



EDEN[®]

Quick & Easy
RECIPES

A principled natural foods company of more than 400 authentic, pure & purifying foods.





Almond Orchard, California



Cranberry, Québec



Pinto Bean Field, Michigan

EDEN FOODS®

A Principled Natural Food Company

Please know this unfortunate fact: USDA organic food does not have to be natural food

Successfully independent since 1968

The best food that can be procured exclusively from folks we know and trust

Champion of the family farm and higher standards for organic agriculture & food handling

Transparency about all ingredients & handling

GMO free assurance since Valentine's Day 1993

All grains and beans are U.S.A. or Canada
Cream-of-the-crop - family farm organic

268 gluten free foods

Commonsensibly Ecologically Active

Eden is the oldest natural and organic food company in North America and an important manufacturer of authentically organic pantry foods. We originated in Ann Arbor in the late 1960s as friends sourcing natural food, young folks motivated by their study of macrobiotics and centering their diets around whole grain and local plant foods that were toxin free and not nutrient depleted.

Forty-six years beyond simple beginnings we are grateful to still be doing exactly what we set out to do: Get the best food possible, and make it available to as many people as possible.



Eden Co-Op, circa 1968



Hard Wheat, Montana



Roma Tomato, Ontario

The EDEN food brand is more than 400 items that make healthy cooking and eating a joy. All foods are procured and prepared with our children and grandchildren in mind. They eat them. Purity is paramount and maintained through painstaking focus and long-nurtured relationships with the growers who provide them to us.

In selecting an EDEN food you 1.) get the most flavorful and purest food available, and 2.) you become part of a societally purifying system that supports small family farms and artisan traditional food makers.

We continue to build relations with, and encourage, organic farmers and traditional food makers. This includes more than 360 family farms with over 80,000 acres of purifying organic soil.

All of the recipes herein were tested and enjoyed in Eden kitchens and homes.



Eden Foods Test Kitchen in its Marketing Department



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DIPS & SPREADS

Tuscan White Bean Spread

Serves 6 • Ready in 5 minutes

V LF



15 oz EDEN Cannellini Beans,
do not drain, or EDEN
Great Northern Beans

2 cloves garlic, minced

2 Tbsp EDEN Extra Virgin Olive Oil

¼ cup lemon juice, freshly squeezed

½ tsp EDEN Sea Salt

1 tsp ground cumin

1 tsp dried cilantro

¼ tsp crushed red pepper

1 Tbsp fresh parsley, minced

1 Tbsp organic roasted tahini

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

Tomato Corn Salsa

Serves 10 • Ready in 20 minutes

V LF GF LS

28 oz EDEN Whole Tomatoes,
chopped, plus ¼ cup liquid

14.5 oz EDEN Diced Tomatoes
w/ Green Chilies, drained

2 cloves garlic, minced

½ cup onion, minced

½ cup green bell pepper, diced

¼ cup fresh parsley, minced

1 tsp EDEN Sea Salt

2 Tbsp EDEN Red Wine Vinegar

1 tsp ground cumin

2 Tbsp lime juice, freshly squeezed

1 tsp dried basil

1 tsp dried cilantro

½ 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.



Vegan Mayonnaise

Serves 36 • Ready in 5 minutes



- ½ cup Unsweetened EDENSOY
- ½ cup EDEN Extra Virgin Olive Oil
- ½ cup EDEN Safflower Oil
- ½ tsp EDEN Yellow Mustard
- 2 Tbsp EDEN Apple Cider Vinegar
- 1½ Tbsp pure maple syrup
- 1¼ tsp EDEN Sea Salt
- ⅛ 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. Slowly add the oil, a couple tablespoons at a time, until all the oil has been absorbed and the mixture is thick. 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.



Lentil Paté

Serves 6 • Ready in 10 minutes



- 1 Tbsp EDEN Extra Virgin Olive Oil
- 3 cloves garlic, minced
- 1 cup onion, diced
- 1 small carrot, diced
- 30 oz EDEN Lentils w/ Onion & Bay Leaf, drained
- 1 tsp EDEN Shoyu Soy Sauce
- 1 tsp EDEN Red Wine Vinegar
- ¼ tsp ground cumin
- ½ tsp dried basil
- 2 Tbsp fresh parsley, minced
- 14.5 oz any EDEN Diced Tomatoes, drained

Heat oil in a skillet and sauté half of the garlic, all the onion, and the carrot for 2 to 3 minutes. Place in a food processor and pulse 1 minute. Add the lentils, remaining garlic, shoyu, vinegar, cumin, basil, and parsley. Blend until smooth and creamy. Place in a bowl. Arrange the diced tomatoes around the bowl. Garnish the paté with a small sprig of parsley and celery leaves. Use with any EDEN Chips, Crackers, or organic bread.



Parsley Basil Pesto

Serves 6 • Ready in 5 minutes



- ¼ cup EDEN Extra Virgin Olive Oil
- 2 cups fresh basil, packed, chopped
- 2 cups fresh parsley, chopped
- ½ cup pine nuts, lightly dry pan roasted
- 2 Tbsp EDEN Shiro Miso
- 4 cloves garlic, chopped
- ½ cup water



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

Hummus w/ Roasted Red Peppers

Serves 6 • Ready in 8 minutes



- 29 oz EDEN Garbanzo Beans, do not drain
- ¼ cup organic roasted tahini or sesame butter
- 1 Tbsp EDEN Extra Virgin Olive Oil
- 1½ Tbsp EDEN Umeboshi Paste
- 3 cloves garlic, minced
- 3 Tbsp lemon juice, freshly squeezed
- 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 needed. Umeboshi paste is for added flavor in place of salt. Serve as a dip with EDEN Chips, vegetable slices, or warm organic pita bread.

Sauerkraut Guacamole

Serves 8 • Ready in 10 minutes



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



Place garlic, avocado, lemon juice, and sea salt in mixing bowl. Mash with a fork or potato masher. Mix in the sauerkraut and tomato. Place in a bowl and serve with EDEN Chips and Crackers, vegetables, or organic bread.

SOUPS

Noodles & Broth

Serves 5 • Ready in 30 minutes

LF

- 8 oz EDEN Whole Grain Udon,
or any EDEN Udon, or EDEN Soba
- 4 cups water, for broth
- 1 piece EDEN Kombu, 4" long
- ½ cup EDEN Bonito Flakes, optional
- 1½ Tbsp EDEN Shoyu Soy Sauce
- 1½ Tbsp EDEN Mirin, or to taste
- 1 Tbsp fresh ginger root, finely grated
- ⅓ cup green onions, thinly sliced



Cook noodles as package directs, rinse, and set aside. To prepare the broth, bring water and kombu to a boil. Remove from the heat, add bonito flakes, cover and allow the flakes to sink to the bottom of the pot. Let flakes soak 5 minutes. Remove kombu, strain out the bonito flakes and discard. Place broth over medium low heat. Add 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.

Curried Pumpkin Soup

Serves 4 • Ready in 20 minutes

V

- 1 Tbsp EDEN Extra Virgin Olive Oil
- 1 clove garlic, minced
- ½ cup onion, minced
- 29 oz pumpkin purée
- 2 cups Original EDENSOY
- 2 cups water
- ¾ tsp EDEN Sea Salt
- 1¾ tsp curry powder
- ⅛ tsp ground nutmeg
- 1 pinch cinnamon
- 1 pinch black pepper
- 2 Tbsp pure maple syrup
- 1 Tbsp fresh parsley, minced
- Any EDEN Pumpkin Seeds



Heat oil in medium saucepan, sauté garlic and onion 2 minutes. Add all ingredients except parsley and seeds. Cook over medium heat, stirring without boiling until hot, about 5 min. Garnish w/ parsley & pumpkin seeds.

French Onion Soup w/ Mochi

Serves 7 • Ready in 60 minutes

LF

- ½ cup 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" long
- 3 Tbsp EDEN Bonito Flakes, crumbled
- 2½ 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 and sauté onions for 5 to 7 minutes or until translucent. Add water, shiitake, kombu, and bonito flakes to the pot. Cover and bring to a boil. Reduce the heat to medium-low and simmer for 25 minutes. Reduce the heat to low, remove the kombu (use in another dish or discard). Add the shoyu. Simmer on low for 5 minutes. Bake mochi at 350° or pan fry for 5 to 7 minutes or until the cubes puff. Remove and place several pieces in each soup bowl. Ladle the soup into bowls and garnish with scallions.

Millet Soup

Serves 6 • Ready in 50 minutes

V

LF

GF

- 1 tsp EDEN Extra Virgin Olive Oil
- ¼ cup small diced onion
- 1 cup EDEN Millet, washed
- 6 cups water
- ¼ cup organic sweet corn
- ½ cup winter squash, cubed
- ¼ cup small diced celery
- 2 Tbsp EDEN Shiro Miso, puréed w/ 3 Tbsp water or ½ tsp EDEN Sea Salt
- ¼ cup minced parsley



Heat oil in a soup pot and sauté onions and millet 2 to 3 minutes. Add all remaining ingredients except miso or salt and parsley. Cover, bring to a boil, reduce heat to medium-low and simmer 30 to 35 minutes. Reduce heat to low, add miso and simmer 2 to 3 minutes. If using salt, add the last 10 minutes of cooking. Garnish with parsley.

Five Bean Soup

Serves 10 • Ready in 50 minutes

V



- 2 Tbsp EDEN Extra Virgin Olive Oil
- 3 cloves garlic, minced
- 1 medium onion, diced
- 3 cups water
- ¼ cup celery, diced
- ½ cup carrots, diced
- 1 medium organic potato, diced
- 2 Tbsp organic barley, rinsed
- 15 oz each, do not drain
 - EDEN Pinto Beans
 - EDEN Black Beans
 - EDEN Kidney Beans
 - EDEN Navy Beans
 - EDEN Aduki Beans
 - or any EDEN canned bean
- 1 cup organic sweet corn
- 1½ cups EDEN Spaghetti Sauce
- 1½ tsp crushed bay leaf
- ½ tsp dried oregano
- ½ tsp dried basil
- 1½ Tbsp EDEN Shoyu Soy Sauce

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 heat to medium-low, and simmer 30 minutes. Add shoyu. Cover, and simmer 10 minutes. Serve. Leftovers are awesome!

Dulse Miso Soup

Serves 4 • Ready in 20 minutes

GF

- 4 cups water
- ¼ cup EDEN Bonito Flakes, optional
crushed in small pieces
- ¼ cup sliced onions
- ¼ cup julienne carrots
- ¼ cup chopped green beans
- ½ pound organic tofu, cubed
- ⅓ cup EDEN Shiro Miso
- 2 Tbsp EDEN Whole Leaf Dulse,
soaked 3 minutes, chopped
- 2 Tbsp green onions, sliced



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

Tomato Tortilla Soup

Serves 5 • Ready in 15 minutes



29 oz EDEN Diced Tomatoes w/ Green Chilies,
do not drain

15 oz EDEN Navy Beans, do not drain

½ cup Unsweetened EDENSOY

¾ tsp EDEN Sea Salt, or to taste

⅛ tsp ground black pepper

2 Tbsp fresh cilantro, minced

2 cups tortilla strips or chips

1 avocado, peeled, cubed



Purée tomatoes and beans in blender until creamy.

Pour into saucepan, add EDENSOY, salt and pepper.

Mix frequently over medium heat until almost boiling.

Simmer on low 5 minutes. Garnish with parsley, tortilla strips, and avocado.

Miso Soup - One Cup

Serves 1 • Ready in 10 minutes



1 cup water

1¼ tsp any EDEN Miso, or to taste

2 Tbsp EDEN Nori Krinkles, crumbled

¼ cup scallions, chopped

2 Tbsp cubed organic tofu



Place water in saucepan, bring to a boil. Turn heat to low.

Purée miso with 2 teaspoons of water. Add miso, nori, scallions, and tofu. Simmer uncovered 1 to 2 minutes.

Lentil Ditalini Soup

Serves 5 • Ready in 90 minutes



½ cup EDEN Dry Lentils

6 cups water

1 clove garlic, minced

½ cup diced onions

¼ cup diced celery

¼ cup diced carrots

1 whole dried bay leaf

1 tsp EDEN Sea Salt

½ cup EDEN Kamut® Ditalini Pasta

¼ cup sweet corn, fresh or frozen

½ cup chopped spinach

2 Tbsp fresh minced parsley

Place first seven ingredients in heavy pot, bring to a boil, cover, reduce heat to medium low, and simmer for 1 hour or until tender. Add sea salt and ditalini. Simmer uncovered 10 minutes until pasta is tender. Discard bay leaf. Mix in spinach & parsley, cook 2 minutes and serve.

Wild Rice Mushroom Bisque

Serves 6 • Ready in 50 minutes



- 6 cups water or soup stock
- $\frac{2}{3}$ cup EDEN Wild Rice, washed, rinsed, drained
- 1 Tbsp EDEN Extra Virgin Olive Oil
- 1 cup minced shallots, or onions
- 1 cup baby portabella mushrooms, thinly sliced
- $\frac{1}{2}$ cup fresh mushrooms, sliced thin
- 2 tsp fresh thyme leaves
- $\frac{1}{2}$ tsp freshly ground black pepper
- 2 Tbsp organic maple syrup
- 1 tsp EDEN Sea Salt, or to taste
- $\frac{1}{4}$ cup unbleached white flour
- 2 cups Unsweetened EDENSOY
- $\frac{1}{4}$ cup finely chopped fresh chives, for garnish



Place water, wild rice and olive oil in a medium pot. Cover and bring to a boil. Reduce heat to medium-low, simmer about 25 minutes. Add the shallots, mushrooms, and thyme. Cover and simmer 10 minutes more or until the rice is tender. Reduce heat to low. Place the pepper, syrup, salt, flour, and EDENSOY in a small mixing bowl and whisk to dissolve flour. Add the whisked mixture to the soup and stir frequently just until the soup thickens, about 5 minutes, do not boil. Adjust salt seasonings. Remove, serve garnished with chives.

Two Tomato Gazpacho

Serves 8 • Ready in 2 $\frac{1}{4}$ hours



- 28 oz EDEN Crushed Tomatoes w/ Roasted Onion & Garlic, do not drain
- 28 oz EDEN Whole Tomatoes w/ Basil, do not drain
- 2 Tbsp onion, chopped
- 2 Tbsp EDEN Red Wine Vinegar
- 2 cloves garlic, chopped
- 1 $\frac{1}{2}$ tsp EDEN Sea Salt
- $\frac{1}{2}$ cup fresh basil, chopped
- $\frac{1}{2}$ cup green bell pepper, chopped
- $\frac{1}{2}$ tsp ground cumin
- 1 medium red bell pepper, seeded and small diced
- 1 small cucumber, peeled, quartered, and chopped



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

SALADS & DRESSINGS

Sweet & Sour Pasta Salad

Serves 6 • Ready in 20 minutes



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

Dressing

- 1/3 cup EDEN Brown Rice Vinegar
- 1/4 cup EDEN Extra Virgin Olive Oil
- 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, toss with salad, serve.



Kamut® Ditalini & Bean Salad

Serves 6 • Ready in 30 minutes



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

Cook pasta per package directions, rinse and drain. Combine ingredients in a bowl, toss to mix.



Ribbon Pasta w/ Pesto

Serves 4 • Ready in 17 minutes



- 8 oz any EDEN Ribbons
- 2 cups fresh basil, packed, chopped
- 2 cloves garlic, chopped
- ½ cup pine nuts, dry pan roasted
- ¼ cup EDEN Extra Virgin Olive Oil
- ¼ cup water
- ½ tsp EDEN Sea Salt

Cook pasta as package directs, rinse and drain. Place all ingredients except pasta in a food processor or blender. Blend until smooth and creamy. Serve over the cooked pasta.



Apple Sauerkraut Salad

Serves 8 • Ready in 75 minutes



- 1½ cups EDEN Sauerkraut, rinsed and squeezed with hands to remove water
- ⅓ cup Spanish, sweet onion, or red onion, sliced in very thin half rings
- 1 cup red apples, sliced thin
- 1 cup green apple, sliced thin

Dressing

- ¼ cup EDEN Extra Virgin Olive Oil
- ¼ cup EDEN Apple Cider Vinegar
- 1 heaping Tbsp EDEN Brown Mustard
- 2 to 3 tsp organic maple syrup, or to taste



Place salad ingredients in mixing bowl. Place dressing ingredients in measuring cup and whisk to evenly mix. Pour dressing over salad, mix thoroughly and refrigerate for 1 hour allowing the flavors to meld, before serving.



EDEN PASTA

The Eden Organic Pasta Company, a Detroit landmark making pasta everyday since 1923, 100% organic since 1978.

- North American family farm cream-of-the-crop organic grain
- Vintage Italian equipment, slow air drying makes superior texture
- 25 most satisfying varieties
- No salt, oil, eggs, or additives

edenpasta.com

Summer Black Eyed Peas

Serves 8 • Ready in 70 minutes



- 30 oz EDEN Black Eyed Peas, drained
- 14.5 oz EDEN Diced Tomatoes w/ Green Chilies, drained
- 1 cup organic sweet corn, fresh or frozen, blanched 2 minutes
- ½ cup green bell pepper, diced
- ½ cup red bell pepper, diced
- ½ cup scallions, finely chopped
- ¼ cup red onion, minced
- 1 cup cucumber, quartered and chopped



Vinaigrette

- 3½ Tbsp EDEN Red Wine, or EDEN Apple Cider Vinegar
- ¼ cup water
- 2 Tbsp EDEN Barley Malt Syrup, or maple syrup
- 2 Tbsp EDEN Extra Virgin Olive Oil
- 1 clove garlic, chopped
- ½ tsp dried oregano
- 1 tsp dried basil
- 2 tsp EDEN Shoyu Soy Sauce

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

Orange Wakame Salad

Serves 4 • Ready in 75 minutes



- 3 Tbsp EDEN Wakame Flakes
- ¼ cup EDEN Mirin
- ½ tsp EDEN Shoyu Soy Sauce
- 1 medium cucumber, thinly sliced
- 2 cups orange or tangerine sections, sliced
- ¼ cup red radishes, halved, sliced
- 2 Tbsp tan 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.

Chilled Summer Soba

Serves 4 • Ready in 80 minutes

LF



- 1 cup water
- 6 EDEN Whole Shiitake Mushrooms
- ¼ piece EDEN Kombu, 2" long
- 2 tsp EDEN Shoyu Soy Sauce, or to taste
- ½ tsp EDEN Wasabi Powder
- 8 oz any EDEN Soba
- 1 cup fresh daikon radish, finely grated
- ½ cup scallions, finely sliced
- 2 sheets EDEN Sushi Nori, cut into 2" 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 heat 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. It is nice sprinkled with EDEN Shake.

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

Mustard Herb Dressing

Serves 5 • Ready in 10 minutes

V

- 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
- 1½ Tbsp fresh chives, finely chopped or 1 tsp dried chives
- ¼ cup EDEN Extra Virgin Olive Oil
- 1 Tbsp fresh basil, finely minced or 1 tsp dried basil
- ⅓ cup fresh parsley, finely minced
- 1 clove garlic, finely minced
- ¼ tsp EDEN Sea Salt
- ¼ cup Original EDENSOY

Blend all ingredients in a blender. Use on grain, pasta, or veggie salads.



Hot Thai Noodle Salad

Serves 5 • Ready in 80 minutes

V

GF



14 oz EDEN Bifun (Rice) Pasta, or EDEN Mung Bean (Harusame) Pasta

½ cup red bell pepper, diced
½ cup green bell pepper, diced
¼ cup green onion, thinly sliced
⅛ 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
½ 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 before serving.

Greek Marinated Garbanzo Beans

Serves 8 • Ready in 8¼ hours

V

15 oz EDEN Garbanzo Beans, drained, or cooked EDEN Dry Garbanzo Beans

¼ cup EDEN Extra Virgin Olive Oil

¼ cup EDEN Red Wine Vinegar, or EDEN Brown Rice Vinegar

1 Tbsp EDEN Shoyu Soy Sauce

¼ cup red onion, minced

1 clove garlic, pressed

¾ cup celery, sliced, with leaves

¼ cup red bell pepper, chopped fine

1 Tbsp fresh basil, chopped
or ½ tsp dried basil

2 tsp fresh oregano, chopped
or ¼ tsp dried oregano

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



Five Bean Salad

Serves 8 • Ready in 4¼ hours



- ¼ cup EDEN Red Wine Vinegar
- ⅓ cup EDEN Extra Virgin Olive Oil
- 1½ Tbsp EDEN Barley Malt Syrup
- 1½ Tbsp pure maple syrup
- 2 Tbsp EDEN Shoyu Soy Sauce
- 2 tsp dried oregano
- 2 tsp dried basil
- 15 oz each, drained,
 - EDEN Pinto Beans
 - EDEN Black Eyed Peas
 - EDEN Garbanzo Beans
 - EDEN Kidney Beans
 - EDEN Black Soybeans
- 1 large cucumber, quartered, sliced
- ⅓ cup celery, diced
- ½ cup red radish, halved and sliced
- ½ cup green onions, chopped
- 1 medium green bell pepper, diced
- ½ 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.

EDEN BEANS

Award winning, cream-of-the-crop, organic EDEN beans are grown by farmers we know & trust

- Bisphenol-A (BPA) Free lined cans
- Organically grown on U.S.A. family farms in rich, vital soil
- Soaked overnight, thoroughly cooked
- No calcium chloride, no disodium EDTA, no additives whatsoever
- Over 52 bean offerings to enjoy

- Plain Beans (cans)
- Dry Beans (boxes)
- Seasoned Beans (cans)
- Refried Beans (cans)
- Chili (cans)
- Fermented Soy Beans / Miso



ENTRÉES & SIDES

Saffron Ribbons w/ Creamy White Sauce

Serves 4 • Ready in 25 minutes



- 8 oz EDEN Saffron Ribbons
- 2 Tbsp EDEN Extra Virgin Olive Oil
- 3 cloves garlic, pressed
- 1 medium red bell pepper, diced
- ¼ cup unbleached white flour
- 1 cup vegetable stock or water
- 2 cups Unsweetened EDENSOY
- 2 Tbsp EDEN Mirin
- 1 tsp EDEN Sea Salt
- ⅛ tsp freshly ground black pepper
- 1 avocado, pitted, peeled, chopped
- 2 Tbsp fresh parsley, minced



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

Tempeh Reuben

Serves 4 • Ready in 25 minutes



- 2 Tbsp EDEN Safflower Oil
- 1 pound any organic tempeh
- 2 cups water, for cooking tempeh
- 1 tsp EDEN Shoyu Soy Sauce
- 8 slices whole grain bread
- ¼ cup any EDEN Mustard
- ½ cup EDEN Sauerkraut
- ¼ cup alfalfa sprouts, rinsed
- 4 whole lettuce leaves
- 1 medium organic tomato, sliced

Heat oil in a skillet, add uncut tempeh. Brown both sides 3 to 4 minutes. Add water and shoyu. Cover, simmer 15 minutes, remove lid, and cook on high until liquid is gone. Slice tempeh into strips. Place several strips on each sandwich. Place mustard, sauerkraut, lettuce, sprouts, and tomato on each sandwich.

Buckwheat Tabouli

Serves 5 • Ready in 60 minutes



- 1 cup EDEN Buckwheat, rinsed
- 2 cups boiling water
- 3 cloves garlic, finely minced
- 2 Tbsp fresh mint leaves, finely minced
- ¾ cup fresh parsley, finely minced
- 2 medium organic tomatoes, diced
- 1 small cucumber, quartered
- ½ cup scallions, finely chopped
- 3 Tbsp fresh lemon juice
- ¼ cup EDEN Extra Virgin Olive Oil
- 1 tsp EDEN Sea Salt
- 5 whole lettuce leaves



Cook buckwheat in 2 cups boiling water per directions. When done, place in a bowl and fluff to cool. Add remaining ingredients, toss, and refrigerate 30 minutes. Serve over lettuce leaves.

Wild Rice Pilaf w/ Dried Cranberries & Roasted Pecans

Serves 8 • Ready in 55 minutes



- 1½ cups EDEN Wild Rice, washed until water runs clear, rinse and drain
- 4 cups water
- 1 pinch EDEN Sea Salt
- ½ cup red onion, finely diced
- ½ cup red bell pepper, diced
- ¼ cup celery, finely diced
- 1½ cups green beans, sliced, blanched 2 minutes, rinsed
- 2 cups organic sweet corn, fresh or frozen, blanched 2 minutes
- ¾ cup EDEN Dried Cranberries
- 1 cup pecans, dry pan roasted, coarsely chopped
- 3 Tbsp EDEN Ume Plum Vinegar, or to taste
- ¼ cup EDEN Extra Virgin Olive Oil
- 2 Tbsp freshly squeezed lemon juice



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

Arame Salad w/ Tofu Garlic Dressing

Serves 8 • Ready in 30 minutes



- 1½ cups EDEN Arame, rinsed
- 1 cup red onion, chopped, blanched 1 minute
- 1 cup pea pods, blanched 1 minute
- ½ cup carrots, julienne, blanched 1 minute
- ¼ cup celery, sliced thin, blanched 1 minute
- 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 scallions, chopped fine
- 1 tsp pure maple syrup
- 1½ 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 10 minutes. Remove, rinse, drain, and chop arame into 1" long pieces. Place in a mixing bowl with blanched vegetables and beans. Place all dressing ingredients in a blender and purée until creamy. Mix in with the salad or spoon over each portion of salad before eating.

Mint Quinoa w/ Crunchy Pine Nuts

Serves 6 • Ready in 30 minutes



- 1 cup EDEN Quinoa, rinsed
- 1¼ cup water
- 1 Tbsp EDEN Ume Plum Vinegar, or to taste
- 2 Tbsp EDEN Extra Virgin Olive Oil
- ½ cup pine nuts, lightly pan roasted
- ⅓ cup scallions, finely chopped
- 1 cup small cauliflower florets, blanched 2 minutes
- ¼ cup carrots, diced, blanched
- ¼ cup fresh mint, chopped fine

Place quinoa and water in a saucepan, cover and bring to a boil. Reduce heat 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 and serve.

Garbanzo Patties

Serves 4, 2 per person • Ready in 25 minutes



- 2 cloves garlic, minced
- ¼ cup scallions, chopped
- ¼ cup red onion, chopped
- 3 Tbsp parsley, chopped
- ¼ tsp ground cumin
- 3 Tbsp EDEN Extra Virgin Olive Oil
- ¼ tsp EDEN Sea Salt
- 15 oz EDEN Garbanzo Beans, drained, reserve liquid, rinsed
- 1 cup leftover mashed potatoes, cooked EDEN Millet, or cooked brown rice

Place garlic, scallions, onion, parsley, 1 tablespoon of olive oil, sea salt, and pepper in a blender. Blend until the mixture is finely chopped. Add the garbanzo beans and mashed potatoes. Process until smooth. The mixture should be stiff. If too stiff, add a small amount of the reserved garbanzo cooking liquid. Form the mixture into 8 patties approximately 2" across. Heat remaining oil in a heavy skillet. Place the patties in the skillet and reduce the heat to medium-low. Cook until golden brown, flip over and cook the other side until golden brown. Approximately 5 to 7 minutes per side. Place patties on a serving platter or serve as falafel in warm pita pocket bread with lettuce, tomatoes, cucumber slices and your favorite dressing.



Cannellini w/ Olive Oil & Parsley

Serves 4 • Ready in 10 minutes



- 29 oz EDEN Cannellini Beans, drained
- 2½ Tbsp EDEN Extra Virgin Olive Oil
- 2 pinches EDEN Sea Salt, or to taste
- ⅛ tsp freshly ground black pepper
- 1½ Tbsp fresh lemon juice
- 3 Tbsp finely chopped fresh parsley
- 2 cloves garlic, finely minced
- ¼ cup minced red onion



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

Cajun Rice & Bean Burritos

Serves 5, 2 per person • Ready in 30 minutes



- 10 organic 8" tortilla shells
- 2 Tbsp EDEN Extra Virgin Olive Oil
- ½ cup diced onion
- ½ cup red bell pepper, diced
- 15 oz EDEN Cajun Rice & Small Red Beans
- 16 oz EDEN Refried Kidney Beans
- ½ cup salsa, or Tomato Corn Salsa *see page 4*
- 1 cup lettuce, shredded

Preheat oven to 300°. Place tortillas in a covered casserole dish, and heat until warm. Heat the oil in a large skillet and sauté onions and peppers for 2 to 3 minutes. Add rice & beans and sauté another 5 minutes. Add refried beans and mix thoroughly. Cover, reduce heat to low, and cook until everything is hot, stirring frequently to avoid burning. When shells are hot, place the rice and beans on each. Top with salsa and lettuce. Roll up and serve.



Twisted Pair w/ Mushroom Marinara

Serves 6 • Ready in 50 minutes



- 12 oz EDEN Kamut® / Quinoa Twisted Pair, or Spelt / Buckwheat Gemelli
- 2 Tbsp EDEN Extra Virgin Olive Oil
- 1 cup diced onion
- 1 cup EDEN Maitake Mushrooms, soaked 10 minutes
- 1 cup fresh mushrooms, quartered
- 25 oz EDEN Spaghetti Sauce
- 14.5 oz EDEN Diced Tomatoes w/ Sweet Basil, or EDEN Diced Tomatoes w/ Roasted Onion, do not drain
- 1½ cups water
- 1 Tbsp EDEN Shoyu Soy Sauce
- 1 tsp dried basil
- ¼ tsp dried oregano



Heat oil in medium saucepan and sauté onions for 1 to 2 minutes. Add all the remaining ingredients except for the pasta. Cover, reduce heat to low, and simmer for 30 minutes. When sauce is coming along well, cook the pasta according to package directions and drain. Place the pasta in serving dishes and ladle the sauce over the pasta.

Kamut Vegetable Spiral Curry

Serves 6 • Ready in 55 minutes



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

Heat oil in a large skillet, sauté 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 flour in a bowl, add a little EDENSOY and mix until flour dissolves. Add remaining EDENSOY and mix. Slowly add the EDENSOY/flour mixture to the skillet, stirring frequently until the sauce thickens. Add spices, mix and simmer uncovered 10 minutes. Cook pasta as package directs. Add zucchini to the sauce and simmer 1 minute. Drain pasta and serve with curry sauce.

Chili Tacos

Serves 4 • Ready in 17 minutes



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



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

Rice & Bean Burgers

Serves 12, 1 per person • Ready in 55 minutes



15 oz EDEN Rice & Kidney Beans

15 oz EDEN Rice & Pinto Beans - any 2 EDEN Rice & Beans

2 cups organic whole wheat bread crumbs

½ cup onions, small diced

½ cup red bell pepper, small diced

1 clove garlic, finely minced

⅓ cup organic sweet corn, fresh or frozen

2 Tbsp fresh parsley, minced

¼ cup EDEN Extra Virgin Olive Oil, for the pan frying

Mix all ingredients, 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 heavy skillet or on 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 favorite toppings. Yields 12 burgers.

Soba Stir Fry

Serves 4 • Ready in 30 minutes



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
10 minutes

1 pound organic extra firm tofu,
drained and cubed

1½ Tbsp EDEN Shoyu Soy Sauce

1 cup scallions, finely chopped

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

Spelt Udon & Vegetable Stir Fry

Serves 5 • Ready in 25 minutes

V



- 8 oz EDEN Spelt Udon
- 2 Tbsp EDEN Toasted Sesame Oil
- 1 tsp EDEN Hot Pepper Sesame Oil
- 3 cloves garlic, minced
- ½ cup EDEN Sliced Shiitake Mushrooms, boiled 5 minutes in ½ cup water, reserve the cooking water
- 4 oz fresh mushrooms, quartered
- 2 Tbsp EDEN Shoyu Soy Sauce
- 8 baby carrots, blanched 2 minutes, quartered
- 1 cup broccoli florets, blanched 1 minute, rinse to set the color
- ½ cup snow or snap peas, stems removed, blanched 20 seconds, rinse

Cook udon as package directs, rinse, and drain. Heat oils in a large skillet and sauté garlic for 1 minute. Add shiitake, button mushrooms, and half of the shoyu. Stir fry, moving constantly for 5 minutes until the mushrooms are browned. If the mushrooms stick to the skillet, add a couple tablespoons of shiitake cooking water. Add udon and the remaining shoyu. Mix to coat udon with shoyu and mushroom juices. Toss for 3 to 4 minutes until hot. Mix in carrots, broccoli, and peas. Toss again and serve.

Kale w/ Peanut Mustard Dressing

Serves 4 • Ready in 7 minutes

V

- 2 cups water, for blanching kale
- 6 cups chopped kale
- ½ cup water, for the dressing
- 2 tsp EDEN Brown Mustard
- ¼ cup unsalted peanut butter
- 2 tsp EDEN Shoyu Soy Sauce



Bring 2 cups of water to a boil and blanch the kale for 1½ to 2 minutes. Remove and rinse quickly under cold water to set the color. Drain and place in a bowl. Place ½ cup water, mustard, peanut butter, and shoyu in a blender and purée until creamy. Serve over the kale.

Variation Almond or cashew butter may be substituted for peanut butter. Chopped parsley, chives, or green onions can be added to the dressing for variety.

Spiral Pasta w/ Garbanzos, Olives, & Artichokes

Serves 6 • Ready in 30 minutes

V



- 12 oz EDEN Kamut® Spirals, or EDEN Flax Rice Spirals, or any EDEN Spiral Pasta
- ¼ cup EDEN Extra Virgin Olive Oil
- ¼ tsp red pepper flakes, or to taste
- 1 cup onion, diced
- 6 cloves garlic, diced
- 1 cup artichoke hearts, water packed, quartered
- 1 yellow bell pepper, chopped
- 2 cups organic vegetable broth, or soup stock
- 1 cup pitted black olives, drained, leave whole
- 15 oz EDEN Garbanzo Beans, drained
- 28 oz EDEN Whole Tomatoes w/ Basil, drained, chopped
- ½ tsp EDEN Sea Salt, or to taste
- ⅛ tsp freshly ground black pepper
- 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, 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.

EDEN QUINOA

EDEN red and white quinoa is organically grown at 12,000'+ in the Bolivian Andes on family farms. A delicious whole grain superfood. It is used in place of rice in nearly any recipe.

- Complete protein, with the best amino acid profile of all grains
- Cooks up in just 12 minutes - light and fluffy
- Fair trade ensured by Eden to preserve & support native culture
- Gluten Free

edenfoods.com/PEredquinoa



Chili Bean Cornbread Pie

Serves 8 • Ready in 60 minutes



Filling

- 15 oz EDEN Chili Beans, do not drain
- 1 cup EDEN Whole Tomatoes w/ Basil, or EDEN Whole Tomatoes, chopped, do not drain
- 1 cup green bell pepper, diced
- 1½ cups organic sweet corn, fresh or frozen
- 1 cup red onion, diced
- 1 tsp dried cilantro
- ½ cup minced fresh parsley

Topping

- 1 cup organic yellow cornmeal
- ¾ cup organic whole wheat pastry flour
- 2 tsp aluminum-free baking powder
- ½ tsp EDEN Sea Salt
- 1 cup Original EDENSOY or Unsweetened EDENSOY
- 2 Tbsp EDEN Extra Virgin Olive Oil
- 1 Tbsp EDEN Red Wine Vinegar
- 1 Tbsp organic maple syrup



Preheat oven to 375°. Combine beans, tomatoes, vegetables, cilantro, and parsley in a 10" casserole dish. For the topping, combine dry ingredients in a bowl. Mix wet ingredients in a small bowl and let sit 3 minutes until thick like buttermilk. Combine wet and dry ingredients, pour topping evenly over the bean filling. Bake for 30 to 40 minutes until cake tester comes out dry.

Scarlet Quinoa

Serves 6 • Ready in 25 minutes



- 1 cup EDEN Red Quinoa, washed and drained
- 1½ cups water
- ⅓ cup peeled, diced beets
- 6 red radishes, sliced into quarter-moons
- ½ cup frozen peas, blanched, drained, rinsed
- 1 Tbsp freshly squeezed lemon juice
- 1 Tbsp EDEN Ume Plum Vinegar, or to taste
- 2 Tbsp EDEN Extra Virgin Olive Oil
- ½ tsp fresh grated lemon zest
- 2 Tbsp minced red onion
- ¼ cup chopped scallions
- 4 oz EDEN Dried Cranberries



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

Very Easy Samosa

Serves 8, 4 per person • Ready in 45 minutes



15 oz EDEN Curried Rice & Beans (the beans are lentils)

½ cup EDEN Dried Cranberries, EDEN Dried Wild Blueberries, or organic raisins

32 won-ton wrappers

16 oz EDEN Safflower Oil, for deep frying samosa



Place the rice and beans in a bowl with the dried fruit and mix. Take a won-ton wrapper and place one heaping teaspoon of rice filling in the center of the wrapper. With cold water and fingers, moisten the edges of the wrapper. Take one corner and fold it over the filling to the opposite corner, press the edges firmly to seal the filling inside the wrapper. A pyramid-shaped pastry is formed. 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, drain on paper towels, and serve with honey mustard or sweet and sour sauce.

Note Phyllo or puff pastry dough can be substituted for won-ton.

Stuffed Squash w/ Quinoa & Dried Fruit

Serves 4 • Ready in 55 minutes



1 tsp EDEN Safflower Oil, to oil squash skin

2 medium acorn squash, halved and seeded

2 cups pre-cooked EDEN Quinoa

½ cup walnuts, chopped

½ cup chopped EDEN Dried Montmorency Cherries, or EDEN Dried Cranberries, or EDEN Dried Wild Blueberries

2 Tbsp pure maple syrup

¼ tsp cinnamon

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

Grilling Beans

Serves 7 • Ready in 15 minutes



- 1 Tbsp EDEN Extra Virgin Olive Oil
- 1 cup diced onions
- 15 oz EDEN Baked Beans w/ Sweet Sorghum
- 15 oz EDEN Chili Beans
- ¼ cup EDEN Crushed Tomatoes
- ½ tsp EDEN Brown Mustard
- ½ tsp EDEN Apple Cider Vinegar
- 2 tsp pure maple syrup



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

Millet Mashed 'Potatoes' w/ Mushroom Gravy

Serves 4 • Ready in 50 minutes



- 2 tsp EDEN Extra Virgin Olive Oil
- 1 medium onion, small diced
- 1 clove garlic, minced
- 1 cup EDEN Millet, washed
- 4 cup cauliflower, chopped
- 3 cups water

Mushroom Gravy

- 1 Tbsp EDEN Extra Virgin Olive Oil
- ¼ cup onion, finely minced
- 2 cups chopped fresh mushrooms
- ½ tsp EDEN Sea Salt
- 2 Tbsp unbleached white flour
- 2 cups EDENSOY Unsweetened
- 1 tsp EDEN Mirin
- ⅛ tsp freshly ground black pepper
- 2 Tbsp minced parsley



Heat oil in a medium saucepan and sauté the onions and garlic for 2 minutes. Add millet, cauliflower, salt, and water. Cover, bring to a boil, reduce heat to medium-low, and simmer 30 minutes. While the millet cooks, heat the oil for the gravy in a medium skillet and sauté onions and mushrooms with sea salt for 5 minutes. Add the flour and stir constantly until vegetables are coated. Slowly add EDENSOY, stirring constantly until the sauce thickens. Add mirin and pepper. Simmer 10 minutes. When the millet is done, mash it and the cauliflower together with a potato masher. Top with mushroom gravy and garnish with parsley.

BREAKFAST & DRINKS

Tofu French Toast

Serves 4, 2 slices per person • Ready in 20 minutes — V

- 1 pound organic extra firm tofu, rinsed and drained
- 8 slices whole grain bread
- ¼ cup EDENSOY Original, or water
- 1 tsp EDEN Shoyu Soy Sauce, or pinch of EDEN Sea Salt
- 2 Tbsp EDEN Safflower Oil, for frying
- ½ cup EDEN Apple Butter, or pure maple syrup

Place tofu, EDENSOY, and shoyu in a blender and pulse until creamy. Pour into a medium mixing bowl. Heat oil in a heavy skillet or griddle. Dip the bread in the tofu cream to coat both sides. Fry slices until golden on both sides. Serve with EDEN Apple Butter or pure maple syrup.



Mochi Waffle w/ Strawberry Syrup

Serves 1 • Ready in 20 minutes — V LF GF

- 1 piece any EDEN Brown Rice Mochi, whole, sliced or grated. Most waffle irons take one piece of mochi per waffle.
- ½ 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. Purée until smooth. Slice 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.

Kamut® Granola

Serves 10 • Ready in 40 minutes

LS

- 3 Tbsp organic honey
- 3 Tbsp pure maple syrup
- ¼ cup EDEN Sesame Oil
- ½ tsp EDEN Sea Salt
- 1 tsp pure vanilla extract
- ½ tsp ground cinnamon
- 3 cups EDEN Kamut Flakes, or any EDEN Whole Grain Flakes
- 4 oz EDEN Dried Cranberries, or EDEN Dried Wild Blueberries
- 4 oz EDEN Quiet Moon



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

Pan Cooked Mochi

Serves 1 • Ready in 15 minutes

V

LF

- 1 piece any EDEN Brown Rice Mochi, sliced in half
- ½ sheet EDEN Sushi Nori, cut in half
- 2 Tbsp finely grated daikon or red radish
- 1 tsp EDEN Shoyu Soy Sauce
- 1 tsp water

Heat a heavy skillet on high heat (with or without oil), add mochi, reduce heat to low or medium-low and cover the skillet. Let cook about 4 minutes. Flip the mochi over and cook about 4 minutes or until the mochi begins to puff. Remove and wrap with nori. Place daikon, shoyu, and water in a small dipping bowl and mix. Dip mochi into the dip and enjoy.

EDEN MOCHI

Versatile pounded brown rice cakes, a traditional strengthening food

- Puffs up when pan cooked, baked, deep-fried, etc.
- 100% pure whole grain brown rice
- Authentic pounded mochi, not an extruded or ground imitation
- Gluten Free



Scrambled Tofu

Serves 4 • Ready in 22 minutes



- 1 Tbsp EDEN Extra Virgin Olive Oil
- ½ cup onion, diced
- ¼ cup diced red bell pepper
- ¼ cup julienne carrots
- ¼ cup organic sweet corn, fresh or frozen
- 1 pound organic extra firm tofu, rinsed and drained
- 2 tsp EDEN Shoyu Soy Sauce
- ¼ cup finely sliced scallions
- ¼ tsp freshly ground black pepper
- 1 tsp turmeric

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

Apple Sauce Muffins

Serves 12 • Ready in 30 minutes



- 2 cups organic whole wheat pastry flour
- 1 Tbsp baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- ½ tsp EDEN Sea Salt
- ¼ tsp ground nutmeg
- ½ cup walnuts, chopped
- ⅓ cup any EDEN Dried Fruit
- 1 cup any EDEN Apple Sauce
- ½ cup Vanilla EDENSOY Extra
- 1 Tbsp EDEN Apple Cider Vinegar
- 2 Tbsp EDEN Safflower Oil
- ⅓ cup pure maple syrup



Preheat oven to 375°. Lightly oil muffin tin. In a large bowl, combine the first eight ingredients. In a medium bowl, combine the EDENSOY, oil, and vinegar. Add the applesauce and maple syrup to the EDENSOY mixture. Stir wet ingredients into dry. Fill muffin tins ¾ full. Bake 20 minutes or until a toothpick comes out clean.

Muesli Scones

Serves 8, 2 per person • Ready in 30 minutes

V LS

- 1 cup EDEN Muesli
- 1 cup unbleached white flour
- $\frac{3}{4}$ cup whole wheat pastry flour
- 1 tsp baking powder
- $\frac{3}{4}$ tsp baking soda
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{4}$ tsp EDEN Sea Salt
- $\frac{1}{3}$ cup organic maple syrup
- $\frac{1}{3}$ cup Vanilla EDENSOY
- $\frac{1}{4}$ cup EDEN Extra Virgin Olive Oil
- 1 Tbsp EDEN Apple Cider Vinegar
- 1 tsp pure vanilla extract



Preheat oven to 375°. Combine dry ingredients in a mixing bowl. Combine wet ingredients in a measuring cup, let sit 5 minutes, and mix. Combine wet with dry ingredients. Form dough into ball. Lightly flour a cutting surface and roll dough out until about $\frac{3}{4}$ " thick. Cut into wedges and transfer to a lightly oiled baking sheet. Lightly brush scones with maple syrup. Bake 15 to 18 minutes or until golden.

Peach Vanilla Smoothie

Serves 2 • Ready in 5 minutes

V LF LS

- 2½ cups peaches, sliced
- 2 cups ice cubes, about 10
- 2 cups Vanilla EDENSOY
- 1 Tbsp organic maple syrup

Pulse in a blender until smooth.



Watermelon Smoothie

Serves 2 • Ready in 5 minutes

V LS

- 4 cups watermelon, cubed, frozen
- 2 cups Vanilla EDENSOY
- 1 tsp organic maple syrup

Pulse in a blender until smooth.



EDENSOY

- 100% U.S.A. family farm organic whole soy and whole grain
- The 1st Non-GMO Verified soymilk
- Only whole bean soy with all 18 amino acids
- No refined sugar or additives
- 7 varieties

Matcha Citrus Ice Tea

Serves 4 • Ready in 5 minutes



- 1 quart cold water
- 8 ice cubes
- 1½ tsp **EDEN Matcha Green Tea Powder**
- 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.

Blueberry Pancakes

Serves 4 • Ready in 35 minutes



- 1 cup organic whole wheat pastry flour
- 1 cup organic brown rice flour
- ¼ tsp **EDEN Sea Salt**
- 2½ tsp non-aluminum baking powder
- 1 cup **Unsweetened EDENSOY** or **Original EDENSOY**
- 1 Tbsp **EDEN Apple Cider Vinegar**
- ¾ cup water
- 2 tsp **EDEN Extra Virgin Olive Oil**, for pancake batter
- 1½ cups blueberries, fresh or frozen
- EDEN Safflower Oil**, or **EDEN Sesame Oil**, for frying pancakes

Mix all dry ingredients together. Combine the EDENSOY, vinegar, and olive oil. Allow to set for 10 minutes, turning it into soy buttermilk. Combine water with soy buttermilk. Whisk wet ingredients in with the dry. Fold in blueberries. Oil a pancake griddle and heat up. Ladle ⅓ to ½ cup batter for each pancake onto the griddle. Fry until golden and the top starts to form bubbles. Flip over and fry until golden. Remove and place on a serving plate. Repeat until all batter is used. Serve with pure maple syrup, EDEN Applesauce or EDEN Apple Butter.



DESSERT & BAKED GOODS

Granola Bites

Serves 16, 4 per person • Ready in 45 minutes — LF LS

- 8 oz EDEN Oat Flakes
- 4 oz EDEN Tamari Almonds
- 2 oz EDEN Pistachios
- 2 oz EDEN Pumpkin Seeds
- 2 oz EDEN Dried Cranberries
- 2 oz EDEN Wild Blueberries
- ¼ cup organic raisins
- ½ tsp ground cinnamon
- ⅔ cup pure maple syrup
- ½ cup raw organic honey
- 1½ tsp EDEN Extra Virgin Olive Oil
- ⅛ tsp EDEN Sea Salt
- ½ tsp pure vanilla extract

Heat a large, heavy skillet and dry roast the oats several minutes until they release a nutty fragrance and begin to brown slightly. Remove and place in a large mixing bowl.

Place almonds in a food processor and pulse several seconds until coarsely ground. Combine with the oats. Pulse pistachios for several seconds and add to oats. Pulse pumpkin seeds several seconds and add to oats. Place all dried fruit in the bowl and mix thoroughly.

Place syrup, honey, and oil in a saucepan and bring to a boil. Reduce heat to medium and simmer, stirring constantly for 7 minutes. As the syrup cooks, it will begin to thicken. To test for doneness, fill a measuring cup with cold water. After 5 minutes of simmering, periodically drop a small drop of syrup into the water. When done, it will form a small soft ball in the bottom of the cup. When this happens, remove and add the salt and vanilla to the syrup. Stir, pour over the oat mixture, and mix to evenly coat.

Preheat oven to 300°. Lightly oil an 11" x 7" baking sheet. Spread oat mixture evenly over. Moisten hands lightly and press the oat mixture down firmly. Bake about 30 minutes or until light golden brown. Remove from oven, press down on the granola with a moistened spatula and let cool for about 2 hours to harden. Slice into 1" squares.



Pumpkin Pie

Serves 8 • Ready in 60 minutes



Pie Filling

- 4 cups pumpkin pie filling, unsweetened
- 2½ cups **Vanilla EDENSOY**, or **Vanilla EDENSOY Extra**
- 4 Tbsp **EDEN Agar Agar Flakes**
- ¾ cup organic maple syrup
- ½ tsp **EDEN Sea Salt**
- ¾ tsp ground cinnamon
- ⅛ tsp ground nutmeg
- ¼ tsp ground allspice
- 1 tsp pure vanilla extract
- 2 Tbsp **EDEN Kuzu Root Starch**, dissolved in ¼ cup **EDENSOY** or water

Pie Crust

- 1 cup organic whole wheat pastry flour
- 1 cup organic unbleached white flour
- ¼ tsp **EDEN Sea Salt**
- ¼ cup **EDEN Extra Virgin Olive Oil**
- ½ cup **Unsweetened EDENSOY**, **Original EDENSOY**, or **Original EDENSOY Extra**

Garnish

- ½ cup walnuts, chopped, or pecans

To prepare the filling, soak agar flakes in EDENSOY for 20 minutes. Pour into a medium size pot, add maple syrup and bring almost to a boil. Reduce heat and simmer, stirring frequently, until agar melts, about 20 minutes. Turn off heat, pour EDENSOY mixture into a blender and pulse several seconds to further dissolve the agar. Pour back into the pot. Add pumpkin, salt, spices, vanilla, and dissolved kuzu. Stir to mix, bring almost to a boil and remove from heat.

To prepare the crust, mix all dry ingredients together in a bowl. Pulse the oil and EDENSOY in the blender several seconds or whisk in a bowl to blend thoroughly. Add wet ingredients to dry, mix and form into a ball of dough. Preheat oven to 350°. Roll out dough and place in a 9.5" pie plate. Crimp edges of dough with your fingers and trim excess dough with a knife. Poke several holes in the bottom of the crust with a fork. Pre-bake for 5 minutes before adding pumpkin. Sprinkle chopped nuts on top of the filling. Bake again for another 25 minutes or until the crust is golden. Allow to cool and set before slicing.

Cinnamon Rolls

Serves 16 • Ready in 40 minutes

V LS

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



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

Apple Strawberry Custard

Serves 8 • Ready in 2¼ hours

V LF GF LS



- 32 oz EDEN Apple Juice
- 1 pinch EDEN Sea Salt
- 4 Tbsp EDEN Agar Agar Flakes
- 4 cups fresh strawberries
- 1 Tbsp pure maple syrup, optional

Place juice, salt, and agar flakes in a saucepan, stir and bring to a boil. Reduce heat to medium-low and simmer until the flakes dissolve, about 10 minutes. Slice 3 cups of strawberries and place in a shallow bowl. When the agar flakes have dissolved, remove from heat and allow to cool slightly before pouring the juice over the strawberries. Refrigerate until gelled, about 1½ hour. Place the gelled dessert

in a blender with the maple syrup and remaining strawberries. Purée several seconds until creamy. Place the custard in small serving dishes.

Oatmeal Cherry Pecan Cookies

Serves 18 • Ready in 30 minutes



- 2 cups EDEN Oat Flakes
- ¾ cup organic whole wheat pastry flour
- ¾ cup organic unbleached white flour
- 3 tsp non-aluminum baking powder
- ½ tsp EDEN Sea Salt
- ¾ tsp cinnamon
- 1 cup EDEN Dried Montmorency Cherries, chopped
- ¾ cup pecans, chopped
- ½ cup EDEN Safflower Oil
- ½ cup EDEN Apple Juice
- ¼ cup pure maple syrup
- 2 Tbsp EDEN Barley Malt Syrup
- 1 tsp pure vanilla extract



Preheat oven to 400°. Oil two baking sheets. Mix all dry ingredients in a bowl. In another bowl combine liquid ingredients. Mix wet and dry ingredients. Drop batter by tablespoons 2" apart on sheets. Press with moistened fingers or a spoon to flatten. Bake 17 to 20 minutes or until golden brown on the bottom. Cool on a rack.

Dulse Irish Soda Scones

Serves 4, 2 per person • Ready in 30 minutes



- 2 cups 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 Unsweetened EDENSOY
- 1 tsp EDEN Apple Cider Vinegar
- 1 Tbsp EDEN Extra Virgin Olive Oil



Preheat oven to 400°. Combine dry ingredients and dulse in a bowl. Combine 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 ½" thick and cut into triangular shapes. Lightly oil a baking sheet. Place scones on the sheet and brush the top of each with olive oil. Bake for 20 minutes until golden brown. Remove and serve with any EDEN Fruit Butter or a favorite spread.

Corn Bread

Serves 8 • Ready in 40 minutes



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



Preheat oven to 350°. Oil a 8" square or 8" round cake pan. In a medium bowl, combine dry ingredients. Combine wet ingredients and add to the dry. Bake 30 to 35 minutes, until a cake tester comes out clean.

Grape Butter Thumbprint Cookies

Serves 15 • Ready in 20 minutes



- 1 cup organic almonds
- 1 cup EDEN Oats Flakes
- 1 cup whole wheat pastry flour
- 2 tsp non-aluminum baking powder
- ⅛ tsp EDEN Sea Salt
- ¼ cup EDEN Barley Malt Syrup
- ¼ cup pure maple syrup
- ⅓ cup EDEN Safflower Oil
- ⅓ cup EDEN Grape Butter



Preheat oven to 350°. Place almonds and rolled oats in a blender and grind very fine. Combine dry ingredients in a mixing bowl. Blend wet ingredients. 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 ½ teaspoon grape butter in each center. Bake 10 minutes.

Apple Grape Juice Kantan

Serves 4 • Ready in 90 minutes



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

Place ingredients in a saucepan and bring almost to a boil, stirring frequently. Reduce the heat to medium and stir until flakes dissolve, about 10 minutes. Pour into dessert cups or a shallow bowl. Refrigerate until gelled, about 1 hour.

Golden Caramel Corn

Serves 24 • Ready in 50 minutes

V LS



- ½ cup EDEN Extra Virgin Olive Oil
- 1 tsp EDEN Sea Salt
- 1 cup EDEN Popcorn
- ¾ cup pure maple syrup
- ¼ cup EDEN Barley Malt Syrup
- 1 tsp pure vanilla extract
- 1 tsp baking soda
- 1 Tbsp EDEN Extra Virgin Olive Oil,
for oiling baking sheets

Place oil and salt in a large pot. Preheat oil then add popcorn. Cover on high until the popcorn starts to pop. Reduce heat and continue until all corn has popped. Pour into a large mixing bowl. Preheat the oven to 300°

To prepare the caramel topping, place maple syrup and barley malt in a medium saucepan. Heat on high heat until boiling, stirring constantly. Reduce heat to medium, continue stirring, and cook for 7 minutes or until syrup forms a soft ball when a bit is dropped into a glass of cold water. Remove from heat, add vanilla and mix. Add the baking soda, stirring constantly, until the syrup foams and thickens. Pour hot syrup over the popped corn and mix quickly to evenly coat.

Lightly oil two baking sheets. Spread corn out evenly. Bake 15 minutes at 300°, mixing periodically to evenly bake. Turn the oven up to 325° and bake for another few minutes, mixing frequently, until the caramel has hardened. To test for doneness, remove a morsel of popcorn periodically. Stir frequently to prevent burning. Remove from oven and allow to thoroughly cool.

EDEN POPCORN

Eden selected U.S.A. family organic, Non-GMO tested popcorn is fun and delicious whole grain. Cook a batch with EDEN Sesame Oil or Safflower Oil, or for the most buttery flavor use EDEN Extra Virgin Olive Oil. Sprinkle with EDEN Gomasio, EDEN Sea Salt, EDEN Shake, or EDEN Dulse Flakes. Find the flavor that suits your mood.





1oz Pocket Snacks™

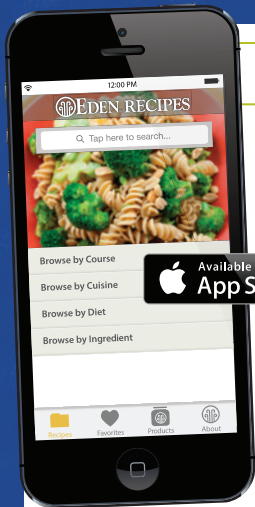


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