

Southwestern Rice and Bean Bowls

Serves 2

Ingredients:

- 2 C cooked brown rice
- 1 TB olive oil
- ¼ small yellow onion, diced
- 2 garlic cloves, diced
- ½ jalapeno, diced (optional)
- 1 zucchini, quartered lengthwise and sliced
- 1 tsp dried oregano
- 1 tsp cumin
- Dash of cayenne pepper (optional)
- 1 (14-oz) can pinto beans, rinsed and drained
- 1-2 tsp raw apple cider vinegar or rice wine vinegar
- Optional: toppings: salsa, chopped cilantro, diced avocado, hot sauce, chopped green onion, or sliced radishes

Directions:

1. Re-heat brown rice in a small saucepan set on medium-low with 1-2 TB water.
2. Heat a large skillet over medium heat and add onion, garlic, jalapeno and zucchini. Cook until veggies are starting to brown. Add oregano, cumin, and cayenne pepper and stir to incorporate.
3. Add pinto beans and cook until they are heated through, about 5 minutes. Top with a few sprinkles of apple cider vinegar.
4. Place re-heated brown rice and bean mixture into a bowl. Top with whatever your heart desires. My favorites are salsa, diced avocado, sliced radishes and chopped green onion.

Oven Roasted Vegetables

Makes 3 cups vegetables

Ingredients:

- 1 red or yellow beet, peeled
- 1 rutabaga, turnip, or parsnip, scrubbed
- 1 sweet potato or yam, scrubbed
- 1 head broccoli or 12 Brussels sprouts, trimmed
- 2 TB coconut or olive oil

Directions:

1. Preheat your oven to 375-400 degrees. If you have a 'convection roast' option, use it.
2. Cut all vegetables into bite-sized pieces, aiming for relatively equal sizes to allow for even cooking.
3. Place veggies on a roasting dish and drizzle with coconut or olive oil, then toss to combine. If using coconut oil, you may need to gently melt it. To do this, place the coconut oil in the empty roasting dish and pop it in the oven for 5 minutes, then add the veggies and toss.
4. Roast for 30-45 minutes, depending on how big the pieces are. You'll know your veggies are done when they are fork-tender, meaning you can easily pierce a piece with a fork. Be sure to toss the veggies at least once when roasting - I usually toss them or shake the pan 2-3 times.
5. Store the vegetables in a glass container with a tight fitting lid for 5-6 days in the refrigerator. Gently re-heat them on the stove top with a little bit of oil over medium heat.

Note: If you don't like any of the ingredients listed above, you can certainly mix and match and substitute. Other good options are cauliflower, mushrooms, and even chopped up kale when added in the last 5 minutes of roasting.

Raw Chocolate Pudding

Makes 4 ramekins of pudding

Ingredients:

- 1 small or ½ large ripe avocado
- 1 very ripe banana
- ½ can coconut milk
- 2 TB raw cacao powder
- 1 TB raw honey

Directions:

1. Add ingredients to a bowl, blender or food processor. Blend until smooth, adjusting the amount of coconut milk if needed to get a nice creamy consistency similar to that of real pudding.
2. Divide into 4 small bowls or ramekins, chill for 30 minutes and enjoy! The raw chocolate pudding will keep in the fridge for few days when covered.