Aminos

Cook until tender but still crisp.

Sauce: Mix 2 Tbsp water with 2 Tbsp soy sauce or Braggs Liquid Aminos

Add 2 Tbsp cornstarch or arrowroot

Mix and stir into cooked vegetables. Cook until sauce is thickened.

## Great Lemon Olive Oil Salad Dressing

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Use twice as much lemon juice as olive oil. Add seasonings.

1 serving: 1 Tbsp olive oil  
2 Tbsp lemon juice  
1 tsp garlic powder or 2 cloves garlic, minced  
1 tsp Braggs Liquid Aminos or lite soy sauce  
2 tsp Nutritional yeast  
1 tsp Tahini

## Miso Soup

Bring to a boil: 4 cups water + 1 Tbsp soy sauce (Braggs Liquid Aminos)  
(Optional: ½ c small size pasta – cook 5 minutes, then add vegetables)  
Add: Your choice of vegetables  
Diced onion  
Diced carrot  
Diced cabbage  
Broccoli, cauliflower or other vegetables as desired  
Add: 1 cup diced tofu – produce tofu or silken tofu  
Simmer about 5 minutes – until vegetables (and pasta) are done.  
Take off burner.  
Add: 2-4 Tbsp miso. Mix well.  
Let sit for 2-3 minutes. Serve.  
May add more soy sauce as desired.  
Optional: sprinkle 1 tsp nutritional yeast flakes or add nori seaweed.

## Easy Black Bean Chili

2 14-ounce cans black beans  
2 cups salsa  
8 ounces frozen corn  
½ lime, juiced (optional)  
¼ cup fresh cilantro, chopped (optional)  
Mix all ingredients in a pot. Add water if you want it soupier. Heat over medium heat for 20 minutes, stirring occasionally.

**Black Bean Dip** Use Black Bean Chili except drain and rinse the black beans. Do not add water.

## Bean Spread (add your favorite Egg Salad ingredients)

Beans – canned & drained garbanzo, red, or navy beans  
Tofu mayonnaise  
Chopped celery  
Chopped green onions or red onion  
Chopped pickles or olives  
Dill weed  
Dash salt & paprika

## Bean Spread with Sun-dried Tomatoes

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6 sun-dried tomatoes  
1 cup boiling water  
1 15-ounce can great northern beans, drained and rinsed (liquid reserved)  
1/2 tsp garlic powder or 2 garlic cloves  
1/2 tsp salt, or to taste  
1 tsp finely chopped fresh rosemary, finely chopped  
1/2 tsp dried sage  
1 tsp lemon juice, or to taste  
Pour boiling water over sun-dried tomatoes in a small bowl and soak until softened, about 10 minutes. Drain, slice finely, and set aside. Lightly mash beans. Add garlic, salt, rosemary, sage, and lemon juice. Add reserved bean liquid for a creamier texture. Stir in sun-dried tomatoes. Taste and add more salt or lemon juice if needed.  
Stored in a covered container in the refrigerator, leftover spread will keep for up to three days.