

The Veggie Queen's Guide to Eating & Cooking for Optimum Health, Happiness, Energy & Vitality

Nutrition CHAMPS



NEW WAY OF THINKING
ABOUT
FOOD GROUPS
THAT WILL CHANGE YOUR LIFE

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With Flavorful Plant-Based Recipes from over 40 Chefs, Cooks & Authors

My cookbook Nutrition CHAMPS is based on the work of Joel Fuhrman, M.D. I chose a more positive name than GBOMBS (*greens, beans, onions, mushrooms, berries and seeds*). I leave off the berries. CHAMPS stands for cruciferous vegetables, herbs and spices, alliums, mushrooms, pulses, seeds and nuts. I believe that CHAMPS is much more inclusive. What makes [this book](#) so extraordinary is that I enlisted 44 other plant-based and vegan authors and bloggers to contribute recipes. I will not be sharing their recipes but here are 11 of my favorite recipes from the book, along with 2 fermentation recipes that will help you get more culture in your life.

Always wishing you the best for a healthy, happy life.

- Jill Nussinow,
a.k.a. The Veggie Queen



Arugula and Herb Pesto



This is a creamy pesto dip for raw vegetables. We will use what is fresh from the garden. If you want to use oil, omit the white beans or tofu, but the calories will get much higher.

Serves: 4

Ingredient List

- ❖ 3 cloves minced garlic
- ❖ 3 cups chopped arugula
- ❖ 1 cup chopped flat leaf parsley
- ❖ 2–3 tablespoons pine nuts
- ❖ ½ cup cooked white beans or silken tofu
- ❖ 1–2 tablespoons light miso (*to taste*)
- ❖ ¼ to 1/3 cup water or broth
- ❖ 2 tablespoons nutritional yeast
- ❖ 2 tablespoons olive oil (*optional if not using beans or tofu*)

Directions

- ❖ In a food processor, combine everything except water or broth.
- ❖ Pulse till finely minced.
- ❖ With machine running, slowly add water until reaches desired consistency.

Thai-Inspired Broccoli Slaw



There is nothing wrong with plain broccoli but this recipe elevates broccoli to new heights. If you want this to be a main meal salad, add some baked tofu or seitan cubes. *Don't let the long ingredient list stop you from making this.* This tastes great right away but sometimes tastes even better the next day, if you have any leftovers.

Serves: 4

Ingredient List

- ❖ 1 large bunch of broccoli (*about 2 pounds*)
- ❖ 1 tablespoon of finely chopped, fresh lemongrass
- ❖ 1 kaffir lime leaf, if available, or 1 teaspoon lime zest and ½ teaspoon juice
- ❖ ¼ cup boiling water or stock
- ❖ ¼ cup peanut butter
- ❖ 1 tablespoon rice vinegar
- ❖ 1 teaspoon grated ginger
- ❖ 1 clove garlic, crushed
- ❖ ¼ teaspoon crushed red pepper flakes
- ❖ ¼ cup lite or regular coconut milk
- ❖ 1 tablespoon *Bragg Liquid Aminos* or tamari
- ❖ 1–2 tablespoons lime juice
- ❖ Sweetener to taste
- ❖ 2 tablespoons finely chopped roasted red pepper
- ❖ ¼ cup minced fresh cilantro
- ❖ 2 tablespoons finely chopped green onions

Directions

- ❖ Cut the broccoli into small florets.
- ❖ Peel the stalks and cut them into slices ½-inch thick.
- ❖ Steam over boiling water for 3–5 minutes until tender.
- ❖ Remove from heat and put into a bowl. Refrigerate to cool until ready to use.
- ❖ Pour the boiling water over the lemongrass and kaffir lime leaf in a heatproof bowl.
- ❖ Let sit for at least 10 minutes to extract flavor.
- ❖ Strain the lemongrass water and put the liquid into a blender.
- ❖ Combine with the remaining ingredients except the cilantro and green onions.
- ❖ Blend until smooth.
- ❖ Taste and adjust the seasonings.
- ❖ Pour the dressing over the broccoli.
- ❖ Add the roasted red pepper and toss.
- ❖ Garnish with the cilantro and green onions.

TIP: Freeze the leftover coconut milk in ice cube trays or other small amounts so that you won't have to open a new can every time you need coconut milk. It will last about 3 months in the freezer.

Cabbage and Red Apple Slaw



This is one of my favorite recipes to demonstrate because it is easy enough for anyone to make it. You could add a smoked jalapeño or chipotle if you like the heat. The recipe is highly adaptable and lasts for days in the refrigerator.

You can ferment this if you leave out the maple syrup and vinegar. Add a bit more salt and give the mixture a very good massage and pack it into a glass jar, then in a week or three or more, you will have a tasty sauerkraut. See the kraut recipe for more instruction (*page 12*).

This recipe takes just a few minutes to make in your food processor. Since cabbage, apples and carrots are almost always available, you can make this anytime; but it's especially refreshing in the winter, when green salad might not seem as appealing, and lettuce can be expensive. It's also terrific to bring to potlucks, since you'll be sure to have vegetables to eat.

Serves: 6

Ingredient List

- ❖ 1½ pounds green cabbage, finely shredded
- ❖ 1 red apple, grated
- ❖ 1 large carrot, grated
- ❖ 1½ tablespoons maple syrup
- ❖ 2–3 tablespoons apple cider vinegar
- ❖ 1 tablespoon Dijon mustard
- ❖ ½ teaspoon sea salt

Directions

- ❖ Quarter the cabbage, remove and discard the central white core (*if making kraut, cut this part very fine*).
- ❖ Shred the cabbage by cutting very thin slices along the length of each quarter. You should have about 6 cups. You can use the thin slicing disk of a food processor for this.
- ❖ Place the shredded cabbage in a large bowl.
- ❖ Toss in the carrots and apple.
- ❖ In a small jar, combine the maple syrup, vinegar, mustard and salt.
- ❖ Shake vigorously and pour over the cabbage.
- ❖ Taste and add more vinegar if desired.
- ❖ Refrigerate for at least half an hour before serving.

Raw Cauliflower Tabbouleh



The cauliflower stands in for bulgur wheat in this recipe. If you like, you can also use small broccoli florets in this. If tomatoes or red peppers are in season, feel free to add those too. (*Inspired by a recipe in The Clean Plates Cookbook by Jared Koch with Jill Silverman Hough.*)

Serves: 4–6

Ingredient List

- ❖ 2–3 lemons
- ❖ 1 pound cauliflower, cut into large bite-sized pieces to equal about 3–4 cups
- ❖ 1 large cucumber, halved lengthwise and seeded, cut into small dices
- ❖ 8 kalamata olives, minced
- ❖ 1 cup firm tomatoes, diced
- ❖ ½ to 1 cup chopped Italian parsley
- ❖ 1 tablespoon chopped fresh mint
- ❖ 2 tablespoons extra virgin olive oil (*optional*)
- ❖ 2 tablespoons toasted pine, or other nuts for garnish
- ❖ Salt, to taste

Directions

- ❖ Zest the lemons to equal 1 tablespoon of zest.
- ❖ Juice the lemons to equal ¼ cup of lemon juice.
- ❖ Set the zest and juice aside.
- ❖ Place the cauliflower in a food processor and process to chop into grain-like pieces, or chop by hand.
- ❖ Transfer cauliflower to a sieve and let drain, if necessary.
- ❖ Combine drained cauliflower with other ingredients, except nuts.
- ❖ Add salt, to taste.
- ❖ Serve garnished with nuts.

NOTE: I have not tried fermenting this but it seems like it might be possible with the addition of brine and without the tomatoes, oil or nuts. Those could be added later if all works out well.

The Veggie Queen's Husband's Daily Green Smoothie



I make this daily. It can be made with kale, collards or your favorite green although it's not especially tasty to my husband with anything bitter like arugula. I soak the nuts overnight, drain and store in the refrigerator for the week. I also rehydrate the chia weekly by combining 3 tablespoons chia seed with 1 cup water and mixing well.

Serves: 1 large smoothie

Ingredient List

- ❖ 5 soaked almonds
- ❖ 2 tablespoons chia seeds rehydrated in ½ to 1 cup liquid
- ❖ 1 cup packed kale, stems included
- ❖ 1 cup frozen fruit, seasonal when you can
- ❖ 1 cup frozen berries
- ❖ ½ medium banana
- ❖ 1 cup water

Directions

- ❖ Blend in a high speed blender until smooth and creamy.
- ❖ Serve right away.

TIP: If you have any leftovers, pour into ice cube trays to make “smoothie cubes” and blend later.

The Veggie Queen's Raw Kale Salad



This is easy to make and you'll get a great dose of greens. Use your favorites types, put in extras to suit your taste. The only limit to what goes into this salad is your imagination. When you massage the greens, be sure to add the love.

Serves: 2-4

Ingredient List

- ❖ 1-2 bunches kale, collards or other greens, washed and spun dry
- ❖ 2-3 teaspoons raw tahini
- ❖ 1 tablespoon lemon juice
- ❖ 1-2 teaspoons miso
(My favorite is South River Miso, brown rice or mellow white works well or Bragg Liquid Aminos)
- ❖ 1 teaspoon agave, more to taste or soaked, blended dates
- ❖ 1 apple or pear, sliced thin, julienned or grated
- ❖ ½ avocado, cut into chunks, if you like it
- ❖ Top with seeds, if desired

Directions

- ❖ Remove leaves from large ribs and slice thinly. Put into a large bowl.
- ❖ Add the tahini, lemon juice and miso.
- ❖ Put your hands into the bowl and massage the greens until they are wilted, about 3-5 minutes.
- ❖ Add the agave or date syrup and apple or pear and avocado.
- ❖ Stir well to combine.

TIP: Notice how the greens shrink by about half when they are massaged with the tahini, miso and lemon juice. If you are eating this by yourself, make half a batch at once. This tastes best when eaten immediately.

NOTE: You can also add sunflower seeds or dried fruit to this salad, or go more savory by adding crushed garlic and sliced onion and omitting the apple.

Braised Turnip Greens

with Tomatoes and Thyme



When you find young and beautiful turnips, take off their greens right away and use them soon. You can add the tender turnips to this dish, if you like but let the greens be the star. Serve as a side dish or over noodles, quinoa or other grain such as farro, rye, oats or barley.

Serves: 4

Ingredient List

- ❖ 6 cups chopped turnip greens
- ❖ 1½ cups peeled, seeded, diced tomatoes, fresh or canned
- ❖ ½ cup red wine
- ❖ 1 teaspoon sugar, Sucanat or agave syrup
- ❖ 3 cloves garlic, minced
- ❖ 1–2 sprigs fresh thyme or 1 teaspoon dried thyme
- ❖ 1 cinnamon stick
- ❖ 2 tablespoons fruity olive oil (*optional*)

Directions

- ❖ Combine all ingredients in a non-reactive saucepan over medium heat.
- ❖ Simmer, covered for 15 minutes.
- ❖ Simmer for 15 minutes more, or longer to reduce the mixture to the thickness that you like.
- ❖ Remove the cinnamon stick and thyme branches.

Tomatillo Black Bean Salsa



You can use any bean that you have on hand, or no bean at all and just use the vegetables. Get the best tomatillos that you can. Make it hot, or don't. It's up to you. I like to add toasted cumin for the best flavor.

Serves: about 1½ cups

Ingredient List

- ❖ 1 pound tomatillos, chopped, about two cups of chopped tomatillos
- ❖ 1 cup cooked black beans, rinsed and drained or freshly cooked
- ❖ ½ cup chopped onion
- ❖ 2–3 cloves garlic, minced
- ❖ 1 jalapeño, seeded and minced (*optional*)
- ❖ 1–2 teaspoons toasted cumin powder
- ❖ ½ cup cilantro, chopped
- ❖ 1 small lime, juiced
- ❖ ¼ cup chopped avocado (*optional*)
- ❖ Salt and black pepper, to taste

Directions

- ❖ In a medium bowl, combine all of the prepared ingredients except avocado.
- ❖ Stir that in carefully so that it remains intact.
- ❖ Taste and adjust the seasoning if necessary (*more lime juice, salt and pepper, etc . . .*)

Gingered Cucumber Salad



This is an easy to make fat-free salad that is great for the late spring and all summer as it does not have to be refrigerated to taste good. Because I can get them, I usually use a combination of Armenian, regular and lemon cucumbers. Use what you can find, English cucumbers work well. Cucumbers are usually one of the first vegetables, after radishes, to show up at the spring farmers' markets.

Serves: 4–6

Ingredient List

- ❖ ½ red onion, sliced thinly
- ❖ 4–5 tablespoons of rice wine vinegar
- ❖ 3 medium or 6 small cucumbers (*use some lemon cucumbers for color variety*)
- ❖ 2 teaspoons finely grated ginger
- ❖ 2–3 tablespoons toasted sesame seeds, for garnish

Directions

- ❖ Combine onion and 2 tablespoons vinegar in a small bowl.
- ❖ Let sit for about 10 minutes or more until the onion turns pink.
- ❖ Discard the vinegar.
- ❖ Thinly slice cucumbers. Don't peel unless skin is bitter.
- ❖ Put into glass or ceramic bowl.
- ❖ Add the soaked onion, remaining vinegar and ginger.
- ❖ Cover the bowl.
- ❖ Stir at least once in 24 hours.
- ❖ Marinate at least 1 day.
- ❖ Add toasted sesame seeds, if you like.

NOTE: This low calorie dish will last up to four days in the refrigerator.

Herby Italian Dressing



The artichoke hearts give this dressing some body. Only use frozen, bottled or canned in water, not the marinated ones unless you like a lot of oil. This will last 3 to 4 days in the refrigerator.

Makes approximately 1 cup

Ingredient List

- ❖ 2 tablespoons vinegar
- ❖ 2 tablespoons onion, chopped
- ❖ 1 small clove of garlic, cut in half
- ❖ 1 tablespoon apple juice concentrate, Sucanat, agave syrup or a few drops of stevia
- ❖ 2 tablespoons chopped Italian parsley
- ❖ ¼ cup water
- ❖ 2 tablespoons basil
- ❖ 1 pinch dried Italian seasoning
- ❖ Fresh ground pepper, to taste
- ❖ 1 teaspoon reduced sodium tamari
- ❖ ½ cup artichoke hearts, frozen, thawed and cooked, or canned or bottled in water

Directions

- ❖ Combine all ingredients in blender.
- ❖ Blend until smooth.
- ❖ Chill for at least 15 minutes before serving.

Creamy Caesar Salad Dressing



This makes your Caesar salad sing. If you want to make it with less fat you can substitute one half a carton of Mori-Nu Lite silken tofu for the almonds and water. This will last for up to a week in the refrigerator but it's doubtful that you will have it hanging around that long. This is one of Heather McDougall's (*of the McDougall program*) favorite dressings although when I make it there, I use half a box of Silken Mori-Nu tofu instead of the almonds.

Makes 1 cup

Ingredient List

- ❖ ¼ cup almond meal or 1/3 cup soaked almonds, drained and ¼ cup water
- ❖ 4 cloves garlic
- ❖ 3 tablespoons Dijon mustard
- ❖ ¼ cup nutritional yeast flakes
- ❖ 1 tablespoon tamari or soy sauce
- ❖ 1 tablespoon vegetarian Worcestershire sauce, optional
- ❖ 3 tablespoons lemon juice
- ❖ 2 tablespoons water or more depending upon consistency you want

Directions

- ❖ Place the almonds or almond meal in a small food processor with the garlic and pulse until the garlic is minced.
- ❖ In the blender, add the water, mustard, yeast flakes, tamari, Worcestershire and lemon juice and blend until smooth, adding additional water if necessary.
- ❖ Drizzle as much as you need over chilled, washed and torn Romaine lettuce that has been topped with croutons.

Simple Sauerkraut



I did not make up this recipe, it is the standard recipe used by Sandor Katz and others, and how it turns out will depend upon many factors, most of which are out of my control, and yours. It may take a few tries before you get it just right but it is worth it. This is a simple fermentation and one that I repeat often with the addition of many different cruciferous vegetables. The possibilities are limited only by your imagination and access to fresh vegetables.

Makes 1 to 2 quarts

Ingredient List

- ❖ 1 medium to large head cabbage (*3–5 pounds*)
- ❖ Pure sea salt, use a scant 2–3 tablespoons for 5 pounds of cabbage and adjust accordingly
- ❖ Other additions such as garlic, caraway seeds, onion, carrots or more but not too many at once.

Directions

- ❖ Remove a large cabbage leaf or two and set aside.
- ❖ Finely slice the cabbage, removing the hard inner core, or cut that very fine. You can do this by hand, which I prefer, or in your food processor or with a mandoline (*very carefully*).
- ❖ Put the cabbage in a large bowl.
- ❖ Fluff it up and sprinkle the salt on it.
- ❖ Let the cabbage sit with the salt for a few minutes.
- ❖ Then with clean hands and loving intentions, gently massage the cabbage for a few minutes.
- ❖ Get a very clean (*sterilized*) half gallon canning jar or other large jar or ceramic vessel, and pack the cabbage mixture into it. As you do this there ought to be liquid appearing in the jar. The goal is to have liquid above the cabbage which will happen if your cabbage is very fresh.
- ❖ Pack the mixture down and put the cabbage leaf on top of it. You can now weigh it down with a rock or glass weights or a plastic bag filled with brine (*see what's next*).
- ❖ If you did not get enough liquid from your cabbage, make a brine with 3 tablespoons sea salt to 1 quart of pure (*non-chlorinated*) water.
- ❖ Heat the water, add the salt and let it cool before adding to your cabbage, only if necessary.
- ❖ Let the cabbage sit for an hour in your jar before adding brine liquid as sometimes the liquid appears.
- ❖ Cover the jar with a cloth and let sit somewhere around 65°F, protected from animals and insects.
- ❖ If the jar is very full, put it in a bowl as some liquid might come over the edge during fermentation.
- ❖ Check your mixture daily to be sure that all is OK and that the cabbage is below the liquid.
- ❖ The sauerkraut will be ready to taste starting at a week. You want it to taste sour instead of salty. Most kraut takes a few weeks but a lot depends upon your conditions.
- ❖ Once your kraut is to your liking, pack into jars and put in the refrigerator. It will last a long time or until you eat it all.

Herbed Sunflower Seed Dip or Spread

with a Fermented “Cheeze” Variation



This is a rich but easy to make dip. Go easy on the dip and eat it with lots of vegetables or wrapped in lettuce leaves with sprouts and tomatoes. Or, serve on top of cucumber slices or with crackers. It can be frozen if you find that you’ve made too much of it.

Makes 2 cups

Ingredient List

- ❖ 1 cup raw sunflower seeds
- ❖ 1–2 tablespoons lemon juice
- ❖ 2–3 tablespoons chopped Italian parsley
- ❖ ½ cup basil leaves
- ❖ 1–2 tablespoons nama shoyu or tamari
- ❖ 1–2 cloves garlic, minced
- ❖ Freshly ground black pepper, to taste

Directions

- ❖ Soak the sunflower seeds in water for at least 2 hours, or overnight, or from morning until evening.
- ❖ Drain sunflower seeds (*reserving water in case you need it*) and put into a food processor or high speed blender with the remaining ingredients.
- ❖ Process until smooth, scraping down the sides as you need to.
- ❖ Let sit at least 20 minutes for the flavors to blend.

NOTE: To make this even more interesting and give it probiotic qualities, you can add 2 tablespoons of truly fermented pickle or sauerkraut juice (*or what is called a gut shot*) to this. Transfer to a glass jar and put a paper towel on top and secure with a rubber band. Leave at room temperature for 24–48 hours. Check to see if this has fermented after 24 hours and if it is to your liking. Then eat or refrigerate. You can also successfully freeze.

About Jill Nussinow - aka "The Veggie Queen"



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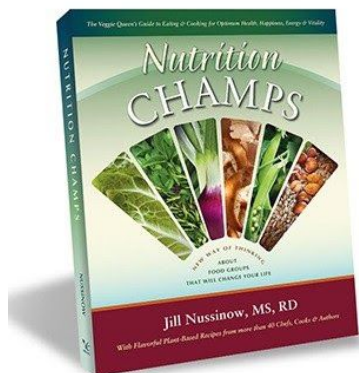
Jill Nussinow, aka The Veggie Queen™ is a Registered Dietitian who has taught plant-based, whole foods cooking for more than 30 years at Santa Rosa Junior College and elsewhere throughout the US and beyond. She is the author of four award-winning cookbooks: 'The New Fast Food: The Veggie Queen Pressure Cooks Whole Food Meals in Less than 30 Minutes', 'Nutrition CHAMPS: The Veggie Queen's Guide to Eating and Cooking for Optimum Health, Happiness, Energy and Vitality', 'The Veggie Queen: Vegetables Get the Royal Treatment', and them much loved 'Vegan Under Pressure'. She stars in the DVDs 'Electric Pressure Cooking: The Basics and Beyond' and 'Pressure Cooking: A Fresh Look, Delicious Dishes in Minutes'. She is a regular presenter at Rancho La Puerta in Tecate, Mexico. You'll often find Jill frequenting local farmers markets. One of her favorite things is to see what she can cook up in her pressure cookers with what's fresh at the market. Jill also loves mushroom hunting and teaching fermentation classes. Jill's goal is to see everyone leading a healthy, happy life through better eating and cooking. She loves to share the passion and joy of great food, especially when using the pressure cooker for personal and planetary health.

Learn more at: www.theveggiequeen.com.



ORGANIZATIONS JILL BELONGS TO:

- ❖ Academy of Nutrition and Dietetics: Vegetarian Practice Group, Food and Culinary Professionals, Nutrition Entrepreneurs
- ❖ SOMA – Sonoma County Mycological Association
- ❖ North American Vegetarian Society
- ❖ IACP – International Association of Culinary Professional



ARE YOU INTERESTED IN PURCHASING THE FULL VERSION OF THE NUTRITION CHAMPS COOKBOOK?

Nutrition CHAMPS is a paperback cookbook with 200 recipes, many of which are gluten-free, no oil, low or no sugar and salt. The recipes span 6 groups of food: Cruciferous Vegetables, Herbs and Spices, Alliums, Mushrooms, Pulses (beans, peas and lentils), Seeds and Nuts. The breadth of recipes from breakfast to desserts cover all the CHAMPS foods, including raw, cooked and pressure cooked. You will learn more about the health benefits of each food category, with tempting recipes that you can eat daily.

