

Fiber Presentation Recipes

Nachos: Yeild 8 Servings

"Chez" Sauce

- 1 small or ½ large butternut squash
- 1 yellow onion
- 2 large carrots
- 1 large stalk celery
- 1-2 teaspoons each garlic granules & onion granules
- ½ - 1 teaspoon smoked paprika
- ½ - 1 teaspoon chili powder (any kind)
- ¼ cup liquid coco aminos or 1.5 tablespoons tamari or low sodium soy sauce
- 1 cup nutritional yeast
- ½ cup cashews are walnuts
- Water to get desired consistency (start with ½ cup)

Cut up all vegetables into a large dice and steam until soft. Place all vegetables and spices in a high-speed blender. Add water if too thick. Should be the consistency of Frito Lay nacho cheese sauce in a can, or whatever you like. It's your "chez" sauce. Use for nachos, chili mac, mac & cheese with broccoli, or anywhere you want cheese sauce. Layer all ingredients and bake at 380 degrees F for 15-20 minutes.

Have'A Corn Chip (10 chip serving)

Total calories: 74 per serving
Total fat: 2.4g (including 0.5 saturated fat) per serving
Total protein: 1.4g per serving
Total carbohydrate: 12g per serving
Total fiber: 0.9g per serving

Large Tomato:

Total Calories: 4 per serving
Total fat: 0g per serving
Total protein: 0.25g per serving
Total carbohydrate: 1g per serving
Total fiber: 0.25g per serving

Red Onion:

Total calories: 5 per serving
Total fat: 0g per serving
Total protein: 0g per serving
Total carbohydrate: 1.2g per serving
Total fiber: 0.2 per serving

Cilantro:

Total calories: 0.5 per serving
Total fat: 0g per serving
Total protein: 0g per serving
Total carbohydrate: 0.1g per serving
Total fiber: 0g per serving

Black Beans:

Total Calories: 30 per serving
Total fat: 0.1g per serving
Total protein: 2g per serving
Total carbohydrate: 5.5g per serving
Total fiber: 3g per serving

Upton's Chili Lime Jack Fruit

Total Calories: 16 per per serving
Total fat: 0g per serving
Total protein: 0.5g per serving
Total carbohydrate: 3.5g per serving
Total fiber: 2g per serving

Yellow Corn:

Total Calories: 26 per serving
Total fat: 0.3g per serving
Total protein: 1g per serving
Total carbohydrate: 6g per serving
Total fiber: 0.3g per serving

Jalapeño Pepper:

Total calories: 1.3 per serving
Total fat: 0.9g per serving
Total protein: 0.1g per serving
Total carbohydrate: 0.5g per serving

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Nachos Yield: Approximately 8 servings

Total calories: 73 per serving

Total fat: 3.1g per serving

Total protein: 7g per serving

Total carbohydrate: 7g per serving

Total fiber: 4g per serving

Total Fiber per serving: 11 grams

Yellow Gazpacho: Yield 8 Servings

- 5 large pineapple heirloom tomatoes
- 2 whole wheat hotdog/hamburger bun
- 1 green bell pepper
- 3 cloves garlic
- ½ large onion
- ½ large cucumber
- ¼ cup mild sweet vinegar (more to taste)
- Pinch salt (more to taste)
- Pinch ground black or white pepper (more to taste)
- ¼ cup olive oil

Cut all ingredients into a large dice. Blend in a high-speed blender until a smooth consistency is obtained (usually about 2-3 minutes).

Total calories: 139 per serving

Total fat: 6.6g per serving

Total protein: 3.3g per serving

Total carbohydrate: 18.6g per serving

Total fiber: 4.5g per serving

*If you omit the olive oil, you reduce the calorie count by 60 calories and eliminate the fat. There is no protein, carbohydrate, or fiber in olive oil.

Chili with Corn Bread: Yield 8 Servings

Black Bean Potato Green Chili

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| ▪ 1 can black beans | ▪ 1 bell pepper |
| ▪ 1 package No Evil chorizo seitan | ▪ 2 large carrots |
| ▪ 2 large green heirloom tomatoes | ▪ 4 cloves garlic |
| ▪ 2 medium or 3 small Yukon gold potatoes | ▪ 1 beer |
| ▪ 3-4 hatch roasted chilis (depending on how spicy the peppers are) | ▪ 3 cups homemade vegetable stock |
| ▪ 1 cup frozen yellow corn | ▪ 2 teaspoons each onion & garlic granule |
| ▪ 1 yellow onion | ▪ 1 teaspoon smoked paprika |
| | ▪ 2 tablespoons tamari |

Cut all vegetables into a medium to small dice (use a food processor if in a pinch for time, exclude the potatoes). Rinse black beans to remove unnecessary sodium. Chop seitan into small pieces. Chop potatoes into a medium to small dice. Add all vegetables, beans, potatoes, seitan, spices, beer, stock,

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and tamari to a slow cooker. Cook on high for 2 hours and let cook on low until dinner (at least another hour). Top with a dollop of “chez” sauce, drizzle of cashew yogurt, and cilantro.

Total calories: 216 per serving

Total fat: 1.2 g per serving

Total protein: 12.6g per serving

Total carbohydrates: 37.5g per serving

Total fiber: 6g per serving

Corn Bread Muffins from The Engine 2 Cookbook Kickin’ Corn Bread Muffins*: Yield 12 muffins

YouTube show: <https://www.youtube.com/watch?v=EqgG-hlo-8E>

- 1 cup water
- 3 tablespoons flaxseed meal
- 1 ¼ cup oat flour
- 1 ¼ cup corn meal
- 3 teaspoons baking powder (2 in cities not at altitude)
- ½ maple syrup
- Pinch coarse salt

Combine all dry ingredients, including flaxseed meal, into a bowl and stir. Add water and maple syrup and mix. Fill 12 muffin tins. Sprinkle pinch of salt on top of muffins. Bake at 350-degree Fahrenheit for 18 minutes or until a toothpick can insert and extract from a muffin cleanly.

Total calories: 161 per serving

Total fat: 1.4g per serving

Total protein: 4g per serving

Total carbohydrates: 34g per serving

Total fiber: 0.5g per serving

Total Fiber for the Meal: 6.5g

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Dessert:

Frozen Frosted Fudge Square from The Engine 2 Cookbook*: Yield 12 squares

YouTube Channel: https://www.youtube.com/watch?v=Gr_UE6mV0IE

- 1 ¼ cup walnuts chopped
- ¼ cup water (if needed)
- 1 cup maple syrup
- ¾ cup cocoa powder
- 1 teaspoon vanilla
- 1 ¼ cups cooked peeled sweet potato (about 1 medium sweet potato)
- ½ cup oat flour
- ¼ cup shelled pistachio nuts, coarsely chopped (or walnuts)

In a food processor, blend walnuts until they form a clumpy ball. Add maple syrup, cocoa powder, and vanilla and blend until smooth and shiny. Scoop half the mixture out of the food processor and put in a bowl (this will be the frosting). To the food processor add the cooled cooked sweet potato in large chunks and blend until smooth. Add the oat flour to food processor and pulse until fully mixed in. In a 9in x 9in baking pan, sprinkle ½ the chopped pistachio nuts in the bottom of pan. Spread out the chocolate and sweet potato mixture over the nuts. Set in the freezer for 5 – 10 minutes to firm that mixture. Take out of freezer and top with frosting. Sprinkle the remaining pistachios on top. Cover and freeze for at least one hour. OK to make this the night before. Pull out of freezer and let sit for 10-15 minutes so cutting into squares is easier.

Total calories: 200 per serving

Total fat: 7g per serving

Total protein: 3.5g per serving

Total carbohydrates: 28g per serving

Total fiber: 2.5g per serving

Total Dietary Fiber for 3 Courses: 20 grams

By the way, you can get protein from plants too. This meal has 30.5 grams of protein. That is more than a 3 oz serving of filet mignon (22g protein), which is the USDA recommended serving size.

The RDA (Recommended Dietary Allowance) for protein is approximately 73 grams for a 200 lbs. person. The DRI (Dietary Reference Intakes) is 46 grams/day for average sedentary woman and 56 grams/day for an average sedentary man.

The RDA for fiber is 25 grams/day for adult women and 38 grams/day for adult men.

In the U.S. we get ~10-15 grams/day of fiber and ~100 grams/day protein.

*Esselstyn R, Esselstyn J. The Engine 2 Cookbook. New York, NY: Grand Central Life & Style Hachette Book Group; 2017.