

Food for Life Dinner Recipes

Here are the recipes for the entrees and muffins prepared for the Food for Life dinner

Raise the Barn Butternut Squash-Vegetable Lasagna - From *My Beef with Meat*, by Rip Esselstyn

1 butternut squash (about 3 pounds) halved, seeds and fiber removed
1 large onion, chopped
2 garlic cloves, minced
1 zucchini, cut into cubes
1 yellow squash, cut into cubes
8 oz package of mushrooms, sliced
1 red bell pepper, seeded and diced
2 bok choy stalks, chopped
16 oz package of frozen spinach
1 tsp dried oregano
1 tsp dried thyme
1 tsp dried basil or 2 tbsp chopped fresh basil
15 oz firm tofu
½ cup walnuts
2 - 8 oz boxes whole wheat (or gluten-free) lasagna noodles
3 – 25 oz jars of marinara sauce (with no added oil) or Fast and Fresh Marinara Sauce (see below)
1-2 tomatoes, thinly sliced (optional)
¼ - ½ cup nutritional yeast (optional)
½ cup cashews, ground or finely chopped (optional)
Garnish with greens of choice (optional)

Preheat the oven to 375. Bake the butternut squash for about 40 minutes until soft, then peel the skin off and puree the pulp; you should have about 3-4 cups. Set aside.

In a large sauté pan, cook the onion and garlic, then add the zucchini, yellow squash, mushrooms, bell pepper, bok choy, spinach and spices and cook until soft. Set aside.

In a food processor, combine the tofu and walnuts and process until crumbly – this will create a ricotta-like layer. Set aside.

In the base of a 10x14 lasagna pan, spread a layer of butternut squash (you may not use all of the puree you prepped). Place a layer of uncooked noodles on top of the squash. Pour a layer of the sauce on top of the noodles. Lay a thick layer of all of the cooked veggies on top of the red sauce. Place another layer of noodles on top of the veggies. Pour a layer of the sauce on top of the noodles. Spread the tofu-walnut mixture on top of the sauce. Place another layer of noodles on top of the tofu mixture. Pour a layer of the sauce on top of the noodles. Finally, place the thin tomato slices and a sprinkled layer of nutritional yeast or cashews, if using, on top of the last layer of sauce.

Cover the lasagna with a sheet of foil and bake for 50 minutes. Remove the foil during the last 10 minutes of the baking time. This lasagna is best if cooled for a bit before cutting and serving. Garnish with greens for an extra WOW factor.

Fast and Fresh Marinara Sauce - From *My Beef with Meat*, by Rip Esselstyn

- 1 – 28 oz can crushed tomatoes, no salt added
- 1 – 28 oz can petite diced tomatoes, no salt added
- 1 tbsp dried basil
- 1 tbsp dried oregano
- 1 ½ tsp dried thyme
- 1 tsp onion powder
- 1 tsp garlic salt or garlic powder (optional)
- ¼ tsp crushed red pepper flakes
- 1-2 tbsp maple syrup

Combine all of the ingredients in a shallow saucepan over medium-high heat. Simmer the ingredients together for 3-4 minutes. Decrease the heat to low and simmer for 5-10 minutes more until the ingredients are warm throughout. Server warm.

Tip: Add sliced and cooked mushrooms, zucchini, yellow squash, chopped bell peppers, or any other veggies you love.

Bad 2 the Bone Chili – from *My Beef with Meat* by Rip Esselstyn

12 oz can lentils, drained and rinsed, or 1 cup dry lentils cooked
1 large onion, julienned
2 red bell peppers, cut into long strips
4 celery stalks, chopped
2 medium yellow squash, cut into large cubes
2 medium zucchini, cut into large cubes
8 oz mushrooms, sliced
1 cup julienned carrots
28 oz can whole, peeled tomatoes, with their juice or 10 small Early Girl tomatoes cut up
3 tbsp chili powder
1 tsp ground cumin
1 each 15 oz cans of kidney beans, pinto beans and small white beans
2-3 tbsp barbecue sauce
1-2 tbsp maple syrup
2-3 tbsp salsa

If using dry lentils, cook them using 2 ½ cups water to 1 cup lentils. Bring to a boil and simmer until the lentils are soft, about 20 minutes. Drain and set aside

In a pot over medium-high heat, simmer together the onion, peppers, celery, squash, zucchini, mushrooms and carrots.

Once all the veggies are soft, decrease heat to low. Add the whole, peeled tomatoes and juice. Cut the whole tomatoes into pieces, using the edge of a spoon, a knife or kitchen scissors. Add spices. Increase the heat to medium, add the drained lentils, beans, barbecue sauce, syrup and salsa, and cook together for a few minutes.

Simmer on low for 30 minutes. Add additional spice or other ingredients to your taste.

Whole-Grain Corn Muffins – from *Forks Over Knives – The Cookbook*

1 ½ tbsp ground flaxseeds
1 cup unsweetened plain almond milk
½ cup unsweetened applesauce
½ cup maple syrup
1 cup cornmeal
1 cup oat flour
1 tsp baking soda
1 tsp baking powder
½ tsp salt
1 cup corn kernels (from about 2 ears if using fresh)

Preheat the oven to 375 F. Line a 12-cup muffin pan with paper muffin liners or have ready a 12-cup silicone muffin pan.

In a small bowl, combine the flaxseeds with the almond milk and set aside, to allow it to gel, for 5 minutes

In a large mixing bowl, stir the applesauce and maple syrup together. Add the flaxseed-almond milk mixture. Sift in the cornmeal, oat flour, baking soda, baking powder and salt. Stir until well combined, but avoid overmixing. Fold in the corn kernels.

Spoon out equal portions of batter into the muffin cups. Bake for 20 minutes, or until a toothpick inserted into the center comes out clean.