

Fit for the Kingdom

Dinner Recipes

The following two recipes, served as part of the Fit for the Kingdom dinner, incorporate some of the plant-based principles taught during the Weightless: Compassionate Weight Loss for Life section of the filming. Several people requested a copy of these recipes, which came from allrecipes.com. Enjoy!

Quinoa with Sweet Potato and Mushrooms

Prep time: 25 minutes; Cook time: 30 minutes; Ready in: 55 minutes; Servings: 4

“Sweet Potato, onion, mushrooms, and chopped pecans are served over a bed of quinoa. This dish is perfect as a warm meal or side dish during cold weather.”

INGREDIENTS:

1/3 cup quinoa	1 cup crimini mushrooms, sliced
1 cup water	1 small sweet potato, peeled and diced
1 pinch salt	1/4 teaspoon cayenne pepper
1 tablespoon olive oil	salt and pepper to taste
1 teaspoon minced garlic	1/4 cup chopped, toasted pecans
1 small sweet onion, chopped	

DIRECTIONS:

1. Stir the quinoa in a saucepan over medium heat until it begins to take on a toasty aroma, about 5 minutes. Pour in the water, and add pinch of salt. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the quinoa is tender, about 20 minutes.
2. Meanwhile, heat the olive oil in a large skillet over medium heat. Stir in the garlic and onion, and cook until the onion has softened and turned translucent, about 5 minutes. Add the mushrooms, sweet potatoes, and cayenne pepper; season to taste with salt and pepper. Cover the skillet, reduce heat to medium-low, and cook until the sweet potato is soft, about 20 minutes, stirring occasionally. Pour a splash of water into the skillet if needed to keep the vegetables from burning. Spoon the vegetable mixture over a bed of quinoa, and sprinkle with chopped pecans to serve.

<http://allrecipes.com/recipe/quinoa-with-sweet-potato-and-mushrooms/detail.aspx>

Fruity Couscous Salad

Servings: 8

“This couscous salad is filled with all sorts of nutritious goodies: almonds, dried cranberries, and dried apricots add fiber, protein, and vitamins to this delicious salad.”

INGREDIENTS:

1 1/3 cups dry couscous	1 teaspoon cumin
2/3 cup slivered almonds	3 scallions, thinly sliced with greens
1/2 cup packed dried apricots, chopped	1 pinch salt and freshly ground black pepper, to taste
2/3 cup Craisins (sweetened, dried Cranberries) or raisins, microwaved in 1 cup water for 1 minute	

DIRECTIONS:

1. Prepare couscous according to package directions. Combine all ingredients; toss. Serve at room temperature or chilled.

<http://allrecipes.com/recipe/fruity-couscous-salad/detail.aspx>

Note from Stanley Reahard: You can use golden raisins, pistachios, and other dried fruits. I also tend to use fresh orange juice to moisten if needed.