

Favorite Vegetarian Recipes from the HeartMath Kitchen



Cooking with Heart



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By Sara Childre and Lena Goelitz

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TABLE OF CONTENTS

Introduction: HeartMath Kitchen: Cooking with Heart	iv
Bean, Avocado and Tomato Salad	1
Cranberry Quinoa	2
Festive Fall Salad	3
Filo Veggie Pizza	4
Fresh-From-The-Garden Tabouli	5
Gluten-Free Eggplant Parmesan	6
Heavenly Sweet Potatoes	7
Kinfolk Spinach Lasagna	8
Pesto Pizza	9
Quinoa Cakes	10
Red Pepper Hummus	11
So Simple Bean Chili Soup	12
Thai Lime Tofu	13
Winter Spinach Soup	14
Zucchini Crispies	15
Glossary	16

HeartMath Kitchen: Cooking with Heart

HeartMath's headquarters is located near a small town in the mountains that doesn't offer many options for a quick, delicious and healthy lunch. So, the HeartMath Kitchen was created years ago to give our staff a healthy lunch option – prepared with lots of heart and care. The HeartMath Kitchen helps everyone interact and stay connected during lunch. The staff appreciates not having to pack a lunch or worry about what to eat on weekdays. Kitchen catering services were initiated when we began offering training programs at the institute.

The kitchen team serves balanced, nourishing meals. Though nutrition comes first, we also place a lot of emphasis on food texture and color combinations. We serve vegetarian meals, with a meat option twice weekly. Everyone at HeartMath can vote on what they like or would prefer not to have again. We love the input because the kitchen is there to serve all. When a recipe someone shares is a hit, we add it to our menu and name it after that person. We have a lot of fun with food!

The manager and head chef of the HeartMath Kitchen is Lena Goelitz, who brings a subtle sensitivity to her cooking and loves taking care of people. It seems she inherited the cooking gene from her Jewish mother and grandmother, who cooked with intuition and love.

Staying in the Heart

The kitchen team does the Quick Coherence® Technique for a minute before the cooking begins. If things get hectic, everyone takes a moment to realign in the heart.

Steps of the Quick Coherence Technique

1. *Heart Focus* – Focus your attention on the area around your heart, in the center of your chest. You can place your hand there to help the first few times you practice.
2. *Heart Breathing* – Breathe deeply, but normally, as if your breath is coming in and going out through your heart area. Find a natural inner rhythm that feels good to you.
3. *Heart Feeling* – Maintain heart focus and heart breathing, and activate a positive feeling. Recall a time you felt good inside, a special place or your love for a friend, family member or treasured pet. Try to re-experience the feeling.

I love healthy cooking, helping with menu planning and creating new recipes. I started a vegetarian restaurant and managed two health food stores in the 1970s. I, Lena Goelitz and everyone at HeartMath believe radiating love and care into our food and the environment is the perfect recipe for tastier food and healthier people. I hope you enjoy these recipes.

With care,



Sara Childre,
President, Institute of HeartMath



Bean, Avocado and Tomato Salad

This refreshing salad has three types of beans and a light, wonderful dressing. It's delish!

Ingredients:

Salad:

½ head	red leaf lettuce, washed and torn
½ head	romaine lettuce, washed and torn
1	avocado, cubed
½	tomato, cubed
½ small	red onion, thinly sliced in half moons
1 cup	pinto beans, canned or homemade
1 cup	black beans, canned or homemade
1 cup	black-eyed peas, canned or homemade

Dressing:

¾ cup	olive oil
2 tablespoons	lemon juice
1 tablespoon	Spike Seasoning*
Dash	granulated onion

Directions:

1. Drain and rinse beans.
2. Wash and tear lettuce and place in large bowl.
3. Layer beans on top of lettuce.
4. Top with remaining ingredients.
5. Toss with dressing and serve.

Serves: 4-6

Total cooking time: 15 minutes



Cranberry Quinoa

Cranberries and pecans make this a fun and delicious way to eat quinoa. The light dressing complements the subtle flavors of the quinoa.

Ingredients:

2 cups	quinoa
4 cups	water
½ teaspoon	olive oil
¼ teaspoon	salt
2 ribs c	celery, chopped
3-4 tablespoons	green onions, sliced thin
½ cup	dried cranberries
½ cup	pecans, toasted and chopped

Dressing:

5 tablespoons	olive oil
2 tablespoons	cilantro, minced*
2 tablespoons	lemon juice
1 tablespoon	rice wine vinegar
½ teaspoon	sea salt
dash	pepper

Directions:

1. Place water and quinoa in a 2-quart pot. Add ¼ tsp. salt and ½ tsp. oil. Bring to a boil and simmer at a very low heat. Do not stir. Cook covered for about 15 minutes until small peaks form on top of quinoa and liquid is evaporated. Remove from heat. Stand covered for 10 minutes before transferring to a bowl and cool to room temperature. (*Can cool faster in refrigerator if preferred.*)
2. Gently mix dressing in small bowl or measuring cup with a whisk.
3. Add dressing to quinoa and mix in.
4. Add in vegetables, nuts and cranberries and mix well.
5. Serve at room temperature.

Serves: 4-6

Total cooking time: 30 minutes



Festive Fall Salad

This salad is good for your Thanksgiving Dinner or any time of the year. The dressing is very flavorful with Dijon mustard, lime and just a touch of sweetness, which complements the salad perfectly. This is one of HeartMath's staff all-time favorite salads and comes from our head chef's mother.

Salad:

3 cups	spring mix (mixed baby greens)
½ head	romaine lettuce, chopped
1	avocado, cut in cubes
¼ cup	purple cabbage, shredded
¼ cup	clover sprouts or sunflower sprouts
3 tablespoons	pine nuts, toasted
3 tablespoons	crumbled feta cheese
3 tablespoons	dried cranberries

Dressing:

2 tablespoons	lime juice
1 teaspoon	Dijon mustard
1 tablespoon	coconut sugar*
¼ teaspoon	garlic, minced
1 teaspoon	soy sauce
pinch	sea salt
¾ cup	olive oil

Directions:

1. Combine all dressing ingredients in bowl or mixer, except for oil. Slowly add oil in, whisking until emulsified. Set aside.
2. Combine greens in bowl and top with remaining ingredients. Toss dressing on salad greens, using as much dressing as you prefer.

Serves: 6-8

Total cooking time: 25 minutes



Filo Veggie Pizza

Using filo as a crust adds a wonderfully light texture to this pizza. You can use this delicious recipe or get creative and add whatever toppings you like. You might want to try a pesto sauce instead of marinara – that works great, too. Have fun with the joy of eating pizza with a light and flaky crust!

Ingredients:

6 large	whole wheat or regular filo sheets
3 tablespoons	olive oil for brushing on filo
¼ cup	black olives, sliced
⅔ cup	mozzarella cheese, shredded
4 tablespoons	parmesan cheese, shredded
dash of each	salt, pepper, granulated onion and granulated garlic
6 tablespoons	marinara sauce
½	purple onion, thinly sliced
3 large	button mushrooms, sliced
⅓	red bell pepper, sliced in strips
⅓	green bell pepper, sliced in strips
6	cherry tomatoes, halved

Directions:

1. Place olive oil in a bowl to spread with pastry brush.
2. Brush 8"x13" pan with olive oil and place one filo sheet in pan. Brush with olive oil lightly and continue until you have 6 layers of filo in the pan. (You can do this part ahead if you like and keep the crust in the fridge overnight.)
3. Preheat oven to 375 degrees.
4. Place sauce on filo crust and spread out with spatula. Then layer as follows: half the mozzarella cheese, then mushrooms, onions, bell peppers, cherry tomatoes, olives and the remaining mozzarella and parmesan cheese. Lightly sprinkle with seasonings, salt and pepper.
5. Bake uncovered in oven for 12-15 minutes or until cheese begins to brown. Remove and let cool slightly, about 5 minutes. Cut in squares and serve.

Serves: 4

Total cooking time: 45 minutes



Fresh-From-The-Garden Tabouli

This tabouli tastes like a garden in a bowl, very fresh and bursting with flavor. Enjoy it chilled or at room temperature. Perfect for a summer lunch, picnic or potluck, it's delightfully refreshing!

Ingredients:

1 cup	bulgur wheat, small grain*
1½ cups	boiling water
¼ cup	extra virgin olive oil
¼ cup	bottled lemon juice or juice of 2 lemons
2 teaspoons	salt
2 teaspoons	pepper
⅛ teaspoon	cayenne (or to taste)
4-5 medium	garlic cloves, minced finely
1 bunch	Italian parsley, chopped finely
1½ bunches	green onions, thinly sliced
2 medium	tomatoes, diced finely
1 medium	cucumber, peeled and diced finely
5	cilantro leaves, minced
5	mint leaves, minced or 1 teaspoon of dried mint

Directions:

1. Place bulgur in a heat-proof bowl and pour in water. Cover with lid. Let stand for 30 minutes. Fluff bulgur with fork and let cool to room temperature.
2. Stir in olive oil, lemon juice, salt, pepper, cayenne and minced garlic.
3. Add parsley, green onions, tomatoes, cucumber, cilantro and mint. It's ready to eat right away or chill.

Serves: 4-6

Total cooking time: 45 minutes

- Quinoa may be substituted for bulgur to make recipe gluten-free. Cook quinoa as normal and omit Direction No. 1.
- Serve tabouli on its own or with mayonnaise on a lettuce wedge with blue corn chips on the side.



Gluten-Free Eggplant Parmesan

A great way to enjoy eggplant parmesan without all the breading! Cut the eggplant in thick slices, which makes for a delicious casserole with an Italian flair.

Ingredients:

8 slices	eggplant, cut in $\frac{3}{4}$ inch pieces		
4 teaspoons	olive oil		
1 cup	onion, chopped	1 teaspoon	sea salt
$\frac{1}{2}$ teaspoon	garlic, minced	$\frac{1}{2}$ teaspoon	pepper
1 cup	mushrooms, sliced	$\frac{1}{2}$ cup	ricotta cheese
15 oz.	can tomatoes, chopped	1 cup	mozzarella cheese, shredded
1 $\frac{1}{2}$ cups	tomatoes, crushed	1 tablespoon	parmesan cheese, shredded
1 tablespoon	coconut sugar		
$\frac{1}{4}$ teaspoon	oregano		
$\frac{1}{2}$ teaspoon	granulated onion		

Directions:

1. Brush eggplant with 2 teaspoons olive oil, sprinkle with half salt and pepper. Bake in pans at 350 degrees for 20 minutes or until eggplant softens. Let cool.
2. Sautee onion, mushrooms and garlic in remaining oil. Add tomatoes, chopped and crushed. Also add remaining salt and pepper, oregano, granulated onion and sugar.
3. Place eggplant in 8" by 8" pan. Layer it if necessary. Place ricotta in small blobs on top of eggplant. Sprinkle with half of the mozzarella. Top with tomato mixture.
4. Sprinkle with remaining cheese.
5. Bake at 375 degrees until lightly browned (about $\frac{1}{2}$ hour).
6. Remove from oven and let cool slightly before serving.

Serves: 4

Total cooking time: 1 hour



Heavenly Sweet Potatoes

We use the lighter colored sweet potatoes. This dish is very simple but truly delicious. The soft creaminess inside with the slightly caramelized crunch and nibbles of pecan bits creates a heavenly eating experience!!

Ingredients

13 cups	sweet potatoes, cut in chunks
½ - ¾ cup	olive oil
1 ½ teaspoons	cinnamon
½ teaspoon	sea salt
2 teaspoons	coconut sugar*
1 cup	pecans, chopped

Directions:

1. Cut potatoes in half lengthwise and then across ¾ inch pieces . If they are really large, you can cut one more time lengthwise before cutting across (half moon or quarter moon shapes.)
2. Toss with olive oil, salt, cinnamon and coconut sugar. Place in sprayed 9×13 inch pan.
3. Bake uncovered for 45 minutes.
4. Remove from oven and toss with two wooden spoons. Add chopped pecans. Increase oven temperature to 425 (or 450 if your oven temperature tends to run a little cool.)
5. Bake another 30 to 45 minutes (you want the potatoes at this point to caramelize and get somewhat crunchy on the bottom.)
6. Remove from oven and cool slightly before eating.

Serves: 6

Total cooking time: 1 hour 45 minutes



Kinfolk Spinach Lasagna

This is a super simple and healthy recipe since we use no-bake noodles that are made of brown rice and are gluten free! And a fun dish to bring to family gatherings or potlucks. Who doesn't love lasagna??

Ingredients

½ box	Debole's brand gluten-free lasagna noodles, or any no-boil lasagna noodle
1 ½ cups	frozen spinach, thawed and with liquid squeezed out.
3	eggs
1 ½ teaspoon	sea salt
½ teaspoon	granulated onion
¼ teaspoon	granulated garlic
dash	pepper
1 ¾ cup	ricotta cheese
½ cup	parmesan cheese, shredded
½ cup	mozzarella cheese, shredded
2 cups	marinara sauce
¼ teaspoon	oregano

Directions

1. Add oregano to sauce.
2. Mix eggs with remaining seasonings and whisk lightly.
3. Combine squeezed spinach with eggs and ricotta.
4. Spray a 9"x13" pan and layer as follows:
 - Sauce, spinach mixture, cheese, noodles.
 - Spinach mixture, sauce and remaining cheese (you can repeat layers if you like more noodles. We use one layer to give it a lower carbohydrate ratio.
5. Put pan in preheated oven at 375 degrees. Bake for 30 minutes or until the cheese on top begins to brown.

Serves: 6

Total cooking time: 45 minutes



Pesto Pizza

It's pizza time! This vegetarian pizza recipe is easy to make, with feta cheese and olives really bringing this pizza alive with flavor. We use marinara sauce and pesto, which combines the best of both worlds.

Ingredients

½ cup	mozzarella, shredded
⅓ cup	canned artichoke hearts, drained and cubed
⅓ cup	marinara sauce of choice
½	red onion, minced
⅓ cup	Kalamata olives, pitted and lightly chopped
½ cup	feta cheese, crumbled
¼ cup	pesto sauce (can buy pre-made or use your favorite homemade recipe)
2	9-inch round pizza crusts*, pre-bought or homemade
1	yellow bell peppers, chopped small
½ cup	Monterey jack cheese, shredded

Directions

1. Place pizza crusts* on baking pan or pizza stone.
2. Preheat oven to 400°.
3. Just before cooking, layer on top of crust as follows: marinara sauce, pesto, onions, bell peppers, artichoke bottoms, Kalamata olives, feta, jack and mozzarella cheeses.
4. Bake until browned, about 10 minutes. Watch carefully to avoid burning.

Serves: 4-6

Total Cooking time: 45 minutes



Quinoa Cakes

A great fun way to eat quinoa, these cakes are delicious and not hard to make. They are good plain or with pesto sauce on top (see sauce recipe at bottom.) Adding avocados and/or salsa is tasty too.

Ingredients

4	eggs, well beaten
½ cup	onions, diced
½ cup	red bell pepper, tiny dice
2 cups	quinoa, pre-cooked
½ cup	cheddar cheese, shredded, sharp white or orange
¼ cup	parmesan, fresh, shredded
½ teaspoon	granulated garlic
½ teaspoon	granulated onion
½ teaspoon	chili powder
1 ¼ teaspoon	sea salt
Dash	pepper
¼ cup	bread crumbs
⅓ cup	olive oil

Directions

1. Mix all ingredients thoroughly in bowl.
2. In frying pan, heat oil to medium heat.
3. Spoon quinoa mixture into pan in small patty amounts.
4. Cook until brown on edges – about 5 minutes.
5. Make sauce and serve on the side.

Serves: 6

Total cooking time: 45 minutes

Creamy Pesto Sauce:

2/3 cup	sour cream, low fat or regular
4 tablespoons	pesto sauce
¼ teaspoon	sea salt
½ teaspoon	lemon juice
1 tablespoon	water
½ teaspoon	minced garlic
⅓ cup cup	olive oil

Whisk ingredients well in bowl, and serve on side.



Red Pepper Hummus

The key to this recipe is blending the ingredients for at least five minutes, which will create a creamy and wonderful texture. It's great on raw veggies, corn chips or even just on a spoon. The roasted red pepper adds a little sweetness for a twist on the traditional hummus.

Ingredients

2 - 15-oz.	cans garbanzo beans, drained and rinsed
½ cup	roasted red bell peppers, drained
½ teaspoon	fresh garlic, minced
⅓ teaspoon	ground cumin
¾ teaspoon	salt
3 tablespoons	lemon juice
2 teaspoons	toasted tahini
5 tablespoons	olive oil
1 teaspoon	water

Directions

1. Combine all ingredients in food processor and puree for five minutes.
2. Serve with your favorite veggies or chips.

Serves: 6

Total cooking time: 15 minutes



So Simple Bean Chili Soup

This was originally my (Sara) grandmother's recipe. Often, when my mother served this recipe, it evoked childhood memories of my father talking about walking two miles to a one-room schoolhouse. You can almost taste the warmth and intimate feelings of that time through this soup.

Ingredients:

2 - 15oz. cans	kidney beans, drained and rinsed	2 teaspoons	cumin
1 - 15oz. can	chopped tomatoes	2 teaspoons	chili powder
3 cups	water	1 teaspoon	granulated onion
1 medium	green bell pepper, cut in cubes	1 teaspoon	granulated garlic
1 medium	red bell pepper, cut in cubes	dash	cayenne (<i>optional</i>)
1 medium	onion, cut in cubes		
¼ cup	dried or canned refried beans		
3 tablespoons	Earth Balance* or olive oil		
¼ teaspoon	minced fresh garlic		
2 teaspoons	salt		
½ teaspoon	pepper		

Directions:

1. Mix the last six ingredients together in small bowl (dry ingredients).
2. Heat kidney beans with water and half the seasoning mix in two-quart pot.
3. Sauté onion, peppers and fresh garlic in Earth Balance until tender in a medium pan. Add the other half of seasonings to vegetables a few minutes before they are done.
4. Stir sautéed vegetables into pot of bean mixture along with the canned tomatoes. Simmer covered for 45 minutes. Stir occasionally.
5. Add refried beans and cook another 10 minutes uncovered. Stir often to make sure beans don't stick.
6. For a spicier dish, add more cayenne.

Serves: 4

Total cooking time: 1 ½ hours



Thai Lime Tofu

Tofu is an excellent source of protein. It truly is a blank canvas when it comes to cooking it. This recipe combines the buttery texture of Earth Balance, the zest of lime with a kick of red chili paste to give tofu a luscious and zippy Thai flavor.

Ingredients:

20 oz.	firm tofu
1 med	shallot, minced
1 ½ teaspoons	Thai red chili paste
½ cup	Earth Balance*
½ teaspoon	salt
½ teaspoon	minced ginger
2 ½ tablespoon	lime juice
⅓ bunch	cilantro, minced
Zest	from a whole lime

Directions:

1. Melt Earth Balance in microwaveable container or on stove to melt (not boil).
2. Add in chili paste and whisk until chili paste melts into Earth Balance.
3. Add minced shallots, lime zest, salt, ginger, lime juice and cilantro.
4. Preheat oven to 375 degrees.
5. Drain tofu well and cut in ½ inch slabs. Marinate in ¾ of the sauce for 40 minutes in baking pan.
6. Bake tofu uncovered for 15 minutes.
7. Remove from oven, drizzle with remaining drippings from pan and top with leftover sauce and serve.

Serves: 4-6

Total cooking time: 1 ½ hours



Winter Spinach Soup

There's nothing like a hot bowl of soup on a cold winter night! Warms you down to your toes with flavorful broth and bunches of great vegetables complementing fresh spinach. Simple and delicious!

Ingredients:

2 teaspoons	olive oil
1	shallot, minced
1 cup	onion, diced
3 stalks	celery, sliced
1 ½ cups	potatoes, diced
6 cups	water
1 cup	green beans, sliced in 1 inch pieces
4 cups	fresh baby spinach
3 tablespoons	parmesan cheese, powdered
1 tablespoon	vegetable base
½ teaspoon	vegan Worcestershire Sauce
1 teaspoon	sea salt
dash	pepper

Directions:

1. In soup pot sauté shallots, onions and celery in oil until tender crisp.
2. Add potatoes, green beans and water, base and spices. Simmer 20 minutes.
3. Add spinach. Simmer another five minutes.
4. Cool slightly and add powdered parmesan and serve.

Serves: 4

Total cooking time: 45 minutes



Zucchini Crispies

These are wonderfully tasty bites of zucchini that we drizzle with olive oil and bake. They taste like they could be fried but aren't. Be careful though, it's hard to eat just one!

Ingredients:

5	zucchini, cut in ¼ inch slices on a diagonal
2 tablespoons	spelt flour or flour of your choice
1 cup	bread crumbs
¾ cup	parmesan cheese, shredded
1 teaspoon	sea salt
½ teaspoon	granulated garlic
½ teaspoon	granulated onion
dash	pepper
3 tablespoons	milk
3	eggs
½ cup	olive oil

Directions:

1. Mix dry ingredients in a bowl.
2. Mix liquid ingredients in another bowl. Whisk well.
3. Slice zucchini diagonally.
4. Dip slices in egg mixture and let excess drip off, then place in pan holding bread crumbs. Pile extra mixture on top of each slice of zucchini. Press down firmly on zucchini to help bread crumb mixture stick.
5. Coat shallow pan or cookie sheet with layer of olive oil, saving some to drizzle on top. Lay slices in the pan and drizzle with more oil.
6. Bake in oven at 400 degrees for 25-30 minutes or until crispy.
7. Drain on paper towels after removing from oven.

Serves: 4-6

Total cooking time: 45 minutes

GLOSSARY

- 1. Cilantro** – Also called “Chinese parsley” or “Mexican parsley,” cilantro is the leaves of the coriander plant. Cilantro is often used in both Asian and Mexican cuisine. Many markets carry it fresh in their produce department.
- 2. Coconut sugar** – We use coconut sugar since it has a lower glycemic index than other sugars. It can be used in most applications instead of regular sugar or brown sugar.
- 3. Earth Balance** – A vegan buttery spread that is gluten free and has zero trans fats. It comes in many styles including coconut. When you see it in most of our recipes it’s the regular original Earth Balance that we are using.
- 4. Pizza crusts** – We like to use Udi’s brand pizza crusts. They are thin, crunchy and gluten free. We prefer the thinner crusts so you can enjoy the toppings more. You can find Udi’s at most health food stores or online.
- 5. Spike** – A wonderful spice that contains 39 different spices and vegetables. You can buy it at most health food stores in the spice section.
- 6. Vegenaïse** – A vegan mayonnaise made by the Follow Your Heart Company. It tastes almost exactly like regular mayonnaise. We use it in all our “mayo” type dressings and just love it. There are a variety of types of Vegenaïse, we use the one made with Grapeseed oil. Not only is it eggless, but it also doesn’t have the over-refined sweeteners, fillers, gums or colorings that may be found in regular mayonnaise