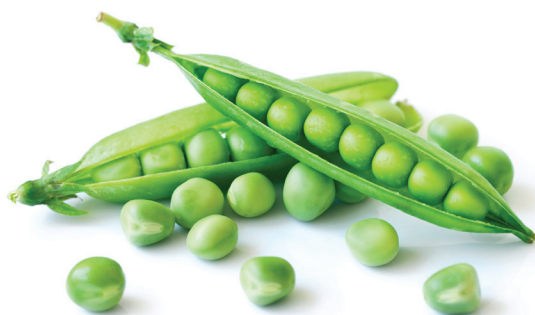


“Plant-Powered for Life . . . will help eaters of all persuasions, from carnivores to vegans, make plant-based meals fun and exciting.”

—PEGGY NEU, President, The Monday Campaigns

PLANT- POWERED FOR LIFE

**Eat Your Way to Lasting Health
WITH 52 SIMPLE STEPS
& 125 DELICIOUS RECIPES**



**SET A GOAL,
START TODAY,
MAKE IT
A HABIT**

SHARON PALMER, RDN

*Author of **The Plant-Powered Diet***

If you would like to excerpt any of these recipes and the accompanying photos, the following credit lines must run with the excerpt:

Credit line: Recipe from *Plant-Powered for Life: Eat Your Way to Lasting Health with 52 Simple Steps and 125 Delicious Recipes*, copyright © Sharon Palmer, 2014. Reprinted by permission of the publisher, The Experiment. Available wherever books are sold.

Photo credit: © Heather Poiré



Arugula Salad Pizza

Photo credit: © Heather Poiré

arugula salad pizza

ACTIVE PREPARATION TIME: 13 minutes • TOTAL PREPARATION TIME: 45 minutes

Here's how you rethink your plate: a fresh green salad and whole grain pizza all in one meal that you can whip up in 45 minutes. Now that's quick and delicious eating for even the busiest night of your week! Pair it with my hearty Red Lentil Soup with Root Vegetables and Sage (page 178) for a completely satisfying meal.

MAKES 8 SERVINGS

(1 slice each)

Whole grain pizza dough (see Notes), or one 16-ounce (454 g) package refrigerated whole grain pizza dough, or whole grain pizza dough prepared from a mix
Cornmeal for sprinkling
½ cup (86 g) marinara sauce
1½ teaspoons dried oregano
1 cup (112 g) shredded plant-based cheese (see Notes)
2 cups (62 g) mixed fresh arugula and baby spinach
1½ cups (224 g) fresh yellow cherry tomatoes, halved
½ medium red bell pepper, diced
1 ripe medium avocado, sliced
¼ cup (31 g) roasted pistachios
1 tablespoon balsamic vinegar
1 tablespoon extra virgin olive oil

1. Preheat the oven to 350°F (180°C). Roll out the pizza dough to fit a 14-inch pizza pan or pizza stone. Sprinkle the pan or stone with cornmeal and fit the dough on top.
2. Spread the marinara sauce onto the dough and sprinkle the oregano and plant-based cheese over it. Place the pan or stone in the oven and bake for 30 to 35 minutes, until the crust is golden and firm to the touch.
3. At the last minute before serving, remove the crust from the oven and top with the arugula and spinach, tomatoes, bell pepper, avocado, and pistachios. The greens will wilt quickly.
4. Drizzle with the vinegar and olive oil. Serve immediately.

notes: You may prepare your own pizza dough following this procedure: Stir together ¾ cup warm (110°F/43°C) water, 1½ teaspoons active dry yeast, and 1 teaspoon honey in a medium bowl. Let stand for 10 minutes. Stir in 1½ teaspoons extra virgin olive oil and 1¾ cups whole wheat flour. Tip the

dough onto a lightly floured surface and knead for 10 minutes. Place the dough in an oiled bowl, cover with a towel, and let it rise in a warm place for about 1 hour, then proceed with step 1 of the recipe.

Omit the plant-based cheese, if desired.

variation: Substitute other firm greens, such as baby kale or chopped collard greens, for the arugula and baby spinach.

PER SERVING: 258 calories, 12 g protein, 34 g carbohydrate, 8 g fat, 1 g saturated fat, 5 g fiber, 5 g sugar, 466 mg sodium

STAR NUTRIENTS: vitamin A (11% DV), vitamin C (28% DV), vitamin K (19% DV), calcium (15% DV), iron (11% DV)

Credit line: Recipe from *Plant-Powered for Life: Eat Your Way to Lasting Health with 52 Simple Steps and 125 Delicious Recipes*, copyright © Sharon Palmer, 2014. Reprinted by permission of the publisher, The Experiment. Available wherever books are sold.

french lentil salad with cherry tomatoes

ACTIVE PREPARATION TIME: 15 minutes • TOTAL PREPARATION TIME: 30 minutes
(not including chilling time)

Beans aren't the only member of the legume family worth celebrating. Lentils, packed with fiber and protein, are just as nutritious. Plus they cook up—no soaking required—in only 15 to 20 minutes. A French ami shared her mother's traditional recipe for lentil salad with me years ago. This simple salad, seasoned with a French vinaigrette, is a classic dish in France. It makes a wonderful, protein-rich highlight of any meal. Because the flavors continue to meld, it's also great the next day. Serve it with toasted whole wheat French bread and Tofu Ratatouille (page 250) for a true country French meal.

MAKES 6 SERVINGS

(about 1 cup each)

1 pound (454 g) dried lentils (or 3 cups cooked; see Note)
4 cups (948 ml) water
2 teaspoons reduced sodium vegetable broth base
4 celery stalks, diced (160 g or about 1½ cups)
1½ cups (224 g) cherry tomatoes, halved
2 medium shallots, finely diced
¼ cup (15 g) packed chopped fresh parsley
1½ tablespoons extra virgin olive oil
2 teaspoons Dijon mustard
2 tablespoons red wine vinegar
1 teaspoon herbes de Provence (see page 345)
Freshly ground black pepper, to taste
1 medium garlic clove, minced
Pinch of sea salt, optional

1. Place the lentils, water, and broth base in a pot. Cover and bring to a boil over medium-high heat. Reduce the heat to medium and cook for 15 to 20 minutes, until the lentils are tender but firm.
2. Remove from the heat, drain any remaining liquid, and transfer the lentils to a large bowl. Chill for at least 30 minutes.
3. Stir in the celery, tomatoes, shallots, and parsley.
4. In a small dish, make the dressing by whisking together the olive oil, mustard, vinegar, herbes de Provence, black pepper, and garlic.

5. Add the dressing to the lentil mixture and toss. Taste and season with sea salt, if desired. Chill until serving time.

note: If you're in a rush, use precooked, refrigerated lentils, available at many stores. Although a classic French lentil salad uses *lentils du puy* (small, dark green lentils), try other varieties for a colorful twist, such as yellow, beluga (black), or multicolored lentils.

variation: Substitute cooked beans, such as white, fava, or cranberry beans, for the lentils.

PER SERVING: 136 calories, 8 g protein, 19 g carbohydrate, 4 g fat, .5 g saturated fat, 4 g fiber, 3 g sugar, 55 mg sodium

STAR NUTRIENTS: folate (40% DV), thiamin (10% DV), vitamin A (13% DV), vitamin B6 (11% DV), vitamin C (19% DV), vitamin K (67% DV), copper (13% DV), iron (16% DV), magnesium (10% DV), manganese (24% DV), phosphorus (16% DV), potassium (14% DV)

Credit line: Recipe from *Plant-Powered for Life: Eat Your Way to Lasting Health with 52 Simple Steps and 125 Delicious Recipes*, copyright © Sharon Palmer, 2014. Reprinted by permission of the publisher, The Experiment. Available wherever books are sold.



French Lentil Salad
with Cherry Tomatoes

tortilla soup

ACTIVE PREPARATION TIME: 24 minutes • TOTAL PREPARATION TIME: 48 minutes

A traditional Mexican dish, tortilla soup is a spicy blend of tomatoes, vegetables, and crisp tortilla strips. This easy plant-powered version—you can whip it up in no time—throws protein-rich black beans into the mix. Best of all, this dish relies on preserved goods, such as canned tomatoes, frozen corn, and canned beans, so you can make it year-round from your pantry. And it's a great complement for a simple sandwich, burrito, or vegetable salad for lunch or dinner.

MAKES 10 SERVINGS

(generous 1 cup each)

Tortilla Strips

Three 6-inch (15 cm) corn tortillas
2 teaspoons extra virgin olive oil
½ teaspoon chili powder

Soup

4 teaspoons extra virgin olive oil
1 medium onion, diced
1 medium garlic clove, minced
1 medium green bell pepper, diced
1 small jalapeño pepper, finely diced
1 small zucchini, diced
1 cup (164 g) frozen corn
¼ teaspoon crushed red pepper
2 teaspoons cumin
4 cups (948 ml) water
1 tablespoon reduced sodium vegetable broth base
Two 14.5-ounce (411 g) cans diced tomatoes, with liquid
One 15-ounce (425 g) can black beans, with liquid (or 1¾ cups
cooked, with ½ cup water)
⅔ cup (37 g) plant-based cheese, optional
⅔ cup (60 g) chopped green onions, white and green parts

1. Preheat the oven to 400°F (205°C).
2. Slice the tortillas into thin strips. Place them on a baking sheet and drizzle with 2 teaspoons of olive oil, then sprinkle the chili powder on top. Bake for about 5 to 8 minutes, until brown and crisp. Remove from oven and set aside. Turn off the oven.
3. Meanwhile, prepare the soup by heating the remaining 2 teaspoons of olive oil in a large pot over medium heat. Add the onion and sauté for 5 minutes.

4. Add the garlic, bell pepper, jalapeño, zucchini, corn, crushed red pepper, and cumin and sauté for an additional 5 minutes.
5. Add the water, broth base, tomatoes, and black beans. Stir well and cover. Simmer over medium heat for 25 to 30 minutes, until vegetables are tender.
6. Ladle about 1 cup of soup into soup bowls, and garnish with a few tortilla strips, 1 tablespoon of plant-based cheese, and 1 tablespoon green onions. Serve immediately.
7. Store leftover soup (without garnishes) in the refrigerator for up to 3 days. Reheat the soup and garnish with the tortilla strips, cheese, and green onions.

variation: Substitute cooked or canned white beans, pinto beans, garbanzo beans, or kidney beans for black beans, or use a combination.

PER SERVING: 148 calories, 5 g protein, 21 g carbohydrate, 5 g fat, 1 g saturated fat, 5 g fiber, 5 g sugar, 263 mg sodium

STAR NUTRIENTS: folate (12% DV), vitamin A (13%), vitamin C (40% DV), calcium (14% DV), manganese (11% DV), molybdenum (44% DV), phosphorus (10% DV), potassium (10% DV)

Credit line: Recipe from *Plant-Powered for Life: Eat Your Way to Lasting Health with 52 Simple Steps and 125 Delicious Recipes*, copyright © Sharon Palmer, 2014. Reprinted by permission of the publisher, The Experiment. Available wherever books are sold.



Tortilla Soup



Curried Tofu
Papaya Wraps

curried tofu papaya wraps

ACTIVE PREPARATION TIME: 18 minutes • TOTAL PREPARATION TIME: 48 minutes
(including chilling time)

Now this is what I call healthy, delicious eating on the run! Filled with a colorful, flavorful tofu, papaya, and coconut filling, this wrap is a delicious treat as an appetizer or for lunch. Stock up on powerful nutrients, such as beta-carotene, vitamin C, fiber, and protein in this meal-in-one.

MAKES 6 SERVINGS

(one 9-inch wrap each)

.....

- ½ cup (119 g) canned light coconut milk (well mixed before measured)
- 1½ teaspoons Thai red curry paste
- ½ teaspoon minced fresh ginger
- 1 medium garlic clove, minced
- ½ teaspoon turmeric
- ½ teaspoon reduced sodium soy sauce
- Pinch of cayenne pepper (see Notes)
- One 12-ounce (340 g) package extra firm tofu, drained and cubed (pressed, for best results—see page 103)
- 1 medium papaya, peeled and diced
- ½ cup (48 g) chopped green onions, white and green parts
- ¼ cup (15 g) chopped fresh cilantro
- Pinch of sea salt, optional
- Six 9-inch (23 cm) whole grain tortillas or wraps
- 3 cups (102 g) fresh watercress, or baby salad greens, if unavailable

1. Mix together the coconut milk, curry paste, ginger, garlic, turmeric, soy sauce, and cayenne in a mixing bowl until smooth.
2. Fold in the tofu, papaya, green onions, and cilantro. Taste and season with sea salt, if desired. Refrigerate for 30 minutes (or overnight, if desired).
3. Place one tortilla on a cutting board. Spread ½ cup of the tofu mixture down the center of the tortilla in a row. Top with ½ cup of the watercress.
4. Fold the right side of the tortilla over the center and start to wrap tightly, pressing in as you wrap. Place the wrap on a serving dish seam side down.
5. Serve as a whole wrap for an individual meal (cut in half for easier eating), or slice into thin pinwheels for an appetizer.

notes: Adjust the spiciness of the wraps by increasing the cayenne pepper.

Store the curried tofu wraps in plastic wrap or in an airtight container as a perfect lunch to go.

If you won't be consuming all of the wraps at one time, reserve the filling in an airtight container in the refrigerator and prepare the wraps no more than 4 hours before serving time to prevent the greens from wilting and the wrap from getting soggy.

variation: If papaya is not available, substitute 1 large mango or 2 large peaches.

PER SERVING: 213 calories, 10 g protein, 32 g carbohydrate, 5 g fat, 1.5 g saturated fat, 5 g fiber, 6 g sugar, 256 mg sodium

STAR NUTRIENTS: folate (10% DV), niacin (11% DV), thiamin (17% DV), vitamin A (30% DV), vitamin C (80% DV), calcium (19% DV), iron (14% DV), magnesium (10% DV), phosphorus (21% DV), zinc (10% DV)

Credit line: Recipe from *Plant-Powered for Life: Eat Your Way to Lasting Health with 52 Simple Steps and 125 Delicious Recipes*, copyright © Sharon Palmer, 2014. Reprinted by permission of the publisher, The Experiment. Available wherever books are sold.



Black Bean
Brownies with
Walnuts

black bean brownies with walnuts



ACTIVE PREPARATION TIME: 9 minutes • TOTAL PREPARATION TIME: 54 minutes

Here's the perfect scenario—a dense, moist brownie packed with cocoa polyphenols and bean nutrition—protein, fiber, and even antioxidants! The beans replace the grains and some of the fat in this gluten-free, egg-free brownie. I guarantee that nobody will guess the magic ingredient—black beans—in this delicious treat. What a great way to get kids (and grown-ups!) to eat their beans.

MAKES 16 SERVINGS

(one 2 by 2-inch brownie each)

Nonstick cooking spray
One 15-ounce (425 g) can black beans, no salt added, rinsed
and drained (or 1¾ cups cooked)
½ cup (170 g) honey or agave nectar
½ cup (43 g) unsweetened cocoa powder
2 tablespoons chia seeds (see Notes on page 139)
1 teaspoon pure vanilla extract
3 tablespoons canola oil, expeller pressed
½ teaspoon baking powder
½ cup (85 g) dairy-free, dark chocolate chips
½ cup (58 g) chopped walnuts

1. Preheat the oven to 350°F (180°C). Spray an 8 by 8-inch baking dish with nonstick cooking spray.
2. Place the black beans, honey, cocoa powder, chia seeds, vanilla, canola oil, and baking powder in a blender. Process until smooth. Scrape down the sides halfway through blending if needed.
3. Pour the batter into the prepared baking dish.
4. Sprinkle the chocolate chips and walnuts evenly across the top of the brownies.
5. Bake for 45 to 50 minutes, until the edges pull away from the side of the pan and the brownies are firm.
6. Cool for a few minutes, and then slice into 16 squares.

note: This makes a chewy, moist brownie.

PER SERVING: 149 calories, 3 g protein, 20 g carbohydrate, 8 g fat, 2 g saturated fat, 3 g fiber, 11 g sugar, 99 mg sodium

STAR NUTRIENTS: magnesium (10% DV), manganese (14% DV)

Splurge on dark chocolate in petite portions. • 317

Credit line: Recipe from *Plant-Powered for Life: Eat Your Way to Lasting Health with 52 Simple Steps and 125 Delicious Recipes*, copyright © Sharon Palmer, 2014. Reprinted by permission of the publisher, The Experiment. Available wherever books are sold.