



# Mexican Rice

MEALS IN MINUTES BY DEBBIE ZIMMERMAN

Recipe inspired by Mary McDougall  
Makes 6 servings

## ingredients

- 2 cups frozen brown rice (defrosted)
- 1/2 cup low-sodium vegetable broth
- 1 cup green onions, chopped
- 1 orange sweet pepper, chopped
- 1/2 tsp garlic, minced
- 1 15 oz can black or small red beans (drained & rinsed)
- 1 cup frozen corn (or canned, drained & rinsed)
- 10 ounce can Rotel diced tomatoes and green chilies
- 1/2 cup salsa
- 1/4 cup cilantro, chopped
- Juice of 1 lime
- 1 avocado, chopped (optional)

## directions

- Place the remaining cups of water in another saucepan. Add the green onions, bell pepper, and garlic. Cook, stirring occasionally, for 10 minutes. Add black beans, corn, Rotel tomatoes and salsa. Stir in the rice and mix well. Cook until heated through. Stir in the cilantro and serve at once.
- HINT: To make this with leftover cooked brown rice, use 2 cups of cooked rice. Add to the vegetables at the same time you add the tomatoes and salsa.



# Fresh Salsa

MEALS IN MINUTES BY DEBBIE ZIMMERMAN

Recipe inspired by Mary McDougall  
Makes 6 servings

## ingredients

- 2 cups tomato\*, finely chopped
- 1 small onion, finely chopped
- 1/3 cup canned, diced green chilies
- 1/4-1/3 cup fresh cilantro, finely chopped
- 1 tbsp fresh lime juice
- pinch or two cayenne (optional)

### Optional:

- 1 cup fresh or frozen mango chunks or
- 1 cup grilled corn
- 1 cup black beans

## directions

- Combine all of the ingredients, except the cayenne, in a small bowl and mix well.
- Taste and add cayenne if your taste buds permit.

**Note:** This will keep in the refrigerator for about 1 week.

### Ways to use:

- Topping for burritos or other Mexican-style food
- Serve as a dip for oven-baked Tortilla Chips
- Dip for raw vegetables





# Personal Pizza

MEALS IN MINUTES BY DEBBIE ZIMMERMAN

## ingredients

### 1. Crust:

- Toufayan Pita bread for crust  
<https://toufayan.com/pita-bread/>

### 2. Retail spaghetti sauce or hummus

### 3. Choose your favorite toppings:

- Roasted peppers
- Sundried tomatoes: hydrated
- Fresh tomatoes
- Onions
- Mushrooms sliced
- Black olives chopped
- Artichoke hearts: chopped
- Baby spinach
- Basil & parsley chopped
- Grilled veggies
- Chopped broccoli
- BBQ tempeh chopped in small pieces

## directions

- For a crispy pizza crust, bake the pita pizza at 350° F for 7 to 8 minutes.
- Remove from the oven and spread or layer any of the fresh toppings on the pizza.
- Top with “nutty parm” before baking or add a plant-based cheese.



# Pizza Hummus

MEALS IN MINUTES BY DEBBIE ZIMMERMAN

Recipe inspired by Unknown  
Makes 6 servings

## ingredients

- 2 - 15-ounce cans of salt-free garbanzo beans (or 3 cups cooked beans)
- 3/4 to 1 cup water or liquid from the can, adjusted for desired thickness
- 2 cloves garlic
- 3/4 cup sun-dried tomatoes (no oil or salt) about 3 ounces
- 1/2 stem of a medium green onion
- 4 tablespoons nutritional yeast
- 2 teaspoons dried basil
- 1 teaspoon dried oregano

## directions

- Combine all ingredients in a food processor or high-speed blender. Process until smooth.

### Options for use:

- Pita pocket with veggies
- Top an English muffin
- Sauce on zoodles
- White potato
- Top a salad





# Rainbow Salad in a Jar

MEALS IN MINUTES BY DEBBIE ZIMMERMAN

## ingredients

- One-quart Mason jar with lid
- 3-2-1 salad dressing\*
- 1 green onion chopped
- 1 large sliced carrots
- 1/2 zucchini--chopped
- 1/2 cup corn
- 1/2 cup beans--your choice
- 1/2 cup grains--your choice

Salad greens--your choice

### **\*Jane's 3-2-1 Salad Dressing**

3 tablespoons of balsamic vinegar

2 tablespoons of Dijon mustard

1 tablespoon of maple syrup

Mix all dressing ingredients together.

## directions

For the jar salad:

- Layering the salad is easy. The key is to think of what is on top of the salad and put that in the Mason jar first.
- Assemble salad items in the order as listed under ingredients starting with the 3-2-1 salad dressing on the bottom of the jar.
- Layer each item.
- If there is not enough room to add greens to the jar, add those to the salad bowl prior to pouring-out the layered salad.

**For the salad dressing:**

- Mix all ingredients together. Will keep in the refrigerator one week.

A close-up photograph of several glass bowls filled with a smooth, light brown almond chocolate mousse. Each bowl is garnished with a single fresh red raspberry. The bowls are arranged in a cluster, with some in the foreground and others slightly behind, creating a sense of depth. The lighting is soft and warm, highlighting the texture of the mousse and the vibrant color of the raspberries.

# Almond Chocolate Mousse

MEALS IN MINUTES BY DEBBIE ZIMMERMAN

Recipe inspired by Dr. Joel Fuhrman  
Makes 8 servings

## ingredients

- 8 ounces sweet potatoes (about 2 medium)
- 8 ounces frozen blueberries, thawed
- 1/2 natural cocoa powder
- 1/4 cup of almond butter
- 1 cup dates, pitted
- 1/2 teaspoon vanilla or almond extract

## directions

- Place sweet potatoes on a baking sheet and bake in a 350° for 1 hour or until very tender. Remove skins and refrigerate until cooled completely, preferably overnight.
- Place sweet potatoes, blueberries, almond butter, dates, cocoa powder and vanilla in a high-powered blender and process until smooth and creamy.