

Recipes to Accompany the Book

# **Eat by Choice,** **Not by Habit**

by Sylvia Haskvitz, M.A., R.D.

P.O. Box 231129, Encinitas, CA 92023-1129  
email@PuddleDancer.com • www.PuddleDancer.com

*For additional information:*

Center for Nonviolent Communication, 2428 Foothill Blvd., Suite E, La Crescenta, CA 91214  
Tel: 818-957-9393 • Fax: 818-957-1424 • E-mail: cnvc@CNVC.org • Website: www.CNVC.org

## Table of Contents

Recipe favorites .....	3
Steel Cut Oats and More .....	4
Vegetable Burro/Burrito .....	5
Sylvia's Smoothie.....	6
Quick/Easy Hummus .....	7
Mediterranean Medley Salad .....	8
Israeli/Palestinian Salad.....	9
Yam/Yukon Gold Potato bake.....	10
Erik's Peanut Butter Cookies .....	11
Goddess Carob Cake .....	12
Tofu - Pepper Bake.....	13
Lemon-Poppy Seed Cookies .....	14
Carob/Walnut Clusters.....	15

## Recipe favorites

*“Everyone who has ever taken a shower has had an idea. It’s the person who gets out of the shower, dries off, and does something about it that makes a difference.”*

NOLAN BUSHNELL

When I decide to make changes in my eating choices, I find it helpful to have recipes handy that will launch me on my way. Try these fun, tasty foods that will nourish your body and honor your desire for something new in your life.

A note about the recipes:

I have already decreased the sweetener and oils by 1/2 in each recipe so no need to alter further.

“Let them eat dessert first.”

## **Steel Cut Oats and More**

Buy organic steel cut oats from Trader Joe's or a health food store. Prepare oats as package suggests. This oatmeal cooks for 30 minutes so allow time for this.

Toppings to enhance flavors.

For every two servings, as oats cook, sauté 1 -2 tsp. organic butter in frying pan.

Add 1 sliced banana, 1/4 cup walnuts, 1/2 cup blueberries.

Sauté on low heat and let the flavors meld together.

When oats are prepared, add this mixture to the top of your oats.

To the very top of this delicacy, add a dollop of Strauss whole milk yogurt instead of milk.

Enjoy the tastes and textures knowing you are giving your body a real treat as well as your taste buds!

## **Vegetable Burro/Burrito**

My partner and I eat these daily for breakfast.

Starting off each day with vegetables high in magnesium (green leafy sorts) gives you extra energy!

Ingredients vary depending on what's in your refrigerator. Enjoy your own creativity and make a different burrito each time you indulge yourself

### **Possible Ingredients:**

1/2 onion peeled and chopped

1 bunch greens (kale, mustard, collard, spinach) chopped

1 tomato chopped

1 zucchini chopped

3 baby carrots chopped

3 oz. of tofu (optional)

2 Tbsp. edamame beans (optional)

1/4 cup brown rice already prepared (option and soaks up some of the juice)

red cabbage (optional)

2 Ezekiel sprouted grain tortillas from Trader Joe's or health food stores

### **Directions:**

Put 1 Tbsp. quality olive oil in pan (buy expeller pressed extra virgin in a dark container or use organic butter or sesame oil) Add a few drops of water if vegetable are sticking to pan.

Cook at medium to low heat - it's best for the oil or use water to steam and add olive oil at the end.

Add vegetables slowly with the hardest ones first. From the above list, I would start with the zucchini and carrots and onion and cabbage.

Cook until vegetables are tender.

Wet tortillas and place in oven at 250 degrees for 3 minutes or microwave for 45 seconds.

Lay the tortilla flat on a plate and add a row of vegetables in the middle of the burrito, you may also want to add a dollop of chumus or shredded cheese, roll up and enjoy.

Makes 2 breakfast burritos, hopefully with leftover vegetables for lunch.

### **Fun things to add:**

Labaneh or middle eastern spreadable cheese

Roasted brown rice (available at Chinese supermarkets)

Left over salmon pieces

## **Sylvia's Smoothie**

Sylvia's smoothie has evolved and changed over the years. The crucial point here is to choose fruits you enjoy. I often use frozen organic fruits and vary them depending on the season and my taste on any given day. This recipe works well for children who have difficulty finding a breakfast they enjoy. It's quick and easy, nutritious and fun to drink or eat with a spoon depending on how thick or thin you choose to make it. Experiment and enjoy.

### **Ingredients:**

This recipe will make 3-4 servings depending on the appetite

1 frozen banana

1/2 package silken tofu (optional though if you choose to use tofu be sure and use silken (it comes in a box and does not come refrigerated) and not any other kind!)

1 1/2 - 2 cups frozen fruit (my favorites include blueberries, raspberries, strawberries, mango)

1/4 cup unsweetened vanilla soy milk or until the smoothie has reached the consistency you enjoy.

(Feel free to substitute rice milk, goats milk or cows milk depending on your preferences and body's tolerance.)

### **Directions:**

Place the banana and berries into blender or food processor.

Grind until you get a somewhat smooth consistency.

Add tofu if desired and milk to consistency desired.

Drink slowly, savor and lick off your colored mustache!

## **Quick/Easy Hummus**

adapted from Mom Haskvitz's recipe

### **Ingredients:**

1 can (15 oz.) organic garbanzo beans (found easily at a health food store or cook up the beans from scratch and add salt to taste. If you use canned beans, rinse these well in water to remove some of the extra salt.)  
1 – 2 garlic cloves depending on your taste  
2 Tbsp. Lemon juice  
(again try 2 Tbsp. And add more if desired. You can never miss with lemon juice)  
3 Tbsp. Sesame tahini  
(health food store item or at a middle eastern deli)  
1/4 – 1/8 tsp. cumin depending on desired tastes  
salt if desired

### **Directions:**

Put all ingredients in a food processor or blender and blend until smooth. It may take a few minutes. If it is thicker than you would like, add a few drops of water or lemon juice to reach the desired consistency.

## **Mediterranean Medley Salad**

Jean Carper  
Eat Smart

### **Ingredients:**

4 cups roughly chopped raw vegetables  
(I like a combination of carrots, cucumbers, tomatoes, red bell peppers and zucchini)  
2 oz. feta cheese, crumbled  
1/4 cup sliced kalamata olives  
1/2 cup torn basil leaves (or 1 tsp. ground cumin)  
2 Tbsp. Extra virgin expeller pressed olive oil (get the oil that comes in a dark container – better for your health!)  
1 Tbsp. Balsamic vinegar if you like vinegar otherwise omit  
Sea Salt and freshly ground pepper to taste.

### **Directions:**

Toss all ingredients together.

Serves 4.

## **Israeli/Palestinian Salad**

Refreshing as a breakfast as well with an egg or more yogurt for added protein.

### **Ingredients:**

2 tomatoes that smell like tomatoes (on the vine, homegrown, organic or ones from your garden)

2 cucumbers, preferably the small pickling kind

The juice of 1/2 lemon.

### **Variations**

add a tsp. of fresh mint or parsley

### **Directions:**

Cut, chop finely the 2 tomatoes and the 2 cucumbers.

Squeeze fresh lemon juice on top.

Stir.

Add a dollop of whole milk plain yogurt with acidophilus for an added burst of flavor.

Makes 2-4 servings depending on your appetite.

## **Yam/Yukon Gold Potato bake**

### **Ingredients:**

Wash and scrub 2 yams and 2 Yukon Gold Potatoes

### **Directions:**

Slice lengthwise.

Place 1 Tbsp. olive oil in bottom of baking pan and put sliced potatoes on top.

Put 1 Tbsp. on top of potatoes and salt as desired.

Bake at 350 degrees for approximately 1 hour.

Check every 10 - 15 minutes and turn or remove from bottom of pan to prevent sticking.

Kids love these and it's a change from French-fries generally made with hydrogenated oils.

An adaptation of

## **Erik's Peanut Butter Cookies**

(Breitenbush community cookbook)

### **Ingredients:**

3/4 cup softened or melted butter  
1 1/2 cup peanut butter (that's the whole jar)  
3/4 cup agave nectar or 1 cup sugar if you use sugar  
2 Tbsp. vanilla extract  
1/2 tsp. salt  
2 cups whole grain spelt flour or pastry flour if you prefer  
1/2 tsp. baking powder

### **Directions:**

Preheat oven to 325 to 350 degrees.  
Cream the wet ingredients: butter, peanut butter, agave, vanilla and salt.  
Use a food-processor or beater. (I use my spoon.)  
Mix or sift together pastry flour and baking powder. (I sift nothing, just mix!)  
Add 3/4 of the dry ingredients to the wet ingredients.  
Mix this bunch of dough with your hands until even. (I use my spoon!)  
Keep adding flour until the dough holds its shape, but is not too dry. (medium stiff  
- this is important because they can be too dry with too much mixing or flour.)  
DO NOT OVERMIX (they're not kidding!)  
Roll 2 Tbsp. of dough into a ball between your hands.  
Press onto greased cookie sheet (I use aluminum foil - less mess.) and  
crisscross with a floured fork.  
Bake for 10-15 minutes until golden brown (I under-do cookies so closer to 10 or  
less will make for a softer, gooier cookie. A slightly underdone cookie is better.)

This recipe makes 3 dozen.

## **Goddess Carob Cake**

Double this recipe for a layer cake

### **Ingredients:**

1 cup flour  
1/3 cup carob powder, sifted  
1 tsp. baking soda  
1 cup Sucanat (I use agave and use half as much as suggested here, so the equivalent in agave is 3/4 cup and I use half of that)  
1/2 tsp. salt  
1/2 tsp. cinnamon  
1 cup water  
1/2 cup oil (I use 1/4 butter instead)  
1 1/2 tsp. vanilla extract  
1 Tbsp. lemon juice  
1/4 tsp. orange extract (I use extra lemon juice instead)  
1 Tbsp. orange zest (I use lemon instead)

### **Directions:**

Mix the dry ingredient, sifting. (I sift nothing!) Mix the wet ingredients separately. Blend the wet into the dry and spread into a greased 8" x 8" baking dish. Bake for 30-40 minutes at 350 degrees. Let cool well before serving or slicing.  
ENJOY!

**Frosting** if desired:

### **Ingredients:**

1 package unsweetened Sunspire carob chips  
2 Tbsp. labneh or Mediterranean cheese or yogurt  
Agave nectar to sweeten to taste

### **Directions:**

Melt the chips in a double boiler or microwave for 30 seconds. Add labneh and agave nectar. Stir well. Add water if consistency is thicker than you would like. Spread on cake and enjoy!

## **Tofu - Pepper Bake**

### **Ingredients:**

1 pound firm organic tofu

1 bag frozen red, yellow, green peppers (or fresh peppers, seeded and cut into strips)

Braggs liquid aminos (found in health food stores) or tamari to taste

### **Directions:**

Cut tofu into 1 inch cubes.

Marinate the tofu in Braggs or tamari for a few minutes at most.

Put tofu in baking pan, add peppers, put in 350 degree pre-heated oven and remove after 1/2 hour for frozen peppers.

Bake for 15 minutes for fresh peppers instead of 1/2 hour.

Voila' - dinner in a jiff and healthful tabut.

## Lemon-Poppy Seed Cookies

### Ingredients:

2 Tbsp. Poppy seeds  
1/4 cup butter, room temperature  
1/2 cup sugar (I use 1/2 cup minus 2 Tbsp. When using Agave, which is what I recommend)  
1/4 tsp. vanilla extract  
2 Tbsp. Grated lemon zest (that's the peel from the lemon)  
1 3/4 cups flour (I use whole grain spelt flour)  
1/4 tsp. sea salt

### Directions:

Preheat oven to 325 degrees.

Place the poppy seeds on a baking sheet and toast for 4 to 5 minutes, or just until they start to brown.

Set aside. (As my mother would say, if it is too much of a pain, don't toast them first. I have not noticed a huge difference in the taste either way.)

In the bowl mixer fitted with the flat beater, cream the butter and sugar.

Add the eggs and vanilla, and mix to incorporate.

Add the lemon zest and poppy seeds, and mix.

Add the flour and salt, and mix once more to incorporate completely.

Divide the dough into 2 flat, circular pieces and cover each with plastic wrap.

Place the dough in the refrigerator for at least 1 hour or overnight. The dough may also be frozen for up to 2 weeks at this point. (I have been in a hurry and not put the dough in the refrigerator for an hour and voila', I still enjoyed cookies I found to taste delectable!)

Line 2 baking sheets with parchment paper.

Remove the dough from the refrigerator and let it come to almost room temperature.

Remove the plastic wrap, pinch off walnut-size pieces and roll them into balls.

Place the balls 2 inches apart on baking sheets.

Bake on the center rack in the oven for 15 minutes, or just until the cookies become golden-brown.

Transfer the cookies from the baking sheets to a wire rack to cool.

From "The Village Baker's Wife" by Gayle and Joe Ortiz with Louisa Bears

## **Carob/Walnut Clusters**

Super easy and quick, they don't even need baking!

### **Ingredients:**

10 oz. bag Sunspire unsweetened carob chips

1/2 cup crushed walnuts

1/2 cup uncooked oatmeal

1 tsp. cinnamon

1/2 cup raisins optional

### **Directions:**

Melt a bag of carob unsweetened chip stove top or microwave depending on your preference and philosophy. In microwave about 1 minute. Stove top, you're on your own.

Add remaining ingredients; mix thoroughly.  
Using your hands, firmly roll into 1 inch balls.  
Cool.

Yield: 2 – 3 dozen balls depending on the size of your 1 inch ball.