

ANN GENTRY'S EARTH DAY • GREEN DECORATING IDEAS

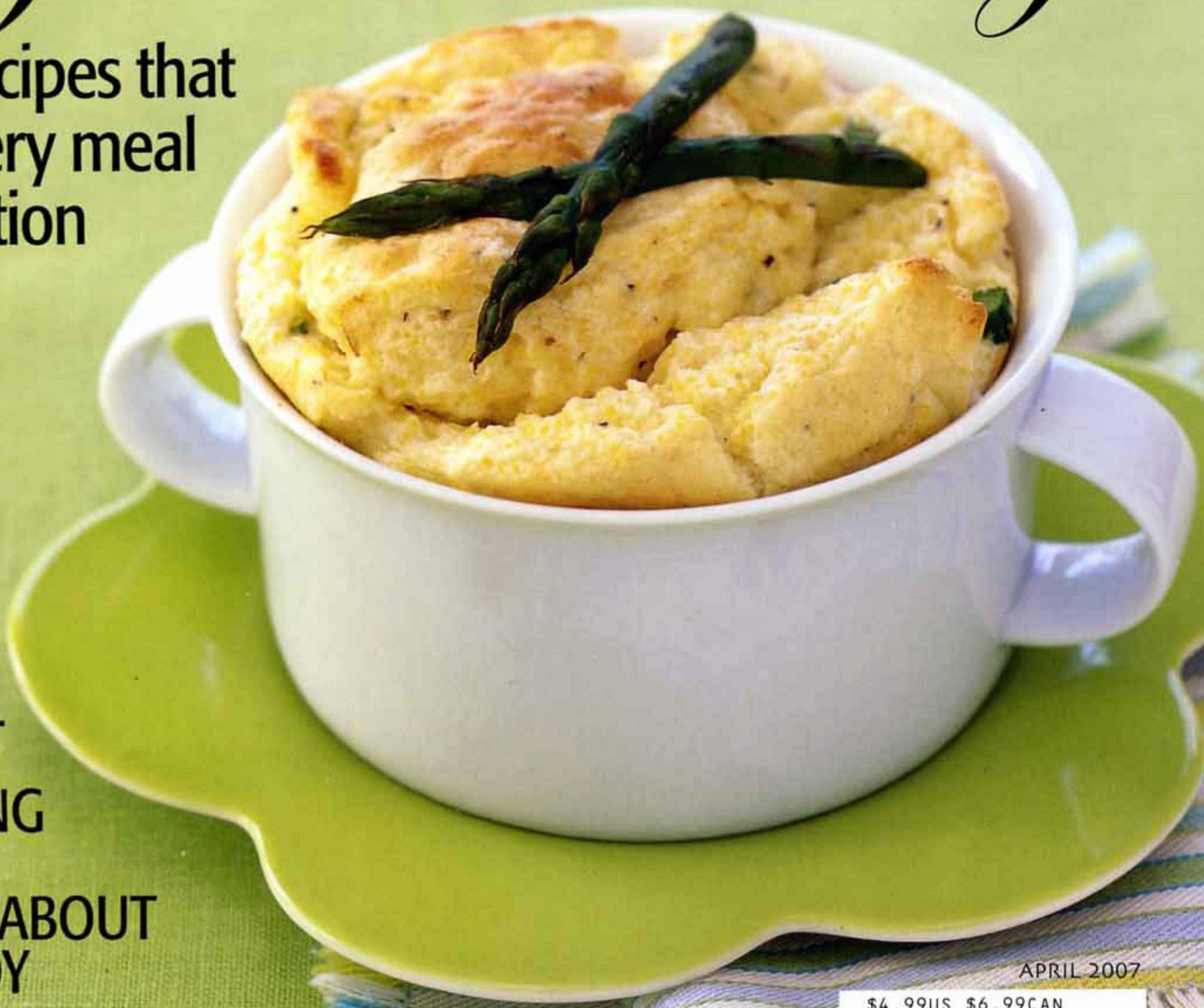
# vegetarian

times

GREAT FOOD, GOOD HEALTH, SMART LIVING

## *easy entertaining*

simple recipes that  
make every meal  
a celebration



FOODS  
THAT HEAL

EVERYTHING  
YOU NEED  
TO KNOW ABOUT  
TOFU & SOY

LUSCIOUS BAG LUNCHES  
(you'll never sneak down  
to the snack bar again)

APRIL 2007

\$4.99US \$6.99CAN



www.vegetariantimes.com



ann gentry's

# earth day celebration

throw a party for the planet  
(and a few of your friends) this spring

Thirty-seven years! That's how long Earth Day (April 22) has been on the American calendar. What started as a grassroots political movement to get the environment on Congress' agenda has grown into a yearly campaign to pay closer attention to everything from nature conservancy to sustainable agriculture, ecologically sound habits and, of course, the arrival of spring.

To me, Earth Day is about celebrating simplicity. Invite guests to taste the simple pleasures of spring: tender, young vegetables that shout with color, new potatoes with a rich, nutty flavor and fragrant herbs that are just coming back into season. They're the perfect ingredients for a get-together that lets you take a break from the rush-rush society we live in and remember that less really is more.

BY ANN GENTRY PHOTOGRAPHY BY JACQUELINE HOPKINS  
FOOD STYLING BY FRANK P. MELODIA PROP STYLING BY KAREN QUATSOE

## YELLOW SQUASH WITH FRESH BASIL AND TOASTED PECANS

Serves 8 • Vegan • 30 minutes or fewer

The success of this dish depends on the sweetness of the first squash of the season. We've used baby pattypan here, but I also love yellow crooknecks because they have such distinctive flavor.

- 1/3 cup chopped pecans**
- 2 lbs. baby pattypan or small crookneck squash, halved or cut into 1/2-inch cubes**
- 2 Tbs. olive oil**
- 2 Tbs. finely chopped fresh basil**

1. Toast pecans in dry skillet over medium-high heat 4 to 6 minutes, or until golden brown and fragrant, shaking pan often. Set aside to cool.
2. Fill large pot with 1 inch water. Set steamer basket in pot, cover, and bring water to a boil. Place squash in basket. Cover, reduce heat to medium low, and steam 4 to 6 minutes, or until squash is tender.

3. Transfer squash to large bowl. Toss with olive oil, basil and pecans. Serve hot, or at room temperature.

PER SERVING: 88 CAL; 1G PROT; 7.5G TOTAL FAT (1G SAT. FAT); 5G CARB; 0MG CHOL; 0MG SOD; 2G FIBER; 2G SUGARS



## TEMPEH AND POTATO SALAD

Serves 8 • Vegan

I couldn't resist including this casual, hearty dish from my *Real Food Daily Cookbook*—it's a huge favorite both in my restaurant and at home.

- 2 8-oz. pkgs. tempeh, cubed
- $\frac{2}{3}$  cup brown rice vinegar
- $\frac{1}{3}$  cup olive oil
- $\frac{1}{4}$  cup Dijon mustard
- $\frac{1}{4}$  cup maple syrup
- 2 lbs. baby red potatoes, cubed
- 1 cup finely chopped celery
- $\frac{1}{2}$  cup finely chopped red onion
- 5 green onions, finely chopped (about  $\frac{1}{2}$  cup)

1. Fill large pot with 1 inch water, and set steamer basket in pot. Cover, and bring water to a boil. Place tempeh in basket. Cover, reduce heat to medium low and steam 10 minutes.

2. Meanwhile, whisk together vinegar, oil, mustard and maple syrup in large bowl. Add hot tempeh to dressing, and toss to coat.

3. Steam potatoes in steamer basket 12 minutes, or until potatoes are tender, stirring once. Add potatoes to tempeh mixture, and toss to coat. Cool completely, tossing occasionally.

4. Add celery and onions to salad, and toss to combine. Season with salt and pepper. Serve at room temperature, or refrigerate until ready to serve.

PER SERVING: 344 CAL; 13G PROT; 1.5G TOTAL FAT (2.5G SAT. FAT); 39G CARB; 0MG CHOL; 270MG SOD; 3G FIBER; 8G SUGARS

## ROASTED ASPARAGUS

Serves 8 • Vegan • 30 minutes or fewer

Roasting concentrates asparagus' flavor and gives them a firm, crunchy texture.

3 lbs. asparagus, trimmed

3 Tbs. olive oil

Preheat oven to 400F. Toss asparagus with oil on baking sheet, and season with salt and pepper. Roast 10 minutes, or until asparagus are tender.

PER SERVING: 82 CAL; 4G PROT; 5.5G TOTAL FAT (1G SAT. FAT); 7G CARB; 0MG CHOL; 581MG SOD; 4G FIBER; 2G SUGARS

