



Creamy Hummus

Wheat-Free

Family and friends have remarked that this delicate hummus is the best they've ever had. It's creamy with a good amount of lemon and just a hint of garlic, unlike some versions that are overpowered by garlic and/or tahini. Try it also on Hummus Tortilla Pizzas (p. 95) and in Vicki's Hummus-Quinoa Casserole (p. 110).

2 cups	cooked chickpeas (garbanzo beans) (canned is okay; see Guide to Cooking Beans, p. 165)
3½ - 5 tbsp	freshly squeezed lemon juice (adjust to taste)
2-3 tbsp	tahini
2 tbsp	extra-virgin olive oil
1	small or medium clove garlic, sliced
½ tsp	toasted sesame oil
½ tsp	sea salt
3-4 tbsp	water (or less/more as desired)
	freshly ground black pepper to taste

In a blender or a food processor, combine all the ingredients and purée until smooth, adding a little water at first, then more if desired to thin it (for the Hummus Tortilla Pizzas, keep the hummus thick). Scrape down the sides of the bowl several times throughout and purée again until very smooth. Season to taste with additional salt, pepper, and/or lemon juice. Serve in a large bowl, drizzled with extra-virgin olive oil.

Makes 5-6 servings or more as an appetizer with bread, chips, and/or veggies.



Chickpea Ratatouille

Wheat-Free

This recipe is probably my personal favorite (outside of desserts, of course)! It's much like a ratatouille, but using chickpeas instead of the traditional eggplant and zucchini, and an original spice combination. The result is a dish with a complexity of flavors and the bonus of minimal preparation!

3½ - 4 cups	cooked chickpeas (garbanzo beans)
1½ cups	red onion, finely chopped
3 - 4	medium-large cloves garlic, minced
1 28-oz can	(796-ml) diced tomatoes (see note)
½ cup	red or orange bell pepper, diced
2 tbsp	apple cider vinegar
2 tbsp	olive oil
1 tbsp	freshly grated ginger
2 tsp	honey alternative
2 tsp	mustard seeds
2 tsp	dried basil
1 tsp	dried oregano
½ tsp	dried rosemary
1 tsp	sea salt
⅛ tsp	allspice
	freshly ground black pepper to taste
2	dried bay leaves

Preheat oven to 400°F (204°C). In a large, deep casserole dish, combine all the ingredients except the bay leaves. Stir through until well combined, then embed the bay leaves in the mixture. Cover and bake for 30 minutes. Stir through, cover, and bake for another 35-45 minutes, until the onions are tender and translucent (stir through again once or twice through baking). Remove bay leaves and serve with a cooked grain such as quinoa, wild rice, or brown rice.

Makes 4-5 servings or more, depending on accompaniments.

You can use regular diced tomatoes (Italian flavored ones are good), or Muir Glen Fire Roasted Tomatoes.

Try making burritos with any leftovers! Spoon the mixture onto flour tortillas; roll up and place side-by-side in a baking dish. Sprinkle with some non-dairy cheese and bake! (See directions in Chipotle Veggie-Bean Burritos, p. 90, for more details on burrito-making.)



Chinatown-Style Veggie Spring Rolls

Wheat-Free

These vegan spring rolls are baked instead of fried, and full of flavor with shitake mushrooms, carrots, ginger, and other lively ingredients. They take a little more time than other recipes here, but are fun and unique, and make super party appetizers!

1 22-g pkg	dried sliced shitake mushrooms (roughly 1¾ - 2 cups dried)
3 - 4 cups	boiled water (to soak mushrooms)
1 tbsp	toasted sesame oil
2 tsp	vegan Worcestershire sauce
1½ - 1¾ cups	rice vermicelli noodles, softened (see note)
1 cup	carrots, minced
½ cup	celery, minced
1½ - 2 tbsp	fresh ginger, grated (use 2 tbsp for more heat)
2	small-medium cloves garlic, grated or minced
1 cup	green onions, sliced (mostly green portion)
¼ - ⅓ cup	fresh parsley or coriander, chopped
2½ - 3 tbsp	hoisin sauce
⅛ tsp	Chinese five spice powder (optional)
¼ tsp	sea salt
	freshly ground black pepper to taste
1 1-lb pkg	egg-free egg-roll wrappers (large square size, 7½" x 7½")
2 - 3 tsp	toasted sesame oil (or more or less, as needed) (to brush spring rolls)
1 - 2 tbsp	toasted sesame seeds (see Cooking Notes, p. 167)

In a large bowl, add the mushrooms and cover with the boiled water. Let soak for several minutes. Drain the mushrooms using a sieve, and press out as much liquid as possible using your hands and/or paper towels. In a bowl, toss the mushrooms with the toasted sesame oil and vegan Worcestershire sauce, and stir through until well mixed and the mushrooms have absorbed the liquid. Roughly chop the softened noodles. In a large bowl, combine the noodles with the marinated mushrooms and all the veggies and seasonings (except the remaining sesame oil and sesame seeds).

To soften the rice noodles, simply place in a bowl of boiled water. Once soft, drain the water and let the noodles continue to drain through a sieve until ready to use. You won't need to use much of the dried package, less



Molasses Baked Beans

Wheat-Free

My mother makes wonderful baked beans, but she cooks from taste and experience, not from recipes. So I gathered what information I could and created a similar dish with less baking time. The result is tender, delicious, saucy baked beans. I hope you enjoy them, Mom!

2 cups	dry navy beans (roughly 1 lb/450 g), rinsed
20 cups	water (to boil beans twice)
2	large red onions (or 3 medium), roughly chopped (about 4½ cups)
3	cups water (for sauce)
½ cup	blackstrap molasses
½ cup	ketchup
3 tbsp	tamari
2 tbsp	apple cider vinegar
1 tbsp	curry powder
2 tsp	dry mustard
¼ tsp	ground cloves
	freshly ground black pepper to taste
2	dried bay leaves

In a large pot over high heat, combine the beans with 10 cups of water. Bring to a boil, and let boil uncovered for 7-8 minutes (reduce heat if it begins to boil over). Drain and rinse beans and rinse cooking pot. Return beans to pot with another 10 cups of water. Bring to a boil, reduce heat, and cook on medium-low heat partially covered for 30-35 minutes. Drain and rinse beans once more. Preheat oven to 350°F (176°C). In a large casserole dish with a lid, combine the beans with the remaining ingredients. Cover and bake for 3½-4 hours, stirring occasionally, until the sauce has thickened and beans are tender. To thicken sauce more, remove lid and cook for another 15 minutes or more. Remove bay leaves and serve.

Makes 6-8 servings.

Use leftovers for burritos! Purée beans in a food processor with some cumin to taste (and other seasonings like hot sauce). Spread purée on flour tortillas, fill with some sauteed veggies, roll up into a burrito, top with a little chili sauce and non-dairy cheese, and bake! (See Chipotle Veggie-Bean Burritos, p. 90, for more details on burrito-making.)



Tomato-Lentil Pasta Sauce

Wheat-Free

This sauce is deceiving; it has such a robust flavor, you'd expect it would have a long list of ingredients. But the truth is it's basic, fast, and just plain wonderful! Toss it with a healthy pasta like a soba/kamut noodle or rice noodle, and pair it with a light salad for a nutritious meal.

2 tbsp	olive oil
½ tsp	sea salt
1 tsp	dried oregano
½ tsp	dried basil
½ tsp	dried thyme
½ tsp	dried rosemary
	freshly ground black pepper to taste
4	medium cloves garlic, minced
½ - ¾ cup	red or white wine
1 28-oz can	(796-ml) diced tomatoes
½ cup	brown lentils, rinsed
⅔ - ¾ cup	water
3 tbsp	capers, rinsed and drained
3 - 4 tbsp	toasted pine nuts (see Cooking Notes, p. 167)
	or hemp seed nuts (garnish) (optional)
	non-dairy parmesan (garnish) (optional)

In a large pot over medium heat, add the olive oil, salt, dried herbs, pepper, and garlic, and cook for a few minutes until the garlic has softened (reduce heat if garlic starts to brown). Add the wine, increase heat to high, and bring to a boil for a couple of minutes. Add the tomatoes, lentils, and water, and let the mixture come to a boil again. Reduce heat to medium-low, cover, and let cook for 40 minutes or longer, until the lentils are soft. Turn off heat until pasta is ready. After tossing with pasta (see note), add the capers and toss through, season to taste with additional salt and pepper, and garnish with toasted pine nuts, a drizzle of extra-virgin olive oil, and non-dairy parmesan if desired.

Makes 4 or more servings.

Use about 1 lb (450 g) of dry pasta for this sauce. While cooking the pasta, reserve a cup or so of the cooking water. Once pasta is ready, drain, and toss through the lentil sauce with a little of the pasta water.

Food Introduction Schedule

Age	Fruits	Vegetables	Grains	Protein	Oils	Other
6 - 9 mos	Blackberries Blueberries Peaches (cooked) Pears (cooked)	Artichoke Asparagus Beets Broccoli Carrots Leafy greens (collards, bok choy, swiss chard, spinach, kale, etc.) Parsnip Squash Sprouts (puréed) Sweet potato Turnip Yams Zucchini		Breastmilk		
9 - 12 mos	Apples (cooked) Apricot (cooked) Avocado (mashed) Banana Cherry (pitted and mashed) Grapes (cut)/raisins Kiwi Melon Nectarines Papaya Pineapple Plum/Prunes	Brussel sprouts Cauliflower Celery Cucumber Green beans Green peas Green/red peppers Onion/garlic String beans White potato	Amaranth Buckwheat Millet Quinoa Rice Wild rice	Breastmilk Beans and lentils	Canola Flax Olive	

12 - 18 mos	Figs Mango *Orange/Citrus Raspberry Raw apples/apricot/ peach *Strawberry	Cabbage *Corn Eggplant Kelp/Spirulina *Tomatoes	Barley Kamut Oats Rye Spelt	Breastmilk Seeds and seed butters (hemp, pumpkin, sesame, sunflower) Goat milk & yogurt	Hemp Pumpkin Sesame Sunflower	Blackstrap molasses (small quantities)
18 - 24 mos			**Wheat	Breastmilk *Nuts and nut butters (almonds, cashews, walnuts, pecans, etc.) Animal flesh (fish, chicken, pork, beef)	Nut oils (ex: walnut, almond)	
2-3 yrs				**Peanuts and peanut butter ** Cow milk ** Eggs, Shellfish		

* moderate to high potential for allergic reaction, delay introduction as late as possible

** high potential for allergic reaction, delay introduction as late as possible

Notes: Introduce foods one at a time, and after nursing. Add only one new food every 3 days, and watch for signs of allergies between each food introduced (see list of allergy symptoms below). Don't be discouraged if a child rejects a food at first. Reintroduce foods in a few days to a couple of months. Baby may surprise you with a new love for the "new" food! For infants with a history of strong allergic reactions, apply new food to the cheek first and wait 20 minutes to see if cheek reddens. If cheek is not red, apply food to infant's lips; if still no reaction, give ½ teaspoon or less of the food and observe over 4 hours for reactions. If no allergy symptoms, then give 1 teaspoon of food and increase serving by 1 teaspoon every 4 hours.

Symptoms of Allergy

Rash around mouth or anus	Eczema or cradle cap	Behavioral changes	Skin reactions
Redness of the cheeks	Diarrhea or mucus stools	Insomnia	Dyslexia
Black circles under eyes	Constipation	Food rejection	Colic
Runny nose	Hyperactivity or lethargy	Asthma	Gas/Bloating
Recurrent colds	Irritability	Severe seasonal allergies	

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