

# Kid's Easy Meals by Atma K. Khalsa

## Quesadilla's

### Items needed

Tortillas

Cheese

### Optional Items

Olives, Green Onions, Tomatoes, Salsa, Avocado / Guac.



**How to Cook:** Grate cheese, heat tortilla back & forth on burner to soften, then place tortilla on cutting board and sprinkle cheese, olives, green onions, tomatoes. Fold in half and place on dry heavy skillet for 2-3 minutes on each side on medium heat. Cover pan while heating if there are more items than just cheese. Serve with salsa and optional avocado or guacomole.

## Tostados

### Items needed

Hard tostado shells

Beans (smashed)

Cheese

Lettuce, Tomato, onion, salsa, avocado or quacomole.



**How to Cook:** Grate cheese, heat beans (smash – you may have to add a little water if necessary), cut up other items. Heat tostado shells in oven for 3 minutes in a 350° over (set timer – they burn easy). Top your tostado as desired.

## Burritos

### Items needed

Tortillas

Beans

Cheese

### Optional Items

Onion, Avocado/Guacomole, lettuce, sour cream, salsa...



**How to Cook:** Place beans in 12" skillet with a small amount of water. Smash beans while heating. Place tortilla on burner and turn back and forth until flexible and warm. Place beans in the middle of the tortilla with cheese etc....and fold over the edges to create a burrito. Enjoy.

## Nachos

### Items needed

2-3 handfuls of corn chips for each person

Grated cheese – Monterey jack and/or cheddar

**Optional Toppings:** Beans, sliced green onion, diced tomatoes, olive slices, pickled jalapeños. Top with avocado or dip into guacamole and/or salsa after nachos are cooked.



**How to Cook:** Arrange corn chips on stainless steel plate or glass dish. Spread them out nice so cheese and toppings can be sprinkled on each chip. Bake at 350° for 15-20 minutes or until cheese is melty.

## Veggie Burgers or Veggie Dogs

### Items needed

Frozen Veggie Burger or Veggie Dogs

Buns or Bread

Cheese, Lettuce, tomato, onion, pickle, ketchup, mustard

### How to Cook:

**For Dogs:** Boil 3-4" of water in a 2 quart sauce pan, turn off and place hot dogs in pan and cover for 5 minutes. Place on bun and top with condiments. Picture next here is an open faced hot dog

**For Burgers:** Take medium size skillet and put 1 Tablespoon of olive oil or ghee in the bottom and melt slightly. Place burger(s) in the skillet and turn to a low to medium flame and cover pan for 3-5 minutes, turn burger, place opt. cheese on top, cover again for 3-5 min.



## Baked Potato Wedges

### Items needed

3 Potatoes

2-3 Tablespoons of Olive Oil

1 teaspoon salt

Cookie sheet

**How to Cook:** Cut Potatoes into wedges and place in a bowl. Toss with Olive Oil and salt. Place next to each other on cookie sheet and bake at 375° for 45 minutes. Eat w/catsup.

## Tofu, Veggie of your choice and Rice (a one pot dish)

### Items needed

1 package of tofu (cut up into 1" squares)

Veggie chopped for example 1-2 cups of broccoli, 1-2 cups of zucchini, 1-2 cups of frozen peas etc...

2 1/3 cups water

1 cup of rice (washed in strainer)



**How to Cook:** Bring the 2 1/3 cups water to boil with a dash of salt.

After it comes to a boil, place rice, tofu & veggies in pot. Bring back to a boil, turn way low and cover for 15 minutes. Toss with ghee and Braggs or Soy Sauce and enjoy. Drizzle Tahini Sauce if available (see Tahini recipe on next page)

## Tofu Baked or Broiled Simple

### Items needed

1/2 T Olive Oil

1 lb Tofu sliced 1/2" thick firm or soft

2 lemons squeezed

1/4 cup Braggs or soy sauce

Nutritional Yeast



**How to Cook:** Place tofu slices flat in oiled 9"x13" glass pan or shallow cookie sheet. Mix lemon juice & soy sauce or Braggs in bowl. Pour over tofu - rock pan slightly from side to side without spilling so tofu is covered with sauce.

Broil low for 10 minutes on each side (set timer) or bake at 375° for 1/2 hour on each side. Sprinkle with Nutritional Yeast and serve steamed veggies, rice with tahini dressing (next page) drizzled over.

## Easy Tahini Dressing Makes approx. 2 ½ cups

½ cup olive or safeflower oil or ¼ cup of each  
½ cup Sesame Tahini Butter  
½ cup Lemon Juice (or 2-3 lemons squeezed)  
¼ cup tamari soy sauce, Braggs Liquid Aminos or salt to taste

### Optional Item

½ cup plain yogurt for a smoother tahini sauce if desired

**How to Cook:** Blend until smooth, add purified water if you like thinner, pour on steams, rice, salad, baked tofu or veggie burgers. Yum!



## Basmati Rice

### Items needed

1 cup basmati rice  
2-¼ cups water  
½ t salt

### How to Cook:

#### Method I

Bring water to boil with added salt. Meanwhile, wash and drain rice in strainer. Once water starts boiling, add rice and bring back to a boil. Turn to low and simmer for 15 minutes. After 15 minutes, turn off and cock the lid so steam can escape.



#### Method II (easier)

Wash and drain rice in strainer. Add water and rice to pot with salt. Bring to boil. Turn to low and simmer for 15 minutes. After 15 minutes, turn off and cock the lid so steam can escape.

## Simple Steamed Vegetables

### Items needed

A good variety of Seasonal Vegetables prepared, cleaned, cut into bite size pieces

Water

A steamer insert for your pan or an electronic steamer appliance with a timer. Either works well.

**How to Cook:** Put steamer in the bottom of your 2 qt. pot and fill up with water just to holes in the steamer. Steam vegetables until tender inside, but slightly firm and colorful on the outside. Use a fork to see if they are tender inside. Between 15 and 20 minutes of steaming is good depending on the vegetable (if doing carrots be sure to cut them thin). Beets always take longer even if you cut them thin. Try putting them in first and steam for 10 minutes before adding the other veggies. When done, serve over plain Basmati Rice or Lemon Rice or even a baked potato with Lemon Tahini Sauce drizzled over top and some homemade yogurt on side. You can also serve with a side of tofu or walnuts sprinkled over top for more protein.



## Kentucky Fried Tofu

### What you need:

- \* 2 lbs firm tofu, rinsed, drained, and cut into 1/4-inch thick slices
- \* 1/2 cup tamari or soy sauce
- \* 1 cup nutritional yeast
- \* 1 T dry mustard powder
- \* 1/2 cup cornmeal or unbleached white flour
- \* 2 - 3 tbsp canola oil



### How to cook:

In a medium-sized bowl, drench and coat the tofu slices well with the tamari. In a separate bowl, mix together the yeast, mustard powder and cornmeal and coat each tofu slice thoroughly with the yeast mixture.

In a well-heated cast-iron skillet, heat 2 tablespoons of the oil and brown the tofu slices on one side, then turn, and brown the other side. Sprinkle more of the yeast mixture on the top side and turn again, adding the remaining oil to the skillet. Brown only that side. When the tofu is crunchy, serve immediately.

## Easy Fluffy Mashed Potatoes

### What you need:

- \* 2 1/2 pounds Russet, or baking potatoes, cut into 1-inch chunks, about 8 cups of cut up potatoes
- \* 1/4 cup milk or half-and-half, or more to taste
- \* 1/4 cup butter
- \* 3/4 teaspoon salt, or to taste
- \* 1/4 teaspoon freshly ground black pepper

### How to cook:

Place potatoes in a 4-quart saucepan or Dutch oven; bring to a boil over medium heat. Reduce heat to low, cover, and simmer for 20 minutes, or until potatoes are tender. Drain potatoes thoroughly. For the smoothest potatoes, you can put the potatoes through a ricer at this point. Transfer to a large bowl. Add remaining ingredients to the bowl. With an electric hand-held mixer, beat potato mixture until light and creamy.

Mashed potato recipe serves 4 to 6.



## EZ Nutritional Yeast Gravy

### What you need:

- 1T-4T margarine or butter
- 1/2 cup nutritional yeast (powder or flake)
- 1/4 cup flour (whole wheat, spelt and/or oat)
- 2-3 cup milk, depending on gravy thickness
- 1T-3T soy sauce
- 1t-4t pepper

### How to cook:

- Put yeast and flour in an UNHEATED pot
- Slowly add milk, stirring constantly until it becomes a non-lumpy paste
- Add butter
- Add minimal amount of Tamari/soy sauce
- Add a small amount of milk
- Apply stove medium-high heat, whisk constantly, and continue adding small amounts of milk until the desired thickness is achieved during boiling
- Turn off the heat
- Add more Tamari/soy sauce and/or pepper to taste



## Chicken-Free Gravy

Makes 4 servings

- 3 tablespoons butter
- ½ cup flour
- ½ cup nutritional yeast\*
- 1 teaspoon poultry seasoning\*\*
- 1 teaspoon onion salt
- dash of pepper
- 2 cups vegetarian broth or 1 vegetarian bouillon cube dissolved in 2 cups boiling water



Melt the soy margarine in a small saucepan over medium heat. Add the flour, nutritional yeast, and seasonings, stirring quickly with a whisk.

Add the broth, stirring until blended. Continue cooking and stirring for 5 minutes, or until thick.

\* Nutritional yeast is an inactive yeast rich in vitamins and minerals, with a wonderful cheesy flavor that can be found in most natural foods grocery stores. It can be easily added to soups, stews, casseroles, or in place of cheese to make any dish creamier.

\*\* Poultry seasoning—a mixture of sage, thyme, marjoram, and other herbs—can be found in nearly every grocery store.

## EZ Pita Bread or English Muffin Pizzas

Step 1: Preheat oven to 450°

### How to cook:

Step 2: Place pita bread/English Muffin on baking sheet. Put 2 tablespoons spaghetti sauce on top of pita bread.

Step 3: Sprinkle desired amount of Mozzarella cheese on top of spaghetti sauce.

Step 4: Add your choice of toppings starting with the olives first, then any other **optional items** for vegetable toppings, for example, pineapple, bell pepper, onion, tomato, artichoke, feta cheese, parmesan, tofu.

Step 5: Make additional pizzas if desired.

Step 6: Place pizza(s) in oven for 7-10 minutes or until cheese melts.

Step 7: Let cool. Then slice and serve.

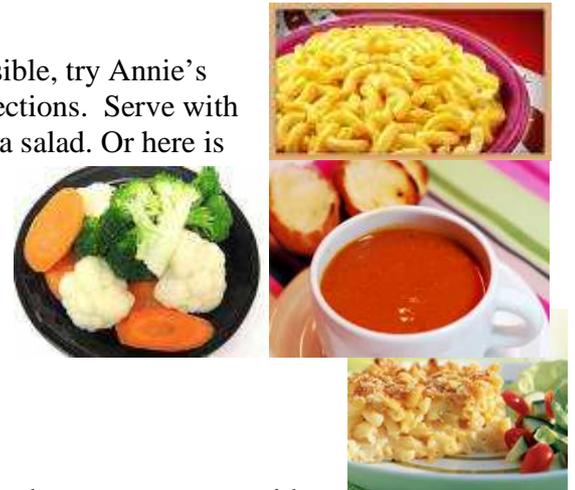


## Mac & Cheese

**How to cook instant:** Go with a healthier brand than Kraft if possible, try Annie's Homegrown or Trader Joe's brand in a box and just follow the directions. Serve with steamed veggies, tomato soup, cook up some frozen peas or make a salad. Or here is a homemade version for kids:

### What you need to make from scratch:

- 1 pound elbow macaroni
- 3 cups milk or half-and-half
- 12 to 18 slices Cheddar cheese or 2 cups shredded
- 12 crackers OR 1-2 cups corn flakes
- salt, pepper, and paprika to taste



1. It is best if mom or dad makes the noodles for you ahead of time, then you can start with Step 2 with the word Meanwhile. Otherwise BE VERY CAREFUL DOING THIS FIRST PART: Bring a 2 qt. pot of water to boil (if you put 1 Tablespoon of salt in, it will come to a boil faster) After it boils, carefully add the pound of elbow macaroni and stir occasionally. Cook for length of time directed on package. VERY CAREFULLY use pot holders and hang on tight to the pot moving it to the sink to drain elbow macaroni in strainer and then run cold water over them and let it cool slightly.
2. Meanwhile, heat the oven to 350° and grease a 13- by 9-inch baking pan or a large casserole dish with butter.
3. Now spoon a third of the pasta into the pan, then pour in 1 cup of the half-and-half and cover it all with 4 to 6 slices cheese OR 1/2 cup of shredded. Add two more layers of pasta, half-and-half, and cheese in the same manner using the rest of cheese on top.
4. Next, crush a dozen crackers or 1-2 cups of corn flakes in a ziplock plastic bag. Add the salt, pepper, and paprika, shake to mix, then sprinkle the crumbs over the top layer of pasta and cheese.
5. Bake for 30 to 40 minutes or until bubbly. Serves 6 to 8 (serve w/ some steamed veggies or soup)

## Veggie Top Ramen

### What you need:

Nissan Top Ramen (Oriental flavor). Unfortunately this brand has msg in the seasoning packet. You don't have to use the whole packet of seasoning and adding the veggies and tofu makes it healthier.

For vegetarian use the "Oriental" flavor in the blue package.

**How to cook:** Put 2 cups in a 2 qt pot and bring it to a boil. Then put in the noodles and veggies at the same time. Cut the harder to cook veggies such

as carrots and broccoli in smaller pieces. You can add the seasoning packet at anytime.

### Here's some vegetarian add-in choices:

Shelled edamame beans

Frozen peas or sugar snap peas

Most chopped veggies – but dice small before adding

Minced fresh scallion (green onion)

Pinch of chopped cilantro.

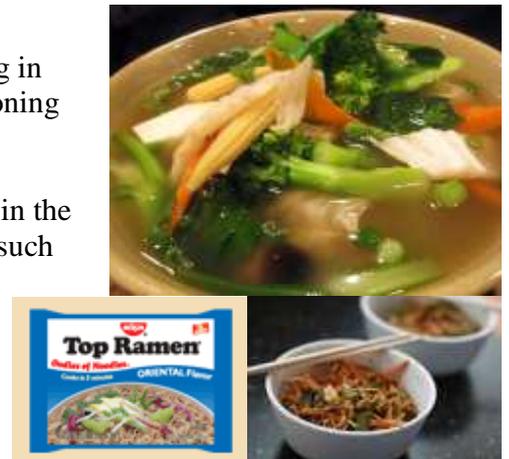
Slice of fresh ginger (into the broth)

Cubed tofu into 1/2", chop some broccoli into small pieces.

Napa cabbage (lot since it shrinks down)

Cannelini beans, Thai red or green curry paste, lime or lemo juice, parsley, red onion, frozen corn, curry powder and a little soy sauce, or add just some sesame oil & rice wine vinegar. When cooked add some full fat yogurt. Also there are lots of recipes on Nissan's website:

[http://www.nissinfoods.com/recipes/recipes\\_main.php](http://www.nissinfoods.com/recipes/recipes_main.php)



## Easy Spaghetti from the Jar

### Items needed

1 Jar spaghetti sauce  
1 package of noodles

### Optional Items

Olive oil, 1 bell pepper, 1 onion, 2 cloves garlic, olive slices, Bread for garlic/butter toast, frozen veggie neat balls, Morningstar sausage patties or links, Italian links, Lightlife Ground Soy, parmesan.

### To Cook Noodles:

Fill large sauce 4 quart sauce pan with water and 1 Teaspoon of salt and bring to boil. Add noodles and cook as directed (be sure to bring back to a boil and stir well until noodles are not sticking to each other). Cook for allotted time. Check package for that time. When done (if noodle sticks to wall when thrown – then they are done, before moving them put a strainer into the sink, then use pot holders and grasp both handles of pot and move to the sink carefully and pour out water letting the noodles pour out into the strainer and then rinse well with cold water and put a handful of noodles into each separate bowls.



### To Heat Sauce:

Heat sauce in separate 2 quart sauce pan (for fancier spaghetti sauce do this in the pan before adding the sauce: Add 1-2 Tablespoons of olive oil to bottom of skillet and sauté a bell pepper, onion and garlic on low-medium heat. After veggies are tender, then add the sausage patties (cut into little triangle slices) or veggie neatballs or ground soy and olive slices, then finally add the jarred sauce, stir some more until it boils, then cover and turn to low. Boil for 10 minutes. Top noodles with sauce and parmesan cheese.

For Garlic Bread – Toast bread in toaster, butter it and sprinkle on garlic salt/powder. Make an EZ salad to go with. (see below).

## Easy Salad with Healthy Romaine Hearts

### Items needed

Romaine Heart(s)

### Optional Items

Sliced Cucumbers, Chopped Tomato, Green Onion, Bell Pepper, Feta, Sunflower or Pumpkin seeds, avocado, croutons, dressing, lemon and/or balsamic and olive oil.



Rinse Romaine Heart and dry by wrapping a clean kitchen towel around the outside of the heart and then place on cutting board and slice down along the width of the romaine heart into 1-2 inch slices and divide even amounts into bowl(s). Top with toppings and dressing and serve. Annie's dressing is awesome.

## Fruit / Cheese / Crackers & Tomato or Soup

### Items needed

1-2 Apples or a bunch of Grapes or whatever fruit you like  
Sharp Cheddar (sliced)  
Healthy whole wheat crackers

Tomato Soup from aseptic packs or canned

### Optional Items - if you are really hungry

1 Avocado  
1 Lemon



Only pour out enough soup that you can eat and heat on a low to medium flame in sauce pan on and keep stirred. Arrange fruit and cheese slices on plate, place crackers in pile. Serve hot soup in bowl and enjoy with crackers, cheese and fruit. Optional: Cut avocado in half and squirt with lemon juice and sprinkle with salt to taste.

## Baked Potatoes with Toppings

### Items needed

2-3 Medium sized Russet Potatoes  
Olive Oil & Salt

Coat each potato with olive oil and salt and poke a knife into each side of the potato before baking.

### How to cook:

Bake at 425 ° for 1 hour and 15 minutes.

### Optional Items:

Top with any of your favorite toppings:

1 pat of butter, sharp cheddar cheese, plain yogurt or sour cream, broccoli, olives, salsa, green onions, bacons, veggie chili.

Serve with salad, vegetables or baked tofu or just simply by themselves.



## Grilled Cheese Sandwiches (McDonald's without the meat)

### Items needed

Bread (whole wheat preferably)  
Medium to Sharp Cheddar Cheese sliced  
Catsup, mustard, eggless mayo, pickle slices and onion (minced).

Optional items: Slices of red onion, tomato, goat cheese, green onion, artichoke, olives...

**How to cook:** Spread mayo on each slice of bread, squirt catsup and mustard (if desired) on both slices as well. Then place minced onion in the middle of the bread and place 2-3 sliced pickles over the onion. Place cheese slices over the pickles side and place the other slice of bread over the cheese. Use large skillet and melt ghee in bottom of skillet on medium heat. Put sandwiches down, cover skillet and turn down to a low-medium heat. Cook on one side for 3-4 minutes and then flip sandwiches and cook 3-4 on the other side. Turn heat off and keep covered for 2-3 more minutes. Then take cover off and serve immediately with a salad, tomato soup and/or chips.



## Potato Subzee

### Items needed

2-3 Potatoes diced  
1 onion chopped  
2-3 cloves garlic or jarred minced garlic  
1 T Ginger paste or chopped ginger  
1 teaspoon cumin  
1 teaspoon of turmeric  
1 cup frozen peas  
1 Package of Tandoori Naan or Pita Bread  
1-2 cups plain yogurt

**How to cook:** Use large skillet on medium heat and heat 2 Tablespoons of Ghee or Olive oil. Place onion, garlic and ginger in skillet and sauté until tender. Add cumin and turmeric and stir well. Then add potatoes with ½ cup of water, 1 cup frozen peas, bring back to a boil, then cover, turn down low and simmer for 15-20 minutes. Stir well and serve hot with heated Naan or Pita (they can be placed in toaster and buttered if desired) and yogurt.

### Optional items

Cook in the same way combining veggies with the potatoes or completely replace the potatoes with other veggies such as cauliflower, zucchini, eggplant with a tomato, carrot, parsnip.



## Campfire Taco Salad

6 Snack size bags of Fritos or similar plain corn chips 1 oz. each  
1 can or 1 ½ cups veggie chili or pinto beans or deli package of Smart Ground (Lightlife)  
2-3 cups shredded cheese  
¾ cup sour cream  
1 cup mild salsa (pace or other brand if fine)  
½ medium head of iceberg lettuce shredded



Cut the top off each bag of chips; set aside. Place chili or beans or Smart Ground in sauce pan and heat up for up to 10 minutes or until thoroughly heated. If you use Smart Ground, add just a little water in the bottom of the pan so it doesn't stick. Stir occasionally.

Then spoon about 2 tablespoons of chili, beans or Smart Ground into each bag of chips. Top with cheese, sour cream, salsa and lettuce. If you have guacamole, you can use that.

## Ravioli

### What you need:

One bag of spinach ravioli from Costco frozen or fresh or other type of frozen Ravioli (5-7 ravioli for each person) depending on size and appetite. Inner packet of herbs & parmesan cheese or if there is no packet then just sprinkle some parmesan cheese and Italian Season if desired.

Olive Oil

2 Slices of bread per person

**How to cook:** Bring a 2 qt. sauce pan filled with water and 1 teaspoon of salt to a boil. Gently place ravioli in the boiling water and bring back to a boil for 2-3 minutes. Gently stir occasionally. Use a pot holder and be sure you have a good grip on the handle of the pot before you bring it to the sink to pour the water out into the strainer.

Then pour the ravioli's into a bowl and sprinkle olive oil and the herbs & parmesan. Just sprinkle enough herbs & parmesan to cover and save the rest for the next time. Toast and butter your bread if desired. If you are using Texas Toast, just heat on cookie sheet covered with foil. Serve with a salad or steamed veggies.



## Good Ole' P & J Sandwiches

### What you need:

Honey Whole Wheat Bread or any nice bread

Peanut Butter

Jelly

### How to prepare:

Spread Peanut butter on one slice of bread and Jelly on another slice of bread, put together and whala ENJOY with a glass of milk. Other ideas, you can toast the bread, try different jellies, you can even slice a banana up and place the slices on top of the Peanut Butter and then spread honey jelly on the other slice of bread. Nummy!



## Pancakes or Waffles

### What you need:

Pancake mix

Water

Oil

Pancake Syrup

Butter



### How to cook:

Mix pancake mix in bowl with directed amount of water and oil from the directions on the package. Heat the skillet and spray with Pam type spray. Pour pancake out and brown on one side. When bubbles rise to surface of pancake flip it over. Then brown on other side for up 2-3 minutes. Stack on a plate and put in warmed oven at 170°. Serve with syrup, butter, fruit or whipped cream. Enjoy!

## Pesto Pasta

### What you need:

1 lb of noodles either cooked ones that mom or dad has left you or you'll have to get that water boiling again in a 4 qt. pot and that makes me nervous so be VERY CAREFUL (don't forget to add 1 Teaspoon of salt) to help it come to a boil faster.

### To Cook Noodles:

Fill large sauce 4 quart sauce pan with water and 1 Teaspoon of salt and bring to boil. Add noodles and cook as directed (be sure to bring back to a boil and stir well until noodles are not sticking to each other). Cook for allotted time. Check package for that time. When done (if noodle sticks to wall when thrown – then they are done, before moving them put a strainer into the sink, then use pot holders and grasp both handles of pot and move to the sink carefully and pour out water letting the noodles pour out into the strainer and then rinse well with cold water and put a handful of noodles into each separate bowls.

### To Make Pesto Sauce:

A couple of handfuls of green basil leaves

A couple of handfuls of pinion nuts – if you don't have them walnuts work nice too

½ cup of parmesan cheese

Olive oil

Place all ingredients into a food processor and blend while drizzling olive oil through the top of the food processor (don't put your fingers in it at all). As soon as the mixture looks grinded and there is enough oil to cover the nut mixture. Turn off and spoon a Tablespoon full of mixture into each bowl with pasta and mix up well. Another idea is to put all of the noodles in a larger bowl and spoon all of the pesto mixture onto the noodles and mix well. Serve with toast & salad. Bon Appetite



## BacUn Lettuce & Tomato Sandwich

### What you need for 2 sandwiches' (double the ingredients for 4 sandwiches):

4 pieces of bacon

4 Slices of bread

2 Leaves of lettuce

2 Tomato slices

Mayonnaise

### How to Make:

Fry the 4 pieces of bacon on medium heat in a small amount of olive oil until crisp. Watch carefully because they burn easily. Toast bread and spread mayo on toasted bread. Put lettuce and tomato on bread and place 2 slices of bacon each on two slices of the toast and then match them to the toast w/ lettuce & tomato. Eat w/ carrot sticks.



## Portobello Mushroom Sandwich

### What you need for 1 sandwich (double the ingredients for 2 sandwiches):

1 large Portobello mushroom  
1 T Olive Oil chopped  
1-2 cloves of garlic  
1-2 T Soy Sauce  
1-2 T Balsamic Vinegar  
1 sandwich roll or 1 large leaf of romaine lettuce for carb free  
Mayo & Mustard if desired  
Slice parmesan or shredded  
1 slice of tomato  
3-4 Fresh Basil Leaves



### How to make:

Heat oil in small fry pan to medium heat and add chopped garlic. After sizzling garlic for 30 seconds add mushroom (cut off stem) and add Soy Sauce and Balsamic. Cover with lid. Meanwhile spread mayo & mustard on sandwich roll and sprinkle with fresh parmesan or place sliced parmesan over one slice of the roll. Place under broiler for 2-3 minutes until bubbly. Now turn your mushroom over. Take roll out of oven and place tomato and basil over it. Then check your mushroom and take the lid off browning flipping it back and forth on each side. After it cooks for 5 more minutes or so, turn off your heat and place the mushroom over the cheese side and then place the other half of the roll over the mushroom. Yum, yum, yummy!

## Indonesian Pasta

### What you need:

#### For Sauce

2 T Soy Sauce  
1/3 cup Peanut Butter  
1 Squeezed Lime or Lemon  
1 teaspoon Agave  
1/3 cup Rice Wine Vinegar  
Up to 1/3 cup HOT water

#### To Add After Sauce is Added to Noodles:

1/2 cucumber peeled and thinly sliced halves  
1/2 red bell pepper diced  
1/2 cup sliced green onions  
1lb Cooked Rice or Fettuccini Pasta



### How to Prepare - To Cook Noodles:

Fill large sauce 4 quart sauce pan with water and 1 Teaspoon of salt and bring to boil. Add noodles and cook as directed (be sure to bring back to a boil and stir well until noodles are not sticking to each other). Cook for allotted time. Check package for that time. When done (if noodle sticks to wall when thrown – then they are done, before moving them put a strainer into the sink, then use pot holders and grasp both handles of pot and move to the sink carefully and pour out water letting the noodles pour out into the strainer and then rinse well with cold water and put a handful of noodles into each separate bowls.

### To make Sauce for Noodles:

Use food processor and add Soy Sauce, Peanut Butter, Lemon or Lime juice, Agave, Rice Wine Vinegar. Start pulse these ingredients and add hot water as necessary to loosen the sauce. When mixed fairly smoothly depending on whether you used creamy or crunch peanut butter, pour over noodles and toss. Then put cucumber, red bell pepper and toss some more. Then top with sliced green onions. And Bon appetite.

## Children's Mung Beans & Rice

This is a very mild recipe for children without much spice. Cumin is more flavorful than spice and helps your child absorb the nutrients of the dish. The cardomon is also flavorful and helps with digestion. This is a very healthy dish. Serve with yogurt and braggs and optional shredded cheese broiled on top.

4-5 servings

### What you need:

(first ½ of ingredients)

4 cups pure water

2/3 cups Mung Beans

¼ tsp. ground cardamom seeds (powder is better)

½ tsp. cumin seeds

1 tsp. dried basil

1 bay leaf

Sprinkle of black pepper

1 tsp salt

(second ½ of ingredients)

2/3 cup basmati rice

½ onion, chopped

1 carrot peeled and chopped

1 stick of celery chopped

1 small zucchini sliced

2 Tbsp. ghee (very clarified butter)

Bragg Liquid Aminos, or tamari soy sauce and/or salt to taste

### How to cook:

Bring water to boil in a 2-quart pot. Thoroughly clean and rinse beans and rice in two separate strainers. Add first half of the ingredients to pot (mung beans & herbs/spices), bring back to a boil, turn to **LOW**, cover and cook for 25 minutes until soft (do not overcook) because the water will disappear and the beans will turn to mush. Then add second half of the ingredients – your clean rice and chopped veggies. Bring back to a boil, turn down to a **LOW** heat cover and cook for 15-20 minutes longer (stir at least once in between cooking and add water if necessary if it seems to be sticking).

Add ghee and salt (or Bragg Liquid Aminos or tamari soy sauce) to taste. Serve with yogurt

Braggs can be found at the health food store and is delicious over veggies, any cooked grain and soup. Children usually love it and it helps them eat their veggies. Good luck. Check us on the web at [yogamurrieta.com](http://yogamurrieta.com). Blessings and Happy Cooking. Atma K. Khalsa



## Avocado Melt for Two

2 sandwich rolls (I like the flat ones round or square approx. 4"x4")

Mayo

Two small roma tomatoes sliced thin

1 avocado sliced thin

1-2 wedges of lemon

sprinkle of salt (optional)

4 slices of sharp cheddar cheese



Cut sandwich rolls length wise, place on

cookie sheet and broil on low, crust side up for 2 minutes. Take out of broiler and turn rolls bread side up and spread mayonaise on all four sides. Then place 4 or 5 tomatoe slices on each of the four sides of rolls. Grind some fresh cracked black pepper or sprinkle some black pepper on the tomatoe slices. Put back in broiler for 2 minutes. Bring back out of broiler and place thin slices of avocado evenly over the pre-broiled tomato on all four slices of the rolls, then squeeze the

lemon wedges over the avocado on all four roll slices and sprinkle with salt (optional). Top avocado with cheese evenly over all four roll slices and put back in the broiler for 1-2 minutes until the cheese is melted. Do not over cook the avocado due to the funny taste over cooking gives to avocado. Enjoy!