

COVER TITLE:

K.I.S.S.

SUBTITLE

KEEP IT SIMPLE SWEETIE!

INSIDE FRONT COVER

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KEEP IT SIMPLE SWEETIE!

**A collection of recipes featuring whole plant foods
developed and compiled by Ruthie Flynn, RN, PHN, BSN**

BACK COVER:

The recipes in this collection feature whole plant foods – whole grains, veggies, fruit, nuts, and seeds. In every whole plant food, our Creator has placed a perfect balance of nutrients and fiber. When we refine these foods we lose this balance, as well as valuable nutrients.

These recipes use a minimal amount of refined oils, concentrated sweeteners, and sodium in seasoning. These are vegan recipes, and thus use no animal products. Many of these recipes are gluten free, or can be made gluten free.

Our Creator has color-coded our food! If we eat a variety of colors we not only benefit from a variety of nutrients – these foods provide us with eye, taste, and texture appeal

If any of these recipes and tips in this collection are helpful to you, they will have accomplished their purpose.

INTRODUCTION

The recipes in this collection feature whole plant foods – whole grains, veggies, fruit, nuts, and seeds. In every whole plant food, our Creator has placed a perfect balance of nutrients and fiber. When we refine these foods we lose this balance, as well as valuable nutrients.

Our Creator has color-coded our food! If we eat a variety of colors we not only benefit from a variety of nutrients – these foods provide us with eye, taste, and texture appeal.

Fast Foods appeal to our busy lives because they are just that – fast foods! We believe that with a little planning, purchasing, and preparing ahead, you can prepare most of these recipes within 30 minutes or less of your hands-on prep time. Some entrees, such as Lasagna Florentine, Scalloped Potatoes, or Ole! Enchiladas! can require about 60 minutes of prep time, including kitchen cleanup. Our intent is to share ideas for preparing tasty, nutritious whole plant foods, with quick and easy, step-by-step directions.

Each entrée recipe offers suggestions for including it in a well-balanced meal.

Everyone who fixes food develops their own repertoire of recipes, whether these are traditional family or ethnic favorites, or those collected from friends, cooking classes, cookbooks, magazines, and online. These become tried and true recipes that are used repeatedly in day-to-day, week-to-week meal prep. The recipes in this collection have been fine-tuned over several decades for meals in our home, as well as for vegetarian/vegan community cooking classes. These traditional and family favorite recipes are merely a few of the vast selection available out there from countless sources.

These recipes use a minimal amount of refined oils, concentrated sweeteners, and sodium in seasoning.

These are vegan recipes, and thus use no animal products. Many of these recipes are gluten free, or can be made gluten free. As an example – gluten free quinoa can replace bulgur wheat in the recipe for Wheat Walnut Crumbles. This is a versatile, whole grain crumbled vegeburger that is really tasty in a variety of entrees.

These recipes do not include a nutritional analysis, as whole plant foods provide an abundance of nutrients and fiber, including a healthful balance of complex carbohydrates, plant proteins with essential amino acids, and heart-healthy fats, especially those found in nuts, seeds, avocados, and olives.

We recommend following the precise measurements in these recipes, especially in the recipes for baked products. For all you cooks out there who like to toss in a little of this and a lot of that – we say go for it at your own risk!

If any of these recipes and tips in this collection are helpful to you, they will have accomplished their purpose.

Any profit from this project will be donated to Gospel Ministries International. In keeping with their philosophy, this collection of recipes is intentionally not copyrighted. Any worthwhile ideas come from our Creator, Who is the Source of all true wisdom and knowledge, and you are welcome to copy and share these recipes and tips as needed.

ACKNOWLEDGMENTS

Every completed project finally comes together because countless persons have offered valued suggestions, and given their ongoing encouragement and support.

This comes with a special thank you to our family and friends who have so willingly eaten endless trial batches, shared great ideas, and given important feedback.

**Above all, “every good gift... is from above, and comes down from the Father of lights,”
“in Whom are hidden all the treasures of wisdom and knowledge.” James 1:17, Colossians 2:3, NKJV**

Any worthwhile ideas in this collection are ultimately from Him.

Praise His Name!

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TIPS AND TOOLS FOR PREPARING WHOLE PLANT FOODS

REALLY USEFUL KITCHEN TOOLS

A blender is an absolutely essential kitchen tool for preparing a variety of whole plant food recipes, and an Osterizer blender will work well for all the recipes in this collection. A 10-14 speed Osterizer sells for about \$30 at Wal-Mart, and will go the distance. A small food chopper attachment for Osterizer blenders is available online, and is so useful for chopping or grinding small amounts of nuts, veggies, etc. A free-standing mini food chopper sells for about \$10.

A food processor can save you hours of prep time chopping or slicing larger amounts of veggies. A Black and Decker 8 c. capacity food processor sells for about \$30 at Wal-Mart.

A Presto Salad Shooter with just the shredding and slicing cones can save you hours of food prep time, especially if you do not have a food processor. It is really useful for shredding carrots and slicing red or green cabbage for veggie wraps and salads. It sells for about \$30 at Wal-Mart.com.

A large capacity toaster oven is an extremely versatile kitchen appliance. A good quality Oster costs about \$60 at Wal-Mart or Bed, Bath, and Beyond--and can save you \$\$ over using the oven in your stove for baking small casseroles, potatoes, yams, winter squash, and mini pizzas—as well as warming muffins, bagels, cookies, tortillas, and toasting small amounts of just about anything. Whether you are fixing food for a family or just one person, a toaster oven is so much more versatile than a popup toaster. It can quickly warm food (covered) in a bowl or on a plate.

A stir-fry skillet is essential for easily cooking stir-fry veggies. The new ceramic-lined stir-fry skillets are a dream to use—sold at Bed, Bath, and Beyond and many other stores.

A large square nonstick griddle is essential for making French toast and pancakes. Even better, an electric griddle with a nonstick surface sells for about \$20 at Wal-Mart, and can quickly cook larger batches of perfect pancakes and French toast.

A crepe pan is a dream to use for quickly and easily—making crepes! Sold at kitchen gadget stores for about \$15.

A large square Belgian waffle iron made by Krups sells on Amazon for \$40, and it bakes perfect whole grain waffles. Whole grain waffles are a yummy way to eat your oats for breakfast. They can be made ahead and frozen, then quickly warmed right from the freezer for a hearty breakfast

2 large nonstick cookie sheets are essential for baking veggieburgers, crackers, cookies, tortilla and potato chips, bread sticks, Holiday Braids, Holiday Tea Rings, granola; Crisp Crumbles, oven roasted potatoes, and eggplant slices, etc.

Baking dishes or pans—8 x 8, 9 x 13 (and 11 x 16 inches for lasagna and enchiladas), as well as a couple nonstick 12-cup muffin pans with standard size muffin cups, are essential for baking a variety of products.

Wire racks for cooling baked products are essential.

Measuring cups for liquid and dry ingredients are essential for measuring correct amounts for these recipes. 2 sets of stainless steel cups for dry measure are useful if one set is already wet. Measuring cups for liquid in 1, 2, and 4-cup sizes are essential when preparing these recipes.

Measuring spoons are essential and 2 sets are really useful—one for dry and one for wet ingredients. These recipes use the universal standard abbreviations for measuring: T=tablespoon, t=teaspoon, and c=cup.

Medium and small wire whisks are essential tools for countless tasks of beating and mixing ingredients.

Ditto for wooden and large slotted stirring spoons.

Narrow blender spatulas are essential for use with a blender, food chopper, or food processor.

A wooden or plastic chopstick is a handy tool for removing ground dry ingredients from around blender blades.

A cookie scoop with a spring-loaded handle is a cool kitchen tool for quickly and easily making uniform size drop cookies. Cookie scoops are sold at stores with kitchen gadget racks.

Blu Apples are a hot item sold at Bed, Bath, and Beyond stores – and online if there is no store near you.

Blu Apples contain little packets of granules which absorb the ethylene gas given off by fresh fruits and veggies as they ripen, thus greatly slowing down the ripening (and rotting) of those fresh fruits and veggies.

The packets need to be changed every 3 months, and will save you \$\$ in keeping your fresh produce perfect much longer. They help preserve fresh produce when used inside or outside the fridge.

Small colanders are useful not only for washing and rinsing foods. When foods like fresh berries, grapes, and grape tomatoes are stored in small colanders in the fridge with Blu Apples, there is better air circulation to the food, and the food is kept fresh longer. Washing grapes and tomatoes with veggie wash, then rinsing them and allowing them to air dry in a colander just as soon as you bring them home, keeps them fresh much longer – and then they are ready to eat! Dollar Tree sells handy little plastic colanders – for \$1 – of course.

A medium/large size wire mesh strainer is a handy tool for more than rinsing fruits and veggies. Sifting ingredients for baking can easily be done by whisking them through a (dry) wire mesh strainer into a mixing bowl.

A large salad spinner and very large plastic bowl are essential tools for washing, rinsing, and spinning excess water from your salad greens. (Oxo is a great salad spinner available at Bed, Bath, and Beyond.) A citrus-based veggie wash is sold at Trader Joe's and most grocery stores. If your salad greens are prepped in this way as soon as you bring them home, they will keep fresh and crisp much longer, and with them already prepped, you will eat more salad!

Rubbermaid Greens Keepers are extremely well designed containers to prevent excess moisture from breaking down salad greens. They feature a grid which sits on the bottom of the container, and vents in the lid which allow excess moisture to escape. They keep salad greens fresher than any other product we have used. **Whatever container you use to store your salad greens, placing a paper towel on top of the greens, under the lid, helps absorb excess moisture, which helps to keep the greens crisp and fresh longer. Change the paper towel every few days, when it gets damp.**

A good quality narrow-blade sharp kitchen knife is the knife we use all the time for just about everything.

A set of 4 serrated steak knives, sold at Dollar Tree, are handy knives for countless cutting tasks.

Large and small plastic cutting boards are essential for all slicing and chopping by hand.

A Mandolin Slicer Board with several adjustable blades for slicing and shredding, etc, is a very handy kitchen tool. It sells for about \$15 at kitchen gadget stores, and is useful for many tasks even if you have a food processor.

A pair of kitchen scissors, also sold at Dollar Tree, is an essential kitchen tool.

A fold-up veggie steamer sells for about \$10 at most grocery store gadget racks, and fits medium or large saucepans.

A pasta cooker is a very useful large capacity kettle for steaming or blanching large amounts of fresh broccoli, green beans, potatoes, corn on the cob, or artichokes. Blanching is done by immersing large amounts of veggies such as fresh broccoli or green beans into boiling water just long enough to cook them tender. This cooks them evenly, which is more difficult when steaming large amounts of these veggies. A pasta cooker is also useful for cooking large batches of soup or dried beans.

A digital kitchen timer is absolutely essential for precise cooking and baking times – so you don't forget and burn what you just spent time preparing. Another bargain at some Dollar Tree stores.

An oven thermometer is helpful for knowing the exact temperature of your oven or toaster oven. Since a toaster oven has a fairly small space for heating and baking, the temperature can be higher than in a stove oven.

Bed, Bath, and Beyond honors their discount coupons indefinitely – and **warranties everything indefinitely** that is purchased at their store or online. Just save the receipt, and they will either replace the item or refund your payment. They sell top quality products and have our vote as an outstanding source for kitchen tools and appliances.

TIMESAIVING TIPS

PREPARING WHOLE PLANT FOODS DOES NOT REQUIRE LIVING IN YOUR KITCHEN!

THE FOLLOWING 3 P'S WILL TRULY STREAMLINE FOOD PREP FOR YOU:

PLAN AHEAD

Keep an ongoing list in your kitchen of needed items for your next grocery shopping trip. Have a separate section for different types of food such as fresh produce; canned and dried foods; pastas, breads, etc.

In general, at least mentally plan the entrees you will be preparing for the next week, and check to be sure you have all the needed ingredients. Missing a vital ingredient as you begin fixing dinner is a real bummer.

PURCHASE AHEAD

Keep staple foods on hand – whole grain pastas and pasta sauces; canned mushrooms, olives, pimientos, diced and whole mild green chiles; canned whole and diced tomatoes, tomato sauce, and crushed tomatoes for Creamy Tomato Soup; canned beans, as well as dried beans, peas, and lentils; quart-size boxes of sweetened and unsweetened coconut milk and almond milk; quart-size boxes of butternut squash soup; dried seasonings, chopped dried onions, and instant mashed potatoes; Kettle Corn, and popcorn for an air popper; assorted nuts and seeds; and canned, frozen, and dried fruits.

For this collection of recipes you will need whole grain products, including rolled and quick oats, wild rice blend, long and short grain brown rice, bulgur wheat, quinoa, and millet; nuts, including walnut and pecan pieces, raw cashew pieces, whole raw and blanched slivered almonds; raw sunflower and pumpkin seeds, sesame, flax, and chia seeds; fine and flaked unsweetened coconut, dried cranberries, raisins, soft pitted dates; unsweetened applesauce; pure maple syrup, agave nectar, and honey. You will need arrowroot powder, tapioca flour, whole wheat pastry flour, brown rice flour and/or quinoa flour, and aluminum free baking powder, which are sold at natural food stores and online.

For persons who are gluten sensitive, Tinkyada Pasta Joy brown rice pastas have superior quality and texture. Their pastas do not fall apart after cooking, as some brown rice pastas can do. These pastas are sold at natural food stores, Save Mart grocery stores, and online.

Garlic flavored olive oil adds a subtle garlic flavor to a variety of foods – and is a great timesaver. It is sold at Trader Joe's and most grocery stores.

Save Mart, Safeway, and natural food stores sell a selection of tasty vegan cheeses, including slices, shreds, and cream cheese. These vegan cheeses freeze well. These stores also sell organic soybean extra firm tofu in a vacuum sealed pkg. This tofu keeps well unopened for about a month in your fridge – a great feature. And it freezes well after the pkg is opened. **Sprouted soybean super firm tofu** is superior for making scrambled tofu and tofu feta cheese, and is **essential** for making your own vegan cream cheese. It is sold at Safeway, natural food stores, Whole Foods Markets, and Trader Joe's. Mori-Nu vacuum sealed silken tofu keeps for months (unopened) in the fridge, and is sold at most grocery stores.

Safeway grocery stores sell a nutritious Mediterranean whole wheat pita bread which makes great mini pizzas. They also sell a delicious whole grain Lavash flat bread and a multigrain Flatout bread, that make great veggie wraps.

Each week plan to buy fresh fruit, veggies, and some bread. Even if your freezer space is limited, try storing basic frozen veggies and frozen patties, (homemade or purchased) some whole wheat pita bread for mini pizzas, and whole grain or multigrain flat breads for veggie wraps. **Flat breads keep much better in the freezer, and thaw quickly when needed.**

PREPARE AHEAD

Whether you are preparing food for a family or just for yourself, try making enough of each entrée for at least two meals. This can cut your meal prep time essentially in half. Try making double batches of whatever foods freeze well, and keep a stash in your freezer. Having a batch of frozen patties for veggieburgers or as an entrée served with baked potatoes (or instant mashed potatoes) is a winner. Baking patties on cookie sheets in the oven is a super timesaving way to make them, in addition to eliminating the oil that would be used in frying them on a griddle or skillet.

If you make your own spreads, sauces, salad dressings, and gravies in your blender, try making a batch of each item you will need for the next week, at the same time. Just rinse the blender between batches. Kitchen cleanup is what takes most of the time when you are preparing food “from scratch,” so shortcuts like this really save time. If you are unable to use these items within a week, most of them freeze well. **Dollar Tree sells small covered containers that are perfect for storing and freezing small amounts of various foods. The right size – at the right price!**

Creamy Ranch Dressing (see recipe) is an extremely versatile cream sauce. It is delicious as a sauce for Fettuccine Alfredo, Mushroom Stroganoff, Scalloped Potatoes, Creamy Potato Soup, Cream of Broccoli Soup, stuffed baked potatoes – and it is a delicious salad dressing as well! It adds a creamy texture to instant mashed potatoes and fresh Cream of Asparagus soup. (see recipes) It freezes well, so freeze half a batch if you will not use it within a week.

Raw cashews are imported from some tropical countries where sanitation for workers may be limited. Raw cashews can easily be cleaned by first rinsing them in a colander with hot tap water, and then pouring boiling water over them. This is best done just before using them. Raw cashews are a soft, mild-flavored nut that works well for making smooth sauces, dressings, puddings, and cream pie fillings. If cashew allergy is a problem, blanched slivered almonds or shelled raw sunflower seeds can replace cashews. Since each nut has a distinctive flavor and texture, the finished product will be slightly different as well.

The key to making super smooth products with these nuts is to begin with equal amounts of nuts and liquid in your blender. Remember to cover your blender and process at low speed to avoid blender splash. Gradually increase the blender speed and process until as smooth as possible. Then add small amounts of liquid as needed and process until the product is super smooth.

Sesame Parmesan Topping (see recipe) is also extremely versatile and keeps indefinitely in your fridge. It is a tasty topping over whole grain French bread, as a garnish over pasta and tossed green salad; combined with veggies for Mini Pizzas and Garden Fresh Veggie Crepes; in Presto Pesto; and as a topping for Garden Fresh Veggie Quiche. (see recipes)

When you are cooking pasta, set aside half a cup of liquid from the cooked pasta. After emptying a jar of pasta sauce, use this liquid to rinse any remaining sauce from the jar, then add it to the sauce for the pasta. This slick trick can be adapted to save you time and work cleaning out any empty container, including your blender after using it.

Nearly all cooked and baked foods freeze well. Cooked potatoes and pasta change texture a little – but they can still be frozen. If you cannot use food within a week, try freezing it in small batches that can be thawed and reheated for one meal. This can provide a significant savings in food that would otherwise be spoiled and thrown away.

If your stove oven does not have a “time bake” setting, most 3-4 quart entrees can be baked covered at 200 degrees for 3-4 hours while you need to be away from home for church or for errands. When you return home, the entrée should be heated through. If more heating is needed, the oven heat can be turned up to 400 degrees and the entrée will quickly be bubbling and ready to serve. If your toaster oven has a “stay on” setting, baking smaller entrees covered at 175 degrees for about 2-3 hours will work just as well. The heat can be turned up as needed before serving.

If your kitchen/dining area has a ceiling fan or a wall AC unit, it will delay stovetop cooking time when it is turned on.

Boiling essentially sterilizes tap water. Using hot or cooled boiled water to make any product that will not be cooked or baked will help keep it fresh and retard spoiling much longer.

Whenever you are preparing food or fixing a meal, have hot soapy water in your kitchen sink. As you use each utensil, drop it in the hot soapy water to soak. Kitchen cleanup takes just minutes with this method, whether you are washing utensils by hand, or using a dishwasher. Beginning meal prep or any food prep in a clean, well-organized kitchen gives you a real lift!

If you have the misfortune of scorching or **really burning** food onto the bottom of a stainless steel or pyrex saucepan--not to worry or despair. Place 2 T. of dishwasher detergent in about 2 c. of water into the saucepan and bring to a boil. Cover and reduce heat to low so it boils gently for several hours, or even overnight. This will loosen the scorched and burned food, and the pan should come out squeaky clean. If you did a **really bad burn**, this may take a couple rounds of the above treatment, followed by a little scrubbing with a household scrubber and cleanser. (been there, done that)

SOME MORE HELPFUL HINTS

Lightly toasting nuts at 250 degrees for 10 minutes brings out rich flavor, without damaging the oil content – which can occur when roasting nuts at higher temperatures. (Raw almonds need toasting for about 20 minutes.) Have nuts at room temp before toasting them.

Nut allergy can be very serious. Many persons who cannot eat walnuts can safely eat pecans. Many persons who cannot eat cashews, peanuts, or peanut butter can safely eat almonds, almond butter, sunflower seeds or sunflower seed butter.

Flax, sesame, and chia seeds are powerhouses of valuable nutrients – but are so small and difficult to chew enough to break them open that they can pass through you undigested. To benefit from their nutrients, we suggest grinding them **covered** for a few seconds in a blender. Once they are ground, store flax and chia seeds in tightly covered containers in the freezer to preserve their nutrients. We keep ground Sesame Parmesan Topping in the fridge. (see recipe)

Raw or lightly toasted pumpkin seeds are another powerhouse of nutrients. A handful adds delicious crunch to tossed salads and veggie wraps. Toasting raw pumpkin seeds at 250 degrees for 10 minutes brings out rich flavor.

Seasoning and flavoring foods is truly a matter of personal taste. Some of us prefer to lightly season food to simply accent the natural, delicate flavors of fruit and veggies – and others like it hot! These recipes reflect the former approach – but of course everyone is welcome to spice it up their way. These recipes include salt as a separate ingredient, so that if you need to restrict sodium intake, or use a salt substitute, it can easily be done. **Garlic and onion powder are sold in two different forms – granulated and as an actual powder.** We prefer the granulated form. These recipes also primarily use dried seasonings, so they can be kept on hand, and can be consistently measured more easily than fresh seasonings. Fresh peeled garlic cloves can be frozen, and then thawed just before using them. Yessss!

Nutritional yeast flakes are a rich source of the B complex vitamins and add a hearty “cheese” flavor to vegan entrees. They are sold at natural food stores and online. Bragg’s nutritional yeast flakes are certified gluten free.

Herbamare is a tasty combination of ground herbs and salt, which can enhance the flavor of a variety of foods. It is sold at some natural food stores and online.

Savory Seasoning Blend is an all-purpose seasoning that can be made quickly in your blender and stored at room temp in a container with a tight-fitting lid. This seasoning blend includes salt. (see recipe)

Tortilla and potato chips that are commercially prepared are nearly all deep fat fried and contain about 1 gram of fat per 1-2 chips. (Check out the labels on those bags of chips.) This is a **deadly** combination. A helpful guideline is to eat no more than 20 grams of total fat per day – so it is terribly easy to consume your daily quota of fat in just those deep fat fried chips. With the current epidemic of heart disease and heart attacks, strokes, Type II diabetes, and obesity in countries consuming the **SAD** (Standard American Diet) this is a serious concern. The tortilla and potato chips in these recipes are home baked. (see recipes) Sure, they take a little time and work to prepare – but you get to live healthier and longer! Baked tortilla and potato chips are sold in some grocery and natural food stores, as well.

Broccoli is a cruciferous veggie that is a powerhouse of nutrients and antioxidants, with more bang for your buck than just about any other veggie. This superfood keeps well 7-10 days in your fridge – especially with Blu Apples – and is worth keeping on hand for serving lightly steamed, or in a simple stir-fry with onions, bell peppers, and mushrooms.

Red cabbage and sweet mini or baby bell peppers are some more nutritious superfoods that give bright color, taste, and crisp texture to tossed salads and veggie wraps. These veggies, as well as green cabbage, keep well for 10-14 days in the fridge – especially with Blu Apples. (See info re Blu Apples under Really Useful Kitchen Tools.)

Avocados keep way better by storing them in the fridge when they are just barely ripened.

Eggs provide both a leavening agent and a binder in making baked products without yeast. If you are not using eggs, combining aluminum free baking powder with the dry ingredients, and combining ground flax or chia seed with the liquid ingredients, is helpful in replacing eggs. The baked product may not rise as much and may be a little heavier than products baked with eggs, but this will work quite well. Aluminum free baking powder is sold at natural food stores, Trader Joe’s, and online.

Flour is fluffy! For consistent measuring, pack flour firmly into measuring cup and level off at top. Dry ingredients can easily be sifted together after measuring, by whisking them through a wire mesh strainer into a mixing bowl.

Arrowroot powder is ground from a root that contains some nutrients, and it is nutritionally superior to cornstarch. Commercial bakeries use arrowroot because it gives a clearer, silkier glaze over fruit than does cornstarch. We also recommend tapioca flour as an excellent thickener for this collection of recipes. Arrowroot powder and tapioca flour are sold at natural food stores and online.

Waffles in these recipes are light and puffy, use no eggs, and can be made with gluten-free rolled oats if gluten sensitivity is a problem. (see recipes)

Millet is a super nutritious **gluten free** whole grain. When cooked, it has a light, creamy taste and texture. When it is freshly cooked and hot, it can be blended super smooth for a variety of delicious, nutritious puddings, pie fillings, creamy sauces, and spreads. (see recipes for puddings, cream pies, cheesecake, creamy sauces, and spreads.)

Quinoa is a super nutritious **gluten free** ancient whole grain. It can replace bulgur wheat in Wheat Walnut Crumbles – a tasty and versatile homemade crumbled veggieburger. (see recipe for Wheat Walnut Crumbles)

Bob's Red Mill has an excellent selection of high quality whole grains and baking products, including a line of gluten free baking products. They are sold at Save Mart, natural food stores, and online.

Carob powder is useful for making products when you choose to replace chocolate. However, it has a distinctive flavor which many persons dislike. **Bob's Red Mill toasted carob powder is the very best tasting carob powder we have ever used.** Peanut butter adds a "chocolate" taste to carob products and makes them more moist and/or creamy as well. If peanut allergy is a problem, almond butter can replace peanut butter. Roma is a cereal coffee substitute that adds a mocha flavor to carob. Roma and Bob's Red Mill toasted carob powder are sold at natural food stores and online.

Unsweetened applesauce can replace much of the cooking oil that is used in baked products to make them moist and tender. The recipes for baked products in this collection follow this guideline.

Pure maple syrup is a superior sweetener for baked products, especially pie crusts, bar cookie crusts, and waffles, as it does not burn as readily as other sweeteners. It needs to be kept in the fridge after opening, or it will spoil.

Agave nectar has an intensely sweet, delicate flavor, so just a little can easily sweeten a variety of foods. It has gotten good marks because it does not raise blood sugar as readily as other concentrated sweeteners. **However, agave nectar is 84% fructose. By comparison, high fructose corn syrup is typically 55% fructose, and sucrose (table sugar) is 50% fructose. Evaporated cane juice is 100% sucrose.**

Researchers at UC Davis state that when a large dose of fructose is consumed, "The liver will take up nearly the entire amount of fructose. Very little of the fructose stays in the bloodstream." What does the liver do with all that fructose? "It starts converting some of the fructose into fat. Much of this fat gets sent into the bloodstream, resulting in higher levels of triglycerides." Researchers at UC Davis and UCSF have also observed that fructose may boost visceral (deep abdominal) fat, decrease insulin sensitivity, and lead to leptin resistance and overeating. (Leptin is the hormone which signals that you've had enough to eat.) Although fruit contains fructose, "I'm not concerned about fructose from fruit. How many oranges (or apples) can you eat in one sitting? We're better off getting carbs from foods that are packaged naturally with their own fiber. If we got carbs from whole grains, vegetables, fruit, and beans, we wouldn't overeat." (Dr. Kimber Stanhope and Dr. Robert Lustig, in **Sugar Overload**, from the **Nutrition Action Newsletter**, January/ February 2010.)

The take home message is that ALL concentrated sweeteners need to be used SPARINGLY. Current research increasingly implicates excessive intake of concentrated sweeteners and refined carbohydrates, as well as excessive fat intake, in our exploding epidemic of obesity, Type II diabetes, heart disease, and strokes.

An excellent guideline is to make sure that **all** the food we eat—including desserts--provides good quality nutrition for us and for our families. **Away with empty calorie junk food! We can do this!**

APPLE CRISP

STREUSEL TOPPING

2 T. brown rice, oat, or barley flour*

Pinch of salt

1/2 c. walnuts or pecans

1/2 c. (packed) pitted deglet dates (medjool dates are too soft and sticky for this topping)

Dates are machine pitted, so always check for pits and stems. Cut dates in half with kitchen scissors. Have dates chilled – when they are cold they are less sticky.

- Place above ingredients in food processor.
- Process at high speed until nuts and dates are ground fine.
- Place ground mixture in a medium mixing bowl and repeat above steps to make a total of 2 c. Streusel Topping.
- Stir Streusel Topping with a fork and store in a ziplock bag in the fridge until needed.
- If using a blender, **place ingredients in blender in order given.**
- (The flour and nuts help keep the dates from sticking to blender blades.)
- Cover and cycle blend at high speed, loosening mixture from around blender blades as needed.
- A chopstick is a handy tool for loosening and removing this mixture from around blender blades.
- Place ground mixture in a medium mixing bowl and stir with a fork.
- Repeat above steps to make a total of 2 c. Streusel Topping.

*Brown rice, oat, and barley flour have essentially no gluten content, and make a better Streusel Topping than does whole wheat flour. These flours are sold at natural food stores, Winco stores, and online.

APPLE FILLING

9 medium or 6 large golden delicious apples (3 quarts sliced and loosely packed)

1 c. pineapple juice (Dole brand has consistently superior flavor)

1/8 t. salt

3 T. arrowroot powder**

1/8 c. honey or agave nectar

- Preheat oven to 350 degrees.
- Place pineapple juice, salt, arrowroot, and honey or agave nectar in blender.
- Cover and process at low speed just until blended, then pour into large container with a tight-fitting lid.
- Scrub, quarter, and remove core from apples, then slice apple quarters about 1/4 inch thick.
- After slicing and measuring each quart of sliced apples, place in container with juice mixture.
- Cover tightly and shake well for juice mixture to coat apple slices.
- (This keeps apple slices from darkening.)
- Repeat for a total of 3 quarts sliced apples.
- Place apple slices and juice mixture in a 9 x 13-inch baking dish, packing firmly and evenly.
- Sprinkle 2 c. Streusel Topping evenly over apples slices, then press down firmly.
- Cover loosely with foil and bake at 350 degrees for 35 minutes.
- Uncover and bake for 5 minutes more, to lightly brown Streusel Topping.
- Cool at least 15 minutes before serving.

**Arrowroot powder is ground from a root that contains some nutrients, and it is nutritionally superior to cornstarch. It is used by commercial bakeries because it makes a clearer, more silky thickened product than cornstarch. It is sold at natural food stores and online.

TASTY VARIATION

3/4 c. water plus 2 t. lemon juice can replace the pineapple juice. Increase the honey or agave nectar to 1/4 c. (to taste)

APPLE NUT COFFEE CAKE WITH STREUSEL TOPPING

STREUSEL TOPPING

2 T. brown rice, oat, or barley flour**

Pinch of salt

1/2 c. walnuts or pecans

1/2 c. (packed) pitted deglet dates (medjool dates are too soft and sticky for this topping)

- **Dates are machine pitted, so always check for pits and stems. Cut dates in half with kitchen scissors.**
- **Have dates chilled – when they are cold they are less sticky.**
- Place above ingredients in food processor.
- Process at high speed until nuts and dates are ground fine, then scoop mixture into small mixing bowl and set aside.
- This makes about 1 c. Streusel Topping, enough for this Apple Nut Coffee Cake.

**Brown rice, oat, and barley flour have essentially no gluten content, and make a better Streusel Topping than does whole wheat flour. These flours are sold at natural food stores, Winco stores, and online.

- **Preheat oven to 375 degrees.**
- **Prepare a 9-inch round cake pan with nonstick spray, wiping off excess with a paper towel.**

DRY INGREDIENTS

1 3/4 c. whole wheat pastry flour (pack flour firmly into measuring cup and level off at top)

1/4 t. salt

1/4 t. ground ginger or ground cardamom, to taste

1 T. aluminum free baking powder

- Combine the above 4 ingredients in a medium mixing bowl, mixing well.
- If desired, this mixture can be sifted after measuring the ingredients.
- This can easily be done by whisking the mixture through a wire mesh strainer into a large mixing bowl.
- Stir 1/4 c. quick oats into the dry ingredients and set aside this mixture.*

*Quick oats add great taste and texture to this Apple Nut Coffee Cake, and make a lighter product than using flour from grains other than wheat.

1 T. ground flax seed

1 t. pure vanilla extract

2 T. cooking oil

1/2 c. unsweetened applesauce

1/2 c. pure maple syrup

1/2 c. sweetened vanilla almond milk

- Combine the above 6 ingredients in a large mixing bowl, beating with a wire whisk until mixture is emulsified.
- Then stir in:
 - 1/2 c. lightly toasted, coarsely chopped walnuts or pecans
 - 1 large golden delicious apple, cut into quarters and coarsely chopped in food processor
- With large spoon stir dry ingredients into applesauce mixture just until evenly moistened.
- Spread this Apple Nut Cake batter mixture evenly in 9-inch round cake pan.
- With fork crumble Streusel Topping evenly over cake batter, pressing Topping down firmly into batter with fork.
- **Cover loosely with foil** and bake at 375 degrees for 45 minutes.
- Cool Apple Nut Coffee Cake **uncovered** in cake pan.
- This coffee cake can be covered with foil and chilled in cake pan until needed.
- If just a few slices are needed, remove slices with a pie server and reheat covered with foil.
- Entire coffee cake can be covered with foil and reheated before serving to a group.

APPLE NUT MUFFINS

- Preheat oven to 375 degrees.
- Prepare standard size 12-cup nonstick muffin pan with nonstick spray, wiping off excess with a paper towel.

DRY INGREDIENTS

1 3/4 c. whole wheat pastry flour (pack flour firmly into measuring cup and level off at top)
1/4 t. salt
1/4 t. ground ginger or ground cardamom, to taste
1 T. aluminum free baking powder

- Combine the above 4 dry ingredients in a medium mixing bowl.
- If desired, this mixture can be sifted after measuring the ingredients.
- This can easily be done by whisking the mixture through a wire mesh strainer into a mixing bowl.
- Stir 1/4 c. quick oats into the dry ingredients and set aside this mixture.*

1 T. ground flax seed
1 t. pure vanilla extract
2 T. cooking oil
1/2 c. unsweetened applesauce
1/2 c. pure maple syrup
1/2 c. sweetened vanilla almond milk

- Combine the above 6 ingredients in a large mixing bowl, beating with wire whisk until mixture is emulsified.
- Then stir in:
 - 1/2 c. lightly toasted, coarsely chopped walnuts or pecans
 - 1 large golden delicious apple, coarsely chopped in food processor
- With large spoon stir dry ingredients into applesauce mixture just until evenly moistened.
- Divide mixture evenly into 12 muffin cups. Muffin cups will be full – not to worry!
- Bake at 375 degrees for 30 minutes.
- Cool for 10 minutes, then turn muffins on edge in muffin cups and cool completely.
- Store in a ziplock bag in the fridge or freezer.
- **Reheat muffins before serving.**
- **If reheating muffins from freezer, wrap in foil to keep them moist, and reheat at 400 degrees.**
- **These muffins make a great grab-and-go breakfast-on-the-run, along with a bunch of (seedless) grapes. YUM**

*Quick oats add great taste and texture to these muffins, and make a lighter product than muffins made using flour from grains other than wheat.

1 3/4 c. Bob's Red Mill Gluten Free Baking Flour plus 1/4 c. almond meal, can replace the whole wheat pastry flour, if gluten sensitivity is a problem. Bob's Red Mill products are sold at Save Mart, natural food stores, and online.

BAKED POTATO CHIPS

4 medium russet potatoes

1 c. water combined with 2 t. salt

- Preheat oven to 350 degrees. Position oven racks about 5 inches apart.
- Place water and salt in large mixing bowl, stirring to dissolve salt.
- Peel potatoes, rolling each one at once in the salted water, to prevent darkening. Cut away dark spots, eyes, etc.
- If using a food processor with an adjustable blade attachment, adjust blade to thinnest setting.
- Pour salted water into food processor bowl.
- Slice potatoes with food processor, then swish potato slices in the salted water.
- A mandolin slicer board with the thinnest blade setting will also work for slicing the potatoes.
- If using a mandolin slicer board, place it over the mixing bowl containing salted water.
- Slice potatoes into the salted water, then swish potato slices in the salted water.
- Drain potato slices in a colander, then place them in a salad spinner and spin out excess water.
- Blot potato slices with paper towels to remove as much water as possible.
- Prepare 2 large nonstick cookie sheets with nonstick spray, wiping off excess with a paper towel.
- Place potato slices in a single layer on cookie sheets, avoiding overlapping of edges.
- Bake both cookie sheets for 10 minutes, then reverse cookie sheets on oven racks and bake for 10 more minutes.
- Turn off oven and leave cookie sheets in oven, allowing potato slices to become completely dry and crisp.
- When potato slices are completely crisp and cool, store in a ziplock bag.
- These Baked Potato Chips are really tasty, and way better for you and your family than deep fat fried potato chips.
- They are well worth your extra time and work.

Potato chips that are commercially prepared are nearly all deep fat fried and contain about 1 gram of fat per 1-2 chips. (Check out the labels on those bags of chips!) Deep fat fried potato chips or French fries form acrylamides, which are extremely toxic.

A helpful guideline is to eat no more than 20 grams of total fat per day – so it is terribly easy to consume your daily quota of fat (or more) in just those deep fat fried potato chips or French fries. With the current epidemic of heart disease and heart attacks, strokes, Type II diabetes, and obesity in countries consuming the SAD (Standard American Diet) this is a serious concern.

BAKED SPANISH RICE

2 c. uncooked long grain brown rice
4 c. water
1 t. salt
1 t. olive oil

- In a 2-quart saucepan bring water, salt, and olive oil to a boil.
- Add rice, cover, and reduce heat to 1 notch above low heat. Lid should “jiggle” gently while rice is cooking.
- Cook for 1 hour, or until all liquid is absorbed.
- Remove from heat, place lid ajar, and let stand for at least 10 minutes, then fluff with fork.

Yield: about 8 c. cooked rice, enough for this recipe

16-oz can or 2 8-oz cans tomato sauce
1 t. salt, to taste
1/2 t. ground cumin, to taste
3/4 t. granulated garlic powder, to taste
3/4 t. granulated onion powder, to taste
7-oz can or 2 4-oz cans fire roasted diced mild green chiles, with liquid

2 4-oz cans sliced black olives, rinsed and drained well in colander
1 large or 2 medium sweet yellow onions, coarsely chopped (about 1 c.)
1 large red bell pepper, coarsely chopped (about 1 c.)
1 large green bell pepper, coarsely chopped (about 1 c.)
(The onion and bell peppers can be coarsely chopped separately and quickly in a food processor.)

8 c. cooked long grain brown rice (from above recipe)

Cheddar flavor vegan veggie shreds, if available (optional)

- In a very large mixing bowl combine tomato sauce, seasonings, and diced chiles with liquid.
- Stir in sliced olives, chopped onion, and chopped red and green bell peppers, mixing well.
- Stir in cooked rice, mixing well.
- Prepare a 9 x 13-inch baking dish with nonstick spray, wiping off excess with a paper towel.
- Pack rice mixture firmly and evenly into baking dish, cover with foil, and chill several hours or overnight for flavors to blend.
- Bake covered at 400 degrees for 50-60 minutes, until heated through and bubbling gently.
- If desired, before serving garnish with cheddar flavor vegan veggie shreds.
- Reheat uncovered briefly in oven. The veggie shreds will melt quickly over the hot Baked Spanish Rice.

Baking this Spanish Rice enhances rich flavors, taking this entrée to a new level.

This makes a great Mexican meal served with bean burritos, or Layered Mexican Bean Dip, and Baked Tortilla Chips. (See recipes for Veggie Burritos, Layered Mexican Bean Dip and Baked Tortilla Chips).

If a smaller entrée is needed, this recipe can easily be cut in half and the rice mixture chilled and baked in a 2-quart baking dish.

Cheddar flavor vegan veggie shreds are sold at natural food stores and some grocery stores.

BAKED TORTILLA CHIPS

1 pkg whole grain **yellow** corn tortillas
Salt
Cooking oil (optional)

We recommend tortillas traditionally made with whole grain corn, water, and a trace of lime.

Yellow corn tortillas make more light and flaky baked tortilla chips than do white corn tortillas.

Sol De Oro is a brand sold at Save Mart grocery stores, which uses non-GMO whole grain corn.

Mission brand makes extra thin, small yellow corn tortillas, which make especially light, flaky baked tortilla chips.

Mission brand tortillas are sold at Save Mart grocery stores, and other grocery stores as well.

- Preheat oven to 425 degrees.
- Sprinkle salt between each tortilla.
- Rub tortillas together in a circular motion to lightly coat both sides with salt.
- Place half a dozen tortillas on cutting board.
- With sharp knife, cut stack into halves, then into quarters, and once again to make wedges.
- **If you are using the small, extra thin tortillas, simply cut them in quarters.**
- Place tortilla wedges in a single layer on a large cookie sheet, being careful to not overlap edges.
- Repeat with remaining tortillas.
- A digital timer is essential for the precise baking time needed for baking these tortilla chips.
- Bake tortilla wedges at 425 degrees for 8-9 minutes, one cookie sheet at a time.
- **Watch carefully to avoid browning.**
- If tortilla chips begin to brown, decrease baking time by 1 minute for the next batch.
- **If you are using extra thin tortillas, decrease oven heat to 400 degrees.**
- **Bake for only 6-7 minutes, as they will brown very quickly.**
- When tortilla chips are baked, remove cookie sheet from oven at once, and place on top of stove.
- Allow tortilla chips to cool completely on hot cookie sheet.
- This allows the tortilla chips to become crisp without browning them.
- **If chips are browned they will taste burnt, and if they are not crisp, they will be tough and leathery when cooled.**
- If cooled tortilla chips are not crisp, bake 1-2 minutes more until they are crisp.
- Your oven heat will determine exactly how long to bake these tortilla chips.
- When tortilla chips are crisp and completely cooled, store in a ziplock bag.

These Baked Tortilla Chips are tasty served with any Mexican meal.

Warming these tortilla chips just before serving makes them more tender.

If these chips are served under cooked beans, they will become soggy, due to the small amount of oil content, so we recommend serving these baked tortilla chips **alongside** cooked beans, as for Haystacks.

If desired, Baked Tortilla Chips can be made by brushing the tortillas lightly with cooking oil using a pastry brush—before salting them and cutting the tortillas into wedges.

Tortilla chips that are commercially prepared are nearly all deep fat fried and contain about 1 gram of fat per 1-2 chips. (Check out the labels on those bags of chips!) This is a deadly combination. A helpful guideline is to eat no more than 20 grams of total fat per day—so it is terribly easy to consume your daily quota of fat (or more) in just those deep fat fried tortilla chips.

With the current epidemic of heart disease and heart attacks, strokes, Type II diabetes, and obesity in countries consuming the SAD (Standard American Diet) this is a serious concern.

Sure, these Baked Tortilla Chips take a little extra time and work to prepare—but you get to live healthier and longer!

BAKED ZITI

2 24-26-oz jars your favorite pasta sauce

1 small sweet yellow onion, chopped fine and sautéed until tender, **or** 1 T. dried minced onion,
then combined with pasta sauce in large mixing bowl

4-oz can sliced olives, rinsed and drained in colander, then combined with pasta sauce (tasty, but optional)

1 c. Sesame Parmesan Topping (see recipe)

or

8-oz pkg vegan veggie shreds, mozzarella flavor, sold at natural food stores (optional).

VEGAN RICOTTA CHEESE

2 14-16-oz pkgs extra firm tofu, rinsed and drained in colander
(we recommend organic soybean tofu, if available)

2 handfuls fresh basil leaves

2 t. lemon juice

4 garlic cloves or 1/2 t. granulated garlic powder

1 t. salt, to taste

1/4 c. nutritional yeast flakes

- If you have a food processor this vegan ricotta can be made quickly and easily.
- It can be done in a blender, but requires more time and work.
- Break tofu into pieces and place in food processor with all other ingredients.
- Process on high speed until tofu ricotta is smooth, then scoop ricotta mixture into mixing bowl.
- (With narrow blender spatula, scrape sides of food processor bowl to blend all tofu smooth.)

NOTE: Tofu dries quickly onto food processor or blender container. Soak container in hot soapy water at once.

4 c. whole wheat or brown rice penne pasta*

5 c. water

1 t. salt

1/2 t. granulated garlic powder

- In a 3-quart saucepan bring water and seasonings to full boil.
- Stir in pasta and cook uncovered over medium/high heat just until tender, 10-15 minutes for whole wheat pasta.
- Brown rice pasta needs less cooking time than whole wheat pasta. Cook 3-5 minutes, just until tender.
- When pasta is tender, remove from heat and drain any remaining water from cooking.

LAYERING ZITI

- Prepare 11 x 16-inch baking dish with nonstick spray, wiping off excess with a paper towel
- Spread half of cooked and drained pasta evenly in baking dish.
- Drop half of ricotta mixture by spoonfuls evenly over pasta.
- Pour half of sauce mixture evenly over ricotta layer.
- Sprinkle evenly with half of Sesame Parmesan Topping **or** half of vegan veggie shreds
- Spread remaining pasta evenly in baking dish
- Spoon remaining ricotta mixture evenly over pasta.
- Pour remaining sauce mixture evenly over ricotta layer.
- Sprinkle remaining Sesame Parmesan Topping **or** vegan veggie shreds evenly over sauce mixture.
- If baking Ziti immediately, bake covered at 400 degrees for 30 minutes, until bubbling gently.
- If baking Ziti later, cover and chill until needed. Bake covered at 400 degrees for 40-50 minutes, until bubbling gently.

***Baked Ziti made with brown rice pasta is a great alternative to lasagna for persons with gluten sensitivity. Tinkyada Pasta Joy brown rice pastas have superior quality and texture, and do not fall apart after cooking, as some brown rice pastas can do. These pastas are sold at Save Mart, natural food stores, and online.**

BERRY COBBLER

2 12-oz bags frozen blackberries or boysenberries, thawed
12-oz can Welch's frozen white grape juice concentrate, thawed
Pinch of salt
2 T. tapioca flour

2 c. (packed) soft pitted dates, chopped fine in food processor*
2 T. honey or agave nectar, to taste

1 recipe of Crunchy Crumb Topping (see recipe)

- Drain juice from thawed berries into a 2-quart saucepan.
- Add can of white grape juice to saucepan.
- With wire whisk stir salt and tapioca flour into juice in saucepan.
- Bring juice mixture to boil over high heat, **stirring constantly with wire whisk.**
- Remove from heat and stir chopped dates into hot juice mixture.
- Cover and let stand for 15 minutes to soften dates, then stir in thawed berries.
- Sweeten to taste with honey or agave nectar, as needed.

- Preheat oven to 325 degrees.
- Prepare 2-quart flat baking dish with nonstick spray, wiping off excess with a paper towel.
- Spread berry mixture evenly in baking dish.
- Crumble Crunchy Crumb Topping evenly over berry mixture, pressing topping lightly into filling.
- Cover loosely with foil and bake at 325 degrees for 30 minutes, until bubbling gently.
- Remove foil and bake 5 minutes more, until crumb topping is lightly browned.
- Watch carefully to avoid over-browning.
- Cool at least 30 minutes before serving.

**This hot berry mixture makes a delicious topping for waffles, pancakes, or French toast.
When cooled, this thickens even more, and makes a yummy berry jam.**

***Dates are machine pitted, so always check for pits and stems. Cut dates in half with kitchen scissors.
Have dates chilled – when they are cold they are less sticky.**

BLUEBERRY COFFEE CAKE WITH STREUSEL TOPPING

STREUSEL TOPPING

2 T. brown rice, oat, or barley flour**

Pinch of salt

1/2 c. walnuts or pecans

1/2 c. (packed) pitted deglet dates (medjool dates are too soft and sticky for this topping)

- **Dates are machine pitted, so always check for pits and stems. Cut dates in half with kitchen scissors.**
- **Have dates chilled – when they are cold they are less sticky.**
- Place above ingredients in food processor.
- Process at high speed until nuts and dates are ground fine, then scoop mixture into small mixing bowl and set aside.
- This makes about 1 c. Streusel Topping, enough for this Blueberry Coffee Cake.

**Brown rice, oat, and barley flour have essentially no gluten content, and make a better Streusel Topping than does whole wheat flour. These flours are sold at natural food stores, Winco stores, and online.

- **Preheat oven to 375 degrees.**
- **Prepare a 9-inch round cake pan with nonstick spray, wiping off excess with a paper towel.**

DRY INGREDIENTS

1 3/4 c. whole wheat pastry flour (pack flour firmly into measuring cup and level off at top)

1/4 t. salt

1 T. aluminum free baking powder

- Combine the above 3 dry ingredients in a medium mixing bowl.
- If desired, this mixture can be sifted after measuring the ingredients,
- This can easily be done by whisking the mixture through a wire mesh strainer into a mixing bowl.
- Stir 1/4 c. quick oats into the dry ingredients and set aside this mixture.*

*Quick oats add great taste and texture to this Blueberry Coffee Cake, and make a lighter product than using flour from grains other than wheat.

1 T. ground flax seed

2 T. frozen orange juice concentrate

2 T. cooking oil

1/2 c. unsweetened applesauce

1/2 c. pure maple syrup

1/2 c. sweetened vanilla almond milk or sweetened coconut milk

- Combine the above 6 ingredients in a large mixing bowl, beating with wire whisk until mixture is emulsified.
- Then stir in:
 - 1/2 c. lightly toasted, coarsely chopped walnuts or pecans
 - 1 c. fresh or thawed frozen blueberries.

- With large spoon stir dry ingredients into the applesauce mixture just until evenly moistened.
- Spread this Blueberry Coffee Cake batter mixture evenly in 9-inch round cake pan.
- With fork crumble Streusel Topping evenly over batter, pressing Topping down firmly into batter with fork.
- **Cover loosely with foil** and bake at 375 degrees for 45 minutes.
- Cool Blueberry Coffee Cake **uncovered** in cake pan.
- This coffee cake can be covered with foil and chilled in cake pan until needed.
- If just a few slices are needed, remove slices with a pie server and reheat covered with foil.
- Entire coffee cake can be covered with foil and reheated before serving to a group.
- Serve warm with fresh fruit for a delightful brunch.

BLUEBERRY CREAM BREAD PUDDING

STREUSEL TOPPING

2 T. brown rice, oat, or barley flour

Pinch of salt

1/2 c. walnuts or pecans

1/2 c. (packed) pitted deglet dates (medjool dates are too soft and sticky for this topping)

Dates are machine pitted, so always check for pits and stems. Cut dates in half with kitchen scissors. Have dates chilled – when they are cold they are less sticky.

- Place above ingredients in food processor.
- Process at high speed until nuts and dates are ground fine.
- This makes about 1 c. Streusel Topping. Place in a small container, cover, and chill until needed

BREAD PUDDING FILLING

4 slices sprouted grain bread, cut into 1-inch cubes

2 c. frozen blueberries

8-oz container vegan cream cheese, plain flavor

BATTER

1 c. raw cashew pieces, rinsed with boiling water and drained well in small strainer

1/4 c. (packed) pitted dates (see above directions for preparing dates)

1/4 t. salt

1 T. tapioca flour

1 t. pure vanilla extract

1 T. agave nectar

3 c. water

- Place cashews, dates, salt, tapioca flour, vanilla, agave nectar, and 1 1/2 c. water in blender.
- Cover and process at low speed, then increase until high speed until batter is smooth.
- Add remaining 1 1/2 c. water and process briefly.
- Prepare a 3-quart baking dish with nonstick spray, wiping off excess with a paper towel.
- Spread cubed bread evenly in baking dish.
- Spread blueberries evenly over layer of cubed bread.
- Scoop teaspoonfuls of cream cheese from container, and with a second teaspoon scoop cream cheese from first teaspoon evenly over layer of blueberries.
- Pour batter evenly over cubed bread mixture, then press cubed bread down into batter with a spoon.
- Cover and chill overnight for cubed bread to absorb batter.
- Preheat oven to 350 degrees. Before baking, crumble Streusel Topping evenly over Bread Pudding.
- Cover and bake for 40 minutes, until Pudding is bubbling gently, then bake uncovered for 10 minutes more

BLUEBERRY TOPPING

1 c. frozen blueberries combined with 1 c. water in a small saucepan

Pinch of salt

2 T. arrowroot powder

2 T. agave nectar

- Cook over high heat, stirring constantly, until mixture is thickened, clear, and bubbling gently.
- Pour Blueberry Topping evenly over baked Pudding, and let stand for several minutes before serving. **YUM.**

BLUEBERRY MUFFINS

- Preheat oven to 375 degrees.
- Prepare standard size 12-cup nonstick muffin pan with nonstick spray, wiping off excess with a paper towel.

DRY INGREDIENTS

1 3/4 c. whole wheat pastry flour (pack flour firmly into measuring cup and level off at top)
1/4 t. salt
1 T. aluminum free baking powder

- Combine the above 3 dry ingredients in a medium mixing bowl.
- If desired, this mixture can be sifted after measuring the ingredients,
- This can easily be done by whisking the mixture through a wire mesh strainer into a mixing bowl.
- Stir 1/4 c. quick oats into the dry ingredients and set aside this mixture.*

1 T. ground flax seed
2 T. frozen orange juice concentrate
2 T. cooking oil
1/2 c. unsweetened applesauce
1/2 c. pure maple syrup
1/2 c. sweetened vanilla almond milk or sweetened coconut milk

- Combine the above 6 ingredients in a large mixing bowl, beating with wire whisk until mixture is emulsified.
- Then stir in:
 - 1/2 c. lightly toasted, coarsely chopped walnuts or pecans
 - 1 c. fresh or thawed frozen blueberries.

- With large spoon stir dry ingredients into the applesauce mixture just until evenly moistened.
- Divide mixture evenly into 12 muffin cups.
- Bake at 375 degrees for 30 minutes.
- Cool for 10 minutes, then turn muffins on edge in muffin cups and cool completely.
- Store muffins in a ziplock bag in the fridge or freezer.
- **Reheat muffins before serving.**
- **If reheating muffins from freezer, wrap in foil to keep them moist, and reheat at 400 degrees.**

*Quick oats add great taste and texture to these muffins, and make a lighter product than muffins made using flour from grains other than wheat.

BANANA NUT MUFFINS

- Follow recipe for Blueberry Muffins, making the following changes:
- Replace the blueberries with 1 c. mashed ripened bananas. (2 medium size bananas)
- (Mashing the bananas in a small food chopper takes just seconds of your time.)
- Decrease the maple syrup to 2 T.
- Be sure to add the chopped nuts!

These muffins make a great grab-and-go breakfast-on-the-run, along with a bunch of (seedless) grapes. YUM

1 3/4 c. Bob's Red Mill Gluten Free Baking Flour plus 1/4 c. almond meal can replace the whole wheat pastry flour, if gluten sensitivity is a problem. Bob's Red Mill products are sold at Save Mart, natural food stores, and online.

CRANBERRY NUT MUFFINS

- Preheat oven to 375 degrees.
- Prepare standard size 12-cup nonstick muffin pan with nonstick spray, wiping off excess with a paper towel.

DRY INGREDIENTS

1 3/4 c. whole wheat pastry flour (pack flour firmly into measuring cup and level off at top)
1/4 t. salt
1 T. aluminum free baking powder

- Combine the above 3 dry ingredients in a medium mixing bowl.
- If desired, this mixture can be sifted after measuring the ingredients.
- This can easily be done by whisking the mixture through a wire mesh strainer into a large mixing bowl.
- Stir 1/4 c. quick oats into the dry ingredients and set aside this mixture.*

1 T ground flax seed
2 T. frozen orange juice concentrate
2 T. cooking oil
1/2 c. pure maple syrup
3/4 c. unsweetened applesauce
3/4 c. sweetened vanilla almond milk or sweetened coconut milk

- Combine the above 6 ingredients in a large mixing bowl, beating with wire whisk until mixture is emulsified.
- Stir in 1/2 c. lightly toasted, coarsely chopped walnuts or pecans and 1 c. dried cranberries.
- Let stand at least 15 minutes for dried cranberries to soften in the applesauce mixture.
- With large spoon stir dry ingredients into applesauce mixture just until evenly moistened.
- Divide mixture evenly into 12 muffin cups. Muffin cups will be full – not to worry!
- Bake at 375 degrees for 30 minutes.
- Cool for 10 minutes, then turn muffins on edge in muffin cups and cool completely.
- Store muffins in a ziplock bag in the fridge or freezer.
- **Reheat muffins before serving.**
- **If reheating muffins from freezer, wrap in foil to keep them moist, and reheat at 400 degrees.**

*Quick oats add great taste and texture to these muffins, and make a lighter product than muffins made using flour from grains other than wheat.

DATE NUT MUFFINS

- Replace the dried cranberries with chopped dates.
- Dates are machine pitted – so always check dates for pits and stems. Cut dates in half with kitchen scissors.

RAISIN NUT MUFFINS

- Replace the dried cranberries with raisins.

APRICOT PEACH MUFFINS

- Replace the dried cranberries with 1/2 c. each dried apricots and dried peaches, chopped fine in food processor.
- Add 1/4 c. unsweetened flaked coconut.

1 3/4 c. Bob's Red Mill Gluten Free Baking Flour plus 1/4 c. almond meal can replace the whole wheat pastry flour, if gluten sensitivity is a problem. Bob's Red Mill products are sold at Save Mart, natural food stores, and online.

BLUEBERRY SCONES MADE WITH MONK FRUIT SUGAR AND NO REFINED OIL

- Preheat oven to 375 degrees. Position top oven rack in middle of oven.
- Moisten smooth countertop or very large cutting board.
- Tear off 18-inch sheet of **heavy duty extra wide foil** and place on moistened surface.
- Prepare foil with nonstick spray, wiping off excess with a paper towel, and smoothing foil flat.

1 c. fresh or thawed frozen blueberries

1/2 c. unsweetened coconut milk or unsweetened almond milk

1 t. pure vanilla extract

- In a large mixing bowl combine the above 3 ingredients and set aside.

1 c. whole wheat pastry flour (pack flour firmly into measuring cup and level off at top)

2 c. lightly toasted walnuts or pecans, ground fine in food processor

1/2 c. ground chia seeds

20 packets Monk Fruit sugar*

Pinch of salt

1 T. aluminum free baking powder

- In a large mixing bowl combine the above 6 dry ingredients, mixing well.
- With large spoon stir flour mixture into liquid mixture just until well blended.
- This dough should be fairly stiff when well mixed.
- Scoop dough mixture onto foil and press into rectangle shape.
- Cover dough with 18-inch sheet of extra wide plastic wrap or freezer wrap.
- If using extra wide freezer wrap, rub the plastic-coated side with nonstick spray and place this side over dough.
- With rolling pin roll out dough into a rectangle about 10 x 14 inches, and about 3/4 inch thick.
- With small spoon scoop up any blueberries at the edges and press into center of dough.
- Cover dough again with plastic wrap or freezer wrap, roll gently, then remove wrap.
- Place foil with rolled-out dough onto large cookie sheet.
- Place cookie sheet on top oven rack and bake dough at 375 degrees for 20 minutes.
- Prepare pizza cutter blade with nonstick spray, wiping off excess with a paper towel.
- With pizza cutter cut across rectangle into 4 fairly equal sections, then cut down center of rectangle.
- If desired, cut "squares" into triangles or smaller squares.*
- Cool scones completely on foil lined cookie sheet.
- Store cooled scones in a ziplock bag in the fridge or freezer. Reheat scones before serving. **YUM**

Yield: 16 medium size Blueberry Scones.

*Monk Fruit Sugar is sold at natural food stores and online.

Monk Fruit sugar has 3 calories per packet, and has a nice natural sweetness.

***Scones are traditionally cut into triangles. However, they are just as yummy cut into squares.**

BLUEBERRY SCONES

1 c. fresh or thawed frozen blueberries

2 c. whole wheat pastry flour (pack flour firmly into measuring cup and level off at top)

1/2 c. ground chia seeds

1 T. aluminum free baking powder

Pinch of salt

1 t. pure vanilla extract

1/4 c. cooking oil

1/2 c. pure maple syrup

3/4 c. sweetened coconut milk or sweetened almond milk

- Preheat oven to 375 degrees. Position top oven rack in middle of oven.
- Moisten smooth countertop or very large cutting board.
- Tear off 18-inch sheet of **heavy duty extra wide foil** and place on moistened smooth surface.
- Prepare foil with nonstick spray, wiping off excess with a paper towel, and smoothing foil flat.
- Combine flour, ground chia seeds, baking powder and salt in a medium/large mixing bowl, mixing well, and set aside.
- Place vanilla, oil, maple syrup, and nut milk in a large mixing bowl.
- Beat liquid mixture with wire whisk until mixture is emulsified, then stir in blueberries.
- With large spoon stir flour mixture into liquid mixture just until well blended.
- This dough should be fairly stiff when well mixed.
- Scoop dough mixture onto foil and press into rectangle shape.
- Cover dough with 18-inch sheet of **extra wide plastic wrap or freezer wrap**.
- **If using extra wide freezer wrap, rub the plastic-coated side with nonstick spray and place this side over dough.**
- With rolling pin roll out dough into a rectangle about 10 x 14 inches, and about 1/2 inch thick.
- With small spoon scoop up any blueberries at the edges and press into center of dough.
- Cover dough again with plastic wrap or freezer wrap and roll gently, then remove wrap.
- Place foil with rolled-out dough onto large cookie sheet.
- Place cookie sheet on top oven rack and bake dough at 375 degrees for 20 minutes.
- Prepare pizza cutter blade with nonstick spray, wiping off excess with a paper towel.
- With pizza cutter, cut across baked rectangle into 4 fairly equal sections, then cut down center of rectangle.
- If desired, cut "squares" into triangles or smaller squares.*
- Cool scones completely on foil lined cookie sheet.
- Store cooled scones in a ziplock bag in the fridge or freezer. **Reheat scones briefly before serving. YUM**
- Yield: 16 medium size Blueberry Scones.

GLUTEN FREE BLUEBERRY SCONES

- Follow recipe for Blueberry Scones, making the following changes:
- Replace whole wheat pastry flour with 1 1/4 c. Bob's Red Mill Gluten Free Baking Flour and 1 c. almond meal..
- Decrease coconut milk or almond milk to 1/2 c.
- Decrease baking temp to 350 degrees.
- Bob's Red Mill Gluten Free Baking Flour and almond meal are sold at Save Mart, natural food stores, and online.

***Scones are traditionally cut into triangles. However, they are just as yummy cut into squares.**

BUCKWHEAT BLUEBERRY PECAN PANCAKES

- Preheat nonstick griddle on medium heat (or electric griddle at 350 degrees).

DRY INGREDIENTS

1 c. Bob's Red Mill buckwheat pancake mix* (pack pancake mix firmly into measuring cup and level off at top)

1 t. aluminum free baking powder

- Combine the above 2 ingredients in a medium mixing bowl and set aside.
- 1 t. pure vanilla extract
- 1 T. ground flax seed
- 1 T. cooking oil
- 1 1/2 c. sweetened vanilla almond milk or sweetened coconut milk
- Place the above 4 ingredients in a large mixing bowl and beat with wire whisk until mixture is emulsified.
- Then stir in:
 - 1 c. fresh or thawed frozen blueberries
 - 1/2 c. lightly toasted, coarsely chopped pecans.
- With large spoon stir dry ingredients into blueberry mixture, just until evenly moistened.
- Test griddle heat by flicking several drops of water onto preheated griddle – water drops should “skip” on griddle.
- With 1/4 c. measuring cup drop batter onto preheated griddle.
- Bake pancakes until underside is golden brown.
- Turn pancakes and bake until underside is golden brown.
- Serve at once or cool on wire rack and continue baking remainder of pancake batter.
- When pancakes are cooled, store in ziplock bags in the fridge or freezer.
- This recipe can be doubled as needed, and made ahead for a yummy “instant breakfast.”
- These pancakes freeze well, and can be reheated in a toaster oven right from the freezer.

***Bob's Red Mill buckwheat pancake mix is a great whole grain, gluten free, vegan pancake mix.**

It is sold at Save Mart, natural food stores, and online.

PEACHY CREAM SAUCE

15-oz can sliced peaches with juice

1/4 c. raw cashews, rinsed in boiling water and drained in colander

1 c. hot, freshly cooked millet (**see recipe for cooked millet under Lemon Honey Butter**)

3-4 T. honey or agave nectar, to taste.

- While millet is cooking, place peaches with juice and cashews in blender.
- Cover and process at low speed, then increase to high speed and process until smooth.
- Add hot, freshly cooked millet and process at medium speed, then slowly increase to high speed.
- With narrow blender spatula, scrape sides of blender as needed until mixture is super smooth.
- Sweeten to taste, then chill in container with a tight-fitting lid. This will thicken to soft pudding when chilled.
- This makes a sweet, creamy sauce with a light peach flavor, for pancakes, waffles, or French toast.
- This keeps well 7-10 days in the fridge, and freezes well. However, this sauce will thin after freezing and thawing.
- After thawing, beat with small wire whisk until smooth and creamy again.

A 15-oz can of apricot halves with juice can replace the peaches, for an Apricot Cream Sauce.

If you like apricots, we think you will love this Apricot Cream Sauce.

When chilled, Peachy Cream Sauce and Apricot Cream Sauce make a yummy soft pudding.

Try topping servings with unsweetened flaked coconut.

ORANGE HONEY BUTTER

1/4 c. raw cashews, rinsed in boiling water and drained in strainer
1/4 c. boiling water*
3-4 T. frozen orange juice concentrate (to taste)
1 t. finely grated or finely chopped orange peel**
2 T. honey (to taste)

1/2 c. hot freshly cooked millet*** (see recipe below)

- Place first 5 ingredients in blender just before adding cooked millet.
- Add hot freshly cooked millet to blender.
- Cover and process at low speed, then slowly increase to high speed. This avoids blender splash.
- Process for several minutes, until mixture is super smooth.
- Stop blender several times and with narrow blender spatula scrape sides of blender as needed.
- When mixture is super smooth, chill in container with a tight-fitting lid.

This makes a sweet, creamy topping with a light orange flavor, for pancakes, waffles, or French toast.

- This keeps well 7-10 days in the fridge. It will keep even better if it is stored in several small containers.
- This freezes well. Chill one container and freeze the rest for use later.
- After thawing, beat with small wire whisk until smooth and creamy again.

***Boiling essentially sterilizes water, which keeps this topping fresh longer – and it thickens the cashews as well.**

****Orange peel can be chopped fine in a small food chopper – process on high speed for several minutes until fine.**

This is way easier and faster than grating it – and it works. But if you prefer to grate it – go for it!

(The chopped orange peel will become super smooth when blended with the other ingredients in this topping.)

Chopped or grated orange peel can be stored in a small ziplock bag in the freezer until needed.

*****Hot freshly cooked millet is essential for making this topping super smooth.**

LEMON HONEY BUTTER

- Follow recipe for Orange Honey Butter, making the following changes:

- Omit the frozen orange juice concentrate and orange peel.
- Add 3 t. lemon juice. (to taste)
- Add 1 t. finely grated or finely chopped lemon peel (optional)
- Increase honey to 1/4 c. (to taste)

****See directions above for grated or chopped orange peel.**

This makes a sweet, creamy topping with a delicate lemon flavor, for pancakes, waffles, or French toast.

- This keeps well 7-10 days in the fridge, and freezes well. (see recipe for Orange Honey Butter)
- After thawing, beat with small wire whisk until smooth and creamy again.

COOKED MILLET

1 c. water
Pinch of salt
1/2 t. pure vanilla extract
1/4 c. uncooked hulled millet

- In a 1-quart saucepan bring water, salt, and vanilla to boil.
- Add millet, cover, and cook one notch above low heat for 30-40 minutes, until millet is fluffy and liquid is absorbed.
- This will yield about 1 c. cooked millet.
- **Millet is an extremely nutritious, gluten free whole grain.**

BUTTERNUT SQUASH SOUP

This all-time favorite soup is available in at least 3 ways:

- 1) Keep quart size boxes of butternut squash soup on hand for "10-minute meals."
- 2) Bags of peeled and cubed fresh butternut squash are sold in many grocery stores.
They need to be cooked within a few days.
- 3) Whole butternut squash is sold in all grocery stores, and it keeps well for weeks in a cool, dry place.

OPTION # 1

- Pour desired amount of butternut squash soup into saucepan or a heat-and-eat pyrex bowl.
- If desired, stir in a pinch of ground cardamom and/ or ground ginger, to taste.
- Cover and heat over medium/low heat, stirring frequently to prevent scorching.
- Sweeten to taste with honey, pure maple syrup, or agave nectar.
- Garnish with a handful of lightly toasted chopped pecans, and serve with a veggie wrap or sandwich.

OPTION # 2

12-oz pkg cubed fresh butternut squash
1 small sweet yellow onion, coarsely chopped **or** 1 t. dried minced onion
Pinch of salt and ground cardamom and/or ground ginger, to taste
1 c. water

- Place all ingredients in a 1-quart saucepan.
- Cover, bring to boil, then cook over medium/high heat until squash is tender.
- Pour all ingredients into blender, cover, and process at low speed, then increase to high speed and process until smooth.
- If reheating is needed, stir constantly with wire whisk to avoid scorching.
- Sweeten to taste with honey, pure maple syrup, or agave nectar.
- Garnish with a handful of lightly toasted chopped pecans, and serve with a veggie wrap or sandwich.

OPTION # 3

1 medium size whole butternut squash--peeled, seeded, and cut in 1 inch cubes
1 medium sweet yellow onion, coarsely chopped
1/2 t. Savory Seasoning Blend, to taste (see recipe) **or** your favorite all purpose seasoning
Pinch of ground cardamom and/or ground ginger, to taste
Water to barely cover squash and onion

- A heavy solid ice cream scoop is a handy tool for scooping the seeds and pulp from the squash.
- Place all ingredients in a 3-quart saucepan, adding enough water to cover the veggies.
- Cover, bring to boil, and cook over medium/high heat until squash and onion are tender.
- Place about half of saucepan ingredients into blender.
- Cover and process at low speed, then increase to high speed and process until smooth.
- Pour into mixing bowl, and repeat with remaining saucepan ingredients.
- Pour all ingredients back into saucepan and reheat, stirring constantly with wire whisk to prevent scorching.
- Sweeten to taste with honey, pure maple syrup, or agave nectar.
- Garnish with a handful of lightly toasted chopped pecans, and serve with a veggie wrap or sandwich.

HEARTY HARVEST SOUP

- Stirring 1/2 c. canned pumpkin into any of the above variations adds rich flavor and nutrients.
- Add pumpkin to options # 2 and # 3 after ingredients are blended smooth.
- Reheat briefly, stirring constantly with wire whisk to prevent scorching.
- Sweeten to taste with honey, pure maple syrup, or agave nectar.
- Garnish with a handful of lightly toasted chopped pecans, and serve with a veggie wrap or sandwich.

CARROT CAKE

- Preheat oven to 375 degrees.
- Prepare 2 9-inch round cake pans **or** a 9 x 13-inch pan with nonstick spray, wiping off excess with a paper towel.

2 c. finely shredded peeled baby carrots (shredding can be done quickly in a food processor)

8-oz can Dole crushed pineapple in its own juice*

1 c. raisins or golden raisins (If desired, coarsely chop raisins in food processor with crushed pineapple in its juice.)

1 c. lightly toasted, coarsely chopped walnuts or pecans

2 c. whole wheat pastry flour

2 T. aluminum free baking powder

1/4 t. salt, to taste

1/4 t. ground ginger, to taste

1/4 c. cooking oil

1/2 c. pure maple syrup

1 c. sweetened coconut milk

1 t. pure vanilla extract

- In a medium/large mixing bowl combine the flour, baking powder, salt, and ginger, mixing well, then set aside.
- If desired, this mixture can be sifted after measuring the ingredients.
- This can easily be done by whisking the mixture through a wire mesh strainer into a large mixing bowl.
- In a large mixing bowl combine the cooking oil, maple syrup, coconut milk, and vanilla.
- Beat this mixture with a wire whisk until emulsified.
- Stir in the shredded carrots, raisins, crushed pineapple with its juice, and chopped nuts, mixing well.
- Stir the flour mixture into the carrot mixture just until mixture is evenly moistened.
- Spread carrot cake mixture evenly into 2 round cake pans or 9 x 13-inch pan, and bake at 375 degrees for 40 minutes.
- After removing from oven, cool carrot cake in baking pan(s) for 15 minutes.
- With a narrow spatula gently loosen carrot cake from baking pan(s) all around the edges.
- Place wire rack(s) over baking pan(s) and invert carrot cake from baking pan(s) onto wire rack(s).
- While carrot cake is cooling on wire rack(s), cover loosely with foil to keep cake moist.
- When carrot cake is cool, invert cake onto serving plates, or platter for 9 x 13-inch cake.
- Cover tightly with plastic wrap, and chill until needed. This Carrot Cake is moist and needs no frosting.
- If desired, just before serving carrot cake, spread slices with Coconut Cream frosting.

*Dole pineapple has consistently superior quality fruit and flavor.

COCONUT CREAM FROSTING

1/2 c. unsweetened flaked coconut

1/2 c. raw cashews, rinsed with boiling water and drained well in small strainer

1/4 c. pure maple syrup or agave nectar

3/4 c. sweetened coconut milk, **heated to boiling. Watch carefully to prevent boiling over.**

1 t. lemon juice

1/2 t. alcohol free vanilla*

Pinch of salt

- Place coconut, cashews, maple syrup, coconut milk, lemon juice, vanilla, and salt in blender.
- Cover and process at medium speed, then increase to high speed.
- Turn off blender and scrape sides of blender as needed with narrow blender spatula.
- Cover and process again at medium speed, then increase to high speed and process until super smooth.
- Pour mixture into container with tight-fitting lid and chill. This thickens when chilled.

*Alcohol free vanilla is sold at natural food stores, Trader Joe's, and online.

CHEDDAR STYLE CHEESE SAUCE

1 c. raw cashews, rinsed in boiling water, then drained well in strainer
1 t. granulated garlic powder
2 t. granulated onion powder
2 t. salt, to taste
1/4 c. nutritional yeast flakes
2 T. lemon juice
2-oz jar pimientos with liquid
3 c. water

- Place cashews, dry seasonings, lemon juice, pimientos, and **1 c. water** in blender.
- Cover and process at low speed, then increase to high speed and process until super smooth.
- With narrow blender spatula scrape sides of blender as needed to blend mixture smooth.
- **Add 1 c. water** and blend well, then pour into 2-quart saucepan.
- Rinse blender with remaining **1 c. water** and stir into cheese mixture in saucepan.
- Cook over medium/ high heat, **stirring constantly with wire whisk**, until mixture comes to a boil.
- This cheese sauce will thicken when cooked, and will thicken even more when chilled.
- This is a tasty cheese sauce served over cauliflower, broccoli – or any other food enhanced by a cheese sauce.
- This keeps well in the fridge for about 7 days, and freezes well.
- Try storing in several small containers with tight-fitting lids. Chill one, and freeze the rest for use later.

MUSHROOM SOUR CREAM SAUCE

1 recipe of Soy Sour Cream (see recipe)
4-oz can sliced mushrooms, with liquid

- Follow recipe for making Soy Sour Cream.
- Add canned mushrooms with liquid to Soy Sour Cream in blender.
- Cover and cycle blend twice on low speed, just enough to coarsely chop mushrooms.
- Chill in container with a tight-fitting lid until sauce is needed.
- Cook over medium/high heat, **stirring constantly with wire whisk**, until sauce is bubbling gently.
- This sauce is tasty served over baked or mashed potatoes, Mushroom Walnut Meat Loaf, Quick 'n Easy Rice Pilaf, or Mushroom Walnut Vegeburgers.
- This keeps well in the fridge for about 7 days. It will become watery when frozen and thawed, so it does not freeze well.

CHEESECAKE GARNISHED WITH GLAZED FRUIT

1 recipe of Vanilla Pudding and Cream Pie (see recipe)

1 recipe of Crunchy Crumb Crust (see recipe)

1 recipe of Glazed Fruit Topping (see recipe below)

SUGGESTED FRUIT TOPPINGS

Fresh strawberries and kiwis, chilled and sliced

Fresh raspberries and/or red or green seedless grapes, chilled (slice grapes in half, if desired)

Fresh peaches or nectarines, chilled and sliced (dip slices in pineapple juice to prevent darkening, then drain well)

If needed, chilled canned mandarin oranges and/or canned peach slices, drained well

- Prepare 10-inch deep-dish pie plate with nonstick spray, wiping off excess with a paper towel.
- Spread Crunchy Crumb Crust mixture evenly in pie plate.
- Place plastic wrap over crust mixture, and press mixture evenly across bottom and up sides of pie dish. (This slick trick keeps mixture from sticking to your hands)
- Bake crust at 350 degrees for 10-12 minutes, until crust is light golden color. Watch carefully to avoid over-browning.
- Cool crust completely before spreading with Vanilla Pudding.
- Make Vanilla Pudding, cover, and chill.
- Place chilled Vanilla Pudding in food processor or blender, and process until mixture is smooth.
- With narrow blender spatula scrape sides of container as needed to blend all mixture smooth.
- Spread pudding mixture evenly in pie plate prepared with cooled crust, cover with plastic wrap, and chill overnight.
- Prepare fruit of choice for garnishing the Cheesecake.
- Arrange prepared, chilled, and well-drained fruit in circles of contrasting colors, starting with the outer edge.
- Drizzle Glazed Fruit Topping over fruit layer, up to edge of Cheesecake and chill overnight before slicing and serving.

VARIATION

- This recipe also makes a show-stopping Fruit Pinwheel Pizza.
- Bake the Crunchy Crumb Crust on a 12 inch round platter or pizza pan, following above baking directions.
- Place chilled Vanilla Pudding in food processor or blender, and process until mixture is smooth.
- Spread pudding mixture evenly over cooled crust, cover with plastic wrap, and chill overnight.
- Arrange chilled fruit in circles per above directions, then drizzle with Glazed Fruit Topping up to edge.
- Chill overnight before slicing and serving.

GLAZED FRUIT TOPPING

12-oz can Welch's frozen white grape juice concentrate, thawed*

Pinch of salt

2 T. arrowroot powder**

- Pour thawed juice into small saucepan and stir in salt and arrowroot powder until arrowroot is dissolved.
- Cook over high heat, **stirring constantly with wire whisk**, until mixture is thickened and boils gently.
- Pour into glass container with tight-fitting lid and chill in fridge. **Do not chill in freezer.**
- With large spoon, carefully drizzle chilled glaze over fruit layer of Cheesecake or Pinwheel Pizza, just up to edge.
- Chill overnight before slicing and serving.

*While grape juice concentrate is frozen, loosen or remove cap from the can. When it is thawed, it tends to slosh when opened, and some of the juice gets spilled and wasted. (been there, done that)

**Arrowroot powder is ground from a root that contains some nutrients, and it is nutritionally superior to cornstarch. It is used by commercial bakeries because it makes a clearer, more silky glaze than cornstarch. It is sold at natural food stores and online.

CHERRY COBBLER

2 12-oz bags frozen sweet pitted cherries, thawed
12-oz can Welch's frozen white grape juice concentrate, thawed
Pinch of salt
2 T. tapioca flour

2 T. honey or agave nectar, to taste

1 recipe of Crunchy Crumb Topping (see recipe)

- Preheat oven or toaster oven to 325 degrees.
- Drain juice from cherries into 2-quart saucepan and add thawed white grape juice.
- With wire whisk stir in salt and tapioca flour, mixing well until tapioca flour is dissolved.
- Bring to boil over high heat, **stirring constantly with wire whisk.**
- Remove from heat, stir in cherries, and sweeten to taste with honey or agave nectar, as needed.
- Prepare 8-inch square baking dish with nonstick spray, wiping off excess with a paper towel.
- Spread cherry mixture evenly in baking dish.
- Crumble Crunchy Crumb Topping evenly over cherry filling, pressing topping lightly into filling.
- Cover loosely with foil and bake at 325 degrees for 20-30 minutes, until cherry filling is bubbling gently.
- Remove foil and bake 5 minutes more, until crumb topping is lightly browned.
- Watch carefully to avoid over-browning, especially if baking this in a toaster oven.
- Cool at least 30 minutes before serving.

DRIED CHERRY COBBLER

2 c. dried **sweet** pitted cherries
12-oz can Welch's frozen white grape raspberry juice concentrate, thawed
Pinch of salt
1 T. tapioca flour
2 T. honey or agave nectar, to taste

1-2 c. Crunchy Crumb Topping (see recipe)

- Place dried cherries and thawed grape raspberry juice in a small saucepan.
- Bring to boil over high heat, remove from heat, cover, and soak for at least 1 hour.
- Prepare 8-inch square baking dish with nonstick spray, wiping off excess with a paper towel.
- Preheat oven or toaster oven to 325 degrees.
- With slotted spoon remove soaked cherries from saucepan and place in a small mixing bowl.
- With wire whisk stir salt and tapioca flour into juice in saucepan, mixing well until tapioca flour is dissolved.
- Bring juice mixture to boil over high heat, **stirring constantly with wire whisk.**
- Remove from heat, stir in cherries, and add more sweetening, as needed.
- Spread juice/cherry mixture evenly in baking dish.
- Crumble 1-2 c. Crunchy Crumb Topping evenly over cherry mixture, pressing topping lightly into filling.
- Cover loosely with foil and bake at 325 degrees for 20-30 minutes, until cherry filling is bubbling gently.
- Remove foil and bake 5 minutes more, until crumb topping is lightly browned.
- Watch carefully to avoid over-browning, especially if baking this in a toaster oven.
- Cool at least 30 minutes before serving.

CHIFFON PUMPKIN PIE

1/2 c. uncooked hulled millet
2 c. water
1/4 t. salt
1 t. pure vanilla extract*

- In a 1-quart saucepan bring water, salt, and vanilla to boil.
- Add millet, cover, and cook one notch above low heat for 50 minutes, or until all liquid is absorbed.
- 1 c. (packed) soft pitted dates** (have dates at room temp)
- 1/2 t. salt
- 3/4 t. ground ginger or ground cardamon, to taste, **or** your favorite pumpkin pie seasoning, to taste
- 1/4 c. old fashioned (natural) peanut butter or almond butter (have nut butter at room temp)
- 3/4 c. sweetened vanilla almond milk, **heated**
- **Place the above 5 ingredients in blender just before millet is cooked, so that hot, freshly coked millet can be blended in at once.**
- **Hot, freshly cooked millet is essential for making this Chiffon Pumpkin Pie filling super smooth.**
- Add hot, freshly cooked millet to mixture in blender.
- Cover and process at low speed, then **slowly** increase to high speed and process until **super smooth**.
- This mixture will be **very thick**. Stop blender and stir mixture down over blender blades as needed.
- With narrow blender spatula, scrape sides of blender as needed. **This mixture will thin as it is blended smooth.**

15-oz can pumpkin or 1 3/4 c. canned pumpkin
1-2 T. pure maple syrup (optional if you prefer more sweetening)

- Scoop blender contents into large mixing bowl.
- Add canned pumpkin and beat well with wire whisk until mixture is super smooth.
- **Add any seasoning and sweetening to taste, mixing well.**
- **Pour into a 10-inch deep-dish pie plate or 2 9-inch pie plates prepared with baked pie shell(s) of your choice.**
- **Briefly chill uncovered, then cover with plastic wrap and chill at least 24 hours before slicing and serving.**
- **This Chiffon Pumpkin Pie filling will become more firm the longer it is chilled.**
- **This makes a Chiffon Pumpkin Pie with a creamy custard texture, much like a traditional pumpkin pie.**
- **Millet is a super nutritious whole grain, so it's a real winner for making this pumpkin pie filling.**

*The alcohol in the vanilla will evaporate when cooking it with the millet.

**Dates are machine pitted, so always check for pits and stems. Cut dates in half with kitchen scissors.

Crunchy Crumb Crust is delicious with this pumpkin pie. (see recipe)

CHILE RELLENO RICE

2 1/4 c. water
1/4 t. salt
1/2 t. ground coriander
1 T minced or chopped dried onions
1 t. olive oil
1 c. uncooked long grain brown rice

- In a 2-quart saucepan bring water, seasonings, and olive oil to boil.
- Stir in rice, cover, and reduce heat to 1 notch above low so it boils gently.
- Cook for 1 hour, or until all liquid is absorbed.
- Remove from heat and let stand at least 10 minutes, then fluff with fork.
- This yields about 4 c. cooked rice, enough rice needed for this recipe.

3/4 c. almond or coconut milk
1/4 t. salt, to taste
1/4 t. granulated garlic powder, to taste
1/4 t. ground cumin, to taste
1 T. lemon juice, to taste
7-oz can **or** 2 4-oz cans **diced** fire roasted mild green chiles with liquid

1/2 c. Sesame Parmesan Topping (see recipe) **or** cheddar flavor vegan veggie shreds

- Stir almond or coconut milk, seasonings, and diced green chiles with liquid into cooked rice, mixing well.
- Add any seasonings to taste.
- Prepare 1 1/2-quart baking dish with nonstick spray, wiping off excess with a paper towel.
- Spread rice mixture evenly in baking dish and garnish with Sesame Parmesan Topping or vegan veggie shreds.
- Cover and chill several hours or overnight for flavors to blend.
- Bake covered at 350 degrees for 1 hour, or until bubbling gently and all liquid is absorbed.

This makes a great Mexican meal served with Mushroom Veggie Fajitas and Baked Tortilla Chips.

(See recipes for Mushroom Veggie Fajitas and Baked Tortilla Chips)

This recipe can easily be increased as needed for any size group.

This simplified (and tasty) vegan version of a popular Mexican entrée is more nutritious, much lower in fat, and way easier and quicker to make. It's a win-win!

CHOCOLATE LOVERS' FUDGE

1/2 c. old fashioned (natural) crunchy peanut butter, softened at room temp*
1/2 c. honey, softened at room temp**
1/4 c. sweetened coconut milk
2 T. Bob's Red Mill toasted carob powder*** (to taste)
1 t. Roma**** (to taste)
1 t. alcohol-free vanilla*****

1 c. (packed) soft pitted dates, chopped fine in food processor*****
1/2 c. lightly toasted, coarsely chopped pecans or walnuts
1 c. fine unsweetened coconut

- In large mixing bowl cream together the peanut butter, honey, coconut milk, carob powder, Roma, and vanilla.
- Stir in the chopped dates, nuts, and coconut, mixing well.
- This mixture will be very thick and stiff.
- Prepare 8-inch square baking dish with nonstick spray, wiping off excess with a paper towel.
- With large spoon spread fudge mixture evenly in baking dish, cover, and chill.
- Cut into squares of desired size and chill in container with a tight-fitting lid
- If desired, spread a thin layer of finely chopped, lightly toasted nuts across bottom of the baking dish **before** spreading the fudge. Then lightly sprinkle more finely chopped nuts evenly over the fudge, and press nuts firmly into fudge mixture. **Yum.**
- Or this fudge mixture can be chilled, rolled into balls, and then rolled in lightly toasted, finely chopped nuts or fine unsweetened coconut.

This creamy fudge is extremely rich – so enjoy sparingly!

PEANUT BUTTER BALLS

1/2 c. old fashioned (natural) crunchy peanut butter, softened at room temp*
1/2 c. honey, softened at room temp**
1 c. lightly toasted, coarsely chopped pecans or walnuts
1 c. shelled raw sunflower seeds, lightly toasted
1 c. raisins
Fine unsweetened coconut

- In a large mixing bowl, cream together the peanut butter and honey.
- Combine the chopped nuts, sunflower seeds, and raisins, then stir into peanut butter/honey mixture.
- Roll into small balls and then roll in coconut.
- Chill in container with a tight-fitting lid.

These Peanut Butter Balls are extremely rich – so enjoy sparingly!

Lightly toasting nuts at 250 degrees for 10 minutes brings out rich flavor, without damaging their oil content, which can occur when roasting nuts at higher temperatures.

***If peanut allergy is a problem, almond butter can replace the peanut butter.**

****Honey becomes more firm when chilled, so it makes a firmer candy than if using maple syrup or agave nectar.**

*****Bob's Red mill toasted carob powder is the very best tasting carob powder we have ever used.**

******Roma is a cereal coffee substitute that adds a mocha flavor to carob.**

Both of these products are sold at natural food stores and online.

*******Alcohol-free vanilla is sold at natural food stores, Trader Joe's, and online**

*******Dates are machine pitted, so always check for pits and stems. Cut dates in half with kitchen scissors.**

“CHOCOLATE” PUDDING AND CREAM PIE

1/2 c. uncooked hulled millet
2 c. water
1/4 t. salt (to taste)
1 t. pure vanilla extract*

- In a 1-quart saucepan bring water, salt, and vanilla to boil.
- Add millet, cover, and cook 1 notch above low heat for 50 minutes, or until all liquid is absorbed.
- 2-3 T. Bob’s Red Mill toasted carob powder** (to taste)
- 1/2 t. Roma*** (to taste)
- 3 T. old fashioned (natural) peanut butter**** (have peanut butter softened at room temp)
- 1/4 c. honey, agave nectar, or pure maple syrup (to taste)
- 3/4 c. plus 2 T. sweetened vanilla almond milk or sweetened coconut milk
- **Place the above 5 ingredients in blender while millet is cooking, so that hot, freshly cooked millet can be blended in at once.**
- **Hot, freshly cooked millet is essential for making this pudding super smooth.**
- Add hot, freshly cooked millet to ingredients in blender.
- Cover and process at low speed, then increase to high speed and process until super smooth.
- This mixture will be very thick. With narrow blender spatula, carefully scrape sides of blender as needed.
- When mixture is blended smooth, add any seasonings to taste, then blend smooth again.
- Chill mixture in container with a tight-fitting lid.
- Scoop chilled mixture into blender and blend smooth, then cover and chill again before serving.
- Blending this chilled pudding smooth again is essential for a creamy, mousse texture.
- **Millet is a super nutritious, gluten free whole grain, so it’s a real winner for making this pudding.**

*The alcohol in the vanilla will evaporate when cooking it with the millet.

****Bob’s Red Mill toasted carob powder is the very best tasting carob powder we have ever used.**

*****Roma is a cereal coffee substitute that adds a mocha flavor to carob.**

Both of these products are sold at natural food stores and online.

******Peanut butter gives carob a more “chocolate” taste, and adds a creamy texture to this pudding.
If peanut allergy is a problem, almond butter can replace the peanut butter.**

“CHOCOLATE” CREAM PIE

- This pudding makes a delicious “chocolate” cream pie. Follow above recipe for pudding.
- After blending chilled pudding smooth again, pour into 9-inch pie plate lined with your choice of crumb crust.
- **Briefly chill uncovered, then cover with plastic wrap and chill at least 24 hours before slicing and serving.**

SUPER E-Z CRUMB CRUST (AKA MOM’S LAZY CRUMB CRUST)

1/2 c. lightly toasted pecans or walnuts
1/4 c. fine unsweetened coconut

- Prepare 9-inch pie plate with nonstick spray, wiping off excess with a paper towel.
- Place nuts and coconut in small food chopper and process at high speed until ground fine.
- Spread ground mixture evenly across bottom of pie plate.
- Gently pour pie filling that has been chilled and blended smooth again over ground mixture in pie plate.
- **Briefly chill uncovered, then cover with plastic wrap and chill at least 24 hours before slicing and serving.**

If you prefer a baked crumb crust, you may wish to try Coconut Crumb Crust or Crunchy Crumb Crust. (see recipes)
However, if you are into really quick and easy, we think you will like this Super E-Z Crumb Crust.

COCONUT CRUMB CRUST

3/4 c. rolled oats

3/4 c. fine unsweetened coconut

Pinch of salt (optional)

1/4 c. pure maple syrup*

- Combine oats, coconut, and salt in a medium mixing bowl.
- Place mixture in food processor or small food chopper and process at high speed until ground fine.
- Return ground mixture to mixing bowl and with fork stir in maple syrup, mixing well.
- Mixture should be evenly moistened and crumbly.
- Prepare 9-inch pie plate with nonstick spray, wiping off excess with a paper towel.
- Spread Coconut Crumb Crust mixture evenly over bottom of pie plate.
- Using plastic wrap, press Crumb Crust mixture evenly and firmly across bottom and up sides of pie plate.
- This slick trick keeps mixture from sticking to your hands.
- Bake in oven preheated to 350 degrees for 10-11 minutes, just until golden color.
- Watch carefully to avoid over-browning.
- This makes a light crumb crust with a delicate maple-coconut flavor. It is delicious with any cream pie filling.
- Cool baked crumb crust completely before adding chilled cream pie filling.

CRUNCHY CRUMB CRUST

1 c. rolled oats

1 c. walnuts or pecans

1/8 c. pure maple syrup*

- Combine oats and nuts in a medium mixing bowl.
- Place mixture in food processor and process at high speed until ground fine.**
(If you are using a small food chopper, grind half of the oat/nut mixture at a time.)
- Return ground mixture to mixing bowl and with fork stir in maple syrup, mixing well.
- Mixture should be evenly moistened and crumbly.
- This makes a crumb crust with a rich nut flavor and texture.
- To bake Crunchy Crumb Crust, follow steps in recipe for Coconut Crumb Crust.

***Maple syrup does not burn as readily as other sweeteners, so it works especially well for any baked crust.**

****Grinding this mixture in a food processor or small food chopper works way better than using a blender. Because nuts are oily, they clump and stick around blender blades. And because nuts are oily, less maple syrup is needed in this Crunchy Crumb Crust.**

COCONUT CRUMB TOPPING

3/4 c. rolled oats
3/4 c. fine unsweetened coconut
Pinch of salt (optional)

1/4 c. pure maple syrup*

- Combine oats, coconut, and salt in medium mixing bowl.
- Place mixture in food processor or small food chopper and process at high speed until ground fine.
- Return ground mixture to mixing bowl.
- With fork stir maple syrup into ground mixture, mixing well.
- Mixture should be evenly moistened and crumbly.

CRUNCHY CRUMB TOPPING

1 c. rolled oats
1 c. walnuts or pecans

1/8 c. pure maple syrup*

- Combine oats and nuts in medium mixing bowl.
- Place mixture in food processor and process at high speed until ground fine.**
(If you are using a small food chopper, grind half of the oat/nut mixture at a time.)
- Return ground mixture to mixing bowl.
- With fork stir maple syrup into ground mixture, mixing well.
- Mixture should be evenly moistened and crumbly.

Any unused Topping can be stored in a ziplock bag in the fridge or freezer.

It may dry out a little when chilled or frozen. Stir in enough maple syrup as needed to moisten again.

***Maple syrup does not burn as readily as other sweeteners, so it works especially well for a baked topping.**

****Grinding this mixture in a food processor or small food chopper works way better than using a blender.
Because nuts are oily, they clump and stick around blender blades.
And because nuts are oily, less maple syrup is needed in this Crumb Topping.**

STREUSEL TOPPING

2 T. brown rice, oat, or barley flour*
2 pinches salt
1/2 c. walnuts or pecans
1/2 c. (packed) pitted dates (**dates are machine pitted, so always check for pits and stems**)
(**Cut dates in half with kitchen scissors and keep dates in fridge – when they are cold they are less sticky**)

- Place above ingredients in small food chopper.
- Cycle blend at high speed until nuts and dates are ground fine.
- Place ground mixture in a medium mixing bowl and repeat above steps to make a total of 2 c. Streusel Topping.
- Stir ground mixture with fork and store in a ziplock bag in the fridge until needed.

***Brown rice, oat, and barley flour have essentially no gluten content, and make a better Streusel Topping than whole wheat flour. These flours are sold at natural food stores and online.**

COCONUT FUDGE BARS

COCONUT CRUMB CRUST

1 1/2 c. rolled oats
1 1/2 c. fine unsweetened coconut
1/8 t. salt

1/2 c. pure maple syrup (maple syrup does not burn as readily as other sweeteners, when baked in a crust)

- Combine oats, coconut, and salt.
- Place oat/coconut mixture in food processor and process at high speed until ground fine.
- Scoop ground mixture into medium/large mixing bowl.
- With fork stir maple syrup into ground mixture until well blended.
- Mixture should be evenly moistened and crumbly.
- **Set aside 1 c. crumb mixture for topping.**
- Prepare 8 x 8-inch nonstick baking pan with nonstick spray, wiping off excess with a paper towel.
- Spread remainder of crumb mixture evenly across bottom of baking pan.
- With plastic wrap, press crumb mixture evenly and firmly across bottom and half way up sides of baking pan.
- This slick trick keeps crumb mixture from sticking to your hands.

FUDGE FILLING

1/2 c. sweetened coconut milk
2 T. Bob's Red Mill toasted carob powder*
Pinch of salt, to taste
2 T. pure maple syrup or agave nectar, to taste
1/2 c. old-fashioned (natural) crunchy peanut butter** (have peanut butter softened at room temp)

- Preheat toaster oven or oven to 325 degrees.
- In medium/large mixing bowl place coconut milk, carob powder, salt, and maple syrup or agave nectar.
- Beat with wire whisk until mixture is well blended.
- Stir peanut butter into carob mixture, and beat with wire whisk until mixture is emulsified.
- This mixture will thicken slightly as it is beaten together. **Add any seasoning or sweetening to taste.**
- Spread carob/peanut butter mixture evenly over bottom of crumb crust in baking pan.
- Crumble reserved topping mixture evenly over filling, pressing down lightly with plastic wrap.
- Cover loosely with foil and bake at 325 degrees for 20 minutes.
- Remove foil and bake 5 minutes more, just until topping is golden brown.
- Cool in baking pan at room temp, then chill in baking pan uncovered in fridge for at least 1 hour.
- This helps the Fudge Filling become more firm, and makes it easier to remove Fudge Bars from pan in one piece.
- When Fudge Bars are chilled, loosen edges with a wide spatula. (pancake turner)
- Tip baking pan and Fudge Bars should slide out easily in one piece from baking pan onto cutting board.
- With a sharp knife cut into squares of desired size and store in container with a tight-fitting lid in the fridge.
- The coconut and maple syrup make a yummy crust for this Fudge Bar cookie.
- The peanut butter gives the carob a more "chocolate" taste, and adds a creamy texture to the Fudge Filling.
- Any crust that crumbles off these cookies is delicious sprinkled lightly over pudding or vegan ice cream.
- Just store the crumbled crust in a covered container in the fridge until needed.

***Bob's Red Mill toasted carob powder is the very best tasting carob powder we have ever used.**

Roma is a cereal coffee substitute that adds a mocha flavor to carob. If desired, add 1/2 t. to Fudge Filling.

Both of these products are sold at natural food stores and online.

****If peanut allergy is a problem, almond butter can replace the peanut butter.**

When you are craving a bit of chocolate, these Coconut Fudge Bars can hit the spot.

COCONUT FUDGE BROWNIES

- Preheat oven to 350 degrees.
- Prepare a 9 x 13-inch baking pan with nonstick spray, wiping off excess with a paper towel.

DRY INGREDIENTS

1 1/2 c. whole wheat pastry flour (pack flour firmly into measuring cup and level off at top.)
1/3 c. Bob's Red Mill toasted carob powder*
1/2 t. salt
1 t. Roma, to taste**
1 T. aluminum free baking powder

- Combine the above 5 dry ingredients in a medium mixing bowl, mixing well, and set aside.
- If desired, this mixture can be sifted after measuring the ingredients.
- This can easily be done by whisking the mixture through a wire mesh strainer into a large mixing bowl.

1 /4 c. ground chia seeds
1 t. pure vanilla extract
1/4 c. cooking oil
1 c. sweetened coconut milk
1 c. unsweetened applesauce
2/3 c. pure maple syrup

- Place the above 6 ingredients in a large mixing bowl and beat with wire whisk until mixture is emulsified.
- The ground chia seeds will give this mixture a "gel" texture. Let mixture thicken for several minutes.

2 T. old-fashioned (natural) peanut butter*** (have peanut butter softened at room temp)
1 c. lightly toasted, coarsely chopped walnuts or pecans

- Beat peanut butter into applesauce mixture until well blended, then stir in walnuts or pecans.
- With a large spoon stir dry ingredients into the applesauce mixture, just until mixture is evenly moistened.
- Spread brownie mixture evenly in 9 x 13-inch baking pan and bake at 350 degrees for 35 minutes.
- After removing from oven, cool brownies in baking pan for 15 minutes.
- With a wide spatula (pancake turner) gently loosen brownies from baking pan, all around the edges.
- Place a wire rack over brownies and invert the brownies from baking pan onto wire rack.
- While brownies are cooling on wire rack, cover loosely with foil to keep them moist.
- When brownies are cool, slide them onto cutting board and with a sharp knife cut into squares of desired size.
- Store at once in a ziplock bag or container with a tight-fitting lid in the fridge.
- **Freeze any brownies that are not eaten within one week.**
- Frozen brownies can be wrapped in foil and reheated in a toaster oven at 350 degrees.
- When these brownies are served warm, they will have a "just baked" moist and tender appeal.

THESE MOIST BROWNIES WILL SPOIL VERY QUICKLY IF STORED AT ROOM TEMP!

*Bob's Red Mill toasted carob powder is the very best tasting carob powder we have ever used.

**Roma is a cereal coffee substitute that adds a mocha flavor to carob.

Both of these products are sold at natural food stores and online.

***If peanut allergy is a problem, almond butter can replace the peanut butter.

These brownies have a rich fudge flavor, with a moist, chewy texture.

COCONUT FUDGE COOKIES MADE WITH MONK FRUIT SUGAR

2 c. lightly toasted walnuts, ground fine in food processor*
1/2 c. unsweetened flaked coconut
1/2 c. whole wheat pastry flour** (pack flour firmly into measuring cup and level off at top)
1/4 c. ground chia seeds
1/4 c. Bob's Red Mill toasted carob powder***
1/8 t. salt
10 packets Monk Fruit sugar****

3/4 c. unsweetened almond or coconut milk
1 t. pure vanilla extract

- Preheat oven to 325 degrees.
- Place parchment paper over a large cookie sheet.
- Prepare a large spoon and fork with nonstick spray, wiping off excess with a paper towel.
- A cookie scoop is a cool kitchen tool for making drop cookies. It has a spring-loaded handle, like an ice cream scoop, and makes uniform size drop cookies quickly and easily. Cookie scoops are sold at stores with kitchen gadget racks.
- If you have a cookie scoop, rub it inside and outside with nonstick spray.

- In a large mixing bowl combine the dry ingredients, mixing well.
- In a 1 c. liquid measuring cup, measure unsweetened nut milk and then stir in vanilla.
- With a large spoon stir nut milk and vanilla into dry ingredients, mixing well.
- Drop small scoops of cookie batter onto parchment paper lined cookie sheet.
- Flatten cookies slightly with fork and bake cookies at 325 degrees for 20 minutes.
- After removing from oven, allow cookies to cool completely on lined cookie sheet.
- Store in a ziplock bag in the fridge or freezer.
- Warming these cookies before serving gives them a "just-baked" appeal.
- This makes a soft, chewy cookie with a rich fudge flavor. **YUM**
- **When you are craving a bit of chocolate, these Coconut Fudge Cookies can hit the spot.**

Yield: about 2 dozen medium size cookies.

*If walnut allergy is a problem, lightly toasted pecans or shelled unsalted sunflower seeds can replace the walnuts.

**If gluten sensitivity is a problem, 3/4 c. Bob's Red Mill Gluten Free Baking Flour can replace whole wheat pastry flour.

***Bob's Red Mill toasted carob powder is the very best tasting carob powder we have ever used.

It is sold at natural food stores and online.

****Monk Fruit sugar is sold at natural food stores and online.

Monk Fruit sugar has 3 calories per packet and has a nice natural sweetness.

COCONUT FUDGE COOKIES

2 c. lightly toasted walnuts, ground fine in food processor*

1/2 c. unsweetened flaked coconut

1/2 c. whole wheat pastry flour** (pack flour firmly into measuring cup and level off at top)

1/4 c. ground chia seeds

1/4 c. Bob's Red Mill toasted carob powder***

1/4 t. salt

2/3 c. pure maple syrup

1 t. pure vanilla extract

- Preheat oven to 325 degrees. Position top oven rack in center of oven.
- Place parchment paper over a large cookie sheet.****
- Rub a large spoon and fork with nonstick spray, wiping off excess with a paper towel.
- A cookie scoop is a cool kitchen tool for making drop cookies. It has a spring-loaded handle, like an ice cream scoop, and makes uniform size drop cookies quickly and easily. Cookie scoops are sold at stores with kitchen gadget racks.
- If you have a cookie scoop, rub it inside and outside with nonstick spray.
- Maple syrup makes these cookies really yummy – but it makes the batter very sticky.

- In a large mixing bowl combine the dry ingredients, mixing well.
- In a 1 c. liquid measuring cup, measure maple syrup and then stir in vanilla.
- With a large spoon stir maple syrup and vanilla into dry ingredients, mixing well.
- This cookie batter will be very sticky.
- Drop small scoops of cookie batter onto parchment paper lined cookie sheet.
- Flatten cookies slightly with fork and bake at 325 degrees for 15 minutes.
- After removing from oven, allow cookies to cool completely on lined cookie sheet.
- Store in a ziplock bag in the fridge.
- Warming these cookies before serving gives them a “just-baked” appeal.
- This makes a soft, chewy cookie with a rich fudge flavor. **YUM**
- **When you are craving a bit of chocolate, these Coconut Fudge Cookies can hit the spot.**

Yield: about 2 dozen medium size cookies.

*If walnut allergy is a problem, lightly toasted pecans or unsalted shelled sunflower seeds can replace the walnuts.

****If gluten sensitivity is a problem, 3/4 c. Bob's Red Mill Gluten Free Baking Flour can replace the whole wheat pastry flour.**

***Bob's Red Mill toasted carob powder is the very best tasting carob powder we have ever used.

Bob's Red Mill products are sold at Save Mart, natural food stores, and online.

****Maple syrup makes this cookie batter very sticky, and parchment paper releases these cookies easily after baking.

CORN MUFFINS

- Preheat oven to 375 degrees.
- Prepare standard size 12-cup nonstick muffin pan with nonstick spray, wiping off excess with a paper towel.

DRY INGREDIENTS

1 c. Bob's Red Mill **whole grain corn flour***

1 1/2 c. whole wheat pastry flour (pack flour firmly into measuring cup and level off at top)

2 T. aluminum free baking powder

1/4 t. salt

- Combine the above 4 dry ingredients in a medium/large mixing bowl, mixing well, and set aside.
- If desired, this mixture can be sifted after measuring the ingredients.
- This can easily be done by whisking them through a wire mesh strainer into a mixing bowl.

2 T. ground flax seed

1/4 c. cooking oil

1/4 c. sweetened vanilla almond milk

1/2 c. pure maple syrup

15-oz can unsweetened whole kernel corn with liquid, chopped fine in blender to consistency of creamed corn

- Combine the above 5 ingredients in a large mixing bowl, beating well with a wire whisk.
- With a large spoon stir dry ingredients into mixture just until evenly moistened.
- Divide mixture evenly into 12 muffin cups.
- The muffin cups will be full – not to worry.
- Bake at 375 degrees for 30 minutes.
- Cool for 10 minutes, then turn muffins on edge in muffin cups and cool completely.
- Store in a ziplock bag in the fridge or freezer.
- **Reheat muffins before serving.**
- **If reheating muffins from freezer, wrap muffins in foil to keep them moist, and reheat at 400 degrees.**

These ingredients make a moist, tender, delicious corn muffin.

Corn muffins served with soup make a wonderful wintertime meal.

*Bob's Red Mill **whole grain corn flour** gives these muffins a finer texture than does corn meal, while still including a whole grain ingredient. It is sold at natural food stores and online.

These corn muffins bake more thoroughly in the center and freeze better, rather than baking this mixture as cornbread in a baking pan.

- If you prefer cornbread, this mixture can be baked in an 8-inch square pan at 375 degrees for 45 minutes.
- Cover cornbread batter loosely with foil during baking to prevent over browning the top.
- After removing from oven, cool cornbread in baking pan for 15 minutes.
- With a wide spatula (pancake turner) gently loosen cornbread from pan, all around the edges.
- Place a small wire rack over cornbread and invert cornbread onto wire rack.
- While cornbread is cooling on wire rack, cover loosely with foil to keep cornbread moist.
- When cornbread is cool, store in a ziplock bag in the fridge until needed.
- Reheat before serving, then cut into squares.

1 1/2 c. Bob's Red Mill Gluten Free Baking Flour can replace the whole wheat pastry flour, if gluten sensitivity is a problem. This excellent gluten free baking flour is sold at Save Mart, natural food stores, and online.

CRANBERRY RELISH

8-oz can Dole unsweetened crushed pineapple in its own juice*

1/3 c. frozen orange juice concentrate

2 medium or large Fuji apples (or your favorite sweet apple)

1 c. dried cranberries

2 T. honey or agave nectar, to taste

1/8 t. salt, to taste

1-2 t. finely chopped fresh orange peel (optional)

1 c. lightly toasted, coarsely chopped pecans

- Place crushed pineapple with its juice in medium size container with tight-fitting lid.
- Combine orange juice concentrate with crushed pineapple.
- Scrub, quarter, and remove core from apples, then cut each quarter in half again.
- Place apple pieces in food processor and cycle chop fine, then mix well with pineapple mixture.
- If using a small food chopper, chop only several pieces of apple at a time.

- Coarsely chop dried cranberries in food processor.
- If using a small food chopper, chop half the cranberries at a time.
- Combine chopped dried cranberries with apple/pineapple mixture.
- Add sweetening and salt to taste.
- If desired, stir in finely chopped fresh orange peel, to taste.
- Fresh orange peel can be chopped fine in a small food chopper in less than a minute.
- Cover and chill overnight for dried cranberries to “plump up” and for flavors to blend.
- Before serving, stir mixture, then drain off any liquid, and stir in chopped pecans.

This is a tasty relish served with holiday meals – but it is delicious **anytime**.

CARROT COCONUT SALAD

1 c. peeled baby carrots, rinsed and drained in colander

8-oz can Dole unsweetened crushed pineapple in its own juice*

1/2 c. fine unsweetened coconut

Pinch of salt, to taste

Agave nectar or honey, to taste

1/2 c. raisins (optional)

- Place carrots, crushed pineapple, coconut, and salt in food processor.
- Process on high speed until carrots are chopped fine.
- Place in container with a tight-fitting lid and sweeten to taste with agave nectar or honey.
- Stir in raisins. (optional)
- Cover and chill for flavors to blend before serving.

***Dole brand pineapple has consistently superior fruit and flavor.**

CREAMY COLESLAW

Green cabbage

Creamy Ranch Dressing (see recipe)

- Remove any limp outer leaves and cut core from cabbage.
- Cut desired amount of cabbage into 2-inch chunks and place in food processor.
- **Cycle chop on medium speed, just until cabbage is chopped to desired texture.**
- Place chopped cabbage in container with a tight-fitting lid and stir in Ranch Dressing to taste.
- Cover and chill before serving. This should need no additional seasoning, but add any seasoning to taste.

CRANBERRY WALNUT BREAD

- Follow recipe for Oatmeal Applesauce Bread, making the following changes:
- Replace the sunflower seeds with coarsely chopped walnuts.
- Add dried cranberries, 1 c. for large capacity bread machines, and 3/4 c. for small capacity bread machines.
- Slowly adding dried fruit after the mixture forms a dough ball helps keep fruit pieces intact.

Chopped pitted dates or raisins can replace the dried cranberries. Coarsely chopped pecans can replace the walnuts.

Buying chopped pitted dates saves you time and work, and these date pieces work better in bread, as they are less soft and sticky than whole dates. If you are using soft whole pitted, chopped dates, this will make the dough more moist and sticky, so you will need to add 1 T. or more whole wheat flour to the dough after adding the chopped dates.

Dates are machine pitted, so always check dates for pits and stems. Cut dates in half with kitchen scissors.

POTATO ROSEMARY BREAD

- Follow recipe for Oatmeal Applesauce Bread, making the following changes:
- Add 2 T dried rosemary to the dry ingredients.
- Replace the applesauce with an equal amount of steamed, peeled, and mashed russet potato.
- For large capacity bread machines, increase the water to 1 c. plus 2 T.
- For small capacity bread machines, increase the water to 1 c.
- Place water and potato in blender, cover, and process at medium speed just until well blended.
- Heat potato mixture until warm, not hot.
- Place dry ingredients, then yeast, in bread machine.
- Pour warm potato mixture over yeast and dry ingredients and let stand at least 15 minutes before starting bread machine.

BREAD STICKS

- Follow recipe for Oatmeal Applesauce Bread, using the **dough setting** on bread machine
- Spray 2 large cookie sheets with nonstick spray, wiping off excess with a paper towel.
- Preheat oven to 350 degrees.
- Spray countertop or smooth surface such as plastic cutting board with nonstick spray, wiping off excess with a paper towel. Rub hands with nonstick spray.
- Knead dough lightly to punch out any air bubbles.
- Roll into a log and cut in half.
- Knead each half into a ball and cover one ball with plastic wrap.
- With hands roll remaining ball into a log about 12 inches long.
- With sharp knife cut log into 12 equal pieces.
- With hands roll each piece into a ball and cover with plastic wrap.
- With hands then roll each small ball into a log 6-8 inches long, and place on cookie sheet.
- Lightly knead remaining half of dough and repeat above steps.
- Cover loosely with wax paper or foil and let rise 20 minutes.
- Remove wax paper and bake at 350 degrees for 20 minutes, or until golden brown.
- Cool on racks several hours before serving. Bread sticks are especially good served warm.

VARIATIONS

- Bread sticks are even tastier when rolled in sesame or sunflower seeds.
- After rolling each small dough ball into a log, roll log in seeds, and place on cookie sheet.
- If seeds do not stick to log, brush log lightly with pastry brush dipped in warm water, and then roll log in seeds.
- Follow above directions for rising and baking.

These bread recipes can be mixed and kneaded by hand if you do not have a bread machine.

CREAM CHEESE SPREAD

1 c. organic super firm sprouted soybean tofu, rinsed in colander, drained well, and cut into small pieces*
1/4 c. raw cashews, rinsed in boiling water and drained in small strainer
1/2 t. salt, to taste
2 t. lemon juice, to taste
1/4 c. boiling water**

***Super firm tofu is essential for making this Cream Cheese Spread. It is sold at Safeway, Trader Joe's, and natural food stores.**

****Boiling essentially sterilizes water, and helps keep this spread fresh longer – and it thickens the cashews as well.**

- In blender place all ingredients, cover, and process at low speed, then increase to high speed.
- Stop blender and with narrow blender spatula push mixture down over blender blades, as needed
- Process again, scraping sides of blender with narrow blender spatula to keep mixture moving over blender blades.
- Process at high speed until mixture is super smooth. **Add any seasonings to taste, mixing well.**
- Chill in small container with a tight-fitting lid. This spread keeps well for 1 week in the fridge.
- **This spread freezes well.** After thawing, drain off any liquid and stir with spoon until spread is smooth and creamy.
- This makes a tasty spread for veggie wraps or sandwiches, or garnish for baked potatoes.
- Because it contains no gelatin, this spread will remain creamy when spread on warm bread or tortillas.

CHIVE AND GARLIC CREAM CHEESE SPREAD

- Follow recipe for Cream Cheese Spread, making the following changes after blending Cream Cheese Spread smooth:
Add 1/8 t. granulated onion powder to mixture in blender.
Add 1/4 t. granulated garlic powder to mixture in blender.
Add 1/4 t. lemon juice to mixture in blender.
Add 1 T. dried chopped chives to mixture in blender.

- Cover and process at high speed until chives are chopped fine.
- **Add any seasonings to taste, mixing well.**
- Chill in small container with a tight-fitting lid. This spread keeps well for 1 week in the fridge.
- **This spread freezes well.** After thawing, drain off any liquid and stir with spoon until spread is smooth and creamy.
- This make an especially tasty spread for veggie wraps and sandwiches, or garnish for baked potatoes.
- Because it contains no gelatin, this spread will remain creamy when spread on warm bread or tortillas.

1 t. nutritional yeast flakes added to mixture in blender for either of the above spreads adds a “cheese” flavor.

SINCE THIS SPREAD FREEZES WELL, MAKING A TRIPLE BATCH CAN SAVE YOU TIME AND WORK.

CUT UP THE ENTIRE PKG OF TOFU AND PLACE IN BLENDER.

If you wish to make the plain Cream Cheese Spread, triple all the other ingredients, place in blender with tofu, and process mixture until smooth. With narrow blender spatula scrape sides of blender and stir mixture (carefully) until mixture is smooth. This mixture will be very thick. Add any seasoning to taste.

If you wish to make the Chive and Garlic Cream Cheese Spread, triple all the other ingredients EXCEPT CHIVES and place in blender with tofu. Process mixture until smooth. With narrow blender spatula scrape sides of blender and stir (carefully) as needed to blend mixture smooth. This mixture will be very thick.

THEN TRIPLE THE DRIED CHOPPED CHIVES, add to blender, and process until chives are chopped fine.

Add any seasoning to taste.

Scoop mixture into 3 small containers with tight-fitting lids. Chill one and freeze the rest for use later.

CREAMED CRUCIFEROUS VEGGIES

12-oz pkg **fresh** Broccoli & Cauliflower Medley (about 6 c.)

1 large or 2 medium sweet yellow onions, chopped fine

2 garlic cloves, chopped fine

1 large red bell pepper, coarsely chopped

1 c. water

1/4 t. salt

1/4 t. granulated garlic powder

1/4 t. granulated onion powder

- Cut broccoli and cauliflower pieces into large florets and place in large skillet.
- Onion and garlic can be chopped together in food processor, and then added to skillet.
- Red bell pepper can be coarsely chopped in food processor, and then added to skillet.
- Add water and seasonings to skillet.
- Stir ingredients in skillet together over high heat until mixture is bubbling.
- Cover and cook over medium heat just until veggies are crisp-tender.
- Remove skillet from heat while preparing cashew cream sauce, to avoid overcooking veggies.

1 c. raw cashews, rinsed in boiling water and drained well in colander

1 1/4 c. boiling water

1/2 t. Herbamare (original) seasoning **or** your favorite all purpose seasoning, to taste

8-oz pkg fresh white button mushrooms, sliced thick

1/2 c. Sesame Parmesan Topping (see recipe)

- Place cashews and only **1 c. boiling water** and seasoning in blender.
- Process at low speed, then increase to high speed, and process until mixture is smooth.
- With narrow blender spatula scrape sides of blender as needed.
- **Stir blender mixture into skillet.**
- Place remaining **1/4 c. boiling water** in blender, cover, and process at high speed, then add to skillet and stir well.
- **Cook mixture over medium heat, stirring constantly until bubbling, and cashew cream is thickened.**
- **Add any seasonings to taste.**
- Stir in sliced fresh mushrooms and cook 1-2 minutes more.
- Garnish with Sesame Parmesan Topping and serve at once.
- Or if needed later, prepare 2-quart baking dish with nonstick spray, wiping off excess with a paper towel.
- Spread creamed veggie mixture evenly in baking dish and garnish with Sesame Parmesan Topping.
- Cover and chill until needed.
- When needed, bake covered at 325 degrees for 30-40 minutes, until heated through and bubbling gently.

Creamed Cruciferous Veggies are tasty served over Quick 'N Easy Wild Rice Pilaf or Seasoned Brown Rice.
(see recipes)

Try serving with lightly toasted whole wheat or multigrain English muffins or whole grain French bread.

CREAMY COCONUT RICE

1 1/2 c. sweetened coconut milk
1 c. water
1/4 t. ground ginger
1/8 t. ground cardamom
1/8 t. ground coriander
1/8 t. salt, to taste

1 c. short grain brown rice

(When cooked, short grain brown rice is softer and stickier than long grain brown rice.)

- In a 2-quart saucepan combine coconut milk, water, and seasonings.
- Bring to boil over high heat, watching carefully to prevent boiling over.
- Add rice, cover, and reduce heat to 1 notch above low, so it boils gently.
- Cook for 1 hour, or until all liquid is absorbed, then remove from heat.
- Let stand covered for at least 15 minutes, and fluff with fork before serving.
- This makes a creamy rice with a delicate touch of seasoning.
- It is yummy with fruit for breakfast.
- When reheating this rice, add water or sweetened coconut milk as needed.
- This is a tasty rice served with Asian food.
- Try serving with Red Lentil Curry. (see recipe below)

RED LENTIL CURRY (AKA EAST INDIAN DAHL)

6-oz can tomato paste (we recommend organic, for best quality)

2 c. sweetened coconut milk

4 c. water

3 T dried minced onion
1/4 t. granulated garlic powder
1 t. salt
1 t. ground ginger
1 t. ground cardamom
1 t. ground coriander
1 t. ground turmeric
1 t. ground cumin

1 1/2 c. red lentils

- In a 3-quart saucepan place tomato paste, sweetened coconut milk, and water,.
- (Scoop tomato paste from can, then rinse can with some of the water for cooking.)
- Stir in seasonings and bring to boil over high heat, watching carefully to prevent boiling over.
- Stir in lentils, bring to boil again, then cover and reduce heat to 1 notch above low, so it boils gently.
- Cook for 30 minutes, or until lentils are tender. Remove from heat and let stand at least 15 minutes before serving.
- Try serving over Creamy Coconut Rice. (see above recipe)
- This curry sauce includes just enough red lentils to thicken the sauce for serving over heated rice.
- This is a tasty ethnic meal served with whole grain or multigrain tortillas as Veggie Wraps. (see recipe)
- Roasted Cauliflower is delicious served with this Red Lentil Curry and rice. (see recipe)
- This curry sauce thickens as it cools, and thickens more when it is chilled. It freezes well.

EVERY grocery store sells curry seasoning blends, from mild to fiery hot, in a powder or paste form.

The above seasonings are included in EVERY curry seasoning blend.

However, ALL curry seasoning blends also contain spices that can irritate and upset the stomach.

The advantage of using separate seasoning ingredients is that you can adjust the seasonings to taste, while also avoiding irritating spices.

CREAMY FRESH BASIL DRESSING

1 c. raw cashews, rinsed in boiling water and drained well in colander
1 c. boiling water*
1 T. honey or agave nectar
1 T. lemon juice
Pinch of salt, to taste

1 large bunch fresh basil leaves, to taste (cut off coarse stems)

- Place cashews, boiling water, and seasonings in blender.
- Cover and process at low speed, then increase to high speed, and process until super smooth.
- With narrow blender spatula, scrape sides of blender as needed.
- Add fresh basil leaves and process again until smooth.
- Stop blender as needed to push basil leaves down over blender blades.
- This makes a creamy dressing that will thicken more when chilled.
- **Stir in cool boiled water as needed to thin this salad dressing.***
- Chill in container with a tight-fitting lid. Try storing in 2 small containers that can be used within 1 week.
- Chill one, and freeze the other one for use later. After thawing, beat with small wire whisk until creamy again.

***Boiling essentially sterilizes water, which keeps this dressing fresh longer – and it thickens the cashews as well.**

CREAMY PARMESAN ITALIAN DRESSING

1 c. boiling water*
1 T. arrowroot powder**

1/2 c. Sesame Parmesan Topping (see recipe)

1 t. Italian seasoning
1 t. dried sweet basil leaves
1 t. dried parsley flakes
1 t. dried chives
1 T. granulated onion powder
2 T. lemon juice, to taste
1 T. honey or agave nectar

- Place boiling water in blender. With blender on low speed, add arrowroot powder.
(This dissolves arrowroot powder without clumping.)
- Cover and increase to medium speed and process briefly.
- Add Sesame Parmesan Topping to blender, cover, and process at high speed for about one minute.
- Add remaining ingredients and process at high speed just until dried seasonings are chopped fine.
- This makes a thick, creamy dressing which will thicken more when chilled.
- Chill in container with a tight-fitting lid. Try storing in small containers that can be used within 1 week.
- Chill one, and freeze the rest for use later. After thawing, beat with small wire whisk until creamy again.

***Boiling essentially sterilizes water, which keeps this dressing fresh longer – and it thickens the arrowroot as well.**

****Arrowroot powder is ground from a root that contains some nutrients, and it is nutritionally superior to cornstarch.
It is sold at natural food stores and online.**

Dollar Tree sells small containers with tight-fitting lids – for \$1 of course. The right size – at the right price!

CREAMY FUDGE SAUCE

1 c. (packed) soft pitted dates*
1/4 c. Bob's Red Mill toasted carob powder**
1/4 t. salt, to taste
1 t. Roma*** (to taste)
1 t. alcohol-free vanilla****
1/2 c. old fashioned (natural) peanut butter***** (have at room temp)
2 c. boiling water

- Place all ingredients in blender and cover.
- Process at low speed, then increase to high speed and process until super smooth.
- Chill in container or several small containers with a tight-fitting lid. This will thicken when chilled.
- This Fudge Sauce keeps well 7-10 days in the fridge, and freezes well.
- When chilled, this Fudge Sauce makes a creamy Fudge Frosting.
- Before using chilled Fudge Sauce, stir with spoon or wire whisk until mixture is smooth and creamy.
- **Fudge Sauce is delicious served over vegan ice cream, or simply sliced bananas, topped with toasted chopped nuts.**
- This makes enough Fudge Sauce for about 12 Fudge Frosted Frozen Bananas (see recipe below)

***Dates are machine pitted, so always check for pits and stems. Cut dates in half with kitchen scissors.**

****Bob's Red Mill toasted carob powder is the very best tasting carob powder we have ever used.**

*****Roma is a cereal coffee substitute that adds a mocha flavor to carob.**

Both of these products are sold at natural food stores and online.

******Alcohol-free vanilla is sold at natural food stores, Trader Joe's, and online.**

*******If peanut allergy is a problem, almond butter can replace the peanut butter.**

**Boiling essentially sterilizes water, and keeps this Fudge Sauce fresh longer.
It also makes it easier to blend the dates super smooth.**

FUDGE FROSTED FROZEN BANANAS

1 recipe of Creamy Fudge Sauce, chilled, then stirred until smooth and creamy. (see above recipe)
6 large ripe but firm bananas
1 c. lightly toasted almonds, chopped fine in a small food chopper

- Cover a cookie sheet with plastic wrap. (Extra wide plastic wrap works best)
- Peel and remove strings from bananas, then cut in half crosswise.
- Stick tines of heavy duty plastic forks into cut ends of bananas.
- Place bananas in a single layer on plastic wrap covered cookie sheet.
- Cover tightly with plastic wrap and freeze.
- Remove frozen bananas and their plastic wrap from cookie sheet.
- Cover cookie sheet with fresh plastic wrap.
- Hold a frozen banana by its fork handle and dip frozen banana into container of chilled Fudge Sauce.
- With large spoon spread a thin layer of Fudge Sauce evenly over frozen banana, scooping off any excess Fudge Sauce.
- Hold Fudge Frosted banana over plastic wrap-covered cookie sheet and sprinkle evenly with finely chopped almonds, then place Fudge Frosted banana on the cookie sheet.
- Repeat with remaining frozen bananas, placing them in a single layer on the cookie sheet.
- Cover loosely with plastic wrap until Fudge Frosting is frozen, then store in a ziplock bag.
- These will keep well in the freezer to enjoy anytime.

THESE FUDGE FROSTED FROZEN BANANAS ARE BETTER IN EVERY WAY THAN A NUTTY BUDDY!

**Try to keep these on hand all summer to surprise your kids – and everyone else!
They are a yummy, nutritious treat for breakfast, lunch, and supper as well.**

CREAMY POTATO SOUP

6-8 medium russet potatoes*

2-3 large sweet yellow onions, coarsely chopped

6 stalks celery, sliced in 1/2 inch thick slices

4 c. water

1 t. salt, to taste

1/4 t. dried dill weed

Half of 16-oz bag frozen petite baby peas

Creamy Ranch Dressing, to taste (see recipe)

- Pour water into a 6-quart kettle.
- Peel potatoes, placing each peeled potato at once into water in kettle to prevent darkening
- After peeling all potatoes, cut potatoes in half lengthwise, then slice across in 1/4 inch thick slices.
- After slicing each potato, stir slices into water in kettle to prevent darkening.
- Stir in chopped onions and sliced celery.
- Stir in salt and dried dill weed.
- Bring to boil over medium/high heat, stirring frequently to prevent sticking and scorching.
- When veggies and water are boiling, cover and reduce heat to medium/low.
- Stir frequently to prevent sticking and scorching.
- Cover and cook until potatoes, onions, and celery are tender, then stir in frozen peas.
- Potato slices should cut easily with the side of a stirring spoon.
- **Stir in enough Ranch Dressing for desired creamy consistency, and add any seasoning to taste.**

Corn muffins are yummy served with this soup. (see recipe)

If desired, half of 16-oz bag frozen petite white corn can be added with frozen peas for a tasty corn potato chowder.

- *Russet potatoes give this soup a wonderful flavor. However, any potato you prefer can replace the russets.
- If you prefer, the russet potatoes can be scrubbed, steamed until tender but still firm, cooled, and then peeled and sliced for this soup. This makes peeling them easier, with less waste.
- For this method, cook onions and celery until tender in the water and seasoning, then stir in cooked sliced potatoes.
- Continue cooking until potato slices are tender, then stir in frozen peas and Ranch Dressing to taste.
- This soup can be frozen, but freezing will slightly change the texture of the potatoes.

CREAM OF BROCCOLI SOUP

1 large fresh broccoli crown or 2 bunches fresh broccoli

Creamy Ranch Dressing, to taste (see recipe)

- If using broccoli bunches, cut off tough ends of stalks and discard..
- Cut up broccoli bunches or crown into 2 inch pieces.
- Place cut up broccoli in food processor.
- Cycle chop just until broccoli is chopped fine into very small florets and pieces.
- Place chopped broccoli and 1 c. water in a 2-quart saucepan.
- Cover and bring to boil over high heat, then reduce heat to medium and cook 20 minutes, or until broccoli is tender.
- Stir in about 1/2 c. Creamy Ranch Dressing, to desired creamy consistency.
- Cook and **stir constantly** over medium/high heat until bubbling gently.
- **If desired, add any seasoning to taste.**
- Serve with a Veggie Wrap or sandwich and enjoy!
- This makes enough soup for 2 servings, and can be increased for any size group

Fresh broccoli keeps well 7-10 days in the fridge, so if you keep it on hand, this can be another (almost) instant soup.

Fresh broccoli gives you more bang for your buck than just about any other veggie. It is truly a superfood.

Fresh or frozen cauliflower florets add great taste and valuable nutrients to this creamy soup.

CREAMY RANCH DRESSING

1 c. raw cashews, rinsed with boiling water in strainer, then drained well

1 T. lemon juice

1 2/3 c. boiling water*

3/4 t. salt

3/4 t. granulated garlic powder

1/2 t. granulated onion powder

1/2 t. McCormick dried celery flakes**

1/8 t. dried dill weed

1 t. dried chopped chives

1 t. dried parsley flakes

- Place cashews, lemon juice, and **only 1 c. boiling water** in blender.
- Cover and process at low speed, then increase to high speed, and process until mixture thickens and blender slows down.
- Slowly add 1/3 c. boiling water and process until super smooth.
- With narrow blender spatula scrape sides of blender carefully as needed to blend mixture smooth.
- Add dry seasonings, cover, and process at high speed just until seasonings are chopped fine.
- Pour into container with a tight-fitting lid.
- Rinse blender with remaining 1/3 c. boiling water and stir into Ranch Dressing, then cover and chill.
- This will thicken more when chilled.
- If you are using a powerful blender like a Vitamix, be careful to not over-process, or this may not thicken as well.
- This dressing keeps well for 1 week in the fridge, and freezes well.
- Try storing in several small containers with tight-fitting lids. Chill one, and freeze the rest for use later.
- When thawed, beat with wire whisk until creamy again.
- This Creamy Ranch Dressing makes a tasty, versatile cream sauce for pasta, scalloped potatoes, stuffed baked and mashed potatoes, as well as creamy potato, broccoli, and fresh asparagus soup. (see recipes)

This yields 2 2/3 c. Ranch Dressing. If you are using this dressing as a cream sauce for potatoes or pasta, combine it 1:1 with 2 2/3 c. water.

***Boiling essentially sterilizes water, which keeps this dressing fresh longer – and it thickens the cashews as well.**

****Dried celery flakes have a more mild flavor than celery seed.**

McCormick dried celery flakes are sold at Save Mart grocery stores and online.

LOW FAT RANCH DRESSING

Follow recipe for Creamy Ranch Dressing, making the following changes:

- Decrease cashews to 1/4 c.
- Add 12-oz pkg Mori-Nu extra firm silken tofu.
- Decrease boiling water to 1 c.
- Place cashews, tofu, boiling water, and lemon juice in blender.
- Cover and process at low speed, then increase to high speed and process until super smooth.
- Add dry seasonings, cover, and process at high speed just until seasonings are chopped fine.
- Chill in tightly-covered container and use within 4-5 days. **This tofu dressing does not freeze well.**
- **Tofu dries quickly onto blender jar – soak empty blender jar in hot, soapy water at once.**

CREAMY DILL DRESSING

12-oz pkg Mori-Nu extra firm silken tofu

1/4 c. raw cashews, rinsed in boiling water and drained well in colander

1 c. boiling water*

1 t. granulated garlic powder or 1 clove fresh garlic

1 T. Savory Seasoning Blend (see recipe) **or** your favorite all purpose seasoning

1 T. lemon juice

2 T. fresh baby dill (cut away coarse stems) **or** 1 t. dried dill weed, to taste

1/4 c. fresh basil (cut away coarse stems) **or** 2 t. dried basil, to taste

- Place all ingredients in blender **except dill and basil.**
- Cover and process at low speed, then increase to high speed and process until super smooth.
- Add fresh or dried dill and basil and **cycle blend on medium speed just until chopped fine.**
- Chill in tightly-covered container before serving. **This tofu dressing does not freeze well.**
- This dressing keeps well for 1 week in the fridge.

- **Tofu dries quickly onto blender jar – soak empty blender jar in hot, soapy water at once.**

***Boiling essentially sterilizes water, which keeps this dressing fresh longer – and it thickens the cashews as well.**

PICNIC TIME POTATO SALAD

6 medium russet or red potatoes, steamed or boiled in skins just until tender,
then chilled, peeled, and sliced or diced

1 large or 2 medium sweet yellow onions, diced

1-2 c. sliced celery

2 4-oz cans sliced olives, rinsed and drained well in colander

Half of 16-oz bag frozen petite baby peas (optional)

1 recipe of Creamy Dill Dressing

Salt to taste

- In very large container with tight-fitting lid combine potatoes, onion, celery, and olives.
- If desired, stir in frozen peas.
- Stir in desired amount of Creamy Dill Dressing and any salt to taste.
- Cover and chill potato salad before serving.

Because this vegan potato salad contains no eggs or dairy products, there is no risk of salmonella contamination, and it is a much safer potato salad to take on picnics. However, any food like potato salad will spoil if left at room temperature, especially during summer heat.

The safety rule is always keep these foods cold before, during, and after serving. (on ice)

CREAMY SWEET POTATO BISQUE

2-3# small sweet potatoes or yams*

1 c. peeled baby carrots

3-4 c. sweetened almond milk or your favorite sweetened nondairy milk (adjust for amount of sweet potatoes)

1 c. unsweetened or sweetened applesauce

1/4 t ground ginger, to taste

1/4 t. ground cardamom, to taste

1/4 t. ground coriander, to taste

1/4 t. salt, to taste

1/4 t. granulated garlic powder, to taste

1/4 t. granulated onion powder, to taste

1 T. pure maple syrup, honey, or agave nectar, to taste

- Scrub sweet potatoes, rinse carrots, and place in a steamer basket in a 4-quart kettle with 1 quart water.
- Cover and bring to boil over high heat, then reduce heat to medium.
- Cook covered for 30 minutes, or until sweet potatoes are tender when poked with a sharp knife.
- Remove from heat, leave covered, and let cool.
- When sweet potatoes are just warm enough to touch, slit them in half and slide or scoop them from skins.
- Drain cooking water from 4-quart kettle and return cooked carrots and peeled sweet potatoes to kettle.
- With potato masher briefly mash cooked veggies in the kettle.
- With potato masher stir in almond milk, applesauce, and all seasonings, **except** for sweetening, combining well.
- Place about 3 c. of this mixture in blender, cover, and process at medium speed, then increase to high speed and process until very smooth. Pour into 4-quart container and repeat with remaining sweet potato mixture.
- Combine blended mixtures, adding any seasoning to taste, including maple syrup, honey, or agave nectar as needed for sweetening.
- Reheat amount needed for serving at once, stirring constantly to prevent scorching.
- This thick, creamy soup is delicious served with Pumpkin Nut Muffins. (see recipe)
- This soup will thicken more when chilled, and freezes well.

***SMALL SWEET POTATOES OR YAMS ARE USUALLY SWEETER AND MORE MOIST THAN LARGE ONES.**

MOST OF THE NUTRIENTS IN SWEET POTATOES OR YAMS ARE JUST UNDER OR IN THE SKIN, SO STEAMING THEM RETAINS MORE NUTRIENTS THAN DOES BAKING, AND WORKS WELL FOR THIS SOUP.

CREAMY TOMATO SOUP

28-oz can crushed tomatoes

4-oz can fire roasted diced mild green chiles

2 c. sweetened coconut milk

1/4 c. honey or agave nectar, to taste

1 t. dried basil, to taste

1/8 t. salt, to taste

Presto Pesto (see recipe)

- Place crushed tomatoes and green chiles with liquid in blender.
- Cover and process at low speed, then increase to high speed and process until smooth.
- Pour into 2-quart saucepan.
- Rinse empty can from the tomatoes with some of the coconut milk, pour into blender, cover, and process briefly.
- Pour blender contents and remaining coconut milk into saucepan.
(This saves you time and work scraping out those containers!)
- Stir honey or agave nectar into tomato mixture in saucepan.
- Stir in dried basil and salt, to taste
- Heat over medium heat, stirring frequently with wire whisk to prevent scorching.
- If you want to heat this soup more quickly, **stir constantly with wire whisk over high heat.**
- This makes about 2 quarts of a simply delicious creamy tomato soup.

- **If you keep these ingredients on hand, this is truly an (almost) instant soup.**
- **Blending and heating the ingredients takes just minutes, and while this soup is heating, you can make a veggie sandwich or wrap.**
- **A handful of pumpkin seeds makes this soup and sandwich a 10-minute meal we think you will enjoy often.**

- If desired, garnish individual servings of soup with 1-2 t. Presto Pesto. Yum.

VARIATIONS

A 28-oz can of Roma tomatoes or 1 quart home-canned tomatoes can replace the 28-oz can of crushed tomatoes. Set aside 1 c. liquid from the canned tomatoes, or the soup will be too thin.

- Follow above recipe for processing canned tomatoes with its remaining liquid and the green chiles in the blender.
- Combine all the above ingredients in a 2-quart saucepan, adding any reserved liquid from the tomatoes as needed, then heat and serve per the above recipe.

CREPES

1/2 of 12-oz pkg Mori-Nu extra firm silken tofu
1/4 c. raw cashews, rinsed in boiling water and drained well in strainer.
1/4 t. salt
2 T. Welch's frozen white grape juice concentrate*

1 1/2 c. water
1 c. brown rice, oat, or barley flour**

1 T. aluminum free baking powder

- Place first 4 ingredients in blender with 1 c. water, cover, and process at low speed, then increase to high speed and process until fairly smooth.
- Add remaining 1/2 c. water and blend briefly.
- With blender on high speed, slowly add flour and process until very smooth.
- Remove blender jar from base and stir baking powder into batter.
- Preheat 10-inch nonstick griddle or crepe pan to just between medium and medium/high heat.
- If needed, prepare griddle or crepe pan with nonstick spray, wiping off excess with a paper towel.
- Pour 1/3 c. batter onto center of griddle or crepe pan, then quickly tip and rotate pan in a circular motion to spread batter thinly and evenly in a circle.
- Fry crepe until it looks dry (not glossy) on top, and is well browned on the underside.
- Gently loosen edge with spatula, (pancake turner) then turn crepe and brown well on the underside.
- Place cooked crepe on a paper towel, and cover with a paper towel.
- Repeat with remaining batter, stacking cooked crepes, and covering stack with a paper towel.
- Crepes can be served at once, or stored in ziplock bags in the fridge until needed.
- Place a paper towel on top of and under stack of crepes in ziplock bag, to absorb any excess moisture.
- Yield: 1 dozen medium/large crepes.
- If desired, repeat the above recipe, using the remaining 1/2 pkg of Mori-Nu tofu.

*The white grape juice can be kept frozen. After measuring the amount needed, return remainder to freezer.

**Brown rice, oat, or barley flours are sold at natural food stores and online.

These crepes make great vegan pancakes for persons with gluten sensitivity.

These crepes are delicious with a fruit topping or filling, a cream filling, or a veggie filling. (see recipes)

CREAM FILLED CREPES

1 recipe of Dream Whipped Cream (see recipe)

1 dozen crepes (see recipe above)

- Place 1/4 c. Dream Whipped Cream along center of crepe and roll up crepe.
- Place filled crepe on serving plate and repeat with remaining crepes.
- Cover with plastic wrap and chill until needed.

SUGGESTED FRUIT TOPPINGS FOR CREAM FILLED CREPES

Very Berry Sauce (see recipe)

Strawberry Sauce 'n Bananas (see recipe)

Raspberry or Blueberry Glaze Topping (see recipes)

Sliced fresh strawberries

Fresh or thawed frozen blueberries

Sliced fresh peaches or nectarines

VEGGIE FILLED CREPES

1 dozen crepes (see recipe)

SUGGESTED VEGGIE FILLINGS

Stir-Fry Veggies for Pasta Primavera (see recipe) (stir-fry veggies until crisp/tender)

Stir-Fry Veggies for Mushroom Veggie Fajitas (see recipe) (stir-fry veggies until crisp/tender)

- Prepare 9 x 13-inch baking dish with nonstick spray, wiping off excess with a paper towel.
- Place crepe in baking dish, scoop 1/2 c. cooked veggie filling into center of crepe, and roll up.
- Place filled crepe seam side down and repeat with remaining crepes.
- Cover baking dish with foil and chill until needed.
- Bake covered in preheated oven at 350 degrees for 30 minutes, or until crepes and veggie filling are heated through.

SUGGESTED TOPPINGS FOR VEGGIE FILLED CREPES

Sesame Parmesan Topping (see recipe)

Soy Sour Cream (see recipe) or commercial vegan sour cream*

Commercial vegan veggie shreds, mozzarella or cheddar flavor*

Commercial vegan cream cheese* or Cream Cheese Spread (see recipe)

- Serve topping of choice over individual servings of Veggie Filled Crepes.

Veggie Filled Crepes are delicious served with grape tomatoes and Quick 'n Easy Rice Pilaf. (see recipe)

GARDEN FRESH VEGGIE OMELET / FRITTATA

- Prepare 1 recipe of filling for Garden Fresh Veggie Quiche, with your choice of veggies (see recipe)
(Omit the Sesame Parmesan Topping)
- Briefly preheat large burner on medium heat.
- Prepare large nonstick skillet or stir-fry skillet with nonstick spray, wiping off excess with a paper towel.
- Spread Quiche filling evenly in skillet.
- Cover and cook 1 notch below medium heat for 15 minutes.
(If your skillet does not have a tight-fitting lid, foil will work.)
- Cut omelet /frittata into 4 sections, then turn each section.
- Cover and cook for another 15 minutes.
- Omelet /frittata should be nicely browned on top and bottom.
- Serve at once with hash browns or home fries, grape tomatoes, and whole grain French bread.
(see recipes for hash browns and home fries)

Fresh precooked hash browns and home fries are sold at Save Mart grocery stores.

***Commercial vegan cream cheese, vegan sour cream, and vegan veggie shreds are sold at natural food stores.**

DIY TRAIL MIX

1 c. dried cranberries
1/2 c. dried pineapple, broken into bite size pieces
1/2 c. dried mangos, cut into bite size pieces
1/2 c. lightly toasted walnut or pecan pieces or halves
1/2 c. lightly toasted whole almonds
1/2 c. lightly toasted pumpkin seeds
1/2 c. Bob's Red Mill unsweetened flaked coconut* (optional)

- Combine all the ingredients and store in a ziplock bag in the fridge.

This combo is just for starters. Any combination you prefer of dried fruit, nuts, and seeds will provide a powerful energy boost with breakfast-on-the-run, or lunch-on-the-go.

Many commercially prepared nut and trail mixes roast the nuts at high temps in oil, which damages the oil content of the nuts and seeds – and adds excess fat to the mix.

Lightly toasting raw nuts and seeds at 250 degrees for 10 minutes brings out rich flavor, without damaging their oil content. (Raw almonds need toasting for about 20 minutes.)

STRAWBERRIES 'N CREAM

1 quart fresh strawberries, rinsed, stemmed, and sliced
Lightly toasted chopped pecans
Sweetened coconut milk or sweetened vanilla soy creamer
Bob's Red Mill unsweetened flaked coconut* (optional)
Agave nectar, if needed

- Place sliced fresh strawberries in a serving bowl.
- Sprinkle with chopped pecans and flaked coconut.
- Drizzle with sweetened coconut milk or sweetened soy creamer.
- If needed, sweeten with agave nectar, to taste.
- Enjoy this simple dessert for breakfast – or anytime!

PEACHES 'N CREAM

- When they are in season, 1 quart sliced fresh freestone peaches or nectarines can replace the strawberries. Yum.

HOT MOCHA

2 c. sweetened coconut milk, vanilla almond milk, hazelnut milk, soy milk, rice milk – or your choice of nondairy milk
1 t. Bob's Red Mill toasted carob powder** (to taste)
1/4 -1/2 t. Roma coffee substitute*** (to taste)
1 t. agave nectar or honey (to taste)

- Place all ingredients in a small saucepan and blend well with wire whisk.
- Stir with wire whisk over medium/high heat until hot.
- Enjoy! This makes 1-2 servings. This recipe can easily be adjusted for any size group.
- Nut milks can be fairly thick. Dilute with water and adjust flavoring to taste.

*Bob's Red Mill unsweetened flaked coconut has superior quality and flavor.

**Bob's Red Mill toasted carob powder is the very best tasting carob powder we have ever used.

***Roma is a coffee substitute that adds a mocha flavor.

These products are sold at natural food stores and online.

DREAM WHIPPED CREAM

12-oz pkg Mori-Nu extra firm silken tofu, rinsed and drained well in colander*
1/4 c. raw cashews, rinsed with boiling water and drained well in small strainer
Pinch of salt, to taste

1 T. alcohol-free vanilla**

1/2 c. agave nectar, honey, or pure maple syrup, to taste***

- Place all ingredients in blender.
- Cover and process at low speed, then increase to medium/high speed.
- This mixture will be thick. With narrow blender spatula scrape sides of blender and stir mixture **carefully** as needed to blend mixture smooth.
- Continue processing and increase to high speed until mixture is super smooth.
- If desired, add sweetening to taste
- Chill in container with a tight-fitting lid. This will thicken more when chilled

This makes a creamy whipped topping with a light sweet flavor.

A scoop makes a tasty garnish over individual servings of “chocolate” cream pudding or pie,

Chiffon Pumpkin Pie, or in cream filled crepes with a fruit topping. (see recipes)

This keeps well for 7-10 days in the fridge, and freezes well. When thawed, beat with wire whisk until creamy.

*Mori-Nu silken tofu is vacuum sealed in its pkg, and keeps well (unopened) for months in the fridge – a great feature.

**Alcohol-free vanilla is sold at natural food stores, Trader Joe’s, and online.

***If you use honey, it helps to thicken this topping even more when it is chilled.

FRESH STRAWBERRY CREAM MOUSSE

- After blending Dream Whipped Cream smooth in blender, add 1 quart rinsed and stemmed fresh strawberries.
- Process on medium speed, then increase to high speed until mixture is smooth.
- Chill in container with a tight-fitting lid before serving.

Bob’s Red Mill unsweetened flaked coconut is a tasty garnish served over this Fresh Strawberry Cream Mousse. It is sold at natural food stores and online.

WALDORF SALAD

6-oz can Dole pineapple juice*

1 large Fuji apple, scrubbed, quartered, cored, and coarsely chopped (or your choice of any sweet apple)

1/2 c. pitted dates, cut across in 1/2 inch thick slices

(Chill dates and cut with kitchen scissors rubbed with nonstick spray.)

1/2 c. lightly toasted, coarsely chopped walnuts**

1 c. seedless Red Flame grapes, rinsed, stemmed, and drained well in colander

1 recipe of Dream Whipped Cream, chilled (see recipe)

- Place pineapple juice in a medium size container with a tight-fitting lid.
- After coarsely chopping apple, stir at once into pineapple juice to prevent darkening.
- Cover and chill chopped apple in pineapple juice.
- Prepare all other ingredients and chill.
- Just before serving, drain chopped apple well in colander, saving pineapple juice for drinking.
- Combine chopped apple with all other ingredients, **except** Dream Whipped Cream.
- Fold in Dream Whipped Cream, place in serving bowl, and enjoy!
- Waldorf Salad served with muffins makes a delicious light brunch or supper.

*Dole pineapple and juice have consistently superior quality and flavor.

**If walnut allergy is a problem, lightly toasted, coarsely chopped pecans can replace walnuts.

EGGPLANT “PARMESAN”

1 medium eggplant

Olive oil

Sesame Parmesan Topping (see recipe)

Whole grain spaghetti* (see recipe for Super Spaghetti, with suggestions for cooking whole grain spaghetti)

Your favorite pasta sauce

- Preheat oven to broil.
- Cut off ends and peel eggplant.
- Slice eggplant crosswise into about 1-inch thick slices.
- Cover cookie sheet with foil and prepare with nonstick spray, wiping off excess with a paper towel.
- Place single layer of eggplant slices on foil covered cookie sheet.
- Broil slices for 15 minutes, until golden brown. Turn and broil another 15 minutes.
- This helps remove excess moisture from eggplant slices. They should be slightly crisp.
- **Decrease oven heat from broil to 400 degrees.**
- Place about half cup of Sesame Parmesan Topping on a dinner plate.
- Brush both sides of one eggplant slice with olive oil, then rub both sides into Sesame Parmesan Topping.
- Replace coated eggplant slice on cookie sheet.
- Repeat with remaining eggplant slices.
- Return cookie sheet to oven and bake at 400 degrees for another 5-10 minutes.
- Serve over your choice of whole grain spaghetti and pasta sauce.
- If serving baked eggplant slices later, place in a storage container, cover, and chill until needed.
- When needed, reheat eggplant slices in a single layer on cookie sheet covered with foil, prepared with nonstick spray.
- Bake in oven at 400 degrees for 5-10 minutes, or until eggplant slices are crisp.
- Serve over your choice of whole grain spaghetti and sauce.

This makes a delicious meal served with a crisp green garden salad and whole grain French bread.

This version of Eggplant “Parmesan” is really tasty, and requires very little “hands-on” prep time. The eggplant slices are not fried in oil, as is done in traditional recipes, so it is much lower in fat.

*If gluten sensitivity is a problem, brown rice spaghetti can replace whole wheat spaghetti.

Tinkyada Pasta Joy brown rice pasta has superior quality and texture. Their pastas do not fall apart after cooking, as some brown rice pastas can do. These pastas are sold at natural food stores, Save Mart grocery stores, and online.

STEAMED BRUSSELS SPROUTS

1 pkg or 10-12 fresh Brussels sprouts

Sesame Parmesan Topping (see recipe)

- Rinse Brussels sprouts, removing any loose outer leaves.
- Bring water in veggie steamer to boil over high heat.
- Cook Brussels sprouts covered in steamer over high heat for 10 minutes, or just until tender.
(If Brussels sprouts are overcooked, they will have a very strong taste, which has given them a bad rap)
- Toss Brussels sprouts in Sesame Parmesan Topping and serve hot.
- We recommend steaming an entire pkg of Brussels sprouts, cooling them, and then freezing them in a ziplock bag.
- They can be thawed and reheated in a veggie steamer as needed, and will keep much better after being cooked.
- Sesame Parmesan Topping helps make this frequently rejected veggie quite tasty.

E-Z TACO SOUP

2 c. Crisp Crumbles (see recipe)

1 c. boiling water

- Combine Crisp Crumbles with boiling water, **cover**, and let stand 15 minutes to “plump up.”

15-oz can red kidney beans

15-oz can black beans

15-oz can pinto beans

15-oz can diced tomatoes

15-oz can stewed tomatoes (Mexican style are very tasty)

15-oz can whole kernel corn

8-oz can tomato sauce

4-oz can fire roasted diced mild green chiles

4-oz can sliced olives, rinsed and drained in colander

1 c. water

2 t. granulated onion powder

1 t. granulated garlic powder

1 t. salt

1 t. ground coriander

1/2 t. ground cumin

1/2 t. dried cilantro leaves

- In a 6-quart kettle place Crumbles with all canned ingredients.
- Rinse empty cans with the 1 c. water and add to kettle.
- **Stir in seasonings, adding any seasoning to taste.**
- Bring to gentle boil over medium/high heat, stirring frequently.
- Cover and cook over medium/low heat at least 30 minutes, stirring frequently, for flavors to blend.
- This soup will thicken when chilled. Add water as needed when reheating.
- This soup freezes well, although the olives will become a little mushy after freezing and thawing.
- This is a great cold weather soup, as well as a fun soup for camping. (but not backpacking!)
- Combine seasonings in a ziplock sandwich bag for camping trips.

Corn muffins are really delicious with this soup. (see recipe)

FAMILY FAVORITE FRENCH TOAST

1 c. raw cashews, rinsed with boiling water and drained in colander
1/4 c. soft pitted dates*
1/4 t. salt
1 t. pure vanilla extract
3 c. water

***Dates are machine pitted, so always check for pits and stems. Cut dates in half with kitchen scissors.**

- Choose firm whole grain or multigrain sliced bread. Soft sandwich breads make a “mushy” product.
- Sprouted grain sliced bread works especially well, and sprouted grain raisin bread is very tasty.
- Whole wheat or multigrain English muffins or Sandwich Thins also work well with this French toast batter.
- **If using English muffins or Sandwich Thins, separate the slices and stack them, ready to dip in the batter.**
- **Sandwich Thin slices are so thin, they bake very quickly. Watch carefully to avoid over browning.**
- **Baking the outer crust first on the griddle is essential for both English muffins and Sandwich Thins.**
- **After turning English muffin slices, press each slice lightly with pancake turner to bake underside evenly.**

This recipe makes about 2 dozen slices of French toast using sprouted grain bread. They can all be baked at once, cooled on wire racks, and then stored in ziplock bags in your freezer. They make a yummy instant breakfast right from the freezer, warmed in a toaster oven.

- Preheat nonstick griddle to medium heat. (350 degrees for an electric griddle)
 - Test griddle heat by flicking several drops of water onto preheated griddle--water drops should “skip” on griddle.
 - Place cashews, dates, salt, vanilla, and **1 1/2 c.** water in blender.
 - Cover and process at low speed, then increase to high speed and process until smooth.
 - With narrow blender spatula scrape sides of blender as needed.
 - Process until super smooth, then add remaining **1 1/2 c.** water and process briefly until well blended.
 - Pour some of this batter into a flat dish or pie plate.
 - **With tongs** dip bread slices into batter, turn to cover both sides, and drain briefly before placing on preheated griddle.
 - Bake on griddle until underside is golden brown, then turn and bake until underside is golden brown.
 - Cool on wire racks. Repeat with remaining bread slices and batter.
- Strawberry Sauce ‘n Bananas is a delicious sauce for French toast, pancakes, crepes, and waffles. (see recipe below)
 - Berry Jam, Peach Pineapple Preserves, or Very Berry Sauce are also yummy toppings. (see recipes)

SUPER E-Z CORN CREPES

- For persons with gluten sensitivity, this French toast batter can be used to make crepes with yellow corn tortillas.
- **With tongs** dip a corn tortilla into the batter, coating both sides, then drain briefly.
- Bake on a griddle over medium heat until underside is lightly browned, then turn and bake remaining side.
- **These crepes bake very quickly. Watch to prevent over browning.** Serve with your choice of fruit topping or spread.
- **These corn crepes need to be eaten at once. After they are cooled, they will be tough and leathery.**

STRAWBERRY SAUCE ‘N BANANAS

16-oz bag frozen strawberries, thawed
1/4 c. frozen orange juice concentrate
1/4 c. agave nectar or honey, to taste
Pinch of salt
2 ripened but firm sliced bananas

- Place strawberries, orange juice concentrate, agave nectar or honey, and salt in blender.
- Cover and process at low speed, then increase to high speed and process until smooth.
- Pour into serving bowl, then slice bananas into strawberry sauce, stirring banana slices into sauce.
- Serve over French toast, pancakes, crepes, or waffles.
- **Banana slices will soften if stored in the sauce, so be sure banana slices are eaten at once.**

FETTUCCHINE ALFREDO

12-14-oz pkg whole wheat or brown rice fettuccine or linguine
2 quarts water
1 t. salt, to taste
1/2 t. granulated garlic powder
1 t. olive oil

1 c. chopped frozen spinach

(We recommend buying frozen chopped spinach loose in a bag, rather than frozen solid in a box.)

1 recipe of Creamy Ranch Dressing (see recipe)

Sesame Parmesan Topping for garnish (see recipe)

- In a 6-quart kettle bring water, seasonings, and olive oil to boil.
- Breaking pasta noodles in half before cooking makes them easier to eat.
- Stir in whole wheat fettuccine or linguine noodles and **cook uncovered** 2 notches below high heat for 20 minutes, or until pasta is tender. **Linguine noodles cook faster than fettuccine noodles.**
- **Brown rice pasta needs less cooking time than whole wheat pasta. Cook 10-15 minutes, or until pasta is tender.**
- Stir frequently while cooking to prevent pasta from clumping or sticking to pan.
- Remove from heat, stir in 1 c. chopped frozen spinach, cover, and let stand until spinach is thawed.
- **Combine Creamy Ranch Dressing 1:1 with water, mixing well, and stir into cooked pasta.**
- Prepare a 4-quart baking dish with nonstick spray, wiping off excess with a paper towel.
- Pour pasta with cream sauce into baking dish, spread evenly, and garnish with Sesame Parmesan Topping.
- Bake covered at 350 degrees for 40-50 minutes, until sauce is thickened and bubbling gently.
- If this entrée is needed later, cover and chill until needed.
- Add water as needed before reheating, and bake covered at 350 degrees for 50-60 minutes, until bubbling gently.

Fettuccine Alfredo is delicious with steamed fresh green beans, a crisp green salad, and whole grain French bread.

***If gluten sensitivity is a problem, brown rice pastas can replace whole wheat pastas.**

Tinkyada Pasta Joy brown rice pastas have superior quality and texture. Their pastas do not fall apart after cooking, as some brown rice pastas can do. These pastas are sold at Save Mart, natural food stores, and online.

PRESTO PESTO FETTUCCHINE

- Follow above directions for cooking fettuccine or linguine noodles.
- Replace Creamy Ranch Dressing and chopped frozen spinach with **double recipe of Presto Pesto** (see recipe) and 8-oz pkg fresh white button mushrooms, sliced thick.
- When pasta is cooked until tender, remove from heat, cover, and let stand at least 10 minutes for pasta to “plump up.”
- Stir in entire double recipe of Presto Pesto and sliced mushrooms.
- Prepare a 4-quart baking dish with nonstick spray, wiping off excess with a paper towel.
- Spread pasta with Presto Pesto sauce and sliced mushrooms evenly in baking dish.
- This pasta will continue to absorb liquid – add water as needed before baking.
- Garnish with Sesame Parmesan Topping.
- Cover and bake at 350 degrees for 30-40 minutes, until heated through and bubbling gently.
- Serve with steamed fresh green beans, a crisp green salad, and whole grain French bread.
- If this entree is needed later, cover and chill until needed.
- Add water as needed before baking, and bake covered at 350 degrees for 50-60 minutes, until bubbling gently.

This makes a super quick and easy, delicious entrée. This recipe can easily be adjusted for any size group and cut in half for 1-2 persons.

FRESH STRAWBERRY CREAM PUDDING

1 c. hot freshly cooked millet (see recipe below)
1 quart rinsed and stemmed fresh strawberries
1/3 c. agave nectar, honey, or pure maple syrup, to taste
1/2 c. raw cashews, rinsed in boiling water and drained in small strainer

- While millet is cooking, place strawberries and agave nectar, honey, or maple syrup in blender.
- Cover and process at medium speed, carefully pushing berries down over blender blades with narrow blender spatula.
- Slowly increase to high speed and process until berries are liquefied.
- Add cashews to blender and process at high speed until mixture is super smooth.
- Add hot, freshly cooked millet to strawberry mixture in blender.
- Cover and process at medium speed, then slowly increase to high speed and process until smooth.
- This mixture will be very thick. With narrow blender spatula, scrape sides of blender and stir carefully to keep mixture moving over blender blades, and process until mixture is super smooth.
- Add any sweetening to taste, and chill in container with a tight-fitting lid.
- Scoop chilled pudding mixture into food processor or blender and blend smooth, then chill again before serving.
- This makes a soft pudding that is especially good layered with sliced bananas, or any fresh berries.
- Unsweetened flaked coconut is a tasty topping for this refreshing light dessert.

COOKED MILLET

1 c. water
Pinch of salt
1/2 t. pure vanilla extract
1/4 c. uncooked hulled millet

- In a 1-quart saucepan bring water, salt, and vanilla to boil.
- Add millet, cover, and cook 1 notch above low heat for 30-40 minutes, until millet is fluffy and water is absorbed.

Yield: about 1 c. cooked millet

FROZEN “CHOCOLATE” CREAM SURPRISE

COOKIE CRUST

8-inch square container with tight-fitting lid (or 2 6-inch square containers)

1 c. lightly toasted walnuts*

1 c. (packed) pitted dates**

1/4 c. Bob’s Red Mill toasted carob powder***

1/8 c. sweetened coconut milk

Pinch of salt

- Prepare bottom and sides of square container(s) with nonstick spray, wiping off excess with a paper towel.
- Grind nuts fine in food processor.
- Add dates, carob powder, coconut milk, and salt to food processor and process at high speed until ground fine.
- Scoop mixture into container(s) and spread evenly.
- Tear off sheet of plastic wrap and place over mixture, pressing mixture evenly and firmly across bottom and halfway up sides of container(s).
- Cover tightly and place container(s) in freezer.

“CHOCOLATE” CREAM FILLING

2 large or 3 medium ripened avocados

1/2 c. softened honey

Pinch of salt

1/4 c. Bob’s Red Mill toasted carob powder***

- Scoop avocados from peel, removing any darkened spots.
- Place avocados, honey, salt, and carob powder in food processor.
- Process at medium speed, then increase to high speed.
- Stop processor and with narrow blender spatula scrape sides of processor as needed to blend mixture smooth.
- Process again at high speed until mixture is super smooth.
- With blender spatula, scoop mixture into chilled cookie crust(s) and spread evenly.
- Cover tightly and freeze.
- The avocados in this cream filling make it super rich and creamy.
- This dessert needs to be kept frozen, due to the avocados.
- Remove from freezer and thaw uncovered at room temp for 5-10 minutes before serving.
- Surprise and wow your family and friends with this truly decadent dessert!

*If walnut allergy is a problem, lightly toasted pecans or almonds can replace the walnuts.

**Dates are machine pitted, so always check for pits and stems. Cut dates in half with kitchen scissors.

***Bob’s Red Mill toasted carob powder is the very best tasting carob powder we have ever used.
It is sold at natural food stores and online.

FROZEN “CHOCOLATE” CREAM SURPRISE MADE WITH MONK FRUIT SUGAR

- Follow above recipe, making the following changes:
- Replace dates in the cookie crust with 10 packets Monk Fruit sugar.
- Replace honey in the cream filling with 20 packets Monk Fruit sugar.
- Add 1/4 c. sweetened or unsweetened coconut milk to the cream filling.

**Monk Fruit sugar is sold at Save Mart, natural food stores, and online.
Each packet has 3 calories and has a nice natural sweetness.**

FROZEN PEACH BLUEBERRY COBBLER

12-oz can Welch's frozen white grape juice concentrate, thawed*

Pinch of salt

2 T. honey or agave nectar

1/4 c. arrowroot powder**

2 16-oz bags frozen sliced peaches***

1 1/2 c. frozen blueberries

Double recipe of Coconut Crumb Topping (see recipe)

- Preheat oven to 375 degrees.
- In medium mixing bowl combine thawed grape juice, salt, and honey or agave nectar.
- With wire whisk stir in arrowroot powder, beating until arrowroot powder is dissolved.
- Combine frozen peach slices and blueberries in a very large mixing bowl.
- With large spoon stir in grape juice mixture, mixing well to evenly coat peaches and blueberries.
- Prepare a 2-quart baking dish with nonstick spray, wiping off excess with a paper towel.
- Spread peach blueberry mixture with juice evenly in baking dish.
- **Cover** and bake for 1 hour, or until peach filling is bubbling gently and thickened.
- Remove Cobbler from oven and crumble Coconut Crumb Topping evenly over peach filling.
- **Bake uncovered** 5-10 minutes more, or until Topping is golden brown.
- Cool uncovered and completely, before serving.
- If you have the ingredients on hand, you can make this Peach Blueberry Cobbler in minutes.
- While it is baking, you can quickly and easily make the Coconut Crumb Topping.
- Peach Blueberry Cobbler is an all-time favorite for breakfast, brunch--or dessert anytime.

***While grape juice concentrate is frozen, loosen or remove cap from the can. When it is thawed, it tends to slosh when opened, and some of the juice gets spilled and wasted. (been there, done that)**

****Arrowroot powder is ground from a root that contains some nutrients, and it is nutritionally superior to cornstarch. It is used by commercial bakeries because it makes a clearer, more silky thickened product than cornstarch. It is sold at natural food stores and online.**

*****Frozen sliced peaches need to be kept frozen until they are cooked, as they will darken if thawed before cooking.**

WHEN FRESH PEACHES AND BLUEBERRIES ARE IN SEASON, THEY ARE EVEN BETTER IN THIS RECIPE!

- Follow recipe for Frozen Peach Blueberry Cobbler, replacing the frozen peaches and blueberries with about 8 c. peeled and sliced fresh freestone peaches and 2 c. fresh blueberries.
- Since fresh peaches can be very juicy, increase arrowroot powder to 1/3 c.
- Prepare a 3-quart baking dish with nonstick spray, wiping off excess with a paper towel.
- Spread peach blueberry mixture with juice evenly in baking dish.
- Cover and bake for 50 minutes, or until peach filling is bubbling gently and thickened.
- Remove Cobbler from oven and crumble Coconut Crumb Topping evenly over peach filling.
- Bake uncovered 5-10 minutes more, or until Topping is golden brown.
- Cool uncovered and completely, before serving.
- Placing whole fresh peaches in a large strainer with a handle and immersing them into boiling water for several minutes, loosens the skins so they can be easily peeled.

GARDEN FRESH VEGGIE QUICHE

Sesame Parmesan Topping, for top and bottom crust (that's right!) (see recipe)*

14-16-oz block extra firm tofu, rinsed and drained well in colander

(Organic soybean tofu is especially good, if available.)

It is vacuum sealed, and keeps well unopened for about 1 month in the fridge – a great feature)

1 T. arrowroot powder**

1 T. nutritional yeast flakes, to taste

1/4 t. salt, to taste

1/8 t. granulated garlic powder, to taste

1 T. olive oil (if using garlic flavored olive oil, omit the granulated garlic powder)

1 c. red, orange, and yellow sweet mini bell peppers, sliced thin in rounds, half rounds, or coarsely chopped

1/2 medium sweet yellow onion, sliced thin in quarter rounds

- Preheat oven to 350 degrees or toaster oven to 325 degrees.
- Break tofu into chunks and place in food processor with arrowroot powder, seasonings, and olive oil.
- Process at high speed until very smooth.
- Stop food processor and scrape sides of container with blender spatula as needed to blend all tofu smooth.
- Scoop tofu mixture into large mixing bowl **and add any seasonings to taste.**
- Tofu mixture should be very smooth and thick.
- Stir in fresh veggies, mixing well.
- Prepare 9-inch pie plate with nonstick spray, wiping off excess with a paper towel.
- Spread 1/4 c. Sesame Parmesan Topping evenly over bottom of pie plate.
- Scoop quiche filling into pie plate, spreading evenly with a blender spatula or large spoon.
- Sprinkle 1/4 c. Sesame Parmesan Topping evenly over top of quiche, **then press topping firmly onto filling.**
- A teaspoon works well for sprinkling and then pressing the Sesame Parmesan Topping onto quiche filling.
- Bake uncovered at 350 degrees for 50-60 minutes, until topping is golden brown.
- **A toaster oven has a smaller space and more intense heat, so decrease heat to 325 degrees and bake for 45 minutes.**
- Cool at least 15 minutes before slicing and serving.
- This recipe can be doubled and baked in a 10-inch deep-dish pie plate. Bake for at least 1 hour.
- (Increase Sesame Parmesan Topping to 1/2 c. for the top crust)

Garden Fresh Veggie Quiche is delicious served hot for brunch with hash browns or home fries, grape tomatoes, and whole grain French bread.

Serve Quiche for dinner with Sesame Parmesan Red Potatoes, Scalloped Potatoes, Stuffed Baked Potatoes, or Quick 'n Easy Wild Rice Pilaf, (see recipes) together with a crisp green salad and whole grain French bread.

Garden Fresh Veggie Quiche is also tasty served cold, especially in the summer.

This quiche is gluten free when made with gluten free nutritional yeast flakes.

***Sesame Parmesan Topping makes a tasty, quick and easy, top and bottom "crust " for this Veggie Quiche – with way less fat than a traditional pastry crust. It's a win-win!**

****Arrowroot powder is ground from a root that contains some nutrients, and it is nutritionally superior to cornstarch. It is sold at natural food stores and online.**

VARIATIONS FOR VEGGIES IN QUICHE

1 small zucchini , coarsely chopped (about 1/2 c.)

1 small yellow crookneck squash, coarsely chopped (about 1/2 c.)

1/2 medium sweet yellow onion, coarsely chopped

or

6-8 fresh white button mushrooms, sliced thick

1/2 medium sweet yellow onion, sliced thin in quarter rounds

or

1 c. thawed frozen chopped spinach, drained well

1/2 medium sweet yellow onion, diced or chopped fine

GARDENBURGERS

2 medium or 1 large onion, chopped fine
1 medium red bell pepper, chopped fine
1 medium or 2 small zucchini, chopped fine
1/2 c. peeled baby carrots, chopped fine

6-oz can black olives, rinsed and drained in colander
7-oz can or 2 4-oz cans mushrooms, sliced or stems and pieces

- The onion and bell pepper can be cut up and chopped together in a food processor.
- Cut zucchini into 1-inch pieces and chop fine in food processor. **Cycle chop to prevent over-processing.**
- Chop peeled baby carrots fine in food processor.
- **Drain liquid from mushrooms into measuring cup**, then coarsely chop mushrooms with olives in food processor.
- **Combine all the chopped veggies in a large mixing bowl and set aside.**

15-oz can garbanzos with liquid, **heated to boiling hot**, then drained in colander*
1/4 t. granulated garlic powder
1/8 t. ground sage, to taste
1 t. salt, to taste
1 t. McCormick dried celery flakes**
1/4 c. dried parsley flakes
6 T. nutritional yeast flakes (Bragg's nutritional yeast flakes are certified gluten free)
1 1/2 c. **boiling water*** (include liquid from canned mushrooms in the 1 1/2 c. boiling water.)

1 c. walnuts*** (have walnuts at room temp)

3 c. rolled oats****

- Place heated and drained garbanzos, seasonings, and boiling water in blender.
- Cover and process at low speed, then increase to high speed and process until fairly smooth.
- Add walnuts, cover, and process at high speed just until walnuts are chopped fine.
- Pour into a very large storage container with a tight-fitting lid, and stir in rolled oats.
- Stir in chopped veggies, mixing well. **Add any seasoning to taste.**
- Cover and chill overnight for flavors to blend and oats to absorb liquid.
- Preheat oven to 400 degrees.
- Spray large cookie sheet with nonstick spray, wiping off excess with a paper towel.
- Shape Gardenburger mixture into burger size patties and place on cookie sheet.
- Bake at 400 degrees for 30 minutes, until nicely browned, then cool completely on cookie sheet.
- These Gardenburgers freeze well, so store in ziplock bags and keep a stash in your freezer.

Yield: About 30 Gardenburgers

***Heating the water and garbanzos to boiling hot softens the oats and helps bind these Gardenburgers together better.**

****Dried celery flakes have a more mild flavor than celery seed.**

McCormick dried celery flakes are sold at Save Mart grocery stores and online.

*****If walnut allergy is a problem, pecans or shelled raw sunflower seeds can replace the walnuts.**

******These Gardenburgers are gluten free when made with gluten free rolled oats.**

GARLIC BUTTER

1/4 c. raw cashews, rinsed in boiling water and drained well in strainer
6 T. boiling water*
1/4 t. salt, to taste
1/4 t. granulated garlic powder, to taste

1/2 c. hot freshly cooked millet (see recipe below)**

- Place first 4 ingredients in blender just before adding cooked millet.
- Add hot, freshly cooked millet to blender.
- Cover and process on low speed, then **slowly increase** to medium and then high speed. (this avoids blender splash)
- Process on high speed for several minutes until mixture is super smooth.
- With narrow blender spatula scrape sides of blender as needed.
- This makes a tasty garlic spread for lightly toasted whole grain French bread.
- Try storing this spread in several small containers. Chill one, and freeze the rest for use later.
- This spread freezes well. When thawed, beat with small wire whisk until smooth and creamy again.

VARIATION

- If desired, add 1 t. dried parsley flakes to the Garlic Butter, and process at high speed until parsley is chopped fine.

***Boiling essentially sterilizes water, which keeps this spread fresh longer – and it thickens the cashews as well.**

****Hot, freshly cooked millet is essential for making this spread super smooth.**

HERB GARLIC BUTTER

- Make Garlic Butter and then add the following seasonings to mixture in the blender:
- 1/4 t. dried dill weed, to taste
- 1/2 t. McCormick dried celery flakes, to taste***
- 1 1/2 t. dried parsley flakes, to taste
- Cover and process at medium speed and then high speed just until dried seasonings are chopped fine.
- This makes a tasty spread for lightly toasted whole grain French bread.
- Try storing this spread in several small containers. Chill one, and freeze the rest for use later
- This spread freezes well. When thawed, beat with small wire whisk until smooth and creamy again.

*****Dried celery flakes have a more mild flavor than celery seed.**

McCormick dried celery flakes are sold at Save Mart grocery stores and online.

COOKED MILLET

1 c. water
1/8 t. salt
1/4 c. uncooked hulled millet

- In a 1-quart saucepan bring water and salt to boil.
- Add millet, cover, and cook one notch above low heat for 30-40 minutes, until millet is fluffy and water is absorbed.
- This will yield about 1 c. cooked millet.

GLUTEN FREE BLUEBERRY PECAN PANCAKES

- Preheat nonstick griddle to 1 notch below medium heat (or electric griddle at 325 degrees).

DRY INGREDIENTS

1 c. Bob's Red Mill Gluten Free Baking Flour* (pack flour firmly into measuring cup and level off at top)

1 c. almond meal*

1/4 t. salt

1 T. aluminum free baking powder

- Combine the above 4 ingredients in a medium mixing bowl and set aside.

1 t. ground flax seed

1 t. pure vanilla extract

1 T. cooking oil

1 T. pure maple syrup

1 1/2 c. sweetened almond milk or sweetened coconut milk

- Place the above 5 ingredients in a large mixing bowl and beat with a wire whisk until mixture is emulsified.
- Then stir in:
 - 1 c. fresh or thawed frozen blueberries
 - 1/2 c. lightly toasted, coarsely chopped pecans
- Stir dry ingredients into blueberry mixture, just until evenly moistened.
- Test griddle heat by flicking several drops of water onto preheated griddle—water drops should “skip” on griddle.
- With 1/4 c. measuring cup drop batter onto preheated griddle.
- Bake pancakes until underside is nicely browned.
- Turn pancakes and bake until underside is nicely browned.
- This slow baking allows pancakes to bake well in the center.
- Serve at once or cool pancakes on wire rack, and continue baking remainder of pancake batter.
- When pancakes are cooled, store in ziplock bags in the fridge or freezer.

This recipe can be doubled as needed, and made ahead for a yummy “instant breakfast.”

These pancakes freeze well, and can be reheated in a toaster oven right from the freezer.

***Bob's Red Mill Gluten Free Baking Flour and almond meal are sold at Save Mart, natural food stores, and online.**

GLUTEN FREE COCONUT FUDGE BROWNIES

Preheat oven to 350 degrees.

Prepare 9 x 13-inch baking pan with nonstick spray, wiping off excess with a paper towel.

DRY INGREDIENTS

1 c. Bob's Red Mill Gluten Free Baking Flour* (pack flour firmly into measuring cup and level off at top)

1/2 c. almond meal*

1/3 c. Bob's Red Mill toasted carob powder*

1/2 t. salt

1 t. Roma**

1 T. aluminum free baking powder

- Combine the above 6 dry ingredients in a medium/large mixing bowl, mixing well, and set aside.

1/4 c. ground chia seeds

1 t. pure vanilla extract

1/4 c. cooking oil

1 c. sweetened coconut milk

1 c. unsweetened applesauce

2/3 c. pure maple syrup

- Place the above 6 ingredients in a large mixing bowl and beat with wire whisk until mixture is emulsified.
- The ground chia seeds will give this mixture a "gel" texture. Let mixture thicken for several minutes.

1 c. lightly toasted, coarsely chopped walnuts or pecans

- Stir chopped nuts into applesauce mixture, then stir in dry ingredients just until mixture is evenly moistened.
- Spread brownie mixture evenly in 9 x 13-inch baking pan and bake at 350 degrees for 35 minutes.
- After removing brownies from oven, cool brownies in pan for 15 minutes.
- With a wide spatula (pancake turner) gently loosen brownies from baking pan, all around the edges.
- Place a wire rack over brownies and invert the brownies from baking pan onto wire rack.
- While brownies are cooling on wire rack, cover loosely with foil to keep them moist.
- When brownies are cool, slide them onto cutting board and with a sharp knife cut into squares of desired size.
- **Store at once in a ziplock bag or container with a tight-fitting lid in the fridge.**
- **Freeze any brownies that are not eaten within one week.**
- Frozen brownies can be wrapped in foil and reheated in a toaster oven at 350 degrees.
- When these brownies are served warm, they will have a "just baked" moist and tender appeal.

THESE MOIST BROWNIES WILL SPOIL VERY QUICKLY IF STORED AT ROOM TEMP!

***Bob's Red Mill products are sold at natural food stores and online. Some are sold at Save Mart.**

Bob's Red Mill toasted carob powder is the very best tasting carob powder we have ever used.

****Roma is a cereal coffee substitute that adds a mocha flavor to carob. It is sold at natural food stores.**

These brownies have a rich fudge flavor, with a moist, chewy texture.

GLUTEN FREE PIZZA CRUST

- Preheat oven to 350 degrees.
- Moisten smooth countertop or very large cutting board.
- Tear off 18-inch sheet of **heavy duty extra wide foil** and place on moistened smooth surface.
- Prepare foil with nonstick spray, wiping off excess with a paper towel, and smoothing foil flat.

1 c. Bob's Red Mill Gluten Free Baking Flour or Gluten Free Garbanzo and Fava Bean Flour*

1/2 c. pumpkin seeds, sesame seeds, or shelled sunflower seeds, lightly toasted and ground fine in a small food chopper

1 T. aluminum free baking powder

1/4 t. salt

1/2 c. plus 2 T. unsweetened nondairy milk

2 T. ground chia seeds

2 T. cooking oil

- In a medium/large mixing bowl combine the dry ingredients, mixing well, and set aside.
- In a 1 c. liquid measuring cup combine the nondairy milk, chia seeds, and cooking oil.
- With small wire whisk beat milk, chia seeds, and oil together until emulsified.
- With fork stir liquid ingredients into dry ingredients, mixing well.
- This mixture will form a soft dough that can easily be kneaded into a dough ball.
- Rub hands with nonstick spray – this really helps keep dough from sticking to your hands.
- Pat dough ball into flat round on foil and cover with **extra wide plastic wrap or freezer wrap**.
- **If using extra wide freezer wrap, rub the plastic-coated side with nonstick spray and place this side over dough.**
- With rolling pin roll into circle about 1/4 inch thick and 10-12 inches across. (Your preference of crust thickness)
- With fork prick pizza crust every few inches to prevent bubbling during baking.
- Place foil with pizza crust on large cookie sheet and bake pizza crust in preheated oven at 350 degrees for 20 minutes.
- Cool pizza crust on foil-covered cookie sheet, then store in a ziplock bag in the fridge until needed.
- **This makes a crisp, cracker type pizza crust. Rolling it fairly thin makes it especially tasty.**
- Adding 1/4 t. granulated onion powder and /or garlic powder to the dry ingredients adds a tasty touch of seasoning.
- 1 T. dried chives, dried dill weed, or dried sweet basil, ground fine, adds even more flavor.
- These seasonings can be ground fine with the pumpkin, sesame, or sunflower seeds.

Prebaked pizza crusts are much more digestible than placing pizza toppings over unbaked pizza dough, then baking and eating the pizza at once. Most grocery stores sell prebaked pizza crusts, including some gluten free pizza crusts.

***Bob's Red Mill sells top quality baking products, and they are sold at Save Mart, natural food stores, and online.**

The Gluten Free Garbanzo and Fava Bean Flour is much more nutritious than the plain Gluten Free Baking Flour.

Ground pumpkin, sesame, or sunflower seeds and ground chia seeds add great nutrients, taste, and texture to this Gluten Free Pizza Crust.

See recipe for Sesame Parmesan Mini Pizzas for suggestions regarding vegan pizza toppings and baking pizzas. Gluten free pasta sauces are sold at natural food stores and some grocery stores.

HAYSTACKS (AKA TACO SALAD)

Seasoned Brown Rice (see recipe below)

Mexican Style Beans (see recipe)

Crisp green Romaine lettuce, coarsely chopped, **or** your choice of crisp lettuce, coarsely chopped

Sweet red, orange, and yellow mini or baby bell peppers, coarsely chopped (optional but very tasty and colorful)

Diced fresh tomatoes

Diced red or sweet yellow onion **or** green onions, sliced thin, with about 1 inch of green tops

Fresh cilantro, chopped fine **or** Pico De Gallo fresh salsa

Soy Sour Cream (see recipe) **or** commercial vegan sour cream

Guacamole

Sliced olives, rinsed and drained well in colander

Cheddar flavor vegan veggie shreds, sold at natural food stores (optional)

Baked Tortilla Chips (see recipe)

Just about everyone loves Haystacks! One reason is that everyone can layer their haystack to individual taste. Haystacks are a great Mexican meal for serving any size group.

Our version of Haystacks places seasoned brown rice as the foundation layer, rather than using tortilla chips. Baked Tortilla Chips are best served alongside, rather than under each Haystack.

SEASONED BROWN RICE

2 1/4 c. water

1 t. Savory Seasoning Blend, to taste (see recipe) **or** your choice of all purpose seasoning **or** 1/4 t. salt

1 T. minced or chopped dried onions

1 t. olive oil

1 c. uncooked long grain brown rice

- In a 1-quart saucepan bring water, seasonings, and olive oil to boil.
- Add rice, cover, and reduce heat to 1 notch above low, so it boils gently
- Cook for 1 hour or until all liquid is absorbed, then remove from heat and place lid ajar.
- Cool for at least 10 minutes, then fluff with fork before serving.
- This yields about 4 c. cooked brown rice. This recipe can easily be increased as needed for any size group.

HEARTY LENTIL STEW

2 quarts water
1 c. peeled baby carrots
1 c. celery, cut up (with leaves, if available)
2 medium sweet yellow onions, cut up
2 garlic cloves

2 t. salt, to taste
2 c. dried lentils
1/2 c. wild rice blend or pearl barley

1 large red bell pepper, coarsely chopped

- In blender place carrots with 2 c. water. Cover and cycle chop on medium speed until carrots are coarsely chopped.
- Pour blender contents into 6-quart kettle.
- In blender place celery with 2 c. water. Cover and cycle chop on medium speed until celery is chopped fine.
- Pour blender contents into kettle.
- In blender place onions and garlic cloves with 2 c. water.
- Cover and cycle chop on medium speed until onions and garlic are chopped fine.
- Pour blender contents into kettle. Rinse blender with remaining 2 c. water and add to kettle.
- Stir in salt, dried lentils, cover, and bring to boil on high heat.
- Stir in wild rice blend or pearl barley, cover, and reduce heat to medium, so it boils gently.
- Cook for 1 hour, or until lentils and rice or pearl barley are tender.

- Stir in chopped red bell pepper.
- Cover and cook on medium heat just until red bell pepper is tender.
- **Add any seasonings to taste.** A little Herbamare (original) adds great flavor.
- This hearty, flavorful lentil stew freezes well.

SHEPHERD'S PIE

- Instant mashed potatoes can top this Lentil Stew for a quick and easy Shepherd's Pie.
- Heat desired amount of Lentil Stew in a saucepan on medium/high heat, **stirring constantly to prevent scorching.**
- Place Lentil Stew in a baking dish and top with about 1/2-1 inch thick layer of instant mashed potatoes.
- Place uncovered in oven preheated to 450 degrees.
- Bake for 5-10 minutes, or until Lentil Stew is bubbling and mashed potatoes are slightly browned.
- Shepherd's Pie can be heated and baked as a single serving in a pyrex heat-and-eat bowl in a toaster oven.
- Creamy Ranch Dressing or Cream Cheese Spread is delicious in instant mashed potatoes. (see below)

INSTANT MASHED POTATOES (1-2 SERVINGS)

3/4 c. water
Pinch of salt, to taste
2 T. Creamy Ranch Dressing, Cream Cheese Spread, or 2 T. commercial vegan cream cheese*
1/2 c. Betty Crocker Potato Buds

- Stir Creamy Ranch Dressing, Cream Cheese Spread, or commercial vegan cream cheese into water and salt.
- **Bring to a boil, then remove from heat.**
- With fork stir in instant mashed potatoes just until evenly moistened.
- This recipe can be increased as needed for multiple servings.

These amounts are for Betty Crocker Potato Buds. You may need to adjust these amounts for other brands.

*See recipes for Creamy Ranch Dressing or Cream Cheese Spread.

Commercial vegan cream cheese is sold at some grocery stores and at natural food stores.

HOLIDAY TEA RINGS

FRUIT FILLING

1 recipe of filling for Polynesian Bars **or** double recipe of Peach Pineapple Preserves (see recipes)

This amount of Fruit Filling, Streusel Topping, and Date-Nut Dough will make 2 Holiday Tea Rings. Any leftover filling can be used as a spread or frozen for later use.

STREUSEL TOPPING

2 T. brown rice, oat, or barley flour*

Pinch of salt

1/2 c. lightly toasted coarsely chopped pecans or walnuts

1/2 c. (packed) pitted deglet dates (medjool dates are too soft and sticky for this Streusel Topping)

- Have dates chilled. Check dates for pits and stems by cutting dates in half with kitchen scissors.
- Place all ingredients in food processor and process at high speed until ground fine, then set aside in small bowl.
- Any unused Streusel Topping can be stored in a small ziplock bag in the fridge or freezer.

*Brown rice, oat, or barley flour make a better Streusel Topping than does whole wheat flour.

HAVE FRUIT FILLING AND STREUSEL TOPPING PREPARED AND AT ROOM TEMP BEFORE MAKING DOUGH FOR HOLIDAY TEA RING.

DATE-NUT DOUGH

1 recipe of Cranberry Walnut Bread dough, making the following changes:

- Replace the dried cranberries with 1 c. chopped pitted dates.
- Use either 1 c. coarsely chopped walnuts or pecans.
- This dough can be made in a bread machine on the dough setting, or by hand.
- **Reposition oven racks so that lower rack is one notch above bottom position, and upper rack about 5 inches higher.**
- **Large cookie sheets will need to be baked on separate oven racks. Preheat oven to 350 degrees.**
- **Prepare 2 large nonstick cookie sheets with nonstick spray, spreading with hands.**
- **Prepare clean kitchen scissors and rolling pin with nonstick spray, rubbing on with hands.**
- Place dough on cutting board or smooth countertop prepared with nonstick spray.
- Punch dough down and knead lightly into a dough ball. Roll dough into a log and cut log in half.
- Knead half of dough into a ball, cover with plastic wrap, and set aside.
- Place remaining half of dough on large cookie sheet, knead into a ball, then roll into a log.
- With rolling pin roll this dough into a large rectangle about 12 x 18 inches, and about 1/4 inch thick.
- Spread 1-2 c. Fruit Filling evenly over rectangle, up to 2 inches of edges.
- From long side of rectangle, roll up dough with filling, jelly roll fashion.
- Pinch seam together along length of roll, and turn roll seam side down.
- Form roll into a circle, pinching ends together.
- With kitchen scissors rubbed with nonstick spray, cut ring from outside edge at 1 inch intervals, 3/4 into ring.
- Rotate each cut section of ring at least a quarter turn onto its side.
- Sprinkle with Streusel Topping, pressing lightly into dough. Cover loosely with foil.
- **Repeat with remaining dough on second cookie sheet. Cover loosely with foil and let rise for 30 minutes.**
- **Bake Tea Rings uncovered for 20 minutes. Reverse cookie sheets on oven racks after first 20 minutes of baking.**
- **Cover Tea Rings loosely with foil to prevent over-browning, and bake for 20 minutes more.**
- When baked, slide Tea Rings onto wire rack and cool completely before cutting and serving.
- If desired, reheat before serving. Serve with fresh fruit. This Tea Ring makes any day feel like a holiday!

HOLIDAY BRAIDS

- Follow recipe for Holiday Tea Rings, preparing Fruit Filling, Streusel Topping, and Date Nut Dough as directed.
- This amount of Fruit Filling, Streusel Topping, and Date Nut Dough will make at least 6 Holiday Braids.
- Any leftover fruit filling can be used as a spread or frozen for later use.
- Any unused Streusel Topping can be stored in a small ziplock bag in the fridge or freezer.

HAVE FRUIT FILLING AND STREUSEL TOPPING PREPARED AND AT ROOM TEMP BEFORE MAKING DOUGH FOR HOLIDAY BRAIDS.

- Reposition oven racks so that lower rack is one notch above bottom position, and upper rack about 5 inches higher.
- Large cookie sheets will need to be baked on separate oven racks. Preheat oven to 350 degrees.
- Prepare smooth countertop or large cutting board with nonstick spray, spreading with hands.
- Prepare 2 large nonstick cookie sheets and rolling pin with nonstick spray, rubbing on with hands.
- Prepare pizza cutter and large spatula (pancake turner) with nonstick spray.
- Place dough on countertop or cutting board, punch down, and knead lightly into a ball.
- With hands roll dough into a log about 12 inches long, and cut log into 6 equal sections.
- Knead each cut section into a dough ball, set aside 5 balls of dough, and cover with plastic wrap.
- With hands roll remaining dough ball into a log about 6 inches long.
- With rolling pin roll log into a rectangle about 6 x 12 inches and about 1/4 inch thick
- Spread 1/2 c Fruit Filling in a 2 inch wide strip in center, the length of rectangle of dough.
- **With pizza cutter cut slits at 1-inch intervals on one side of rectangle, from edge of filling to edge of dough.**
- Cut slits on remaining side of rectangle, **opposite slits on first side**, for entire length of rectangle.
- **Make a braid pattern by alternating strips in a criss-cross pattern over filling.**
- **Be sure to overlap strips and press ends down so braid will not split apart during baking.**
- **Sprinkle braid with Streusel Topping, pressing lightly into dough.**
- Using a wide spatula (pancake turner) place finished braid on cookie sheet, making room for 2 more braids.
- **Cover finished braid loosely with foil.**
- Repeat with remaining 5 balls of dough. 3 braids should fit on 1 large cookie sheet.
- Cover all braids loosely with foil and let rise for 20 minutes.
- Bake Braids uncovered for 20 minutes. **Reverse cookie sheets on oven racks after first 20 minutes of baking.**
- **Cover Braids loosely with foil to prevent over-browning, and bake for 20 minutes more.**
- When baked, slide Braids onto wire rack and cool completely before cutting and serving.
- If desired, reheat before serving. Serve with fresh fruit.

Kids love to make their own Holiday Braids, and shape them into snakes and other creative squiggly designs. Just have the dough, filling, and topping ready, and help them as needed with cutting slits into the dough.

When helping kids make these braids, use a large cutting board covered with heavy duty extra wide foil, rubbed with nonstick spray. Placing cutting board with foil on a kitchen table provides a better height for kids to work.

Help them as needed to roll out the dough, spread the filling, cut slits into both sides of the dough, braid the strips, and sprinkle the braid with streusel topping. Cover braids loosely with foil while the dough is rising.

After the dough rises, transfer the braids on the foil to a large cookie sheet and bake per the above instructions.

Holiday Braids make wonderful, welcome homemade gifts for family members and friends! Grandparents especially love a gift baked by their grandkids.

HOMEMADE APPLESAUCE

6 large sweet apples (your favorite)
1 c. water
1/8. t. salt, to taste
1/2 c. pitted dates*

***Dates are machine pitted, so always check for pits and stems. Cut dates in half with kitchen scissors.**

- Place water and salt in 6-quart kettle.
- Scrub, quarter, and core apples.
- As each apple is quartered and cored, cut into several pieces and stir into water in kettle.
- When all apples are prepared, cover and place kettle on high heat.
- When water is boiling, reduce heat to medium and cook until apples are tender – about 30 minutes.
- Place half of cooked apples, about half of liquid from cooking, and half of dates in blender.
- Cover and process at low speed, then increase to high speed until applesauce is smooth.
- Pour into container and repeat with remaining apples, liquid, and dates.
- Cover and chill. This makes a smooth, thick applesauce that will thicken more when chilled.
- The dates help thicken this applesauce, as well as sweetening it.
- This makes a tasty spread for toast, waffles, pancakes, or topping for granola.

FRESH FRUIT SURPRISES

BANANA FUDGE SUNDAE

Ripe but firm bananas, enough for persons to be served
Creamy Fudge Sauce (see recipe)
Lightly toasted, coarsely chopped pecans

- Slice bananas into serving bowl.
- Toss banana slices with desired amount of Creamy Fudge Sauce
- Garnish with chopped pecans.
- This is truly dessert for breakfast! Yum.

ORANGE CIRCLES

1 large orange for each 1-2 persons you are serving

- Scrub orange(s) and place on cutting board.
- Cut off both ends, and cut orange into 1/2 inch thick slices.
- Cut slices into half circles and arrange on serving plate.
- This not only looks appealing – it is much easier to remove the peel from around the edges of the orange circles.
- You and your family just may begin eating more oranges when serving them this way!

RED PEARS

- Red pears are sweet, juicy, and bursting with flavor, making them a wonderful wintertime fresh fruit.
- Red pears will stay fresh and crisp in your fridge for several **weeks**.
- Red pears are available all winter in grocery stores.
- In a small mixing bowl, combine 1 t. lemon juice with 1 c. water.
- Cut pears in quarters, scoop out the core, and dip briefly in water and lemon juice mixture.
- Drain in a small colander, then arrange pear sections on a serving plate.
- Cover cut pears tightly with plastic wrap and chill them to help prevent darkening before serving.
- Prepare just enough pears for persons to be served, as they will darken if not eaten at once.

The above method also helps keep sliced fresh apples from darkening.

INSTANT BLACK BEAN SOUP

15-oz can black beans

4-oz can fire roasted diced mild green chiles

Pinch ground cumin, to taste

Vegan sour cream or vegan cream cheese, for garnish*

- Place black beans with liquid, green chiles with liquid, and ground cumin in a small saucepan.
- Cook over high heat, **stirring constantly**, until bean mixture comes to a full boil.
- Place bean mixture in blender, cover, and process at low speed, then increase to high speed until smooth.
- This makes 1-2 servings. This recipe can easily be adjusted for any size group.
- If desired, garnish with a swirl of Soy Sour Cream or Cream Cheese Spread. (see recipes)
- If you prefer, commercially prepared vegan sour cream or vegan cream cheese can save you prep time.*
- The fire roasted mild green chiles take this black bean soup to a tasty new flavor level.
- Serve with a whole grain tortilla veggie wrap for a hearty 10-minute meal.

*Vegan sour cream or vegan cream cheese is sold at natural food stores and some grocery stores.

SAVORY SPLIT PEA SOUP

2 quarts water

1 c. peeled baby carrots

1 c. celery, cut up (with leaves, if available)

2 medium yellow onions, cut up

1/4 t. ground thyme, to taste

2 bay leaves

2 t. salt, to taste

2 c. dried green split peas

1/2 c. instant potatoes

- In blender place carrots and 2 c. water. Cover and cycle chop on medium speed until carrots are coarsely chopped.
- Pour blender contents into 6-quart kettle.
- In blender place celery and 2 c. water. Cover and cycle chop on medium speed until celery is chopped fine.
- Pour blender contents into kettle.
- In blender place onions and 2 c. water. Cover and cycle chop on medium speed until onions are chopped fine.
- Pour blender contents into kettle.
- Rinse blender with remaining 2 c. water and add to kettle.
- Add seasonings and split peas to kettle, cover, and bring to boil over high heat.
- Reduce heat to medium/low, to keep soup boiling gently, and cook 1-2 hours, until peas are pureed.
- Stir occasionally to prevent soup from sticking to kettle and scorching.
- Remove from heat, remove bay leaves, and stir in instant potatoes.
- The instant potatoes add a great potato flavor.
- Cover and let stand 5 minutes, then stir again before serving.
- This thick, hearty soup freezes well. Thin with water as needed when reheating.

This makes a great wintertime meal served with corn muffins, peeled baby carrots, and celery sticks.

KRISPY, KRUNCHY CHOPPED DRIED KALE

16-oz bag chopped fresh kale

2 T. garlic flavored olive oil **or** 1/4 t. granulated garlic powder combined with 2 T. olive oil

- Preheat oven to 250 degrees.
- Prepare 11 x 16-inch (lasagna) baking dish with nonstick spray, wiping off excess with a paper towel.
- **Most chopped fresh kale has been triple washed and is fairly free from excess moisture.**
- Pour **half** of 16-oz bag chopped fresh kale into a very large mixing bowl or kettle.
- Stir in 1 T. garlic flavored olive oil, combining well to evenly coat chopped kale.
- Spread chopped kale evenly in baking dish and place **uncovered** baking dish on top oven rack.
- Bake at 250 degrees for 1-2 hours, until kale is crisp.
- After 1 hour, check kale every 30 minutes, and bake just until kale is crisp.
- Remove from oven and cool baking dish completely before storing kale in a ziplock bag.
- This dried kale keeps well in a ziplock bag at room temp.
- Or store in your freezer to preserve freshness.
- After freezing dried kale, reheat kale at 250 degrees until kale is crisp again, before serving.
- Repeat above steps with remaining half bag of chopped kale.
- Kale prepared this way has a tasty texture and flavor, and is ready to eat and enjoy in a variety of ways.
- Kale is acclaimed as a green superfood, so try serving a handful of this crisp, crunchy kale as a garnish or side for soups, salads, veggie wraps, or sandwiches.

LASAGNA FLORENTINE

26-28 oz jar your favorite pasta sauce
28-oz can whole peeled tomatoes
1 T. minced or chopped dried onions
1 c. water

12 whole grain uncooked (dry) lasagna noodles*
1 1/2 c. Sesame Parmesan Topping (see recipe)
8-oz pkg vegan veggie shreds, mozzarella flavor, sold at natural food stores and some grocery stores

- Pour pasta sauce into large mixing bowl, rinse jar with 1 c. water, and add to pasta sauce.
- Place canned tomatoes with liquid in food processor, and process at medium speed until tomatoes are pureed.
- Add to pasta sauce, mixing well. **Add any seasoning to taste.** This tomato sauce should total about 8 c.

TOFU RICOTTA FILLING

2 c. frozen chopped spinach, thawed in fridge, and drained well
(We recommend buying frozen chopped spinach loose in a bag.)
2 14-16-oz pkgs extra firm tofu, rinsed and drained in colander
(We recommend organic soybean tofu for improved flavor and nutrition, if available.
The pkg is vacuum sealed and keeps well unopened for about 1 month in your fridge – a great feature.)

1 t. salt, to taste
1/2 t. granulated garlic powder, to taste
1/4 c. nutritional yeast flakes

- Tofu can be quickly blended smooth with the seasonings in a food processor.
- Break drained tofu into chunks and place half the tofu in food processor with seasonings, then process until tofu is smooth. Scrape sides of food processor as needed to process all tofu and seasonings smooth.
- Scoop blended tofu into a large mixing bowl. Process remaining tofu smooth and stir into tofu in mixing bowl.
- **Add any seasoning to taste**, then stir in thawed, drained chopped spinach.
- **Tofu dries quickly onto container. Soak empty food processor bowl in hot soapy water at once.**
- Prepare 11 x 16-inch lasagna baking dish with nonstick spray, wiping off excess with a paper towel.
- Spread 2 c. tomato sauce evenly over bottom of baking dish.
- Place 4 dry lasagna noodles evenly spaced over sauce.
- Spread half of tofu mixture evenly over layer of noodles.
- Sprinkle 1/2 c. Sesame Parmesan topping evenly over tofu layer
- If desired and available, sprinkle 1/3 of vegan veggie shreds over tofu layer.
- Drizzle 2 c. tomato sauce evenly over tofu layer.
- Repeat above steps with lasagna noodles, remaining tofu, Sesame Parmesan Topping, vegan veggie shreds, and 2 c. tomato sauce.
- Place another layer of lasagna noodles on top and drizzle evenly with remaining tomato sauce.
- Garnish with remaining Sesame Parmesan Topping and vegan veggie shreds
- **Cover with foil and chill overnight. This is essential for dry noodles to absorb liquid before baking.**
- Bake covered at 400 degrees for 1 hour, or until heated through and bubbling gently.
- Remove from oven and let stand at least 15 minutes before serving.

***Using dry uncooked lasagna noodles is a great time and work saver for you!**

If gluten sensitivity is a problem, Tinkyada Pasta Joy brown rice lasagna noodles have superior quality and texture. Their pastas do not fall apart after cooking, as some brown rice pastas can do. These pastas are sold at Save Mart, natural food stores, and online.

LAYERED MEXICAN BEAN DIP

Double recipe of Soy Sour Cream, chilled (see recipe below) **or** commercial vegan sour cream , sold at natural food stores
2 15-oz cans vegetarian refried beans
(Sunny Select fat free vegetarian refried beans contain just beans, water, and salt)
(Full Circle organic vegetarian refried beans with green chiles and lime are especially tasty)
Both of these brands are sold at Save Mart grocery stores.

1 medium sweet yellow onion, chopped fine and sautéed until tender
4-oz can fire roasted diced mild green chiles, drained well
(After opening the can of diced chiles, press lid against the contents and tip to drain excess liquid.)
2 4-oz cans sliced olives, rinsed and drained well in colander

2 c. Pico De Gallo fresh salsa (see recipe) **or** 3-4 medium tomatoes, diced
2 large or 3 medium ripened avocados
1 bunch green onions, sliced thin, including about 1 inch of green tops

- Spray a 9 x 13-inch baking dish with nonstick spray, wiping off excess with a paper towel.
- In a large mixing bowl combine the refried beans, sautéed onion, and well-drained diced green chiles.
- Spread bean mixture evenly in baking dish.
- Spread 2 c. Soy Sour Cream or vegan sour cream substitute evenly over bean layer.
- Sprinkle sliced olives evenly over sour cream layer.
- Cover and chill.
- Just before serving, spread Pico De Gallo salsa or diced fresh tomatoes evenly over olives and sour cream layer
- Mash avocados and combine with remaining Soy Sour Cream or commercial vegan sour cream.
- Add any seasoning to taste, such as salt, granulated garlic and onion powder, and lemon juice.
- Spread avocado mixture evenly on top of layered bean dip.
- Garnish with sliced green onions and serve with Baked Tortilla Chips. (See recipe)

This makes a great Mexican meal for a group, served with either Baked Spanish Rice or Chile Relleno Rice. (see recipes)

This is a tasty bean dip topped with Pico De Gallo fresh salsa--without the layer of avocados and green onions – but the avocados make it even better!

SOY SOUR CREAM

1/8 c. raw cashews, rinsed in boiling water and drained in strainer.
1/2 t. salt
1/2 t. granulated onion powder
1/4 t. granulated garlic powder
1 T. plus 1 t. lemon juice, to taste
1/8 c. boiling water*

12-oz pkg Mori-Nu extra firm silken tofu

1 T. dried chives (optional) (Omit if using sour cream in Layered Bean Dip)

- Place first 6 ingredients in blender, then add tofu.
- Cover and process at low speed, then increase to medium speed.
- With narrow blender spatula scrape sides of blender and stir mixture **carefully** as needed to keep mixture moving over blender blades.
- Slowly increase to high speed and process until mixture is super smooth.
- Chill in container with tight-fitting lid. This keeps well for 1 week in the fridge. **It does not freeze well.**

***Boiling essentially sterilizes water, which keeps this Soy Sour Cream fresh longer – and it also thickens the cashews.**

MACARONI 'N CHEESE

TOPPING

1 c. soft whole grain, multigrain, or sprouted grain bread crumbs

- If gluten sensitivity is a problem, 1 c. gluten free cereal flakes can replace bread crumbs.
- Place cereal flakes in a gallon size ziplock bag, seal bag, and crush cereal flakes with a rolling pin.

PASTA

2 c. whole grain elbow macaroni or penne pasta*

2 c. water

1/2 t. salt

- In a 2-quart saucepan bring water and salt to full boil. Stir in pasta and cook uncovered over medium/high heat 10-15 minutes, just until pasta is tender.
- **Brown rice pasta needs only 3-5 minutes cooking time. Cook pasta just until tender.**
- Stir pasta several times during cooking to keep pasta from clumping together and sticking to pan.
- Remove from heat, cover, let stand, and allow pasta to “plump up” while making cheese sauce.
- After cooking, stir pasta several times to prevent pasta from clumping together.

CHEDDAR STYLE CHEESE SAUCE

1 c. raw cashews, rinsed in boiling water in colander, and drained.

1/2 t. granulated garlic powder

2 t. granulated onion powder

1 1/2 t. salt, to taste

1/4 c. nutritional yeast flakes

1 T. lemon juice, to taste

2-oz jar pimientos, with liquid

3 c. boiling water

- Place cashews, seasonings, lemon juice, pimientos, and 1 c. water in blender.
- Cover and process at low speed, then increase to high speed and process until fairly smooth.
- With narrow blender spatula scrape sides of blender as needed.
- Add 1 c. more water to blender mixture, cover, and process at high speed until mixture is super smooth.

- Prepare a 3-quart baking dish with nonstick spray, wiping off excess with a paper towel.
- Pour cheese sauce mixture into baking dish, **rinse blender with remaining 1 c. water**, and add to baking dish.
- Stir cheese sauce mixture well and add any seasoning to taste.
- Stir pasta and any remaining water from cooking the pasta into cheese sauce, cover, and chill overnight.
- **Note: This may seem like too much sauce, but the pasta will absorb it when chilled and baked.**
- Before baking, spread bread or cereal crumbs evenly over top of pasta/sauce mixture.
- Bake covered at 350 degrees for 1 hour, or until sauce is thickened and bubbling gently.

- **This recipe can easily be doubled and placed in a 4-quart baking dish. Bake covered at 400 degrees for 1 hour, or until sauce is thickened and bubbling gently.**

*Whole grain pasta cooks so tender, tasty, and quickly, you'd never guess it's whole grain.

If gluten sensitivity is a problem, brown rice pasta can replace whole wheat pasta.

Tinkyada Pasta Joy brown rice pastas have superior quality and texture. These pastas do not fall apart after cooking, as some brown rice pastas can do. Their brown rice penne pasta is delicious in this entrée. It is sold at Save Mart, natural food stores, and online.

MAMA MIA MINESTRONE

3 quarts water
2 t. salt, to taste
2 t. granulated garlic powder, to taste — or several crushed garlic cloves, to taste
2 t. granulated onion powder, to taste
1 T. dried parsley flakes
1 t. Herbamare (Original) seasoning, to taste (optional)

14 oz bag frozen cut green beans (Italian cut green beans are especially tender and tasty)
1 c. frozen shelled green soybeans, if available, **or** 1 c. frozen baby lima beans
1 c. sliced or coarsely chopped peeled baby carrots
1 c. sliced celery
2 large sweet yellow onions, coarsely chopped
2 c. whole grain pasta spirals, such as rotini, fusilli, or rotelle
1/2 small head green cabbage, coarsely chopped
2 medium zucchini, cut in half lengthwise, then sliced about 1/4 inch thick
1/2 c. instant mashed potatoes
15-oz can tomato sauce
15-oz can red kidney beans

- In an 8-quart kettle bring water and seasonings to boil.
- Stir in frozen green beans and shelled green soybeans, if soybeans are available. (**or** use baby lima beans)
- Bring to boil, then stir in carrots, celery, and onion.
- Cover and cook over high heat until boiling again, then stir in pasta.
- Cook uncovered over medium/high heat for 5-10 minutes, until pasta is tender.
- Stir in chopped cabbage and cook covered over medium heat for 3-5 minutes, just until cabbage is crisp-tender.

- Remove from heat, stir in instant potatoes, then sliced zucchini. Cover and let stand several minutes.
- Stir in tomato sauce and kidney beans.
- (Rinsing the cans with some of the liquid from this soup saves you time cleaning out the cans!)
- **Add any seasonings to taste.**
- The chopped cabbage takes this traditional soup to a delicious new flavor level.
- This makes a hearty, flavorful, colorful soup that freezes well. This recipe can easily be cut in half as needed.

CREAM OF ASPARAGUS SOUP

Coarse ends of stalks from one bunch of fresh asparagus, cut in 2 inch pieces
1 c. water
2-3 T. Creamy Ranch Dressing, to taste (see recipe) or vegan cream cheese, to taste
Herbamare (Original) seasoning, to taste

- Place asparagus pieces with 1 c. water in a 1-quartl saucepan.
- Cover and bring to boil, then cook over medium heat 20-30 minutes, or until asparagus is tender.
- Pour asparagus with liquid into blender, cover, and process at low speed, then increase to high speed until smooth.
- With narrow blender spatula scrape sides of blender as needed, and process until very smooth.
- If needed, pour through colander, **not wire mesh strainer**, to remove any coarse shreds, and reheat.
- Place in serving bowl, stir in Ranch Dressing or vegan cream cheese, and any other seasoning, to taste.
- This makes 1 serving. It's a tasty quickie meal with a veggie sandwich or wrap, and a handful of pumpkin seeds.
- If more than 1 serving of soup is needed, an entire bunch of asparagus can, of course, be used.
- Cut asparagus spears into 2 inch pieces and place in a 2-quart saucepan with 2 c. water.
- Cover, bring to boil on high heat, then cook over medium heat for 20-30 minutes, or until tender.
- Place cooked asparagus with liquid in blender, cover, and process at low speed, then **slowly increase to high speed**, (this helps avoid blender splash) and process until very smooth. This makes about 1 quart creamy asparagus soup.
- Add 1/2 c. Creamy Ranch Dressing or vegan cream cheese, any seasonings to taste, and process until smooth.
- Reheat if needed before serving.

MAPLE CRUNCH GRANOLA

1 c. pure maple syrup
1/2 c. fine unsweetened coconut
1/2 t. salt
1 t. pure vanilla extract

4 c. rolled oats
1 c. sliced almonds

- Preheat oven to 300 degrees.
- Place maple syrup, coconut, salt, and vanilla in blender.
- Cover and process at low speed, then increase to high speed and process for 2 minutes.
- Remove maple syrup mixture from blender jar with a narrow blender spatula, and pour into large mixing bowl.
- **With large spoon, stir oats into maple syrup mixture, mixing well to moisten oats evenly and completely.**
- **Then stir in sliced almonds.**
- Prepare large cookie sheet with nonstick spray, wiping off excess with a paper towel.
- Spread granola mixture evenly over cookie sheet up to 1 inch of edges.
- Place in preheated oven, reduce heat to 250 degrees, and bake for 2 hours.
- (If you are doubling this recipe, reverse cookie sheets on oven racks after 1 hour.)
- Remove cookie sheet(s) from oven and stir granola mixture with fork to break into clumps of desired size.
- Return to oven, reduce heat to 175 degrees, and bake overnight, until completely dry and crisp.
- Granola baked with this method will never burn or over-brown.
- The long, slow baking yields a granola with a flaky texture and a marvelous maple flavor.

SKILLET STEAMED APPLES

7-8 golden delicious apples
14-16 whole pitted dates
1 c. water
1/4 t. salt
1/2 t. lemon juice

Lightly toasted, coarsely chopped pecans or walnuts
Sweetened almond milk, sweetened coconut milk, or sweetened soy creamer
Agave nectar to taste

- Place water, salt, and lemon juice in a large skillet with a tight-fitting lid.
- Scrub enough apples to fit in a single layer in the skillet.
- With sharp narrow blade knife carefully ream out core from each end of apples.
- After coring each apple, dip both ends in skillet contents, then place apple in skillet to prevent darkening.
- Stuff each cored apple with 2 pitted dates.
- Cover and bring to boil over high heat, then reduce to medium heat.
- Cook until apples are tender – about 20 minutes.
- Garnish individual servings with chopped nuts and drizzle with nut milk or soy creamer.
- Sweeten to taste with agave nectar.
- Enjoy!

Skillet Steamed Apples can be ready to eat in much less time than traditional oven-baked apples.

MEXICAN STYLE BEANS

4 c. dried pinto or small pink beans
2 large sweet yellow onions, cut up
1 t. granulated garlic powder or 3-4 garlic cloves
1 t. salt
6 c. water

7-oz can or 2 4-oz cans fire roasted diced mild green chiles
1/2 t. ground cumin, to taste

- Rinse beans well in a colander, removing damaged beans, dirt, and pebbles, etc.
- Place beans in a 6-quart kettle and cover with enough cold water to soak 6-8 hours.*
- Rinse and drain beans well in colander, rinse kettle, and return soaked beans to kettle.
- Place cut up onions and 3 c. water in blender. (If using fresh garlic, chop garlic with onions)
- Cover and cycle blend on medium speed just long enough to coarsely chop onions.
- Pour into kettle, rinse blender with remaining 3 c. water, and add to kettle.
- Add salt (and granulated garlic if not using fresh garlic).
- Cover and bring to rolling boil, then reduce heat to medium/low, so that beans are boiling gently.
- Cook 4-6 hours, until beans are tender and cut easily with the side of stirring spoon.
- Stir in diced chiles with liquid and any seasoning to taste.
- Cooked beans freeze well.

*Beans should be soaked no longer than 8 hours. If you need to cook them later, rinse the beans in a colander, rinse the kettle, then chill the beans covered in the kettle until you are ready to cook them.
Soaking beans before cooking them helps break down the starch in beans, making them more easily digested.

QUICK AND EASY CHILI BEANS

6 c. home-cooked beans from the above recipe or 3 15-oz cans pinto beans with liquid
1/2 c. Wheat Walnut or Quinoa Crisp Crumbles (see recipe)
Ground cumin to taste
Ground red cayenne pepper, to taste

- If using canned beans, add 1 T. dried minced onions and 4-oz can fire roasted diced mild green chiles with liquid.
- Place home-cooked or canned beans in a 2-quart saucepan.
- Stir in Crisp Crumbles and seasoning to taste.
- Cook over medium heat, stirring frequently to prevent sticking to pan or scorching.
- Pour off any excess liquid, saving liquid to use as needed for desired consistency.
- If desired, lightly mash some of the heated beans in the saucepan with a potato masher.

Corn Muffins are delicious served with chili beans. (see recipe)
A crisp green salad wraps up this hearty meal.
This recipe can easily be adjusted for any size group.

MOLASSES BARS

- Preheat oven to 350 degrees.
- Prepare 9 x 13-inch baking pan with nonstick spray, wiping off excess with a paper towel.

DRY INGREDIENTS

1 1/2 c. whole wheat pastry flour (pack flour firmly into measuring cup and level off at top.)
1 T. aluminum free baking powder
1/4 t. salt
1/8 t. ground ginger

- Combine the above 4 dry ingredients in a medium mixing bowl and set aside.
- If desired, this mixture can be sifted after measuring the ingredients.
- This can easily be done by whisking this mixture through a wire mesh strainer into a large mixing bowl.

1/4 c. cooking oil
1/2 c. Grandma's unsulfured molasses*
1/4 c. sweetened vanilla almond milk

1 c. unsweetened applesauce
1 T. ground flax seed
1 t. pure vanilla extract

- Place the above 6 ingredients in a large mixing bowl and beat together with wire whisk until well blended.
- (If you measure the first 3 ingredients in the order given, in a 1 c. liquid measuring cup, it will be easier to remove the molasses from the measuring cup.)

1/2 c. lightly toasted, coarsely chopped walnuts or pecans
1/2 c. raisins

- Stir nuts and raisins into molasses mixture.
- With large spoon stir dry ingredients into molasses mixture, just until evenly moistened.
- Scoop mixture into 9 x 13-inch baking pan, and spread mixture evenly up to edges of pan.
- Bake at 350 degrees for 30 minutes.
- After removing from oven, cool Molasses Bars in baking pan for 15 minutes.
- With a wide spatula (pancake turner) gently loosen Molasses Bars from baking pan, all around the edges.
- Place a wire rack over Molasses Bars and invert Molasses Bars onto wire rack.
- While Molasses Bars are cooling on wire rack, cover loosely with foil to keep them moist.
- When Molasses Bars are cool, slide them onto cutting board and with sharp knife cut into bars of desired size.
- Store at once in a ziplock bag or container with a tight-fitting lid in the fridge.
- This makes a moist, chewy, delicious and nutritious Molasses Bar cookie.
- Reheating these Molasses Bars gives them a "just-baked" appeal.
- **Freeze any Molasses Bars that are not eaten within one week.**

THESE MOIST MOLASSES BARS WILL SPOIL VERY QUICKLY IF STORED AT ROOM TEMP!

If you prefer a more mild molasses flavor, pure maple syrup can replace some of the molasses in this recipe.

*We recommend not using blackstrap molasses in these Molasses Bars...

MAPLE NUT BARS

- Pure maple syrup can replace ALL of the molasses to make a Maple Nut Bar with a marvelous maple flavor.
- Omit the ground ginger and raisins, and increase the chopped nuts to 1 c.

MUSHROOM STROGANOFF

4 c. whole grain pasta spirals--rotini, rotelle, or fusilli pasta*

6 c. water

1 t. salt

1/2 t. granulated garlic powder

1 large or 2 medium sweet yellow onions, sliced thin in quarter rounds

8-oz pkg fresh white button mushrooms, sliced thick**

1 recipe of Creamy Ranch Dressing (see recipe)

Sesame Parmesan Topping for garnish (see recipe)

- In a 3-quart saucepan bring water and seasonings to boil.
- Stir in pasta and cook uncovered over medium/high heat 10-15 minutes, just until pasta is tender.
- Brown rice pasta needs only 3-5 minutes cooking time. Cook just until pasta is tender.
- Remove from heat, stir pasta, cover, and let stand for pasta to "plump up" while preparing remaining ingredients.
- Place sliced onions and 1 T. water in skillet.
- Stir-fry onions briefly over medium heat, then cover and sauté onions until tender.
- Prepare a 3-quart baking dish with nonstick spray, wiping off excess with a paper towel.
- Place cooked pasta with any remaining liquid from cooking, onions, and sliced mushrooms in baking dish.
- **Combine Creamy Ranch Dressing 1:1 with water, mixing well.**
- Pour Ranch Dressing sauce over pasta and veggies, stirring gently to mix well.
- Before baking, garnish with Sesame Parmesan Topping.
- Bake covered at 350 degrees for 30-40 minutes, until sauce is bubbling gently.
- If this entrée is needed later, cover and chill until needed.
- Cooked pasta continues to absorb liquid when chilled, so stir in 1/2 c. water if needed before baking.
- Bake covered at 350 degrees for 40-50 minutes, until sauce is bubbling gently.
- This makes a delicious meal served with steamed fresh green beans, a crisp green salad, and whole grain French bread.
- This recipe can be increased as needed for any size group.

*If gluten sensitivity is a problem, brown rice pasta can replace whole wheat pasta.

Tinkyada Pasta Joy brown rice pasta spirals are superior quality, and do not fall apart after cooking, as some brown rice pastas can do. These pastas are sold at Save Mart, natural food stores, and online.

**Fresh mushrooms keep way better in a paper bag. We recommend removing them from the store pkg as soon as you purchase them, and storing them loose in a paper bag in the fridge. Change the paper bag when it gets damp.

MUSHROOM VEGGIE FAJITAS

10-12 whole grain or multigrain flour tortillas

1 medium sweet yellow onion, sliced thin in quarter rounds

2 c. red, orange, and yellow sweet mini or baby bell peppers, sliced thin in 1/4 inch rounds or quarter rounds

8-oz pkg fresh white button mushrooms, sliced thick*

1 T. olive oil (optional)

Commercial vegan veggie shreds or vegan cream cheese **or** Cream Cheese Spread (see recipe)

Commercial vegan veggie shreds and vegan cream cheese are sold at natural food stores and some grocery stores. These products contain no trans fat.

- Prepare stir-fry skillet with nonstick spray, and add olive oil if desired. Preheat skillet **briefly** over medium heat.
- Stir-fry onion and peppers until crisp/tender. (Cover skillet to saute veggies more quickly.)
- Stir in sliced mushrooms, cover, and remove from heat.

- Preheat heavy griddle or skillet over medium heat.
- Prepare 9 x 13-inch baking dish with nonstick spray, wiping off excess with a paper towel.

- Place tortilla on heated griddle and bake tortilla on both sides until slightly puffy, but still soft.
- Place baked tortilla in baking dish and fill with about 1/2 c. mushroom/veggie mixture.
- If desired, top veggies with vegan veggie shreds **or** a scoop of vegan cream cheese.

- Fold filled tortilla in half, then place flat bottom bowl over filled tortilla to keep tortilla folded over.
- Repeat with remaining tortillas and veggie filling.
- This makes 10-12 Mushroom Veggie Fajitas.
- Cover with foil and keep warm in oven at 300 degrees until ready to serve.

Mushroom Veggie Fajitas are tasty served with Chile Relleno Rice (see recipe) and a crisp green salad.

If you like sautéed fresh mushrooms and onions, we think you will really like these Mushroom Veggie Fajitas.

Although fresh kale is acclaimed as an ultimate green superfood, its very chewy texture when eaten raw is a turnoff for many persons. A handful of fresh kale chopped fine and sautéed with the onion and peppers in the above recipe is amazingly tasty and tender.

Chopped fresh kale in a bag is a handy way to buy and try using kale. Steam fresh chopped kale covered for 2 minutes, then remove from heat and let stand until cool. Kale will be bright green and crisp/tender. After chopped kale is cooked, it keeps well in the fridge for a week, and freezes well. Try storing in 2 c. amounts in ziplock bags.

***Fresh mushrooms keep way better in a paper bag. We recommend removing them from the store pkg as soon as you purchase them, and placing them loose in a paper bag in the fridge. Change the paper bag when it gets damp.**

If desired, moistened Crisp Crumbles can be added to the veggies for these fajitas.

1 c. Crisp Crumbles** (see recipe)

1/2 c. boiling water

- In a small saucepan bring water to boil, stir in Crisp Crumbles, cover, and let stand for 15 minutes to soften.

****Quinoa Crisp Crumbles can replace Wheat Walnut Crisp Crumbles if gluten sensitivity is a problem. (see recipe)**

MUSHROOM WALNUT MEATLOAF

3 c. cooked **short grain** brown rice* (see recipe below)
3 c. whole grain bread crumbs (sprouted grain bread gives excellent taste and texture)
1 large onion, chopped fine (about 1 c.)
2-4 large stalks celery, chopped fine (about 1 c.)

1 c. lightly toasted walnuts**
1/4 c. nutritional yeast flakes
2 T. dried parsley flakes
1 1/4 t. salt, to taste
1/2 t. granulated garlic powder
1/2 t. ground sage, to taste
1 c. water

7-oz can or 2 4-oz cans sliced mushrooms, or stems and pieces, with liquid

- If using a food processor, tear 4 slices of bread in several pieces, place in food processor, and run at high speed until bread is ground into fine bread crumbs.
- Place in a very large mixing bowl and repeat for a total of 3 c. bread crumbs
- If using a blender to make bread crumbs, be sure blender jar is dry.
- Place only 1 slice of bread at a time, torn in several pieces, in blender. (more than 1 slice does not work)
- Cover and process at high speed until bread is ground into fine bread crumbs.
- Place in a very large mixing bowl, and repeat for a total of 3 c. bread crumbs.
- A chopstick is a handy tool for removing bread crumbs from the bottom of blender jar.
- Chop onion and celery separately in food processor.
- Combine bread crumbs, cooked rice, chopped onion, and celery, mixing well.
- In blender place walnuts, seasonings, and 1 c. water.
- Cover and process at medium speed until walnuts are chopped fine.
- Add canned mushrooms with liquid, **cover**, and **cycle blend at low speed** just until mushrooms are coarsely chopped.
- Add blender mixture to rice mixture in mixing bowl, combining well.
- Prepare a 9 x 13-inch baking dish with nonstick spray, wiping off excess with a paper towel.
- Spread Mushroom Walnut Meatloaf mixture evenly in baking dish, cover, and chill overnight for flavors to blend.
- Bake **uncovered** at 350 degrees for 1 hour, until nicely browned.
- If doubling this recipe, use two 9 x 13-inch baking dishes, so this entrée will be well baked in the center.

***Cooked short grain brown rice is softer and stickier than long grain brown rice, so it works better for blending into and binding this entrée together.**

****If walnut allergy is a problem, pecans or hulled raw sunflower seeds can replace the walnuts.**

Roasted Cauliflower or Roasted Butternut Squash are really tasty sides served with Mushroom Walnut Meatloaf. (see recipe)

COOKED BROWN RICE

2 c. water
1/2 t. salt, to taste
1 t. olive oil (optional)
1 c. uncooked **short grain** brown rice

- In a 1-quart saucepan bring water, salt, and olive oil to boil.
- Add rice, cover, and cook 1 notch above low heat for 1 hour, or until all liquid is absorbed.
- Remove from heat, place lid ajar, and let stand at least 15 minutes before using.
- After measuring 3 c. cooked rice for the above recipe, any remaining cooked rice can be reheated for breakfast.

MUSHROOM WALNUT VEGEBURGERS

4 c. whole grain bread crumbs (sprouted grain gives excellent taste, texture, and nutrients)

4 c. rolled oats

2 c. walnuts*

1/4 c. nutritional yeast flakes

2 t. dried parsley flakes

1 1/2 t. salt, to taste

1/4 t. granulated garlic powder

2 large or 3 medium sweet yellow onions, cut up

7-oz can or 2 4-oz cans sliced mushrooms or stems and pieces, with liquid

3 1/2 c. boiling water (include liquid from canned mushrooms in the 3 1/2 c. boiling water)

- If using a food processor, tear 4 slices of bread into several pieces, place in food processor, and run at high speed until bread is ground into fine bread crumbs.
- Place in a very large mixing bowl and repeat for a total of 4 c. bread crumbs.
- If using a blender, tear 1 slice of bread into several pieces, place in blender, cover, and then process at high speed until bread is ground into fine bread crumbs. (more than 1 slice at a time does not work)
- A chopstick is a handy tool for removing bread crumbs from bottom of blender jar.
- Place in a very large mixing bowl and repeat for a total of 4 c. bread crumbs.
- Combine rolled oats with bread crumbs in a very large mixing bowl.
- In blender place walnuts, seasoning, and 2 c. boiling water.
- Cover and process at low speed, then increase to high speed for about 1 minute.
- Pour blender mixture over bread crumb/oat mixture.
- In blender place cut-up onions and remaining 1 1/2 c. boiling water.
- Cover and cycle blend just until onions are coarsely chopped.
- Pour **half** of chopped onion and liquid in blender into bread crumb/oat/ walnut mixture.
- Add canned mushrooms to blender mixture, cover, and cycle blend just until mushrooms are coarsely chopped.
- Stir mushroom/onion mixture with liquid into mixture in very large mixing bowl, combining well.
- Mixture should be "mushy." If it seems a bit dry, stir in more boiling water, 1/8 c. at a time, until mixture is moistened and "mushy."
- Cover and chill overnight for the oats to absorb liquid, and for flavors to blend.
- **1-2 c. (packed) finely chopped fresh kale can be stirred into this mixture for an even more nutritious vegeburger.**
- **After measuring kale, chop fine in food processor, stir into vegeburger mixture, cover, and chill overnight.**
- **The chopped kale will be tender after the vegeburgers are baked.**
- **Chopped fresh kale in a bag is a handy way to buy and try kale. It keeps well for 1 week in the fridge.**
- **Any unused fresh chopped kale can be steamed for 2 minutes, then cooled and frozen in ziplock bags.**
- Preheat oven to 400 degrees.
- Prepare 2 large cookie sheets with nonstick spray, wiping off excess with a paper towel.
- Shape vegeburger mixture into patties of desired size and place on cookie sheets.
- Bake one cookie sheet at a time for 30-35 minutes, until vegeburgers are nicely browned.
- Cool patties completely on cookie sheet before removing with spatula. (pancake turner)
- Yield: 24-30 large vegeburgers
- These vegeburgers freeze well in ziplock bags. They can be reheated right from the freezer in a toaster oven.
- If you keep a stash in your freezer, these vegeburgers can make another 10-minute meal.
- These vegeburgers are a tasty entrée when served with a sauce or gravy. But they need to be heated separately from sauce or gravy, or they will turn to mush.
- Reheat vegeburgers in a covered serving dish. Spoon heated sauce or gravy over individual servings.

***If walnut allergy is a problem, pecans or shelled raw sunflower seeds can replace walnuts.**

NUTTY WAFFLES

2 c. cold (not hot) tap water (have all ingredients at room temp)
1/4 t. salt
1 t. pure vanilla extract
1 T. pure maple syrup*
1/2 c. raw almonds or hulled raw sunflower seeds
1/4 c. fine unsweetened coconut
1 1/2 c. rolled oats

- See below re seasoning a waffle iron.
- Preheat waffle iron. If it has a heat setting, try setting on highest heat.
- Place all ingredients in blender, cover, and process at low speed, then increase to high speed for 1 minute, or until batter is fairly smooth.
- Let stand for 10 minutes, then process again at high speed for 1 minute.
- Pour half of batter evenly into waffle iron and bake 11-12 minutes.
- Waffle should be golden brown—if it is too brown, decrease baking time by 1 minute.
- Waffle should lift out easily with a fork. Separate waffle squares right after removing from iron and place on wire rack.
- Process remaining batter in blender for 1 minute, then bake as above.
- While second waffle is baking, prepare next batch of batter in blender so it will be thickened and ready for baking.
- Serve waffles at once, or cool on rack before storing in ziplock bags.
- Refrigerate or freeze waffles as needed.
- These waffles can be reheated quickly (unwrapped) right from the freezer, in your toaster oven.
- These waffles are so tasty they actually need no topping—check it out!
- They make a great grab-and-go breakfast-on-the-run, along with a bunch of (seedless) grapes.

SURPRISE WAFFLES

1 c. canned garbanzos, rinsed well and drained in colander
1 3/4 c. cold (not hot) tap water (have all ingredients at room temp)
1/4 t. salt
2 t. pure vanilla extract
1 T. pure maple syrup*
1/4 c. fine unsweetened coconut
1 1/2 c. rolled oats

- Follow directions for Nutty Waffles.
- This makes such a light, delicious waffle—we bet you'd never guess it was made with garbanzos!
- This waffle is lower in fat than Nutty Waffles, yet it is an excellent source of protein and whole grain nutrition.
- 2 15-oz cans of garbanzos yield 3 c. garbanzos—enough to make 3 batches of batter or 6 large waffles.

***Pure maple syrup browns less readily than other sweeteners, so it works better in baking waffles.**

SEASONING A WAFFLE IRON

- To season a waffle iron, preheat on highest setting until waffle iron is hot.
- Crumple a paper towel and dip into solid shortening such as Crisco.
- Grease grids liberally and evenly, close iron, and leave on high setting at least 10 minutes.
- Bake one waffle and discard. No further greasing should be needed.
- NEVER use cooking oil, margarine, butter, or nonstick spray to grease a waffle iron.
- Use only Crisco type solid shortening.

OATMEAL APPLESAUCE BREAD

LARGE CAPACITY BREAD MACHINES*

2 c. (packed) whole wheat flour
1 c. rolled oats
1 c. shelled raw sunflower seeds
1/4 c. ground sesame seeds
1/4 c. gluten flour**
1 1/4 t. salt

1 T. active dry yeast***

3/4 c. boiling water
1 c. unsweetened applesauce

SMALL CAPACITY BREAD MACHINES

1 1/2 c. (packed) whole wheat flour
3/4 c. rolled oats
3/4 c. shelled raw sunflower seeds
3 T. ground sesame seeds
3 T. gluten flour**
1 t. salt

2 t. active dry yeast***

2/3 c. water
3/4 c. unsweetened applesauce

- Grind sesame seeds fine in dry blender, 1/2 c. at a time, and store in ziplock bags in fridge or freezer.
- Combine all dry ingredients **EXCEPT** yeast, mixing well, and place in bread machine.
- Place yeast on top of dry ingredients.
- Place applesauce in a 2-cup measuring cup and add boiling water to **total** 1 3/4 c. liquid for a large bread machine, **or** 1 1/3 c. plus 1 T. **total** liquid for a small bread machine.
- Precise measuring of liquid ingredients is essential for the small amount of dough in a bread machine.
- Mix applesauce and water, making sure it is warm, not hot. Allow mixture to cool several minutes if it is hot.
- Pour applesauce mixture over yeast and let it stand at least 15 minutes before starting bread machine.
- This dissolves the yeast and lets it start to grow. This works better than any other method we have tried.
- If your bread machine has a whole wheat or raisin bread setting, we recommend either one of these settings.
- After the bread machine begins kneading the dough, the mixture should form a dough ball within 3-5 minutes.
- If the mixture seems too wet and sticky to form a dough ball, add more whole wheat flour, 1 T. at a time, until a smooth dough ball forms.
- If the mixture seems too dry, add warm water, 1 T. at a time, until a smooth dough ball forms.
- When bread is baked, cool on rack 6-8 hours before slicing and eating.

IMPORTANT NOTE: The right balance of wet to dry ingredients is critical when baking bread in a bread machine, primarily because of the preset rising and baking times. If the dough is too moist and soft, it will rise too fast and then fall before the bread machine completes the rising cycle and begins the baking cycle. If the dough is too dry and firm, it will not rise high enough, and the bread will be dry and heavy. Getting a feel for how the dough should look a few minutes after the bread machine begins the kneading cycle is vital to consistently achieving the best quality loaf of bread.

Another key factor is the relatively small amount of dough—even 1 T. of liquid or flour can make a big difference in this amount of dough. Packing flour in the measuring cup is really helpful in accurately measuring the amount of flour for each batch of bread. **We prefer white whole wheat bread flour, as it makes a lighter loaf with a more mild flavor.**

**The gluten content of whole wheat flour is critical to how well the dough will rise and how light the bread will be. Adding a small amount of gluten flour to whole grain flour helps achieve a lighter loaf of bread, which most people prefer. Gluten flour is sold at natural food stores and online.

***SAF Instant Yeast is vacuum packed and is more active than any other yeast we have used. It consistently helps bread rise higher than with any other brand of yeast. It is sold at natural food stores, Winco stores in their bulk foods section, and online. After the pkg is opened, we recommend double bagging the yeast, and storing it in the freezer.

Any combination of rolled or flaked grains, such as rolled rye, rolled barley, or rolled triticale, can replace some or all of the rolled oats. Using rolled or flaked grains will make a lighter loaf of bread than using flour ground from these grains.

***If you do not have a bread machine, this recipe can easily be mixed and the dough kneaded by hand. Cover the dough with a damp cloth and let it rise about 30 minutes, then punch down and shape into two small loaves. Place loaves in small bread pans prepared with nonstick spray. Cover and let rise again for about 20 minutes. Bake in oven preheated at 350 degrees for about 30 minutes.**

OLE! ENCHILADAS!

1 pkg extra large or king-size whole grain **yellow** corn tortillas (10-12 tortillas per pkg)

ENCHILADA SAUCE

29-oz can tomato sauce

7-oz can or 2 4-oz cans fire roasted diced mild green chiles

1 t. granulated onion powder

1/2 t. salt, to taste

1/2 t. ground cumin, to taste

1 t. dried cilantro leaves, or 1/4 c. fresh cilantro leaves, to taste

- Place half of 29-oz can tomato sauce, diced chiles with liquid, and seasonings in blender.
- Cover and process at low speed, then increase to high speed and process until smooth.
- Pour into large mixing bowl and stir in remaining tomato sauce.
- Mix well, add any seasoning to taste, and set aside.

ENCHILADA FILLING

1/2 c. Crisp Crumbles* (see recipe)

1 medium sweet yellow onion, coarsely chopped

1 c. red, orange, and yellow mini or baby bell peppers, coarsely chopped

(To save time, the onion and peppers can separately be coarsely chopped in a food processor.)

27-oz can fire roasted **whole** mild green chiles

4-oz can sliced olives, rinsed and drained well in colander

- In a small mixing bowl combine Crisp Crumbles with 1 c. of the enchilada sauce and let stand 15 minutes to soften.
- Freeze half the whole chiles, drain the remaining chiles in a colander, and cut into half-inch pieces, removing seeds.
- In a very large mixing bowl combine the onion, peppers, chiles, sliced olives, and Crumbles with sauce.
- Preheat large nonstick griddle or skillet over medium heat.
- Prepare an 11 x 16-inch baking dish with nonstick spray, wiping off excess with a paper towel.
- Place corn tortilla on preheated griddle and bake on both sides until puffy, but still soft, then place in baking dish.
- Scoop 1/2 c. enchilada filling mixture into center of tortilla, then fold sides over.
- Place filled tortilla seam side down in baking dish.
- Repeat with remaining tortillas and filling, placing filled tortillas in a single layer in baking dish.
- This makes enough enchilada filling for 12 extra large or king-size yellow corn tortillas.
- Any remaining enchilada filling can be combined with the remaining enchilada sauce.
- Pour enchilada sauce evenly over filled tortillas in baking dish.
- Garnish with a 4-oz can sliced olives, rinsed and drained well in colander.
- Cover with foil and chill until needed.
- Bake covered at 350 degrees for 1 hour, until heated through and sauce is bubbling gently.

If desired, garnish baked enchiladas with cheddar flavor vegan veggie shreds.*

Veggie shreds will melt instantly over the hot enchiladas.

*Quinoa Crisp Crumbles can replace Wheat Walnut Crisp Crumbles, if gluten sensitivity is a problem. (see recipe)

Because the tortillas are not fried in oil, these enchiladas will be soft and fragile after baking—
but this veggie filling, topping, and sauce make these enchiladas very tasty.

This recipe for enchiladas can be adjusted for any size group, and this makes a great Mexican meal served with Baked Spanish Rice, a crisp green salad, and Baked Tortilla Chips with guacamole or Pico de Gallo salsa. (see recipes)

*Commercial vegan veggie shreds are sold at natural food stores and some grocery stores.

ORIENTAL RICE

SEASONED BROWN RICE

2 1/4 c. water

1 t. Savory Seasoning Blend (see recipe) **or** your choice of all-purpose seasoning **or** 1/4 t. salt

1 T. minced or chopped dried onions

1 t. olive oil

1 c. uncooked long grain brown rice

- In a 1-quart saucepan bring water, seasonings, and olive oil to boil.
- Add rice, cover, and reduce heat to 1 notch above low, so it boils gently.
- Cook for 1 hour, or until all liquid is absorbed.
- Remove from heat, place lid ajar, and let stand at least 10 minutes, then fluff with fork.
- This makes about 4 c. cooked brown rice.

ORIENTAL VEGGIES

1 medium or 2 small sweet yellow onions, coarsely chopped or sliced thin in quarter rounds

4-oz can sliced mushrooms with liquid

Pinch of granulated garlic powder, to taste

Half of 12-oz pkg fresh broccoli slaw* (about 3 c.)

- Place above 4 ingredients in a large stir-fry skillet and bring to boil over high heat.
- Stir-fry mixture briefly, then cover and reduce heat to medium.
- Saute mixture covered for 10 minutes, or until shredded broccoli is crisp/tender.
- Stir in Seasoned Brown Rice from above recipe and stir-fry until rice is heated through.
- Add any seasoning to taste.
- Stir in 1/2 c. lightly toasted sliced almonds.
- Serve at once, or if needed later, spread mixture evenly in a 2-quart baking dish.
- (Prepare baking dish with nonstick spray, wiping off excess with a paper towel.)
- If desired, garnish rice mixture with 1/2 c. Sesame Parmesan Topping or cheddar flavor vegan veggie shreds.
- Before reheating, add 1/2 c. water to rice mixture.
- Bake covered at 350 degrees for 30 minutes, or until heated through.

Try serving Oriental Rice with Veggie Wraps made with whole grain tortillas and your choice of fresh veggies. (see recipe)

Oriental Rice also makes a tasty meal served with Cucumber Cooler salad (see recipe) and whole grain crackers. Sesame Thins made with quinoa flour are an especially delicious and nutritious cracker. (see recipe)

This recipe can easily be increased for any size group, and it freezes well.

*Broccoli slaw is a combination of shredded fresh broccoli stalks, carrots, and red cabbage.

It is sold fresh in a 12-oz pkg at many grocery stores.

Any unused broccoli slaw keeps well in a tightly covered container in the fridge for up to 1 week.

Or unused broccoli slaw can be steamed for 2 minutes, cooled, and then frozen in a ziplock bag until needed.

Fresh broccoli stalks cut up, peeled baby carrots, and red or green cabbage can be quickly shredded (separately) in a food processor, if you prefer to prep your own raw veggies, or if broccoli slaw is not available.

3 c. shredded fresh veggies blend in well with this amount of rice.

PASTA PRIMAVERA

4 c. whole wheat or brown rice rotelle, rotini, or fusilli pasta spirals
6 c. water
1 t. salt, to taste
1/2 t. granulated garlic powder
24-26-oz jar your favorite pasta sauce
Sesame Parmesan Topping for garnish (see recipe)

- In a 3-quart saucepan, bring water and seasonings to boil.
- Stir in pasta and cook uncovered over medium/high heat 10-15 minutes, **just until pasta is tender.**
- **Brown rice pasta needs only 3-5 minutes cooking time. Cook just until pasta is tender.**
- Remove from heat, cover, and let stand 10 minutes, stirring occasionally, allowing pasta to “plump up.”
- Stir in pasta sauce to taste, cover, and keep warm over low heat while preparing veggies.
- Pasta and sauce can be placed in a 3-quart baking dish, covered, and kept warm in oven, until ready to serve.

STIR-FRY VEGGIES

1 large bunch fresh broccoli or large fresh broccoli crown
1 bunch fresh asparagus, thick spears or young, slender spears (optional due to seasonal prices)
1 large red bell pepper, coarsely chopped, **or** 2 c. coarsely chopped red, orange, and yellow mini or baby bell peppers
1 large or 2 medium sweet yellow onions
1 medium zucchini
1 medium yellow squash
8-oz pkg fresh white button mushrooms, sliced thick*

1/2 c. water
1/4 t. salt, to taste
1/4 t. granulated garlic powder
1/4 t. granulated onion powder

- Wash all veggies (except mushrooms) rinse, and drain in colander. If needed, clean mushrooms with a paper towel.
- Trim coarse stalks from broccoli, discard, and cut tender stalks into 1/4-inch slices.
- Cut broccoli into 2-inch florets, and combine with sliced stalks in a large mixing bowl.
- Break coarse ends from asparagus spears and set aside for Fresh Cream of Asparagus Soup. (see recipe)
- Cut remaining asparagus spears into 2-inch pieces and add to broccoli.
- **(If you are using young, slender asparagus spears, add to zucchini rather than broccoli.)**
- Place coarsely chopped red bell pepper or sliced mini bell peppers in a medium/large mixing bowl.
- Slice onion into thin quarter rounds and add to red bell pepper.
- Slice zucchini in half lengthwise, then cut across in 1/4 inch thick slices, and place in a medium mixing bowl.
- Slice yellow squash in half lengthwise, then cut across in 1/4 inch thick slices and add to zucchini.
- In a large stir-fry skillet place water and seasonings and bring to boil over **medium/high heat.**
- Stir-fry broccoli and asparagus over **medium/high heat** for 1 minute, then cover skillet and sauté 2-3 minutes more.
- Stir-frying asparagus takes it to the next level – crisp/tender and delicious.
- Add bell pepper and onion and stir-fry about 1 minute, then cover skillet and sauté 2-3 minutes more.
- Stir in zucchini and yellow squash, cover, and saute 1-2 minutes more.
- Stir in sliced mushrooms, cover, and remove from heat.
- All the veggies should be crisp-tender, with bright colors. Serve over the whole grain pasta and pasta sauce.
- Garnish with Sesame Parmesan Topping over individual servings of pasta and veggies.

Stir-frying these veggies with water and seasonings seals in their flavor (and nutrients) without using any oil. The bright colors, textures, and flavors of these veggies combine for an especially tasty entrée. This makes a delicious Italian meal served with whole grain pasta and whole grain French bread .

***Fresh mushrooms keep way better in a paper bag. We recommend removing them from the store pkg as soon as you purchase them, and storing them loose in a paper bag in the fridge. Change the paper bag when it gets damp.**

PEACH PINEAPPLE PRESERVES

8-oz can Dole crushed pineapple in its own juice*

Pinch of salt

1 c. dried peaches

1/2 c. (packed) soft pitted dates**

- In food processor chop dried peaches fine, remove chopped peaches, then chop dates fine.
- In small saucepan, bring pineapple with juice and salt to boil.
- Reduce heat to low and stir in chopped peaches and dates, mixing well.
- Cover and cook over low heat for 15 minutes, until dried peaches are softened.
- Cool, then store in several small containers with tight-fitting lids.
- Peach Pineapple Preserves freeze well, so chill one container and freeze the rest for use later.

Dried apricots can replace the dried peaches to make tasty Apricot Pineapple Preserves.

Sweeten to taste with honey or agave nectar.

*Dole brand pineapple has consistently superior quality fruit and flavor.

**Dates are machine pitted, so always check for pits and stems. Cut dates in half with kitchen scissors.

BERRY JAM

2 12-oz bags frozen blackberries or boysenberries, thawed

12-oz can Welch's frozen white grape juice concentrate, thawed

Pinch of salt

3 T. tapioca flour

2 c. (packed) soft pitted dates, chopped fine in food processor** (see above directions)

2 T. honey or agave nectar, to taste

- Drain juice from thawed berries into 2-quart saucepan.
- Add can of thawed white grape juice to saucepan.
- With wire whisk stir salt and tapioca flour into juice in saucepan, until tapioca is dissolved.
- **Bring juice mixture to boil over high heat, stirring constantly with wire whisk.**
- Remove from heat and stir chopped dates into hot juice mixture,.
- Cover and let stand for 15 minutes to soften dates, then stir in thawed berries.
- Sweeten to taste with honey or agave nectar, as needed.
- Cool, then store in several small containers with tight-fitting lids.
- This Berry Jam freezes well, so chill one container and freeze the rest for use later.

VERY BERRY SAUCE

12-16-oz bag frozen strawberries, thawed

1/4 c. frozen orange juice concentrate, thawed

12-16-oz bag frozen raspberries, thawed

1 c. fresh or thawed frozen blueberries

1 c. water

Pinch of salt

1/2 c. agave nectar or honey, to taste

2 T. arrowroot powder

- Combine water, salt, and agave nectar or honey in a small saucepan, then stir in arrowroot powder until dissolved.
- Cook over high heat, **stirring constantly with wire whisk**, until mixture is thickened and clear. Remove from heat.
- Pour strawberries, orange juice, and arrowroot mixture into blender, cover, and process at high speed until smooth.
- Pour blender mixture, raspberries, and blueberries, with their juice, into large container with a tight-fitting lid.
- Stir together, **sweeten sauce to taste**, cover, and chill. Serve over pancakes, French toast, waffles, or crepes.

PEOPLE PLEASIN' OATMEAL

1 1/4 c. water

Pinch of salt, to taste

1/4 c. chopped dates or raisins

1/2 c. rolled oats

Lightly toasted, coarsely chopped pecans or walnuts

Sliced banana and/or blueberries

- In a 1-quart saucepan bring water, salt, and dried fruit to a boil.
- Stir in rolled oats, cover, and remove from heat.
- Let stand 15-20 minutes before serving.
- This makes one generous serving.
- Multiply this amount by the number of persons you are serving.
- This makes a creamy, yummy oatmeal that is never sticky or gluey.
- Try cooking only enough oatmeal for one meal, as freshly cooked oatmeal is tastier.
- Top individual servings with chopped nuts.
- If desired, top with sliced banana or blueberries for additional appeal and nutrients.
- Sweeten to taste with honey or agave nectar.
- Serve with a small amount of nut milk or coconut milk.

CREAMY BREAKFAST RICE

2 1/2 c. water

1/4 t. salt, to taste

1/4 c. chopped dates, raisins, or dried cranberries

1 c. short grain brown rice

Lightly toasted, coarsely chopped pecans or walnuts

Sliced banana and/or blueberries (optional)

- In a 1-quart saucepan bring water, salt and dried fruit to a full boil.
- Stir in rice, cover, and cook one notch above low heat for 1 hour, or until all liquid is absorbed.
- Remove from heat, place lid ajar, and let cool at least 10 minutes before serving.
- Gently fluff rice with fork before serving. (This helps keep rice fluffy, rather than sticky.)
- Top individual servings of rice with chopped nuts, sliced banana, and/or blueberries.
- Sweeten to taste with honey or agave nectar.
- Serve with a small amount of nut milk or coconut milk.
- This can easily be prepared ahead and reheated with a small amount of nut milk for breakfast in the morning.
- Cooked rice keeps well for 1 week in the fridge, and freezes well.

PICO DE GALLO FRESH SALSA

1 small sweet yellow onion, diced fine
2 medium tomatoes, diced fine
1-2 T. fresh cilantro, diced fine (cut away stems)*
1 t. fresh lime juice (for authentic Mexican flavor)
Pinch of salt, to taste
Pinch of granulated garlic powder, to taste (optional)

- Combine diced onion, tomato, and cilantro.
- Season to taste with lime juice and salt.
- Add granulated garlic powder, if desired.
- Serve with Baked Tortilla chips. (see recipe)

*Dried cilantro leaves can replace fresh, as they rehydrate instantly, and can be kept on hand.

GUACAMOLE

1-2 medium ripened avocados*
Lemon juice, to taste
Pinch of salt, to taste
Pinch of granulated onion powder, to taste
Pinch of granulated garlic powder, to taste
Pico De Gallo Salsa **or** Roasted Red Pepper Hummus stirred into plain mashed avocado, to taste (see recipes)
Soy Sour Cream, to taste (optional – see recipe below)

- Mash avocado with fork, adding lemon juice at once to prevent darkening.
- Add remaining seasonings to taste.
- If desired, stir in Soy Sour Cream to taste (this extends the avocado and makes a creamy dip)
- Water can be whisked into mashed avocado, with about 1/4 c. water per medium avocado. Beat together until creamy.
- Adding water extends the avocado as well. Season to taste after whisking the avocado and water together.
- This makes a tasty avocado dressing for green salads. Or serve with Baked Tortilla Chips. (see recipe)

***Avocados can be refrigerated when just barely ripened. They will continue to ripen slowly in the fridge, but will not over-ripen as easily as they will when kept at room temp.**

SOY SOUR CREAM

1/8 c. raw cashews, rinsed in boiling water and drained in strainer.
1/2 t. salt
1/2 t. granulated onion powder
1/4 t. granulated garlic powder
1 T. plus 1 t. lemon juice, to taste
1/8 c. boiling water*

12-oz pkg Mori-Nu extra firm silken tofu

1 T. dried chives (optional)

- Place first 6 ingredients in blender, then add tofu.
- Cover and process at low speed, then increase to medium speed.
- With narrow blender spatula scrape sides of blender and stir mixture **carefully** as needed to keep mixture moving over blender blades.
- Slowly increase to high speed and process until mixture is super smooth.
- Chill in container with tight-fitting lid. This keeps well for 1 week in the fridge. **It does not freeze well.**

***Boiling essentially sterilizes water, which keeps this Soy Sour Cream fresh longer – and it also thickens the cashews**

PINEAPPLE CHEESECAKE

1/2 c. uncooked hulled millet
2 c. water
1/4 t. salt
1 t. pure vanilla extract*

- In a 1-quart saucepan bring water, salt, and vanilla to boil.
- Add millet, cover, and cook 1 notch above low heat for 50 minutes, or until all liquid is absorbed.

1/3 c. raw cashews, rinsed in boiling water and drained in small strainer.
1/2 c. honey or agave nectar
1 T. old fashioned (natural) peanut butter**
8-oz can Dole unsweetened crushed pineapple in its own juice***

- **Place the above 4 ingredients in blender while millet is cooking, so that hot, freshly cooked millet can be blended in at once.**
- **Hot, freshly cooked millet is essential for blending this mixture super smooth.**
- Add hot, freshly cooked millet to ingredients in blender.
- Cover and process at low speed, then increase to high speed and process until super smooth.
- This mixture will be very thick. With narrow blender spatula, carefully scrape sides of blender as needed.
- Pour into container with a tight-fitting lid and chill.
- Scoop chilled cheesecake mixture into blender and blend smooth again.
- Pour into 9-inch pie plate or 10-inch deep-dish pie plate lined with Coconut Crumb Crust. (see recipe)
- **Briefly chill uncovered, then cover with plastic wrap and chill at least 24 hours before slicing and serving.**
- This will become more firm the longer it is chilled.
- Crushed Pineapple Glaze is a tasty topping served over this cheesecake. (see recipe)
- This makes a creamy cheesecake with a tangy pineapple flavor.
- This also makes a yummy pudding, served in a dessert dish and topped with unsweetened flaked coconut.
- **Millet is a super nutritious, gluten free whole grain, so it's a real winner for making this cheesecake.**

*The alcohol in the vanilla will evaporate when cooking it with the millet.

**If peanut allergy is a problem, almond butter can replace the peanut butter.

Nut butter helps give this cheesecake a creamy texture.

***Dole brand pineapple has consistently superior quality fruit and flavor.

SUPER E-Z CRUMB CRUST (AKA MOM'S LAZY CRUMB CRUST)

1/2 c. lightly toasted pecans or walnuts
1/4 c. fine unsweetened coconut

- Prepare 9-inch or 10-inch deep-dish pie plate with nonstick spray, wiping off excess with paper towel.
- Place nuts and coconut in small food chopper and process at high speed just until ground fine.
- Spread ground mixture evenly across bottom of pie plate.
- Gently pour Cheesecake filling, which has been chilled and blended smooth again, over ground mixture in pie plate.
- **Briefly chill uncovered, then cover with plastic wrap and chill at least 24 hours before slicing and serving.**

If you prefer a baked crumb crust, you may wish to try the Coconut Crumb Crust with this Cheesecake. (see recipe)
However, if you are into **really quick and easy**, we think you will like this Super E-Z Crumb Crust.

PINEAPPLE COCONUT MUFFINS

- Preheat oven to 375 degrees.
- Prepare standard size 12-cup nonstick muffin pan with nonstick spray, wiping off excess with a paper towel.

DRY INGREDIENTS

1 3/4 c. whole wheat pastry flour (pack flour firmly into measuring cup and level off at top.)
1/4 t. salt
1 T aluminum free baking powder

- Combine the above 3 dry ingredients in a medium mixing bowl and set aside.
- If desired, this mixture can be sifted after measuring the ingredients.
- This can easily be done by whisking the mixture through a wire mesh strainer into a mixing bowl.

2 T. ground flax seed
2 T. cooking oil
1/4 c. unsweetened flaked coconut
1/4 c. pure maple syrup
8-oz can Dole crushed unsweetened pineapple in its own juice*
3/4 c. sweetened coconut milk

- Combine the above 6 ingredients in a large mixing bowl, beating with wire whisk until mixture is emulsified..
- Stir in 1/2 c. chopped pitted dates and 1/2 c. lightly toasted, coarsely chopped walnuts or pecans.
- Dates are machine pitted, so always check for pits and stems. Cut dates in half with kitchen scissors.
- If using packaged chopped dates, soften dates for 15 minutes in the pineapple mixture.
- Stir dry ingredients into pineapple mixture just until evenly moistened.
- Divide mixture evenly into 12 muffin cups.
- Bake at 375 degrees for 30 minutes.
- Cool for 10 minutes, then turn muffins on edge in muffin cups and cool completely.
- Store in a ziplock bag in the fridge or freezer.
- Reheat muffins before serving.
- If reheating muffins from freezer, wrap in foil to keep them moist, and reheat at 400 degrees.

***Dole pineapple has consistently superior quality fruit and flavor.**

ZUCCHINI MUFFINS

- Follow recipe for Pineapple Coconut Muffins, making the following change:
- Cut up 1 small zucchini and coarsely chop zucchini in a small food chopper, then stir into pineapple mixture.
- **NOTE: Briefly cycle chop the zucchini on medium speed to prevent liquefying it.**

CARROT COCONUT MUFFINS

- Follow recipe for Pineapple Coconut muffins, making the following change:
- In a small food chopper chop fine 1/2 c. peeled baby carrots, then stir into pineapple mixture.

These muffins make a great grab-and-go breakfast-on-the-run, along with a bunch of (seedless) grapes. YUM

1 3/4 c. Bob's Red Mill Gluten Free Baking Flour plus 1/4 c. almond meal, can replace the whole wheat pastry flour, if gluten sensitivity is a problem. Bob's Red Mill products are sold at Save Mart, natural food stores, and online.

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POLYNESIAN BARS

COOKIE CRUST

3 c. rolled oats
3 c. fine unsweetened coconut
1/4 t. salt
1 c. pure maple syrup*

- Combine oats, coconut, and salt.
- Place half of this mixture in food processor.
- Cover and process at high speed until oats and coconut are ground fine.
- Pour into large mixing bowl and repeat with remaining oat/coconut mixture.
- With fork stir maple syrup into ground mixture until well blended.
- Mixture should be evenly moistened and crumbly.
- **Set aside 2 c. crumb mixture for topping.**

FILLING

20-oz can Dole crushed pineapple in its own juice**
1/4 t. salt
3 c. (packed) pitted dates, chopped fine in food processor

- **Dates are machine pitted, so always check for pits and stems. Cut dates in half with kitchen scissors.**
- Place crushed pineapple with juice and salt in a 2-quart saucepan.
- Cover and bring to boil over medium/high heat.
- With fork stir in chopped dates, mixing well, then cover, remove from heat, and set aside.
- Preheat oven to 350 degrees.
- Prepare a 9 x 13-inch baking pan with nonstick spray, wiping off excess with a paper towel.
- Spread remaining cookie crust crumb mixture evenly over bottom of baking pan.
- Tear off sheet of plastic wrap and place over crumb mixture.
- Using plastic wrap, press crumb mixture evenly and firmly across bottom and 1 inch up sides of baking pan.
- (This slick trick keeps crumb mixture from sticking to your hands.)
- With large spoon spread date-pineapple filling evenly over bottom crust.
- With fork crumble reserved 2 c. crumb mixture evenly over filling, then press down firmly using plastic wrap.
- Cover loosely with foil and bake at 350 degrees for 30-35 minutes, until filling is bubbling gently.
- Remove foil and bake 5 minutes more, until topping is golden brown.
- Cool completely before cutting into squares of desired size.
- Store in container with a tight-fitting lid or in a ziplock bag in the fridge or freezer.

*Pure maple syrup does not burn as readily as other sweeteners, so it works well for baking this cookie crust.

**Dole brand pineapple has consistently superior quality fruit and flavor.

VARIATIONS

1 c. any dried fruit, such as apricots, peaches, cranberries, or raisins--can replace 1 c. chopped dates in this recipe. Chop dried fruit together with the dates in food processor. This saves you time and work combining them later.

PRESTO PESTO

1/4 c. Sesame Parmesan Topping (see recipe)

1/4 c. blanched slivered almonds or pine nuts*

2 c. loosely packed fresh basil leaves (cut away stems)

2 T. garlic flavored olive oil**

1 T. lemon juice

1/4 t. salt, to taste

1/2 c. **cooled** boiled water***

- In a small food chopper place Sesame Parmesan Topping and slivered almonds or pine nuts.
- Process on high speed until ground fine.
- Remove and set aside in a small mixing bowl.
- Place basil leaves in small food chopper and process on high speed until chopped fine.
- Return ground nut mixture to food chopper.
- In the small mixing bowl place olive oil, lemon juice, salt, and boiled water.
- Beat with a small wire whisk until emulsified, then add to food chopper.
- Process all ingredients together until well blended and creamy.
- If needed, add more salt to taste.
- This makes a creamy garlic basil pesto sauce.
- This pesto freezes well, so store in several small containers, chill one, and freeze the rest for use later.

*Although pine nuts are traditionally used in pesto, they are extremely expensive these days.
Blanched slivered almonds are a great low cost replacement.

**Garlic flavored olive oil adds a subtle garlic flavor, and is a great work and time saver to replace crushed garlic cloves.

***Boiling essentially sterilizes water. Using cooled boiled water helps keep this pesto fresh much longer.

This pesto is a tasty garnish for whole grain fettuccine or linguine and Creamy Tomato Soup. (see recipes)

PUMPKIN NUT MUFFINS

- Preheat oven to 375 degrees.
- Prepare standard size 12-cup nonstick muffin pan with nonstick spray, wiping off excess with a paper towel.

DRY INGREDIENTS

2 c. whole wheat pastry flour (pack flour firmly into measuring cup and level off at top)
1/4 t. salt
1/4 t. ground ginger, to taste
1 T. aluminum free baking powder

- Combine the above 4 dry ingredients in a medium mixing bowl and set aside.
- If desired, this mixture can be sifted after measuring the ingredients.
- This can easily be done by whisking the mixture through a wire mesh strainer into a mixing bowl.

2 T. ground flax seed
1 t. pure vanilla extract
2 T. cooking oil
1/2 c. pure maple syrup
3/4 c. sweetened vanilla almond milk

- Combine the above 5 ingredients in a large mixing bowl, beating with wire whisk until mixture is emulsified.
- Then stir in and mix well:
 - 1 c. canned pumpkin*
 - 1/2 c. lightly toasted, coarsely chopped walnuts or pecans
 - 1/2 c. raisins
- With large spoon stir dry ingredients into pumpkin mixture just until evenly moistened.
- Divide mixture evenly into 12 muffin cups. Muffin cups will be heaped full—not to worry!
- Bake at 375 degrees for 30 minutes.
- Cool for 10 minutes, then turn muffins on edge in muffin cups and cool completely.
- Store in a ziplock bag in the fridge or freezer.
- **Reheat muffins before serving.**
- **If reheating muffins from freezer, wrap in foil to keep them moist, and reheat at 400 degrees.**
- **These muffins are really good served with Butternut Squash Soup or Creamy Sweet Potato Bisque. (see recipes)**

*1/2 c. canned pumpkin adds nutrients and rich taste to Butternut Squash Soup. (see recipe)
Any leftover canned pumpkin can be frozen until needed.

1 3/4 c. Bob's Red Mill Gluten Free Baking Flour plus 1/4 c. almond meal, can replace the whole wheat pastry flour, if gluten sensitivity is a problem. Bob's Red Mill products are sold at Save Mart, natural food stores, and online.

QUICK 'N EASY WILD RICE PILAF

2 1/2 c. water
1/4 t. salt, to taste
1/4 t. granulated garlic powder, to taste
1 T minced or chopped dried onions
1/4 c. lightly toasted slivered almonds
1 t. olive oil

1 c. uncooked whole grain wild rice blend*

- In a 2-quart saucepan bring water, seasonings, almonds, and olive oil to boil.
- Stir in rice, cover and reduce heat to 1 notch above low heat, so it boils gently.
- Cook for 1 hour, or until all liquid is absorbed.
- Remove from heat, place lid ajar, and let stand at least 10 minutes, then fluff with fork before serving.

*Lundberg Farms sells a great selection of whole grain wild rice blends. They are sold at natural food stores, Save Mart, and online. Winco stores have wild rice blends in their bulk foods section as well.

Although whole grain rice needs to cook for 1 hour, your hands-on prep time for this pilaf is just a few minutes. This pilaf is delicious served with Roasted Butternut Squash, steamed fresh broccoli, or Simple Stir-Fry Veggies. (see recipes)

When this pilaf is prepared ahead, reheated, and served with steamed fresh broccoli, a crisp green salad, and whole grain French bread or crackers, it makes a great 10-minute meal.

This recipe can easily be increased as needed for multiple servings.

This rice pilaf keeps well up to 1 week in the fridge, and freezes well.

SIMPLE STIR-FRY VEGGIES

1 small fresh broccoli crown, cut into florets
1 medium sweet yellow onion, sliced thin in quarter rounds
1 c. sweet red, orange, and yellow mini or baby bell peppers, coarsely chopped
8-oz pkg fresh white button mushrooms, sliced thick

1/4 c. water
1/4 t. salt
1/4 t. granulated onion powder
1/4 t. granulated garlic powder

- Place broccoli florets in a small mixing bowl.
- Combine sliced onion and sliced mini peppers in another small mixing bowl.
- Place sliced mushrooms in another small mixing bowl.
- Place water and seasonings in a stir-fry skillet and bring to boil over medium/high heat.
- Stir-fry broccoli for 2-3 minutes, then add onion and mini peppers. The veggies will cook faster if covered.
- Cook just until broccoli, onion, and peppers are crisp/tender.
- Stir in the sliced mushrooms, cover, and remove from heat.
- Stir-frying these veggies in water and seasoning provides rich flavor without using any cooking oil.
- Serve at once with Quick 'N Easy Rice Pilaf (see above recipe)
- Or serve with whole grain rotini, rotelle, or fusilli pasta and your favorite pasta sauce.
- Whole grain French bread with Sesame Parmesan Topping (see recipe) makes this a tasty 10-minute meal.

QUICKIE CANNED PEACH BLUEBERRY CRISP

COCONUT CRUMB TOPPING

3/4 c. rolled oats

3/4 c. fine unsweetened coconut

Pinch of salt

1/4 c. pure maple syrup

- Combine oats, coconut, and salt in medium mixing bowl.
- Place in food processor and process at high speed until oats and coconut are ground fine.
- Return ground mixture to mixing bowl and with fork stir in maple syrup until well mixed.
- Mixture should be evenly moistened and crumbly.

FILLING

2 15-oz cans sliced peaches with liquid **or** 1 quart home-canned sliced peaches

(Freestone peaches are best, if available)

1 T. arrowroot powder*

1 c. fresh or frozen blueberries

- Preheat oven or toaster oven to 325 degrees.
- Prepare 8-inch square baking dish with nonstick spray, wiping off excess with paper towel.
- Drain liquid from canned peaches into small saucepan.
- With wire whisk stir in arrowroot powder until dissolved.
- Cook over high heat, **stirring constantly with wire whisk**, until mixture thickens and bubbles gently.
- Remove from heat at once.
- If using frozen blueberries, stir into hot thickened juice, then add peach slices.
(Frozen blueberries will thaw instantly in the hot liquid.)
- If using fresh blueberries, first stir peach slices into hot juice mixture, then add blueberries.
- Spread peach blueberry mixture evenly in 8-inch square baking dish.
- Crumble Coconut Crumb Topping evenly over peach blueberry filling, pressing topping gently into filling.
- Cover loosely with foil and bake at 325 degrees for 20 minutes, until filling is bubbling gently.
- Remove foil and bake 5 minutes more, or until Crumb Topping is golden brown.
- **Watch to prevent over-browning, especially if baking this in a toaster oven.**
- Cool at least 15 minutes before serving.
- Serve warm or chilled, drizzled with soy creamer or topped with vegan vanilla ice cream. Yum

*Arrowroot powder is ground from a root that contains some nutrients, and it is nutritionally superior to cornstarch. It makes a more clear, silky sauce for this Peach Blueberry Crisp. It is sold at natural food stores and online.

RASPBERRY GLAZE TOPPING

12-oz can Welch's frozen white grape juice concentrate, thawed*

Pinch of salt

2 T. arrowroot powder**

12-oz bag frozen raspberries, sweetened or unsweetened, thawed (whatever is available)

1 T. honey or agave nectar, to taste (more will be needed if frozen raspberries are unsweetened)

- Pour thawed white grape juice into small saucepan.
- With wire whisk, stir in salt and arrowroot powder, until arrowroot is dissolved.
- Bring to boil over high heat, **stirring constantly with wire whisk**.
- Remove from heat and stir in raspberries and sweetening to taste.
- Chill in container with tight-fitting lid in the fridge. **Do not chill in freezer.**
- Drizzle chilled Raspberry Glaze Topping over individual servings of Vanilla Cream Pie or Pineapple Cheesecake.

***While grape juice concentrate is frozen, loosen or remove cap from the can. When it is thawed, it tends to slosh when opened, and some of the juice gets spilled and wasted. (been there, done that)**

****Arrowroot powder is ground from a root that contains some nutrients, and it is nutritionally superior to cornstarch. Commercial bakeries use arrowroot because it gives a clearer, more silky glaze than cornstarch. Arrowroot powder is sold at natural food stores and online.**

BLUEBERRY GLAZE TOPPING

- Follow recipe for Raspberry Glaze Topping, replacing frozen raspberries with 2 c. fresh or thawed frozen blueberries.

CRUSHED PINEAPPLE GLAZE TOPPING

12-oz can Welch's frozen white grape juice concentrate, thawed*

Pinch of salt

2 T. arrowroot powder**

8-oz can Dole unsweetened crushed pineapple in its own juice***

1 T. honey or agave nectar, to taste

- Pour thawed white grape juice into small saucepan.
- With wire whisk, stir in salt and arrowroot powder, until arrowroot is dissolved.
- Bring to boil over high heat, **stirring constantly with wire whisk**.
- Remove from heat and stir in crushed pineapple with its juice, and sweetening to taste.
- Chill in container with tight-fitting lid in the fridge. **Do not chill in freezer.**
- Drizzle chilled Crushed Pineapple Glaze Topping over entire Pineapple Cheesecake, or over individual servings.

*****Dole pineapple has consistently superior fruit and flavor.**

RICE PUDDING

1 c. uncooked short grain brown rice
 or 1/4 c. quinoa and 3/4 c. short grain brown rice*
2 c. water
1/8 t. salt

2 1/2 c. sweetened vanilla almond milk or sweetened coconut milk
1 t. pure vanilla extract
1 T. agave nectar or pure maple syrup, to taste
1/3 c. tapioca flour

1/2 c. raisins or dried cranberries
1/2 c. lightly toasted, coarsely chopped pecans or walnuts

- In a 1-quart saucepan bring water and salt to full boil, then stir in brown rice, **or** brown rice and quinoa.
- Cover, reduce heat to 1 notch above low, and cook for 1 hour, or until all liquid is absorbed.
- Remove from heat, place lid ajar, and cool at least 10 minutes, then fluff with fork.

- Prepare 2-quart baking dish with nonstick spray, wiping off excess with a paper towel.
- In baking dish combine nut milk with vanilla, agave nectar or maple syrup, and tapioca flour, beating well with wire whisk until tapioca flour is dissolved.
- Stir in raisins or dried cranberries, nuts, and cooked rice **or** cooked rice and quinoa.
- Sweeten mixture to taste.

- Bake covered at 350 degrees for 30-40 minutes, until pudding is bubbling gently.
- Remove from oven and cool completely before serving.
- This Rice Pudding will thicken more when cooled.
- If desired, reheat individual servings in a small amount of nut milk and serve warm.
- This keeps well in the fridge for 1 week, and freezes well.

***Quinoa is a super nutritious ancient whole grain, so cooking this with brown rice adds valuable nutrients as well as a nutty taste and texture. Brown rice and quinoa are gluten free whole grains.**

OLD FASHIONED BREAD PUDDING

2 1/2 c. sweetened vanilla almond milk or sweetened coconut milk
1 t. pure vanilla extract
1 T. agave nectar or pure maple syrup, to taste
1/3 c. tapioca flour
1/2 c. chopped pitted dates
1/2 c. lightly toasted, coarsely chopped pecans or walnuts
2 c. whole grain bread, cut into 1/2 inch cubes
(Raisin Bread or Cranberry Walnut Bread are especially good.) (see recipes)

- Prepare 2-quart baking dish with nonstick spray, wiping off excess with a paper towel.
- In baking dish combine nut milk with vanilla, agave nectar or maple syrup, and tapioca flour, beating well with wire whisk until tapioca flour is dissolved.
- Stir in chopped dates, nuts, and cubed bread.
- Sweeten mixture to taste.

- Bake covered at 350 degrees for 30 minutes, or until pudding is bubbling gently.
- Remove from oven and cool completely before serving.
- If desired, reheat individual servings in a small amount of nut milk and serve warm.
- This keeps well in the fridge for 1 week, and freezes well.

ROASTED RED PEPPER HUMMUS

1 large or 2 baby red bell peppers

15-oz can garbanzos with liquid (organic garbanzos are especially good)

1/4 c. Sesame Parmesan Topping (see recipe)

3 garlic cloves

1 t. granulated onion powder, to taste

1/8 t. ground cayenne red pepper, to taste

1/4 t. ground cumin, to taste

1-2 t. lemon juice, to taste

- Preheat toaster oven or oven to 350 degrees.
- Slice red pepper into strips, removing stem, seeds and any fibrous sections
- Cover small cookie sheet with foil and prepare with nonstick spray, wiping off excess with a paper towel.
- Place red pepper strips in single layer on foil-covered cookie sheet.
- Roast red pepper strips at 350 degrees for 15-20 minutes, until edges begin to curl, then remove from oven.
- **Reserve 1/4 c. liquid from canned garbanzos.**
- Place canned garbanzos with remaining liquid and all seasonings in blender.
- Cover and process at medium speed, then increase to high speed and process until smooth.
- **Add any seasoning to taste.**
- **If needed, stir in some or all of reserved liquid from canned garbanzos for desired consistency.**
- **(Some cans of garbanzos contain more liquid than do others.)**
- **Add roasted red pepper strips and cycle-blend just until strips are coarsely chopped.**
- Chill in container with tightly fitting lid. This keeps well up to 1 week in the fridge
- This freezes well, so try storing this hummus in 2 small containers. Chill one, and freeze the other for use later.
- **Try stirring 1 T. or more of this hummus into plain mashed avocado for a sensational guacamole dip or spread.**
- **Several broiled eggplant slices add great taste and nutrients to this hummus.**
- Preheat oven to broil.
- Cover cookie sheet with foil and prepare with nonstick spray, wiping off excess with a paper towel.
- Cut ends off medium size eggplant, peel, and slice about 1-inch thick. Place slices in single layer on cookie sheet.
- Broil eggplant slices on each side for 15 minutes. Unused eggplant slices make tasty Eggplant Parmesan. (see recipe)
- Cut 2-3 broiled eggplant slices into chunks and process in blender before processing the roasted red pepper strips.

GARDEN GREEN HUMMUS

15-oz can garbanzos with liquid (organic garbanzos are especially good)

1/4 c. Sesame Parmesan Topping (see recipe)

1-2 garlic cloves

3 green onions with 3-4 inches green tops, cut into 1 inch pieces

Handful fresh parsley sprigs, to taste

2 t. lemon juice, to taste

- Place canned garbanzos with liquid, Sesame Parmesan Topping, and garlic cloves in blender.
- Cover and process at low speed, then slowly increase to high speed and process until very smooth.
- With narrow blender spatula scrape sides of blender as needed to blend mixture smooth.
- Add green onions with tops, fresh parsley, and lemon juice.
- Cover and process at high speed until mixture is very smooth. **Add any seasoning to taste.**
- This makes a creamy salad dressing or tasty spread for veggie wraps and whole wheat pita bread.
- Chill in small containers with tight-fitting lids.
- This freezes well, so chill one container and freeze the rest for use later.
- After thawing, stir with spoon until creamy again.
- The fresh parsley and green onions with tops give a garden fresh flavor to this hummus.

SAVORY MUSHROOM GRAVY

1 medium sweet yellow onion, chopped fine

1-2 garlic cloves, chopped fine

(The onion and garlic can be chopped fine together in a small food chopper.)

2 c. water

1/4 c. raw cashews, rinsed in boiling water and drained well in colander

1/4 c. brown rice, oat, or barley flour*

2 t. Savory Seasoning Blend, to taste (see recipe) **or** your favorite all-purpose seasoning

7-oz can or 2 4-oz cans sliced mushrooms, with liquid

2 T. Cream Cheese Spread (see recipe) or commercial vegan cream cheese**

- Spray heavy 2-quart saucepan with nonstick spray and briefly preheat over medium heat.
- Saute chopped onion and garlic until tender, stirring as needed, and remove from heat.
- Place **1 c. water**, cashews, flour, and seasoning in blender,
- Cover and process at low speed, then increase to high speed and process until very smooth.
- With narrow blender spatula scrape sides of blender **carefully** as needed.
- Add blender mixture to onions and garlic in saucepan, rinse blender with remaining **1 c. water**, and add to saucepan.
- Bring to full boil over high heat, **stirring constantly with wire whisk**, until mixture is thickened.
- Add canned mushrooms with liquid and stir in vegan cream cheese. **Add any seasoning to taste.**
- Cook and stir over medium heat until gravy is bubbling gently.
- This makes a rich, creamy mushroom gravy that is delicious over patties, potatoes, or any entrée enhanced by gravy.
- This gravy freezes well and becomes creamy again when reheated. Try freezing in small containers for use as needed.

***These whole grain flours make a lighter, more creamy gravy than gravy made with whole wheat flour.
They are sold at natural food stores and online.**

****Commercial vegan cream cheese is sold at natural food stores and some grocery stores.**

COUNTRY STYLE GRAVY

1 c. raw cashews, rinsed in boiling water and drained well in colander

4 c. water

2 T. brown rice, oat, or barley flour*

2 t. granulated onion powder

1 t. salt, to taste

2 t. dried parsley flakes

- Place cashews and **1 c. water** in blender.
- Cover and process at low speed, then increase to high speed and process until fairly smooth.
- Slowly add **1 c. water** to process mixture super smooth.
- With blender on high speed, add flour and seasonings and process just until parsley flakes are chopped fine.
- Pour blender mixture into 2-quart saucepan, rinse blender with remaining **2 c. water**, and add to saucepan.
- Cook over high heat, **stirring constantly with wire whisk**, until mixture comes to a full boil and is thickened.
- Remove from heat, cover, and let stand several minutes before serving. **Add any seasoning to taste.**
- This gravy thickens more as it cools. Beat again with wire whisk before serving.
- If desired, stir in 2 c. frozen petite baby peas and serve over baked potatoes.

This is a versatile, creamy country style gravy that freezes well. Try freezing in small containers for use as needed.

SOUR CREAM SAUCE

- Make Country Style Gravy, omitting the dried parsley flakes.
- After cooking gravy, stir in 2 T. dried chopped chives and 1/4 c. lemon juice (to taste)

SCRAMBLED TOFU

14-16-oz block extra firm tofu

(super firm sprouted soybean tofu is excellent, if available, as it is more dry as well as more firm.)

2-3 t. Savory Seasoning Blend (see recipe) **or** your favorite all-purpose seasoning

or

1/4 t. salt, to taste

1/4 t. granulated onion powder, to taste

1/4 t. granulated garlic powder, to taste

1 T. nutritional yeast flakes, to taste

1 c. sweet red, orange, and yellow mini or baby bell peppers, coarsely chopped

1 medium sweet yellow onion, coarsely chopped

4-6 fresh white button mushrooms, sliced

1/2 c. Crisp Crumbles* combined with 1/4 c. boiling water. **(optional)** (see recipe)

- Cover and let stand 15 minutes to soften.

1 T. olive oil

- Rinse tofu and drain well in colander.
- Place tofu in large mixing bowl and crumble with fork.
- Stir seasonings to taste into crumbled tofu.
- Briefly preheat stir-fry skillet with olive oil over medium heat.
- Add peppers and onion and saute until crisp tender. (Cover skillet to sauté veggies more quickly.)
- Stir in tofu, softened Crisp Crumbles, and sliced mushrooms.
- Stir-fry until all liquid is absorbed and mixture is heated through.

Scrambled Tofu makes a hearty breakfast or brunch served with Hash Browns or Home Fries, (see recipe) grape tomatoes, and whole grain French bread.

***Quinoa Crisp Crumbles can replace Wheat Walnut Crisp Crumbles, if gluten sensitivity is a problem. (see recipe)**

HASH BROWNS AND HOME FRIES*

4 medium potatoes — your choice of potatoes

1 medium sweet yellow onion, diced fine

2-3 t. Savory Seasoning Blend, to taste (see recipe) **or** your favorite all-purpose seasoning

or

1/4 t. salt, to taste

1/4 t. granulated onion powder, to taste

1/4 t. granulated garlic powder, to taste

1 T. olive oil

- Steam or boil potatoes just until sharp knife pokes in easily.
- Cool, then peel and shred for Hash Browns, or cut into 1/2 inch cubes for Home Fries.
- In large mixing bowl combine shredded or cubed potatoes and diced onion.
- Stir in seasoning to taste and olive oil.
- Prepare large nonstick griddle with nonstick spray, wiping off excess with a paper towel.
- Spread Hash Browns or Home Fries evenly over griddle, cover, (large foil works well) and cook over medium heat until underside is nicely browned.
- With pancake turner turn potatoes in sections, cover, and cook until underside is nicely browned and crisp.
- Serve with Scrambled Tofu, (see above recipe) grape tomatoes, and whole grain French bread.

***Fresh, ready-to-cook Hash Browns and Home Fries in bags are sold at Save Mart grocery stores.**

SENSATIONAL STEAMED OR BLANCHED FRESH VEGGIES

If you do not already own a veggie steamer, a small fold-up steamer is sold at most grocery stores for under \$10. It can make all the difference in preserving the nutrients, color, flavor, and texture of cooked veggies.

A pasta cooker is a terrific tool for blanching larger amounts of veggies. Blanching is done by plunging the veggies into rapidly boiling water and cooking them just until the veggies are crisp/tender, then removing the veggies immediately. Blanching cooks large amounts of veggies evenly, which is more difficult to achieve when steaming them. This is especially helpful when cooking large amounts of fresh broccoli or green beans.

EVERYONE hates overcooked, limp, tasteless veggies, and that is one reason why cooked veggies are often drowned in cheese or sauces.

To steam any veggie, place enough water in the kettle to cook the veggie, but keep water level below the bottom of the steamer. Over high heat, bring the water to a full boil and fill the kettle with steam. **THEN** add the veggie, cover, and cook over high heat just until the veggie is tender. Steaming veggies by this method seals in the flavor and nutrients, and preserves the bright color and texture.

An inexpensive digital timer is essential for the precise cooking time needed to prevent overcooking steamed veggies.

FRESH BROCCOLI

Cut broccoli into florets of desired size, and cut tender stems into 1/4 inch slices. Place in steamer filled with steam, cover, and cook over high heat for 5-7 minutes, just until tender. Remove from heat and serve at once.

FRESH GREEN BEANS

Fresh green beans retain their flavor much better if steamed whole. Break off stem ends. Place in steamer filled with steam, cover, and cook over high heat 20 minutes, or until tender. Remove from heat and leave covered in steamer until ready to serve. Tossing steamed fresh green beans with 1 T. garlic flavored olive oil takes them to the next level.

POTATOES

When prepping potatoes for scalloped potatoes, hash browns or home fries, try scrubbing and then steaming them in their skins just until they are tender. When they are cool enough to handle, they can easily be peeled with much less waste of the potato. Significant nutrients are just under the skins, so this not only preserves nutrients, but saves you time and work as well.

FRESH CORN ON THE COB

In our opinion, white corn is much more tender and sweet than yellow corn. Look for corn with small, tender kernels. After removing husks, remove silk by rubbing and turning the corn cob, then rinse well.

Place in steamer filled with steam, cover, and **cook over high heat for only 1 minute. The less time fresh corn is cooked, the more sweet and tender it will be—and the longer it is cooked, the more tough it will be. Cook fresh corn after remainder of the meal is ready to serve, and serve corn immediately.** Large amounts of corn on the cob can be cooked evenly more easily by blanching them in a large kettle or pasta cooker about half filled with rapidly boiling water. Cook for only 1 minute, then remove at once and serve.

FRESH ARTICHOKEs

With sharp knife, cut off top and bottom of each artichoke. With kitchen scissors, trim tips of leaves. Rinse well, then place **upside down** in steamer filled with steam. (Artichokes cook faster when upside down.) Cover and cook over medium/high heat. Small to medium artichokes need about 15-20 minutes, and large artichokes need about 20-30 minutes. Artichokes are cooked and tender when leaves pull away easily from the artichoke. Check water level in kettle every 10 minutes to be sure kettle does not run dry. Artichokes are good served either warm or chilled. Baby artichokes are so tender that nearly the whole artichoke can be eaten, so they are usually a better buy.

SESAME PARMESAN ROASTED POTATOES

4-6 medium size red or thin-skinned golden or yellow potatoes (1-2 potatoes per serving)

Sesame Parmesan Topping (see recipe)

- Preheat oven to 400 degrees, or toaster oven to 350 degrees.
- Cover cookie sheet with foil and prepare foil with nonstick spray, wiping off excess with a paper towel.
- Scrub potatoes and cut lengthwise in half, then slice into fairly thin wedges.
- Place potato wedges in mixing bowl and toss with Sesame Parmesan Topping, using 1/4 c. for each 2 potatoes.
- Place potato wedges in a single layer on foil covered cookie sheet and cover potatoes with foil.
- Bake in oven or toaster oven for 40 minutes, or until potatoes are tender and golden brown.
- If desired, 1 T. dried parsley flakes, ground fine, can be combined with the Sesame Parmesan Topping before tossing this seasoning with the potatoes.
- Serve with Mushroom Walnut Vegeburgers, (see recipe) a crisp green salad, and whole grain French bread.
- Precooked peeled and reheated baby beets are a nutritious and delicious side to this meal.

SCALLOPED POTATOES

6-8 medium russet potatoes (or your choice of potatoes)

1 recipe of Creamy Ranch Dressing (see recipe)

1/2 c. minced or chopped dried onions

- Scrub and steam potatoes just until tender.
- Cool and peel potatoes, removing any dark spots or eyes.
- Prepare 4 quart baking dish with nonstick spray, wiping off excess with a paper towel.
- Slice potatoes fairly thin and place single layer in baking dish.
- Sprinkle dried onions over layer of potatoes.
- Repeat until all potatoes are sliced and layered with dried onions in baking dish.
- Combine Creamy Ranch Dressing 1:1 with water, mixing well.
- Pour Creamy Ranch Dressing sauce evenly over potatoes.
- Cover and chill until needed.
- Bake covered at 400 degrees 40-50 minutes, or until sauce is thickened and bubbling.

Scalloped Potatoes are delicious with steamed fresh broccoli, a crisp green salad, and whole grain French bread.

This recipe can easily be cut in half as needed.

SESAME THINS

1 c. water
1/4 t. salt
1 c. sesame seeds

1 1/2 c. whole wheat pastry flour (pack flour into measuring cup and level off at top)
1 c. quick oats

- Preheat oven to 300 degrees. Position oven racks about 5 inches apart.
 - Place water, salt, and sesame seeds in blender and process at low speed, then increase to high speed and process for 2 minutes.
 - This makes a very thick cream. Scoop this cream into a large mixing bowl.
 - Stir in whole wheat pastry flour, mixing well.
 - Stir in quick oats, mixing well. This makes a soft, sticky dough.
 - Divide dough into 2 equal parts and cover dough with plastic wrap.
 - Moisten smooth countertop or very large cutting board.
 - Tear off 18-inch sheet of **heavy duty extra wide foil** and place on moistened countertop or cutting board.
 - Prepare foil with nonstick spray, wiping off excess with a paper towel, and smoothing foil flat.
 - Scoop half of dough onto foil and shape dough into rectangle.
 - Cover dough with 18-inch sheet of **extra wide plastic wrap or freezer wrap**.
 - **If using extra wide freezer wrap, rub the plastic-coated side with nonstick spray and place this side over dough.**
 - With rolling pin roll dough very thin into a rectangle about 10 x 15 inches.
 - Dough will roll out quickly and easily with this method, and should be the thickness of Wheat Thins.
 - With pizza cutter, cut into squares of desired size.
 - **Place foil with rolled-out dough over large cookie sheet.**
 - Repeat above steps with remaining dough.
 - Place cookie sheets, with rolled-out dough on foil, on oven racks.
 - Bake for 15 minutes, then reverse cookie sheets on oven racks and bake for 15 minutes more.
 - Turn off oven and leave cookie sheets in oven until Sesame Thins are completely crisp and cool.
 - Store in ziplock bags at room temp.
- These light, crisp Sesame Thin crackers have a wonderful taste and texture--and contain no refined oil.**
- If gluten sensitivity is a problem, quinoa or brown rice flour can replace the whole wheat pastry flour.
 - Quinoa flour makes an especially delicious and nutritious cracker that is gluten free.
 - Decrease quinoa or brown rice flour to 1 1/4 c.
 - Decrease oven heat to 275 degrees.
 - Gluten free rolled oats can replace the quick oats. Chop rolled oats just a few seconds in food processor.

SOUTHWESTERN SUMMER SALAD

15-oz can whole kernel sweet yellow corn, chilled, rinsed well, and drained in colander

15-oz can black beans, chilled, rinsed well, and drained in colander

1-2 4-oz cans sliced ripe olives, chilled, rinsed well, and drained in colander

10-oz pkg grape tomatoes, rinsed and chilled

1 bunch green onions, sliced thin, with about 2 inches of green tops

1 large red bell pepper, coarsely chopped

or 2 c. red, orange, and yellow mini or baby bell peppers, coarsely chopped

Handful fresh cilantro, rinsed well, (cut off stems) and chopped fine, (to taste)

- Place all the above veggies in a very large serving bowl and toss to combine well.

2 T. olive oil*

1 T. lemon juice, to taste

1 fresh garlic clove, crushed*

***If using garlic flavored olive oil, the crushed garlic can be omitted.**

- In a small serving bowl beat together the olive oil, lemon juice, and crushed garlic with a small wire whisk, until emulsified, then toss with veggies in the very large serving bowl.

1-2 firm ripened avocados, chilled and cubed

Crisp green Romaine lettuce, coarsely chopped

- Place the cubed avocados in the small serving bowl, to serve over individual servings of veggies.
- Serve veggies over coarsely chopped crisp green Romaine lettuce leaves.
- Try serving with whole wheat or multigrain tortillas, warmed and rolled up.
or Baked Tortilla Chips (see recipe)
- Any leftover salad keeps well in a container with a tight-fitting lid, in the fridge for several days.

This is a sensational summertime salad! It makes a great meal served with Chile Relleno Rice. (see recipe)

***Garlic flavored olive oil gives a subtle garlic flavor, and saves you time and work crushing garlic cloves.**

SPINACH DIP

1 c. raw cashews, rinsed in boiling water and drained in colander

1 1/2 c. boiling water*

Half of 14-16-oz block extra firm tofu, rinsed and drained well in colander
(we recommend organic soybean tofu, if available)

1 t. salt, to taste

1 t. granulated garlic powder

1/2 t. granulated onion powder

2 t. dried chives

1 t. dried parsley flakes

1/2 t. McCormick dried celery flakes**

1/8 t. dried dill weed

2 T. lemon juice, to taste

1/4 c. minced or chopped dried onions

8-oz can sliced water chestnuts, rinsed, drained, and coarsely chopped

2 c. chopped frozen spinach, thawed in fridge and drained well in colander
(we recommend buying frozen chopped spinach loose in a bag)

- Place rinsed and drained cashews and **1 c. boiling water** in blender.
- Cover and process at low speed, then increase to high speed.
- As mixture thickens and blender slows down, **add remaining 1/2 c. boiling water.**
- Process at high speed until super smooth, then turn off blender.
- Break rinsed and drained tofu into chunks and add to mixture in blender.
- Process at high speed until smooth, stirring **carefully** with blender spatula as needed.
- Add seasonings, **except dried onions**, and process briefly until seasonings are chopped fine.
- Pour into a large container with a tight-fitting lid.
- Stir in dried minced onion, chopped water chestnuts, and well-drained chopped spinach, mixing well.
- Cover and chill overnight for flavors to blend before serving. **Add any seasoning to taste.**
- This makes a tasty dip served with fresh raw veggies and/or chunks of whole grain French bread.
- Yield: about 5 c. Spinach Dip

***Boiling essentially sterilizes water, which keeps this Spinach Dip fresh longer – and it thickens the cashews as well.**

****Dried celery flakes have a more mild flavor than celery seed.**

McCormick dried celery flakes are sold at Save Mart grocery stores and online.

CELERY STUFFED WITH CREAM CHEESE

Celery hearts, cut into 3-4-inch pieces

Cream Cheese Spread, plain flavor (see recipe) **or** commercial vegan cream cheese, plain flavor*

1/4 c. lightly toasted walnuts or pecans, ground fine in a small food chopper

- Rinse and air-dry celery pieces in a colander.
- Place Cream Cheese Spread or commercial vegan cream cheese in a medium mixing bowl.
- Stir in ground walnuts or pecans, mixing well.
- Chill in a container with a tight-fitting lid. This keeps well for 1 week in the fridge, and freezes well.
- Try storing in several small containers. Chill one and freeze the rest for use later.
- After thawing, pour off any liquid, and beat with small wire whisk until creamy again.
- This makes a tasty spread, as well as a great stuffing for celery sticks.
- Stuff celery just prior to serving, and chill until needed.

*Commercial vegan cream cheese, plain flavor, is sold at natural food stores and some grocery stores.

SPLENDID SALADS

This collection of recipes includes some ethnic and family favorite salads, such as Pasta Salad, Southwestern Summer Salad, Picnic Time Potato Salad, and a shredded cabbage Coleslaw.

However, a green garden veggie salad can supply a significant source of the fresh raw veggies we need every day.

As soon as you purchase them, washing leafy salad greens (except cabbage) with a veggie wash; then rinsing and spinning out excess water in a salad spinner, keeps them fresh longer. (Triple cleaned leafy salad greens may not need any further washing.) **Whatever container you use to store your salad greens, placing a paper towel over them in the container absorbs excess moisture, and keeps your leafy salad greens crisp and fresh much longer.** Washing and rinsing tomatoes, mini bell peppers, cucumbers, zucchini, etc, and then air-drying them in a colander helps to keep them fresh longer, especially if you store them alongside Blu Apples in your fridge. **We have found that fresh spinach sold in a bunch keeps crisp and fresh much longer than spinach leaves sold in a bag or container.** See also Tips and Tools re Blu Apples.

WHEN YOUR FRESH RAW VEGGIES ARE READY TO EAT, IT IS MUCH EASIER TO FIX AND EAT A SALAD EVERY DAY--IN A BOWL OR IN A VEGGIE WRAP.

Red, orange, and yellow sweet mini or baby bell peppers are veggie super stars, as you can quickly slice several into a salad, veggie wrap, or mini pizza topping. They not only provide a powerhouse of nutrients, but they add bright color, flavor, and crisp texture. And they are less expensive than buying the large red, orange, and yellow bell peppers.

Red cabbage keeps well for weeks in your fridge, and a small amount can be quickly shredded into a salad or veggie wrap – where it adds valuable nutrients, as well as bright color, flavor, and crisp texture.

After grape tomatoes are washed, rinsed, and air-dried, they are ready to grab a handful anytime you need them. Yesss!

Lightly toasted pumpkin or sunflower seeds take salads to the next level, not only by adding crunch and flavor – they are powerhouses of valuable nutrients, including heart healthy fats.

CUCUMBER COOLER

1 c. sliced or diced cucumber
2 medium tomatoes, coarsely chopped
1 medium ripened but firm avocado, cubed
Dash of salt and lemon juice, to taste

- Combine the above ingredients for a tasty, simple salad.

HOT POTATO SALAD

4 medium potatoes – Yukon Gold, Red or White Rose, or russet
1 medium red or sweet yellow onion, diced or chopped fine
1 c. frozen petite baby peas
Creamy Ranch Dressing or Creamy Dill Dressing, **freshly made and hot** (see recipes)
Ground turmeric, to taste (optional)

- Scrub and cut potatoes into bite size chunks. (If you are using russets, you may wish to peel them.)
- Place potatoes in a 2-quart saucepan with 2 c. boiling water and 1/2 t. salt.
- Cover and boil until potatoes are tender, then drain potatoes in a colander.
- Combine cooked potatoes, diced onion, and frozen peas in a large serving bowl.
- Stir in your choice of a hot, freshly made creamy dressing, to taste.
- **Season to taste.** This makes a great side for veggieburgers or vegan grilled cheese sandwiches.
- This is also a tasty potato salad when it is chilled. You may wish to add some finely diced celery.
- **If desired, the chopped onion can be added to the potatoes during the last few minutes of cooking the potatoes.**

STUFFED BAKED POTATOES

Can you think of a more simple and satisfying food than a baked potato?

Countless persons and families have survived starvation and wartime conditions with baked potatoes and salt.

Potatoes can be baked to fluffy perfection at 400 degrees for 50-60 minutes. (Baking time varies with potato size.)

After baking your choice of potato, (our favorite is a russet) just stir in a little salt and your favorite topping.

You might like to try these toppings:

Creamy Ranch Dressing **or** Cream Cheese Spread (see recipes)

Commercial vegan cream cheese, sold at natural food stores and some grocery stores

Soy Sour Cream (see recipe) **or** commercial vegan sour cream, sold at natural food stores and some grocery stores

Stuffed Baked Potatoes can take baked potatoes to the next level.

- Scoop out baked potato and combine with salt and any of the above toppings, to taste.
- Stuff this mixture into potato skins and wrap in foil.
- Reheat in a toaster oven or oven at 400 degrees for 5-10 minutes, until heated through.

If you keep a stash of veggieburgers in your freezer, they can be warmed alongside the Stuffed Potatoes.

Serve with a crisp green salad and whole grain French bread for a simple, satisfying meal.

REAL MASHED POTATOES

4 medium russet potatoes, peeled and quartered lengthwise*

2 c. water

1/2 t. salt

Creamy Ranch Dressing **or** Cream Cheese Spread (see recipes)

or

Commercial vegan cream cheese, sold at natural food stores and some grocery stores

- Place peeled and quartered potatoes in a 2-quart saucepan with water and salt.
- Cover and bring to boil over high heat, then reduce heat to medium, so water is boiling gently.
- Cook for 15-20 minutes, until potatoes are tender when poked with a sharp knife.
- Remove from heat and drain all water from potatoes, saving the cooking water if needed to moisten mashed potatoes.
- With potato masher, mash potatoes in the saucepan just until potatoes are fluffy.

- Stir in about 1/2 c. Creamy Ranch Dressing, to taste

or

- Cream Cheese Spread (chive and garlic flavor is especially tasty)

or

Commercial vegan cream cheese, sold at natural food stores and some grocery stores

- Serve at once, or if mashed potatoes are needed later, place in a baking dish, cover, and chill.
- (Prepare baking dish with nonstick spray, wiping off excess with a paper towel.)
- Reheat covered at 350 degrees for 30 minutes, or until potatoes are heated through.
- This recipe can easily be adjusted for multiple servings.

***Russet potatoes make fluffier mashed potatoes than do other potatoes – and they have a delicious flavor!**

Mashing the potatoes immediately after cooking them is essential, or they will become gummy and sticky.

BAKED YAMS

- Small, slender red garnet yams tend to be more moist and sweeter than larger yams or sweet potatoes.
- Bake at 350 degrees for 30-40 minutes, until yam is tender when poked with a fork.
- Placing yams on foil catches any juices that bubble out during baking.

STUFFED CABBAGE ROLLS

1 medium head green cabbage, regular or Savoy*
1 recipe of Wheat Walnut Crumbles** (see recipe)
1-2 jars your favorite pasta sauce
Sesame Parmesan Topping for garnish (see recipe)

- In a large kettle with foldup steamer rack, or in pasta cooker, place at least 1 inch of water.
- Bring to a boil and fill kettle with steam.
- Remove any limp outer leaves from cabbage.
- With sharp narrow blade knife cut core from intact cabbage head.
- Place cabbage head with core end down on steamer rack, cover, and steam for 10 minutes over high heat.
- Remove from heat and let stand covered until cabbage leaves are cool enough to handle.
- Prepare 11 x 16-inch baking dish with nonstick spray, wiping off excess with a paper towel.
- Gently separate cabbage leaves from head and stack on a dinner plate.
- Place one leaf in baking dish and fill with about 1/3 c. Crumbles mixture (size of leaves can vary)
- Fold filled leaf in half and place on side in baking dish.
- Repeat until baking dish is filled with a single layer of stuffed cabbage rolls.
- Drizzle pasta sauce over cabbage rolls.
- Garnish with Sesame Parmesan Topping.
- Cover and chill until needed.
- Bake covered at 350 degrees for 50-60 minutes, until sauce is bubbling.

This entrée is delicious served with baked or mashed potatoes, a crisp green salad, and whole grain French bread.

Save any small unused leaves at center of cabbage. They can be layered in a small baking dish with Crumbles, pasta sauce, and Sesame Parmesan Topping, for another meal.

*Savoy cabbage is bright green with deeply textured leaves that are fairly uniform in size. It is especially tasty in stuffed cabbage rolls. It will be tender when steamed for 10 minutes, and its texture really enhances this entrée.

STUFFED BELL PEPPERS

Large red, orange, yellow, or green bell peppers — your choice
1 recipe of Wheat Walnut Crumbles** (see recipe)
1-2 jars your favorite pasta sauce
Sesame Parmesan Topping for garnish (see recipe)

- Prepare enough bell peppers for persons to be served.
- (1-2 stuffed pepper halves makes a serving for one person)
- Cut peppers in half **lengthwise**, and remove stem and seeds.
- Steam pepper halves just until crisp/tender, about 5 minutes.
- Prepare baking dish with nonstick spray, wiping off excess with a paper towel.
- Place pepper halves in baking dish and stuff each one with about 1/2 c. Crumbles.
- Drizzle pasta sauce over stuffed peppers.
- Garnish with Sesame Parmesan Topping.
- Cover with foil and chill until needed.
- Bake covered at 350 degrees for 30-40 minutes, until sauce is bubbling.

This entrée is delicious served with baked or mashed potatoes, a crisp green salad, and whole grain French bread.

****Quinoa Crumbles can replace Wheat Walnut Crumbles, if gluten sensitivity is a problem. (see recipe)**

SUPER SPAGHETTI

Spaghetti is not only an all time favorite entrée--it is survival food when you have nothing else prepared for dinner!

We heartily recommend whole grain pastas, such as vermicelli--a thin spaghetti – as well as rotini, rotelle, or fusilli whole grain pasta spirals, which are easier for kids – and the rest of us – to eat.

When whole grain pastas are cooked until they are tender, most persons do not even realize they are whole grain.

Whole wheat pastas need to be cooked over medium/high heat for 10-15 minutes, just until pasta is tender.

Brown rice pastas need only 3-5 minutes cooking time, just until pasta is tender.

Stir pasta several times during cooking to keep it from clumping or sticking to pan.

Adding 1 t. olive oil to water for cooking helps prevent pasta from sticking together and clumping.

Try to keep a stash of whole grain pastas on hand.

If gluten sensitivity is a problem, brown rice pastas can replace whole wheat pastas.*

- Whatever your favorite pasta sauce, simply adding a 4-oz can of sliced olives, rinsed well and drained in a colander, and/or a 4-oz can of sliced mushrooms, provides valuable nutrients, as well as rich taste and texture.
- The following veggies sautéed together add even more fresh taste, texture, and nutrients.
- For each jar of pasta sauce, try including the following veggies sauteed together until tender:

1 medium sweet yellow onion, chopped fine

1-2 garlic cloves, chopped fine

Several red, orange, and yellow mini bell peppers, or one baby bell pepper, coarsely chopped

6-8 fresh white button mushrooms, sliced** (omit canned mushrooms if using fresh mushrooms)

1 t. Italian seasoning, to taste

1-2 t. olive oil

- The onion and garlic cloves can be quickly chopped fine together in a small food chopper.

Crisp Crumbles add great crumbled vegeburger taste and texture to any spaghetti sauce.

Quinoa Crisp Crumbles can replace Wheat Walnut Crisp Crumbles, if gluten sensitivity is a problem. (see recipes)

Everyone enjoys Parmesan cheese over spaghetti. Sesame Parmesan Topping is a tasty vegan garnish you can easily make and keep on hand in your fridge. And it makes a tasty topping for whole grain French bread. (see recipes)

Your choice of whole grain pasta and pasta sauce, served with a crisp green salad and whole grain French bread, and enhanced with the above ingredients, take this simple Italian meal to a new level.

***Tinkyada Pasta Joy brown rice pastas have superior quality and texture. Their pastas do not fall apart after cooking, as some brown rice pastas can do. These pastas are sold at Save Mart, natural food stores, and online.**

****Fresh mushrooms keep way better in a paper bag. We recommend removing them from the store pkg as soon as you purchase them, and storing them loose in a paper bag in the fridge. Change the paper bag when it gets damp.**

TASTY TOFU FETA

14-16-oz pkg extra firm tofu

(Sprouted soybean super firm tofu is even better, if available)

Organic soybean tofu is vacuum sealed, and keeps well unopened for about a month in the fridge—a great feature.

- Rinse and drain tofu well in colander.
- In a medium mixing bowl break tofu apart with fork into pea sized chunks. **Avoid mashing tofu.**
- Measure 2 c. crumbled tofu and set aside. Any remaining tofu can be frozen in a ziplock bag.
- (Freezing tofu makes it more firm, which works well for tofu feta and scrambled tofu.)
- In the medium mixing bowl place the following ingredients:

1/4 c. cool boiled water*

1 T. olive oil

1 T. lemon juice

1/2 t. granulated garlic powder, to taste**

1/2 t. granulated onion powder, to taste

1 1/4 t. salt, to taste

- Beat the above 6 ingredients together with a small wire whisk, until emulsified.
- With fork, stir in 2 c. crumbled tofu, mixing well.
- **Add any seasonings to taste.**
- Store in small containers with tight-fitting lids, which can be used within 1 week.
- This Tofu Feta freezes well. Chill one container and freeze the rest for use later.
- After thawing Tofu Feta, pour off any liquid.
- Tofu Feta adds a tasty garnish to green salads and veggie wraps.
- It is delicious tossed with whole grain linguine or fettuccine.

***Boiling essentially sterilizes water, and helps keep this Tofu Feta fresh much longer.**

****If you are using garlic flavored olive oil, the granulated garlic powder can be omitted.**

SAVORY SEASONING BLEND

1/2 t. ground savory

1/2 t. ground marjoram

1/2 t. McCormick dried celery flakes*

1 t. granulated garlic powder

1 T. granulated onion powder

1 T. dried parsley flakes

1/4 c. salt

1/2 c. nutritional yeast flakes

- Place all ingredients in a dry blender jar, cover, and process at high speed until ground fine.
- Store in a container with a tight-fitting lid at room temp.

Savory Seasoning Blend is a tasty all-purpose seasoning.

* Dried celery flakes have a more mild flavor than celery seed.

McCormick dried celery flakes are sold at Save Mart grocery stores and online.

VANILA PUDDING AND CREAM PIE

1/2 c. uncooked hulled millet
2 c. water
1/8 t. salt, to taste
1 t. pure vanilla extract*

- In a 1-quart saucepan bring water, salt, and vanilla to boil.
- Add millet, cover, and cook one notch above low heat for 50 minutes, or until all liquid is absorbed.

1/4 c. raw cashews, rinsed in boiling water and drained in strainer
1/4 c. honey, agave nectar, or pure maple syrup, to taste
3/4 c. plus 2 T. sweetened vanilla almond milk or sweetened coconut milk
1 T. old fashioned (natural) peanut butter or almond butter**
1 t. lemon juice

- **Place the above 5 ingredients in blender while millet is cooking, so that hot, freshly cooked millet can be blended in at once.**
- **Hot, freshly cooked millet is essential for making this pudding super smooth.**
- Add hot, freshly cooked millet to ingredients in blender.
- Cover and process at low speed, then increase to high speed and process until super smooth.
- This mixture will be very thick. With narrow blender spatula, carefully scrape sides of blender as needed.
- Chill in container with a tight-fitting lid.
- Scoop chilled pudding into blender and blend smooth, then chill again before serving.
- Blending this chilled pudding smooth again is essential for a creamy, mousse texture.
- If available, top with fresh sliced strawberries or any other fresh berry.
- **Millet is a super nutritious, gluten free whole grain, so it's a real winner for making this creamy pudding.**

*The alcohol in the vanilla will evaporate when cooking it with the millet.

**Nut butter helps give this pudding and pie filling a creamy texture and makes it more firm for slicing.

VANILLA CREAM PIE

- This pudding makes a delicious filling for a cream pie or cheesecake. Follow above recipe for pudding.
- After blending chilled pudding smooth again, pour into 9-inch pie plate lined with your choice of crumb crust.
- Briefly chill uncovered, then cover with plastic wrap and chill at least 24 hours before slicing and serving.
- This pie filling will become more firm more the longer it is chilled.

SUPER E-Z CRUMB CRUST (AKA MOM'S LAZY CRUMB CRUST)

1/2 c. lightly toasted pecans or walnuts
1/4 c. fine unsweetened coconut

- Prepare 9-inch pie plate with nonstick spray, wiping off excess with a paper towel.
- Place nuts and coconut in a small food chopper and process at high speed until ground fine.
- Spread ground mixture evenly across bottom of pie plate.
- Gently pour pie filling that has been chilled and blended smooth again, over ground mixture in pie plate.
- Briefly chill uncovered, then cover with plastic wrap and chill at least 24 hours before slicing and serving.

If you prefer a baked crumb crust, you may wish to try Coconut Crumb Crust or Crunchy Crumb Crust. (see recipes)
However, if you are into **really quick and easy**, we think you will like this Super E-Z Crumb Crust.

COCONUT CREAM PIE

Follow recipe for Vanilla Cream Pie, making the following changes:

- Replace the vanilla almond milk with sweetened coconut milk.
- Line a 10-inch deep-dish pie plate with Coconut Crumb Crust. (see recipe)
- Chill pie filling in container with a tight-fitting lid.
- Blend chilled pie filling smooth again in a blender before pouring into cooled baked pie shell.
- Sprinkle 1 c. Bob's Red Mill unsweetened flaked coconut over pie filling.*
- Cover with plastic wrap and chill at least 24 hours before slicing and serving. **Yum.**
- For an even richer coconut flavor in this cream pie filling, add 1/4 c. unsweetened flaked coconut, and increase the coconut milk to 1 c. before processing this mixture in blender.
- This mixture will be **VERY THICK**, but it can be blended super smooth in an ordinary blender.
- Process at medium speed for several minutes, then slowly increase to high speed.
- With narrow blender spatula scrape sides of blender and **STIR CAREFULLY** as needed to keep mixture moving over blender blades.
- Chill pie filling in container with a tight-fitting lid.
- Blend chilled pie filling smooth again in blender before pouring into cooled baked pie shell.
- Sprinkle 1 c. Bob's Red Mill unsweetened flaked coconut over pie filling.*
- Cover with plastic wrap and chill at least 24 hours before slicing and serving.

COCONUT BANANA CREAM PIE

- Line a 10-inch deep-dish pie plate with Coconut Crumb Crust, then bake and cool crust. (see recipe)
- Follow recipe for Coconut Cream Pie, chilling the pie filling in a container with a tight-fitting lid.
- Arrange ripened but firm banana slices in a single layer over cooled baked pie shell.
- Scoop chilled Coconut Cream Pie filling into blender or food processor and blend smooth again.
- Pour Coconut Cream Pie filling that has been blended smooth again over banana slices.
- Sprinkle 1 c. Bob's Red Mill unsweetened flaked coconut over pie filling.*
- Cover with plastic wrap and chill at least 24 hours before slicing and serving

*Bob's Red Mill unsweetened flaked coconut has superior quality and flavor.
It is sold at natural food stores and online.

VEGAN LEMON MAYO

12-oz pkg Mori-Nu extra firm silken tofu*

1/4 c. raw cashews, rinsed with boiling water and drained well in colander

1/4 c. boiling water**

1/2 c. lemon juice, to taste

2 T. honey, to taste

1 1/4 t. salt, to taste

1/2 t. granulated onion powder, to taste

1/8 t. granulated garlic powder, to taste

- Place first 4 ingredients in blender.
- Cover and process at low speed, then increase to high speed and process until super smooth.
- Add remaining seasonings to taste and process briefly.
- Chill in several small containers with tight-fitting lids.
- This will keep well 7-10 days in the fridge, especially if stored in several small containers
- (Each time a container is opened and used, germs from the air can begin to cause the contents to spoil.)
- **This mayo does not freeze well, as it becomes watery after freezing and thawing.**

*Mori-Nu tofu is vacuum sealed in its pkg, and keeps well (unopened) for months in the frig – a great feature.

**Boiling essentially sterilizes water, which keeps this mayo fresh longer – and it thickens the cashews as well.

This is our lemon flavored version of mayonnaise lovers' favorite vegan mayonnaise that is made with vinegar. We choose to not use vinegar, as it is a fermented product, and can upset the stomach. We prefer much less salt and seasoning in this spread, and if you prefer less seasoning as well, it can easily be adjusted in this recipe.

HOMEMADE HONEY-LEMON KETCHUP

6-oz can tomato paste (unseasoned)

1/2 t. granulated onion powder

1/4 t. granulated garlic powder

1/2 t. salt, to taste

3 T. lemon juice

3 T. honey

- With narrow blender spatula scoop tomato paste into small mixing bowl.
- Stir in seasonings, mixing well.
- **Add any seasonings to taste.**
- Chill in several small containers with tight-fitting lids.
- This homemade ketchup freezes well. Chill one container and freeze the rest for use later.

Dollar Tree sells small covered containers that are perfect for chilling or freezing small amounts of various foods. The right size – at the right price!

VEGGIE BURRITOS

Burritos can be as simple as a scoop of canned vegetarian refried beans rolled up in a whole grain tortilla and served as a Bean Burrito seasoned with Pico De Gallo fresh salsa. But it can be so much more!

One example of an all-time winner is Taco Bell's 7-Layer Burrito. You can easily build your own version at home.

SOME SERVING SUGGESTIONS:

Finely diced red or sweet yellow onion, sautéed until tender, combined with canned refried beans

1-2 T. diced fire roasted mild green chiles, combined with canned refried beans

(Drain excess liquid from diced chiles by pressing the lid against the chiles and tipping the can.)

Pico De Gallo fresh salsa, to taste

Vegan sour cream, to taste

Guacamole

Crisp green Romaine lettuce, shredded, **or** your choice of crisp shredded lettuce

Diced fresh tomatoes (if not using Pico De Gallo salsa)

Commercial vegan veggie shreds (optional) -- sold at natural food stores and some grocery stores

Seasoned Brown Rice (see recipe) (optional)

- Sunny Select fat free vegetarian refried beans contain just beans, water, and salt – and are very tasty.
- Full Circle organic vegetarian refried beans with green chiles and lime are especially tasty.
- Both of these brands are sold at Save Mart grocery stores.
- Adding a little ground cumin and/or cayenne red pepper, to taste, gives canned refried beans a little zip.
- Of course, you can cook your own Mexican Style Beans and mash them. (see recipe)
- Warm the beans, then warm the tortillas on a griddle over medium heat, just long enough to soften them.
- After the burritos are filled, they can be placed in a baking dish that has been rubbed with nonstick spray, covered tightly with foil, and kept warm in an oven at 300 degrees until you are ready to serve them.
- When fresh veggies are combined with refried or mashed beans in a burrito, it makes a hearty meal on its own.
- **Baked Spanish Rice served with Veggie Burritos makes a delicious Mexican meal.**

NOTE: Most burrito size tortillas that are sold in grocery stores, whether whole wheat, or flavored with spinach, sun dried tomatoes, etc, are made with trans fat, which we avoid like the plague. (Check those labels!)

Sprouted grain burrito size tortillas contain no trans fat, and are sold at natural food stores, Whole Foods Markets, and Trader Joe's.

Whole Foods Markets sell a selection of burrito size tortillas that contain no trans fat.

Keep wraps that have no preservatives frozen, as they can spoil quickly when stored in the fridge. Wraps will thaw quickly at room temp.

Sol De Oro brand super size multigrain tortillas are sold at Save Mart, and contain "no trans fat per serving." They are not burrito size, but can be rolled around a filling of refried beans and veggies. They keep well in the fridge.

VEGGIE SUBMARINE SANDWICHES

Wheat French bread

Creamy Ranch Dressing (see recipe) or your favorite creamy salad dressing

Crisp green Romaine lettuce hearts, or your choice of crisp lettuce, chopped fine

Tomatoes sliced thin. Roma tomatoes work well as they are more firm and less juicy.

(If you prefer grape tomatoes, just serve some on the side)

Sweet yellow or red onion, sliced thin

Fresh white button mushrooms, sliced very thin (so good!)

Red, orange, or yellow mini or baby bell peppers, sliced thin (very tasty)

Cucumber, peeled and sliced thin (optional)

Vegan cheese slices (optional) sold at natural food stores and some grocery stores

- Prepare bread and veggies for the number of persons to be served.
- Slice wheat French bread in half horizontally.
- If desired, **lightly** toast the bread after slicing, as this softens and makes it more tender.
- Combine the chopped lettuce with desired amount of creamy salad dressing.
- Place some of the lettuce mixture on each slice of bread. (this helps hold the sliced veggies together)
- Layer sliced tomatoes, onion, mushrooms, mini bell peppers, and cucumber on the chopped lettuce mixture.
- If desired, place vegan cheese slices over the sliced veggies.
- Put sandwich halves together, cut into serving size sections, and enjoy!

Submarine Sandwiches make a great summertime meal, with some watermelon for dessert.

In the winter, serve Submarine Sandwiches with a bowl of hot soup and a handful of lightly toasted pumpkin seeds.

VEGGIE WRAPS AND SANDWICHES

Veggies are so much fun to eat in a whole grain or multigrain wrap! They provide more veggie filling with less bread.

Safeway sells a tasty multigrain Flatout Bread and a delicious whole grain Lavash flat bread.

Safeway also sells a great whole wheat Mediterranean pita bread, which provides less bread with more veggie filling.

Save Mart grocery stores sell Sol De Oro multigrain tortillas, which make tasty small wraps.

They contain “no trans fat per serving.”

- Wraps or whole grain tortillas can be quickly warmed on a skillet or griddle over medium/low heat.
- If you are using a toaster oven, we recommend setting the temp at 250 degrees and warming the flat bread or tortillas for no longer than 2 minutes. This softens the wrap so it can be spread and easily rolled up.
If it is allowed to become crisp, it will break when you are rolling it up. (But it is still tasty!)
- **Cream Cheese Spread (see recipe) or commercial vegan cream cheese make a tasty spread for wraps.**
- **Or try lightly seasoned mashed avocado or Roasted Red Pepper Hummus (see recipe)**

SANDWICH FILLINGS THAT ARE PACKED WITH NUTRIENTS, FLAVOR, AND CRISP TEXTURE

Crisp green or red romaine lettuce or spinach leaves

Shredded red cabbage and/or shredded carrots

Sweet yellow or red onion sliced thin

Cucumber or zucchini sliced thin

Red, orange, and yellow mini or baby bell peppers, sliced thin in rounds

Fresh white button mushrooms sliced very thin*

Lightly toasted pumpkin seeds served on the side

Some tomatoes can be very juicy, so we recommend serving sliced tomatoes or grape tomatoes alongside veggie wraps.

SUPER SANDWICHES

- If you prefer a traditional sandwich made with whole grain or multigrain sliced bread, the above sandwich spreads and fillings are delicious.
- Lightly toasting the bread makes it more tender and brings out flavor.
- Lightly seasoned mashed avocado can be spread right on the bread.
- Your choice of vegan cream cheese or hummus makes a tasty spread as well.
- See recipes for Cream Cheese Spread or Roasted Red Pepper Hummus.

Cream Cheese Spread or Roasted Red Pepper Hummus can be quickly and easily made in your blender.

Commercial vegan cream cheese is sold at natural food stores and some grocery stores.

***Fresh mushrooms keep way better in a paper bag. We recommend removing them from the store pkg as soon as you purchase them, and storing them loose in a paper bag in the fridge. Change the paper bag when it gets damp.**

GOOD OLD GRILLED CHEESE SANDWICHES

- Grilled cheese sandwiches are tasty made with vegan cheddar flavor cheese slices.*
- With a pastry brush, lightly brush your choice of cooking oil onto the sliced bread.
- Insert 1-2 vegan cheddar flavor cheese slices, and bake on a griddle preheated one notch below medium heat.
- Brown lightly, then turn and brown lightly on the remaining side. Try grilling a vegeburger alongside.**
- Serve with a crisp green salad and sliced or grape tomatoes for a yummy 10-minute meal.

- If you prefer to omit the oil, just lightly toast your choice of bread and spread slices with Cream Cheese Spread*** or commercial vegan cream cheese****

- Insert 1-2 vegan cheddar flavor cheese slices*.
- If desired, serve a grilled vegeburger alongside.**
- Serve with a crisp green salad and sliced or grape tomatoes.
- If you are really hungry, add a bowl of soup!

CHEESEBURGERS**

- Whole grain or multigrain Sandwich Thins can make a burger bun with less bread.
- If you prefer more bread, whole grain burger buns are sold at most grocery stores.
- Lightly toast whole grain Sandwich Thins or burger buns and brush with your choice of spread.
- Layer with a grilled vegeburger, 1-2 vegan cheddar flavor cheese slices, a tomato slice, and crisp lettuce leaf.
- If you are really hungry, add a bowl of soup!

***Cheddar flavor vegan cheese slices are sold at natural food stores and some grocery stores.**

These individually wrapped vegan cheese slices can be frozen, but are quite fragile after freezing and thawing. Try unwrapping these slices while they are still frozen, just before using them.

****Mushroom Walnut Vegeburgers or Gardenburgers are tasty homemade vegeburgers. (see recipes)**

CREAM CHEESE SANDWICH THINS

- Whole wheat or multigrain Sandwich Thins make a sandwich with less bread, whether you use them as is, or separate the slices for a super thin sandwich.
- Lightly toast them, and spread with Cream Cheese Spread*** or commercial vegan cream cheese.****
- Add spinach or lettuce leaves, a tomato slice, and a grilled vegeburger if desired.**
- A bowl of soup and a handful of pumpkin seeds on the side make this another yummy 10-minute meal.

*****Cream Cheese Spread can be quickly and easily made in your blender. (see recipe)**

******Commercial vegan cream cheese is sold at natural food stores and some grocery stores.**

SAUTEED VEGGIES IN A BURGER BUN

1 medium sweet yellow onion, sliced thin in quarter rounds
1 medium red bell pepper, sliced thin in 2-inch strips, or 2-3 red mini bell peppers, sliced thin in rounds
1 medium zucchini, sliced thin
8-oz pkg fresh white button mushrooms or 2 large Portabella mushroom caps, sliced thick
6-8 whole grain or sprouted grain burger buns, lightly toasted
Your choice of spread (Pesto is really tasty!)

- Prepare stir-fry skillet with nonstick spray, wiping off excess with a paper towel.
- Stir-fry onion, red pepper, and zucchini over medium heat, then cover and sauté just until tender.
- Stir in sliced mushrooms, cover, and sauté for one minute more.
- Brush inside of buns with spread, then fill with sautéed veggies for a yummy hot sandwich.
- This makes 6-8 servings. Try serving alongside a bowl of hot soup.
- Or serve the veggies with your favorite brown rice or whole grain pasta entrée.

VIBRANT VEGGIES

This collection of recipes featuring whole plant foods includes a variety of ideas for fixing fresh veggies. Veggies are so much more appealing when their bright colors, crisp textures, and subtle flavors are preserved. Check out our recipes for Pasta Primavera, Simple Stir Fry Veggies, Sensational Steamed or Blanched Veggies, Oven Roasted Rosemary Red Potatoes, Mushroom Veggie Fajitas, and Sesame Parmesan Mini Pizzas.

Here are some more ideas we think you will like:

ROASTED CAULIFLOWER WITH CHEDDAR STYLE CHEESE SAUCE

1 head fresh cauliflower
1 recipe Cheddar Style Cheese Sauce (see recipe)

- Preheat oven to 475 degrees.
- Rinse cauliflower, cut away leaves, and cut stem even with rest of cauliflower head.
- Place cauliflower stem side down in a round baking dish with 1 c. water.
- Bake uncovered at 475 degrees for 30-45 minutes, until cauliflower is tender **at the core** when poked with a sharp knife.
- **Baking time will vary with the size of the cauliflower head. Check every 30 minutes and add more water as needed.**
- When cauliflower is tender, pour off any remaining water from baking dish.
- Cauliflower will be lightly browned on top. **Baking at high temp brings out rich flavor – even without cheese sauce.**
- While cauliflower is baking, if desired prepare Cheddar Style Cheese Sauce. (see recipe)
- Drizzle desired amount of heated Cheese Sauce over cauliflower and serve for a show-stopping veggie!
- Any leftover cheese sauce freezes well. After thawing, beat with wire whisk until creamy again, and reheat.
- If cauliflower is needed later, reheat in a baking dish with 1/2 c. water, covered loosely with foil, at 400 degrees

ROASTED BUTTERNUT SQUASH

Any size pkg fresh cubed butternut squash
Garlic flavored olive oil or 1/8 t. granulated garlic powder combined with 1 T. olive oil

- Preheat toaster oven or oven to 350 degrees.
- Cover cookie sheet with foil and prepare with nonstick spray, wiping off excess with a paper towel.
- In a mixing bowl toss cubed squash with just enough olive oil to coat the squash.
- Spread squash evenly on foil-covered cookie sheet.
- Bake at 350 degrees for 30-40 minutes, or just until squash is tender.
- Roasting the cubed squash brings out its sweet, rich flavor.
- This makes a super simple and simply delicious side for Quick 'N Easy Wild Rice Pilaf or Mushroom Walnut Meatloaf.
- If fresh cubed butternut squash is not available, or you prefer to prep a small whole butternut squash, the squash can be peeled, seeded, and cut into 1-inch cubes for roasting as above.
- A heavy solid ice cream scoop works well for removing seeds and pulp from squash.

PRECOOKED PEELED BABY BEETS

For those of us who do not want to bother with preparing fresh beets – and who hate canned beets – this has put nutritious beets back into our lives. Many grocery stores now sell vacuum-sealed, precooked, and peeled baby beets that are tender, sweet, and delicious. Just heat and eat! Any leftover beets freeze well.

BAKED WINTER SQUASH

- Preheat oven or toaster oven to 400 degrees.
- Cut squash into pieces of desired size and scoop out any seeds or pulp.
- Place pieces of squash skin side down in a baking dish, with 1 c. water.
- Bake squash uncovered at 400 degrees for 30-40 minutes, until tender.
- Pour off any remaining water from baking dish.
- If desired, drizzle with pure maple syrup or honey, and season with a pinch of salt before serving.

WHEAT WALNUT CRUMBLES*

2 1/4 c. water
1 c. lightly toasted walnuts**
1/4 c. minced or chopped dried onions
1/2 t salt, to taste
1/2 t. granulated onion powder
1/8 t. granulated garlic powder

1 c. bulgur wheat

- In blender place the 1 c. walnuts and 1 1/4 c. water.
- Cover and process at low speed, then increase to high speed for 1 minute.
- Pour blender contents into 2-quart saucepan, rinse blender with remaining 1 c. water, and add to saucepan.
- Stir in seasonings and bring to boil. (Watch carefully to avoid boiling over.)
- Stir in bulgur wheat, cover, reduce heat to 1 notch above low, and cook for 20 minutes.
- Remove from heat, stir with fork, cover, and let stand at least 30 minutes.
- This tasty mixture can be used as is for stuffed bell peppers or stuffed cabbage rolls. (see recipes)
- **This basic recipe for Crumbles can be seasoned any way you like, and can easily be doubled as needed.**
- This mixture can be baked and dried out in your oven to make Crisp Crumbles. (see recipe below)

***Several decades ago a friend shared this as a recipe for patties. This made a tasty but fragile patty that crumbled easily. We began finding various uses for the crumbled patties--and this recipe then morphed into Crumbles. We shared it with friends on the Weimar campus, and as they adapted it with different seasonings, it ended up in the Weimar cookbook. Variations of Crumbles have since surfaced in other cookbooks as well. This is a classic example of how ideas are shared and spread. We are glad this one has been so useful in a variety of entrees.**

****If walnut allergy is a problem, lightly toasted pecans or shelled sunflower seeds can replace the walnuts.**

CRISP CRUMBLES

- Preheat oven to 300 degrees.
- Prepare large cookie sheet with nonstick spray, wiping off excess with a paper towel.
- Spread Crumbles mixture evenly over cookie sheet, up to one inch of edges.
- Bake for 30 minutes, then stir well, spread evenly on cookie sheet, and return to oven.
- Reduce oven heat to 170 degrees and bake for several hours or overnight, until Crumbles are crisp and dry.
- When cool, store Crisp Crumbles in a ziplock bag in the freezer until needed.
- **Crisp Crumbles add a crumbled vegeburger taste and texture to enchilada and spaghetti sauce. (see recipes)**
- **For taco filling or scrambled tofu, combine Crisp Crumbles with boiling water in a 2:1 ratio. (1 c. Crisp Crumbles to 1/2 c. boiling water) Cover and let stand 15 minutes to soften before using.**

QUINOA CRUMBLES

Quinoa is a super nutritious, gluten free whole grain, and it can replace the bulgur wheat in this recipe, if gluten sensitivity is a problem. Quinoa Crumbles can replace Wheat Walnut Crumbles in any recipe.

- Follow above recipe for Wheat Walnut Crumbles, replacing 1 c. bulgur wheat with 1 c. uncooked quinoa.
- After stirring quinoa into boiling liquid and seasonings, cover and reduce heat to medium/low.
- Cook for 20 minutes, or until all liquid is absorbed.
- Remove from heat, stir with fork, cover, and let stand at least 30 minutes.
- This mixture can be used as is for stuffed bell peppers or stuffed cabbage rolls. (see recipes)

CRISP QUINOA CRUMBLES

- **Follow above recipe for Crisp Crumbles. When cool, store in a ziplock bag in the freezer until needed.**

WINTERTIME WARM AMBROSIA (AKA FRUIT SOUP)

4 c. apple juice
2 c. water
1/4 t. salt, to taste
1/4 c. tapioca flour
1 c. dried cranberries or raisins (or 1/2 c. of each)
1/2 c. dried apricots
1/2 c. dried peaches
1/2 c. pitted prunes, cut into bite-size pieces, or 1/2 c. dried sweet pitted cherries
1 c. dried mango, cut into bite-size pieces
2-3 dried pineapple rings, broken into bite-size pieces

1 large golden delicious apple, scrubbed, quartered, cored, and cut up into several large pieces (optional)

- Place apple juice and water in a 6-quart kettle.
- Stir in salt and tapioca flour with wire whisk, and beat with wire whisk until tapioca flour is dissolved.
- Coarsely chop dried peaches in food processor.
- Stir all dried fruit into apple juice mixture.
- If using a fresh apple, coarsely chop in food processor and stir into kettle.
- Bring to a boil over medium heat, then reduce heat to low.
- Cover and cook over low heat for 1 hour, or until dried fruit is softened and tapioca is thickened and clear.
- Stir occasionally to prevent sticking and scorching.
- Serve warm with muffins, Blueberry Scones, waffles, or French toast for a simple, delicious brunch or supper.
- (See recipes for muffins, scones, waffles, or French toast)
- This will thicken more when chilled. When reheating, add water as needed.
- This recipe can easily be adjusted for any size group.
- Any favorite dried fruit can be included, such as dried papaya, dried pears, or dried blueberries.

FRESH FRUIT AMBROSIA

12-oz can frozen orange juice concentrate, thawed*
Pinch of salt, to taste
2-3 Fuji apples, cut in bite size pieces (or your favorite sweet apple)
3-4 c. Red Flame or green seedless grapes
1 quart fresh strawberries, sliced
4-6 kiwis, peeled and sliced
1 c. fresh or frozen blueberries
8-oz can Dole pineapple chunks in its own juice, well drained** (reserve juice for drinking)
Any fresh fruit in season, such as peaches or nectarines, sliced

1 c. lightly toasted sliced almonds
2-3 ripened but firm sliced bananas

- Pour orange juice concentrate into very large container with a tight-fitting lid, and stir in salt.
- Cut up apples and quickly stir into orange juice to prevent darkening.
- Prepare all other fruits **except bananas** and gently fold into ambrosia.
- Cover and chill before serving.
- Just before serving drain off any liquid (save for drinking) and gently fold in sliced bananas and sliced almonds.

***The frozen orange juice concentrate is the secret to this delightful Fresh Fruit Ambrosia.**

It keeps the apples, bananas, and peaches or nectarines from darkening, and adds a tangy, sweet flavor.

If desired, this ambrosia can be additionally sweetened to taste with honey or agave nectar.

****Dole pineapple has consistently superior quality fruit and flavor.**

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