

RECIPES FROM: WWW.GREENSONABUDGET.ORG

Stove Top Apples

Core several gala apples. Arrange them in a pan deep enough to cover with a lid. Place cinnamon sticks in the center, stick 8 cloves in the circumference of each apple. Add half cup of water, cover and simmer for approximately 30 minutes until they are as soft as you want them. They smell and taste like hot apple cider.

Tempeh Fries

Cut a block of tempeh in half inch strips. Place in a hot skillet with a tablespoon of sesame oil, salt and pepper. Heat until crisp. Season with balsamic vinegar, hot sauce, or salsa.

Green Sorbet

Start with a couple of frozen cups of your favorite fruits plus a handful of leafy greens. Blend to the consistency of a frappé. Eat some. Freeze the rest in small paper cups.

Polenta With Grated Carrots and Peas

Cook coarse grits and fresh corn in water or vegetable broth, with olives, salt, pepper, grated carrot. Add shelled peas to the top when almost done. Once the pie is cooked, let it cool until firm enough to be sliced in wedges or any other shape.

Oats with Quinoa and Fruit

Cook together steel cut oats and quinoa in water with a drizzle of almond milk and ground cinnamon. After turning off the heat, add sweet berries or diced fruit.