

# RECIPE BOOK

## IMMERSION MEALS & FAVORITES

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### DAILY PRINCIPLES

- EAT A LARGE SALAD EVERY DAY
- EAT AT LEAST ONE-HALF CUP OF BEANS/LEGUMES ONCE A DAY
- EAT 3-5 FRESH FRUITS A DAY
- EAT ONE OUNCE OF RAW NUTS AND SEEDS A DAY (NO MORE THAN 2 OUNCES A DAY)
- EAT AT LEAST ONE EXTRA LARGE SERVING OF STEAMED GREEN VEGETABLES DAILY

REMEMBER TO KEEP IT SIMPLE!

## BREAKFAST

Start your day with a smoothie (don't forget to sneak in greens like kale and spinach)

Eat Fresh Fruit. Fruit is nature's treat!

Use REAL oatmeal, steel cut oats. Nothing processed or refined. Always check labels

Have a few raw nuts and seeds with your breakfast. Try sprinkling walnuts or ground flaxseeds on your oatmeal or throw hemp or chia seeds in your smoothie.

Who says you can't have salad at breakfast? Have some romaine lettuce leaves or throw them in your smoothie!

Like cereal? Have some no sugar added Muesli cereal with unsweetened non-dairy milk

## SMOOTHIES

### **BANANA STRAWBERRY SMOOTHIE**

1/2 cup of frozen strawberries  
 1/2 cup of frozen peaches  
 1/2 cup of frozen blueberries  
 1/2 cup of unsweetened vanilla almond milk  
 1 cup of pomegranate juice or water  
 1 banana  
 lots of baby spinach  
 Blend on high and serve.  
 This makes about 32 oz.. –

### **PAM'S PEACH PERFECTION**

2 1/2 cups frozen peaches  
 (or 3 ripe whole peaches pitted)  
 1 cup spinach  
 1 1/2 cup almond milk  
 1/2 cup orange juice or water  
 1/2 tsp peach or almond extract  
 2 cups ice if using fresh peaches  
 Blend on high and serve.

### **LARRY'S CHERRY CHOCOLATE**

1 cup frozen unsweetened cherries  
 1/2 cup frozen raspberries  
 large handful of spinach

2 kale leaves (no stems)  
 Almond or non-dairy milk  
 1/2 cup pomegranate juice  
 1/4 cup cocoa powder  
 Blend on high and serve.

### **SUPER CHARGED SMOOTHIE**

1 1/2 cup frozen blueberries  
 1/2 cup fresh or frozen strawberries  
 collard greens  
 2 cups coconut water  
 Put all ingredients in a blender and puree until smooth. Pour into glasses and serve.

### **GREEN POWER SMOOTHIE**

1 cup soy or rice milk  
 1 banana  
 1/2 cup frozen mango  
 1 date pitted  
 1/2 tsp vanilla bean, or extract  
 sprinkle of cinnamon  
 4-5 leaves of kale  
 Blend on high until smooth, enjoy!

### **THE STOLL'S GREEN MACHINE SMOOTHIE**

The Stoll's daily without fail!!!  
 1 cup water  
 bunch kale (about 2 to 3 large leaves)  
 1 cup pomegranate juice  
 1 big handful spinach  
 1 tablespoon goji berries  
 2 large frozen bananas or \*\*\* cup frozen mango chunks  
 1 cup frozen blueberries  
 bag each of frozen raspberries and strawberries  
 Blend all ingredients together in a blender.  
 Makes 4 servings. A great way to start the day!

## REAL OATMEAL

Some oatmeal variations we serve at Immersion are:  
Plain Oatmeal, Blueberry Oatmeal, Raisin Oatmeal,  
Blackberry Oatmeal, Dried Fig Oatmeal and Mixed  
Berry Oatmeal.

### Ingredients

2 cups water  
2/3 cup steel-cut oats

### Directions:

In a 2- to 2-1/2-quart saucepan bring water to a boil.  
Stir in oats. Simmer, covered, about 15 minutes or until oats are just tender and the liquid is nearly absorbed.  
Makes 3 (2/3-cup) servings.

## CREAMY REAL OATMEAL

Prepare as above, except add 1/4 cup almond milk to the water. Simmer, covered, for 25 minutes. Remove from heat and let stand 5 minutes before serving.

**Toppers:** Sprinkling your favorite raw nut or seed. Try crushed walnuts, pumpkin seeds or ground flaxseeds. You can add fresh cut up strawberries or raspberries mixed with bananas. Finish it off with a sprinkle of some cinnamon or nutmeg.

## WARM TROPICAL QUINOA

By Chef Marwan Kassem of Naples Beach Hotel

### Ingredients:

1 cup quinoa  
1 cup pomegranate juice  
1 cup cherry juice  
¼ ea cut chunks pineapple  
1ea kiwi peeled and sliced  
3 ea sliced strawberries

### Directions:

- 1- Toast quinoa in a dry skillet over medium heat, stir often
- 2- Cook until it begins to crackle, about 5 minutes
- 3- Bring the juices to a boil in a medium saucepan over a high heat
- 4- Add Quinoa and return to boil
- 5- Reduce heat to a simmer
- 6- Cover the saucepan with a lid and cook gently for 8-10 minutes
- 7- Remove the lid and add fruits stir then serve  
Top with toasted walnuts or almonds (optional)

Serves 2-4 people

## POWER PANCAKES

By Kristen Stoll

### Ingredients:

1 cup whole buckwheat groats  
1 cup whole millet  
1/2 cup whole oat groats  
1/3 cup shredded coconut  
1/4 cup raw cashews  
5 pitted dates  
2 teaspoons vanilla  
2 teaspoons baking powder  
1/4 cup whole flax seeds  
2-6 leaves of washed kale, stems removed  
5 cups water

### Directions:

Place all ingredients in a high-powered blender and blend until smooth.

Cook in a non-stick pan and serve with fresh cut fruit, apple sauce or strawberry or blueberry jam and coconut whipped cream.

## OPEN FACE VEGGIE PITA

By Chef Marwan Kassem of Naples Beach Hotel

### Ingredients:

1ea small diced zucchini  
1ea small diced squash  
1ea thinly sliced red pepper  
1 cup sliced shitake mushrooms  
½ cup total, chopped fresh parsley, basil and rosemary  
2 cloves minced garlic  
1 cup no oil hummus  
½ cup veggie stock  
(5-6) ea Whole wheat pita bread  
Black pepper to taste

### Directions:

- 1- In a roasting Pan, mix all vegetable, garlic and black pepper
- 2- Add veggie stock and bake in a pre-heated oven at 350 degrees
- 3- Bake for 10-12 minutes, and then cool down
- 4- Spread hummus on top of the pita bread
- 5- Top the pita bread with the roasted vegetables and herbs
- 6- Place the veggie Pita bread in a baking pan and bake for 10 minutes at 350 degrees oven
- 7- Cut the Veggie pita bread into 4 slices

Top the veggie pita bread with sliced Tofu before baking (optional)

Serves 4-6 people

## **TEMPEH HASH**

By Chad Sarno

**Ingredients:**

1 block tempeh  
3 cups vegetable stock

**Directions:**

To prepare the tempeh, in a sauce pan, add the tempeh and vegetable stock to cover. Simmer for approximately 10 minutes. Remove the tempeh, let cool, dice and set aside.

**Ingredients:**

1/4 c veggie stock  
1 1/2 cups sweet or regular potatoes, peeled and small diced  
1/2 cup red onion, diced  
3 to 4 garlic cloves, minced  
1/2 cup bell peppers cubed  
1 tsp chili powder or paprika\*  
2 tbsp tamari  
freshly ground black pepper, to taste  
2 tbsp fresh parsley, chopped

**Directions:**

To prepare the hash, bring a fry pan to medium-high heat and the onions to dry saute, moving as you cook for a couple minutes. Once these begin to stick and become translucent add the veggie stock to deglaze the pan. Add the potatoes and cook for 5 to 8 minutes, tossing frequently until tender.

Add the diced tempeh and garlic along with a splash of veggie stock to ensure it is not sticking.

Cook for another 3 minutes. Add the bell peppers, chili powder, tamari, and pepper and cook an additional 3 minutes.

Note: For the chili powder, you may want to use more or less, depending on how spicy the chili powder is. Remove from heat, add in the chopped parsley and serve.

Can add garlic and basil for added flavor.

## LUNCH

Total Health Immersions advises that salad should be the main dish for lunch and dinner. Always start with a large salad and use an abundance of fresh greens and vary the selections at each meal. Opt for lots of dark leafy greens as they carry the highest nutrient content. Load your salad with an assortment of colorful (you can do raw, blanched or steamed!) vegetables and explore and try new things! Remember to watch the olive oil and opt for no oil dressings (Whole Foods has options or you can make your own) or use flavored vinegars. Lemon or some mashed avocado works great as a dressing too!

## **PEPPERCORN DRESSING**

**Ingredients:**

3 oz tofu  
1 tablespoon green peppercorn  
1/4 cup soy milk  
1 ea diced shallots  
3 dates, pitted  
2 clove garlic  
2 tablespoon  
2 ea fresh lemon (juice)  
1 tablespoon chopped parsley  
Black pepper to taste

**Directions:**

1-In a food processor, combine all ingredients until smooth

## **CAESAR DRESSING**

By Chad Sarno

**Ingredients:**

1/2-2/3 cup cashews that have been soaked  
1/2-2/3 cup unsweetened almond milk, or other non-dairy milk  
2 1/2 tbsp white wine vinegar  
1 clove garlic, peeled  
1 tbsp kelp granules  
1 tbsp natural sweetener such as fruit paste, yukon or honey  
1 tbsp light soy or chickpea miso  
2 tbsp dijon mustard  
1/2 tsp freshly ground black pepper  
1/2 lemon, juiced, to taste

**Directions:**

To prepare the dressing, in a blender, add the cashews along with the rest of the ingredients and blend until smooth. Adjust the sweetness and garlic if you wish. Store in a sealed container in the refrigerator. Will last about a week.

**VEGGIE WRAP**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

1 diced carrot  
1 diced zucchini  
1 diced squash  
1 diced eggplant  
1/2 diced onion  
1 diced tomato  
1 cup Baby spinach  
1 cup wild mushrooms  
1 head broccoli  
2 cups veggie stock  
2 cloves minced garlic  
½ cup total chopped fresh parsley, basil and thyme  
Black pepper to taste

**Pesto sauce**

1 bunch basil  
3 gloves minced garlic  
3oz toasted pine nuts  
2 fresh lemon (juice)  
Black pepper to taste  
1 cup veggie stock  
Blend all ingredients together in a high powered blender until smooth and creamy

**Directions:**

1- Preheat oven 350 degrees  
2-Mix and place all the ingredients in a baking tray  
3-Roast for 10-12 minutes in oven  
4 –Mix the roasted veggies with the pesto sauce  
5- Roll the pesto veggies in whole wheat tortillas

Serves 4-6 portions

**TOFU WRAP**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

8oz diced tofu  
1 cup seaweed slaw  
1 sliced avocado  
1 roasted red pepper

1 cup bean puree (Kidney or black beans)  
2 cloves minced garlic  
½ teaspoon diced fresh ginger  
1 teaspoon ground coriander  
1bunch chopped fresh cilantro  
Black pepper to taste

**Directions:**

1- Spread the bean puree on whole wheat tortillas  
2- Mix the rest of the ingredients  
3- Roll the mixed ingredients in whole wheat tortillas

Serving 2-4 portions

**THREE BEANS SALAD WITH PUMPKIN SEEDS**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

1 lb French green beans  
1 cup Red beans, cooked  
1 cup Navy Beans  
½ ea red onion, chopped fine  
2 cloves garlic, minced  
1 tablespoon red bell pepper, small dice  
1 tablespoon green bell peppers, small dice  
¼ total fresh parsley, rosemary and thyme, chopped  
¼ cup apple cider vinegar  
¼ cup pumpkin seeds, toasted  
2 tablespoon cherry juice  
Black pepper to taste

**Directions:**

1- In a large bowl, Mix the three beans, bell peppers, onions, and the herbs  
2 In a separate small bowl, whisk together, the vinegar, cherry juice, garlic and black pepper  
3- Add the vinaigrette to the beans. Toss to coat  
4- Garnish with toasted pumpkin seeds

**CAULIFLOWER, KALE AND COLLARD GREENS IN COCONUT MILK**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

1lb young kale stems and leaves coarsely chopped  
1 large bunch collard greens, stems removed  
1 head cauliflower, florets  
1 cup giant Peruvian lima bean, cooked  
2 cups coconut milk

4 cups veggie stock  
 ½ teaspoon nutmeg  
 Black pepper to taste  
 Toasted coconut flakes for garnish

**Directions:**

- 1- In a large pot, add the veggie stock and coconut milk to a boil
- 2- Add kale, cauliflower and collard greens
- 3- Cook for about 10 minutes, and then reduce heat to a low
- 4- Add the beans, nutmeg and black pepper
- 5- Simmer for 5 minutes, and then Garnish with toasted coconut flakes

**RATATOUILLE, FLAX SEED AND ROASTED SWEET POTATOES CASSERUOLA**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

1ea cut into chunks carrot  
 1ea cut into chunks eggplant  
 1ea cut into chunks zucchini  
 1ea cut into chunks squash  
 2ea cut into chunks tomatoes  
 1 ea cut into chunks onion  
 3 cloves minced garlic  
 1 cup cooked kidney beans  
 1 cup total chopped fresh basil, parsley and oregano  
 2 cups veggie stock  
 5ea sweet potatoes, medium size  
 2 oz Toasted flax seeds  
 Black pepper to taste

**Directions:**

- 1-Preheat oven 350 degrees
- 2- Bake sweet potatoes, peel the skin, and then cool down
- 3- Place all vegetables, tomatoes, garlic and black pepper on a baking tray
- 4- Add veggie stock and bake for 10-12 minutes, then cool down
- 5-In a baking pan spread half the sweet potatoes, by covering the bottom of the pan
- 6- Layer the roasted vegetables and the kidney beans on top of the sweet potatoes
- 7- Sprinkle herbs and toasted flax seed on top of the vegetables
- 8- Spread the remaining sweet potatoes as a top layer
- 9- Bake for 25 minutes in 300 degrees oven

Serves 4-6 portions

**VEGETABLE TERRINE WITH DRIED FRUIT COMPOTE**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

1ea small diced carrot  
 1ea small diced zucchini  
 1ea small diced squash  
 1/2ea small diced onion  
 2ea small diced tomato  
 1 cup Baby spinach  
 1 cup diced wild mushrooms  
 1 tablespoon onions, chopped  
 2 cloves, garlic, minced  
 1 lb mixed beans, cooked and puree  
 ½ cup total, fresh parsley, thyme and rosemary, chopped  
 1 cup veggie stock  
 Black pepper to taste  
 Dried Fruit Relish  
 2 cups veggie stock  
 8 cups total dried, figs, dates and prunes, small diced  
 1 ea shallot, small chopped  
 2 cloves garlic, minced  
 ½ teaspoon ground cinnamon  
 ½ teaspoon ground nutmeg  
 ½ teaspoon ground cloves

- 1- In a large sauce pan, add veggie stock, cinnamon, nutmeg and cloves, over medium heat
- 2- Bring to a boil, and then add dried fruit and shallots and cook for 10 minutes,
- 3- Bring to a simmer slowly for 10 minutes

**Directions:**

- 1- Preheat oven 350 degrees
- 2- Place carrots, squash, zucchini, onions, tomatoes and mushrooms on a baking tray,
- 3- Add veggie stock, and Roast for 10-12 min in oven
- 4-Place the vegetables, garlic, spinach, black pepper and herbs in a bowl, and mix well
- 5-Line bottom and sides of a loaf pan with a plastic film
- 6- Spread half the pureed beans over bottom of prepared pan
- 7- Spread the vegetables over the beans in pan
- 8- Spread the rest of the beans on top of the vegetables
- 9- Tap loaded pan on counter to settle mixture
- 10- Cover loaf pan with plastic wrap, and then with aluminum foil
- 11- Place the loaf pan in a large roasting pan

12 cover the bottom of the loaf pan with water, about 2 inches high  
 13 Bake for about 1 hour, at 350 degrees oven  
 14- Uncover the foil and the plastic wrap, and bake for 15 minutes at 300 degree oven  
 15- Unmold the vegetables terrine onto a serving pan, cut and add the dried fruit compote

### BRAISED GREENS AND KALE WITH JICAMA

By Chef Marwan Kassem of Naples Beach Hotel

#### Ingredients:

1lb young kale stems and leaves coarsely chopped  
 1 bag baby mixed greens  
 2 medium Jicama, peeled and cut into julienne  
 1 medium diced onion  
 2 cloves minced garlic  
 2 table spoon red wine vinegar  
 ½ cup total chopped fresh parsley and cilantro  
 3 cups veggie stock  
 Black pepper to taste

#### Directions:

- 1- Heat 1/2 cup of veggie stock in a large saucepan over medium heat
- 2- Add garlic and onions until soft
- 3- Add the rest of the veggie stock and kale, toss to combined
- 4-Raise heat to high and cover and cook for 5-7 min.
- 5- Remove cover, and add baby mixed green and Jicama to the saucepan
- 7- Add vinegar, black pepper and herbs
- 8- Stir and cook for 2-3 minutes

### VEGGIE BALLS

By Chef Marwan Kassem of Naples Beach Hotel

#### Ingredients:

1ea small diced carrot  
 1ea small diced zucchini  
 1ea small diced squash  
 1/2ea small diced onion  
 1ea small diced tomato  
 1 cup Baby spinach  
 1 ea baked sweet potato  
 ½ cup diced wild mushrooms  
 1 cup cooked oatmeal  
 ½ cup chickpea flour  
 1 tablespoon minced garlic  
 ½ cup total chopped fresh parsley, rosemary and basil  
 1 tablespoon, black pepper (to taste)

#### Directions:

- 1- Preheat oven 350 degrees
- 2- Place the ingredients in a large bowl
- 4- Mix thoroughly and set in the refrigerator for 1 hour to firm
- 5- Scoop and roll the mixture into about 2.5 oz balls
- 6- Lightly oil baking sheet with olive oil on a paper towel
- 7- Place veggie balls on a pan sheet and bake for 20-25 minutes

### TOMATO BROTH

#### Ingredients:

5 medium tomatoes, cored and cut into small size  
 2 cups veggie stock  
 2 ea shallots, small diced  
 2 cloves diced garlic  
 2 sprig fresh thyme  
 1 sprig fresh marjoram  
 Several sprigs of parsley  
 ¼ ea green pepper, small diced

#### Directions:

- 1- In a large sauce pan, add all the ingredients, and bring to a boil
- 2- Reduce to a medium heat and cook for ½ hour
- 3- Strain through a fine-mesh strainer
- 4- Add the veggie balls to the broth and cook for 15 min

### BROCCOLINI, MUSHROOMS WITH CASHEW BUTTER

By Chef Marwan Kassem of Naples Beach Hotel

#### Ingredients:

1 bunch broccolini  
 1 cup wild mushrooms, sliced  
 1 head cauliflower, florets  
 3 cloves garlic, minced  
 ¼ cup Parsley, chopped  
 5 cups veggie stock  
 1 tablespoon nutritional yeast  
 Black pepper to taste

#### Cashew Butter

Place cashew in a food processor, process on a medium speed, add the soy milk slowly, until it forms a soft liquid paste .

**Directions:**

- 1- In a medium pot, add 4 cups of veggie stock, and bring to boil
- 2- Blanched, broccolini and cauliflower separately, for 2 minutes
- 3- Drain the broccolini and the cauliflower and immerse in a bowl of ice water
- 4- In a large skillet, add one cup of veggie stock and bring to a boil
- 5- Add mushrooms, garlic, broccolini and the cauliflower, and reduce heat to medium
- 6- Cook for 2-4 minutes, and then add black pepper and nutritional yeast
- 7- Cover the vegetables with the cashew butter, simmer for 2 minutes, garnish with parsley

**TEMPEH AND COARSE POLENTA CAKE**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

- 1 cup dry coarse-ground polenta
- 2 cups veggie stock
- 1 cup soy milk
- 1 cup chopped onions
- 3 cloves minced garlic
- ½ cup fresh basil, chopped
- 5 oz Tempeh, chopped
- Black pepper to taste

**Directions:**

- 1- In a large sauce pan, add veggie stock and soy milk, and bring to a boil
- 2- Gradually, add the polenta, stirring constantly with a whisk
- 3-reduce heat to medium, and cook for 20 minutes, stirring frequently, add the Tempeh,
- 4- Add onions, garlic, basil, and black pepper and simmer for 8 minutes

**For Grilling or Baking**

- 1-Pour Polenta onto a lightly oil baking sheet pan with olive oil on a paper towel about 3 inches thick
- 2- Allow to cool completely
- 3- Cover and chill
- 4- Cut the polenta into a square pieces, 3"X3"

**For Grilling**

- 1- Coat the squares lightly with an extra virgin olive oil on both sides before grilling

**For Baking**

- 1- In a preheated oven at 350 degrees
- 2- Apply lightly olive on a paper towel onto baking sheet pan, and then place the squares
- 3- Bake for 10-12 minutes

**TOFU WITH BABY BOK CHOY PIZZA**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

- 4 oz diced tofu
- 3 ea baby bok choy
- 4 tablespoon marinara sauce
- 4 ea whole pita bread
- 1 tablespoon chopped fresh cilantro

**Directions**

- 1- Blanch baby bok choy and cut into  $\frac{1}{4}$  inch thick (strips)
- 2- Spread the marinara sauce evenly on top the pita bread
- 3- Place the baby bok choy and tofu on top of the pita
- 4- Sprinkle cilantro on top and bake for 10-12 minutes in a pre heated oven at 350 degrees
- 5- Cut in quarters and serve

**ROASTED VEGETABLES AND PESTO SAUCE PIZZA**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

- 1ea small diced zucchini
- 1ea small diced squash
- 1ea diced red pepper
- 1 cup sliced shiitake mushrooms
- ½ cup total, chopped fresh parsley, basil and rosemary
- 2 cloves minced garlic
- ½ cup veggie stock
- (5-6) ea Whole wheat pita bread
- Black pepper to taste
- ½ cup Pesto Sauce

**Directions:**

- 1- Preheat oven 350 degrees
- 2-Mix and place all the ingredients in a baking tray
- 3-Roast for 7-10 minutes in oven
- 4 -Mix the roasted veggies with the pesto sauce
- 5- Place on top the pita bread and
- 6-Cook for 8-10 minutes in an oven at 350 degrees

## BLACK BEAN, CORN AND AVOCADO IN A TOMATILLOS SAUCE PIZZA

By Chef Marwan Kassem of Naples Beach Hotel

### Ingredients: (A)

1 cup cooked black bean  
 ½ cut white corn  
 2 ea diced avocado  
 1 bunch fresh cilantro leaves (chopped)  
 1 clove chopped garlic  
 1 teaspoon ground cumin  
 1 teaspoon coriander  
 Black pepper to taste

### Ingredients: (B)

5-6 ea whole pita bread

### *Tomatillos sauce*

#### Ingredients:

1 lb tomatillos  
 ¼ cup chopped white onion  
 ½ cup cilantro leaves  
 1 ea fresh lime (juice)  
 1 jalapeno pepper  
 Black pepper to taste

#### Directions:

- 1- Remove the papery husks from the tomatillos and rinse well
- 2- Cut tomatillos in half and placed on a baking pan
- 3- In a pre heated oven at 400 degrees, bake and sear on one side
- 4- Flip over the tomatillos and brown on the other side, and then remove from heat
- 5- Place tomatillos, lime juice, onions, cilantro, and chili pepper in a blender
- 6- Pulse until all the ingredients are finely chopped and mixed

#### Directions:

- 1- Preheat oven 350 degrees
- 2-Mix all ingredients (A)
- 3 -Spread the tomatillo sauce over the pita bread
- 4- Pace the mixed ingredients on to top the pita bread
- 5-Cook for 8-10 minutes in an oven at 350 degrees

## KALE, ORANGE AND GRAPEFRUIT SECTIONS

### Ingredients:

1lb young kale stems and leaves coarsely chopped  
 1 cup white bean, cooked  
 2 ea oranges, segmented  
 1 ea grapefruit, segmented  
 ½ cup orange juice  
 ½ cup grapefruit juice  
 1 medium diced onion  
 2 cloves minced garlic  
 2 tablespoons red wine vinegar  
 ½ cup total chopped fresh parsley and cilantro  
 2-3 cups veggie stock  
 Black pepper to taste  
 ¼ cup toasted almonds, for garnish

### Directions:

- 1- In a large saucepan over medium heat
- 2- Add veggie stock, orange juice and grapefruit juice, and bring to a boil
- 3- Add garlic and onions until soft
- 4- Add kale and beans, and cook for 7-10 minutes
- 5-Reduce heat to a low, and add orange and grapefruit segments
- 6- Add vinegar, black pepper and herbs
- 7- Stir and cook for 2-3 minutes
- 8- Garnish with Toasted almonds

## SOBA NOODLES SALAD

By Chef Marwan Kassem of Naples Beach Hotel

### Ingredients:

1 lb soba noodles, cook, drain and rinse noodles,  
 1 small can Bamboo shoots  
 1 cup shiitake mushrooms, sliced and blanched  
 2 ea red bell pepper, roasted, peeled and cut julienne  
 ¼ cups Chopped fresh cilantro  
 1 teaspoon fresh ginger root, grated  
 ½ teaspoon minced garlic  
 Black pepper to taste

### *Sesame Vinaigrette*

#### Ingredients:

3 tablespoon rice vinegar  
 2 tablespoon Bragg liquid Aminos, or low sodium soy sauce  
 ¼ cup Pomegranate juice  
 1 teaspoon chopped fresh cilantro  
 ½ teaspoon ground coriander  
 Black pepper to taste

**Directions:**

1- In a small bowl, whisk together all the ingredients

**Directions:**

1- In a large bowl, toss all the ingredients with the sesame vinaigrette, and serve on a platter

Garnish with fresh cilantro and toasted black and white sesame seeds (optional)

**ALMOND CHILE SAUCE PASTA**

By Chad Sarno

**Ingredients:**

1/2 cup almond butter, raw preferred  
1 tablespoon ginger, chopped  
3 dates, pitted  
3 cloves garlic  
1 1/2 tablespoon low sodium tamari  
1/2 Serrano chile, seeded if you want it to be less spicy.  
1/2 cup water to thin

**Noodles**

1 lb whole wheat elbow pasta, cooked  
1/4 cup carrot, julienne very thin, using a mandolin is best  
1/2 cup broccoli, in small florets  
1/4 cup snow peas, julienne very thin, using a mandolin is best  
1/4 cup cilantro, chopped coarse  
1/4 cup basil chopped  
3 tablespoons mint, chiffonade

**Directions:**

In high Speed blender, blend all the sauce ingredients, the almond butter, ginger, date, garlic, tamari, Serrano pepper and water until smooth. Set aside. Toss all pasta and veggie mix with the almond chile sauce.

Serve warm or chilled.

Garnish your bowl of noodles with sliced chile, lime wedge, and cilantro sprig.

Serves 6-8 people

**BLACK TURTLE BEAN STEW WITH WILD RICE**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

2 cups wild rice  
3 cup black turtle beans (or kidney beans)  
2 large sweet potatoes, small dice  
2 large turnips, small dice  
1 large onions, chopped fine  
2 cups carrots, small dice  
1 cup celery, small dice  
3 medium tomatoes, small dice  
4 cloves garlic, chopped fine  
2-3 quarts veggie stock  
1/4 cup total chopped parsley and thyme  
Black pepper to taste

**Directions:**

1- Rinse the beans; soak in water for about 4 hours  
2-Heat beans in water, until boiling  
3- Cook for 1-2 hours, until tender, add water if necessary  
4- Drain the beans and rinse with water  
5- Wash rice and place in boiling water, for about 20 minutes, until partially done, then strain  
6-In a large pot, add the veggie stock, the beans and the rice and bring to a boil  
7- Add potatoes, onions celery, garlic, tomatoes, and turnips,  
8- Reduce to a medium heat, and cook for 15-20 minutes, add veggie stock if necessary  
9- Add black pepper and herbs and simmer for 10 minutes

**Kale Avocado Salad**

By Chad Sarno

**Ingredients**

1 head kale, any variety is great shredded  
1 large tomato diced, or red bell pepper  
1 ½ avocado chopped  
2 T red onion, green onion, or leek fine diced  
1 lemon juiced  
pinch of cayenne

**Directions:**

In mixing bowl toss all ingredients together, squeezing as you mix to 'wilt' the kale and creaming the avocado. Serve immediately. This dish is also great to substitute the kale for chard or spinach.

## DINNER

Remember, salad is the main course, and if you are incorporating any animal product use it as a *condiment* to *flavor* your dish. The rule of thumb is the portion of animal product should be no larger than the palm of your hand or a deck of cards. The salad and veggies are the stars here, and those you can eat as much of as you want!

**Total Health Immersion opening reception snacks:**

Fresh Vegetables Crudités & Whole Grain Crostini,  
Toasted Whole wheat Pita, Assortments of Dips

**CANNELLINI BEAN DIP****Ingredients:**

1 1/2 cups cooked cannellini beans  
1 tablespoon almond butter  
2 tablespoon bean liquid  
½ ea small diced onions  
2 cloves garlic  
1 table spoon white vinegar  
1 tablespoon fresh thyme leaves  
Black pepper to taste

**Directions:**

1-In a food processor, combine all ingredients until smooth

**FAVA BEAN DIP****Ingredients:**

1 1/2 cups cooked Fava beans  
2 tablespoon bean liquid  
3 oz tofu  
2 cloves garlic  
2 ea fresh lemon (juice)  
1 tablespoon fresh parsley leaves  
1/2 teaspoon ground cumin  
1/2 teaspoon ground coriander  
Black pepper to taste

**Directions:**

1-In a food processor, combine all ingredients until smooth

## AMERICAN DINNER

**NAPLES BEACH HOTEL VEGGIE BURGER**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

1ea small diced carrot  
1ea small diced zucchini  
1ea small diced squash  
1/2ea small diced onion  
1ea small diced tomato  
1 cup Baby spinach  
1 ea baked sweet potato  
½ cup diced wild mushrooms  
1 cup cooked oatmeal  
½ cup cooked quinoa  
½ cup chickpea flour  
1 table spoon minced garlic  
½ cup total chopped fresh parsley, thyme, rosemary and basil  
1 tablespoon, black pepper, ground cumin and ground coriander (To taste)

**Directions:**

- 1- Preheat oven 350 degrees
- 2- Place all vegetables on a baking tray, and roast for 10-12 minutes in oven
- 3-Place the vegetables and the remaining ingredients in a bowl
- 4- Mix thoroughly and set in the refrigerator for 1 hour to firm
- 5- Form into patties
- 6- Lightly oil baking sheet with olive oil on a paper towel
- 7- Place patties on a pan sheet and bake for 10-12 min on each side

Serving 4-6 patties

**RED BEAN AND TURNIP CHILI**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

- 2 cups organic dried red bean
- 3 medium turnips, peeled and cut into  $\frac{1}{2}$  inch chunks
- 1 medium diced onion
- 1 medium diced tomato
- 2 celery stalks, cut into  $\frac{1}{2}$  inch chunks
- 1 cup diced carrots
- $\frac{1}{2}$  cup diced green onions
- 4 cloves diced garlic
- 1 tablespoon cumin
- 1 tablespoon coriander
- 2 tablespoon chili powder
- 2 teaspoon crushed flakes
- 1 tablespoon Arame seaweed
- Black pepper to taste

**Directions:**

- 1- Wash beans and place in a saucepan and cover with water
- 2- Bring to boil and cook for about 1 hour
- 3- Drain beans and rinse
- 4- Return beans to the saucepan and cover with water
- 5- Cook for 4-5 hours, adding more water as necessary
- 6- Once beans are tender, add onions, turnips, tomato, celery, carrots, garlic, cumin, coriander, chili, crushed red pepper flakes, Arame seaweed, black pepper and
- 7- Cook for 20-25- minutes on medium heat

**PINEAPPLE SPINACH SALAD**

By Kristen Stoll

Yes, you can mix fruit with greens — it tastes great and looks beautiful!

**Ingredients:**

- 1 teaspoon pear vinegar or apple cider vinegar
- 2 cups fresh pineapple, cut into bite size pieces, reserving the juice
- 1 large bowl spinach
- 1 handful each grated coconut, currants, and poppy seeds
- Optional: sunflower seeds, pumpkin seeds

**Directions:**

In a small bowl, mix one teaspoon of pear or apple cider vinegar with the pineapple juice. Place spinach, pineapple, and remaining ingredients in a large bowl. Add vinegar to the salad a little at a time until it gets coated. You will not need a lot of dressing with this combination salad.

**HEALTHY SWEET POTATO GRATIN**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

- 2 lbs sweet potatoes, about 4ea
- $\frac{1}{2}$  lb balanced almonds
- 1 cups almond milk
- 1 cup hemp milk
- $\frac{1}{4}$  teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon nutmeg
- 2 tablespoon flax seed

**Almond Butter**

Place almonds in a food processor, process on a medium speed, add the almond milk slowly, until it forms a liquid paste

**Directions:**

- 1- Preheat oven 375 degrees
- 2- Wash the sweet potatoes and place on a baking sheet pan
- 3- Bake for about 45 minutes
- 4- Remove the skin of the sweet potatoes,
- 5- Spread the peeled sweet potatoes in a baking dish by covering the bottom of the dish
- 6- Sprinkle, flax seeds, cinnamon and nutmeg on top of the sweet potatoes
- 7- Coat the sweet potatoes with almond butter
- 8- Place the sweet potato dish in an oven at 300°
- 9- Bake for 20-25 minutes

**Dinner Side Dish**

Steamed mixed veggies: Asparagus, Squashes, carrots and green beans

**HEALTHY CHOCOLATE CAKE****Cake**

- 1 2/3 cups whole-wheat pastry flour
- 1 tsp baking powder
- 3 tsp baking soda
- 3 1/4 cups pitted dates, divided
- 1 cup pineapple chunks in own juice, drained
- 1 banana
- 1 cup unsweetened applesauce
- 1 ½ cup raw beets, shredded
- $\frac{1}{4}$  cup raw carrots, shredded
- 1/2 cup raw zucchini, shredded
- 4 tbsp natural, nonalkalized cocoa powder
- 1/2 cup raisins
- 1 cup chopped almonds or walnuts
- 1 1/2 cups water
- $\frac{1}{2}$  tablespoons vanilla extract

**Chocolate Nut Icing**

1 1/3 cup raw cashews  
 1 cup almond milk  
 2/3 cup pitted dates  
 3 1/2 tbsp cocoa powder  
 2 tsp vanilla extract

**Directions:**

Preheat oven to 350°F. Mix flour, baking powder and baking soda in a small bowl. Set aside.

In blender or food processor, purée 3 cups of the dates, pineapple, banana and applesauce. Slice remaining 1/2 cup dates into 1/4-inch pieces.

In large bowl, mix sliced dates, beets, carrots, zucchini, cocoa powder, currants, walnuts, water, vanilla and flour mixture. Add the blended mixture and mix well. Spread in a 9 x 13-inch nonstick baking pan.

Bake for 1 hour or until a toothpick inserted into the center comes out clean.

For the icing, use a high-powered blender and combine all icing ingredients until smooth and creamy. Spread on cooled cake.

**ITALIAN DINNER****SUMMER ITALIAN-STYLE MIXED VEGETABLE SALAD**

By Kristen Stoll

**Ingredients:**

2 ripe medium tomatoes, sliced  
 1 medium red onion, sliced thin  
 1 cucumber, sliced  
 pound string beans, lightly steamed  
 pound cremini mushrooms, rinsed and sliced  
 1 teaspoon fresh thyme, chopped  
 1 red bell pepper, cut into strips  
 15 fresh basil leaves, chopped  
 1 tablespoon fig vinegar  
 1 tablespoon sesame seeds  
 A large bowl mixed greens

**Directions:**

Mix the veggies and herbs together in a salad bowl. In a small separate bowl mix the vinegar and seeds together until blended. Pour mixture onto veggies and stir until veggies are coated. Place a helping of veggies onto a plate piled high with mixed greens. Enjoy!

**MINESTRONE WITH BUCKWHEAT GROATS**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

1ea carrot, medium diced  
 1ea zucchini, medium diced  
 1ea squash, medium diced  
 1/2ea onion, medium diced  
 1 ea eggplant, medium diced  
 1 cup Baby spinach  
 ½ cup Crimini mushrooms, quarter  
 6 medium tomatoes, diced and cored  
 1 ea green pepper, medium diced  
 15 oz, kidney beans, cooked  
 5 oz whole wheat pasta, like elbow or macaroni  
 5 cloves garlic, small diced  
 1 gal veggie stock  
 ½ cup total parsley, oregano and basil, chopped  
 ½ cup buckwheat groats  
 Black pepper to taste

**Directions:**

- 1- Preheat oven to 425 degrees
- 2- In a roasting pan, toss carrots, zucchini, squash, onions, tomatoes, mushrooms, eggplant And garlic with one cup of veggie stock and black pepper
- 3-Roast in a single layer for 10-12 minutes
- 4- In a sauce pan, add the remaining veggie stock, and bring to a boil
- 5- Add the beans, buckwheat groats and the wheat pasta, and cook for 15-20 minutes on a medium heat
- 6- Add the roasted vegetables, green pepper and cook for 10-12 minutes
- 7- Add the spinach and herbs, and cook for 5 minutes on a low heat

**NO PASTA LASAGNA**

By Kristen Stoll

Don't let the long list of ingredients intimidate you. This is worth a little effort!

**Noodles:**

2 large eggplants, sliced lengthwise 1/4" thick  
 3 small zucchini, sliced thin lengthwise  
 3 small yellow squash, sliced thin lengthwise

Preheat oven to 350 degrees Fahrenheit. To prepare lasagna noodles, bake eggplant, zucchini and squash slices for 10 minutes until flexible but not completely cooked.

**Ricotta\*:**

- 1 package soft tofu
- 1 medium onion, cut in quarters
- 4 cloves garlic
- 1 bunch fresh basil leaves
- 1 package firm tofu, drained of excess water
- 1 tablespoon Mrs. Dash, or other non-salt seasoning
- 2 tablespoons dried Italian herbs
- 1 cup grated vegan mozzarella cheese (I like Daiya)

In a food processor, process soft tofu, onion, and garlic until pureed. Add basil leaves and pulse to coarsely chop. Pour into a medium-size bowl. Crumble the drained, firm tofu into the mix of pureed tofu; stir in non-salt seasoning, Italian herbs and grated vegan cheese.

**Veggies:**

- 2 bunches broccoli, florets & peeled stems, chopped
- 1 pound Portobello mushrooms, sliced
- 3 medium bell peppers (a mixture of red, yellow or orange), chopped
- 5 ounces organic baby spinach

Using as little water as possible, sauté broccoli, mushrooms, peppers, and spinach over low heat for 5 minutes, just until tender.

- 3 cups pasta sauce, no or low-salt
- 4-6 roma tomatoes, sliced thin
- 1 cup raw cashews, finely chopped
- Basil, chopped fine for garnish

**Assembly:**

Spread a thin layer of pasta sauce on bottom of a 9x13 baking dish. Layer eggplant slices, then sautéed vegetables, tofu ricotta, squash and zucchini slices and spread with pasta sauce. Repeat layers. Finish by covering with a layer of tomato slices. Cover with foil and bake for 45 minutes or until very hot and bubbly. Remove foil, sprinkle with cashews, and bake for 15 minutes more. Let sit for 15 minutes before serving. Garnish with shredded basil.

**\*Optional Cashew Ricotta:**

- 2 cups raw cashews, soaked in water for 1-2 hours
- 2/3 cup water (more or less to get desired consistency)
- 2 lemons, juiced
- 2 tablespoons nutritional yeast
- 4 cloves garlic
- 1 bunch fresh basil leaves
- 1 tablespoon Italian Seasoning
- 1 cup grated vegan mozzarella cheese (I like Daiya)

Blend all ingredients in a high-powered blender until it takes on a ricotta-like consistency.

**SAUTÉED GREEN CABBAGE WITH CANNELLINI**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

- 3-4 cups cabbage, medium sliced
- 1 cup cannellini, cooked
- 1/4 cup onions, small dice
- 1/2 cup sun-dried red pepper
- 3 cloves garlic, minced
- 1/4 cup total, Parsley and sage, chopped
- 3 cups veggie stock
- 1 tablespoon nutritional yeast
- Black pepper to taste

**Directions:**

- 1- In a large sauce pan, add veggie stock and bring to a boil
- 2- Add the cabbage, onions, and sun dried peppers and cook, reduce heat to medium
- 3- Cook for 5-8 minutes, and then add the rest of the ingredient, stirring frequently
- 4- Simmer, and cook for 2-4 minutes

**WHOLE WHEAT PENNE PASTA CAPONATA**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

- 1 large eggplant, peeled and cut into small cubes
- 4 medium tomatoes, small dice
- 1 medium onion, chopped
- 2-3 cloves garlic, finely chopped
- 1/2 cup pitted green or black olives
- 1/3 cup drained capers
- 1/4 cup veggie stock
- 2 tablespoon Italian parsley leaves, chopped
- 1/2 lb whole wheat penne pasta, cooked and drained

**Directions:****Caponata Sauce**

- 1- In a pre heated oven at 400 degrees
- 2- Lightly oil baking sheet pan with olive oil on a paper towel
- 3- Place the eggplant, tomatoes, onions and garlic, and then bake for 18-10 minutes
- 4- Transfer the baked vegetables and veggie stock into a sauce pan
- 5- Cook for 15-20 minutes over medium heat
- 6- Add black olives and capers and cook for 5-10 min
- 6- Toss the pasta and the parsley with the sauce

**MOROCCAN DINNER****MARHARASTIAN DAL  
(YELLOW SPLIT LENTIL) SOUP**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

1 cup yellow lentil  
 ½ teaspoon cumin seeds  
 ½ teaspoon mustard seeds  
 ½ coriander seeds  
 ½ teaspoon turmeric  
 ½ teaspoon chili powder  
 ½ pinch Hing (root of plant)  
 1 ea medium onion, small diced  
 2ea medium tomatoes, small diced  
 2 cloves garlic, minced  
 ½ gal Veggie stock  
 Black pepper to taste

**Garnish**

2 table spoon fresh chopped cilantro  
 Dry Red chili

**Directions:**

1-Rinse the lentil well in a strainer and soak with enough veggie stock to cover  
 For at least 1 -2 hour  
 2-place in a saucepan and cover with the veggie stock  
 3- Bring to boil and cook for about 1-2 hour, adding more veggie stock as necessary  
 4- In a pre heated oven at 400 degrees  
 5- Place cumin seeds, mustard seeds and coriander seeds on a baking sheet pan, and toast  
 6- Once lentils are tender, add onions, tomatoes, Hing, garlic, cumin seeds, coriander seeds, chili powder, Mustard seeds, and black pepper  
 7- Cook on medium heat for 30-45 minutes  
 8- Blend the soup and garnish with Fresh cilantro and Dry red pepper

**VEGGIE TAGINE**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

1ea cut into chunks, (carrot, eggplant, sweet potato, parsnip, potato, fresh pumpkin, and zucchini)  
 3ea large tomatoes cut into chunks  
 1 ea orange peeled and cut into chunks  
 1 cup total dried fruit, prunes, dates and figs  
 1ea lemon peeled and segmented  
 2 cloves minced garlic

1 teaspoon ground paprika  
 1 teaspoon fresh ginger  
 2 teaspoon ground cumin  
 ½ teaspoon saffron  
 1stick cinnamon  
 2cups veggie stock  
 1/3 cup toasted almonds  
 1 bunch chopped Italian parsley

**Directions:**

1-In a large sauce pan add potatoes, sweet potatoes, carrots and pumpkin, veggie stock and spices, cook until lightly soften  
 2- Add zucchini, garlic, dried fruits, tomatoes and cook on medium heat for 15minutes  
 3- Add orange chunks and lemon segments, and cook for 5-7 minutes  
 4- Remove cinnamon stick and add chopped parsley  
 5- Serve on a large platter, sprinkle with almonds

Serves 4 portions

**SAUTÉED FAVA BEANS AND CAULIFLOWER IN A LEMON ZEST**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

1 cup Fava beans, cooked  
 1 head cauliflower florets, blanched  
 2 cloves garlic, minced  
 4 cups veggie stock  
 1 tablespoon Lemon zest  
 1 teaspoon cumin, ground  
 1 teaspoon coriander, ground  
 1 tablespoon fresh cilantro, chopped  
 Black pepper to taste

**Directions:**

1- In a medium pot, add all the ingredients, (except the lemon zests and the fresh cilantro)  
 2- Bring to a boil, then simmer on low heat for 2-4 min  
 3- Garnish with lemon zests and fresh cilantro

**DINNER SIDE DISH**

Whole Wheat Couscous and Lentils  
 Served with Toasted Whole Wheat Pita Points

**HEALTHY M'HANCHA COOKIES**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

1lb blanched almonds  
1lb dates  
½ qt almond milk  
3ea banana  
2 tbsp orange blossom water  
½ lb pistachio chopped fine  
½ teaspoon cinnamon

**Equipment**

Food processor or a high powered blender

**Directions:**

- 1- Put almonds in a food processor and pulse until it's the texture of sand, then put in a bowl
- 2- Put dates, Bananas in a blender and add almond milk gradually
- 3- Pulse to a rough paste
- 4- Add orange blossom water and cinnamon
- 5- Add all the blended ingredients into the almonds and stir until thoroughly combined
- 6- Divide into small balls; roll each into a cylinder, about as thick as or your thumb and around
- 7-Chill for 30 minutes
- 8- Roll the chilled cylinders into the fine chopped pistachios
- 9- Pre heat oven to 300 degrees
- 10- Place the M'hancha on a lightly oiled baking pan and bake for 15-20 minutes
- 11- Keep the dessert at room temperature, not chilled

Serve on a platter

**ASIAN DINNER****SHITAKE MUSHROOM WITH HATASUI  
(CHINESE CABBAGE) BROTH**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

½ lb shitake mushrooms, sliced (keep the stems of the mushrooms for the stock)  
3-4 cups cabbage, thinly sliced  
½ gal veggie stock  
1 cup celery, thinly sliced diagonal  
½ cup carrots, small diced  
½ cup onions, thinly diced  
½ cup scallions top, (green part) thinly sliced  
½ cup daikon radish, thinly sliced  
4 cloves garlic, minced  
8-10 ea fresh ginger, peeled and grated  
1 teaspoon chili paste  
2-3 tablespoon Bragg liquid Aminos, or low sodium soy sauce

**Directions:**

- 1-In a sauce pan, adds veggie stock, mushrooms stems, ginger, chili paste and garlic
- 2- Bring to a boil over medium heat
- 3-Strain through a fine-mesh strainer, and then put back the stock in the sauce pan
- 4- Add carrots, onions, radish, celery, and Bragg liquid aminos, and cook for 12-15 minutes
- 5- Add cabbage and cook for 10-12 minutes
- 6- Garnish with sliced green onions

**TAHINI RUBBED TOFU, BABY BOK CHOY  
AND KABU IN GINGER STOCK**

(May be used as tahini rubbed chicken)

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

1 lb extra-firm regular tofu (or substitute chicken)  
1 cup Tahini  
8 heads baby bok choy  
2 large Kabu (turnip), medium cubes  
4 cup ginger veggie stock (add 1 teaspoon of grated ginger to veggie stock)  
1 teaspoon fresh cilantro, chopped  
Black Pepper to taste

**Directions:****Baby Bok Choy**

- 1- Clean the leaves and base of the baby Bok choy thoroughly with cool water
- 2- Cut the baby bok choy in half lengthwise
- 3- Blanch the baby bok choy with the Ginger veggie stock
- 4- Strain, and reuse the stock for the Kabu

**Kabu**

- 1- Place Kabu onto a lightly oil baking sheet pan with olive oil on a paper towel
- 2- Cover the bottom of the baking pan with ginger veggie stock
- 3- In a preheated oven at 400 degrees, bake the Kabu for about 10-15 minutes

**Tofu**

- 1-slice tofu -1/4 inch thick and season with black pepper
- 2- Rub the tofu slices with Tahini
- 3- Apply lightly olive oil on a paper towel onto baking sheet pan, and then place the sliced tofu
- 4- Cover the bottom of the baking pan with veggie stock
- 5- In a preheated oven at 400 degrees, bake the tofu for about 6-8 minutes

**Plating**

- 1-Arrange the Tofu on a serving platter with the Baby bok choy and the Kabu,
- 2- Pour some of the ginger veggie stock over the baby bok choy and the Kabu
- 3- Garnish with cilantro and black pepper

**HORENSO, RED CABBAGE AND RENKON WITH LEMONGRASS**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

- 1 lb organic Horenso (baby Spinach)
- 1 head Red cabbage, shredded
- 2 medium Renkon (lotus root)
- 3 cloves chopped garlic
- 1 stock chopped leeks
- 1 tablespoon fresh chopped ginger
- 3 ea lemon grass, chopped
- 2 tablespoon Bragg liquid Aminos, or low sodium soy sauce
- 1/2 bunch fresh cilantro, chopped
- 1/2 teaspoon nutmeg
- 1 qt veggie stock
- Black pepper to taste

**Directions:**

- 1- Heat veggie stock in a large saucepan over medium heat
- 2- Add lemon grass, garlic and soy sauce and boil for 15 minutes
- 3- Strain, and then put back the stock in the saucepan
- 4-Add red cabbage, leeks, nutmeg and ginger, cook for 10-12 minutes
- 5- Add spinach, and cilantro
- 6- Stir and cook for 2-3 minutes

**DINNER SIDE DISH**

Lotus Foods Black or Red Rice

**MEXICAN DINNER****BLACK BEAN SOUP**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

- 2 cups organic dried black bean
- 1 diced avocado
- 1 cup diced onions
- 1 cup diced carrots
- ½ cup diced green onions
- 4 cloves diced garlic
- 1 ea fresh lime (juice)
- 1 tablespoon cumin
- 1 tablespoon coriander
- ½ bunch fresh chopped cilantro
- 1-tablespoon nutritional yeast
- 1 table spoon Arame seaweed
- Black pepper to taste

**Directions:**

- 1- Wash beans and place in a saucepan and cover with water
- 2- Bring to boil and cook for about 1 hour
- 3- Drain beans and rinse
- 4- Return beans to the saucepan and cover with water
- 5- Cook for 4-5 hours, adding more water as necessary
- 6- Once beans are tender, add onions, carrots, garlic, cumin, coriander, nutritional yeast, Arame seaweed, and black pepper and cook for 10-15 minutes
- 7- Serve topped with avocado, cilantro and green onions

**VEGGIE FAJITA**

By Chef Marwan Kassem of Naples Beach Hotel

**Ingredients:**

(Vegetables)  
 1ea julienne carrots  
 1ea julienne zucchini  
 1 ea julienne squash  
 1ea julienne red pepper  
 1ea julienne green pepper  
 1 ea julienne white onion  
 2cloves minced garlic  
 2 teaspoon chili powder  
 1teaspoon ground cumin  
 1 teaspoon ground coriander  
 1bunch fresh cilantro  
 Black pepper to taste

**(Tomato Veggie Broth)**

2 cups veggie Stock  
 2 ea Diced tomatoes medium Size  
 4 cloves minced garlic  
 ¼ cup chili powder  
 1 teaspoon ground cumin  
 1 teaspoon ground coriander  
 2ea fresh lime (juice)  
 1bunch chopped fresh cilantro  
 Black pepper to taste  
 Bring to boil to enhance the flavor

**Directions:**

- 1-Pre heat oven 350 degrees
- 2- Mix all vegetables and the rest of the ingredients on a baking tray,
- 3- Add tomato veggie broth
- 4- Roast vegetables for 10-15 minutes,
- 5-keep mixing the vegetables every 5 minutes to cook evenly

Warm whole wheat flour tortillas, place vegetables, topped with salsa and guacamole

You could use black bean or refried bean puree for an extra kick

Serves 2-4 portions

**TOMATO CORN SALAD**

By Kristen Stoll

**Ingredients:**

1 small onion, diced  
 1 red pepper, diced  
 6 ears corn, cut off the cob  
 2 tomatoes, diced  
 cup chopped kale  
 2 tablespoons Italian parsley  
 12 basil leaves, chopped  
 Kelp granules (found in health food stores)

**Directions:**

Sauté onion, pepper, and corn in a few tablespoons of water over medium-high heat.  
 Cook until ingredients begin to soften. Stir in the tomato, kale and herbs. Season with kelp. Serve.

**DINNER SIDE DISH**

Mexican Brown Rice (Cooked in Salsa)

**CHOCOLATE PUDDING PIE**

By Kristen Stoll

\*note- for Immersion we just used the pie filling and served with berries in a martini glass as a pudding dessert

**Pie Crust:**

1 ½ cups spelt flour  
 ½ cup barley flour  
 1 teaspoon salt  
 ¼ cup Earth Balance butter  
 2 tablespoons cold water (enough to create a pie dough consistency)  
 Mix in a food processor until dough rolls up into a ball.  
 Roll out into a pie shell. Bake at 325 degrees Fahrenheit for 10-15 minutes or until light brown.

**Filling:**

4 avocados  
 ¾ cup cocoa  
 1 cup date paste  
 2 teaspoons vanilla extract  
 Water

Mix in food processor until super creamy. Add water as needed for desired texture. Pour filling into cooled pie shell and serve.

Bonus #1: You can use this filling as pudding; just omit the pie shell and place in a bowl. Top with sliced strawberries and a dollop of cashew cream.

**Cashew Cream:**

1 cup raw cashews soaked for 1 hour

¼ cup vanilla almond milk

2 tablespoons date paste

Mix in a food processor.

Adjust milk for desired texture.

Bonus #2: Layer pudding with fruit (strawberries/bananas/blueberries or raspberries) and cream in a tall glass for a beautiful dessert.

**Date Paste**

2 cups pitted dates

½ cup water

Place in a blender and blend until creamy. Store in a sealed container in the refrigerator. Lasts for 2 weeks.

Use as a sugar substitute.