



QUICK
EASY

RECIPES

**Good Food Good Reason
Health and Happiness.**



Eden Foods®

a principled natural food company
of more than 300 authentically
traditional, pure & purifying foods.

EDEN is...



-  **A principled natural food company!**
Please know that USDA organic food does not have to be natural food.
-  **Privately held and operated since 1968**
-  **The best food that can be procured from growers and handlers we know and trust**
-  **Champion of organic family farms and the highest standards of organic agriculture and food handling**
-  **Thorough transparency of all ingredients and handling**



Eden is the oldest natural and organic food company in North America and the largest manufacturer of dry grocery, authentically organic, food. Eden Foods began in Ann Arbor in the late 1960s with friends sourcing natural food. Youth motivated in study of a social phenomenon stemming from macrobiotics: centering diet on whole grain and seasonal local plant foods that are not nutrient depleted or adulterated with toxins.

44 years following small, simple beginnings we are grateful and proud to be doing exactly what we set out to do: Get the best food possible and make it available to all.



Eden offers a pantry full of delicious foods that make healthy cooking and eating a joy. These foods are procured and prepared with our children and grandchildren in mind. Purity is paramount and maintained through painstaking attention to detail and long-nurtured relationships in our dedicated grower network.

When an EDEN food is selected you get not only the most flavorful and purest food possible, you become part of a societally purifying system supporting small family farms and artisan traditional food makers.

We continue to build relations with organic growers and traditional food makers, nurturing more than 360 family farms with over 80,000 acres of vibrant organic farmland.

The recipes within were tested and enjoyed in Eden kitchens and homes.



- Local first sourcing
- 254 gluten free foods
- GEO free assurance since 1993
- All beans – U.S.A. family organic
- Pasta made of cream-of-the-crop organic grain grown on North American family farms

**In choosing pure Eden foods
you are supporting organic
agriculture: Society's Brightest
Hope for Positive Change!**

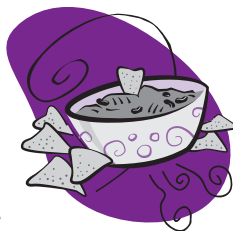


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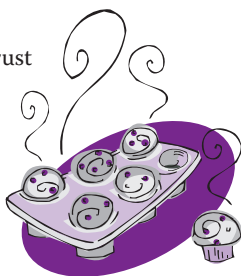
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**Herein we offer 75 of over
 1,100 quick, delicious, and purifying
 recipes found for free at
edenfoods.com**



Dips & Spreads



TUSCAN WHITE BEAN SPREAD

* Serves 6 * Prep 5 minutes

- 1 can, 15 oz. **EDEN** Cannellini (White Kidney) Beans, do not drain, or **EDEN** Great Northern Beans
- 2 cloves garlic, minced
- 2 Tbsp **EDEN** Extra Virgin Olive Oil
- $\frac{1}{4}$ cup lemon juice, freshly squeezed
- $\frac{1}{2}$ tsp **EDEN** Sea Salt
- 1 tsp ground cumin
- 1 tsp dried cilantro
- $\frac{1}{4}$ tsp crushed red pepper
- 1 Tbsp fresh parsley, minced
- 1 Tbsp organic roasted tahini (sesame butter)



Place all ingredients in a blender and purée until smooth and creamy. Serve with **EDEN** Brown Rice Chips, Vegetable Chips, Sea Vegetable Chips, Wasabi Chips or **EDEN** Brown Rice Crackers.

Per serving 116 Calories, 7g Fat (49% calories from fat), 4g Protein, 11g Carbohydrate, 3g Fiber, 0mg Cholesterol, 179mg Sodium

TOMATO CORN SALSA

* Serves 10 * Prep 15 minutes

- 1 can, 14.5 oz. **EDEN** Diced Tomatoes, do not drain
- 1 can, 14.5 oz. **EDEN** Diced Tomatoes with Green Chilies, do not drain
- 2 cloves garlic, minced
- $\frac{1}{2}$ cup onion, minced
- $\frac{1}{2}$ cup green bell pepper, diced
- $\frac{1}{4}$ cup fresh parsley, minced
- $\frac{1}{2}$ tsp **EDEN** Sea Salt
- $\frac{1}{4}$ cup **EDEN** Red Wine Vinegar
- 1 tsp ground cumin
- 1 Tbsp lime juice, freshly squeezed
- $\frac{1}{2}$ tsp dried basil
- $\frac{1}{4}$ tsp dried oregano
- 1 Tbsp pure maple syrup
- 1 cup organic sweet corn, fresh or frozen, blanched 2 minutes



Mix all ingredients together, place in a serving bowl. For a more blended flavor, refrigerate overnight.

Per serving 22 Calories, 0g Fat (7% calories from fat), 1g Protein, 5g Carbohydrate, 2g Fiber, 0mg Cholesterol, 101mg Sodium

BLACK SOYBEAN TOMATO DIP

* Serves 6 * Prep 10 minutes

- 1 can, 15 oz. **EDEN** Black Soybeans, drained, reserve liquid
- 1 clove garlic, minced
- 1/2 tsp ground cumin
- 1 tsp **EDEN** Ume Plum Vinegar
- 1 Tbsp **EDEN** Extra Virgin Olive Oil
- 2 Tbsp red onion, minced
- 2 tsp fresh parsley, or cilantro, minced
- 1/8 tsp cayenne pepper
- 1 can, 14.5 oz. **EDEN** Diced Tomatoes with Green Chilies, do not drain



Place all ingredients in a blender, and blend until smooth and creamy, adding the reserved bean cooking water a little at a time until it is the right consistency. Serve with any **EDEN** Chips or Crackers.

Per serving 108 Calories, 6g Fat (45% calories from fat), 7g Protein, 8g Carbohydrate, 5g Fiber, 0mg Cholesterol, 349mg Sodium

SAUERKRAUT GUACAMOLE

* Serves 8 * Prep 10 minutes

- 2 avocados, pitted and peeled
- 1 clove garlic, minced
- 1 cup **EDEN** Sauerkraut
- 1 tsp freshly squeezed lemon juice
- 1 small organic tomato, diced
- 1 pinch **EDEN** Sea Salt, optional



Place garlic, avocado, lemon juice and sea salt in a small mixing bowl. Mash until smooth with a fork or potato masher. Mix in the sauerkraut and tomato. Place in a serving bowl and serve with **EDEN** Chips and Crackers, raw vegetables, or a favorite organic bread. Burritos with guac anybody?

Per serving 85 Calories, 8g Fat (74% calories from fat), 1g Protein, 5g Carbohydrate, 3g Fiber, 0mg Cholesterol, 166mg Sodium

Eden Roma Tomatoes

-  **Third generation Midwestern family managed, organic, vital soil**
-  **Cooked and packed within hours, fresh red ripe Roma tomatoes**
-  **BPA free, amber glass jars**
-  **Deliciously seasoned and no salt added tomatoes**
-  **100% organic herbs and spices**
-  **No preservatives or chemical processing**



PARSLEY BASIL PESTO

* Serves 6 * Prep 5 minutes

- 1/4 cup EDEN Extra Virgin Olive Oil
- 2 cups fresh basil, loosely packed, chopped
- 2 cups fresh parsley, chopped
- 1/2 cup pine nuts, lightly dry pan roasted
- 2 Tbsp EDEN Shiro Miso
- 4 cloves garlic, chopped
- 1/2 cup water



Place all ingredients in a food processor or blender and blend until smooth and creamy. Serve with any EDEN Pasta.

Per serving 104 Calories, 10g Fat (80% calories from fat), 2g Protein, 4g Carbohydrate, 1g Fiber, 0mg Cholesterol, 149mg Sodium

HUMMUS w/ ROASTED RED PEPPERS

* Serves 6 * Prep 5 minutes

- 2 cans of 15 oz. EDEN Garbanzo Beans, do not drain
- 1/4 cup organic roasted tahini (sesame butter)
- 1 Tbsp EDEN Extra Virgin Olive Oil
- 1 1/2 Tbsp EDEN Umeboshi Paste
- 3 cloves garlic, minced
- 1/2 lemon, juiced
- 2 Tbsp fresh parsley, minced
- 1 small jar roasted red peppers, water or oil packed

Blend all ingredients in a food processor or blender until smooth and creamy, adjusting the consistency with a little cold water if desired. We use umeboshi paste for added flavor in place of salt. Serve as a dip with EDEN Chips or warm organic pita bread.

Per serving 224 Calories, 9g Fat (37% calories from fat), 10g Protein, 25g Carbohydrate, 6g Fiber, 0mg Cholesterol, 468mg Sodium

VEGAN MAYONNAISE

* Serves 36 * Prep 5 minutes

- 1/2 cup Unsweetened EDENSOY®
- 1/2 cup EDEN Extra Virgin Olive Oil
- 1/2 cup EDEN Safflower Oil
- 1/2 tsp EDEN Yellow Mustard
- 2 Tbsp EDEN Apple Cider Vinegar
- 1 1/2 Tbsp pure maple syrup
- 1 1/4 tsp EDEN Sea Salt
- 1/8 tsp freshly ground black pepper
- 2 dashes hot sauce



Place EDENSOY in a blender. Combine the two oils in a measuring cup. Turn the blender on blend. With the blender running, very slowly add the oil, a couple Tbsp at a time until all the oil has been absorbed and the mixture is thick and creamy. Place in a small mixing bowl and whisk in all remaining ingredients. Place in a tightly sealed glass jar or container and refrigerate. Will keep about a week refrigerated.

Per serving 57 Calories, 6g Fat (94% calories from fat), 0g Protein, 1g Carbohydrate, 0g Fiber, 0mg Cholesterol, 67mg Sodium

Soup



NOODLES & BROTH

* Serves 5 * Prep 10 minutes * Cooks in 20 minutes

- 1 package, 8 oz. **EDEN** Whole Grain Udon, or any **EDEN** Udon, or **EDEN** Soba
- 4 cups water, for broth
- 1 piece **EDEN** Kombu, 4" long
- $\frac{1}{2}$ cup **EDEN** Bonito Flakes, optional
- $1\frac{1}{2}$ Tbsp **EDEN** Shoyu Soy Sauce
- $1\frac{1}{2}$ Tbsp **EDEN** Mirin, or to taste
- 1 Tbsp fresh ginger root, finely grated
- $\frac{1}{3}$ cup green onions, thinly sliced



Cook noodles as package directs, rinse and set aside to drain. Prepare the broth. Bring water and kombu to a boil. Remove pan from the heat, add the bonito flakes, cover and allow the flakes to sink to the bottom of the pot. Remove the kombu (keep and use in other dishes or discard), strain out the bonito flakes and discard. Place the broth over a medium low flame. Add the shoyu and mirin, and simmer 3 to 5 minutes. With your hands, squeeze the juice from the ginger into the broth, discard pulp. Place the noodles in bowls and pour the hot broth over. Garnish with green onions.

Per serving 193 Calories, 1g Fat (6% calories from fat), 8g Protein, 37g Carbohydrate, 5g Fiber, 0mg Cholesterol, 468mg Sodium

CURRIED PUMPKIN SOUP

* Serves 4 * Prep 10 minutes * Cooks in 10 minutes

- 1 Tbsp **EDEN** Extra Virgin Olive Oil
- 1 clove garlic, finely minced or pressed
- $\frac{1}{2}$ cup onion, finely minced or grated
- 1 can, 29 oz. unseasoned pumpkin purée
- 2 cups Unsweetened **EDENSOY**, or Original **EDENSOY**
- 2 cups water
- $\frac{3}{4}$ tsp **EDEN** Sea Salt
- $1\frac{3}{4}$ tsp curry powder
- $\frac{1}{8}$ tsp ground nutmeg
- 1 pinch ground cinnamon
- 1 pinch finely ground black pepper, or to taste
- 2 Tbsp pure maple syrup
- 1 Tbsp fresh parsley, finely chopped for garnish
- Any **EDEN** Pumpkin Seeds, for garnish

Heat oil in a medium saucepan. Sauté garlic and onion for 2 minutes. Add all ingredients except the parsley and seeds. Cook over medium heat, stirring without boiling until hot, about 5 minutes. Serve and garnish with parsley and any **EDEN** Pumpkin Seeds.

Per serving 191 Calories, 7g Fat (32% calories from fat), 8g Protein, 26g Carbohydrate, 7g Fiber, 0mg Cholesterol, 368mg Sodium

FRENCH ONION SOUP w/ MOCHI

* Serves 7 * Prep 25 minutes * Cooks in 35 minutes

- 1/2 package **EDEN** Sliced Shiitake Mushrooms
- 1 Tbsp **EDEN** Sesame Oil
or **EDEN** Toasted Sesame Oil
- 4 cups onions, sliced thin
- 5 cups water
- 1 piece **EDEN** Kombu, 2 inches long
- 3 Tbsp **EDEN** Bonito Flakes,
crumbled
- 2 1/2 Tbsp **EDEN** Shoyu Soy Sauce
- 4 pieces **EDEN** Sprouted Brown Rice Mochi,
cubed or **EDEN** Sweet Brown Rice Mochi
- 2 Tbsp scallions, finely chopped



Heat the oil in a medium soup pot. Sauté onions for 5 to 7 minutes or until translucent. Add the water, shiitake, kombu and crumbled bonito flakes to the pot. Cover and bring to a boil. Reduce the flame to medium-low and simmer for 25 minutes. Reduce the flame to low, remove the kombu (use in another dish or discard). Add the shoyu. Simmer on low for 5 minutes.

Bake the mochi at 350° or pan fry for about 5 to 7 minutes or until the cubes puff up. Remove and place several pieces in each soup bowl. Ladle the soup into bowls and garnish with scallions.

Per serving 56 Calories, 3g Fat (16% calories from fat), 5g Protein, 27g Carbohydrate, 6g Fiber, 0mg Cholesterol, 383mg Sodium

CREAM OF BROCCOLI SOUP w/ RICE FLAKES

* Serves 4 * Prep 10 minutes * Cooks in 25 minutes

- 1 Tbsp **EDEN** Extra Virgin Olive Oil
- 1 clove garlic, minced
- 1/2 cup diced onions
- 3 cups water
- 1 cup Original **EDENSOY**
or Unsweetened **EDENSOY**
- 3/4 cup **EDEN** Brown Rice Flakes
or **EDEN** Oat Flakes
- 3/4 tsp **EDEN** Sea Salt, or to taste
- 1/8 tsp freshly ground black pepper
- 1/4 tsp freshly ground nutmeg,
or to taste, optional
- 4 cups broccoli, coarsely chopped



Heat oil in a medium saucepan and sauté garlic and onion for 1 to 2 minutes. Add all remaining ingredients and bring to a boil. Reduce the flame to medium-low, cover, and simmer for 20 minutes. Remove from the flame. Pour half the ingredients into a blender and pulse until creamy. Place in a saucepan. Pulse the remaining half and pour into saucepan. Heat slightly, serve.

Per serving 171 Calories, 6g Fat (30% calories from fat), 7g Protein, 26g Carbohydrate, 4g Fiber, 0mg Cholesterol, 406mg Sodium

FIVE BEAN SOUP

* Serves 10 * Prep 10 minutes * Cooks in 40 minutes

- 2 Tbsp **EDEN** Extra Virgin Olive Oil
- 3 cloves garlic, minced
- 1 medium onion, diced
- 3 cups water
- 1/4 cup celery, diced
- 1/2 cup carrots, diced
- 1 medium organic potato, diced
- 2 Tbsp organic barley, rinsed
- 1 can, 15 oz. each,
with liquid, do not drain
EDEN Pinto Beans,
EDEN Black Beans,
EDEN Kidney Beans,
EDEN Navy Beans, and
EDEN Aduki Beans, or any
EDEN Beans,
- 1 cup organic sweet corn, fresh or frozen
- 1 1/2 cups **EDEN** Spaghetti Sauce, Regular or No Salt
- 1 1/2 tsp crushed bay leaf
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1 1/2 Tbsp **EDEN** Shoyu Soy Sauce, or to taste



Heat oil in a pot, and sauté garlic and onion until the onion is translucent. Add all remaining ingredients except shoyu. Cover and bring to a boil. Reduce flame to medium-low, and simmer 30 minutes. Add shoyu. Cover, and simmer 10 minutes. Serve. Great the next day! Leftovers may be placed in individual containers and frozen for a quick meal anytime.

Per serving 242 Calories, 5g Fat (16% calories from fat), 12g Protein, 40g Carbohydrate, 9g Fiber, 0mg Cholesterol, 277mg Sodium

DULSE MISO SOUP

* Serves 4 * Prep 10 minutes * Cooks in 10 minutes

- 4 cups water
- 1/4 cup **EDEN** Bonito Flakes, optional,
crushed in small pieces
- 1/4 cup thinly sliced onions
- 1/4 cup julienne carrots
- 1/4 cup fresh green beans, sliced in 1 1/2" lengths
- 1/2 pound organic tofu, cubed
- 1/3 cup **EDEN** Organic Shiro Miso, or to taste
- 2 Tbsp **EDEN** Organic Whole Leaf Dulse,
soaked 3 minutes in cold water, chopped
- 2 Tbsp green onions, thinly sliced for garnish

Place water in a saucepan and bring to a boil. Add bonito flakes and onions. Reduce the flame to medium-low and cook 2 to 3 minutes. Add carrots and green beans, cover and simmer about 4 to 5 minutes. Reduce the flame to low. Add the miso, tofu and dulse. Cook two minutes. Serve garnished with green onion.

Per serving 112 Calories, 4g Fat (34% calories from fat), 10g Protein, 9g Carbohydrate, 2g Fiber, 0mg Cholesterol, 573mg Sodium

TWO BEAN MINESTRONE SOUP

* Serves 8 * Prep 10 minutes * Cooks in 25 minutes

- 1/4 package (about 3oz.) **EDEN** Small Vegetable Shells, or any **EDEN** Shell, Spiral, Ribbon, Ditalini or Elbow Pasta
- 1 Tbsp **EDEN** Extra Virgin Olive Oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 1/2 cup celery, chopped
- 1 medium organic potato, chopped
- 4 cups water
- 1 can, 14.5 oz. **EDEN** Diced Tomatoes with Green Chilies, do not drain, or any **EDEN** Diced Tomatoes
- 1 can, 15 oz. **EDEN** Kidney Beans, do not drain
- 1 can, 15 oz. **EDEN** Navy Beans, or any **EDEN** white bean, do not drain
- 1 medium red bell pepper, chopped
- 1/2 tsp dried basil
- 1/4 cup fresh parsley, chopped
- 1 cup spinach, chopped
- 2 Tbsp **EDEN** Shoyu Soy Sauce



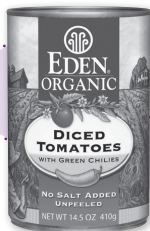
Cook pasta according to directions, rinse, drain and set aside. Heat oil in a soup pot, sauté onions and garlic until onions are translucent. Add celery, potato, and water. Simmer until vegetables are tender. Add tomatoes, beans, red pepper, and basil. Simmer 5 minutes. Add pasta, parsley, spinach, and shoyu. Simmer 5 minutes.

Per serving 197 Calories, 2g Fat (10% calories from fat), 11g Protein, 35g Carbohydrate, 10g Fiber, 0mg Cholesterol, 305mg Sodium

TOMATO GAZPACHO

* Serves 6 * Prep 2 hours & 10 minutes

- 1 can, 14.5 oz. **EDEN** Diced Tomatoes with Basil, or **EDEN** Diced Tomatoes with Roasted Onion, do not drain
- 1 can, 14.5 oz. **EDEN** Diced Tomatoes with Green Chilies, do not drain
- 1 medium onion, chopped
- 1/3 cup fresh parsley, packed, chopped
- 1/4 cup **EDEN** Red Wine Vinegar
- 3 Tbsp **EDEN** Extra Virgin Olive Oil
- 2 cloves garlic, chopped
- 1 tsp **EDEN** Sea Salt
- 1 medium cucumber, peeled, seeded and finely chopped
- 1 medium red bell pepper, seeded and finely chopped



Place all ingredients except the cucumber and red pepper in a blender or food processor. Purée until creamy. Place in a serving bowl. Mix in cucumber and red peppers. Chill for 2 hours and serve.

Per serving 123 Calories, 7g Fat (51% calories from fat), 3g Protein, 12g Carbohydrate, 4 Fiber, 0mg Cholesterol, 352mg Sodium

BUTTER BEAN SOUP

* Serves 4 * Prep 10 minutes * Cooks in 25 minutes

- 1 can, 15 oz. **EDEN** Butter Beans, do not drain
- 1 cup water
- 3 Tbsp **EDEN** Bonito Flakes, crumbled, optional
- $\frac{1}{4}$ cup onion, diced
- $\frac{1}{4}$ cup carrots, diced
- $\frac{1}{4}$ cup celery, diced
- $\frac{1}{4}$ cup cabbage, chopped
- $\frac{1}{4}$ tsp **EDEN** Sea Salt
- 1 tsp **EDEN** Shoyu Soy Sauce, or to taste
- 2 Tbsp scallion, finely chopped

Place all ingredients, except the shoyu and scallions, in a soup pot, cover and bring to a boil. Reduce the flame to medium-low, and simmer for 15 to 20 minutes. Reduce the flame to low, and add the shoyu. Simmer 3 to 4 more minutes. Serve, and garnish with scallions.

Per serving 94 Calories, 0g Fat (0% calories from fat), 6g Protein, 16g Carbohydrate, 4g Fiber, 0mg Cholesterol, 240mg Sodium

TOMATO TORTILLA SOUP

* Serves 5 * Prep 5 minutes * Cooks in 10 minutes

- 2 cans of 14.5 oz. **EDEN** Diced Tomatoes with Green Chilies, do not drain
- 1 can, 15 oz. **EDEN** Navy Beans, do not drain
- $\frac{1}{2}$ cup Original **EDENSOY**, or Unsweetened **EDENSOY**
- $\frac{3}{4}$ tsp **EDEN** Sea Salt, or to taste
- $\frac{1}{8}$ tsp freshly ground black pepper
- 2 Tbsp fresh parsley, or cilantro, minced
- 2 cups organic tortilla strips or chips
- 1 avocado, peeled, cubed

Purée the tomatoes and beans in a blender until creamy. Pour into saucepan, add **EDENSOY**, salt and pepper. Mix frequently over a medium flame until almost boiling. Simmer on low 5 minutes. Garnish with parsley, tortilla strips, and avocado.

Per serving 183 Calories, 4g Fat (18% calories from fat), 9g Protein, 28g Carbohydrate, 8g Fiber, 0mg Cholesterol, 377mg Sodium

MISO SOUP - ONE CUP

* Serves 1 * Prep 5 minutes * Cooks in 5 minutes

- 1 cup water
- $1\frac{1}{2}$ tsp any **EDEN** Miso, or to taste
- 2 Tbsp **EDEN** Nori Krinkles, or 5 strips **EDEN** Spicy Nori Strips, crumbled
- $\frac{1}{4}$ cup scallions, chopped
- 2 Tbsp cubed organic tofu

Place water in a saucepan, cover and bring to a boil. Remove cover and turn flame to low. Purée the miso with 2 tsp of hot water. Add puréed miso, nori, scallions, and tofu. Do not cover. Simmer 1 to 2 minutes. Serve.

Per serving 84 Calories, 4g Fat (42% calories from fat), 9g Protein, 4g Carbohydrate, 1g Fiber, 0mg Cholesterol, 290mg Sodium

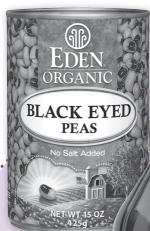
Salads & Dressings



SUMMER BLACK EYED PEAS

* Serves 8 * Prep 1 hour & 10 minutes

- 2 cans of 15 oz. **EDEN** Black Eyed Peas, drained
- 1 can, 14.5 oz. **EDEN** Diced Tomatoes with Green Chilies, drained
- 1 cup organic sweet corn, fresh or frozen, blanched 2 minutes
- 1/2 cup green bell pepper, diced
- 1/2 cup red bell pepper, diced
- 1/2 cup scallion, finely chopped
- 1/4 cup red onion, minced
- 1 cup cucumber, quartered and chopped



VINAIGRETTE

- 3 1/2 Tbsp **EDEN** Red Wine Vinegar, or **EDEN** Apple Cider Vinegar
- 1/4 cup water
- 2 Tbsp **EDEN** Barley Malt Syrup
- 2 Tbsp **EDEN** Extra Virgin Olive Oil
- 1 clove garlic, chopped
- 1/4 tsp dried oregano
- 1/2 tsp dried basil
- 1 tsp **EDEN** Shoyu Soy Sauce

Mix together in a mixing bowl, the black eyed peas, tomatoes, sweet corn, green pepper, red peppers, scallion, red onion and cucumber. To prepare the dressing, place all ingredients in a blender and purée. Toss in with the salad. Serve room temperature or chill 1 hour before serving.

Per serving 162 Calories, 5g Fat (24% calories from fat), 7g Protein, 25g Carbohydrate, 5g Fiber, 0mg Cholesterol, 148mg Sodium

ORANGE WAKAME SALAD

* Serves 4 * Prep 1 hour & 10 minutes

- 3 Tbsp **EDEN** Wakame Flakes
- 1/4 cup **EDEN** Mirin
- 1/2 tsp **EDEN** Shoyu Soy Sauce
- 1 medium cucumber, thinly sliced
- 2 cups oranges, peeled and sectioned, or tangerines
- 1/4 cup red radishes, halved and sliced
- 2 Tbsp organic white sesame seeds, dry pan roasted
- 2 Tbsp **EDEN** Brown Rice Vinegar

Soak wakame in 2 cups water for 10 minutes, drain and place in a mixing bowl. Add all remaining ingredients, mix and chill 1 hour before serving.

Per serving 87 Calories, 2g Fat (24% calories from fat), 2g Protein, 15g Carbohydrate, 2g Fiber, 0mg Cholesterol, 339mg Sodium

CHILLED SUMMER SOBA

* Serves 4 * Prep 1 hour & 10 minutes * Cooks in 20 minutes

- 1 cup water
- 1 package, 0.88 oz. **EDEN** Whole Shiitake Mushrooms
- 1/4 piece **EDEN** Kombu, 2 inches long
- 2 tsp **EDEN** Shoyu Soy Sauce, or to taste
- 1/2 tsp **EDEN** Wasabi Powder (Japanese Mustard)
- 1 package, 8 oz. **EDEN** Soba, or any **EDEN** Soba
- 1 cup fresh daikon radish, finely grated
- 1/4 cup scallion, finely sliced
- 2 sheets **EDEN** Sushi Nori, cut into 2 inch long thin strips
- 3 Tbsp **EDEN** Bonito Flakes, crumbled, optional



Place water, shiitake and kombu in a sauce pan, cover and bring to a boil. Remove kombu after 4 minutes and discard. Cover and simmer another 5 minutes. Remove shiitake, discard stems, slice caps and set aside. Add the shoyu and simmer 2 to 3 minutes. Turn off flame and stir in wasabi powder. Place the broth in a bowl and refrigerate until chilled, about 1 hour.

Cook the soba as package directs, rinse under cold water and drain. Place the soba in individual bowls. Garnish each bowl with daikon radish, shiitake, scallions, nori, and bonito flakes. Sprinkle with **EDEN** Shake, if desired.

Pour the chilled broth into 4 small bowls. Dip the noodles into the sauce when eating.

Per serving 216 Calories, 2g Fat (6% calories from fat), 10g Protein, 42g Carbohydrate, 5g Fiber, 0mg Cholesterol, 683mg Sodium

MUSTARD HERB DRESSING

* Serves 5 * Prep 10 minutes

- 1/4 cup Original **EDENSOY**
- 4 tsp **EDEN** Yellow Mustard
- 1 Tbsp **EDEN** Cherry Juice Concentrate
- 2 Tbsp **EDEN** Red Wine Vinegar, **EDEN** Brown Rice Vinegar, or **EDEN** Apple Cider Vinegar
- 1 Tbsp fresh basil, finely minced or 1 tsp dried basil
- 1/3 cup fresh parsley, finely minced
- 1 clove garlic, finely minced
- 1 1/2 Tbsp fresh chives, finely chopped or 1 tsp dried chives
- 1/4 cup **EDEN** Extra Virgin Olive Oil
- 1/4 tsp **EDEN** Sea Salt



Blend all ingredients in a blender. Use on grain, noodle, bean or vegetable salads. Yields: 1/2 cup

Per serving 110 Calories, 11g Fat (88% calories from fat), 0g Protein, 3g Carbohydrate, 0g Fiber, 0mg Cholesterol, 161mg Sodium

SWEET & SOUR PASTA SALAD

* Serves 6 * Prep 10 minutes * Cooks in 10 minutes

- 1 package, 12 oz. **EDEN** Vegetable Spirals, or **EDEN** Kamut Vegetable Spirals, or any **EDEN** Spiral Pasta
- 1 can, 15 oz. **EDEN** Kidney Beans, drained
- 1 can, 15 oz. **EDEN** Black Beans, drained
- 1 medium red bell pepper, diced
- 2 cups green onion, finely chopped

DRESSING

- $\frac{1}{3}$ cup **EDEN** Brown Rice Vinegar
- $\frac{1}{4}$ cup **EDEN** Extra Virgin Olive Oil
- $\frac{1}{4}$ cup **EDEN** Barley Malt Syrup, or pure maple syrup
- 3 Tbsp dried basil
- 2 Tbsp **EDEN** Shoyu Soy Sauce



Cook pasta as package directs. Rinse and drain. Mix pasta, beans, red pepper, green onions in a salad bowl. Prepare dressing. Mix into salad and serve.

Per serving 465 Calories, 11g Fat (20% calories from fat), 19g Protein, 76g Carbohydrate, 14g Fiber, 0mg Cholesterol, 497mg Sodium

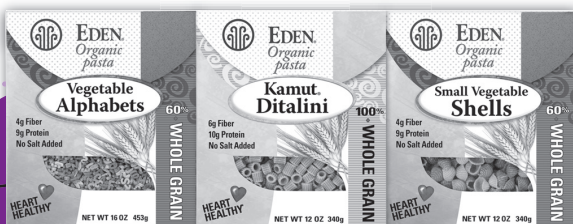
KAMUT DITALINI & BEAN SALAD

* Serves 6 * Prep 20 minutes * Cooks in 10 minutes

- 1 package, 12 oz. **EDEN** Kamut Ditalini Pasta
- 1 can, 15 oz. **EDEN** Garbanzo Beans, drained
- 1 can, 15 oz. **EDEN** Kidney Beans, drained
- 1 can, 15 oz. **EDEN** Great Northern Beans, drained
- 1 cup celery, with the leaves, thinly sliced
- 3 large plum tomatoes, cut into chunks
- $\frac{1}{2}$ cup chopped fresh basil, or parsley, chopped
- 1 jar, 12 oz. artichoke hearts packed in water, drained, quartered
- 2 Tbsp **EDEN** Extra Virgin Olive Oil
- 1 Tbsp **EDEN** Brown Mustard
- $\frac{3}{4}$ tsp **EDEN** Sea Salt
- $\frac{1}{4}$ tsp freshly ground black pepper
- 2 Tbsp freshly squeezed lemon juice

Cook pasta according to package directions. Combine remaining ingredients in a mixing bowl. When pasta is done, drain and add to bowl, toss to mix. Let stand 3 to 5 minutes and serve.

Per serving 489 Calories, 8g Fat (14% calories from fat), 24g Protein, 83g Carbohydrate, 23g Fiber, 0mg Cholesterol, 390mg Sodium



MISO TAHINI ORANGE SALAD DRESSING

* Serves 8 * Prep 5 minutes

- 2 tsp EDEN Genmai Miso
- 1 tsp EDEN Shiro Miso
- 1/4 cup organic roasted tahini (sesame butter)
- 1/2 cup water
- 1/4 cup orange juice
- 1 Tbsp fresh parsley, chopped
- 1 Tbsp scallions, chopped
- 1 tsp any EDEN Mustard
- 1 tsp EDEN Brown Rice Vinegar



Place all ingredients into a blender, purée until smooth and creamy. Pour into a serving container.

Per serving 56 Calories, 4g Fat (63% calories from fat), 2g Protein, 4g Carbohydrate, 1g Fiber, 0mg Cholesterol, 96mg Sodium

ZITI RIGATI W/ PISTACHIO PESTO

* Serves 8 * Prep 7 minutes * Cooks in 10 minutes

- 1 package, 12 oz. EDEN Ziti Rigati, EDEN Kamut Ditalini, or any EDEN Pasta
- 1 package, 4 oz. EDEN Pistachios
- 1/4 cup EDEN Extra Virgin Olive Oil
- 2 cups fresh basil, loosely packed, chopped
- 2 cups fresh parsley, loosely packed, chopped
- 2 1/2 Tbsp EDEN Shiro Miso
- 3 to 4 cloves garlic, finely chopped
- 3/4 cup cold water

Cook pasta as package directs. While pasta is cooking, place all remaining ingredients in a food processor or blender and blend until smooth and creamy. When the pasta is done, quickly rinse under cold water, drain and toss with pesto or serve pasta hot with a large spoonful of pesto sauce on top.

Per serving 299 Calories, 11g Fat (31% calories from fat), 13g Protein, 40g Carbohydrate, 7g Fiber, 0mg Cholesterol, 204mg Sodium

Eden Pasta is Wholesome Fast Food

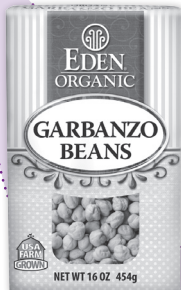
-  North American family, cream-of-the-crop organic grain
-  Vintage Italian equipment, slow air drying
-  Reclosable, recycled, and recyclable boxes
-  EDEN pasta is verified Non-GMO
-  Smooth texture and superb flavor
-  High quality protein, vitamins, trace minerals, carbs, and fiber
-  No salt, oil, or eggs
-  edenpasta.com



GREEK MARINATED GARBANZO BEANS

* Serves 4 * Prep 8 hours & 10 minutes

- 1 can, 15 oz. **EDEN** Garbanzo Beans, drained, or cooked **EDEN** Dry Garbanzo Beans
- 1/4 cup **EDEN** Extra Virgin Olive Oil
- 1/4 cup **EDEN** Red Wine Vinegar or **EDEN** Brown Rice Vinegar
- 1 Tbsp **EDEN** Shoyu Soy Sauce
- 1/4 cup red onion, minced
- 1 clove garlic, pressed
- 3/4 cup celery, sliced, with leaves
- 1/4 cup red bell pepper, finely chopped
- 1 Tbsp fresh basil, chopped or 1/2 tsp dried basil
- 2 tsp fresh oregano, chopped or 1/4 tsp dried oregano



Place all ingredients in a mixing bowl, toss well. Place in the refrigerator, and allow to marinate overnight or at least 8 hours. Stir occasionally to evenly marinate. Drain and serve.

Per serving 229 Calories, 15g Fat (59% calories from fat), 7g Protein, 18g Carbohydrate, 5g Fiber, 0mg Cholesterol, 271mg Sodium

FIVE BEAN SALAD

* Serves 8 * Prep 4 hours & 15 minutes

- 1/4 cup **EDEN** Red Wine Vinegar
- 1/3 cup **EDEN** Extra Virgin Olive Oil
- 1 1/2 Tbsp **EDEN** Barley Malt Syrup
- 1 1/2 Tbsp pure maple syrup
- 2 Tbsp **EDEN** Shoyu Soy Sauce, or to taste
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1 can, 15 oz. each, drained, **EDEN** Pinto Beans, **EDEN** Black Eyed Peas, **EDEN** Garbanzo Beans, **EDEN** Kidney Beans, and **EDEN** Black Soybeans,
- 1 large cucumber, quartered and sliced
- 1/3 cup celery, diced
- 1/2 cup red radish, halved and sliced
- 1/2 cup green onions, chopped
- 1 medium green bell pepper, diced
- 1/2 cup fresh parsley, minced



Prepare the marinade of vinegar, olive oil, barley malt, maple syrup, shoyu, and herbs by pouring into a jar, and shaking vigorously or mixing in a blender. Place the beans and vegetables in a mixing bowl. Pour the marinade over, and mix. Marinate in the refrigerator for 4 hours or so. Drain, if desired, and serve.

Per serving 344 Calories, 13g Fat (33% calories from fat), 18g Protein, 43g Carbohydrate, 14g Fiber, 0mg Cholesterol, 317mg Sodium

HOT THAI NOODLE SALAD

* Serves 5 * Prep 1 hour & 10 minutes * Cooks in 10 minutes

- 2 packages of 3.5 oz. EDEN Rice (Bifun) Pasta, or EDEN Mung Bean (Harusame) Pasta
- 1/2 cup red bell pepper, diced
- 1/2 cup green bell pepper, diced
- 1/4 cup green onion, thinly sliced
- 1/8 cup fresh parsley, chopped
- 1 Tbsp sesame seeds, lightly pan toasted

DRESSING








- 1 tsp EDEN Hot Pepper Sesame Oil
- 2 tsp EDEN Toasted Sesame Oil
- 2 Tbsp EDEN Mirin
- 1/2 tsp EDEN Sea Salt
- 2 Tbsp EDEN Brown Rice Vinegar



Cook pasta as package directs, rinse and drain. Chop pasta coarsely, if desired. Add vegetables and sesame seeds. Prepare dressing by mixing all ingredients together in a blender. Pour over salad, mix well and refrigerate 1 hour to chill before serving.

Per serving 136 Calories, 4g Fat (26% calories from fat), 3g Protein, 23g Carbohydrate, 1g Fiber, 0mg Cholesterol, 249mg Sodium

Eden Beans are In Rare BPA free Cans

-  U.S.A. family grown in rich vital soil
-  #1 rated by *Men's Health* & CSPI's *Nutrition Action Healthletter*
-  Soaked overnight, thoroughly cooked
-  Delicious seasoned and no-salt-added varieties
-  Bisphenol-A (BPA) Free cans
-  No calcium chloride, no disodium EDTA, or any additives whatsoever
-  Heart healthy





Entrées & Sides

SPIRAL PASTA W/ GARBANZO BEANS OLIVES & ARTICHOKEs

* Serves 6 * Prep 10 minutes * Cooks in 20 minutes

- 1 package, 12 oz. **EDEN** Kamut Spirals,
EDEN Flax Rice Spirals, or any **EDEN** Spiral Pasta
- 1/4 cup **EDEN** Extra Virgin Olive Oil
- 1/4 tsp red pepper flakes, or to taste
- 1 cup onion, diced
- 6 cloves garlic, diced
- 1 cup artichoke hearts, water packed, quartered
- 1 medium yellow bell pepper, chopped
- 2 cups organic vegetable broth, or soup stock
- 1 cup pitted black olives, drained, leave whole
- 1 can, 15 oz **EDEN** Garbanzo Beans, drained
- 1 can, 28 oz. **EDEN** Whole Tomatoes with Basil,
drained, chopped
- 1/2 tsp **EDEN** Sea Salt, or to taste
- 1/8 tsp freshly ground black pepper, or to taste
- 1 Tbsp fresh parsley, minced

Cook pasta as package directs. While the pasta is cooking, place olive oil, red pepper flakes and onions in a skillet, and sauté over medium heat until golden. Add garlic, artichokes, yellow pepper, and sauté until browned. Add broth, olives, garbanzos, and tomatoes. Gently simmer 5 minutes. Place drained pasta in a large bowl, pour the sauce over and toss. Season to taste with salt and pepper, garnish with parsley.

Per serving 425 Calories, 14g Fat (30% calories from fat), 17g Protein, 58g Carbohydrate, 14g Fiber, 0mg Cholesterol, 501mg Sodium

SCARLET QUINOA

* Serves 6 * Prep 10 minutes * Cooks in 15 minutes

- 1 cup **EDEN** Red Quinoa, washed and drained
- 1 1/2 cups water or soup stock
- 1/3 cup diced beets
- 2 Tbsp **EDEN** Extra Virgin Olive Oil
- 1 Tbsp **EDEN** Ume Plum Vinegar, or to taste
- 1 Tbsp freshly squeezed lemon juice
- 1/2 tsp freshly grated lemon zest (rind)
- 6 whole red radishes, sliced into half-moons
- 2 Tbsp minced red onion
- 1/4 cup chopped scallions or chives
- 1 package, 4 oz. **EDEN** Dried Cranberries

Cook quinoa together with the beets in water according to package directions. When done, cool, toss with all remaining ingredients and serve.

Per serving 186 Calories, 6g Fat (30% calories from fat), 4g Protein, 29g Carbohydrate, 4g Fiber, 0mg Cholesterol, 317mg Sodium

KAMUT VEGETABLE SPIRAL CURRY

* Serves 6 * Prep 20 minutes * Cooks in 35 minutes






- 2 Tbsp EDEN Extra Virgin Olive Oil
- 3 cloves garlic, minced
- ³/₄ cup onion, diced
- ¹/₂ cup button mushrooms, diced
- 2 small organic potatoes, peeled, diced
- ²/₁/₂ cups cold water
- ¹/₃ cup celery, diced
- 1 cup carrots, diced
- ³/₄ tsp EDEN Sea Salt
- 3 Tbsp organic unbleached white flour
- 2 cups Unsweetened EDENSOY
- 2 tsp curry powder
- ¹/₂ tsp turmeric
- ¹/₂ tsp coriander
- ¹/₄ tsp cumin
- ¹/₄ tsp cinnamon
- 1 pinch cayenne pepper
- 1 package, 12 oz. EDEN Kamut Vegetable Spirals
- 1 cup zucchini, sliced in half-moons



Heat oil in a large skillet, sauté the garlic and onion for 5 minutes until slightly browned. Add mushrooms and sauté 2 minutes. Add potatoes, water, celery, carrots and sea salt. Cover, bring to a boil and simmer 10 minutes. Place the flour in a bowl. Add a little EDENSOY and mix until the flour dissolves. Add remaining EDENSOY and mix. Slowly add the EDENSOY/flour mixture to the skillet, stirring frequently until the sauce thickens. Add all the spices, mix and simmer uncovered for 10 minutes. Meanwhile, cook pasta as package directs. Add the zucchini to the sauce and simmer 1 minute. Drain pasta and serve with curry sauce.

Per serving 349 Calories, 9g Fat (3% calories from fat), 14g Protein, 55g Carbohydrate, 9g fiber, 0mg Cholesterol, 295mg Sodium

Whole Grain Flakes ~ Cream of the Crop

-  Family farm EDEN organic or wild harvested
 -  Versatile, quick cooking, 100% whole grain
 -  Satisfies hunger longer, most thoroughly
 -  Bedrock nutritional satisfaction
 -  Gas fire roasted & rolled
- Whole Grain Burns Fat.**



RICE & BEAN BURGERS

* Serves 12 * Prep 40 minutes * Cooks in 15 minutes

- 1 can, 15 oz. **EDEN** Rice & Kidney Beans, or any **EDEN** Rice & Beans
- 1 can, 15 oz. **EDEN** Rice & Pinto Beans, or any **EDEN** Rice & Beans
- 2 cups organic whole wheat bread crumbs
- 1/2 cup onions, small diced
- 1/2 cup red bell pepper, small diced
- 1 clove garlic, finely minced
- 1/3 cup organic sweet corn, fresh or frozen
- 2 Tbsp fresh parsley, minced, or 1 Tbsp dried parsley
- 1/4 cup **EDEN** Extra Virgin Olive Oil, for frying burgers



Mix all ingredients together, except the oil, in a medium mixing bowl, cover and set aside for 30 minutes allowing the bread crumbs to absorb moisture from the rice and vegetables, firming up the mixture.

Place 1 Tbsp oil in a medium cast iron skillet, heavy stainless steel skillet or a griddle. Heat the oil. Take a handful of the rice mixture and form a ball, then flatten slightly forming a round, thick burger. Place in the hot oil. Form 3 more burgers and place in the skillet. Cook over medium heat until a crispy, brown crust forms on the bottom of the burgers. Flip over and cook until browned and crispy. Remove and repeat the process until all of the burgers are done, adding oil to the skillet as needed.

Serve as is with **EDEN** Mustard, on a bed of lettuce, with your favorite salsa, or on a whole wheat bun with your favorite toppings. Yields: 12 burgers

Per serving 169 Calories, 5g Fat (27% calories from fat), 5g Protein, 27g Carbohydrate, 4g Fiber, 0mg Cholesterol, 224mg Sodium

SOBA STIR FRY

* Serves 4 * Prep 10 minutes * Cooks in 20 minutes

- 1 package, 8 oz. any **EDEN** Soba
- 2 Tbsp **EDEN** Toasted Sesame Oil
- 2 cloves garlic, finely minced
- 1 cup **EDEN** Sliced Shiitake Mushrooms, soaked in 1 cup warm water for 5 minutes
- 1 pound organic extra firm tofu, drained and cubed
- 1 1/2 Tbsp **EDEN** Shoyu Soy Sauce, or to taste
- 1 cup scallions, finely chopped

Cook soba as package directs, rinse and drain. Set aside. Heat oil in a skillet and sauté the garlic for 1 minute. Add the mushrooms and sauté 2 to 3 minutes. Add the tofu cubes and half of the soy sauce. Sauté for 3 to 5 minutes. Mix in the cooked soba, remaining shoyu soy sauce and scallions. Sauté another 5 minutes or so until the soba is hot. Serve.

Per serving 396 Calories, 15g Fat (27% calories from fat), 28g Protein, 60g Carbohydrate, 15g Fiber, 0mg Cholesterol, 462mg Sodium

SPELT UDON & VEGETABLE STIR FRY

* Serves 5 * Prep 15 minutes * Cooks in 10 minutes

- 1 package, 8 oz. **EDEN** Spelt Udon, or any **EDEN** Udon
- 2 Tbsp **EDEN** Toasted Sesame Oil
- 1 tsp **EDEN** Hot Pepper Sesame Oil
- 3 cloves garlic, minced
- $\frac{1}{2}$ cup **EDEN** Sliced Shiitake Mushrooms, boiled
4 minutes in $\frac{1}{2}$ cup water, reserve cooking liquid
- 4 ounces button mushrooms, stems remove, quartered
or baby portabella
- 2 Tbsp **EDEN** Shoyu Soy Sauce
- 8 baby carrots, blanched 2 minutes, quartered
- 1 cup broccoli florets, blanched 1 minute,
rinse under cold water to keep color bright
- $\frac{1}{2}$ cup snow peas, or snap peas stems removed,
blanched 20 seconds, rinse under cold water

Cook the udon as package directs, rinse in a colander, drain.

Heat the oils in a large skillet and sauté the garlic 1 minute. Add the shiitake slices, button mushrooms and half of the shoyu. Stir fry, moving constantly, for 4 to 5 minutes until the mushrooms are browned. If the mushrooms stick to the bottom of the skillet, add a couple Tbsp of the shiitake cooking water. Add the udon and the remaining shoyu. Mix well to coat the udon with shoyu and the mushroom juices. Toss constantly until hot, about 3 to 4 minutes. Mix in the blanched carrots, broccoli and snow or snap peas. Stir fry several more seconds and serve.

Per serving 257 Calories, 7g Fat (22% calories from fat), 11g Protein, 44g Carbohydrate, 8g Fiber, 0mg Cholesterol, 508mg Sodium

MILLET MASHED POTATOES

* Serves 4 * Prep 10 minutes * Cooks in 35 minutes

- 2 tsp **EDEN** Extra Virgin Olive Oil
- 1 medium onion, small diced
- 1 clove garlic, minced
- 1 cup **EDEN** Millet
- 2 cups cauliflower, chopped
- 2 pinches **EDEN** Sea Salt
or 1 Tbsp **EDEN** Shiro Miso
- 3 cups water
- $\frac{1}{8}$ tsp freshly ground black pepper,
or to taste
- 2 Tbsp fresh parsley, finely chopped



Heat oil in a medium saucepan and sauté the onions and garlic for 1 to 2 minutes. Add all remaining ingredients except the pepper and parsley. Cover and bring to a boil. Reduce the flame to medium-low and simmer for 25 to 30 minutes. Remove from the flame, add the black pepper and mash the millet and cauliflower with a potato masher. Place in a serving bowl and garnish with parsley. Serve as is, with your favorite gravy, or sprinkle them with **EDEN** Gomasio.

Per serving 201 Calories, 4g Fat (20% calories from fat), 6g Protein, 35g Carbohydrate, 5g Fiber, 0mg Cholesterol, 85mg Sodium

CAJUN RICE & BEAN BURRITOS

* Serves 5, 2 per person * Prep 10 minutes

* Cooks in 10 minutes

- 10 organic 8" sprouted grain tortilla shells
- 2 Tbsp EDEN Extra Virgin Olive Oil
- 1/2 cup diced onion
- 1/2 cup red bell pepper, diced
- 1 can, 15 oz. EDEN Rice & Cajun Small Red Beans
- 1 can, 16 oz. EDEN Refried Kidney Beans, or EDEN Spicy Refried Pinto Beans
- 1/2 cup organic salsa, or Tomato Corn Salsa (see page 4)
- 1 cup romaine lettuce, shredded

Preheat the oven to 300°. Place the tortillas in a tortilla warmer or a covered casserole dish, and heat until warm.

Heat the oil in a large skillet and sauté the onions and peppers for 2 to 3 minutes. Add the rice & beans and sauté another 5 minutes. Add the refried beans and thoroughly mix with the rice and vegetables. Cover, reduce the flame to low, and cook until the rice and beans are hot, stirring frequently to prevent burning.

Place an equal amount of rice and beans on each tortilla. Top with equal amounts of salsa and lettuce. Roll up and place on individual serving plates.

Per serving 555 Calories, 15g Fat (22% calories from fat), 23g Protein, 91g Carbohydrate, 22g Fiber, 0mg Cholesterol, 733mg Sodium

MUSHROOM RISOTTO

* Serves 7 * Prep 20 minutes * Cooks in 10 minutes

- 1/2 cup EDEN Sliced Shiitake Mushrooms
- 1/2 cup EDEN Maitake Mushrooms
- 1 cup water
- 1 Tbsp EDEN Extra Virgin Olive Oil
- 1 clove garlic, minced
- 1/2 cup onions, small diced
- 1/4 cup red bell pepper, small diced
- 2 cans of 15 oz. EDEN Rice & Garbanzo Beans
- 2 pinches EDEN Sea Salt
- 1/8 tsp freshly ground black pepper, or to taste
- 1/4 tsp dried basil, or 1 tsp fresh, minced

Place the shiitake, maitake, and water in a small saucepan and bring to a boil without a cover. Reduce the flame to medium and simmer about 7 minutes or until all of the water has evaporated and the mushrooms are tender.

When the mushrooms are almost ready, heat the oil in a medium saucepan and sauté the garlic and onions for 1 minute. Add the red pepper and sauté another minute. Add the mushrooms, rice and garbanzo beans, black pepper, and basil. Cover and heat over a medium-low flame until the rice is hot, about 5 minutes or so.

Per serving 133 Calories, 2g Fat (12% calories from fat), 5g Protein, 29g Carbohydrate, 7g Fiber, 0mg Cholesterol, 162mg Sodium

KALE w/ PEANUT MUSTARD DRESSING

* Serves 4 * Prep 5 minutes * Cooks in 2 minutes

- 2 cups water, for blanching kale
- 4 cups kale, chopped
- 1/2 cup water, for the dressing
- 2 tsp EDEN Brown Mustard
- 1/4 cup organic unsalted peanut butter
- 2 tsp EDEN Shoyu Soy Sauce

Bring 2 cups of water to a boil and blanch the kale for 1 1/2 to 2 minutes. Remove and rinse quickly under cold water to set the color. Drain and place in a bowl. Place 1/2 cup water, mustard, peanut butter, and shoyu in a blender and purée until creamy. Serve over the kale.

Almond or cashew butter may be substituted for peanut butter. Chopped parsley, chives or green onions may also be added to the dressing for different flavors.

Per serving 137 Calories, 9g Fat (51% calories from fat), 7g Protein, 12g Carbohydrate, 1g Fiber, 0mg Cholesterol, 247mg Sodium

BEAN TACOS w/ SALSA & TOFU SOUR CREAM

* Serves 5 * Prep 10 minutes * Cooks in 20 minutes

- 2 Tbsp EDEN Extra Virgin Olive Oil
- 2 cloves garlic, minced
- 2 cans of 16 oz. EDEN Spicy Refried Pinto Beans, or EDEN Spicy Refried Black Beans
- 1/4 cup water
- 10 organic corn taco shells, or corn tortillas
- 1/2 cup Tomato Corn Salsa (see page 4)
- 1/3 cup red onion, minced
- 1 1/2 cups romaine lettuce, shredded

TOFU SOUR CREAM

- 1/2 pound organic extra firm tofu, rinsed and drained
- 1 Tbsp lemon juice, freshly squeezed
- 1 1/2 tsp EDEN Brown Rice Vinegar
- 1/4 cup fresh chives, finely chopped, or green onions
- 3 Tbsp water

Heat the oil in a large skillet and sauté the garlic for 1 minute. Add the refried beans and water. Mix thoroughly, cover and simmer on low until hot.

Preheat the oven to 350°. Place the taco shells in the oven or place the tortillas in a covered casserole dish. Heat several minutes until warm. Remove.

Prepare the tofu sour cream while the taco shells are warming. Place all ingredients for the tofu sour cream in a blender and purée until smooth.

Fill each taco shell with about 1/4 cup of refried beans, 2 tsp of salsa, and equal amounts of red onion and lettuce. Top with 1 to 2 Tbsp tofu sour cream and serve.

Per serving 384 Calories, 9g Fat (22% calories from fat), 16g Protein, 58g Carbohydrate, 12g Fiber, 0mg Cholesterol, 493mg Sodium

ARAME SALAD w/ TOFU GARLIC DRESSING

* Serves 8 * Prep 20 minutes * Cooks in 10 minutes

- 1/2 package (1.5 cups) EDEN Arame, rinsed
- 1 cup red onion, chopped, blanched 1 minute
- 1 cup pea pods, blanched 1 minute
- 1/2 cup carrots, julienne, blanched 1 minute
- 1/4 cup celery, sliced thin, blanched 1 minute
- 1 can, 15 oz. EDEN Garbanzo Beans, drained

TOFU GARLIC DRESSING

- 1 pound organic extra firm tofu, rinsed and drained
- 1 cup water
- 2 cloves garlic, chopped fine
- 1 Tbsp fresh chives, chopped fine, or scallions
- 1 tsp pure maple syrup
- 1 1/2 Tbsp EDEN Brown Rice Vinegar
- 1 Tbsp EDEN Ume Plum Vinegar, or to taste



Place arame in a saucepan and add cold water to half cover. Cover and simmer for 10 minutes. Remove, rinse and drain. Chop arame into 1" long pieces and place in a mixing bowl. Add blanched vegetables and beans.

Place all dressing ingredients in a blender or food processor and purée until smooth and creamy. Mix in with the salad or spoon over each portion of salad before eating.

Per serving 138 Calories, 4g Fat (25% calories from fat), 11g Protein, 15g Carbohydrate, 6g Fiber, 0mg Cholesterol, 190mg Sodium

MINT QUINOA w/ CRUNCHY PINE NUTS

* Serves 6 * Prep 10 minutes * Cooks in 20 minutes

- 1 cup EDEN Quinoa, rinsed
- 1 1/4 cup water
- 1 Tbsp EDEN Ume Plum Vinegar, or to taste
- 2 Tbsp EDEN Extra Virgin Olive Oil
- 1/2 cup pine nuts, lightly pan roasted
- 1/3 cup scallions, finely chopped
- 1 cup small cauliflower florets, blanched 2 minutes
- 1/4 cup carrots, diced, blanched 1 minute
- 1/4 cup fresh mint, chopped fine



Place the quinoa and water in a saucepan, cover and bring to a boil. Reduce flame to medium-low and simmer for 15 minutes. Remove, place in a bowl and allow to cool for a few minutes. Sprinkle ume plum vinegar, olive oil, pine nuts, scallions, cauliflower, carrots, and mint on top. Toss & serve.

Per serving 222 Calories, 12g Fat (48% calories from fat), 8g Protein, 22g Carbohydrate, 9 Fiber, 0mg Cholesterol, 316mg Sodium

CHILI TACOS

* Serves 4 * Prep 10 minutes * Cooks in 7 minutes

- 4 organic corn tortillas or hard shell tacos
- 1 large organic tomato, sliced or diced
- 1 cup shredded lettuce
- 1 can, 14.5 oz. EDEN Kidney Bean & Kamut Chili or any EDEN Organic Chili

Preheat the oven to 400°. Heat tortillas in a tortilla warmer or covered casserole dish in the oven until warm, 5 to 7 minutes. While the tortillas are warming, heat the chili in a small saucepan. Remove tortilla, spoon an even amount of chili into each tortilla and top with tomato and lettuce.

Per serving 164 Calories, 2g Fat (8% calories from fat), 8g Protein, 31g Carbohydrate, 6g Fiber, 0mg Cholesterol, 233mg Sodium

STUFFED SQUASH W/ QUINOA & DRIED FRUIT








* Serves 4 * Prep 10 minutes * Cooks in 45 minutes

- EDEN Safflower Oil, to oil squash skin
- 2 medium acorn squash, halved and seeded
- 2 cups pre-cooked EDEN Quinoa
- 1/2 cup walnuts, chopped
- 1/2 cup EDEN Dried Montmorency Cherries, chopped, EDEN Dried Cranberries, or EDEN Dried Blueberries
- 2 Tbsp pure maple syrup
- 1/4 tsp cinnamon

Preheat the oven to 350°. Lightly oil the squash skin. Mix together the cooked quinoa, walnuts, dried fruit, syrup and cinnamon. Stuff each squash half with the mixture. Cover the squash with foil wrap and place in a baking dish. Bake for 45 minutes or until the squash is tender when poked with a fork. Remove the foil and gently mix some of the squash with the stuffing ingredients before placing on a serving platter.

Per serving 386 Calories, 6g Fat (13% calories from fat), 10g Protein, 77g Carbohydrate, 16g Fiber, 0mg Cholesterol, 25mg Sodium

Eden Quinoa

-  12 minutes to cook awesome whole grain
-  Good source of protein, fiber, iron, B-vitamins, folate, and magnesium
-  Red and White varieties
-  Best amino acid profile of all grain
-  Award winning
-  Mother grain of Americans
-  Gluten free



SAFFRON RIBBONS W/ CREAMY WHITE SAUCE

* Serves 4 * Prep 10 minutes * Cooks in 15 minutes

- 1 package, 8 oz. **EDEN** Saffron Ribbons
- 2 Tbsp **EDEN** Extra Virgin Olive Oil
- 3 cloves garlic, pressed
- 1 medium red bell pepper, diced
- $\frac{1}{4}$ cup unbleached white flour
- 1 cup vegetable stock or water
- 2 cups Unsweetened **EDENSOY**
- 2 Tbsp **EDEN** Mirin
- 1 tsp **EDEN** Sea Salt
- $\frac{1}{8}$ tsp freshly ground black pepper
- 1 avocado, pitted, peeled and sliced into thin half-slices
- 2 Tbsp fresh parsley, minced



Cook pasta as package directs. Drain and set aside. To make the sauce, heat the oil in a medium skillet and sauté the garlic and peppers for 1 minute. Combine flour, vegetable broth, and **EDENSOY**. Mix to dissolve the flour. Slowly add the **EDENSOY** mixture to the skillet, whisking constantly until the sauce thickens, about 5 to 7 minutes. Add the mirin, salt, and pepper. Simmer 1 minute. Turn off heat, add avocado and gently toss in the pasta. Garnish with parsley and serve.

Per Serving 457 Calories, 19g Fat (37% calories from fat), 17g Protein, 58g Carbohydrate, 8g Fiber, 0mg Cholesterol, 542mg Sodium

TEMPEH REUBEN

* Serves 4 * Prep 5 minutes * Cooks in 20 minutes

- 2 Tbsp **EDEN** Safflower Oil
- 1 pound organic tempeh, any variety
- 2 cups water, for cooking tempeh
- 1 tsp **EDEN** Shoyu, or to taste
- 8 slices whole grain bread
- $\frac{1}{4}$ cup **EDEN** Yellow Mustard, or **EDEN** Brown Mustard
- $\frac{1}{2}$ cup **EDEN** Sauerkraut
- 4 whole lettuce leaves
- $\frac{1}{4}$ cup alfalfa sprouts, rinsed and drained
- 1 medium organic tomato, sliced



Heat oil in a skillet. Add tempeh (do not cut). Brown both sides for 3 to 4 minutes. Add water to cover tempeh. Add shoyu and cover the skillet. Simmer 15 minutes. Remove cover and cook over a high flame until all liquid is gone. Remove tempeh and slice into strips. Place several slices of tempeh on each sandwich. Spread equal amounts of mustard on the other bread slices. Place an equal amount of sauerkraut, lettuce, sprouts, and tomato on each sandwich. Serve. Fun to make, nourishing satisfaction for lunch, picnics, camping... anytime.

Per serving 451 Calories, 15g Fat (30% calories from fat), 29g Protein, 49g Carbohydrate, 13g Fiber, 0mg Cholesterol, 585mg Sodium

BUCKWHEAT TABOULI

* Serves 5 * Prep 40 minutes * Cooks in 20 minutes

- 1 cup **EDEN** Buckwheat, rinsed
- 2 cups boiling water
- 3 cloves garlic, finely minced
- 2 Tbsp fresh mint leaves, finely minced
- $\frac{3}{4}$ cup fresh parsley, finely minced
- 2 medium organic tomatoes, diced
- 1 small cucumber, quartered
- $\frac{1}{2}$ cup green onions, finely chopped
- 3 Tbsp freshly squeezed lemon juice
- $\frac{1}{4}$ cup **EDEN** Extra Virgin Olive Oil
- 1 tsp **EDEN** Sea Salt
- 5 whole romaine lettuce leaves or any leaf lettuce



Cook buckwheat per package directions. When done remove from the pan, place in a mixing bowl and fluff to cool.

When cool, add all remaining ingredients and toss to mix thoroughly. Refrigerate for 30 minutes to allow the flavors to blend. Serve over a bed of romaine lettuce leaves.

Per serving 122 Calories, 12g Fat (43% calories from fat), 5g Protein, 31g Carbohydrate, 4g Fiber, 0mg Cholesterol, 391mg Sodium

WILD RICE PILAF w/ DRIED CRANBERRIES & ROASTED PECANS

* Serves 8 * Prep 25 minutes * Cooks in 30 minutes

- $\frac{1}{2}$ cups **EDEN** Wild Rice, washed until water runs clear, rinse and drain
- 4 cups water
- 1 pinch **EDEN** Sea Salt
- $\frac{1}{2}$ cup finely diced red onion
- $\frac{1}{2}$ cup diced red bell pepper
- $\frac{1}{4}$ cup small diced celery
- $\frac{1}{2}$ cups green beans, sliced 1 inch long, blanched 2 minutes, rinse
- 2 cups organic sweet corn, fresh or frozen, blanched 2 minutes, rinse
- $\frac{3}{4}$ cup **EDEN** Dried Cranberries
- 1 cup pecans, dry pan roasted, chopped
- 3 Tbsp **EDEN** Ume Plum Vinegar, or to taste
- $\frac{1}{4}$ cup **EDEN** Extra Virgin Olive Oil
- 2 Tbsp freshly squeezed lemon juice



Place the rice, water, and sea salt in a saucepan. Cover and bring to a boil. Reduce flame to medium-low. Simmer 25 minutes. Remove cover, turn flame up slightly and cook off remaining liquid. Place rice in a mixing bowl and fluff to cool. Add all remaining ingredients, toss to mix. Serve room temperature or chilled.

Per serving 351 Calories, 13g Fat (32% calories from fat), 7g Protein, 55g Carbohydrate, 6g Fiber, 0mg Cholesterol, 709mg Sodium

GRILLING BEANS

* Serves 7 * Prep 5 minutes * Cooks in 10 minutes

- 1 Tbsp EDEN Extra Virgin Olive Oil
- 1 cup diced onions
- 1 can, 15 oz. EDEN Baked Beans w/ Sorghum
- 1 can, 15 oz. EDEN Chili Beans
- 1/4 cup EDEN Organic Crushed Tomatoes
- 1/2 tsp EDEN Brown Mustard
- 1/2 tsp EDEN Apple Cider Vinegar
- 2 tsp pure maple syrup

Heat oil in a medium skillet and sauté onions for 2 to 3 minutes. Add all remaining ingredients and bring to a boil. Reduce flame to medium-low and simmer 5 to 7 minutes. Serve hot or chilled.

Per Serving 165 Calories, 2g Fat (12% calories from fat), 8g Protein, 26g Carbohydrate, 7 Fiber, 0mg Cholesterol, 184mg Sodium

VERY EASY SAMOSA

* Serves 8, 4 per person * Prep 30 minutes
* Cooks in 15 minutes

- 1 can, 15 oz. EDEN Curried Rice & Green Lentils
- 1/2 cup EDEN Dried Cranberries, EDEN Dried Wild Blueberries, or organic raisins
- 32 won-ton wrappers
- 16 oz EDEN Organic Safflower Oil, for deep frying samosa

Place the rice and lentils in a bowl with the dried fruit and mix. Take a won-ton wrapper and place 1 heaping tsp of rice filling in the center of the wrapper. With cold water, moisten the edges of the wrapper. Take one corner of the wrapper and fold it over the filling to the opposite corner and press firmly to seal the filling inside the wrapper, forming a pyramid-shaped pastry. Repeat until all wrappers are filled.

Heat oil in a deep fryer or heavy pot. When hot, deep fry several samosa at a time until crisp and golden brown. Remove and drain on paper towels. Serve with honey mustard sauce (see below), chutney, sweet and sour, spicy mustard, curry, plum, or raisin sauce. **NOTE:** Phyllo dough or puff pastry dough may be substituted for won-ton wrappers.

Per Serving 241 Calories, 15g Fat (46% calories from fat), 5g Protein, 34g Carbohydrate, 1g Fiber, 0mg Cholesterol, 267mg Sodium

HONEY MUSTARD SAUCE

* Serves 5 * Prep Time 5 minutes

- 2 Tbsp organic honey or pure maple syrup
- 2 Tbsp any EDEN Mustard
- 2 Tbsp cold water
- 1 1/2 tsp EDEN Shoyu Soy Sauce

Place all ingredients into a medium bowl and whisk about 1 minute until the mustard dissolves. Serve with any fried food such as Very Easy Samosa, spring rolls, or any fried food.

Per Serving 30 Calories, 0g Fat (0% calories from fat), 0g Protein, 8g Carbohydrate, 0g Fiber, 0mg Cholesterol, 196mg Sodium

CANNELLINI w/ OLIVE OIL & PARSLEY

* Serves 4 * Prep 5 minutes * Cooks in 5 minutes

- 2 cans of 15 oz. **EDEN** Cannellini Beans, drained
- 2 1/2 Tbsp **EDEN** Extra Virgin Olive Oil
- 2 pinches **EDEN** Sea Salt, or to taste
- 1/8 tsp black pepper, freshly ground
- 1 1/2 Tbsp lemon juice, freshly squeezed
- 3 Tbsp fresh parsley, finely chopped
- 2 cloves garlic, finely minced
- 1/4 cup red onion, minced



Place beans, olive oil, sea salt, and pepper in a medium saucepan and bring to a gentle boil. Reduce the flame to low, simmer 2 to 3 minutes. Turn flame off and add lemon juice, parsley, garlic, and red onion. Mix and serve hot or chilled.

Per serving 252 Calories, 11g Fat (36% calories from fat), 11g Protein, 31g Carbohydrate, 9g Fiber, 0mg Cholesterol, 137mg Sodium

MUNG BEAN NOODLE SALAD w/ MEKABU

* Serves 4 * Prep 15 minutes * Cooks in 10 minutes

- 1/4 cup **EDEN** Mekabu
- 2 packages of 2.4 oz. **EDEN** Mung Bean Pasta (harusame)
- 1/2 cup carrots, julienne, blanched 2 minutes
- 1 cup cabbage, shredded, blanched 2 minutes
- 1/4 cup scallions, finely sliced
- 2 Tbsp **EDEN** Brown Rice Vinegar
- 2 Tbsp **EDEN** Mirin
- 2 tsp **EDEN** Toasted Sesame Oil
- 1 tsp **EDEN** Hot Pepper Sesame Oil
- 2 Tbsp **EDEN** Shoyu Soy Sauce, or to taste

Soak mekabu in hot water to cover for 10 minutes, drain and soak in cold water for 2 more minutes. Drain mekabu. Cook mung bean noodles as package directs, rinse and drain. Place the noodles, carrots, cabbage, scallions, and mekabu in a mixing bowl. Combine the vinegar, mirin, oils, and shoyu. Mix and pour over noodles. Gently toss to mix.

Per serving 190 Calories, 4g Fat (18% calories from fat), 1g Protein, 35g Carbohydrate, 1g Fiber, 0mg Cholesterol, 679mg Sodium



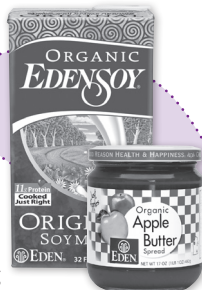
Breakfast & Drinks



FRENCH TOAST w/o EGG

* Serves 5 * Prep 10 minutes * Cooks in 15 minutes

- 2 Tbsp organic roasted tahini (sesame butter)
- 1 cup Original EDENSOY, Vanilla EDENSOY, or Unsweetened EDENSOY
- 1 Tbsp pure maple syrup
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 pinch EDEN Sea Salt
- 1 tsp pure vanilla extract
- 1 tsp EDEN Brown Rice Vinegar
- 1 Tbsp EDEN Kuzu Root Starch
- 5 slices whole wheat bread
- 2 Tbsp EDEN Safflower Oil, for frying
- 1/2 cup EDEN Apple Butter, or pure maple syrup



Combine tahini, EDENSOY, 1 Tbsp syrup, spices, salt, vanilla, vinegar, and kuzu in a bowl. Mix with a whisk until kuzu is dissolved and ingredients are well blended. Soak bread slices in mixture. Heat oil in a skillet, fry slices until golden on both sides. Serve with warm EDEN Apple Butter, EDEN Apple Sauce, or pure maple syrup.

Per serving 269 Calories, 12g Fat (38% calories from fat), 7g Protein, 36g Carbohydrate, 4g Fiber, 0mg Cholesterol, 271mg Sodium

KAMUT GRANOLA

* Serves 10 * Prep 15 minutes * Cooks in 25 minutes

- 3 Tbsp organic honey
- 3 Tbsp pure maple syrup
- 1/4 cup EDEN Sesame Oil
- 1/2 tsp EDEN Sea Salt
- 1 tsp pure vanilla extract
- 1/2 tsp ground cinnamon
- 3 cups any EDEN Kamut Flakes or any EDEN Whole Grain Flakes
- 1 package, 4 oz. EDEN Dried Cranberries or EDEN Dried Wild Blueberries
- 1 package, 4 oz. EDEN All Mixed Up or EDEN All Mixed Up Too



Mix the first six ingredients together. Place the flakes in a mixing bowl and pour mix over. Stir to combine. **Preheat oven to 325°**. Spread flakes evenly on a large cookie sheet and bake for 25 minutes, stirring and spreading every 7 minutes. Remove from the oven and place in a mixing bowl. Add the dried fruit and snack mix, and mix thoroughly. Allow to cool completely before placing in a tightly sealed glass jar or air tight container. Makes 5 cups.

Per serving 293 Calories, 11g Fat (33% calories from fat), 8g Protein, 42g Carbohydrate, 5g Fiber, 0mg Cholesterol, 126mg Sodium

MOCHI WAFFLE W/ STRAWBERRY SYRUP

* Serves 1 * Prep 10 minutes * Cooks in 10 minutes

- 1 piece of any **EDEN** Brown Rice Mochi, whole, sliced or grated. A normal waffle iron takes one piece per waffle.
- 1/2 cup fresh strawberries, remove stems
- 2 tsp pure maple syrup
- 1 Tbsp fresh blueberries

Place mochi on a hot waffle iron, close and cook until crispy and slightly golden, about 5 minutes. While the waffle is cooking, place half the strawberries and the syrup in a blender and purée until smooth. Slice the remaining strawberries and set aside. Remove the waffle and place on a plate. Sprinkle sliced strawberries and/or blueberries on the waffle. Pour the strawberry syrup over it.

VARIATION: Serve with any **EDEN** Fruit Butter or **EDEN** Apple Sauce in place of strawberry sauce.

Per serving 61 Calories, 1g Fat (6% calories from fat), 2g Protein, 40g Carbohydrate, 3g Fiber, 0mg Cholesterol, 4mg Sodium

PAN COOKED MOCHI

* Serves 1 * Prep 5 minutes * Cooks in 10 minutes

- 1 piece any **EDEN** Brown Rice Mochi, slice in half
- 1/2 sheet **EDEN** Sushi Nori, cut in half
- 2 Tbsp finely grated daikon (long white radish) or red radish
- 1 tsp **EDEN** Shoyu Soy Sauce
- 1 tsp water

Heat an iron or stainless steel skillet on a high flame (with or without oil), add the mochi, reduce the flame to low or medium-low and cover the skillet. Let cook for 3 to 4 minutes. Flip the mochi over and cook 3 to 4 minutes or until the mochi begins to puff. Remove. Eat as is or wrap with nori. Place the daikon, shoyu, and water in a small dipping bowl and mix. Dip the mochi into the dip when eating.

Per serving 21 Calories, 2g Fat (10% calories from fat), 3g Protein, 27g Carbohydrate, 2g Fiber, 0mg Cholesterol, 338mg Sodium

Eden Mochi

- ☞ Real mochi - steamed & pounded
- ☞ JAS certified sweet brown rice
- ☞ Vacuum packed, shelf stable
- ☞ Six servings per package
- ☞ Traditional strengthening food
- ☞ 100% whole grain
- ☞ Gluten free
- ☞ Heart healthy



SCRAMBLED TOFU

* Serves 4 * Prep 10 minutes * Cooks in 12 minutes








- 1 Tbsp EDEN Extra Virgin Olive Oil,
or EDEN Toasted Sesame Oil
- 1/4 cup onion, diced
- 1/4 cup button mushrooms,
remove stems and slice
- 1/4 cup carrots, julienne
- 1/4 cup organic sweet corn, fresh or frozen
- 1 pound organic extra firm tofu,
rinsed and drained
- 2 tsp EDEN Shoyu Soy Sauce,
or EDEN Ume Plum Vinegar to taste
- 1/4 cup scallions, finely sliced, or minced parsley
- 1/4 tsp black pepper, freshly ground
- 1 tsp turmeric, optional



Heat the oil in a large skillet and sauté the onions and mushrooms for 2 to 3 minutes. Add the carrots and sweet corn. With your hands crumble the tofu on top of the vegetables. Sprinkle the shoyu or ume plum vinegar over the tofu, cover and reduce the flame to medium-low. Cook for 5 minutes or until the tofu fluffs up like scrambled eggs. Remove the cover, turn the flame to high, mix in the scallions, black pepper, and turmeric. Cook another 2 to 3 minutes, stirring frequently until all liquid from the tofu evaporates. Serve hot for breakfast, lunch or dinner.

Per serving 169 Calories, 10g Fat (52% calories from fat), 15g Protein, 6g Carbohydrate, 1g Fiber, 0mg Cholesterol, 184mg Sodium

The Edensoy Difference

-  **100% U.S.A. family, organically grown whole soy and whole grain**
-  **The 1st Non-GMO Verified Soymilk**
-  **Only whole bean soy with all 18 amino acids**
-  **Naturally occurring omega 3,6,& 9 essential fatty acids (EFAs) and isoflavones**
-  **No refined sugar, soy isolate, or additives**
-  **No widely used chemical flavor maskers**
-  **Heart Healthy**



CAROB BERRY SMOOTHIE

* Serves 2 * Prep 5 minutes

- 2 cups Carob **EDENSOY**, or Chocolate **EDENSOY**
- 1 cup frozen organic strawberries
- 1 cup frozen organic blueberries
- 1 Tbsp pure maple syrup

Place all ingredients in a blender, and pulse several seconds until the fruit is crushed and the smoothie is thick and creamy. Pour into two tall glasses.

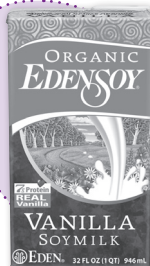
Note: Fresh strawberries and blueberries can be used in place of frozen. If using fresh fruit, add 2 cups (about 10) ice cubes to the recipe, and blend per directions.

Per serving 335 Calories, 5g Fat (12% calories from fat), 8g Protein, 71g Carbohydrate, 5g Fiber, 0mg Cholesterol, 98mg Sodium

MELON BERRY SMOOTHIE

* Serves 4 * Prep 5 minutes

- 2 cups Vanilla **EDENSOY**
- 1½ cups cantaloupe, cubed
- 1 cup blueberries, fresh or frozen
- ½ cup strawberries, fresh or frozen
- 1 Tbsp pure maple syrup, or to taste
- 1 cup ice cubes



Place all ingredients in a blender and pulse until smooth.

Per serving 109 Calories, 2g Fat (14% calories from fat), 4g Protein, 21g Carbohydrate, 2g Fiber, 0mg Cholesterol, 50mg Sodium

MATCHA BANANA SMOOTHIE

* Serves 2 * Prep 5 minutes

- 2 small bananas, remove peel
- 2 cups Vanilla **EDENSOY**
- 1 tsp **EDEN** Matcha Powdered Green Tea
- 1½ cups ice cubes (about 10) or crushed ice
- 1 Tbsp pure maple syrup

Place all ingredients in a blender and pulse until smooth.

Per serving 241 Calories, 4g Fat (12% calories from fat), 8g Protein, 49g Carbohydrate, 3g Fiber, 0mg Cholesterol, 92mg Sodium

MATCHA CITRUS ICE TEA

* Serves 4 * Prep 5 minutes

- 1 quart cold water
- 8 ice cubes
- 1½ tsp **EDEN** Matcha Powdered Green Tea
- 4 slices lemon, orange or tangerine, halved



Place the water and matcha in a blender. Blend several seconds. Pour into glasses, and place two ice cubes and two half slices of lemon, orange, or tangerine in each glass. Refreshing on a hot day. Squeeze some citrus juice in it.

Per serving 8 Calories, 0g Fat (7% calories from fat), 1g Protein, 3g Carbohydrate, 0g Fiber, 0mg Cholesterol, 9mg Sodium

HOJICHA CHAI

* Serves 1 * Prep 3 minutes * Cooks in 5 minutes

- 1/2 cup water
- 1/2 cup Vanilla **EDENSOY**, or Vanilla **EDENSOY EXTRA**
- 1 dash cinnamon
- 1 dash nutmeg, or allspice
- 1 dash finely ground black pepper
- 2 tsp pure maple syrup
- 1 packet **EDEN** Hojicha Tea

Place the water, **EDENSOY**, cinnamon, nutmeg, and black pepper in a saucepan. Heat over a medium flame. Do not boil. When hot add the maple syrup and tea bag. Turn off flame and steep for 3 to 5 minutes. Discard the tea bag.

Per serving 128 Calories, 2g Fat (15% calories from fat), 4g Protein, 22g Carbohydrate, 0g Fiber, 0mg Cholesterol, 63mg Sodium

CHERRY CITRUS ICE TEA

* Serves 4 * Prep 1 hour * Cooks in 5 minutes

- 1 quart boiling water
- 1/3 cup **EDEN** Cherry Juice Concentrate
- 4 packets **EDEN** Hojicha Tea
or **EDEN** Kukicha (Twig) Tea
- 4 slices lemon, orange, or tangerine

Place the cherry concentrate and tea bags in the boiling water. Steep for 3 to 5 minutes. Remove the tea bags and pour the tea into a pitcher. Refrigerate until cold. Serve as is with a slice of lemon or with lemon and ice

Per serving 79 Calories, 0g Fat (1% calories from fat), 1g Protein, 20g Carbohydrate, 0g Fiber, 0mg Cholesterol, 21mg Sodium

TEA & JUICE

* Serves 4 * Prep 1 hour * Cooks in 7 minutes

- 1 quart water (perhaps more, to taste)
- 1 quart **EDEN** Apple Juice
- 4 packets **EDEN** Kukicha Twig Tea
- lemon slices, optional

Place the water in a saucepan and bring to a boil. Turn flame off and place tea bags into the boiling water. Allow to steep for about 7 minutes. Add apple juice and pour into a pitcher or glass jar and refrigerate. A great kids beverage!

Per serving 60 Calories, 0g Fat (1% calories from fat), 0g Protein, 17g Carbohydrate, 0g Fiber, 0mg Cholesterol, 13mg Sodium



Dessert & Baked Goods

GRAPE JUICE KANTEN

* Serves 4 * Prep 1 hour & 20 minutes * Cooks in 10 minutes

- 2 cups EDEN Concord Grape Juice
- 2 Tbsp EDEN Agar Agar Flakes
- 1 pinch EDEN Sea Salt

Place all ingredients in a small saucepan and bring almost to a boil, stirring frequently. Reduce the flame to medium and stir constantly until the flakes have dissolved, about 10 minutes. Pour the juice into small dessert cups or a shallow bowl. Refrigerate until gelled, about 1 hour.

Per serving 80 Calories, 0g Fat (0% calories from fat), 0g Protein, 20g Carbohydrate, 1g Fiber, 0mg Cholesterol, 52mg Sodium

DRIED CHERRY TART W/ OATMEAL CRUST

* Serves 8 * Prep 40 minutes * Cooks in 30 minutes

OATMEAL CRUST

- 1 cup EDEN Oat Flakes
- 1 cup organic whole wheat pastry flour
- 1/4 tsp EDEN Sea Salt
- 1/4 cup EDEN Extra Virgin Olive Oil
- 1 tsp pure vanilla extract
- 1 tsp orange zest (grated peel)
- 1/3 cup EDEN Apple Juice

FILLING

- 3 cups EDEN Dried Montmorency Cherries, coarsely chopped
- 2 1/2 cups EDEN Apple Juice
or a combination of EDEN Apple & Cherry Juice
- 1 pinch EDEN Sea Salt
- 2 tsp EDEN Kuzu Root Starch,
dissolved in 1 Tbsp cold water

GARNISH

- 1/2 cup slivered almonds

Place cherries, juice, and salt in a medium saucepan, bring to a boil, cover and reduce flame to low. Simmer 10 minutes. Add dissolved kuzu, stirring constantly until thick. Set aside and prepare the crust.

Preheat oven to 350°. Combine all dry ingredients. Mix wet and dry ingredients together to form a ball of dough. Roll out dough on baking paper. Place the crust in a 9 inch removable bottom tart pan. Press the crust into the pan and form edges. Spread filling in the crust. Sprinkle almonds around edges of the tart pan on top of the filling. Bake 30 minutes. Cool for 20 minutes before cutting. Remove the bottom of the tart pan. Slice and serve.

Per serving 408 Calories, 12g Fat (26% calories from fat), 5g Protein, 74g Carbohydrate, 7g Fiber, 0mg Cholesterol, 205mg Sodium



APPLE CHERRY PIE

* Serves 8 * Prep 20 minutes * Cooks in 40 minutes

PIE FILLING

- 6 tart apples, peeled, cored, sliced, about 8 cups
- 1/2 cup EDEN Dried Montmorency Cherries, coarsely chopped
- 3/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg or allspice
- 1/8 tsp EDEN Sea Salt
- 2 Tbsp EDEN Barley Malt Syrup
- 3 Tbsp pure maple syrup
- 3 Tbsp organic unbleached white flour

PIE CRUST

- 1 1/2 cups organic whole wheat pastry flour
- 1 1/2 cups organic unbleached white flour
- 1/2 tsp EDEN Sea Salt
- 1/3 cup EDEN Extra Virgin Olive Oil
- 1 cup Original EDENSOY, or Unsweetened EDENSOY







To prepare the filling, place filling ingredients in a large bowl. Mix apples with spices and syrup. Set aside.

Preheat oven to 350°. To prepare the crust, combine dry ingredients and mix. Add wet ingredients and blend with dry ingredients. Form a ball of dough. Sprinkle with a little more flour, if too moist. Divide dough in half. Roll out half the dough into a thin crust, on a lightly floured board. Place the crust in a 9 inch pie plate. Mix the filling again and place in pie plate. Roll out remaining dough, forming a top crust.

Dip your fingers in a small bowl of cold water and moisten the edges of the bottom crust. Place the top crust on the pie, trim and crimp the edges to seal with your fingers or press with a fork. Poke several holes in the center of the pie crust, using a fork to allow steam to escape during baking. Bake for 35 to 40 minutes until the crust is golden and the apples are tender. Remove and allow to cool before slicing.

Per serving 312 Calories, 12g Fat (31% calories from fat), 5g Protein, 52g Carbohydrate, 7g Fiber, 0mg Cholesterol, 164mg Sodium

Eden Grain Sweeteners

-  U.S.A. family, organically grown
-  Traditional, no test tube enzymes
-  Sweetness that slowly metabolizes
-  Great alternative to sugar or other sweeteners
-  To replace sugar, use 1/4 cup less liquid in a recipe for each cup of syrup
-  Sorghum - only at edenfoods.com



CINNAMON ROLLS

* Serves 16 * Prep 10 minutes * Cooks in 30 minutes

- 1½ cups organic whole wheat pastry flour
- 1½ cups organic unbleached white flour
- ½ tsp EDEN Sea Salt
- ½ tsp non-aluminum baking powder
- ⅓ cup EDEN Extra Virgin Olive Oil
- 1 cup EDENSOY Vanilla, or Extra Vanilla, Original, Extra Original, or Unsweetened
- ½ tsp ground cinnamon
- ¼ cup pure maple syrup
- ⅓ cup chopped walnuts

Preheat oven to 350°. Combine the two flours, salt and baking powder in a mixing bowl and mix. Place the oil and Edensoy in a blender and pulse for 1 minute. Combine the blended oil and Edensoy with the flour mixture. Form into a ball of dough. Lightly flour a counter top or pastry board and roll out the dough, as you would if making a pie crust. Sprinkle the cinnamon over the rolled dough. Pour the maple syrup on the dough and spread evenly over the dough with a spoon or spatula. Sprinkle the nuts over the syrup and cinnamon. Roll up in a jelly roll fashion. Seal the ends of the roll closed by pressing with the back of a fork. Poke shallow holes in the top of the roll about 1½ inches apart for the entire length of the roll with a fork. Place the roll on a baking sheet and bake for about 25 to 30 minutes until golden. Slice into 1 inch rounds and place on a serving platter.

This is a great way to use up leftover pastry dough when making pies.

Per serving 104 Calories, 5g Fat (44% calories from fat), 2g Protein, 14g Carbohydrate, 2g Fiber, 0mg Cholesterol, 78mg Sodium

APPLE STRAWBERRY CUSTARD

* Serves 8 * Prep 2 hours * Cooks in 10 minutes

- 1 bottle, 32 oz. EDEN Organic Apple Juice
- 1 pinch EDEN Sea Salt
- 4 Tbsp EDEN Agar Agar Flakes
- 4 cup fresh strawberries, remove stems
- 1 Tbsp pure maple syrup, optional

Place the juice, salt, and agar flakes in a sauce pan, stir and bring to a boil. Reduce the flame to medium-low and simmer until the flakes have dissolved, about 10 minutes. Slice 3 cups of strawberries and place in a shallow bowl. When the agar flakes have dissolved, remove from the flame and allow to cool slightly before pouring the juice over the strawberries. Refrigerate until gelled, about 1½ hour. This gelled dessert is now called kanten. Place the kanten in a blender with the maple syrup and remaining strawberries. Purée several seconds until creamy. Place the custard in small serving dishes. Variation: Top with sliced fresh strawberries or whole blueberries. Granola sprinkled on top adds delightful crunch.

Per serving 81 Calories, 0g Fat (3% calories from fat), 0g Protein, 21g Carbohydrate, 3g Fiber, 0mg Cholesterol, 21mg Sodium

OATMEAL CHERRY PECAN COOKIES

* Serves 18 * Prep 10 minutes * Cooks in 20 minutes

- 2 cups EDEN Oat Flakes
- $\frac{3}{4}$ cup organic whole wheat pastry flour
- $\frac{3}{4}$ cup organic unbleached white flour
- 3 tsp non-aluminum baking powder
- $\frac{1}{2}$ tsp EDEN Sea Salt
- $\frac{3}{4}$ tsp cinnamon
- 1 cup EDEN Montmorency Dried Cherries, chopped
- $\frac{3}{4}$ cup pecans, chopped
- $\frac{1}{2}$ cup EDEN Safflower Oil, or EDEN Extra Virgin Olive Oil
- $\frac{1}{2}$ cup EDEN Apple Juice
- $\frac{1}{4}$ cup pure maple syrup
- 2 Tbsp EDEN Barley Malt Syrup or EDEN Sweet Sorghum
- 1 tsp pure vanilla extract



Preheat oven to 400°. Oil two large baking sheets.

In a large bowl, mix together oats, flours, baking powder, salt, cinnamon, cherries, and nuts. In another bowl combine remaining liquid ingredients. Mix the wet and dry ingredients.

Drop batter by heaping Tbsp, about two inches apart, on to the baking sheets. Press each cookie with moistened fingers or a spoon to flatten. Bake 17 to 20 minutes or until golden brown on the bottom. Cool on a rack.

Per serving 183 Calories, 9g Fat (41% calories from fat), 3g Protein, 26g Carbohydrate, 3 fiber, 0mg Cholesterol, 105mg Sodium

ALMOND THUMBPRINT COOKIES

* Serves 15 * Prep 10 minutes * Cooks in 10 minutes

- 1 cup organic almonds
- 1 cup EDEN Oats Flakes
- 1 cup organic whole wheat pastry flour
- 2 tsp non-aluminum baking powder
- $\frac{1}{8}$ tsp EDEN Sea Salt
- $\frac{1}{4}$ cup EDEN Barley Malt Syrup
- $\frac{1}{4}$ cup pure maple syrup
- $\frac{1}{3}$ cup EDEN Safflower Oil
- $\frac{1}{2}$ cup raspberry jam, unsweetened



Preheat oven to 350°. Place almonds and rolled oats in a blender or food processor and grind very fine. Combine dry ingredients in a large mixing bowl. Blend together sweeteners and oil. Combine wet and dry ingredients. Mix well. Form dough into walnut-size balls. Place on an oiled baking sheet. Press down in the center using your thumb to form an indentation. Place $\frac{1}{2}$ tsp jam in each center. Bake 10 minutes. These cookies have a tendency to spread so leave space between cookies.

Per serving 139 Calories, 7g Fat (44% calories from fat), 2g Protein, 18g Carbohydrate, 1g Fiber, 0mg Cholesterol, 115mg Sodium

CORN BREAD

* Serves 8 * Prep 5 minutes * Cooks in 35 minutes

- 1½ cups organic yellow cornmeal
- 1¼ cups organic unbleached white flour
- 2 tsp non-aluminum baking powder
- 1 tsp EDEN Sea Salt
- 1½ cups Original EDENSOY, or Unsweetened EDENSOY
- 1 Tbsp EDEN Apple Cider Vinegar
- ½ cup pure maple syrup
- ¼ cup EDEN Safflower Oil

Preheat oven to 350°. Oil an 8"x 8" square or 8" round cake pan. In a medium bowl, combine cornmeal, flour, baking powder, and sea salt. In a separate bowl, combine EDENSOY, cider vinegar, maple syrup, and oil. Stir into flour mixture. Bake 30 to 35 minutes, until a cake tester comes out clean.

Per serving 281 Calories, 9g Fat (33% calories from fat), 6g Protein, 48g Carbohydrate, 4g Fiber, 0mg Cholesterol, 373mg Sodium

DULSE IRISH SODA SCONES

* Serves 4, 2 per person * Prep 10 minutes
* Cooks in 20 minutes

- 2 cups organic unbleached white flour
- 1 tsp baking soda
- ½ tsp non-aluminum baking powder
- ¼ cup EDEN Whole Leaf Dulse, cut into small pieces with a pair of scissors
- ¾ cup EDENSOY Unsweetened
- 1 tsp EDEN Organic Apple Cider Vinegar
- 1 Tbsp EDEN Extra Virgin Olive Oil



Preheat oven to 400°. Combine all dry ingredients and dulse in a mixing bowl. Combine all wet ingredients in a measuring cup, stir and let sit for 5 minutes to form soy buttermilk. Combine wet and dry ingredients and form into a ball of dough. Roll out dough and cut into triangular shapes. Lightly oil a baking sheet. Place the scones on the sheet and brush the top of each with olive oil. Bake for 20 minutes until golden brown. Remove and serve with EDEN Organic Apple Butter, Apple Cherry Butter, Cherry Butter, or your favorite spread.

Per serving 255 Calories, 6g Fat (18% calories from fat), 8g Protein, 47g Carbohydrate, 9g Fiber, 0mg Cholesterol, 387mg Sodium



CARAMEL CORN MIX-UP

* Serves 8 * Prep 10 minutes * Cooks in 12 minutes

- 1/2 cup EDEN Popcorn
- 3 Tbsp EDEN Extra Virgin Olive Oil,
or EDEN Soybean Oil
- 1/2 tsp EDEN Sea Salt, optional
- 2 packages of 8 oz. EDEN All Mixed Up,
or EDEN All Mixed Up Too
- 1/2 cup EDEN Barley Malt Syrup
- 1/2 cup pure maple syrup



Pop the popcorn in oil and salt according to the package directions. Place in a large mixing bowl with the EDEN All Mixed Up snack mix. Bring the barley malt and maple syrup to a boil in a small saucepan. Reduce the flame to medium-low and simmer, stirring frequently for about 7 minutes. Pour the hot syrup over the popcorn mixture, and mix to thoroughly coat with the syrup.

Heat the oven to 350° and spread the mixture on a large cookie sheet. Bake for 3 to 5 minutes to harden the syrup, being careful not to let it burn. Remove the caramel corn from the sheet immediately to prevent it from sticking to the sheet and place in a bowl.

Per serving 349 Calories, 27g Fat (53% calories from fat), 10g Protein, 44g Carbohydrate, 6g Fiber, 0mg Cholesterol, 185mg Sodium

Try making EDEN Organic Popcorn in different ways:






Without oil or use healthy EDEN Oils: Olive Oil, Soybean, Safflower, Sesame, Toasted Sesame, and Hot Pepper Sesame.

For the most buttery flavor use EDEN Extra Virgin Olive Oil or EDEN Organic Soybean Oil. Instead of sea salt sprinkle with any EDEN Gomasio (Plain, Black, Black & Tan, Garlic or Seaweed) sesame salt, EDEN Shake, EDEN Organic Dulse Flakes, or lightly mist with EDEN Shoyu Soy Sauce or EDEN Ume Plum Vinegar for fun variety of flavor sensations.

Try some New Seasonings.



Eden Organic Popcorn

-  EDEN selected U.S.A. family organic
-  Superior popping produces large, fluffy, delicious popcorn
-  Excellent source of dietary fiber
-  Easy whole grain food
-  Tested GEO free





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