



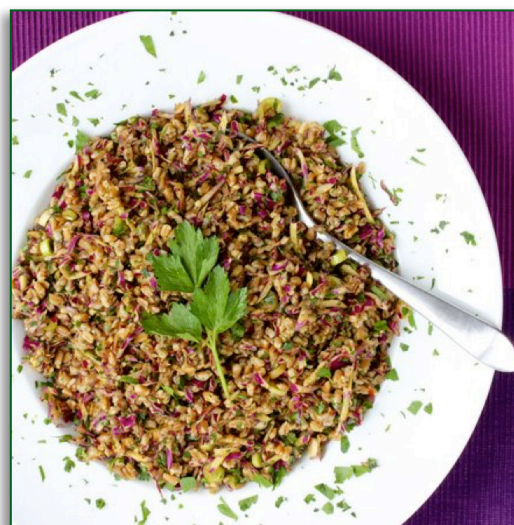
Farro and Cabbage Salad

This salad is filling and flavorful, thanks to the farro and a spice-filled dressing. Cabbage adds crunch. For a different flavor, substitute packaged broccoli slaw for the cabbage.

Yield: 4 Servings

INGREDIENTS:

- 2 1/2 cups shredded cabbage (red or white)
- 2 cups cooked farro (cooked according to package directions)
- 3 scallions, sliced
- 1/2 cup chopped fresh parsley
- 3 tablespoons orange juice
- 1 1/2 tablespoons extra virgin olive oil
- 1 clove garlic, minced
- 1/4 teaspoon red chili pepper flakes
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon turmeric



INSTRUCTIONS:

In a large bowl, toss together the cabbage, farro, scallions, and parsley. In a small bowl, whisk together the orange juice, olive oil, garlic, red pepper flakes, cumin chili powder, and turmeric. Pour the dressing on the salad, toss, and serve.

NUTRITIONAL ANALYSIS:

Calories: 234, Fat: 6g, Saturated Fat: 1g, Sodium: 14mg, Carbohydrate: 38g, Fiber: 6g, Protein: 8g

Oldways recipe and photo.

This recipe is from the [*Oldways 4-Week Vegetarian & Vegan Diet Menu Plan book*](#).



Manhattan Millet Cakes

Serve these cakes hot, on a bed of mixed greens, topped with mustard, guacamole, and/or edamame hummus.

Yield: 6 Servings

INGREDIENTS:

- 1 cup uncooked millet
- 10 chopped sun-dried tomatoes
- 1 clove garlic, minced
- 1/3 cup pitted green olives, chopped
- 1/4 cup raw sunflower seeds
- 1/4 cup packed grated Pecorino-Romano or Parmigiano-Reggiano cheese (or plant-based cheese)
- 1 tablespoon capers, rinsed, drained, and minced
- 2 teaspoons dried oregano
- 1 tablespoon extra virgin olive oil
- 3 cups mixed salad greens
- Mustard



INSTRUCTIONS:

1. Combine the millet and 3 cups of water in a pot and bring to a boil. Reduce the heat to medium-low, cover, and simmer for 30 minutes.
2. Drain if necessary and transfer the millet to a bowl.
3. When cool, add the sun-dried tomatoes, garlic, olives, sunflower seeds, cheese, capers, and oregano. Stir well, mashing the ingredients together. Use dampened hands to form 6 patties.
4. Heat the olive oil in a large skillet and cook the patties until lightly brown and crisp, about 4 minutes on each side. Serve on a bed of greens with the mustard.

NUTRITIONAL ANALYSIS:

Calories: 252, Fat: 10g, Saturated Fat: 3g, Sodium: 487mg, Carbohydrate: 33g, Fiber: 5g, Protein: 9g

Oldways recipe and photo.

This recipe is from the [*Oldways 4-Week Vegetarian & Vegan Diet Menu Plan book*](#).



Quinoa with Wilted Beet Greens and Avocado Slices

The creamy coolness of ripe avocado blankets nutty, textured quinoa in perfect harmony. Add tender beet greens to the mix, and you have a simple, gourmet-tasting meal that takes less than 25 minutes to prepare.

Yield: 4–6 Servings

INGREDIENTS:

- 1 cup of quinoa (golden)
- 2 cups of water
- 1 tablespoon olive oil
- 3 cloves of garlic
- The green tops from one bunch of beets, coarsely chopped
- 1 tablespoon cooking sherry or red wine
- 1/2 teaspoon sea salt
- Pinch of Aleppo pepper, Grains of Paradise, or crushed red pepper
- 2 ripe avocados



INSTRUCTIONS:

1. In a small pot, bring 2 cups of water and 1 cup of quinoa to a boil. Simmer on low for 25 minutes.
2. While the quinoa cooks, sauté the olive oil and garlic in a medium-sized pan on medium heat (about 2 minutes). Add the beet greens, sherry or wine, and sea salt, and sauté together for about 5 minutes, or until the greens are wilted.
3. Open your avocados, remove the pit, and carve each half into several slices length wise.
4. Serve as a layered dish: placing the quinoa down as the bed; draping the beet greens over the quinoa, and topping with avocado slices.
5. Add pinches of pepper and additional sea salt to taste.

NUTRITIONAL ANALYSIS:

For 4 servings: Calories: 360, Total Fat: 21g, Saturated Fat: 2g, Sodium: 365mg, Carbohydrate: 38g, Fiber: 11g, Protein: 9g

Oldways recipe and photo.