

# Soup

## Italian Lentil Soup

Serves 8

1 cup lentils  
1 1/3 cup water, divided  
2/3 cup Basmati rice  
1 Tbsp olive oil  
2 cloves minced garlic  
1 lb. Ground beef or turkey\*  
1 egg, lightly beaten  
1 Tbsp. Fresh grated Parmesan cheese  
1 Tbsp. Fresh chopped parsley or basil  
3 Tbsp. Italian bread crumbs  
1 tsp. FortiSalt or to taste  
ground pepper to taste  
1 quart tomato sauce  
Grated parmesan cheese for topping.

1. Cook lentils in 3 cups water. Bring to a boil, reduce heat to low, cook 20 minutes or until tender. Drain and set aside.
2. Bring 1 1/3 cup water to boil, add rice. Reduce heat to low, cover, and simmer for 20 minutes or until done.
3. Heat oil in skillet over medium to medium-low heat. Combine garlic, egg, beef or turkey in bowl along with 1 Tbsp. Parm cheese, parsley or basil, bread crumbs, FortiSalt and pepper. Form 1 inch balls and cook meatballs in skillet or oven until evenly brown.
4. In a large stock pot, bring tomato sauce and 4 cups water to boil. Transfer lentils and rice as well as meatballs and bring to a boil. Reduce heat to medium / medium-low and simmer 30 minutes. Sprinkle with parm cheese and serve.

\* For vegetarian lentil soup, omit meat, bread crumbs, 1 Tbsp parm cheese, and egg. Instead, bring tomato sauce, 4 cups water, rice, lentils, FortiSalt, pepper to a boil. Reduce heat to medium, add frozen or fresh vegetables (suggestions: zucchini, peas, and/or carrots) and herbs, simmer 30 minutes. Sprinkle with parm cheese and serve.

## Vegetable Side Dishes

### Sauteed Zucchini

Serves 4

4-5 small zucchini or 1 package frozen, cut zucchini

2 cloves garlic

1 Tbsp olive oil

FortiSalt and pepper to taste

1. Add oil to cold skillet and heat over medium heat until oil sizzles. Once the oil is heated, add the garlic and sautee the garlic.
2. Meanwhile, cut zucchini, trimming the ends off. Add zucchini to garlic-oil mixture.
3. Sautee 2 minutes or until done.
4. Add FortiSalt and pepper. Serve.

## **Sugar Snap Peas**

Serves 4

½ Lb. Sugar snap peas, fresh or frozen

1 Tbsp. Olive oil

1 tsp. Fresh thyme or basil

1 Tbsp. Shallots, chopped

FortiSalt to taste

1. Pre-heat conventional oven to 450 degrees (230 degree Celsius)
2. Spread peas on single-layer medium baking sheet covered with aluminum foil. Brush with olive oil. Spray FortiSalt on peas even covering the peas. Sprinkle with thyme or basil and shallots.
3. Bake 6 to 8 minutes in oven, until tender and firm. Note: If using frozen peas, you may have to make a few minutes longer.

## **Blue Cheese Green Beans**

Serves 4

4 tsp. Half and Half

1 Tbsp. white wine vinegar or cider vinegar

1 Tbsp. crumbled blue cheese

1 ½ tsp. Parmesan cheese

¼ tsp. Dried oregano

¼ tsp. FortiSalt

pepper to taste  
pinch of sugar  
1 Lb. fresh or frozen green beans, trimmed

1. In a blender, combine first eight ingredients. Cover and blend until combined. Add oil and continue to blend. Set aside. In a large pan, add water, bring to a boil and add beans. Cook 7-10 minutes until crisp, but tender. Drain beans and place in a serving bowl or dish. Add blue cheese-oil mixture, drizzling over the beans. Sprinkle with parm cheese and serve.

## Easy, Gourmet Asparagus

2 Tbsp olive oil or butter  
1 Tbsp. minced garlic  
1 bunch fresh asparagus, trimmed and cut or frozen asparagus  
¼ cup raisins  
¼ red wine  
FortiSalt to taste

1. Melt butter in skillet over medium heat. Saute garlic in butter or oil until fragrant. Add asparagus, cover, and cook for 2 minutes.
2. Spray FortiSalt on asparagus to taste. Add wine and raisins and cook until wine sauce has evaporated and asparagus is tender ~ 4 minutes. Serve hot.

## Scalloped Potatoes

4 medium potatoes  
1 ½ c. skim or soy milk  
2 Tbsp. flour  
1 tsp. FortiSalt  
¼ tsp. Garlic powder  
¼ tsp. Cayenne pepper or to taste  
½ c. chopped onion  
½ c. shredded low-fat cheddar or soy cheese- optional

1. Peel and slice potatoes into thin slices. In saucepan, combine milk, flour, FortiSalt, garlic, cayenne pepper and cook over medium heat until sauce thickens. Add onions to sauce.
2. Layer casserole dish with potato slices. Spoon half the sauce over slices and repeat with remaining potatoes and sauce. Cover with aluminum foil, bake in pre-

heated oven heated at 350 degrees for 1 hour. Remove from oven and remove tin foil. Sprinkle with cheese (optional).

## Salsa

### Forti-Salsa

3 tomatoes, chopped  
½ c. onion, finely chopped  
1 serrano or jalapeno chili, finely chopped\*  
½ c. fresh cilantro  
2 tsp. FortiSalt  
pinch of garlic powder  
1 tsp. Fresh lime juice

In medium bowl, combine tomatoes, onion, chilis, cilantro, FortiSalt, garlic powder, and lime juice. Mix well. Cover with plastic wrap and refrigerate for one hour. Serve with chips or with Mexican-style dinner.

\*Using one Serrano or jalapeno chili produces a medium-spicy salsa. You may want to add less or more chilis depending on personal preference.

## Main Dishes

### Vegan Lasagna

#### Sauce:

2 Tbsp olive oil  
1 ½ c. chopped onion – optional  
3 Tbsp. minced garlic  
4, 14.5 oz. cans stewed tomatoes  
1/3 c. tomato paste  
½ c. fresh, chopped basil  
½ c. fresh, chopped parsley  
2 tsp. FortiSalt  
1 tsp. Black pepper

16 oz. package lasagna noodles

Filling:

2 pounds firm tofu

2 Tbsp. minced garlic or to taste

¼ c. fresh, chopped basil

¼ c. fresh, chopped parsley

1 tsp. FortiSalt

ground black pepper to taste

3 (10 oz.) packages frozen, chopped spinach- thawed and drained

1. For the sauce: Heat olive oil in large pan. Place onions and garlic in pan and sauté until onions are soft and garlic is fragrant.
2. Add tomatoes, tomato paste, basil, parsley. Stir well, turn heat to low, add FortiSalt and pepper, and simmer for one hour.
3. Noodles: Bring large pot of water with FortiSalt to boil. Add noodles for recommended time (~8-9 minutes), drain, rinse well. Set aside.
4. Filling: Open tofu, drain, cut into blocks. In a large bowl, add tofu, garlic, basil, and parsley. Add FortiSalt and pepper, and then mash with hands or potato masher. Mash and mix well.
5. Assembly: Spread one cup of tomato sauce in a 9X13 casserole pan. Arrange single layer of lasagna noodles, followed by 1/3 tofu mixture spread evenly over warm noodles. Separate and sprinkle spinach over the tofu mixture. Next, spoon or ladle 1 ½ c. tomato sauce over tofu and top with another layer of lasagna noodles. On top of lasagna noodles, follow with 1/3 of tofu mixture, top with tomato sauce. Place final layer of noodles over the tomato sauce. Add final 1/3 tofu mixture, spread evenly over noodles, and add the last of the tomato sauce.
6. Cover baking dish with aluminum foil. You might want to use a baking or cooking sheet underneath the baking dish in case any sauce bubbles out and spills over the edge of the baking dish. Bake 30 minutes. Serve hot.

## **Cookies**

### **No-Bake Cookies\***

Makes 36

\*This recipe calls for white sugar. One may substitute the white sugar to taste with honey, alternative commercial or natural sweeteners.

1 ½ c. sugar\* (see above)

¼ c. unsweetened cocoa or carob powder

½ c. milk or soy milk

½ c. butter

1 tsp. Vanilla extract

1-2 sprays of FortiSalt  
½ c. smooth or chunky peanut butter  
3 c. quick-cooking oats

- In a saucepan over medium heat, combine sugar, cocoa (or carob), milk, and butter. Bring to a boil, stirring constantly. Boil 1 minute, remove from heat, stir in vanilla, FortiSalt, peanut butter, and oats.
- Drop by rounded spoonfuls onto sheets of wax paper. Allow to cool for one hour. Store in airtight container.

## **Breakfast**

### **Hash Browns**

Serves 4

2 medium russet potatoes, shredded  
½ medium onion, chopped  
¼ c. flour  
1 egg  
olive oil or butter as needed or to preference  
1 tsp. FortiSalt (~8 pumps)  
black pepper to taste (optional)

- Shred potatoes and rinse in cold water until water is clear. Drain potatoes and squeeze dry. Place in bowl, mix in onion, flour, and egg until well blended.
- Heat ¼ in. of oil, butter in skillet over medium-high heat. Cover bottom of pan with potatoes or make individual potato patties. Cook until nicely browned on the bottom, flip over, and brown other side (~5 minutes each side).
- Remove from pan. Drain on a paper towel placed on a plate. Spray with FortiSalt, sprinkle with pepper. Serve.