

# *Living Beauties*

## Recipe Book



THE FOUNDATION FOR  
LIVING BEAUTY



This book of recipes was created by Kelleigh Serdar for her Girl Scout Gold Award project. This is her gift to the Living Beauties. She compiled recipes submitted by the Living Beauties and some of her personal recipes into this book. In the first section you will find recipes that are good for lunches and dinners. The next section contains salad recipes that you can eat as a meal or as a side dish. Then there are appetizer recipes perfect for parties. Lastly there are breakfast recipes that are good for meal preparation and dessert recipes. All the recipes are vegetarian or vegan. The protein sources can be substituted with animal proteins, soy free options, or kept how they are. This book is here to help the Living Beauties nourish and care for themselves through healthy and easy eating.



# Main Dishes

# Creamy Coconut Lentil Curry

## Ingredients

2 tblsp Coconut Oil

1 tblsp Cumin Seeds & Coriander Seeds

1 Head of Garlic

1 28 oz Can of Crushed Tomatoes

2 tblsp Chopped Ginger

1 tblsp Tumeric

2 tsp sea salt

1 cup Dried Brown Lentils

1 tsp Cayenne Powder (Optional)

1 15 oz Can of Coconut Milk

A Few Handfulls of Cherry Tomatoes

1 cup Chopped Cilantro

# Directions

1. Heat the coconut oil in a large pot over medium-high heat. Add the cumin and coriander seeds and toast until they start to brown. Add garlic to pot and let it brown for about 2 minutes.
2. Add the can of crushed tomatoes, ginger, tumeric, and sea salt to the pot, stirring occasionally for 5 minutes. Add lentils and cayenne powder. Add 3 cups of water and bring to a boil. Reduce heat and cover the pot to simmer for 35-40 minutes.
3. Once lentils are soft, add cherry tomatoes and coconut milk and bring to a simmer. Remove from heat, add cilantro, and serve rice or quinoa.

Submitted by  
Karen Janesin

# Vegetarian Stuffed Cabbage

## Ingredients

1 Head Cabbage

1 Cup Brown Rice

1 Bag of frozen (Quorn) Veg. CRUM-  
BLES

2 cups (aprox) Favorite Vegetables ex:  
Peas, Kale, Corn, Mushrooms

14oz Fresh Diced Tomatoes (seasoned)

2 29 oz Cans OR Fresh Tomato Sauce

1/2 can Tomato Paste

1 tbs Basil

1 tbs Oregano

1 tbs Garlic

Pinch of Cumin

Handful Fresh OR frozen veg. of your  
choice

Handful of Cheddar cheese



# Directions

1. Cook 1 cup brown rice, olive oil until golden brown, add 2 cups water. Cook approx. 1 hour over low heat. Set aside.
2. Preheat oven at 375.
3. Carefully Separate cabbage leaves, rinse and steam stovetop to soften. Set aside
4. Combine 1 jar tomato sauce with paste, basil, oregano, garlic, cheese, diced tomatoes.
5. Brush bottom of baking dish with sauce
6. Add favorite veg of your choice, about ½ of the cooked rice, and frozen Crumbles (or cooked ground beef) to sauce.
7. Spoon sauce filling into cabbage leaves and roll tightly and place snug into baking dish.
  - 6) Completely cover with remaining sauce. Season sauce and pour over leaves then fill in between rolls and where leaves are up against sides of dish.
  - 7) Cook on middle rack until leaves are soft and tender and sauce is bubbling. Approx. 45 minutes. You may want to place foil over dish last 10 minute of cook time. If needed, spoon sauce over leaves while baking. (\* Cook time will vary depending on how cooked the leaves are before rolling)

“Adapted recipe from childhood memories of my Nana Dora’s yummy stuffed cabbage!!

Serves about 4, freezes well (there’s always leftovers).

Use recipe as a guide, Easy dish to be creative with.”

- Traci Green

# Sheet Pan Teriyaki Tofu and Broccoli

## Ingredients

1-2 Blocks of Firm Tofu  
1 Head of Broccoli  
1 Cup of White Rice  
Teriyaki Sauce  
1/4 cup Soy Sauce  
1 Tblspn Maple Syrup  
1 Tblspn Olive Oil  
1 Tsp Rice Wine Vinegar  
3 Cloves of Garlic  
Sesame Seeds

# Directions

1. Cut up tofu, garlic, and broccoli. Place on a sheet pan and drizzle with store bought teriyaki sauce or homemade and olive oil. Put in oven for 30 minutes on 350 degrees F.
2. To make teriyaki sauce combine soy sauce, maple syrup, olive oil, and rice wine vinegar. If desired to be thicker add in cornstarch or arrowroot powder.
3. Boil white rice. Serve broccoli and tofu over rice with a sprinkle of sesame seeds and teriyaki sauce.

# Italian White Bean Soup

## Ingredients

- 2 cans cannellini or other white beans
- 1 large potato, diced
- 1 small onion, chopped
- 2 small garlic cloves
- 1 1/2 cup vegetable broth\*
- 1 handful Italian flat parsley
- 2 Tbsp extra virgin olive oil
- 1/4 tsp chilli flakes
- 1/2 tsp salt

# Directions

1. In a large pot heat 1 tbsp of olive oil, chopped garlic, onion, and chili flakes for about 3 minutes.
2. Add rinsed cannellini beans and diced potato and stir for another minute. Then add vegetable broth and salt and bring to a boil.
3. Reduce heat and let simmer for 15-20 minutes, stirring occasionally.
4. Make the dressing by blending parsley with the rest of the garlic, andt bsp olive oil.
5. Serve soup, topped with the dressing.

# Avocado Pesto Pasta

## Ingredients

2 Cups Pasta (penne, fusilli, rotini)

1 Large Avocado

1 Can of Chickpeas (optional)

1/2 - 1 cup Trader Joe's Green Goddess Dressing  
or Traditional Pesto

Salt to Taste

# Directions

1. Cook and rinse pasta.
2. In a separate bowl mash avocado and combine with pesto or green goddess dressing. Add in pasta and optional chickpeas.
3. For extra flavor add salt, nutritional yeast, or everything but the bagel seasoning.

# Peanut Tofu Stir Fry

## Ingredients

2 Cups Noodles

1 Packet of tofu (sub for any other protien source)

2 Carrots

1/4 of an Onion

1 Cup Green Beans (most vegetables will work)

3 Cloves of Garlic

1 Tsp Sesame Oil

1/4 Cup Peanut Butter

1 Tsp Rice Wine Vinegar

3-4 Tbsp Soy Sauce

Sriracha to taste



# Directions

1. Cook and rinse noodles.
2. In a large pan cook veggies, garlic, and onions in sesame oil. After a few minutes add tofu and cook for another 2-3 minutes. Then add peanut butter, rice vine vinegar, soy sauce, and sriracha. Cook until veggies are soft and tofu is cooked.
3. Turn the heat off and mix in the noodles.

# Vegan Jambalaya

## Ingredients

¼ cup extra-virgin olive oil  
1 medium sweet onion chopped  
2 stalks celery cut into ½ - inch squares  
2 medium carrots cut into ½-inch slices  
1 medium red bell pepper chopped  
3 to 4 cloves garlic minced  
1 teaspoon hot smoked paprika  
1/8 teaspoon ground cayenne pepper  
2 teaspoons dried oregano  
1 teaspoon dried thyme leaves  
2 bay leaves  
Kosher salt  
Freshly ground pepper  
15 ounce can diced fire-roasted tomatoes  
1 ¼ cup cooked rice

# Directions

1. Heat the olive oil in a 10-inch skillet over medium heat. Add the onions, celery and carrots. Cook, stirring frequently, for about 6 minutes or until the onion becomes a bit soft. Add the red pepper and continue to cook for about 3 minutes. Add the garlic, paprika, cayenne, oregano, thyme, bay leaves, salt and pepper. Stir to coat and add the tomatoes. Cook for 2 minutes. Add the vegetable broth and stir.
2. Cover the pot, increase the heat a bit and bring to a boil. Immediately reduce the heat to simmer. Cook for 10 minutes. Add the black-eyed peas and cook an additional 10 to 15 minutes.
3. Remove the bay leaves.
4. Serve over rice.



# Salads

# Mediterranean Chickpea Quinoa Salad

## Ingredients

- 1 Can Chickpeas
- 1 Cup Quinoa
- 1 Cucumber
- 1 Red Bell Pepper
- 3 Tblsp Olive Oil
- 3 Tblsp Hummus
- 1 Tblsp Tikka Masala Paste (optional)

# Directions

1. Cook quinoa according to packaging. Chop up cucumber and bell pepper.
2. Combine all ingredients in a bowl or layer ingredients: start with quinoa mixed with tikka masala paste, chickpeas, cucumber, bell pepper, olive oil, and hummus.

# Chickpea, Spinach, and Quinoa Bowl

## Ingredients

3/4 Cup Quinoa

2 Tps Tikka Masala Curry Paste

1 Can Chickpeas

9 Oz Carrots

6 Oz Baby Spinach

1 Lime

3 Tbsp Slivered Almonds

3 Tbsp Olive Oil

2 Tsp Sugar

1 Tsp Garam Masala

1/2 Tsp Ground Coriander

Salt and Pepper to Taste

3 Tbsp Dried Cranberries



# Directions

1. Cook quinoa and mix in tikka masala paste.
2. Rinse chickpeas, slice carrots, rinse spinach, and zest up to one lime.
3. At 450F roast chickpeas and carrots on a lined baking sheet drizzled with olive oil, salt, and pepper for 18-20 minutes.
4. Make candied almonds by toasting the slivered almonds in a pan on medium-high heat for 2-3 minutes. Then add sugar and garam masala and stir until golden brown.
5. In a large bowl make the salad by adding spinach, dried cranberries, and quinoa. Then make the dressing by combining 2 tbsp olive oil, lime juice, lime zest, coriander, salt, and pepper. Add dressing to the salad, along with roasted chickpeas and carrots

# Moroccan Carrot Salad

## Ingredients

1 lbs Coarsely Grated Carrots  
1 Clove Minced Garlic  
2 bundles Chopped Parsley  
1/4 cup Lemon Juice  
1/4 cup Olive Oil  
Tabasco and/or Salt to taste

# Two Apple Salad

## Ingredients

Granny Smith Apples

Red Delicious Apples

Fennel Bulb

Carrots

Vinagrette to taste

Submitted by Dessa Kaye

# Lima Bean or Edamame Salad

## Ingredients

- 1 Can (15-17 oz) Lima Beans (drained), or edamame
- 1/4 Medium Onion, Chopped
- 1 Tomato, diced
- 1 tsp Minced Parsley
- 1/4 Cup Olive Oil
- 2 Tblsp Balsamic Vinegar
- 2 Cloves Minced Garlic
- 1 Tblsp Lemon Juice

# Chilled Cauliflower Salad

## Ingredients

3 Tblsp Olive Oil  
3 Tblsp Lemon Juice  
1 Tblsp Apple Cider Vinegar  
1 Tsp Dijon Mustard  
Salt to taste  
1 Head of Cauliflower (steamed)  
1 Cup Diced Red Onion  
1/2 Cup Dill  
Cooked Pasta (optional)

Submitted by Dessa Kaye

# Beet Salad

## Ingredients

1 Large Bundle of Beets

1/3 Cup Balsamic or White Wine Vinegar

1/4 Cup Olive Oil

1 Tsp Ground Cumin

Chopped Celery

Green Onions

Celery Seeds (optional)

Salt and Pepper

1. Remove beet leaves and wash beets thoroughly. Add 1 teaspoon salt to 2-3 quarts water and bring to a boil. Add beets, and

simmer, covered, until tender (about an hour). When done, drain and cool; then peel and julienne beets. Place in a bowl and

season with salt & pepper to taste.

2. In another bowl, mix vinegar and olive oil. Stir in cumin, celery, celery seed

and onions, continuing to mix well. Gently add dressing to beets, being

careful not

to crush them, and allow to marinate for about 1 hour before serving.

# Eggplant Salad With Pomegranate Juice

## Ingredients

1-1/2 Eggplants

1/2 Cup Pomegranate Juice

1 Tblsp Grated Ginger Root

Juice of 1 Lemon

3 Cloves Minced garlic

Minced Onion

Tabasco, Salt & Pepper to taste

1. pierce eggplant(s) & bake at 450 until soft (about 20 minutes); cool slightly before peeling; chop eggplant; mix in remaining ingredients to taste; can be served as is or with pita/chips/etc.

Submitted by Dessa Kaye





# Appetizers / Sides

# Cantaloupe & Eggplant Caponata

## Ingredients

2-1/2 Slightly Unripe Cantaloupe

1-1/2 Eggplants

1/3 Cup + 2 Tblsp Olive Oil

1/3 Cup Red Wine Vinegar

1 Tsp Sugar

Fresh Ground Pepper to Taste

# Directions

1. Slice eggplant about 1” thick; salt & weight the slices down in a bowl for 1-1/2 to 2 hours; peel cantaloupe & cut into 1 to 1-1/2” chunks & set aside; rinse eggplant to remove salt, pat dry & cut into 1” chunks; heat oil in skillet & saute eggplant over medium heat until cooked yet firm (about 10 min.), turning to prevent burning; drain on paper towels & clean skillet; mix sugar & vinegar & set aside.
2. Heat remaining oil on high; when oil is nearly smoking, add melon; saute until it gains a bit of color & begins to expel juice (about 3 min.); reduce heat to low & add eggplant; after about a minute, when eggplant is hot, pour in vinegar mixture in an even stream; turn mixture; let vinegar bubble until its aroma rises (about 1 min.)
3. Transfer to serving platter & sprinkle with pepper; serve at room temperature

Submitted by Dessa Kaye

# Baked Yams With Lime & Honey

## Ingredients

4 Medium Yams  
4 Tblsp Honey  
3 Tblsp Butter  
3-4 oz. Lime Juice  
1 Tsp Salt  
1/4 Tsp Pepper

# Directions

1. pre-heat oven to 350°
2. bake yams until soft & allow to cool slightly before peeling; add other ingredients & mash together well; place mixture in baking dish, cover & return to oven for 15-20 min., until heated through; serve hot as is or with sour cream or crème fraiche

# Roasted Beet Hummus

## Ingredients

- 3 Medium Beets (1 cup canned)
- 1 Can Chickpeas
- 6 Garlic Cloves
- 4 Tbsp Lemon Juice
- 4 Tbsp Tahini
- 1 Tbsp Olive Oil
- 1 Tsp Salt
- 1 Tsp Pepper

# Directions

1. pre-heat oven to 375° and roast beets and garlic on a sheet pan in olive oil and seasoned with salt and pepper for 30 minutes.
2. Combine roasted beets, garlic, chickpeas, lemon juice, tahini, salt, and pepper in a food processor and blend until smooth. If mixture is dry add water one tablespoon at a time until desired consistency is reached.
3. Serve in a dish, drizzled with extra tahini, sesame seeds, and pumpkin seeds.

Enjoy with pita bread, crackers, chopped vegetables, or as a salad dressing.

# Balsamic Tomato and White Bean Bruschetta

## Ingredients

1 Can White Beans  
1 Boule Bread Loaf  
3 Toatoes  
1/8 Oz Basil  
1 Shallot  
1/4 Cup Balsamic Vinegar  
1 Oz Parmesan (optional)  
2 Tbsp Balsamic Glaze  
5 Tbsp Olive Oil  
Salt and Pepper to Taste



# Directions

1. pre-heat oven to 475° . Cut all produce, slice bread, and rinse beans.
2. In a large bowl marinate tomatoes, beans, minced shallot, half of the balsamic vinegar, 3 tbsp olive oil, 1 tsp salt and pepper. Set aside.
3. Place bread slices on a baking sheet, drizzle with olive oil, season with salt and pepper, and bake for 7-9 minutes, flipping half way through
4. When the bread is toasted assemble bruschetta by first adding basil to the marinated tomatoes and beans. Spoon mixture onto the toast, drizzle with balsamic glaze, and optionally add grated parmesan.

# Homemade Focaccia

## Ingredients

2 Cups All-Purpose Flour  
1 Cup Lukewarm Water  
1 1/2 Tsp Instant Dry Yeast  
1/2 Tsp Salt  
1/2 Tsp Sugar  
2 Tbsp Olive Oil

Brine:

3 Tbsp Olive Oil  
2 Tbsp Warm Water  
1/2 Tsp Salt  
2 Tbsp Herbs (rosemary or dried oregano)  
1 Garlic Clove, Grated

# Directions

1. Combine flour and salt in a large bowl. Mix well water, yeast and sugar in a jug or in a bowl and let it rest until foamy (about 5 minutes). Preheat the oven to 200F and turn it off.

3. Add the liquid to the dry ingredients and mix to incorporate the flour. Mix well until no dry flour remains. Cover bowl with a damp kitchen towel, then let rest in the warm oven for 20 minutes.

4. After 20 minutes, scrape the edge of the bowl and pour the dough on the greased baking pan. Dust with flour. Gently press the dough out with your fingers to fit the baking tray. Cover with the damp kitchen towel and place in the oven again for 20 minutes.

5. Make a brine whisking together olive oil, warm water and garlic. After 20 minutes, remove the baking pan from the oven and preheat to 400F.

6. Pour the brine all over the focaccia and poke dimples into the surface with your fingertips, you want to fill the holes with the brine. Scatter with herbs, salt flakes and bake for 20 minutes. Cool for at least 15 minutes before slicing and serving.



# Breakfast

# Egg Quiche Bites

## Ingredients

8 Eggs

1 Cup of Vegetables (bell pepper, mushrooms, onions, tomatoes)

Salt and Peper

\*To make this recipe vegan, create the egg mixture by mixing equal parts of chickpea flour and unsweetened almond or soy milk. Then for flavor season with salt, pepper, garlic powder, cumin, tumeric, and black salt if you have it.

# Directions

1. Combine all ingredients in a jar or a container with a lid.
2. Chill in the fridge and let set for at least 30 minutes.
3. Preheat oven to 350 degrees. Grease mim-muffin tray.
4. Pour mixture into muffin tray and bake 15 to 20 minutes until egg is cooked.

This can be customized by adding different vegetables, cheese, ham, or spices.

# Chia Seed Pudding

## Ingredients

3-4 Tbsp Chia Seeds

3/4 Cup Almond Milk (sub for any type of milk)

1/2 Fruit, strawberries, bananas, blueberries, ect.

1 Tsp Maple Syrup



# Directions

1. Combine all ingredients in a jar or a container with a lid.
2. Chill in the fridge and let set for at least 30 minutes.

You can switch up the toppings and add ins. Some things you can include are fresh fruit, nuts, seeds, coconut, chocolate chips, and spices.

# Chocolate Breakfast Cookies

## Ingredients

2 Cups Oats (blended or whole)

1/4 Cup Almond or Peanut Butter

1 Tbsp Coco Powder

1 Mashed Banana

1-2 Tbsp Almond Milk

Optional Mix ins: nuts, chocoate chips,  
blueberries, strawberries, ect.

# Directions

1. Mix all ingredients in a bowl
2. Shape cookies and place on a lined baking sheet and bake for 10 minutes at 350F.



# Dessert

# Vegan Ferrero Rocher Truffles

## Ingredients

1 Cup Roasted Hazlenuts

2/3 Cup 70% Dark Chocolate Bar (any vegan chocolate work)

2 Tbsp Maple Syrup or Agave Nectar

1 Tbsp Unsweetened Cocoa Powder

1/2 Tsp Vanilla Extract

1 Pinch of Salt

# Directions

1. Roast hazlenuts in the oven for 8 minuets at 350F. If hazlenuts are raw this will take up to 10 extra minuets or until lightly colored.

2. Melt chopped chocolate in a double broiler or in the microwave in 30 second intervals.

3. In a food processor blend roasted hazlenuts, setting aside 12 whole ones for the center. Then keep aside 2 tbsp of the blend hazlenuts for the coating. To the food processor add the cocoa powder, maple syrup, vanilla extract, 3 tbsp of the melted chocolate, and a pinch of salt. Blend until a sticky mixture is formed.

4. Take a whole hazlenut and surround it with the mixture. Repeat this and freeze for 5 minuets. Mix ground hazlenuts and melted chocolate. Coat balls and place on a plate and freeze for 10 minuets.

Enjoy!

# Avocado Fudge Brownies

## Ingredients

2 cups All-Purpose Flour

2 cups White Sugar

3/4 cup Unsweetened Cocoa Powder

1 tsp Baking Powder

1 tsp Salt

1 cup Mashed Avocado

1/4 cup Unsweetened Apple sauce

1/2 cup Almond Milk

1/3 cup Water

1 tsp Vanilla Extract

Optional: Dairy-Free Chocolate Chips



# Directions

1. Preheat oven to 350F
2. Combine dry ingredients (flour, sugar, cocoa powder, baking powder, and salt) in a bowl.
3. Beat together the mashed avocado, unsweetened apple sauce, milk, water, and vanilla extract in a different bowl. Add dry ingredients. Optional: mix in chocolate chips.
4. Grease 9x13" baking pan, and pour in mixture.
5. Bake for 30-40 minutes, or until a toothpick comes out clean. Let cool completely before cutting into squares to serve and enjoy.

# Oatmeal Walnut & Dried Plum Cookies

## Ingredients

- 1 cup quick-cooking rolled oats
- 1 cup unbleached all-purpose flour
- 1/3 cup maple sugar
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. fine sea salt
- 1/3 cup maple syrup
- 1/2 cup sunflower oil
- 1 tsp. vanilla extract
- 1/2 tsp. molasses
- 1/4 cup chopped dried plums or other  
dried fruit
- 1/4 cup finely chopped walnuts

# Directions

1. Preheat the oven to 350F degrees . Line a baking sheet with parchment paper.
2. Combine the oats, flour, sugar, baking powder, baking soda, and salt in a large bowl. In a separate bowl, combine the syrup, oil, vanilla extract, and molasses. Add the wet ingredients to the dry ingredients, and stir to combine. Fold in the dried plums and nuts.
3. Using your hands, roll tablespoon-size scoops of dough into balls. Place the balls onto the prepared baking sheet and press down slightly on the balls to flatten the tops.
4. Bake for 11 to 13 minutes or until lightly browned. Transfer cookies to a baking rack to cool completely.

A recipe from Alicia Silverston, submitted by Katie Wood. For variety, replace the all-purpose flour with whole wheat pastry flour, barley flour, spelt flour, or a gluten-free baking mix (choose one that does not include baking soda and baking powder). You can also substitute chocolate chips for the dried fruit and any kind of nuts for the walnuts.