



Tomato Salad

Makes about 4 cups.

4 ripe tomatoes (or 2 pints grape or cherry tomatoes)

1 garlic clove
 $\frac{1}{8}$ to $\frac{1}{4}$ medium onion

15 fresh basil leaves
15 fresh mint leaves

2 tablespoons extra virgin olive oil
1 tablespoon balsamic vinegar
2 tablespoons feta cheese (1 to 2 ounces)
Several dashes of salt
Several generous grindings of pepper

1. Cut the tomatoes into bite-sized pieces and place into a medium bowl. (If you are using grape tomatoes, cut them into quarters or halves.)
2. Finely chop the garlic and onion and add to the bowl.
3. Finely chop the basil and mint leaves and add to the bowl.
4. Add the remaining ingredients to the bowl. Gently mix together. Serve chilled or at room temperature.

Divine Design: Tomatoes

When shopping for tomatoes, don't go for green. The ripe red fruits have four times the beta-carotene of their pale counterparts. Even canned tomatoes contain the full amount of this God-given antioxidant.

Variation

For a Middle Eastern version of this salad, omit the feta cheese, substitute parsley for the basil, substitute lemon juice for the balsamic vinegar, and add a chopped $\frac{1}{4}$ cucumber. Adjust seasonings to taste.





Basic Roasted Vegetables

Makes 2 to 3 servings.

- 1 pound mixed vegetables, such as:
 - 7 Red, yellow or orange bell peppers
 - 7 Onions (any color)
 - 7 Zucchini or yellow squash
 - 7 Eggplant
 - 7 Garlic cloves
- 1 tablespoon extra virgin olive oil
- Several dashes of salt
- Several generous grindings of pepper
- 1 teaspoon dried herbs (any combination of dried basil, oregano, thyme, rosemary; optional)

1. Preheat the oven to 400 degrees.
2. Cut the vegetables into uniform pieces so they cook evenly,

and add to a large bowl with the remaining ingredients.

Toss to completely coat the vegetables.

3. Transfer the vegetables to a jelly roll pan (or cookie sheet), spread in an even layer, and bake for 20 minutes.

4. Stir the vegetables and return to the oven. Check the vegetables every 10 minutes or so. Depending on the size and type of your vegetables, the total cooking time will range from 30 to 45 minutes. They are done when they turn golden brown and are easily pierced with a fork.

Divine Design: Vegetables

When you follow God's design for eating, it shows. The Israelite prophet Daniel was offered food from the Babylonian king's table. Rather than go against God's design, he and his three friends asked to eat only vegetables. After only ten days, they were noticeably healthier and better nourished than anyone else!

Variations

7 For roasted root vegetables, use any combination of carrots, sweet potatoes, turnips, parsnips and celery root.

7 Add cherry tomatoes to the pan during the last 20 minutes of cooking.

7 For a roasted vegetable salad, allow the vegetables to cool and toss with balsamic vinegar and additional salt and pepper to taste.

7 To grill the vegetables, follow step 2, making sure to cut the vegetables into large chunks. On an oiled grill over medium low heat, grill for 3 to 5 minutes per side, or until the vegetables reach the desired doneness.

7 Sauté the vegetables on the stovetop over medium-high heat until they reach the desired doneness.

Love Thy Leftovers

7 For a tasty rice salad, toss the leftover vegetables with *Basic Cooked Rice* (page 39) and the salad dressing of your choice.

7 Add the leftover vegetables to *Quesadillas* (page 111), *Refried Bean Wraps* (page 105), *Mix and Match Salad* (page 10) or *Mix and Match Whole Grain Pasta* (page 46).



Sweet Potato Fries

Makes about 3 servings.

1 unpeeled medium sweet potato (about 1 pound)

2 tablespoons extra virgin olive oil

1 heaping teaspoon ground cumin

¼ to ½ teaspoon salt

Several generous grindings of pepper

1. Preheat the oven to 400 degrees.

2. Cut the sweet potatoes into strips, so they look like french fries.

3. Put the sweet potatoes, olive oil, cumin, salt and pepper in a large bowl and toss to completely coat. Transfer the sweet potatoes to a jelly roll pan (or a cookie sheet) and spread in an even layer.

4. Bake for 15 minutes, gently stir with a rubber spatula or wooden spoon, and return to the oven.

5. Cook for an additional 15 minutes. Depending on the size

of your “french fries,” the total cooking time will range from 30 to 40 minutes. They are done when they turn golden brown and are easily pierced with a fork.

Divine Design: Sweet Potatoes

Like carrots, bright orange sweet potatoes were created by God to be filled with beta-carotene, which helps prevent cataracts.

That’s why they’re both “good for the eyes.”

Variations

7 Add ½ teaspoon chili powder during step 3.

7 Experiment with different spice mixtures. For example, substitute 1 teaspoon dried thyme and 1 teaspoon dried rosemary for the cumin.

7 Use 4 large carrots instead of the sweet potatoes.

7 Cut a medium zucchini into the same-sized pieces as the sweet potato and add during step 3.

Love Thy Leftovers

Dice leftover Sweet Potato Fries and add to *Basic Scrambled Eggs* (page 152).



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Rice Salad Primavera

Makes 6 cups.

RICE

1 cup brown rice
2 cups chicken or vegetable broth

DRESSING

¼ teaspoon dried rosemary
1 garlic clove
2 tablespoons extra virgin olive oil

Juice of ½ lemon (about 2 tablespoons)
½ teaspoon dried oregano
¼ teaspoon salt
Several generous grindings of pepper
3 cups mixed, chopped vegetables, such as:
7 Unpeeled carrots
7 Onions
7 Zucchini
7 Red or green bell peppers
7 Grape or cherry tomatoes
7 Baby spinach

1. Prepare the rice with the broth according to the directions for *Basic Cooked Rice* (page 39), omitting the optional seasonings.
2. While the rice is cooking:
 - a. Finely mince or crush the rosemary and garlic. Combine with the remaining dressing ingredients in a small glass jar and shake well, or whisk together in a small bowl.
 - b. Dice the carrots, onions, zucchini and peppers; halve the tomatoes; and shred the spinach into thin strips.
3. When the rice is done, transfer it to a large bowl. Add the dressing and toss lightly.
4. Add the vegetables and toss again. Add additional salt to taste. Serve at room temperature.

Divine Design: Rice

The health benefits God put into brown rice can be enjoyed by those who are sensitive to gluten-filled grains, such as wheat. Brown rice is easy to digest and is gluten free.

Variations

- 7 Experiment with different combinations of other vegetables.
- 7 Use *Basic Roasted Vegetables* (page 15) instead of raw vegetables.
- 7 Experiment with different whole grains (such as barley) instead of rice.
- 7 Use bottled dressing instead of making your own.

Love Thy Leftovers

Add leftover rice salad to any tossed green salad.

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