



Intuitive Cooking

Happy Dining for Body, Soul, and Spirit

By Madeleine W. Tuttle

Here are some basic recipes for one week (which can be repeated or mixed and matched in different ways) with a shopping list at the end. I kept the dishes pretty simple, but there is a lot of variety.

It can be convenient to cook pasta, potatoes, rice, and other grains in a large quantity and store them in the fridge to use later in stir fries, salads, and other meals. Some recipes call for leftover grains.

I purposefully don't mention measurements, just the different ingredients. So let your intuition create wildly and have fun!

I love to "paint" the meals. I add paprika if it lacks red, or herbs, baby leaves, or sprouts if it lacks green. Turmeric, curry, or peppers for yellow.

- ♥ Favorite breakfast - a smoothie! Feel great 'til lunch! Blend fruits in season, bananas, citrus, apples, ginger, almonds, flaxseeds, raisins, and water. (Flaxseeds can be ground first in coffee grinder.)
- ♥ Favorite lunch - Tortillas! Spread Mayonaisse on tortilla and fill with lettuce, sprouts, tomatoes, cucumber, walnuts, herbs. Variations: avocado, tofu, seitan, tempeh, "fakin bacon," tofurkey, etc.
- ♥ Favorite dinner - Mashed potatoes topped with veggie ragout. Boil cut-up potatoes in water. When soft, pour most of the water into a bowl and save. Add olive oil, nutmeg, a little Bragg, and mash with potato masher. Add some of the water back if necessary. Steam seasonal veggies, and when *al dente* add olive oil, Bragg, herbs, minced garlic, and mix. Add some herbs and Bragg to the leftover potato water for a delicious soup. Save leftover mashed potatoes for Shepherd's Pie (below)!
- * **Spaghetti** - Cook spaghetti with chunks of squash in water, and when nearly soft, put broccoli flowers on top. Cover and cook till *al dente*. Pour water off (as a soup) and serve with tomato sauce, or with a grated ginger-tahini sauce (add water to tahini & stir until smooth).
- * **Salad** - Chop and mix greens, peppers, tomatoes, cucumbers, celery, onions, etc.; add olive oil, lemon, Bragg, herbs, and spices, and mix. Variations: add tofu or tempeh cubes, leftover rice or noodles, cut-up boiled potatoes, or eat with bread or toast.
- * **Couscous** - Boil water and pour over couscous in a bowl with added cumin seeds. Sauté onions, squash, cabbage, and a few potato chunks and curry. When soft, add olive oil, Bragg, ground pepper, mint, and mix. Place in the middle of bed of couscous.
- * **Polenta** - Boil water with rosemary; with whisker, stir in cornmeal. Steam seasonal veggies, add tofu, and when soft, add olive oil, Bragg, Italian herb mix, and cayenne. Mix and top over cornmeal.
- * **Quinoa** - Boil quinoa in water (approximately 3:1) for 45 minutes. Add kale when 2/3 done. Sauté slices of tofu, then sauté mushrooms with onions. Top quinoa with sautéed and fresh basil.
- * **Carrot salad** - Mix greens with finely grated carrots, raisins, and pine nuts or walnuts. Mix tahini butter with water, lemon, Bragg, and peppermint herbs until smooth, and pour over carrot salad.
- * **Shepherd's Pie** - Sauté onions and zucchini in a wide shallow pan with lid. Spread peas and crumbled Boca burger, top it with leftover mashed potatoes and cook until warm.

- * **Rice** - Cook rice with wild rice. Mix raw sauce containing finely-cut peppers, celery, tomatoes, parsley, walnuts, olives, olive oil, lemon, herbs, and spices. Mix and pour over cooked rice.
- * **Millet with roasted leek** - Cook millet (4:1) for 30 minutes. Sauté leeks. When soft, add olive oil, minced garlic, and Bragg. Serve over millet with a few drops of lemon. Adorn with baby spinach.
- * **Pumpkin soup** - Boil Kabocha squash (or other winter squash) in water. When soft, pour into blender. Add tahini and blend. When served, add a little Bragg.
- * **Bean tortillas** - Spread fresh cooked or refried beans on tortillas. Cut up cilantro and/or other greens, tomatoes, cucumbers. Add tomato sauce or salsa, cayenne, pepper, and roll up.
- * **Angel-hair noodles on kale bed** - Cook angel-hair noodles. Steam kale (not too long), add roasted sesame seeds, Bragg, and olive oil or toasted sesame oil. Serve angel hair on a bed of kale and sprinkle with paprika, oil, and Bragg.
- * **Sablé cookies** - Mix spelt flour, Sucanat, vanilla, and a pinch of salt with liquefied coconut and/or canola oil and water. Shape into long bars 1 1/2 inches in diameter. Put into refrigerator for half hour. When firm, cut into 1/3-inch cookie slices. Put onto baking pan and bake at 350 until light brown (ca. 20-30 minutes). Variation: add hazelnuts or shredded almonds or raisins.
- * **Chocolate cookies** - Mix spelt flour, chocolate powder, shredded coconut, crushed walnuts, and a pinch of salt. Add maple syrup or Sucanat and canola oil. Spread onto baking sheet and bake about 20-30 minutes. When still warm, cut into squares or bars.



Shopping list:

Allow yourself a good hour to explore and buy the following items, always **ORGANIC** if possible. The more love you feel, the better the outcome. Remember only the most-evolved monks are allowed to cook in some Asian traditions.

Grains: rice, millet, spaghetti, angel-hair, couscous, quinoa, buckwheat, wild rice, cornmeal, beans.

Veggies: in season, pumpkin/squash, leek, onions, garlic, kale, cabbage, ginger, lemons, broccoli, peppers, mushrooms, carrots, lettuce/greens, sprouts, spinach, tomatoes, cucumbers, celery, avocado, cilantro, peas (fresh or frozen), yams, potatoes.

Proteins: Tofu, tempeh, "fakin bacon", seitan, tofurkey slices, vegan Boca Burgers, Sun Burgers.

Dried herbs: peppermint, Italian seasoning mix, basil, dill, cilantro, paprika, cayenne, curry, pepper, nutmeg powder, cumin seeds, rosemary.

Fruits: citrus, apples, bananas, grapes, etc.

Other: Flaxseeds, almonds, walnuts, hazelnuts, pine nuts, raisins, sesame seeds (for roasting).

Tahini (sesame butter), Noyonaise, tomato sauce, olive oil, Bragg's liquid aminos, refried beans.

Spelt flour, Sucanat, sea salt, vanilla, canola oil, coconut oil, chocolate powder, shredded coconut.

Also venture through the soy/rice cheeses, milks, and ice creams.

When you sit down to eat, look at what you created. Enjoy the colors, smells, tastes, and the love that blesses the food. The Oneness of all beings!

Bon Appetit!

Stay in touch - feel free to copy!

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