

Kitchen Kreation

A compilation of my healthy recipe that I have created over the past few years



Peggy Kern

I'd love to hear your comments and suggestions on any of these recipes! Contact me at azpoohk@yahoo.com ☺

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Peggy's Spinach Lasagna

This healthy, vegetarian lasagna was a creation based on my mom's meat lasagna, changed through experimentation, until I came up with this version. The canned tomato and mushrooms makes this pretty easy to throw together. Add a salad and some bread for a healthy dinner!

Ingredients

Spinach sauce:

1 package frozen spinach, thawed, or 2 cans spinach
2 tbsp olive oil
1 can (16oz) garlic diced tomatoes or 1 can regular diced tomatoes and 2 cloves fresh garlic, minced
1/4 cup minced onions (optional)
1 can (6 oz) tomato paste
2 tbsp fresh minced basil or 2 tsp dried basil
1 tsp crushed dried marjoram
1 can (4 oz) mushrooms

Tofu combo:

1 package firm tofu, rinsed and drained
2 tbsp parsley flakes
1/2 tsp salt
1/4 tsp pepper

Noodles:

8 oz lasagna noodles

Cheeses:¹

1 1/2 cup cheddar-flavored soy cheese (grated)
2 cup mozzarella-flavored soy cheese (grated)
Soy parmesan cheese

Directions

1. Heat the oil in a large frying pan. Add the spinach and sauté for 2 minutes. Add the diced tomatoes, tomato paste, onions, spices, and mushrooms. Stir together, reduce the heat, cover and simmer for 15 minutes, stirring occasionally.

¹ I use soy cheese to make this lactose free. You can also use regular cheese (mozzarella, cheddar, and parmesan, as indicated above)

2. Meanwhile, prepare the lasagna noodles. Cook the noodles al dente according to package instructions. (If needed - if you use the no-cook lasagna noodles, then skip this step).
3. Once both the noodles and the sauce are cooking, prepare the tofu and cheese layers. Scramble the tofu and add the parsley, salt and pepper. Using a fork, combine until almost smooth (will be a bit lumpy, but a bit smoother than cottage cheese). In another bowl, combine the mozzarella and cheddar cheeses.
4. Drain the lasagna noodles. Preheat oven to 375. In a greased 13x9 inch pan, layer 1/2 of the noodles, covering the bottom of the pan. Spread half of the tofu mixture across the noodles, then do the same with spinach sauce. Sprinkle a thin layer of the cheese mixture over the mixtures. Repeat the layers. Sprinkle parmesan cheese over the top.
5. Bake in the oven 35-40 minutes, or until top layer begins to brown². Remove from the oven and let it cool for 10 minutes, then cut and serve.

4-6 servings

Sweet Potato Lentil Stew

Ingredients:

3 cups sweet potatoes (about 4-5 medium) - scrubbed clean & cubed
1.5 cups dried lentils, rinsed
4 cups low sodium vegetable broth
Large handful baby carrots (or 3 medium carrots), cut into 1/2 inch pieces
1 small red pepper, chopped
1 small onion chopped (or 1 tbsp dried minced onion)
4 garlic cloves, minced
1/2 tsp ground cumin
1/4 tsp ground ginger
1/4 cup minced fresh cilantro (or 1/2 tsp dried cilantro)
salt & pepper to taste

Directions:

In a slow cooker, add the potatoes, carrots, onion, and bell pepper, then add the lentils. Sprinkle the spices (not the salt and pepper) over everything (if using dried cilantro, add it here. If using fresh, do not add until the end). Pour the veggie broth over everything, and carefully stir everything together. Cover and cook on low for 6 hours, or until the vegetables are tender (check by sticking a fork into the potatoes & carrots - it should easily pierce through things). Stir in the cilantro & salt and pepper to taste. Serve with a salad and fresh whole grained bread. Enjoy!

Makes 5 servings. 280 calories per serving

² If you use soy cheese, bake until it melts and starts to brown a bit. It may not look as melted as regular cheese, because it bakes a bit differently than normal cheese.

Stuffed Portabella Mushrooms

I hadn't really used portabella mushrooms in my cooking, but one day they were on sale, so I played around with a way to cook them. This is what I came up with - it makes a very nice side dish.

Ingredients

2 portabella mushrooms
1 medium zucchini
Handful cherry tomatoes
Handful pine nut
1 tbsp white wine
1 tbsp olive oil
1/4 cup water
1/2 tsp dried basil
1/2 tsp garlic powder
1/2 tsp French spices
Mozzarella soy cheese (or use regular mozzarella cheese)

Directions

1. Scoop out the mushrooms, getting as much of the mushroom meat and leaving the outside. Put the insides in a small bowl. Cut up the zucchini into small pieces and add to the mushroom bowl.
2. Add a little bit of water to a broiler pan. Use a drip pan, and place the mushroom shells on top. Drip a little water to the top of the mushroom. Broil until the mushroom starts to soften.
3. Meanwhile, prepare the filling. Heat up the oil, wine, and 1/4 cup water in a pan over medium-high heat. Add the zucchini/mushroom mixture. Add the spices and pine nuts, stir, reduce heat, cover and cook for about 5 minutes, until the zucchini starts to soften. Turn up the heat, add the tomatoes, and heat through.
4. Fill the mushroom caps with the filling. Sprinkle some soy cheese on top.
5. Broil a few minutes, until the cheese melts and starts to brown. Remove and serve immediately.

2 servings

Sundried Tomato Risotto

Ingredients

1 tbsp olive oil
1 cup brown rice
2 cups vegetable broth
1 cup water
fresh basil

sundried tomatoes, chopped and rehydrated
1/2 tsp garlic powder
French spices
pine nuts
Soy parmesan cheese

Directions

Heat the oil in a saucepan over medium heat. Add rice, garlic, and spices and stir-fry for several minutes.

Add 1/2 cup broth and 1/2 cup water. Reduce heat to low and simmer until most of the liquid is absorbed into the rice. Add another cup of liquid. Repeat, then add the last cup of liquid. Stir occasionally. Cook until almost all moisture is absorbed into the rice, about 50-60 minutes altogether.

Stir in tomatoes, pine nuts, and soy cheese. Turn off the heat; cover and let sit for a few minutes. Stir and serve.

3-4 servings (side dish)

Cream of Broccoli Soup

Ingredients

2 cups broccoli, broken into smaller pieces
2 cups veggie broth
1 package soft tofu
1/4 cup soy milk
French spices
1 bay leaf
pinch of spices (thyme, sage, garlic powder)
1 tbsp fresh basil

Directions

1. Put broccoli and broth in a saucepan and cook about 5 minutes. Add spices and bay leaf and cook for another 5 minutes.
2. In a blender, puree the tofu with the milk.
3. Remove some broccoli pieces and the bay leaf, then add the rest to the blender. Blend until smooth.
4. Return to pan, along with the broccoli. Heat through.
5. Serve hot. Goes well with fresh sourdough bread.

Variations: After you cook the soup, you can add cheddar cheese (real or soy) - Heat it enough so that it melts into the soup.

3-4 servings

Polenta Zucchini Stir-Fry

This is an interesting combination of flavors that seem to work well together.

Ingredients:

1 package Polenta
1 package extra firm tofu
2 zucchini
small handful fresh & sundried tomatoes
2 T white wine
oregano, basil, french spices, garlic
vegan parmesan cheese

Directions:

Dice tofu, zucchini, polenta. Stir-fry wine, tofu, zucchini & spices for a few minutes over medium heat; add tomatoes & polenta. Stir-fry over medium-high heat about 10 minutes, stirring occasionally, until things slightly start to brown. Sprinkle with parmesan cheese. Serve warm

Created 8/25/08. 3 servings, 275 calories each

Easy Spanish Rice

This is easy to put together. You can use the stove, or a rice cooker, if you have one. The rice and beans combine to create a complete protein (a perfect vegetarian meal!).

Ingredients

1 1/2 cup rice (I like Jasmine rice)
1 can V-8 juice
1 bay leaf
1 cup water
1 can black beans
1 tbsp balsamic vinegar

Directions

Combine the rice, V-8 juice, water, bay leaf, and spices in a pot. Bring to a boil, then reduce and simmer until water is absorbed, about 30 minutes. Rinse the black beans, and mix with the vinegar. Stir into the rice mixture during the last few minutes of cooking. Serve hot.

Makes 4 servings

Quick Artichoke Pasta

This is a nice, quick dinner to prepare. It takes about 10-15 minutes to prepare, but the artichoke hearts make it seem like a fancier meal.

Ingredients

8 ounces angel hair pasta
garlic to taste
1 can artichoke hearts (rinsed and drained)
1 tablespoon white wine
1 can diced tomatoes (undrained)
Parmesan cheese
A sprinkle of Italian spices (basil, oregano, marjoram, thyme)

Directions

Cook the pasta according to the box. Meanwhile heat a small frying pan over medium-high heat. Spray with Pam, and then add the garlic and artichoke hearts. Sauté for a few minutes. Add the tomatoes and spices, turn down the heat, cover and simmer until the pasta is done. Toss together and sprinkle with parmesan cheese

3-4 servings

Pizza

Admittedly, this pizza looks strange, due to the texture of the tofu. Yet I have fed it to my non-vegetarian friends, and once over the look, they love the way it tastes. I often make it with no additional toppings, though you could add whatever veggies you please. Since you make the crust, it takes a while, but is well-worth it. Alternatively, you could use a pre-made crust to speed things up. This is a very healthy version of pizza!

Ingredients:

For crust:

9-11 ounces warm (not hot) water
 $\frac{1}{2}$ tsp salt
1 T olive oil
2 cups all-purpose flour
1 $\frac{1}{2}$ cups whole wheat flour
1 tsp active dry yeast

For sauce:

1 can tomato paste (6 oz)
1 tsp dried oregano
1 tsp dried basil

$\frac{1}{4}$ tsp garlic powder

1 package firm tofu, rinsed and drained

Other veggies as toppings

Parmesan cheese (I use vegan soy cheese)

Directions:

1. In a bread maker, add the ingredients in the order specified by the manufacturer (I add the water salt and oil, then sprinkle flours on top, make a well and add the yeast, but check your machine). Set to the dough setting and let it run its course.
2. After the cycle finishes (mine takes 1.5 hours, though you can stop it a bit early to rush things), punch down the dough. Preheat the oven to 400 degrees. Spray a pizza tray with non-stick cooking spray (optionally, sprinkle with cornmeal - this adds a nice texture to the bottom of the crust). Spread the dough across the pan. Let it rest 10 minutes, while you prepare the toppings.
3. For the topping, mash the tofu with a fork. Add the other ingredients and stir well. Spread over the crust. Sprinkle with parmesan cheese.
4. Bake 15-20 minutes, or until crust is golden brown. Remove from the oven and let it sit a few minutes before slicing. Enjoy!

4 two-piece servings

Zucchini Pancakes

Ingredients

1/4 cup hot water

1 tbsp flax seed

1 tbsp soy milk

1 - 2 tbsp soy parmesan cheese

1/4 cup wheat flour

Oregano, basil, dried onion flakes

1 medium zucchini - shredded

Directions

Heat a frying pan over medium-high heat. Mix all the ingredients well. When the pan is hot, spray with non-stick cooking spray. Form patties with the zucchini mix and add to pan. Cook until golden on each side (about 3-5 minutes per side).

Bean Dip

I'm not big on a lot of store-bought hummus dips, mainly because the spices don't agree with me. You can easily add extra garlic, try other spices, or mix in other flavors. For example, I added $\frac{1}{2}$ tsp basil and some canned artichoke hearts - this turned out well.

Ingredients:

Much healthier & not spicy like most hummus dips

1 can garbanzo beans, rinsed & drained

1/2 T olive oil

1 T lemon juice

1/4 tsp garlic cloves from jar

1/2 tsp oregano

water (about $\frac{1}{4}$ cup - might take a bit more to reach a good consistency. Start with adding less, and add more as needed)

Directions:

Blend all together until smooth (preferably in a food processor, though a blender will work)

Created 11/28/08

Homemade English Muffins

Growing up, my mom would make English muffins from scratch. They were amazing, but a lot of work. This bread machine version is much quicker, but is very similar in taste to her original version.

Ingredients:

1 cup warm water

1 T margarine

1 tsp salt

1 T flax seed

2 T honey

2 cups bread flour

1/2 cup whole wheat flour

1/2 cup soy or spelt flour

1 tsp yeast

Directions:

Combine all in bread maker, set to dough. After cycle, form. Bake at 300 degrees in electric fryer, about 4-6 minutes per side.

Makes 9-10 muffins

My Honey-Wheat Bread

This recipe was based off of several others bread machine recipes, but I have modified and tweaked it over time to come up with my own version. It's gotten very good reviews from the many guests that I have served it to. The bread maker makes it very easy. Also, you can use the timer feature with this recipe, if needed.

Ingredients:

11 oz lukewarm water
1 tsp salt
1 T butter
2 T honey
 $\frac{1}{2}$ cup oatmeal
1 $\frac{1}{2}$ cup whole wheat flour
2 cups bread flour
1 $\frac{1}{2}$ tsp salt

Directions:

Add the ingredients in the order specified by your machine. Set the dial to the whole wheat bread setting and press start. After it finishes, let it sit for 5 minutes in the bread pan, and then remove it to a wire rack to finish cooling.

Makes 12-16 slices

Cornbread

This is a very low-fat version of cornbread. I discovered through experimenting that the oil that cornbread recipes usually require is really unnecessary. This recipe starts with a mix, which makes it quick and easy to prepare.

Ingredients

1 box Trader Joe's Cornbread mix³
1 T flax seed
1 cup hot water
 $\frac{1}{2}$ cup soy milk

Directions

1. Preheat oven to 350 degrees.

³ The Trader Joe's mix is the only one I have found that is vegan (no eggs or milk in the mix). It is slightly sweet, but is very healthy.

2. Put the cornbread mix in a medium size mixing bowl. In a small bowl, combine the water and flax seed. Stir for about 30 seconds. Add the milk, mix well. Stir into dry mix, just until combined. Pour batter into an 8 x 8 x 2 pan, sprayed with nonstick cooking spray.
3. Bake for 30-40 minutes, until the top begins to brown slightly and a knife inserted near the center comes out clean.
4. Allow it to cool a few minutes before cutting. Enjoy!

Variation: Pour into muffin tins, coated with non-stick cooking spray. Cook for 18-20 minutes at 375 degrees.

Peggy's Vegan Pumpkin Pie

This vegan version of pumpkin pie is excellent - and about 1/3 of the calories usually in pumpkin pie. Because tofu takes on the flavor of other ingredients, it is best to make the pie a day before you need it, and let it sit in the refrigerator overnight.

Ingredients:

1 package firm tofu

2 cups canned or cooked pumpkin (a 15 oz can works well)

1/3 cup honey⁴

1 tsp vanilla

1 tbsp pumpkin pie spice (or 1 1/2 tsp cinnamon + 3/4 tsp ginger + 1/4 tsp nutmeg + 1/4 tsp ground cloves)

1 9" pie crust (I like to use a graham cracker crust - check the ingredients to make sure it is vegan - but you can also use an unbaked pastry crust)

Directions

Preheat oven to 400 degrees. In a blender or food processor, blend the tofu until smooth. Add the pumpkin, honey, vanilla, and spices, mix very well. Pour into the crust. Bake 45 - 60 minutes⁵ (to check, insert a toothpick into the center of the pie; it should come out mostly clean). Let it cool, then cover and refrigerate overnight (this allows the flavors to really mix together well). Serve and enjoy!

8 servings

⁴ If you use a graham cracker crust, use 1/3 cup honey. If you use a pastry crust (which is not as sweet), increase the honey to 1/2 or 2/3 cup.

⁵ With the graham cracker crust, it will take about 45 minutes; with an unbaked pastry crust, it will take about an hour

Cherry Cream Crumble

This is a recipe that I developed while pool running. The idea developed throughout the run, and by the end, I was determined to try a create a cherry-type cobbler. This was the result, after a few attempts.

Ingredients:

1 low fat graham cracker crust
1 can pitted tart cherries, packed in water (not heavy syrup)
1-12 ounce package firm tofu
 $\frac{1}{2}$ tsp almond extract, split
1 $\frac{1}{2}$ tsp + 1 tsp cinnamon, split
1 T + $\frac{1}{2}$ T sugar
1 T cornstarch
1 T flour
1 T butter/margarine

Directions:

1. Preheat oven to 400 degrees.
2. In a small saucepan, drain the juice from the cherries. Add $\frac{1}{4}$ tsp almond extract, 1 tsp cinnamon, 1 T sugar, and 1 T cornstarch. Heat over medium heat, stirring constantly, until the mixture starts to bubble. Keep cooking until it starts to thicken a bit. Stir in the cherries, then remove from the heat. Remove about half the cherries to a bowl.
3. In a food processor, combine the tofu, $\frac{1}{4}$ tsp almond extract, $\frac{1}{2}$ tsp cinnamon, and the remaining cherry mixture (this should be about half the cherries and the sauce). Process until smooth. Pour into the graham cracker crust. Spread the reserved cherries over top.
4. For the topping, combine the butter, flour, $\frac{1}{2}$ T sugar, and 1 tsp cinnamon with a fork, until it resembles a crumbly texture. Sprinkle over the pie.
5. Bake for about 35-40 minutes, until set, and slightly browned on top⁶.
6. You can eat the crumble at this point, but since it uses the tofu, it will be better if you let it cool, and then refrigerate it over night. To serve, either reheat the pie, or stick a single piece in the microwave for 35 seconds.

Makes 8 servings, 1 slice = 175 calories

⁶ The graham cracker crust can burn, in cooking the center. Before putting the pie in the oven, I cover the edges with pieces of foil, then remove this in the last 10-15 minutes of baking.

Vegan Blueberry Muffins with a Crumb Topping

This was the first vegan recipe that I created. One of my friends was a rather unhealthy vegan. This at least started to add some whole grains to her diet. These are best on the day you make them.

Ingredients:

- 1 cup all purpose flour
- 1/2 cup wheat flour
- 1/2 cup sugar
- 1/4 tsp salt
- 1 tsp baking powder
- 1/3 cup veggie oil
- 1 tbsp flax seed
- 1/4 cup hot water
- about 1/3 cup soy milk
- 3/4 cup blueberries (frozen)
- non-stick cooking spray

For Crumb topping:

- 1/8 cup sugar
- over full 1/8 cup white flour
- 2 tbsp soy margarine
- 3/4 tsp cinnamon

Directions:

1. Preheat oven to 400 degrees.
2. In a medium sized bowl, combine the flours, sugar, salt, and baking powder.
3. In a liquid measuring cup, combine the water and flaxseed - stir briskly for a minute. Add the vegetable oil and enough milk to make 1 cup. Add to dry ingredients and mix well.
4. Stir in the blueberries. Pour into muffin tins, greased with non-stick cooking spray.
5. For the topping, combine the ingredients and work any large lumps out. Sprinkle over the tops of the muffins.
6. Bake 20-25 minutes, until the tops of the muffins are golden and a toothpick inserted near the center comes out clean. Allow the muffins to cool for 5 minutes in the pan and then remove to wire racks to finish cooling.

Makes 12 muffins.

Zucchini Chocolate Chip Muffins

These healthy muffins are low in calories, fat, and sugar, making a nice breakfast or midday snack. They aren't as sweet as most muffins, but you don't miss the sugar 😊. They can be completely vegan if you use vegan chocolate chips.

Ingredients

1 cup all-purpose flour
1/2 cup wheat flour
1/3 cup sugar
1 tsp baking soda
1 tsp cinnamon
1/2 tsp salt
1/4 cup hot water
1 tbsp flax seed
1/4 cup soymilk
1/2 cup unsweetened applesauce
1 tbsp lemon juice
1 tsp vanilla
1 cup shredded zucchini (1 medium)
1/3 cup semi-sweet chocolate chips

Directions

1. Preheat the oven to 350 degrees.
2. Combine the first 6 ingredients in a medium sized bowl.
3. In a small bowl, combine the water and flax seed, stir briskly for about 30 seconds. Add the soymilk, applesauce, lemon juice, and vanilla. Stir until well-mixed.
4. Pour mixture into the dry ingredients and stir just until moistened.
5. Carefully fold in the zucchini and chocolate chips.
6. Scoop the batter into muffin tins, (either use paper liners or spray muffin pans with non-fat cooking spray). Fill each one about 2/3 full.
7. Bake at 350 degrees for about 15-20 minutes, until a toothpick inserted near the center comes out clean.
8. Cool in the pan for a few minutes, then remove to wire racks to finish cooling.

Makes 12 muffins.

Variations:

- Instead of chocolate chips, use walnuts (or do both). If you do not use the chocolate chips, increase the sugar to 1/2 cup.
- Regular milk could be substituted for the soymilk.
- The water and flax seed combination replaces the eggs normally in recipes - you could probably use 1 egg instead (though the flax seed offers some great health benefits - low in fat & cholesterol, high in fiber & Omega-3).

Oatmeal Chocolate Chip Pumpkin Bread

Ingredients

$\frac{1}{4}$ cup hot water
1 tbsp flax seed
1 cup canned pumpkin
 $\frac{1}{2}$ cup unsweetened applesauce
about $\frac{1}{3}$ cup honey (depends how sweet you want it)
2 tbsp soy milk (or regular milk)
 $\frac{3}{4}$ cup wheat flour
 $\frac{3}{4}$ cup all-purpose flour
 $\frac{1}{4}$ cup quick-cook oatmeal
1 tsp baking soda
 $\frac{1}{2}$ tsp baking powder
 $\frac{1}{4}$ tsp salt
1 tsp cinnamon
 $\frac{1}{2}$ tsp nutmeg
 $\frac{1}{2}$ tsp ginger
dash cloves
 $\frac{1}{4}$ cup chocolate chips or walnuts (if you do not use the chocolate chips, you might want to add some sugar or increase the honey)

Directions

1. Preheat oven to 350 degrees.
2. Combine the water and flaxseed; stir briskly for about 30 seconds. Add the pumpkin, applesauce, honey, and milk and mix well.
3. In a medium-sized bowl, combine the flour, oatmeal, and spices. Add the liquid mixture and mix until combined. Gently stir in the chocolate chips and/or nuts.
4. Pour into a loaf pan sprayed with non-stick cooking spray. Bake about 50 minutes, or until a knife inserted near the center comes out clean. Remove from the oven, then let it sit for 10 minutes in the pan, before removing to a rack to cool.
5. Enjoy!

Makes 1 loaf

Choconana Muffins

Chock full of whole grains, oatmeal, and good for you fruit, these low-fat, healthy treats certainly don't lack in flavor. The best part? You can enjoy them guilt-free!

Ingredients:

- $\frac{3}{4}$ cup all purpose flour
- $\frac{3}{4}$ cup whole wheat flour
- $\frac{1}{2}$ cup quick cooking oats
- $\frac{1}{3}$ cup brown sugar (packed)
- 1 teaspoon baking powder
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp cinnamon
- 2 eggs, lightly beaten
- $\frac{1}{4}$ cup soy milk (you can substitute low-fat or fat-free milk)
- 2 medium very ripe bananas, mashed
- $\frac{1}{2}$ cup applesauce
- 1 tsp vanilla
- $\frac{1}{3}$ cup chocolate chips

Directions:

Preheat oven to 375 degrees. In a large bowl, combine the flours, oatmeal, sugar, baking powder & soda, salt, and cinnamon. In a smaller bowl, combine eggs, milk, bananas, applesauce, and vanilla - mix well. Stir into dry ingredients, just until moistened. Gently stir in the chocolate chips.

Coat muffin tins with nonstick cooking spray or use paper liners. Evenly divide the batter for 12 muffins (each will be about $\frac{3}{4}$ or a bit more full). Bake for 15-20 minutes, or until a toothpick inserted in the middle comes out clean. Cool for 5 minutes before removing from pan to a wire rack to finish cooling.

Created August, 2006 Yield: 1 dozen