

In the wake of reading Dr. T. Colin Campbell's book *The China Study*, I was drawn to the official companion cookbook in my quest to become a happy and healthy adherent of a whole foods plant based diet. Dr. Campbell's daughter, Leanne, compiled 120+ tasty recipes and offered a gaggle of good advice for those embarking on this journey. It was the perfect complement to her father's groundbreaking research on the connection between chronic disease and nutrition.

Most of the recipes contemplate a larger audience than our 2-person household. They're great for dinner parties as well as loading up the refrigerator with delicious leftovers. When needed, I scaled the recipes back to the 2-person serving size without incident.

Each recipe comes with estimates of the preparation and cooking times. My preparation times tended to be a bit longer, but I used that time to catch up with my husband after a busy day or revel in some wonderful music. I find that when I allocate sufficient time to "kitchen patrol," cooking becomes a form of meditation that helps me relax and unwind.

## *Breads and Muffins*

Our household is still not big on breads and muffins, but we gave a "thumbs up" to the Banana Crumb Muffins, the Fiesta Corn Bread, and the Raisin Walnut Bread.



Banana Crumb Muffins



Blackberry Lemon Tea Cakes



Easy Pumpkin Muffins



Fiesta Corn Bread



Lemon Poppy Muffins



Raisin Walnut Bread



Sensational Herb Bread



Quick No-Fat Cranberry Bread



Quick Apple Loaf

## *Breakfast Dishes*

G-Mom's Oatmeal and Nature's Granola won over our hearts, with honorable mentions going to the Panana Cakes and Pumpkin Cakes.



Blueberry Coffee Cake



Breakfast Home Fry Hash



Favorite French Toast



Fruit Crepe



Banana Blueberry Smoothie



Mixed Berry Peach Smoothie





Tropical Fruit Smoothie



G-Mom's Oatmeal



Panana Cakes



Muesli



Nature's Granola



Our Favorite Breakfast Burrito



Pumpkin Pancakes



Scrambled Tofu



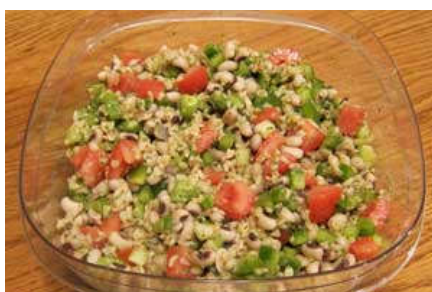
Apple-Filled Turnovers

## *Appetizers and Salads*

With very few exceptions, we absolutely loved every recipe in this section. See for yourself!



Best Broccoli Salad



Black-Eyed Pea Salad



Celery Salad with Olives



Ceviche Beans



Coleslaw



Couscous Salad





Cucumber Dill Dip



Ensalada Azteca



Fiesta Potato Salad



Fresh Tomato and Pasta Salad



Greek Salad with Nuts



Lemon Tahini Quinoa Salad



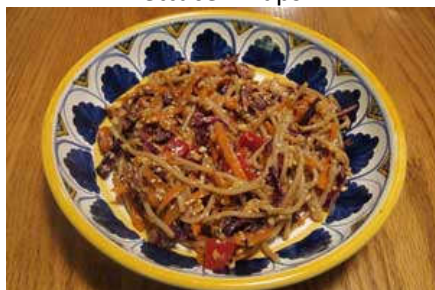
Lettuce Wraps



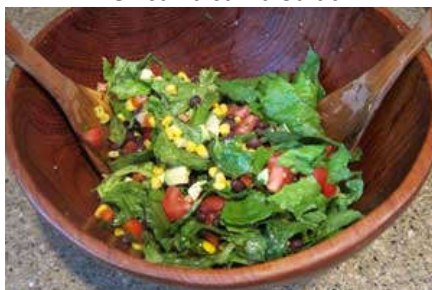
Mexican Jicama Salad



Samosas Baked to Perfection



Sesame Noodle Salad



Southwestern Salad

## *Soups*

The Aztec Soup wins the award for taste, and the Quick Three-Bean Soup takes the prize for taste and ease of preparation. We also really enjoyed the German Sauerkraut Soup.





Aztec Soup



Coconut Corn Chowder



Dominican Chapea



German Sauerkraut Soup



Hearty Stew



Lentil Soup



Quick Three-Bean Soup



Seasoned Mushroom Soup



Spicy Pumpkin Soup



Tomato Tortilla Soup



Thai Peanut Soup

## Sandwiches

Since going away to college, I've never been particularly fond of sandwiches. However, these recipes just might make me a convert. The Ocean Chickpea Sandwich proved a delightful surprise (*and a repeat recipe for us*). The Pecan Ball Subs were quite good and provided a means through which we'll make vegan spaghetti and meatballs.





Veggie Sandwich



Delicious Eggless Sandwich



Spinache Chickpea Burger



Granola Fruit Wrap



Hummus Wrap



Ocean Chickpea Sandwich



Pecan Ball Sub



Portobello Thyme Sandwich



Tasty Tostado



Thai Wrap



Tomato Basil Pesto Sandwich



Veggie Fajita Wrap

## Entrées

I've been on the lookout for recipes that could rise to the challenge of tantalizing meat-eating guests when coming to our house for a meal. The African Vegetables, Fabulous Sweet Potato Enchiladas, and Nutty Noodles with Vegetables fit the bill.





African Vegetables



Asparagus Crepes



Baked Stuffed Tomatoes  
with Couscous



Burger Salad



Dominican Beans



Zesty Bulgur Stew



Coconut Curry Rice



Eggplant Bake



Stuffed Mushrooms with Spinach



Sweet Potato Enchiladas



Favorite Chili with Pasta



Fettuccine with Broccoli  
and Cashew Sauce



Corn and Tomatillo Stew



Leafy Lentils



Leek Pie





Macaroni Squash



Masala's Chickpeas



Mm's Polenta with  
Rice and Beans



Nutty Noodle with Vegetables



Pumpkin Gnocchi with  
Italian Vegetable Sauce



Scrumptious Baked Vegetables  
with Fresh Spinach



Moroccan Eggplant



Southwestern Calzones



Savory Spaghetti Squash



Tomatillo Tortilla Bake



Vegetable Lasagna



Vegetable Dumpling Stew



Zucchini Cakes



## Side Dishes

We enjoyed the sides as companions to our entrées and as snacks the next day. The Beets with Greens will make a regular appearance on the menu as it provides a delicious (*and nutritious*) way to use the root and its greens.



Basil Pepper Corn



Beets with Greens



Caribbean Moro



Carrot Bake



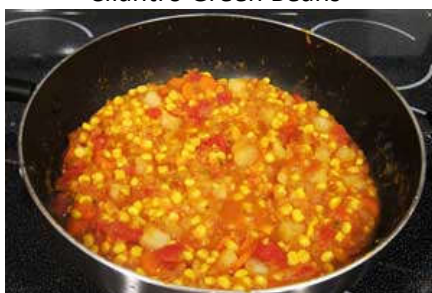
Cilantro Green Beans



Cranberry Applesauce



Creamed Cauliflower



Ethiopian Vegetables



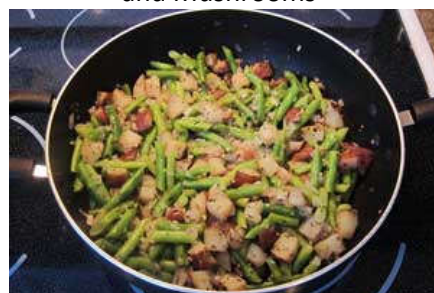
Garlic Green Beans  
and Mushrooms



Lentils and Greens



Quick Butternut Squash



Seasoned Green Beans  
and Potatoes





Stewed Tomatoes



Tasty Potatoes and Kale



Twice-Baked Southwestern Potatoes



Zesty Succotash

## Desserts

As with the entrées, I enjoy finding recipes that can delight guests who stop in to share a meal. The Chocolate Banana Pie, Fresh Strawberry Pie, and No Bake Peanut Butter Bars have earned places in our inner circle of dessert recipes. Frozen Banana Cream made with our Yonana machine is always good!



Amazingly Delicious Date Fruit Pie



Apple Gingerbread Upside-Down Cake



Cheese(less) Cake



Chocolate Banana Pie



Coconut Mango Pudding



Fresh Strawberry Pie





Frozen Banana Cream  
with Chocolate Sauce



Fruit Pudding



Pineapple Cherry Cake



Mint Chocolate Pudding



Mixed Fruit Cobbler



No-Bake Peanut Butter Bars



Coconut Oatmeal Cookies



Vegan Chocolate Cake



Vegan Pumpkin Pie