Food Category - Breakfast *Recipe from Heather Resceck*

Banana Muffin

Ingredients:

Cooking spray
2 cups whole-wheat pastry Flour
¾ cup unbleached all-purpose Flour
¾-1 cup Sucanut
¼ cup ground Flaxseed
2 teaspoons Baking powder
½ teaspoon Baking soda
½ teaspoon Salt
½ teaspoon Nutmeg
½ cup Soy milk
1½ teaspoons Lemon juice or vinegar
2 cups mashed overripe Bananas (about 4 large bananas)
1/3 cup Soy margarine, melted
1 teaspoon Vanilla extract
½ cup chopped Walnuts, optional

Instructions:

Heat oven to 375°F. Coat a muffin tin with cooking spray. Whisk whole-wheat pastry flour, all-purpose flour, sucanut, ground flaxseed, baking powder, baking soda, salt, and nutmeg together in a mixing bowl. Stir soy milk and lemon juice together and set aside. Mash bananas in a separate mixing bowl. Stir in melted margarine, vanilla, and curdled milk. Stir banana mixture into flour mixture until combined. Spoon a heaping ¼-cup batter into each muffin cup. Sprinkle with chopped walnuts, if desired. Bake 18-20 minutes. Cool the muffins in the tin for 5 minutes before transferring to a wire rack to cool for 5 more minutes.

Nutritional Information: These muffins contain about half the fat of typical muffins. Whole-wheat pastry flour provides a high-fiber alternative to white flour, and ground flaxseed helps to bind the muffins together while adding valuable omega-3 fats and fiber.

Reference: Vibrant Life Issue: January 12, 2010. pg. 39

Food Category – Bread *Recipe from Marlene McKinney*

Banana Muffin 1

Preparation time: 20 minutes

Ingredients:

2¾ -cup Bran cereal
½ -cup raisins
½ cup walnuts, opt
1-cup unbleached flour
½-cup whole-wheat flour
2/3-cup sugar
1 tbsp baking powder
1¼-cup water
1/2 cup coconut milk
2/3-cup canola oil
2-tsp. ground flaxseed
1-tsp. Coriander
1 banana
A dash of cardamom

Instructions:

Preheat oven to 350 degrees F. Measure out all dry ingredients, except cereal. Blend banana, milk, oil and water together. Add to dry ingredients and mix thoroughly until moistened. Add cereal. Fill muffin cups 2/3. Bake 25 to 30 minutes. Cool for a few minutes, serve warm.

Breakfast Porridge

(Africa)

Ingredients:

1 cup White Cornmeal
2 cups Water
1/8 teaspoon Salt
1/2 cup Rice milk
1/3 cup Water
2 tablespoon Honey
1 teaspoon Vanilla
Nutmeg to taste
Cinnamon to taste
Unsweetened Coconut, shredded

Instructions:

Mix cornmeal with just enough water to make thick paste. Bring the remaining water to a boil. Add cornmeal paste. Cook for 7 to 10 minutes. Mix the rice milk with 1/3 cup water. Add porridge, honey, vanilla, nutmeg, and cinnamon. Pour into bowl and garnish with coconut.

Makes 4 servings.

Reference: Mulkern, Shirley and Cavil, James. "Ultimate Vegetarian Collection "Its all Good!" Autumn House Publishing. 2008 pg. 11

Cashew - Oat Waffles

Preparation Time: 20 minutes

Ingredients:
1/3 cup raw Cashews
1 cup Water
1 cup Soy milk
2 tbsp Wheat germ
1 tsp Vanilla extract
1 tsp Olive oil
2 cups quick Oats
½ tsp Salt
1 tbsp Honey, Agave (optional)

Instructions:
1. Blenderize cashews in water and soy milk until smooth in blender.
2. Add remaining ingredients, then blend together.
3. Let mixture stand 5 minutes to thicken.
4. Cook approximately 7 minutes in hot waffle iron until golden brown.
5. Serve hot with your favorite toppings (pp. 34, 35).

CHEF'S TIP:
- Waffles freeze well and can be easily reheated in a toaster or microwave.

Serves: 2-3

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 35

Food Category - Breakfast *Recipe from Paula Eakins*

Cornmeal Porridge

Caribbean Style

Ingredients:

1/3 c. Cornmeal
2 c. Water
1/4 tsp. Sea salt
1/8 tsp. Nutmeg
1/2 c. Soy milk
2 tsp. Vanilla flavoring

Instructions:

1. Mix cornmeal with 1/2 cup of the water to make a paste.
2. In a saucepan bring 1 1/2 cups water and sea salt to a boil. Slowly pour the cornmeal paste and nutmeg into the boiling water, stirring constantly, on low for seven minutes.
3. Stir in soy milk and flavoring add additional water if porridge gets too thick. Sweeten with fructose.

Serves 3-4

Reference: www.3abn.org

Food Category - Breakfast *Recipe from Darlene Blaney & Dr. Hans Diehl*

Granola

Preparation Time: 20 minutes

Ingredients:

10 cups Oats (whole rolled or quick)
½ cup unsweetened Coconut, shredded (optional)
1 cup sliced Almonds
2 cups Wheat Germ
1 cup Sunflower seeds (raw)
½ cup brown Sesame seeds
½ tsp Salt (optional)
1 1/2 tbsp Maple Extract
1 cup Water
2/3 cup Olive oil
¾ cup Maple syrup or ½ cup brown sugar
1 cup Raisins
1 cup Dates, chopped

Instructions:

1. In a large bowl, mix together dry ingredients except raisins and dates.
2. Stir together: maple extract, water, olive oil, and syrup or sugar. Pour over dry mixture. Mix very well.
3. Divide granola between two baking sheets and spread out evenly.
4. Bake at 350ºF for approximately 40 minutes, or until golden brown. Stir every 10 minutes.
5. Remove granola from oven and cool. Mix in raisins and dates.
6. Store in an airtight container to retain freshness.

CHEF'S TIP:

• Bake at 175ºF overnight. For further browning: in the morning, turn temperature up to 300º F, stirring every 10 minutes, until desired color is achieved.

Makes: 16 cups

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 33

French Toast

Ingredients:
1/2 cup Cashews
1/2 cup Soymilk
1 1/2 cup warm Water
1/2 cup Dates or honey
1 cup unbleached white Flour or whole wheat flour
1 tbsp. Vanilla
1/2 tsp. Coriander

Instructions:
Blend ingredients together until smooth. Dip bread slices on both sides and brown on electric griddle or in oven at 350°F.

Makes 6 (1 slice per serving)

Reference: McKinney, Marlene., L.E., CNS. Vegetarian Delights. pg. 19

Food Category - Breakfast *Recipe from Paula Ekins*

Sautéed Mock Ackee

Ingredients:
1 tbsp. Olive oil
1/2 cup Onion, chopped
1 box Mori-Nu Tofu, firm, mashed
1/4 tsp Turmeric powder
Pinch of Cayenne pepper
1 medium Tomato, chopped
1 tsp. Sea salt
1 tbsp. Chives, garnish

Instructions:
1. In a skillet sauté onions in oil until tender.
2. Add mashed tofu, turmeric powder, cayenne pepper, chopped tomatoes and salt; mix well.
3. Simmer covered until tomatoes are tender. Serve hot garnish with chives.

Serves 3

Reference: 3abn.org

Food Category - Breakfast *Recipe from Darlene Blancy & Dr. Hans Diehl*

Scrambled Tofu 1

Preparation time: 20 minutes

Ingredients:

1 package medium/firm Tofu
1/2 tsp Garlic powder
1/2 tsp Onion powder
1/8 - 1/4 tsp Turmeric
1/2 tbsp dried Parsley flakes
1/2 tbsp Bragg's All Purpose Seasoning
1 – 3 tsp Chicken-like seasoning of your choice, to taste
1/2 tbsp Nutritional yeast flakes

Instructions:

1. Preheat a large nonstick frying pan.
2. Drain and rinse tofu. Chop and mash with spoon into frying pan.
3. Sprinkle all seasonings equally over tofu. Mix well.
4. Stir occasionally. Cook until most of the moisture has disappeared. Serve fresh and hot.
5. Garnish with fresh parsley and tomato wedges.

Chef's Tip:

For added nutrition, color, and flavor, you may wish to sauté onion, peppers, etc., in a small amount of water before adding tofu.

Makes 16 6-inch crepes.

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 37

Food Category - Breakfast *Recipe from Marlene McKinney*

Scrambled Tofu 3

Ingredients:
1 cup Tomato, chopped
1 cup Onion, chopped
1 cup Sweet pepper
1 tbsp Olive oil
1 lb Tofu
1 tbsp Turmeric
1 tbsp Chicken Style Seasoning
1 tsp Vege Sal
2 tbsp Yeast flakes
Dash Cayenne pepper

Instructions:
Sauté the first three ingredients in oil. Allow to cook for a few minutes. Add mashed tofu. Combine all seasonings, allow to simmer for 10 minutes on low heat. Serve.

Reference: McKinney, Marlene., L.E., CNS, Vegetarian Delights. pg. 19

Food Category - Breakfast *Recipe from Darlene Blancy & Dr. Hans Diehl*

Tofu Crepes

Preparation time: 25 minutes

Ingredients:
1 package soft Tofu
1 1/2 Soymik
1 tbsp Honey
1 tbsp Baking Powder
1 1/4 cups whole-wheat Pastry Flour

Instructions:
1. Preheat a 6-inch nonstick skillet or crepe pan.
2. Place all ingredients into a blender. Blend until very smooth.
3. Pour approximately 1/3 cup of batter into hot frying pan.*
4. Fry until lightly brown on both sides.
5. Serve rolled with thickened fruit or fruit topping in the middle.

Chef's Tip:
Pour batter into frying pan, then tip until batter thinly covers the bottom of pan evenly. Good served with *Creamed Pears Topping*.

Makes 16 6-inch crepes.

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 31

Food Category - Breakfast *Recipe from Teresa Wilson*

Un-sausage Patties

Ingredients:

2 cup Water
3 tsp. Vanilla
1/4 –1/2 cup Honey
2 cup quick Oats
2 tbsp Olive Oil
2 tsp Honey
2 tsp. Onion powder
1 tsp Sage
1/2 tsp. Garlic powder
1/2 tsp Italian Seasoning

Instructions:

1. Combine water and seasoning in a saucepan.
2. Bring to a boil. Add oats and cook for 1-5 minutes.
3. Spray a cookie sheet with oil, use a small ice cream scoop and scoop onto cookie sheet a small amount of oats and use the back side of a spoon to flatten and shape sausage.

Reference: www.3abn.org

Food Category – Appetizers *Recipe from Myra Korfeld*

Braised Zucchini Wheels with Sesame-Mint Pesto

Braising—simmering ingredients in a small amount of water in a shallow pan—keeps zucchini's texture firm but tender, rather than turning the vegetable into mush. This technique also works well with a prepared pesto if you're short on time.

Ingredient:

- 1/3 cup Breadcrumbs
- 1/3 cup whole Almonds
- 2 Garlic cloves, peeled
- 2 Tbs. fresh Mint leaves
- 2 tsp. Lemon juice
- 1 tsp. grated Lemon zest
- 1 1/2 Tbs. Olive oil
- 1 Tbs. Sesame seeds
- 4 medium Zucchini (2 lb.), cut into 5 wheels each

Instructions:

1. Pulse breadcrumbs, almonds, garlic, mint, lemon juice, and lemon zest in blender or food processor until coarsely chopped. Add oil and sesame seeds, and pulse several times to make chunky pesto.

2. Score an X in each zucchini wheel to within 1/2 inch of bottom, making sure not to cut through. Gently pry each wheel open, and stuff with 1 heaping tsp. pesto. Place zucchini wheels snugly in single layer, stuffing-side up, in medium saucepan. Add 1 cup water, cover pan, and bring to simmer over medium heat. Cook 20 minutes, or until zucchini are tender. Serve hot, with cooking liquid drizzled over top.

Serves 4

Reference: Vegetarian Times Issue: July/August 2009 . Cruz Bay Publishing, Inc pg. 63.

Food Category - Entrees *Recipe from Joyce Sangiradi*

Mango-Avocado Rolls

Vietnamese dish

Ingredients:

2/3 cup diced Avocado
2 tbs. Lime Juice
2 tsp. grated Lime Zest
2/3 cup finely chopped Red bell pepper
1/2 cup Vegan cream cheese, softened
1/3 cup thinly sliced Green Onions (white and pale green parts)
1/3 cup chopped Cilantro
1 tsp. Chile sauce, such as sriracha
8 8 1/2-inch Vietnamese Rice paper wrappers
2 cups Alfalfa Sprouts
1 1/2 cups thinly sliced fresh Mango

Instructions:

1. Combine avocado, lime juice, and lime zest in small bowl. Stir in bell pepper, cream cheese, green onions, cilantro, and chile; set aside.
2. Fill large bowl (9-inch diameter) with warm water. Submerge 1 rice paper wrapper 10 seconds in water, or just until it becomes soft. Remove wrapper to flat work surface, and let rest 30 seconds; it will become more pliable.
3. Spoon scant 1/4 cup avocado mixture just below middle of rice paper wrapper, leaving 1-inch border on either side. Top with 1/4 cup alfalfa sprouts and 2 to 3 mango slices. Fold bottom of rice paper wrapper up over filling, pressing filing as you go. Fold both sides of rice paper inward. Gently press to seal. Roll up wrapper to top edge. Brush water on top edge, if necessary, to seal. Repeat with remaining wrappers, avocado, sprouts, and mango.

Serves 4

Reference: Vegetarian Times Issue: September 2009. pg. 42

Food Category – Appetizers *Recipe from Rochelle Palermo*

Mixed- Grain Sushi Rolls

Ingredient:

- 4 cups short-grain white Rice
- 2 tbs. red Quinoa
- 2 Tbs. rolled Barley flakes
- 1/2 cup Rice vinegar
- 3 tbs. Sucanut
- 3 tsp. Salt

Directions

1. Rinse and drain rice several times until water runs clear. Set aside in strainer 30 minutes. Bring rice, quinoa, barley flakes, and 4 cups plus 1 tablespoon water to a simmer in large pot. Reduce heat to low, cover, and cook 15 minutes, or until water is absorbed. Remove from heat, and let stand, covered, 20 minutes. (If using a rice cooker, measure out grains in rice cooker cups, place in cooker, add water to appropriate line, then add additional 1 tablespoon water. Cook according to rice cooker instructions.)

2. Stir vinegar, sucanut, and salt together in bowl until sugar and salt dissolve. Fluff grains with wooden spoon and fold in vinegar mixture. Cover with damp towel until ready to use.

Makes 8 cups

Reference: Vegetarian Times Issue: September 1, 2010. p. 56

Breadmaking

When making your homemade bread, be sure to use whole grains, such as wheat, spelt, rye, and barley. These are wonderful grains. They make delicious breads, and they are full of nutrients, especially B vitamins.

If you choose to purchase your bread, then choose brands that are not filled with preservatives, stabilizers, or conditioners, and select those that are made from whole grains. So-called enriched flour, used in most commercial breads, has most of its food value removed and only a small portion replaced. By using the word "enriched," we are ticked into believing we're getting a "bonus" of nutrients when in reality we're getting "robbed". When wheat is milled into bleached flour, we lose, among other nutrients:

- 30 percent of the protein
- 90.7 percent of the fiber
- 60 percent of the calcium
- 50 percent of the copper
- 90 percent of the manganese
- 85 percent of the B1 vitamin
- 40 percent of the healthy fat
- 85 percent of the iron

When you realize how much nutrition in lost, how enriched do you feel now?

Tips for making bread:

1. To begin with, try a simple, basic recipe.
2. Salt and fat both slow the growth of the yeast and should not be added to the yeast mixture until it has grown strong and lively by feeding on sugar and starch.
3. Develop the gluten of the wheat flour in the batter by beating thoroughly with a spoon or whisk before adding other kinds of flour.
4. When using a quick-rising yeast, it is important to do a thorough job of kneading before the first rising of before placing the dough into the loaf pans.
5. When forming dough into the shape of a loaf, be sure to make a seam down the middle of the bottom of the loaf. This will make your loaf rise into a nice even shape. If your seam is off to one side, then your loaf of bread will hang over to that one side.
6. Never fill pans too full. Give the bread enough room to expand without having to rise out over the sides, causing cracked, overbrowned crusts.

7. Be careful not to "overraise" breads when in loaf pans. Bake the bread when the loaf pans. Bake the bread when the loaf has doubled in bulk.
8. Be imaginative! Make a wide variety of breads: use different ingredients, such as multigrains, dried fruits, nuts, seeds, and various combinations.
9. Add 1 tablespoon of lemon juice for every 4 cups of flour in a recipe. This will give you a lighter, high-rising bread.
10. Add 1 tablespoon of gluten flour for every 4 cups of flour in a recipe to make bread less crumbly and to help it rise nicely.
11. Add 1 tablespoon of liquid or granulated lecithin to your recipe to make bread less crumbly.
12. Bake several loaves of bread at one time, then freeze for future use. This will save you time and money!
13. It is important to bake each loaf thoroughly. When the bread slips easily out of the baking pan, it is thoroughly baked.

Note: *Bread just hot out of the oven is difficult to digest. It is probably better to wait at least 12 hours!*

Common Problems of Breadmaking and Possible Causes:

- Dry and crumbly*: too much flour in dough overbaked*
- Heavy: *insufficient kneading*
- Cracks in crust: *cooling in a draft; baking before sufficiently raised; oven temperature too hot a first; or yeast water too hot*
- Crust is too thick or dry: *oven temperature set too low; bread baked too long; or too much salt used*
- Sogginess: *too much liquid used or insufficient baking*
- Poor-shaped loaf: *not molded well originally when placed into pans or too large a loaf for the pan used*

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 40

Food Category – Bread *Recipe from Darlene Blancey & Dr. Hans Diehl*

Banana-Nut Bread

Preparation time: 20 minutes

Ingredients:

2 cups whole-wheat pastry Flour
1/2 tsp Salt
1/2 cup Walnut pieces
1 1/2 tsp Baking powder
1 tsp finely grated Orange or lemon peel (optional)
1/4 cup Olive oil
1/3 cup raw Cashews
1/3 cup Honey or 2/3 sucanut
1 1/4 cups ripe Banana, mashed
1 tbsp Ener-G Egg Replacer powder
1 tsp Lemon juice

Instructions:

1. In a medium-sized bowl, mix together dry ingredients.
2. Add remaining ingredients. Mix well.
3. Pour batter into a lightly oil-sprayed bread/loaf pan.
4. Bake at 350°F for 50 minutes or until inserted toothpick comes out clean.
5. Allow loaf to cool before slicing.

Makes 1 loaf

CHEF'S TIPS:

- You may substitute whole wheat flour in place of the whole wheat pastry flour. Just note that it will come out a little heavier.
- Optional: add 2 tbsp ground flaxseed

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 42

Food Category – Bread *Recipe from Darlene Blancey & Dr. Hans Diehl*

Dark Rye Bread

Preparation time: 25 minutes

Ingredients:

2 1/2 cups very warm Water
2 tbsp Molasses
1 tbsp quick-rise baking Yeast
1/4 cup Gluten flour
1 tbsp Lemon juice
2 tbsp Carob powder
1/2 tsp Salt
3 cups Rye flour
3 cups whole-wheat flour

Instructions:

1. In mixing bowl, combine first four ingredients. Mix well.
2. Add lemon juice, carob powder, salt and rye flour. Mix well.
3. Add enough whole-wheat flour so dough is not sticky.
4. Knead dough by hand for about 8 minutes.
5. Prepare two lightly oil-sprayed bread pans.
6. Divide dough and shape into two loaves and place into pans.
7. Cover pans with a towel and set in a warm place until doubled in size.
8. Bake in a preheated oven at 375ºF for about 30 minutes or until done.

Makes: 2 loaves (16 slices each)

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 44

Food Category – Bread *Recipe from Vic Scalzo*

Harvest Bread Sticks

Preparation time: 45 minutes

Dough Ingredients:

1 1/4 cups Water
2 small russet (baking) Potatoes, peeled and cubed (1 1/3 cups)
1 cup Soy creamer or soy milk
2 tablespoons Sucanut
2 tablespoons Vegan margarine
2 teaspoons Salt
6-6 1/2 cups half whole-wheat and half all-purpose Flour
2 packages active dry Yeast
1 tablespoon Water
Desired toppings, such as sesame seeds, fennel seeds, or rosemary seasoning

Instructions:

1. In a small saucepan bring water and cubed potatoes to a boil. Simmer, covered, about 15 minutes or until potato is tender; do not drain. Mash potato in the water. Measure potato mixture. If necessary, add additional water to make 1 2/3 cups total.
2. Return potato mixture to saucepan. Add soy creamer or soy milk, sucanut, vegan margarine, and salt. Heat or cool as necessary until warm, stirring constantly.
3. In a large mixing bowl combine 2 cups of the flour and the yeast. Add the potato mixture. Beat with an electric mixer on low to medium speed for 30 seconds, scraping the sides of the bowl constantly. Beat on high speed 3 minutes. Using a wooden spoon, stir in as much of the remaining flour as you can.
4. Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough. (knead 6-8 minutes). Shape dough into a ball. Place in a lightly greased bowl, turning once to grease dough. Cover, let rise in warm place until doubled in size (30 – 45 minutes)
5. Punch dough down. Turn dough out onto a lightly floured surface; divide dough in half. Cover and let rest 10 minutes. Roll one portion to a 15" x 8" rectangle. Cut into twenty 8 x 3/4 to 1-inch pieces. Stretch and roll each piece to form a 15 inch-long breadstick. Place 3/4 to 1 inch apart on lightly greased baking sheets. Repeat with remaining dough.
6. Preheat oven to 350°F. Cover and let breadsticks rise 20 minutes. Brush water over breadsticks. Sprinkle with sesame seeds or other desired toppings. Bake for 15 minutes or until lightly browned. Cool on wire rack. Serve warm or at room temperature.

Makes 40 bread sticks

Reference: Vibrant Life Issue: November/December 2009. pg. 28

Quick Pizza Dough

Ingredients:

Instructions:

Food Category – Bread *Recipe from Darlene Blancey & Dr. Hans Diehl*

Multigrain Bread

Preparation time: 25 minutes

Ingredients:

2 tbsp Quick-rise baking Yeast
2 1/2 cups warm Water
1/3 cup Honey
3/4 tsp Salt
3 tbsp Olive oil
1 cup Wheat germ
1 cup raw Sunflower seeds
1 cup rolled Oats
1/2 cup Sesame Seeds
5-6 cups whole-wheat Flour

Instructions:

1. Except for flour, mix all ingredients in large bowl.
2. Add 1 cup of flour at a time while mixing until dough is no longer sticky.
3. Let sit 10 minutes in a warm place.
4. Knead 10 minutes by hand, or in a mixing machine for about 5 minutes.
5. Shape dough into two loaves. Place into lightly oil-sprayed bread pans. Let sit in a warm place for 1 hour or until doubled in size.
6. Bake 30 –35 minutes at 350°F until crust is brown.

CHEF'S TIP:

- For variation, try using rolled barley, spelt, or rye flakes in place of rolled oats.

Makes: 2 loaves

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 47

Food Category – Bread *Recipe from Nancy Baggett*

Rustic Multi-seed Wheat Bread

This is a versatile, rustically handsome loaf with a crusty top, surprising lightness, and pleasing nutty taste and aroma.

Ingredients:

3 1/4 cups unbleached all-purpose flour or bread flour, plus more as necessary, divided
1 cup whole-wheat Flour
1 3/4 tsp. Salt
1 tsp. rapid-rising, instant, or bread machine Yeast
1/4 cup roasted and salted sunflower seeds, plus 2 Tbs. for garnish
2 1/2 tbs. Molasses
2 1/2 tbs. Olive oil, plus more for brushing Dough
4 tbs. Mixed Seeds (use at least 2 kinds: brown flax, golden flax, sesame, or millet), for garnish

Instructions:

1. Mix 2 cups water with 1 cup ice cubes in bowl. Combine 3 cups all-purpose or bread flour, whole-wheat flour, salt, and yeast in separate bowl. Stir in sunflower seeds. Measure 2 cups ice water, and combine with molasses and oil in third bowl. Vigorously stir molasses mixture into flour mixture. (Dough should be slightly stiff; stir in just enough additional flour to stiffen dough slightly, if necessary.) Brush dough top with oil. Cover bowl with plastic wrap, and let rise at room temperature 8 to 12 hours (first rise).
2. Vigorously stir dough, scraping down bowl sides. Stir in remaining 1/4 cup flour, plus more as necessary to yield stiff but stirrable dough. Oil 9 x 5-inch load pan or 3.5 - qt. Dutch oven with mixed seeds. Transfer dough to prepared pan or Dutch oven, and smooth surface with spatula or well-oiled fingertips. Press remaining 2 Tbs. sunflower seeds on top of loaf. Cut slash down center of loaf or score dough in Dutch oven with large X using sharp knife. Cover with plastic wrap oiled on side facing dough.
3. Let dough rise 1 1/4 to 2 1/2 hours at room temperature (second rise). Second rise alternatives: let dough stand in turned-off microwave with 1 cup boiling water 45 minutes to 1 1/2 hours for accelerated rise; for extended rise, refrigerate up to 48 hours, then set out at room temperature.
4. Preheat oven to 425ºF. Remove plastic wrap, place loaf in oven, reduce temperature to 400ºF, and bake, uncovered, 30 to 35 minutes, or until top is well browned. Cover with foil; bake 20 to 25 minutes more, or until skewer inserted in thickest part of loaf comes out with just a few particles. Bake 5 minutes more to ensure doneness. Cool 15 minutes in pan; unmold, and cool on wire rack.

Makes 1 Loaf (12 slices)

Reference: Vegetarian Times Issue: February 2010. pg. 46 – 47

Food Category – Bread *Recipe from chef sisters - Cinda Sanner, Brenda Walsh, and Linda Johnson*

Sesame Sticks

Ingredients:

3 to 3-1/2 c. whole-wheat Flour
1 tablespoon Honey
1 teaspoon Salt
2 pkgs. Yeast (instant dry)
1-1/4 cup Water (very warm)
Sesame seeds (toasted) -as needed

Instructions:

Mix all ingredients except for the sesame seeds. Knead until dough is very smooth, elastic, and forms a ball. Add flour occasionally while kneading to prevent sticking. Cover the dough with a damp dish towel and let it rest for about five minutes. Flour your hands and pat the dough into a rectangle on a well-floured work surface. With the rolling pin, roll the dough to a 6" by 16" rectangle, pressing evenly so the bread-sticks will be uniform in thickness. Brush the dough lightly with olive oil. Cover the dough with the damp dish towel and let rise until doubled in bulk, 1 to 1-1/2 hours. Heat oven to 425 degree F. Spray baking sheets with a vegetable cooking spray, or brush with a small amount of olive oil. Lightly brush the dough with water. Sprinkle the dough with sesame seeds and press them down gently into the dough. With a chef's knife, cut the dough across into 32 strips, each about 1/2 inch wide. Stretch 1 strip of the dough to the width of a baking sheet. Set it on one of the prepared baking sheets, letting the dough come just to the edges. Repeat to stretch the remaining strips, arranging them 3/4 inches apart. Bake in the preheated oven-two baking sheets at a time until bread sticks are golden and crisp, usually 15 to 18 minutes; then transfer to a wire rack and cool completely.

TIP: Keep the third sheet of unbaked bread sticks in the refrigerator until there is room in the oven to bake them. To make them a little more "fancy," when placing the strips of dough on the baking sheet, hold down one end with one hand while gently twisting the other end until you get a spiral effect. Then press down both ends to the baking sheet so you won't lose the spiral.

Reference: Vibrant Life Issue: March 1, 2006.

Spelt Bread

Preparation time: 25 minutes

Ingredients:

1/4 cup quick-cooking Oats
1 1/2 cups Spelt flour
1 tbsp Active dry yeast
1/2 tsp Salt
1/3 cup Date paste (prepared by blending dates with enough hot water to make a paste)
1 tbsp Applesauce, unsweetened
3 cups warm Water
6-7 cups Spelt flour (or as needed)

Instructions:

1. Stir together first seven ingredients. Mix well.
2. Add spelt flour, 1 cup at a time, while mixing until dough is no longer sticky.
3. Let dough sit for 5 minutes.
4. With hands, knead for about 10 minutes.
5. Shape dough into two loaves and place them in lightly oil-sprayed bread pans.
6. Cover with a towel and allow to rice for 20 minutes.
7. Bake at 350ºF for 30 minutes or until crust is golden brown.

CHEF'S TIPS:

- You may choose to substitute whole-wheat pastry flour in place of the spelt flour.

Makes 2 loaves

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 42

Food Category - Soup *Recipe from Dr. Pamplona-Roger*

Almond Soup

Ingredients:
- 1 cup raw blanched Almonds
- 3/8 cup whole Rice
- 1 Zucchini
- 1 Onion
- 1 quart unsalted Vegetable broth

Additional Ingredients:
- 2 laurel bay leaves
- 1/2 tablespoon Paprika
- 3 tablespoons Olive oil (each tablespoon of oil adds around 120 kcal to the recipe, that is, 30 kcal per serving)
- Sea Salt

Ingredients:

1. Grind separately the almonds and rice.
- Peel, wash and chop the onion.,
- Wash and slice the zucchini.
2. Heat oil in a pot, and sauté the onion and the zucchini with a little salt.
- When golden, add the laurel and paprika. Stir and add the vegetable broth.
- At boiling point, add the rice. Let boil for 10 minutes and add the almonds. Boil for an additional 5 to 10 minutes.
3. Serve hot.

Servings: 4

Reference: Pamplona-Roger, George., "Encyclopedia of Foods Healthy Recipes", Review and Herald Publishing. vol. 3. pg. 146

Food Category - Soup *Recipe from Ayesha Williams*

"Basement" Callaloo Soup

A nice puree of callaloo, coconut milk and vegetables with a hint of Roasted Garlic

Ingredients:

- 3 cups Vegetable stock
- 3 cups Callaloo, chopped
- 1/4 cup Onions, chopped
- 1/4 cup Escallion, chopped
- 6 cloves Garlic roasted
- 3/4 cup Coconut milk
- Salt and pepper to taste

Instructions:

Ready! In a large soup pot bring vegetable stock to a boil. Add callaloo, onions, carrots and scallion. Let boil over medium flame for 10 minutes. Pour soup into blender and add roasted garlic. Puree for 2 minutes or until smooth. Return soup to pot and add coconut milk. Let simmer for 5 minutes and season with salt and pepper.

Garnish:
1/2 cup bell pepper, red, julienne
1/2 cup bell pepper, yellow, julienne

Instructions:
Place bell pepper julienne on a baking sheet. Roast in a 360°F degree oven for 10 minutes. Let it cool. Remove from baking sheet and top each serving of soup with peppers.

Reference: Williams, Ayesha., "Vegetarian Cooking Jamaican Style". LMH Publishing Limited. pg. 7

Food Category - Soup *Recipe from Ayesha Williams*

Butternut Squash Soup

Preparation Time: 25 minutes

Ingredients:

- 2 cups Butternut Squash, cooked and mashed
- 1 cup Onions, chopped
- 1-2 tbsp Chicken-like seasoning of your choice, to taste
- 2 cups Water
- 2 cups Potato, diced
- 1/8 tsp Thyme
- ½ cup Cashew pieces
- 2 cups Water
- ½ tsp Salt, to taste

Instructions:

1. Cook and mash butternut squash, then set aside.
2. In a large pot, sauté onions in a little water until soft.
3. Add to pot chicken-like seasoning, 2 cups water, potato, and thyme. Cook until potato is soft.
4. Place hot mixture into a blender, and blend until smooth. Return mixture to pot.
5. Place cashews and 2 cups water into the blender. Blend until it becomes a very smooth milk.
6. Add cashew milk and squash to pot. Add salt to taste.
7. Heat over low temperature, stirring occasionally, until desired temperature is achieved. Serve immediately.

CHEF'S TIPs:

• To cook squash: wash squash and cut in half lengthwise. Scrape out seeds and pulp. Lay cut sides down in baking dish side by side. Add water until it covers Y2 inch in the bottom of dish. Cover dish. Bake at 350°F or microwave until squash is soft. Scoop squash out using a spoon.
• Garnish with a dash of nutmeg or cardamom.

Serves: 6

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 70

Food Category - Soup *Recipe from Ayesha Williams*

"Jammin" Red Peas Soup

A thick soup of red peas and dumplings spiced up with scotch bonnet peppers

Dumplings Ingredients:

- 1 1/2 cups all-purpose Flour
- 1 teaspoon Salt

Dumpling Instructions:

Ready! In a small bowl, combine flour and salt. Add enough water to form a soft dry ball. Divide the ball into 14 parts. Roll parts into little balls. Dust with flour and set aside.

Soup Ingredients:

- 1 1/2 cups dry Red-peas (7oz., soaked in water overnight)
- 4 cups Vegetable stock
- 1 cup Onion, julienne
- 1/2 cup Carrots, diced
- 1/2 cup Celery, diced
- 1/2 cup Escallion, mined
- 1 whole scotch bonnet pepper
- 4 cloves Garlic, minced
- 1 cup Veggie chunks (TVP)
- 2 cups Yam, boiled, cubed
- 1 cup Sweet potato, boiled, cubed
- Salt and pepper to taste

Soup Instructions:

In a large soup pot, cover red peas with vegetable stock and cook for 1 1/2 hours over low heat of for one hour in a pressure cooker. Add garlic, onion, pimento (all-spice) and celery. Add dumplings, sweet potato, yam and veggie chunks. Let soup boil for 10 minutes over high flame. Add carrots, salt and pepper to taste. Let simmer for 5 minutes and then serve.

Reference: Williams, Ayesha., "Vegetarian Cooking Jamaican Style". LMH Publishing

Food Category - Soup *Recipe from Pat Humphrey*

Pigeon Peas Soup

(Jamaican style)

Ingredients:

- 1 Onion, chopped
- 1 tablespoon Soy margarine
- 1 cup pigeon Peas, cooked
- 1 cup canned Corn
- 2 1/2 Coconut Milk

Instructions:

Cook onion in melted margarine until the onion is transparent. Add pigeon peas and corn and cook slowly for 10 minutes. Then place in blender, add coconut milk, season to taste, and blend thoroughly. Return mixture to cooking pan and heat gently for 20 minutes. Serve hot with bread.

Makes 4 servings.

Reference: Mulkern, Shirley and Cavil, James. "Ultimate Vegetarian Collection "Its all Good!" Autumn House Publishing. 2008 pg. 39

Quinoa Soup

Preparation Time: 25 minutes

Ingredients:

- 10 cups Water
- 3 cups Carrots, sliced
- 2 cups Zucchini, sliced
- 2 cups Onions, chopped
- 2 cups Celery, chopped
- 3 cups Cabbage, green, shredded
- 1 cup String beans, green, cut
- 1 cup Quinoa, washed in a fine mesh strainer
- 3 Garlic cloves, minced
- 1 tsp crushed Basil
- 2-5 tbsp Chicken-like seasoning of your choice, to taste
- ½ tsp Salt, to taste

Instructions:

1. Place all ingredients into a large soup pot. Stir well.
2. Simmer for approximately 30 minutes, or until vegetables are tender and quinoa has swelled.
3. Serve hot.

Serves: 16 cups

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 74

"Wicked" Pumpkin Soup

A spicy pumpkin soup with a touch of coconut cream

Ingredients:

- 3 1/2 cups Vegetable stock
- 2 cups Pumpkin, roughly chopped (peeled seedless)
- 1 cup Onion, roughly chopped
- 1 cup Carrots, roughly chopped
- 1 cup Escallion, roughly chopped
- 1 cup Celery, roughly chopped
- 1/4 cup Olive oil
- 2 teaspoons Flour
- 1 cup Coconut milk
- Salt and pepper to taste

Instructions:

In a large soup pot, heat olive oil and sauté onions, scallion, celery and carrots for 1 minute. Stir in 2 teaspoons flour. Add vegetable stock to vegetable. Add pumpkin and let boil for 12 minutes over medium flame. Pour contents of soup pot into blender, puree soup with vegetables for 2 minutes or until smooth. Pour puree back into soup and add coconut milk. Season with salt and pepper and let simmer for 5 minutes. Served with breadsticks.

Garnish:

1/2 cup Sweet potato strips
1 teaspoon Cinnamon
1/4 cup Grape seed oil

Instructions:

In a small frying pan heat grape seed oil and fry sweet potato strips until crisp. Remove from frying pan and sprinkle strips with cinnamon. Place a small amount of fried sweet potato strips on top of each serving of soup.

Quick Tip:

Serve this soup with toasted bread strips slathered in garlic butter. This is a great accomplishment and will complement the smooth taste of this savory soup.

Reference: Williams, Ayesha., "Vegetarian Cooking Jamaican Style". LMH Publishing Limited. pg. 5

Food Category - Soup *Recipe from Clara Luliano*

Winter Soup

Preparation time: 20 minutes

Ingredients:

- 1 tablespoon Olive oil
- 2 Onions, chopped
- 4 ribs of Celery, chopped
- 3 Carrots, chopped
- 3 cups canned petite diced Tomatoes
- 3 quarts Water
- 2 cup dried Lentils (preferably French lentils, which are smaller and cook faster)
- 1/2 cup dried Barley
- 2-3 Bay leaves, dried or fresh
- Salt to taste

Instructions:

1. In a 6-quart pot heat oil, onions, and celery on medium high until onions and celery on medium high until onions and celery are browned and translucent (approximately 15 minutes).
2. Add carrots, tomatoes, water, lentils, barley, and bay leaves.
3. Cover and bring to a boil.
4. Turn burner on low and let soup simmer for at least one hour, or until lentils and barley are soft.
5. Add salt to taste.

Yield 6 servings

Reference: Vibrant Life Issue: January/February 2010. pg. 26-27.

Food Category - Salad *Recipe from Linda Johnson*

Almond Broccoli Salad

Ingredients:
1 cup Broccoli florets
1 cup Tomato pieces
1/2 c. whole black Olives
2 Tbsp. Almond slices
1 recipe Zesty Dill Dressing

ZESTY DILL DRESSING:
1 Tbsp. grape seed Vegenaise
1 Tbsp. Tofutti Sour Supreme
1 Tbsp. cold Water
1/4 tsp. Vegetarian Express Lemon Dill Zest
1/4 tsp. all-purpose veggie Salt

Instructions:

1. Mix all salad ingredients except Zesty Dill Dressing, and put into a pretty glass serving bowl.
2. To prepare dressing, mix all the ingredients together until well blended. Put the dressing into a small glass bowl and let everyone put their own dressing on.

Yield: For salad: 5 half-cup servings plus 2 Tbsp. For dressing: 3 Tbsp.

This salad is not only colorful, but delicious! I love the Lemon Dill Zest seasoning. It has a wonderful flavor!

Reference: www.3abn.org

Food Category - Salad *Recipe from Mary Margaret Chappell*

Apple Salsa Salad

Ingredients: Instructions:

- 1/4 cup Lime juice
- 2 tsp Agave Nectar
- 2 tbs Olive Oil
- 4 green Onions, finely chopped (1/4 cup)
- 1 small Jalapeno chile, seeded and finely minced (1 tsp)
- 2 red-skinned apples, julienned (cups)
- 1/4 cup coarsely chopped Cilantro
- 2 cups Mâche (lamb's lettuce)

Instructions:

1. Whisk together lime juice and agave nectar in large salad bowl. Whisk in olive oil. Stir in green onions, jalapeno, and garlic. Fold in apples and cilantro, and season with salt and pepper, if desired. Let stand 10 minutes.
2. Fold mâche bouquets into apple mixture, making sure leaves are coated with lime juice mixture. Then divide among serving plates.

Serves 8

Reference: Vegetarian Times "Healthy Comfort Food" September 2010. pg. 62.

Food Category - Salad *Recipe from Melynda Saldenais*

Avocado-Lime Dressing

Instructions:
1 ripe Avocado
1/2 cup Tofu sour cream
3 tbs. Lime Juice
3/4 prepared (not chunky) Salsa

Instructions:
1. Mash avocado in separate bowl, and whisk in salsa, sour cream, and lime juice. Pour dressing over salad and toss well.

Serves 8

Reference: Vegetarian Times Issue:September 2010. pg. 62.

Food Category - Salad *Recipe from Darlene Blaney and Dr. Hans Diehl*

Bean Salad

Preparation Time: 15 minutes

Ingredients:

1 can (16 oz) cut Beans, yellow
1 can (16oz) cut Beans, green
1 can (16 oz) Kidney beans
1 can (16 oz) Garbanzo bean
½ cup Bell pepper, red, finely diced
½ cup Celery, finely diced
¼ cup Parsley, minced (optional)
½ cup Onions, finely diced
1/3 cup Lemon juice
3 tbsp Olive oil
½ tsp Salt

Instructions:

1. Drain and rinse beans.
2. Mix beans, peppers, celery, parsley, and onions together in a salad bowl.
3. In a separate small bowl, mix together lemon juice, olive oil, and salt.
4. Pour dressing over bean mixture and mix thoroughly.
5. Marinate in refrigerator a couple of hours before serving.

CHEF'S TIP:

• You may choose to use 1 1/2-cup measurements of home-cooked beans in place of the canned beans.

Serves: 8

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 86

Food Category - Salad *Recipe from Chef Bryant Terry*

Carrot- Cranberry- Walnut Salad

"This dish was inspired by one of the salads my mom makes for the holidays," Chef Bryant Terry says.

Ingredient:

- 1/4 cup silken Tofu
- 2 tbs. Apple cider vinegar
- 1 tbs. freshly squeezed Lemon juice
- 1 tbs. Dijon mustard
- 1/2 tsp. coarse Sea salt
- 2 tbs. Walnut oil
- 3 cups coarsely grated Carrots
- 1/4 cup dried Cranberries
- 1 cup toasted Walnuts

Directions:

Blend tofu, vinegar, lemon juice, mustard, and salt in blender until smooth. Blend in oil. Toss tofu mixture with carrots and dried cranberries in bowl. Chill 30 minutes. Top with walnuts.

Serves 6

Reference: Vegetarian Times Issue: November 1, 2009 p.64

Food Category - Salad dressing *Recipe from Darlene Blaney & Dr. Hans Diehl*

Creamy Cucumber Dressing

Preparation time: 10 minutes

Ingredients:

- 1 cup Tofu, silken, firm (lite)
- 1 Garlic Clove, small, chopped
- 1/2 cup Cucumber, peeled and cubed
- 2 tsp Lemon juice
- 1 tbsp Dill weed
- 1/4 tsp Salt, or to taste

Instructions:

1. Place all ingredients into a blender or food processor and blend until very smooth.
2. Pour dressing into a serving container and chill in refrigerator at least 1 hour before serving.

Makes 1 1/2 cups

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 96

Food Category - Salad dressing *Recipe from Darlene Blaney & Dr. Hans Diehl*

French Dressing

Preparation time: 10 minutes

Ingredients:

- 1 can Tomato soup, reduced (10 1/2 oz) Sodium, condensed
- 3 tbsp Olive oil
- 1/3 cup Lemon juice
- 1 tsp Onion powder
- 1/2 tsp Paprika
- 1/4 tsp Garlic powder
- 1/4 tsp Celery seeds

Instructions:

1. Place all ingredients into a blender.
2. Blend until smooth. Add salt to taste if desired. Chill.

Makes 2 cups

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 96

Food Category - Salad dressing *Recipe from Maria Lissandrello*

Ginger-Sesame Dressing

"This dressing makes the mixture even more alluring: ginger's warming qualities rev circulation. And sesame seeds are rich in arginine, an amino acid the sex organ need to produce nitric oxide, which expands blood vessels to enhance blood flow."

Ingredients:

- 1 tbs Lemon Juice
- 1 tsp Honey
- 1 tsp grated fresh Ginger
- 1 tbs Olive Oil (substituted for sesame oil)
- 2 tbs toasted sesame seeds or black sesame seeds

Dressing Ingredients:

Whisk together lemon juice, honey, and ginger in small bowl. Whisk in oil, then sesame seeds. Season with salt and pepper, if desired.

Reference: Vegetarian Times Issue: February 2010. pg. 66

Food Category - Salad dressing *Recipe from Pat Humphrey*

Italian Dressing

Ingredients:

- 1/3 cup Olive oil
- 2 tablespoons Lemon juice
- 1 Garlic clove, pressed
- 1 tablespoon fresh parsley, chopped
- 1/2 teaspoon Salt

Instructions:

Mix all ingredients together.

Makes 6 servings.

Reference: Mulkern, Shirley and Cavil, James. "Ultimate Vegetarian Collection "Its all Good!" Autumn House Publishing. 2008 pg. 69

Food Category - Salad dressing *Recipe from Curtis & Paula Eakins*

Mango Salad

Ingredients:
1 fresh, ripe Mango, peeled and cubed
4 curly red Lettuce leaves
1/2 tsp. fresh Lime juice
1 Tbsp. shredded Coconut
1 red Cherry for garnish. Optional

Instructions:
Place the lettuce leaves on a plate and arrange the mango cubes on top. Sprinkle with lime juice, then coconut. Garnish with cherry on top if desired.

Reference: www.3abn.org

Food Category - Salad *Recipe from Darlene Blaney & Dr. Hans Diehl*

Pasta Veggie Salad

Preparation Time: 25 minutes

Ingredients:

- 3 cups Radiatore or shell pasta
- 2 cups Cauliflower, cut into small pieces
- 2 cups Broccoli, cut into small pieces
- 1 cup Carrots, grated
- 1 1/2 cups Bell pepper, red, chopped
- 1 1/2 cups Bell pepper, yellow, chopped
- 1/4cup green Onions, chopped
- 3 tbsp Almonds, sliced, lightly roasted

Dressing Ingredients:

2 tbsp Olive oil
2 tbsp Water
1/4 cup Lemon juice
¾ tsp Dill, dry
½ tsp Garlic powder
1 tsp Spike seasoning (with salt)
1 tsp Maple syrup (optional)

Instructions:

1. Cook pasta in boiling water for about 10 minutes or until tender but firm. Drain. Rinse in cold water. Drain well. Place into a large bowl.
2. Place cauliflower, broccoli, carrots, and peppers in a pot with a small amount of water. Bring water to a boil, then drain quickly. Rinse vegetables in cold water. Drain well. Add to bowl with pasta.
3. Add chopped green onions and sliced almonds to pasta and vegetables. Toss together.
4. Mix dressing ingredients in a small bowl. Whisk well with fork.
5. Pour dressing over pasta salad and mix well.

Serves: 10

Reference: Blaney, Darleene., MSc, NCP and Diehl, Hans., DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 91

Food Category - Salad *Recipe from Maria Lissandrellom*

Pineapple-Fennel Salad

"Toss together a fruit and veggie mix that's more love portion than salad. Vitamin C-packed pineapple is said to help counter impotence, fennel is a natural plant estrogen, and spicy radishes are reputed to have been the Egyptian pharaohs' stimulator of choice. "

Ingredients:

- 1 medium Fennel bulb, quartered and thinly sliced (1 cup)
- 1 cup diced fresh Pineapple
- 1 cup diced fresh Radishes
- 2 green Onions, thinly sliced (1/4 cup)
- 1 cup diced Avocado
- 3 cups Watercress or arugula

Instructions:

1. Toss fennel, pineapple, radishes, and green onions with dressing in a large bowl. (Salad can be made ahead to this point, and refrigerated overnight.) Stir in avocado, and season with salt and pepper, if desired.
2. Divide arugula among serving plates. Top with pineapple mixture.

Serves: 6

Note: this salad is served with ginger-sesame dressing

Reference: www.vegetariantimes.com

Food Category - Salad *Recipe from Melynda Saldenais*

Southwestern Salad with Avocado Dressing

Ingredients:

- 2 cups chopped Romaine Lettuce
- 1 1/2 cups cooked Pinto beans
- 1 cup grape Tomatoes, chopped
- 1/2 cup fresh or frozen Corn kernels
- 1/4 cup chopped green Onions
- 1/4 cup chopped Cilantro
- 1 ripe Avocado
- 3/4 cup prepared (not chunky) Salsa
- 1/2 cup Tofu sour cream

Instructions:

1. Combine lettuce, beans, tomatoes, and corn in clear glass bowl. Sprinkle greens onions and cilantro on top.
2. Mash avocado in separate bowl, and whisk in salsa, sour cream, and lime juice. Pour dressing over salad and toss well.

Serves 8

Reference: Vegetarian Times Issue: May/June 2010 pg. 56.

Zestful Lemon-Dill Dressing

Preparation time: 10 minutes

Ingredients:

- 2 cupsTtofu, silken, firm (lite)
- 2 tbsp Lemon juice
- 1/2 tsp Lemon peel, grated
- 2 tsp Dill weed, fresh
- 1/2 tsp Salt, to taste
- 1/4 tsp Celery seeds
- 4 tbsp Soy milk

Instructions:

1. Place all ingredients together in a blender. Blend until smooth.
2. Chill in refrigerator to meld flavors.

CHEF'S TIP:

- Excellent on salad greens or cooked vegetables, such as zucchini or broccoli.

Makes: 2 cups

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 99

Almond Gravy

Ingredients:

- 2 cups Water
- 1 1/2 cups slivered blanched Almonds
- 2 tablespoons Flour, plus more to thicken
- 1 1/2 teaspoons Vegetarian Chicken Seasoning
- 2 tablespoons Olive Oil
- 1/4 cups Almond milk (or soy milk)
- 1 cup Carrots, * finely shredded

Instructions:

1. Blend water, almonds, flour, and seasoning.
2. In a saucepan place olive oil on low heat. Add almond mixture and add almond or soy milk. Increase heat to medium and stir until the gravy thickens. (If too thick, add more milk.) Add a pinch of salt, if needed.

Chef's Tip: Carrots can be replaced with mashed peas for a detectable flavor.

Reference: Vibrant Life Issue: November/December 2009 Edition, pg. 27

Food Category - Sauces *Recipe from Darlene Blancey & Dr. Hans Diehl*

Creamed Pears Topping

Ingredients:
- 1/3 cup raw Cashews
- 1 tsp Vanilla extract
- 3 1/2 cups canned Pears, unsweetened

Instructions:
1. Drain juice off canned pears and reserve.
2. Place all ingredients into blender.
3. Blend until very smooth. Slowly pour juice reserved from pears into blender as needed until the desired consistency is reached.

Variation:
- Substitute canned peaches or frozen thawed strawberries for canned pears.

CHEF'S TIP:
- Use as a topping for waffles, pancakes, fruit salad, apple crisp, granola, or strawberry shortcake.

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 35

Country Style Gravy

Ingredients:

- 2 cups Hot Water
- 3-tbsp Braggs Liquid Aminos
- 1/2 cup Onion, finely chopped
- 2 cloves Garlic, minced
- 1/2 cup Cashew (or 3 tbsp. flour)
- 1 tbsp Yeast flakes
- 1 tsp Cornstarch
- 1/4 tsp Salt
- (2 Tbsp. Oil if using flour)

Instructions:

Using a blender, whiz all ingredients until creamy. Pour into pan and cook until thick over medium heat, stir frequently. Serve.

Reference: McKinney, Marlene., LE, CNC. Vegetarian Delights. pg. 66.

Spaghetti Sauce

Ingredients:

- 1/2 cup Onions, diced
- 2 cloves Garlic
- 1 tbsp. Olive oil
- 2 1/2 cup Tomato sauce
- 3 cup Tomato paste
- 2 cup Water
- 2 tbsp. Italian seasoning
- 1 1/2 tsp. Garlic powder
- 1 tsp. Salt
- 1 1/2 tbsp. Honey

Instructions:

1. Simmer onions and garlic in the olive oil.
2. Add all other ingredients and allow this to simmer for about 10 minutes.

Reference: McKinney, Marlene., LE, CNC. "Vegetarian Delights". Vol. 2 pg. 13

Turkey Gravy

Ingredients:
1 1/2 cup water
1/2 cup additional Water
2 1/2 tbsp. Chicken-like seasoning
3 Tbsp. Cornstarch
2 Tbsp. Nutritional yeast flakes

Instructions:

Bring 1 1/2 cups water to a boil in a saucepan. In a cup, mix remaining 1/2 cup water with remaining ingredients. Pour mixture into boiling water. Cook, stirring, until thickened.

Reference: www.3abn.org

Tartar Sauce

Ingredients:
1 cup Vegenaise
1/2 tsp. Salt
1/2 cup sweet Relish (made with lemon juice)
1 tsp. Onion powder
1 1/2 Tbsp. Lemon juice
3 Tbsp. dehydrated onion
1 - 2 Tbsp. Honey

Instructions:
Mix all ingredients together. Refrigerate for 1 - 2 hours or until cold. Add more honey if you like it sweeter, or more lemon juice if you like it a bit more tart.

Yield: 1 1/2 cups

Reference: www.3abn.org

Food Category - Entrees *Recipe from Darlene Blaney and Dr. Hans Diehl*

Curry Chickpeas

Preparation time: 20 minutes

Ingredients:

- 3 cups Onions, thinly sliced
- 3 Garlic cloves, minced
- 2 tbsp brown Sesame seeds
- 1 tbsp Curry powder
- 4 cups Chickpeas (garbanzos), cooked
- 3 tbsp Lemon juice
- 1 tbsp Braggs' All Purpose Seasoning
- 1/3 cup Parsley, finely chopped

Instructions:

1. Sauté onions and garlic, using a little water in a large covered nonstick frying pan, until soft.
2. Stir in sesame seeds and curry powder. Cook uncovered for a couple of minutes.
3. Add chickpeas, lemon juice, Bragg's seasoning, and parsley. Cook for about 5 minutes over medium heat, stirring often, until heated through.
4. Serve hot over rice or pasta.

Serves: 4

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 123

Food Category - Entrees *Recipe from Ayesha Williams*

Curry Nice

Boiled dumplings filled with veggie mince in a rice curry sauce

Dumplings Ingredients:
- 1 1/2 cups all purpose Flour
- 1 teaspoon Salt
- Water

Instructions:
In a small bowl combine flour and salt. Add enough water to form a soft dry ball. Divide the ball into 14 parts. Rolls parts into flat squares. Dust with flour and set aside.

Filling:
- 1 cup Texturized vegetable protein (TVP mince)
- 3 1/2 cups Vegetable stock
- 1 teaspoon Garlic, minced
- 1/2 cup Onion, minced
- 1 tablespoon Soy margarine
- Salt and pepper to taste

Instructions:
In a small bowl soak TVP mince in 1 cup water. In small frying pan sauté onion and garlic in margarine and add TVP mince. Add 1 1/4 cups vegetable stock and salt and pepper. Let reduce over high flame for 5 –10 minutes. Drain TVP mince and reserve the liquid. Spoon 2 teaspoons of mince onto the prepared dumpling dough and close dough to form a small rectangle. Repeat until the dough is finished. Pour reserved liquid into a medium sized pot. Heat liquid and add 1/2 cups vegetable stock. Bring contents of pot to boil and add dumplings. Let dumplings cook for 10 minutes over a high flame. Remove dumplings from stock and set aside.

Curry Sauce:

1 cup Vegetable stock
2 tablespoons Curry powder
1 teaspoon pimento, ground
1 tablespoon Soy margarine
1 cup Coconut milk
Salt and pepper to taste

Curry Sauce Instructions:
In a medium saucepan, bring vegetable stock and pimento to a boil. Add curry powder and coconut milk and let boil for 5 minutes over medium flame. Season with salt and pepper and finish the sauce by adding the margarine. (Thicken with a mixture of 1 1/2 teaspoons cornstarch and 2 teaspoons of water if needed). In serving bowls, cover dumplings with curry sauce and garnish with scallion or parsley.

Reference: Williams, Ayesha., "Vegetarian Cooking Jamaican Style" LMH Publishing Limited. pg. 35

Food Category - Entrees *Recipe from Clara Luliano*

Egg Rolls

Preparation Time: 45 –50 minutes

Ingredients:

- 1 tablespoon Olive Oil
- 2 medium Onions, diced
- 1 16-ounce bag of frozen, cut tri-color Peppers (3 cups)
- 5 Carrots, shredded
- 2 1/2 teaspoons ground Ginger
- 2 teaspoons ground Coriander
- 2 medium Garlic cloves, crushed
- 1/2 teaspoon Salt
- 1/2 head Cabbage, shredded (about 4 cups) or 1 bag of coleslaw mix
- Egg roll wrappers, thawed

Instructions:

1. Preheat oven to 350°F.
2. Heat olive oil in skillet on medium high.
3. Add onions. Soften and brown slightly, approximately 5 minutes.
4. Add peppers. Cover with a lid for about 10 minutes or until peppers are soft.
5. Add shredded carrots, ginger, coriander, garlic, and salt.
6. Add shredded cabbage.
7. Mix well.
8. On medium heat cook the vegetable and spice mixture for approximately 10 –15 minutes.
9. Spoon about 1/4 cup of filling on the egg roll wrapper and roll.
10. Place egg rolls with seams down on a sprayed baking sheet (or one lined with parchment paper).
11. Bake until crisp and browned at the edges.

Yields 20 –22 egg rolls

Reference: Vibrant Life Issue: January/February 2010. pg. 24

Eggplant Creole

Ingredients:
1 medium Eggplant
1 Tbsp. Soy margarine
2 c. fresh Tomatoes, chopped
1/2 medium Red pepper, chopped
1/2 medium Green pepper, chopped
2 Garlic cloves, minced
1 medium Onion, chopped
1 tsp. Sea salt
1 tsp. Garlic powder
1 tsp. Onion powder
2 tsp. Fructose
1/4 c. seasoned dry Breadcrumbs
1/4 c. vegan Parmesan cheese alternative
3 Tbsp. Soy flour
1/4 tsp. ground Cayenne pepper, opt.

Instructions:
1. Peel and chop eggplant and place in an oil-sprayed 8 x 8" glass baking pan. Heat margarine in a medium skillet. Add onion, garlic, red and green bell pepper and sauté until onions are translucent.
2. Add tomatoes, salt, fructose, onion powder, garlic powder and cayenne and cook until bubbly. Add soy flour and heat until thickened. Pour tomato mixture over the eggplant. Spread evenly.
3. Mix bread crumbs and Parmesan alternative and sprinkle over eggplant and tomato mixture. Bake, covered, at 350 degrees F for 25 - 30 minutes. Remove cover and broil for 5 minutes, if desired.

Reference: www.3abn.org

Fish Cakes

Ingredients:

1 cup Water
1 cup yellow Split peas
3 cloves Garlic, chopped
1 medium Onion, chopped
1 cup instant Oats
2 stalks Celery, chopped
1 cup fresh Parsley
1 tbsp. Chives
3 tbsp. fresh Lime juice
1 2-oz. jar Pimentos
1/2 cup minced Coconut
1 tsp. Thyme
1 tsp. Sea salt
2 Tbsp. Kelp powder
3 Tbsp. Canola oil

Instructions:

1. Soak split peas in one cup water overnight. Drain. In food processor, combine split peas, celery, parsley, onion, garlic and oats. Process until smooth, stirring as needed. Add chives, thyme, salt, coconut and kelp and process. Add oil and lime juice and process until smooth.
2. With oiled hands, form mixture into patties and fry in oiled skillet, until golden brown. Turn, cover and fry on the other side until patties are done. Serve with tartar sauce.

Yield: 12 - 15 patties or 30 fish sticks

Reference: www.3abn.org

Food Category - Entrees *Recipe from Natacha Arnoult*

Grilled Vegetable Wrap

Preparation Time: 30 minutes

Ingredients:

- 12 thin Asparagus spears, trimmed
- 1 small red Bell Pepper, cut into 1/2 inch strips (1 cup)
- 1 small yellow summer Squash or zucchini, cut into /14 inch-thick rounds (1 cup)
- 1 tbs. Olive oil
- 1/2 cup white Beans
- 1/2 tsp. red Chile sauce, such as sriracha
- 2 8-inch whole – grain tortillas
- 6 small whole Basil leaves
- 8 thin slices red Onion
- 1 cup Baby Arugula Leaves

Instructions:

1. Preheat grill or broiler. Toss together asparagus, bell pepper, squash, and oil on large baking sheet. Grill or broil vegetables 4 to 6 minutes per side, turning once.
2. Mash together beans, garlic, and chile sauce in small bowl until smooth.
3. Spread half of bean mixture over each tortilla. Top each with 3 basil leaves, 1/2 cup roasted vegetables, 4 onion slices, and 1/2 cup arugula. Fold bottom third of tortillas over vegetables, and roll up tightly, tucking in sides as you go. Cut wrap in half on diagonal. Serve immediately, or wrap each half in foil or wax paper, and chill until ready to eat.

Makes 2 wraps

Reference: Vegetarian Times Issue: May/June 2010. pg. 66

Holiday Nut Loaf

Ingredients:

- 1 cup Tofu & 1/2 cup Water (or 1 cup soaked soybeans with 1 cup water)
- 2 cloves Garlic, minced (or 1 teaspoon garlic powder)
- 1 tablespoon Braggs Liquid Aminos or 2 teaspoons Soy sauce
- 1/4 cup Gluten Flour or Cornstarch
- 1 1/2 teaspoons Salt
- 1 tablespoon ground Sage or Italian Seasoning
- 3-4 cups soft whole grain Breadcrumbs
- 2 cups Pecans (may use walnuts, almonds, peanuts, sunflower seeds, or cashews)
- 2 cups finely chopped Onions

Instructions:

1. Blend tofu (or soybeans) with water, garlic, and seasonings.
2. Combine remaining ingredients in a mixing bowl. Add blended tofu or soybeans and mix well.
3. Place mix in lightly oiled or nonstick loaf pan. Cover with foil and bake at 350°F for 1 hour. Remove foil and bake uncovered for 30 minutes. Remove from oven and let cool for about 5 minutes to give it a chance to set up before removing from the pan. Turn upside down into a serving dish. Garnish with fresh parsley or kale.

Variation: Cashew-Carrot Loaf Follow Holiday Nut Loaf recipe using 2 cups raw cashew nuts in place of the pecans. Use 1 cup finely ground or grated carrot and reduce onion to 1 cup finely chopped onion. Use 1 tablespoon Chicken-Like Seasoning in place of the Braggs Liquid Aminos.

Serving Tips: A good entrée for a holiday meal along with cranberries, mashed potatoes, and gravy.

This loaf freezes well.

Makes 1 loaf (10 servings)

Reference: Brackett, Neva & Jim. "Seven Secrets Cookbook". Review & Herald Publishing Association. pg. 40

Food Category - Entrees *Recipe from Donna Klein*

Jamaican-style Black Bean and Coconut Cornbread Bake

Ingredients:

- 2 tbs. Olive oil, plus more for greasing pan
- 2 15-oz. cans Black beans, rinsed and drained
- 1 14.5-oz. can diced Tomatoes with mild green chiles, juices included
- 1 1/2 cups frozen yellow corn, thawed
- 1/2 tsp. Jerk seasoning, or more to taste
- 1/2 tsp. salt, divided
- 1/8 tsp. ground black pepper
- 1/2 cup all-purpose Flour
- 1/2 cup yellow Cornmeal
- 1 tbsp Sucanut
- 1 1/4 tsp. Baking powder
- 2/3 cup light Coconut milk

Instructions:

1. Preheat oven to 350°F. Lightly oil 8-inch square baking dish with olive oil.
2. Stir together beans, tomatoes and juices, corn, jerk seasoning, 1/4 tsp. salt, and pepper in medium bowl. Adjust seasonings with more jerk seasoning, if desired. Spread in prepared baking dish.
3. Whisk together flour, cornmeal, sugar, baking powder, and remaining 1/4 tsp. salt in separate bowl. Add coconut milk and 2 tbs. oil, and stir until just combined - do not overmix. Spread batter over bean mixture with spatula. Bake, uncovered, 30 minutes, or until topping is lightly browned and toothpick inserted in center of topping comes out clean. Let stand 5 minutes before serving.

Serves 6

Reference: Vegetarian Times:May/June 2010. pg. 28

Food Category - Entrees *Recipe from Vic Scalzo*

Lentil Croquettes

Preparation Time: 50 minutes

Ingredients:

- 1 pound Lentils, cooked and cooled
- 2 cups mashed Potatoes, or sticky rice (brown or white)
- 1/2 cup Onion, finely chopped
- 1 cup Celery, finely chopped
- 1 cup Carrots, finely shredded
- 1/2 cup extra virgin Olive oil, or water, for sautéing
- 3 ounces Pecan Meal
- 1/2 cup Parsley
- 1 teaspoon Garlic powder
- 2 teaspoons Onion powder
- 5 teaspoons vegetarian Chicken Seasoning (or vegetable Bouillon)
- 1/4 cup Brewer's Yeast
- 3 cup seasoning Breadcrumbs

Instructions:

1. In olive oil sauté onion, celery, and carrots until tender. If using water to sauté , add more as needed until vegetables are cooked. Cool.
2. Place lentils and potatoes in a large bowl. Mix (using a rubber spatula).
3. Mix sautéed vegetables and remaining ingredients (except breadcrumbs) to the lentil and potato mixture. Refrigerate to cool completely.
4. Form croquettes and roll in bread crumbs until coated well. Place on non-stick baking sheets or greased baking pans. Bake at 350 F for 20 minutes until firm and golden brown.

CHEF'S TIP:

Use a medium-sized ice cream scoop to create a uniform size. This recipe makes a fabulous holiday entrée served with almond gravy or a light or brown gravy. Cranberry relish is a nice appointment.

Yield 25 –30 croquettes

Reference: Vibrant Life Magazine, "The Healing Power of Music". November/ December 2009 Edition, pg. 26 –27

Lentil Roast

Preparation Time: 20 minutes

Ingredients:

- 2 cups Lentils, brown, cooked
- ¾ cup finely ground Pecans
- 1 ¾ cups Soy milk
- 1 cup Onions, finely chopped
- 1 tbsp Bragg's All Purpose Seasoning
- ½ tsp Sage
- ½ tsp Garlic powder
- 1 ½ cups crushed Cornflakes (sweetened with fruit juice)

Instructions:

1. Mix all ingredients together well.
2. Pour into a lightly sprayed (using a nonstick spray) 9-inch-square casserole dish.
3. Bake at 350°F for 1 hour.

CHEF'S TIP:

• Nature's Path is a good brand of commercial cereal that is sweetened with fruit juice.

Serves: 8

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 125

Food Category - Entrees *Recipe from Darlene Blaney and Dr. Hans Diehl*

Meatless Patties

Preparation Time: 25 minutes

Ingredients:

- 2 tbsp Yeast, dry active
- ½ cup Water, warm
- 1 tsp Honey
- 4 cups Oats, quick
- 1 cup Wheat germ
- 2 cups Onions, diced small
- 6 tsp Ener-G Egg Replacer powder (dissolved in 8 tbsp water)
- 1 tbsp Bragg's All Purpose Seasoning
- 2 tsp Sage
- ½ cup Walnuts/pecans, finely chopped
- ½ tsp Salt
- 1 tsp Garlic powder
- 3 cups Soy or almond milk

Instructions:

1. Combine yeast, water, and honey in bowl; let stand 10 minutes.
2. Add remaining ingredients and mix well.
3. Form into patties and fry in a nonstick skillet or bake in oven.
4. Place in a baking dish and cover with gravy.
5. Bake in oven at 350°F 20-30 minutes or until gravy bubbles.

Makes: 12 patties

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 122

South American Squash and Vegetable Ragoüt

This veg. version of an Argentinean stew (carbonada criolla) is perfect for when the weather turns chilly. The filling can be made up to two days ahead, then baked in acorn squash shells just before serving.

Ingredients:

- 6 dried pitted Apricots
- 4 dried pitted Prunes
- 6 small Acorn or Butternut Squash
- 1 tbs. Olive oil, plus more for coating squash
- 1 small Spanish Onion, diced (1 cup)
- 1 14.5-oz can whole Tomatoes, coarsely chopped, juice reserved
- 1 small Yukon gold Potato, peeled and diced (1 cup)
- 1/2 cup fresh or frozen corn kernels
- 1 15-oz can Kidney beans, rinsed and drained

Instructions:

1. Place apricots and prunes in bowl, and cover with 1 cup boiling water. Soak 2 hours, or overnight. Drain, and coarsely chop fruit, reserving liquid.
2. Preheat oven to 350F. Coat baking sheet with cooking spray. Cut circular opening in squash tops, and reserve tops. Cut small slices off bottoms of squash so they stand up straight. Scoop out and discard seeds and fiber from squash. Rub outsides of squash shells and lids with oil, and place on prepared baking sheet.
3. Heat 1 tbs. oil in large saucepan over medium heat. Add onion, garlic, and oregano; sauté 2 to 3 minutes. Add potato, sweet potato, and reserved apricot-prune soaking liquid, and bring to a boil. Reduce heat to medium-low, cover, and simmer 15 to 20 minutes, or until potatoes are almost soft. Add corn and apricot-prune mixture, and simmer 2 to 3 minutes more. Add beans, and season with Salt and pepper.
4. Ladle 1 cup stew into each hollowed squash; place lid on top. Bake 60 to 90 minutes, or until fork can easily pierce through squash.

Serves 6

Reference: Vegetarian Times Issue: October 2010. Cruz Bay Publishing, Inc. pg. 64

Pecan Meat Loaf

Ingredients:

- 1 cup Pecan meal
- 3/4 cup TVP beef granules (re-hydrated)
- 2 cups Cooked brown rice or cooked millet
- 2/3 cup Whole-wheat flour or Unbleached white flour
- 3 cups Breadcrumbs
- 1 tsp. Sweet basil
- 1 tsp. Italian seasoning
- 3 cloves Garlic, minced
- 3/4 tsp. Salt
- 1/4 tsp. Cayenne pepper
- 1 1/2 cup Coconut milk
- 1/4 cup Braggs Liquid Amino
- 1 cup Onion, finely chopped
- 1/2 cup Sweet pepper
- 1/4 cup Ketchup
- 1 cup Water

Instructions:

Mix all ingredients well in a large mixing bowl. Spoon into a pre-sprayed baking dish. Bake at 350°F until golden brown for about 45 minutes.

Makes servings

Reference: McKinney, Marlene., "Vegetarian Delights". Vol. 1. pg. 51.

Red's Un-Sausage Patties

In a large stock pot combine the following:

Ingredients:

- 6 cups of water
- 2 tablespoons granulated onion
- 1 teaspoon of granulated garlic
- 2 tablespoon of basil
- 2 tablespoons of dried sage
- 1 tablespoon of Italian seasoning
- 2 tablespoons of beef style seasoning
- 2 tablespoons of Bakon Yeast
- 2 tablespoon of nutritional yeast
- 4 tablespoons of Braggs Amino Acids

- ½ cup dried minced onions
- ½ cup bac-o-chips
- ½ cup chopped nuts or nut meal
- ½ cup of flaxseed meal
- ½ cup pumpkins seeds
- ½ cup wheat germ
- 2 cups medium rolled oats
- 2 cups Textured vegetable protein *(dark or light)*

Instructions:

Mix the dry ingredients in a large mixing bowl and mix well.
Place on a medium heat and bring to a slow boil, stirring occasionally. While the broth is boiling slowly stir the dry ingredients and mix well. Cover immediately and remove from the heat. Let set and cool for 10 to 15 minutes. Spray a baking sheet, shape patties and place in a preheated oven 350. Bake for 15 to 20 minutes until brown, then turn and bake on the other side until brown.

Food Category - Entrees *Recipe from Marlene McKinney*

Seasoned Lima Beans

Ingredients:

- 4 ½ cup Lima beans, canned or cooked (1 c dry = 2 ¼ c cooked)
- 1 cup Onion, diced
- 1 cup Red bell pepper, diced
- 1 tsp. Olive oil
- 2 tbsp. Chicken style seasoning
- 2 tbsp. Braggs liquid aminos
- 1/3 cup Cashew pieces
- ½ cup Water
- ½ tsp. Salt
- 2 tsp. Onion powder
- ½ Garlic powder
- 2 cup Bean water

Instructions:

1. Drain liquid off cooked beans to use in recipe
2. Sauté onion and bell pepper in oil until clear.
3. Remove from heat.
4. Blend cashews, water, and seasonings, until smooth and creamy.
5. Pour into a sauce pan and heat until it comes to a boil.

Reference: McKinney, Marlene, L.E., CNS., "Vegetarian Delights" vol. 2. pg. 11

Vegetable Korma

Ingredients:

- 1/2 cup Basmati rice
- 2 medium Tomatoes, cut into chunks
- 1/2 small white Onion, cut into chunks
- 1 1/2 Tbs. minced fresh Ginger
- 1 Tbs. Olive oil
- 1/2 tsp. Curry powder
- 1/4 tsp. plus 1/8 tsp. ground Cardamom
- 2 Tbs. golden Raisins
- 2 cups frozen mixed Vegetables, such as green beans, cauliflower, carrots, lima beans, and zucchini (12 oz.)
- 1 7-oz. can Chickpeas, rinsed and drained (3/4 cup), optional
- 3 Tbs. Coconut milk (cream)
- 1 Tbs. toasted slivered Almonds, optional

Instructions:

1. Cook rice according to package directions.
2. Purée tomatoes, onion, and ginger to paste in food processor or blender.
3. Heat oil in saucepan over medium heat. Add curry powder and cardamom, and cook 30 seconds, or until fragrant, stirring constantly. Add tomato purée and raisins. Simmer 2 minutes, or until sauce thickens slightly.
4. Stir in frozen vegetables; chickpeas, if using; and evaporated milk. Season with salt and pepper, if desired. Cover, reduce heat to medium-low, and simmer 6 to 7 minutes, or until vegetables are tender. Serve over rice. Sprinkle with almonds, if using.

Serves 2

Reference: Vegetarian Times Issue: February 2010. Cruz Bay Publishing, Inc 2008. pg. 30

Stuffed Shells

Ingredients:

- 1 12oz. box jumbo Shells, boiled and drained
- 2 1 lb. (mashed) firm or extra firm tofu, drained
- 1 16oz. Pkg. spinach or broccoli thawed & drained
- ½ cup Tofu cream cheese or sour cream
- 4 tbsp. Yeast flakes
- 2 tbsp. Chicken style season
- 1 tbsp. Italian seasoning
- 1/8 cup Parsley
- 1 tsp. Salt
- 2 tsp. Lemon juice
- ¼ cup Olive oil
- 1 bundle Scallions
- 3 cloves Garlic
- 1 package Vegan cheese, to be grated
- 1 Spaghetti Sauce Recipe
- Dash Cayenne
-

Instructions:

1. Cook noodles according to instructions on the pack. Drizzle a little oil on to avoid the shells from sticking.
2. Mash tofu and put it in a large mixing bowl.
3. Measure out all ingredients and place in the same bowl as tofu. Mix well.
4. Stuff the shells and place in a casserole dish.
5. Spoon sauce over the top of each shell and top with vegan soy cheese.
6. Bake for 45 minutes, covered. Garnish with parsley.

Reference: McKinney, Marlene, L.E., CNS. "Vegetarian Delights", vol. 2. pg. 14

Food Category - Entrees *Recipe from*

Vegetable Hamburgers

Ingredients:
1/3 cup Rolled Oats
1.75 oz Shelled Nuts (almonds, hazelnuts, walnuts..)
1/3 cup Wheat germ
1 Zucchini (couragette)
2 Onions
1 Tomato
2 Carrots
1 Garlic clove
1 cup Breadcrumbs
1/2 cup Unsalted Vegetable broth (1 cup vegetable boullion)
2 tablespoons Whole Flour

Additional Ingredients:
1 tablespoon Potherbs (parsley, Oregano, thyme..)
Sea Salt
2 tbsp Braggs liquid aminos
2 tbsp Olive Oil

Serves 4

Instructions:
1. Soak rolled Oats and wheat germ in the vegetable broth for 30 minutes.
2. Peel an chop the vegetables.
- Grind the nuts
- Combine all the ingredients, mix well, and divide up the mixture into equal portions. Shape as hamburgers.
- Arrange the hamburgers in an oven tray and bake in a 220C oven until they are brown on both sides (turn them over half way through baking).
3. Serve hot.

Reference:

Vegetable Stroganoff

Ingredients:

3 cup Broccoli, cut small
2 cup Carrot circles, sliced thin
3 tbsp. whole wheat Flour or 2 tbsp clear jel
2 cloves Garlic, minced
3 cup unsweetened Soy milk or soy base
2 tbsp. Olive oil
2 tbsp. unfermented soy sauce
1 cup Onion, chopped small
1 Celery, chopped
1 package Spaghetti or Linguine

Instructions:

1. Steam broccoli and carrots; set aside.
2. Sauté garlic, celery, and onions in olive oil until soft.
3. **Blend flour, soymilk, and soy sauce if using soymilk for 10 seconds or add soy base, flour and soy sauce.**
4. Pour into saucepan and cook on med/hi stirring until thickened. Add vegetables and heat thoroughly. Do not boil.
5. Serve over noodles.

Reference: McKinney, Marlene., L.E., CNS., "Vegetarian Delights", vol. 2. pg.18.

Food Category - Side Dish *Recipe from*

Broccoli Blossom

Ingredients:
1/4 cup chopped Onion
1 cup chopped Red Cabbage
1/2 cup chopped Broccoli
1 tablespoon Oil
2 to 3 tablespoons Water
1/4 teaspoon Tarragon
1/4 teaspoon Garlic Powder
1/4 teaspoon Onion Powder
Black Pepper
Red Pepper
1 English muffin, split and toasted
2 tablespoons grated Parmesan cheese

Instructions:
Stir-fry vegetables in oil in a large skillet or wok over medium heat for 2 to 3 minutes. Add water and cover. Steam for 5 minutes. Add spices during last 2 minutes. Serve over English muffin halves.
Sprinkle with Parmesan cheese.

Servings 2 1/2 English muffin and 3/4 cup vegetable topping per serving

Reference:

Food Category - Side Dish *Recipe from*

Broccoli- Cauliflower Bake

Preparation time: 20 minutes
Baking time: 15 minutes

Ingredients:
4 cups Broccoli florets*
3 cups Cauliflower florets*
1 10 3/4 oz can condensed cream of mushroom soup or cream of chicken soup
3 oz American cheese or process Swiss cheese, torn (3/4 cup) - Substitute
1 tablespoon dried minced Onion
1/2 teaspoon dried Basil, thyme, or marjoram, crushed
3/4 cup soft Breadcrumbs (1 slice)
1 tablespoon Soy margarine, melted

Instructions:
1. In a large saucepan cook broccoli and cauliflower, covered, in a small amount of boiling lightly salted water for 6 to 8 minutes or until vegetables are almost crisp - tender. Drain well; remove from pan.
2. In the same saucepan combine soup, cheese, onion, and basil. Cook and stir until bubbly. Stir in the cooked vegetables. Transfer vegetable mixture to a 1 1/2–quart casserole.
3. Combine breadcrumbs and melted margarine; sprinkle over vegetable mixture. Bake in a 375ºF oven 15 minutes or until heated through.

* Note: If you like, substitute frozen, loose-pack broccoli and cauliflower, thawed, for the fresh broccoli and cauliflower florets. Bake in a 375F oven 35 minutes or until heated through.

Servings 10

Food Category - Side Dish *Recipe from*

Broccoli- Cauliflower – Carrot Bake

Ingredients:
3 cups Broccoli, raw
2 cups Cauliflower, raw
1 cup frozen whole small onions or 3 medium onions quartered
1 cup Carrots
4 tablespoons soy Margarine
2 taberspoons Flour
Dash Pepper
1 cup Soymilk
1 package (3oz) cream cheese, softened
1/2 cup sharp cheddar cheese, shredded (substitute)
1/2 cup Soft Breadcrumbs

Instructions:
Wash and cut vegetables; steam until crisp but tender. Drain. In saucepan, melt 2 tablespoons of the butter; blend in flour and pepper. Add soymilk. Cook and stir until bubbly and thick. Reduce heat; blend in cream cheese until smooth. Place vegetables in 1 1/2-quart casserole dish. Pour sauce over and mix lightly. Top with shredded cheese. Bake 15 minutes at 350 F. Mix together the breadcrumbs and remaining margarine and sprinkle on casserole. Bake an additional 25 minutes.

Serves 12 (1/2 cup per serving)

Food Category - Side Dish *Recipe from Bryant Terry*

Citrus Collards with Raisins

This is my signature dish,' Terry says proudly. 'When it was first published, the recipe was my way of showing you can take traditional cuisine and reinvent it—I grew up on collard greens that weren't considered done unless they'd cooked at least two hours.'

Ingredient:

- 1 1/2 lb. Collard greens, tough stems trimmed
- 1 Tbs. Olive oil
- 2 cloves Garlic, minced (2 tsp.)
- 2/3 cup Raisins
- 1/2 tsp. Salt
- 1/3 cup freshly squeezed Orange juice

Instructions:

1. Stack several collard leaves atop one another, and roll into tight cylinder. Slice crosswise into strips.

2. Cook greens in large pot of boiling, salted water 8 to 10 minutes, or until softened. Drain, and plunge into large bowl of cold water to stop cooking.

3. Heat oil in large skillet over medium heat. Add garlic, and sauté 1 minute. Add drained collards, raisins, and salt, and sauté 3 minutes. Stir in orange juice, and cook 15 seconds more. Season with salt and pepper, if desired.

Serves 6

Reference:Vegetarian Times Issue: November 1, 2009. Cruz Bay Publishing, Inc p.60

Food Category - Side Dish *Recipe from Curtis & Paula Eakins*

Caribbean Plantains

Ingredients:
2 ripe Plantains
2 Tbsp. Soy margarine, melted
1/2 c. orange juice
2 Tbsp. grated Orange rind
2 Tbsp. Honey
1/2 tsp. Sea salt

Instructions:
1. Peel plantains and slice in half lengthwise. Place in the bottom of an 8 x 8" glass baking dish.
2. Combine orange juice, honey and sea salt and pour over the plantains.
3. Sprinkle with grated orange rind and bake uncovered at 350 degrees F for about 30 minutes

Another nice way to prepare plantains is to peel and slice them and heat in a skillet with a little soy margarine until plantains are soft and golden.

Reference: www.3abn.org

Food Category - Side Dish *Recipe from Chef Bryant Terry*

Cumin- Cayenne Mashed Potatoes with Caramelized Onions

These mashed potatoes are "so rich and satisfying, I sometimes just serve them with plain tofu," Chef Bryant Terry admits.

Ingredient:

- 2 lb. Yukon Gold potatoes, peeled and cubed
- 1 large Onion, diced (2 cups)
- 5 Tbs. olive oil
- 2 Tbs. ground Cumin
- 1/2 tsp. Salt
- 1/4 tsp. Cayenne pepper
- 1/2 cup unflavored Rice milk
- 2 Tbs. minced fresh Thyme

Instructions:

1. Boil potatoes in enough water to cover 25 minutes, or until soft.

2. Meanwhile, sauté onion, oil, cumin, salt, and cayenne in skillet over low heat 30 minutes, or until browned. Stir in rice milk and thyme.

3. Drain potatoes, and mash. Whisk onion mixture into potatoes. Season with salt and pepper, if desired.

Serves 6

Reference:Vegetarian Times Issue: November/December 2009. Cruz Bay Publishing, Inc. p.64

Green Bean Almondine

Preparation time: 20 minutes

Ingredients:

2 cups Green beans, fresh or frozen
1/2 tsp Thyme
1/2 cup Bell pepper, red, finely diced
1 tbsp Almonds, slivered, lightly toasted

Instructions:

1. Simmer green beans in a bit of water until crisp-tender.
2. Drain water.
3. Add thyme and red pepper to green beans. Cover and allow to steam for a couple of minutes.
4. Place steamed beans in a bowl.
5. Mix in almonds and salt to taste. Serve immediately.

Serves 4

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 110

Food Category - Side Dish *Recipe from*

Orzo Pasta

Ingredients:
1 1/3 cups (8oz) dry Orzo pasta
3 qt Water
2 teaspoon Olive Oil
1/2 teaspoon Garlic Powder
1/2 teaspoon Italian Seasoning (blend of marjoram, thyme, rosemary, savory, sage, oregano and basil)
1 tablespoon grated Parmesan Cheese (substitute)

Instructions:
Bring the 3 quarts of water to a rolling boil. Add orzo pasta to water and stir. Return to a boil and cook, uncovered, 9 to 11 minutes. For best results, avoid over cooking. Remove from heat and drain well in colander. Pour drained pasta into serving bowl. Add olive oil, garlic powder, Italian seasoning and
Parmesan cheese. Toss gently and serve as a side dish accomplishment as you would any other pasta.

Serves 6 (1/2 cup serving)

Food Category - Side Dish *Recipe from*

Pasta with Pesto

Ingredients:
1/4 cup Olive Oil
1/4 cup grated Parmesan cheese (substitute with
1/4 cup chopped fresh Parsley
2 tablespoon Basil, dried
1 clove Garlic, minced
1 lb Pasta, uncooked

Instructions:
Combine all ingredients except pasta in a blender or food processor. Blend or process until smooth. Cook pasta in unsalted boiling water according to package directions. Toss sauce with drained pasta. Serve hot.

Serves 8 (1/2 cups serving)

Food Category - Side Dish *Recipe from Vic Scalzo*

Red Potatoes and Asparagus with Fresh Basil

Preparation time: 25 minutes

Ingredients:

24 small new red Potatoes (about 3 1/2 pounds) ; wash well and keep skin on
2 tablespoons Olive oil for coating, plus 1/4 up
2 lbs fresh Asparagus
1 cup Vegetable stock
2 Garlic cloves
1/2 cup toasted slivered Almonds
1/2 cup chopped fresh Basil
Salt to taste

Instructions:

1. Place the potatoes in a baking pan. Coat them with about 3 tablespoons of the olive oil and sprinkle with salt. Roast until the potatoes are cooked through but firm (about 25-35 minutes). Remove from the oven and let sit until cool enough to handle.
2. Meanwhile, prepare the asparagus. Snap off the tough end of each stalk. If the stalks are thick, peel the bottom 2-3 inches with a vegetable peeler. Bring about 2 inches of salted water to a boil in a frying pan. Lay the asparagus in the pan and cook until tender-crisp (3-5 minutes). Remove the asparagus and plunge the spears into ice water, then drain and pat dry. Cut the asparagus into 2-inch lengths.
3. Cut the cooled potatoes into quarters. Warn the 1/4-cup olive oil in a very large sauté pan. Add the potatoes and heat them through. Add the asparagus, vegetable stock, and garlic, and simmer a few minutes to heat through. Season with salt, then add the almonds and basil and serve.

Chef's Tip: Sun-dried tomatoes packed in olive oil would add an authentic Italian flair to this holiday dish. Replace the oil in the recipe with the oil that comes packed with the sun-dried tomatoes.

Reference: Vibrant Life Issue: November/December 2009 p. 27 – 28

Food Category - Side Dish *Recipe from Victoria Abbott Riccardi*

Root Vegetable Sticks with Roasted Garlic Dip

Oven-crisp and lightly seasoned, roasted root vegetables make for a healthful appetizer option that won't overpower the other foods served. Roasting the garlic for the bean dip helps mellow its flavor so that it pairs with light-bodied wines as well as heartier vintages.

Ingredient:

- 6 medium Carrots, trimmed, peeled, and cut into sticks (6 cups)
- 6 medium red and gold Beets, peeled and cut into carrot-like sticks (6 cups)
- 2 1/2 tbs. Olive oil, divided
- 1 head Garlic
- 1 15-oz. can Cannellini beans, drained, liquid reserved
- 1 tbs. Lemon juice
- 1 tsp. grated Lemon zest
- 1 tsp. dried Basil

Instructions:

1. Preheat oven to 450°F. Toss carrots and beets with 1 1/2 tablespoon oil. Season with salt and pepper, if desired. Spread in single layer on baking sheet. Trim papery top from head of garlic just to cloves. Wrap in foil, and set in corner of baking sheet. Roast vegetables and garlic 25 minutes, or until carrots and beets are tender, but not soft, and garlic packet feels soft when lightly squeezed. Remove baking sheet from oven, open foil packet around garlic, and cool vegetables and garlic.

2. Squeeze garlic cloves from skins, and place in food processor with cannellini beans, lemon juice, lemon zest, basil, and remaining one tablespoon of oil. Pulse mixture until creamy and smooth, adding some reserved bean liquid if necessary. Season with salt and pepper, if desired. Serve garlic-bean dip in bowl alongside roasted vegetables.

Nutritional Information

Per serving (3/4-cup veggies plus 2 Tbs. dip): Calories: 111, Protein: 3g, Total fat: 3g, Saturated fat: <1g, Carbs: 18g, Cholesterol: mg, Sodium: 150mg, Fiber: 5g, Sugars: 8g

Reference: Vegetarian Times:November/December 2009. pg. 54

Food Category - Side Dish *Recipe from Chef Moses Calderon*

Spinach with Rice

Ingredients:
3 lb Spinach, tough stems removed
1 cup Olive Oil
3 Onions, or 1 bunch Scallions (including 2 inches [5 cm] of the green tops), coarsely chopped
1 tbsp chopped fresh Dill
Salt and pepper
2 cups Water
3/4 cup raw unprocessed Rice

Instructions:
Heat the olive oil in a large saucepan. Sauté the onions gently until half-cooked, but not colored. Shake the surplus water off the spinach leaves and put them in the saucepan with the onions. Cover and simmer gently for 5 minutes, then add the dill, seasoning and water, and bring to a boil.

Throw in the rice, stir well once with a wooden spoon, cover, and cook over moderate heat until the rice swells and the water is reduced. After about 10 to 15 minutes, when most of the water has been absorbed, remove the pan from the heat. Take off the lid, place a clean cloth over the pan and then replace the lid so that the steam does not escape altogether. Leave for 10 to 15 minutes until the rice is cooked and the water has completely disappeared.

Servings: 4

Scalloped Potatoes

Preparation time: 25 minutes

Ingredients:
12 cups Potatoes, red washed, peeled, and sliced into 1/4 –inch-thick rounds
1 1/2 cups Onions, sliced

Sauce:
3 cups Water
1 cups Cashew pieces or Almonds, blanched, slivered
2 Garlic cloves
1/2 cup Onions
1/2 Bell pepper, red
3 tbsp Nutritional yeast flakes
1 tbsp Lemon juice
1/2 tsp Salt

Instructions:
1. Place sliced potatoes alternating with sliced onions in a lightly greased large (3-quart) baking dish.
2. In a blender, combine sauce ingredients and blenderize until very smooth.
3. Pour sauce over potatoes and onions in baking dish.
4. Cover dish and bake at 425°F for about 5-60 minutes or until potatoes are tender.

Serves: 10

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 112

Food Category - Side Dish *Recipe from Chef Calderon Moses*

Stew Spinach

Ingredients:
2 cup chopped Spinach
1/4 cup of chopped Onion
2 clove Garlic
Tbs Olive Oil
Tsp Sea Salt
Pepper to taste

Instructions:
Steam the spinach of 2 minutes removed from water and drain. Sauté the onions and garlic gently until half cooked but not colored. Add the spinach and seasoned cover and simmer gently for about 3-5 minutes. Serve hot.

Food Category - Side Dish *Recipe from Mary Margaret Chappell*

Sweet Potato Wedges

Ingredients:

2 cups unfiltered apple juice
2 large Sweet Potatoes, each cut into 8 wedges
2 tbs. Olive oil
Ground Cinnamon, for sprinkling

Instructions:

1. Boil apple juice in saucepan over medium heat 45 minutes to 1 hour, or until reduced to thick and syrupy 1/4 cup. Set aside.
2. Preheat oven to 350°F. Brush sweet potato wedges with oil, sprinkle with cinnamon, and place on baking sheet. Bake 45 minutes, or until tender and beginning to brown. Transfer to platter, and drizzle with apple juice reduction.

Serves 8

Reference: Vegetarian Times Issue:September 2010. pg. 64

Zucchini Sauté

Preparation Time: 20 minutes

Ingredients:
4 cups Zucchini, sliced 1/4 inch thick
4 Garlic loves, minced
2 tsp Basil, crushed
1 can (28 oz) tomatoes, peeled, whole sliced in thirds

Instructions:
1. Sauté sliced zucchini, minced garlic, and basil in a little water or Pam spray using a nonstick frying pan. Sauté until zucchini begins to soften.
2. Add sliced, peeled tomatoes.
3. Sauté five more minutes or until zucchini is crisp-tender. Add salt to taste, if desired.

CHEF'S TIP:
• Serve as a side dish or as a topping for rice, pasta, or couscous.

Serves: 6

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook" pg. 113

Food Category - Side Dish *Recipe from Dale & Melissa Kent*

Ultimate Veggie Fried Rice

Ingredients:

- 2 Tbs. Olive oil
- 1 small Onion, chopped (1 cup)
- 1 small Carrot, diced (1/4 cup)
- 1 stalk Celery, diced (1/4 cup)
- 1 tsp. Herbes de Provence
- 1/2 tsp. Salt
- 2 cups cooked Brown rice, crumbled or broken up
- 2 cups leftover Vegetables, Beans, etc., optional

Instructions:

1. Heat skillet over medium-high heat, and add oil. Sauté onion, carrot, celery, herbes de Provence, and salt 10 to 15 minutes, or until well browned. Add a little more oil if pan seems dry. Add rice, and stir-fry 5 minutes, or until mixture is hot and well combined.

2. Rice is now ready to be served, but if you have some time before your meal, turn heat to low, add a little more oil to pan, and let rice sit undisturbed 7 to 10 minutes, or until browned. If it begins to stick, scrape it up, stir tasty brown bits in, and continue browning with a little more oil. The more time and energy you spend at this stage, the tastier the rice will be. If using leftovers, add them just before serving and continue to heat thoroughly.

Serves 4

Reference: Vegetarian Times Issue: September 1, 2009 p.64

Avocado Spread

Ingredients:

1 15-oz can Garbanzos, mashed well with fork
1 tablespoon Soy mayonnaise
1 tablespoon chopped Onions
1 tablespoon chopped Green peppers
1 chopped Garlic clove
1 teaspoon Parsley flakes
1/4 teaspoon Basil
1 teaspoon Vegit Seasoning
1/4 teaspoon Turmeric

Instructions:

Mix all ingredients together and serve with bread or crackers.

Makes 8 servings

Reference: Mulkern, Shirley and Cavil, James. "Ultimate Vegetarian Collection "Its all Good!" Autumn House Publishing. 2008 pg. 45

Barbeque Sauce

Ingredients:
1 medium Onion, minced
2 Garlic cloves, minced
1/3 cup Olive oil
2 8-oz cans low-sodium Tomato sauce
1/4 cup Water
1 cup brown sugar
1 tablespoon Molasses
1 teaspoon Salt
3/4 teaspoon Cayenne pepper
1/2 cup Lemon juice
1 tablespoon Braggs Liquid Amino

Instructions:
Sauté onion and garlic in oil. Add remaining ingredients except for lemon juice and soy sauce. Bring mixture to boil, reduce heat, and simmer for 30 minutes. Add lemon juice and soy sauce.

Makes 2 cups (nutrient analysis based on 1/4 cup.)

Reference: Mulkern, Shirley and Cavil, James. "Ultimate Vegetarian Collection "Its all Good!" Autumn House Publishing. 2008 pg. 45

Food Category – Cheese *Recipe from Marlene McKinney*

Cashew Pimento Cheese Sauce

Ingredients:
1 1/2-cup water
1/2-cup pimento or Red Bell Pepper
½-cup sesame seeds or 1/4 cup Tahini butter
1-tsp. Salt
½- cup Cashews, rinsed
¼-cup Lemon Juice
½ - cup Nutritional Yeast Flakes
¼- tsp. Garlic Powder or 2 cloves fresh Garlic
1-tsp. Onion powder or 2-tbsp. fresh chopped Onions

Instructions: .
BLEND cashews and sesame seeds with half the amount of water. When both nuts and seeds are BLENDED smooth, ADD all the other ingredients except the pimento. Finally, ADD the pimento until you have the colour you desire. Continue BLENDING until smooth.

Note: This cheese can be used in any recipe that requires cheese.

Reference: McKinney, Marlene, L.E., CNS., "Vegetarian Delight", pg. 64

Hummus

Ingredients:
1 15-ounce can Chickpeas, drained (save liquid)
1/4 cup Tahini (sesame seed butter)
2 medium cloves Garlic, minced
3 tablespoons Lemon juice
1 teaspoon Salt
Dried, chopped Parsley

Instructions:
Blend all ingredients in food processor, adding liquid only as needed to make a smooth paste. Add chopped parsley as desired. Keep chilled.

Makes 16 servings.

Reference: Mulkern, Shirley and Cavil; James. "Ultimate Vegetarian Collection "Its all Good!" Autumn House Publishing. 2008 pg. 45

Food Category – Spread *Recipe from Pat Humphrey*

Olive Spread

Ingredients:
1 cup black Olives, chopped
1/2 cup Walnuts, finely chopped
1/4 cup Almonds, finely chopped
1/4 cup Sesame or sunflower seeds
1/4 cup Celery, finely chopped
Tofu Mayonnaise

Instructions:
Mix first ingredients in bowl, adding enough mayonnaise to allow mixture to spread easily.

Makes 8 servings.

Reference: Mulkern, Shirley and Cavil, James. "Ultimate Vegetarian Collection "Its all Good!" Autumn House Publishing. 2008 pg. 44

Tofu Mayonnaise 1

Ingredients:
1 lb crumbled Tofu
1/2 cup Water
1 teaspoon Salt
2 12 teaspoons Onion powder
1/4 cup Honey (optional)
1 teaspoon Garlic powder
1/2 cup Canola oil
1/2 cup Lemon juice
Nutritional yeast flakes
Bakon Seasoning
Turmeric

Instructions:
Rinse, drain, crumble, and measure tofu. Put into blender and add remaining ingredients. Add flakes, Bakon seasoning, and turmeric to taste. Blend on high for 1 minute until creamy. Keep refrigerated.

Makes 2 1/2 cups.

Reference: Mulkern, Shirley and Cavil, James. "Ultimate Vegetarian Collection "Its all Good!" Autumn House Publishing. 2008 pg. 51

Tofu Mayonnaise 2

Ingredients:
1 10.5-oz package Tofu
1/8 cup Water
1/2 teaspoon Salt
1/8 teaspoon Garlic powder
1 teaspoon Onion powder
1/8 teaspoon Basil
3 tablespoons Honey
1/3 cup Lemon juice
1/3 cup Raw Cashews, rinsed

Instructions:
Blend all ingredients except tofu. When smooth, add tofu and blend. Chill.

Makes 6 servings

Reference: Mulkern, Shirley and Cavil, James. "Ultimate Vegetarian Collection "Its all Good!" Autumn House Publishing. 2008 pg. 52

Food Category - Dessert *Recipe from Lisa Turner*

Almost-Raw Honey Cheesecake Bars with Cranberry Topping

Ingredient:

- 3 cups raw Cashews, divided
- 1 cup frozen Cranberries
- 1/4 cup plus 2 tbs. raw, unfiltered Honey, divided
- 1/4 cup Apple juice
- 1/4 cup Raw coconut oil, softened, plus extra for greasing baking dish
- 1 cup raw Walnuts
- 1/4 cup Raisins
- 1 cup raw Macadamia nuts
- 1/2 cup Lemon juice
- 1 tsp. Vanilla extract
- 1/2 tsp. Salt

Instructions:

1. Cover 2 cups cashews with cold water, and soak 3 hours, or overnight.

2. Simmer cranberries, 2 Tbs. honey, and apple juice in saucepan over medium-low heat 10 to 12 minutes, or until cranberries pop. Cool 15 minutes. Pulse in blender or food processor until sauce is thick and smooth. Cool completely.

3. Grease bottom and sides of 8-inch-square glass baking dish with coconut oil. Process walnuts, raisins, and remaining 1 cup cashews in food processor, until mixture begins to stick together. Press into prepared dish, and chill 30 minutes, or overnight.

4. Drain soaked cashews. Purée cashews, macadamia nuts, lemon juice, remaining 1/4 cup coconut oil, remaining 1/4 cup honey, vanilla extract, salt, and 3 Tbs. water in food processor 5 minutes, or until smooth and creamy. Spoon cashew mixture over crust. Spread cranberry mixture over top. Cut through cheesecake with small knife to swirl. Freeze cheesecake 1 hour before serving. Thaw 5 minutes, then slice into 16 bars.

Makes 16 bars

Reference: Vegetarian Times Issue: November 1, 2009 pg. 42.

Food Category - Dessert *Recipe from Marlene McKinney*

Bread Pudding

Ingredients

- 7 cups Whole wheat bread crumbs
- 1/2 cup Raisin
- 1/2 cup Coconut
- 1/2 cup Crushed pineapple
- 1 Tbsp. Molasses
- 1/2 tsp. Salt
- 1 tsp. Vanilla
- 1-2 Bananas
- 3/4 cup Honey
- 1 tsp. Coriander
- 1/2 cup Water
- 1/2 cup Walnuts, chopped
- 1/2 cup Whole-wheat flour
- 1 1/2 cup Coconut milk

Instructions:

Place shredded bread crumbs, raisins, coconut and pineapple in a large mixing bowl. In a blender, place banana, honey, molasses, water, vanilla and coconut milk. Blend smooth. Pour contents over breadcrumbs and allow to soak for 8-10 minutes. Mix well. Place in pre-sprayed baking pan and bake at 350 for 45 minutes or until done.

Glaze Ingredients (optional):

- Soy margarine
- Honey

Instructions:

Place in a sauce pan, over medium heat. Mix well. Brush on after bread pudding is finished. This gives a beautiful finish to the pudding.

Reference: Hanna, Idamae

Food Category - Dessert *Recipe from Bryant Terry*

Chocolate-Pecan Pudding Pie

This pie's got everything—a nutty crust, a rich filling, and plenty of pecans.

Crust Ingredient:

- 1 cup Almonds
- 1 cup Pecans
- 1/2 cup whole-wheat Pastry flour
- 1/8 tsp. fine Sea salt
- 1/2 cup dry unsweetened Coconut
- 8 large Dates, pitted and chopped
- 2 Tbs. Coconut oil

Filling Ingredients:

- 3/4 cup Rice milk
- 1/4 cup Arrowroot powder
- 1/2 Banana
- 1 1/4 cups chopped Pecans
- 3/4 cup Carob chips, melted
- 1/2 cup Maple syrup
- 1/2 cup dry unsweetened Coconut
- 1/4 cup Coconut oil
- 1 tsp. Vanilla extract

Instructions:

1. Preheat oven to 325°F. To make Crust: Grind almonds, pecans, flour, and salt in food processor to fine meal. Transfer to bowl; stir in coconut. Add dates and oil to food processor; blend until sticky mass forms. Add nut mixture to dates, and process until dough forms. Knead 1 minute. Press into 9-inch pie pan. Prick holes in bottom of crust.

2. To make Filling: Blend rice milk and arrowroot 30 seconds in food processor. Add banana, and blend 15 seconds. Add remaining ingredients, and pulse until combined. Spread in Crust. Cover edges with foil, and bake 20 minutes. Cool, then chill 2 hours before serving.

Serves 12

Reference: Vegetarian Times Issue: November 1, 2009. pg. 64

Food Category - Dessert *Recipe from Darlene Blaney & Dr. Hans Diehl*

Christmas Fruitcake

Preparation time: 25 minutes

Ingredients:
3/4 cup Pineapple juice, unsweetened
1 tsp Vanilla
1 cup mixed raw Nuts (Brazil nuts, hazelnuts, almonds, pecans, walnuts, etc.)
1 1/2 cups mixed dried Fruit (papaya, mango, pineapple)
1/2 cup Dates, chopped
1/2 cup Cranberries, dried
1 cup Raisins
1 tbsp Ener-G Egg Replacer powder (dissolved in 3 tbsp water)
1/4 cup Honey
1/2 cup Cinnamon or substitute
1/4 tsp Allspice
1 1/2 tsp Baking powder
2 cups spelt Flour

Instructions:
1. Mix all ingredients together in a mixing bowl in the order given.
2. Pour dough into a 9-inch round or square glass baking dish or two small (3" x 7") loaf pans that have been lightly greased, using a nonstick spray.
3. Bake at 350°F for 45 minutes or until golden brown and an inserted toothpick comes out clean.
4. Cool cake before removing from baking dish.

CHEP'S TIP:
- May substitute whole-wheat pastry flour for spelt flour.
- These cakes freeze very well.

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook". Autumn House Publishing. pg. 152

Food Category - Dessert *Recipe from Vic Scalzo*

Citrus Cheesecake with Mango Sauce

Crust Ingredients:
2½ cups crushed graham crackers
½ cup toasted almond meal
6 tablespoons vegan margarine, melted

Filling Ingredients:

1/4 cup pitted, chopped dates
4 tablespoons lemon juice
1 tablespoon each lemon zest and orange zest
3 tablespoons water
1 12-ounce package extra-firm tofu
2/3 cup apple juice
1 banana, mashed
1 teaspoon vanilla extract
1 mango, peeled and chopped
Fresh currants and/or small berries, optional

Instructions:

1. Use a non-greased 7-inch springform pan. Mix together the graham cracker crumbs, almonds, and melted margarine in a bowl. Press the mixture into the base of a non-stick pan.
2. Put the chopped dates, lemon juice, lemon and orange zests, and water into a saucepan and bring to a boil. Simmer for 5 minutes until the dates are soft; then vigorously mash them with a fork.
3. Place the mixture in a blender or food processor with the tofu, apple juice, mashed banana, and vanilla
extract, and process until the mixture is a thick, smooth purée.
4. Pour the tofu purée into a prepared graham cracker crumb base.
5. Bake in a preheated oven at 350°F for 30-40 minutes, until lightly golden in color. Cool in the pan, then chill thoroughly before serving.
6. Place the chopped mango in a blender and process until smooth. Serve it as a sauce with the chilled cheesecake. Optional: top with currants and/or small berries.

Reference: Vibrant Life Issue: November 1, 2009 pg. 28 –29.

Food Category - Dessert *Recipe from Marlene McKinney*

Coconut Pineapple Cream Pie

Ingredients:
8 oz Tofu cream cheese
8 oz non-dairy whip cream
1 tbsp Emes Kosher gelatin (unflavored)
4 oz shredded Coconut
4 oz crushed Pineapple, drained
4 oz Rumford Sugar
1 tbsp Vanilla
1/4 cup pineapple Juice

Instructions:
In a saucepan (small), on low heat dissolve gelatin with pineapple juice stirring constantly. Watch carefully this burns easily. Mix all ingredients together EXCEPT the whip cream. Add the gelatin mixture fold in whip cream. Pour into a pre-baked Graham cracker crust. Garnish with fresh kiwi slices and strawberry or pineapple chunks and cherries. Refrigerate for at least 3 hours or overnight preferably. Serve.

Reference: McKinney, Marlene., LE, CNS, "Vegetarian Delights". pg. 28

Food Category - Dessert *Recipe from Myra Kornfeld*

Fresh Berry Tart with Toasted Nut Crust

A crumbly homemade nut crust sets this tart apart from other berry pies.
It can be made up to three days ahead and refrigerated until ready to use.

Ingredient Crust:

- 1/4 cup each Almonds, pecans, and hazelnuts
- 3/4 cup whole-wheat Flour
- 1/4 cup Sucanut
- 1/4 tsp. Salt
- 6 Tbs. chilled unsalted Soy margarine, diced
- 3 tsp Egg Replacer

Filling Ingredient:

- 1/2 cup light Sour cream
- 1/2 cup plain Soy yogurt
- 2 Tbs. Sucanut
- 1 tsp. Vanilla extract
- 1/4 tsp. grated Orange zest
- 1 cup Blueberries
- 1 cup Raspberries
- 1 Tbs. Orange juice

Instructions:

1. To make Crust: Preheat oven to 350°F. Coat 9-inch tart pan with cooking spray. Spread nuts on baking sheet, and toast in oven 12 to 15 minutes, or until browned.
2. Pulse nuts, flour, sucanut, and salt in food processor until nuts are ground to powder. Add margarine, and pulse until mixture resembles coarse meal. Add egg replace, and pulse until moist clumps form. Press dough into bottom and sides of prepared pan, about 1/4-inch thick, and pierce with fork. Freeze 30 minutes.
3. Adjust oven temperature to 400°F. Bake Crust 12 to 14 minutes, or until golden. Cool.
4. To make Filling: whisk together sour cream, yogurt, sucanut, vanilla, and orange zest in small bowl. Toss berries with orange juice in separate bowl.
5. Spread sour cream mixture in Crust with spatula. Spoon berries over top a little at a time, until sour cream mixture is evenly covered. Refrigerate 30 to 60 minutes before serving.

Reference: Vegetarian Times Issue: July 1, 2009. p.70

Fruit & Nut Dessert

Preparation Time: 20 minutes

Ingredients:
1 can (18oz) Pineapple, crushed
2 cups frozen Raspberries
1 tbsp Honey
3 tbsp Cornstarch
½ tsp Almond extract

Topping Ingredients:
1 cup whole-wheat Pastry flour
1 cup whole rolled Oats
½ cup shredded Coconut, unsweetened
½ cup Pecans, finely ground
¼ tsp Salt
1 tbsp Honey
1 tsp Almond extract
½ cup Pineapple juice, unsweetened

Instructions:
1. Place pineapple along with its juice, raspberries, honey, cornstarch, and almond extract in a medium-sized pot. Mix well.
2. Cook over medium heat until mixture simmers, thickens, and turns a clear red color.
3. Using a nonstick spray, prepare a 9"x 9" glass baking dish. Spread fruit mixture evenly into the baking dish. Set aside.
4. Using a fork, mix together topping ingredients in a mixing bowl.
5. Spread the topping evenly over the hot fruit mixture in baking dish. Press down slightly to compact.
6. Bake at 350°F for approximately 30 minutes, or until golden brown.

CHEF'S TIP:
• Serve warm or cold. Nice served as a dessert, light supper, or even at breakfast! Serve plain or top with a soymilk or a soy, natural almond-flavored ice cream!

Serves: 9

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook". Autumn House Publishing. pg. 146

Food Category - Dessert *Recipe from Lauren Ulm*

Key Lime Pie

The secret to this pie is cream of coconut, most commonly used by Bartenders to make piña coladas. Don't confuse it with coconut milk, which is unsweetened and thinner. Chill well before serving.

Crust Ingredients:

1 1/2 cups crushed Vegan Graham Crackers, plus more garnish
1/4 cup non-hydrogenated Vegan margarine, melted
1/4 cup Agave Nectar

Filling Ingredients:

1 cup Cream of Coconut, such as Coco Lopez
1 cup raw, unsalted Cashews
7 oz. extra-firm Tofu (half pkg.), drained
3/4 cup fresh Lime juice
1/4 cup Cornstarch
1/4 cup plus 1 tbs. Agave nectar
2 tsp. grated Lime zest slices, for garnish

Instructions:

1. To make Crust: Preheat oven to 350 F. Stir together crushed graham crackers, margarine, and agave nectar in bowl. Press mixture into bottom and sides of 9-inch pie dish using fingers or bottom of drinking glass. Place crust in freezer while oven preheats.
2. Bake crust 8 –10 minutes, or until golden. Cool.
3. To make filling: place cream of coconut, cashews, tofu, lime juice, cornstarch, agave nectar, and lime zest in blender until very smooth (press mixture through strainer if blender cannot completely blend cashews).
4. Transfer filling to saucepan, and heat over medium-high heat 5 to 7 minutes, or until filling thickens, stirring constantly.
5. Spread filling in crust. Chill at least 4 hours before serving. Serve garnished with lime slices and crushed graham crackers.

Serves 10

Reference: Vegetarian Times Issue:February 2010. pg. 52 - 53

Sweet Potato Pudding

Ingredients:
6 large sweet Potatoes, steamed, mashed
1/2 c. unbleached Flour, with germ
3/4 c. Raisins
1 tsp. Baking powder, aluminum free
1/2 c. Soy milk
5 c. Coconut milk, lite
1 c. Fructose
2 tsp. Vanilla flavoring
1/2 tsp. Nutmeg
1/2 tsp. Sea salt
1 Tbsp Soy margarine, melted

Instructions:
1. Preheat oven to 350 degrees F.
2. In a bowl mix mashed sweet potatoes, baking powder, unbleached flour and raisins.
3. Mix together soy milk, coconut milk, fructose, vanilla flavoring, nutmeg, sea salt and soy margarine.
4. Pour milk mixture into potato mixture and beat until smooth. Pour in a greased 13x9 inch oblong dish.
5. Let the pudding rest 30 minutes before baking.
6. Bake for 1 hour or until center is set. Serve hot or cold

Serves 16

Reference: 3abn.org

Food Category – Dessert *Recipe from Darlene Blaney and Dr. Hans*

Pumpkin Cheesecake

Preparation time: 30 minutes

Crust Ingredients:
1 1/2 Graham cracker crumbs
1 cup Walnuts, ground fine
1/3 cup Olive oil
1 tbsp Honey

Filling Ingredients:
2 package Tofu, silken, firm (lite)
2 cups Pumpkin, cooked and mashed
1 cup Sucanut
2 tsp Cinnamon
1/2 tsp Ginger powder
1/2 tsp Nutmeg
3/4 tsp Salt
4 tbsp Cornstarch
1 tbsp Lemon juice
1/3 Carob chips

Crust Instructions:
1. Mix together crust ingredients in a mixing bowl.
2. Using a fork, press mixture into the bottom of a tightly oil-sprayed 12-inch springform pan.
3. Bake at 350âF for 10 minutes or until golden brown.

Filling:
1. Place filling ingredients in a blender. Blend until smooth. Pour over crust. Smooth nicely with flat spatula.
2. Bake at 350ºF for approximately 1 hour or until filling is set and begins to brown on top.
3. Melt carob chips slowly by placing them in small bowl and setting the bowl in hot water.
4. Remove cake from oven. Drizzle with melt carob chips. Chill.

CHEF'S TIP:
- Nice served for Thanksgiving or at times you would normally serve pumpkin pie.

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook". Autumn House Publishing. pg. 153

Food Category – Dessert *Recipe from Marlene McKinney*

Tofu Cheesecake

Ingredients:
2-Tbsp Lemon juices
½-cup brown Sugar
Pinch of Salt
2-tsp. Vanilla
1-tbsp Flour
½-cup Honey
¼-cup Olive oil
1½-lb. Tofu

Instructions:
Blend all ingredients until creamy and smooth. Pour into a graham cracker crust. Bake 45 minutes at 350°F. Top with favourite cheesecake topping.

FRUIT TOPPING

Ingredients:
1 cup Apple concentrate
3 tbsp Cornstarch
4 cup fresh or frozen Fruits

Instructions:
Mix cornstarch and concentrate in a small pot. Heat till thick and clear, stirring constantly. Pour over baked cheesecake. Refrigerate.

Reference: McKinney, Marlene., L.E. CNS. "Vegetarian Delights" pg. 35

Food Category – Dessert *Recipe from Darlene Blaney and Dr. Hans Diehl*

Tropical Cheesecake

Preparation Time: 25 minutes

Crust Ingredients:
¾ cup pitted Dates, chopped
¼ cup Water
¾ cup Grape-Nuts cereal
½ cup Oats (quick)
3 tbsp Almonds, finely chopped

Filling Ingredients:
2 cups Tofu, Silken, firm (lite)
1 tbsp Lemon juice
1 tbsp Vanilla
1 can (20z) Pineapple, crushed
3 tbsp Cornstarch
1 medium Banana, peeled and cut into thirds
2 1/3 cup Honey

Topping ingredients:
1 ½ cups frozen Blueberries or strawberries
1/3 cup Water
2 tbsp Cornstarch

Instructions:
1. Bring dates and water to a boil. Reduce heat to low and simmer, covered, 5 minutes or until soft.
2. Add remaining crust ingredients to date mixture. Mix well.
3. Press mixture into the bottom of a lightly oil-sprayed 9-inch spring-form pan. Set aside.
4. Place tofu, lemon juice, vanilla, and half of pineapple into a blender. Blend until very smooth. Pour into a bowl.
5. Place the remaining pineapple, cornstarch, banana, and honey in blender and blend until very smooth. Pour into bowl with other half of mixture. Mix together well.
6. Pour mixture over crust.
7. Bake at 350° F for approximately 45 minutes, or until edge of cake is browned slightly and center is firm. Cool to room temperature.
8. In a small pot, mix together frozen berries, water, and cornstarch.
9. Cook over medium heat, stirring constantly until it has thickened and is clear in color.
10. Spread fruit mixture over the top of the cheesecake.
11. Chill before serving. Slice into 9 pieces.

CHEF'S TIPS:
• Garnish each slice with a fresh mint leaf and berry.
• For a more tropical taste, substitute frozen mango slices or pineapple pieces in place of the blueberry or strawberry topping.

Serves 9

Reference: Darlene Blaney, MSc, NCP and Hans Diehl, DRHSc, MPH, FACN. "The Optimal Diet: The Official Chip Cookbook". Autumn House Publishing. pg. 155

Brianna's Raw Carrot Cake

We have not found anyone that does not LOVE this recipe. It can take a little time to make the first time you do it. But once you get it, it's quick and easy.

Dry Bowl Ingredients:

- 2-3 cups fresh ground Oats (I start with 2 cups in the bowl and add more if it's too wet when all mixed together)
- 1tsp. Celtic sea salt
- 1 ½ tsp. Cinnamon
- 1 cup chopped Walnuts

Wet Bowl ingredients:

- 2 cups fresh Carrot pulp from juicer
- 1 cup soft Raisins (soak and drain off the water if raisins are not soft)
- 22 Medjool dates (remove ALL pits)
- 2 tsp Vanilla
- ¼ cup unsulphered Coconut shreds soaked in fresh carrot juice (drain off extra juice before to
- processor)
- 3-4 tbs raw Agave nectar
- 1-2 tsp fresh Ginger (OPTIONAL) (don't use powdered ginger)
- 1-2 tbs raw Coconut butter (OPTIONAL is good without)

Instructions:

Fit a food processor with an 's' blade and add the dates, vanilla, agave, soaked coconut, ginger, and coconut butter. Process this mixture until it is VERY smooth. You may need to scrape the sides a few ties. It should take 5 minutes or so and the color will change to a deeper golden/orange.

In the Wet Bowl, combine mixture from processor with carrot pulp, walnuts and the raisins and stir to mix. Set aside.

In the Dry Bowl, combine 2 cup oat flour with all the other dry spices and stir well or whisk add entire dry bowl to the Wet Bowl.

Using very clean hands, mix contents of both bowls vey well. You almost have to knead it mixture to make sure it all mixes well. The mix should be moist but not so wet that is doesn't stick together. If it's too wet, add a little more pulp ¼ cup, but no more than 1 extra cup. You can also add a little more flour; however, if you add more flour adjust the cinnamon, nutmeg, cardamom and salt accordingly.

Press into a pie plate or casserole dish and refrigerate until firm enough to slice.
Add Cashew frosting to the top and decorate as desired.

Carob Pudding / Pie

Ingredients:
1 cup Carob Powder (or more to taste)
¾ cup Agave Nectar
5 med Avocados

Instructions:
Pit avocados and carob powder place into the food processor bowl. Process until velvety smooth. Add agave and process until thoroughly mixed. Place in separate bowl and set aside.

Sunflower Seed Crust

Ingredients:
2 cups Sunflower Seeds
½ cup Agave Nectar

Instructions:
Place sunflower seeds and agave in food processor bowl. Process until the 'dough' is the consistency desired. Some people like it chunky others prefer a smoother consistency.

Remove processed 'dough' from food processor and press into bottom of dessert dish. Scoop pudding into dish and spread until even. Place in refrigerator until ready to serve.

Food Category - Raw Food *Recipe from Health Minister Pettee*

Carol's White Christmas Soup

Winter is great for warm soup. But this raw soup with the added pinch of jalapeno gives it a warm feeling when eaten.

Ingredients:

1/2 cup Walnuts soaked (4 to 8 hours)
1 1/2 tbsp Miso, white or dark
1/2 cup chopped Zucchini
1/2 cup Red Pepper, chopped
1/2 cup diced Tomato
1 tbsp fresh Parsley, minced
1 tbsp Green Onion, chopped
1 tsp Jalapeno Pepper or to taste
1 ear of Corn cut from the cobb
1 cup Water more if needed
1/2 cup Extra Virgin Olive Oil
Celtic Sea Salt to taste

Instructions:

In the food processor put all of the ingredients except for corn, walnuts, miso, water, and olive oil. Pulse for a few seconds, until all is coarsely chopped. Add corn and pulse for a few times more. Do not over pulse. You want your vegetables to be chopped and not liquefied. Put these ingredients in a bowl and set aside.

In a blender put walnuts, miso, water, olive oil, and Celtic salt. Blend until liquefied. Pour over the vegetables, stir and serve.

Carrot Pate'

Ingredients:
4 cups of Carrots
1cup of Macadamia nuts
1cup of Sunflower seeds or cashews
1 Lemon juiced
¼small Onion cut into 4 pieces
1small glove of Garlic, cut into small pieces
¼- ½ teaspoon of Celtic salt
½ tablespoon olive oil

Instructions:
Process the sunflower seeds/cashews to crumbs, then set them aside in a bowl. Process the carrots. Add garlic, lemon juice and salt, then process. Once these are mixed well, taste and adjust ingredients to your taste. Leave the food processor running and add olive oil until a creamy color is seen throughout.

Empty the carrots mixture into the seed or nut base and stir thoroughly.

Form the pate nicely on the serving dish and enjoy.

Reference: Edwards, Aisha

Cashew Ranch Dressing

Ingredients:
2 cups Cashews
1 ¾ cup Water
¾ cup Lemon juice
1 tablespoon Celtic sea salt
2 squirts of Agave nectar
¼ med. Onion
1 tablespoon of Dill, basil and Italian seasoning

Instructions:
Blend ingredients except seasonings in a vita-mix or blender until smooth. Add seasonings and blend briefly to mix thoroughly.

Reference: Griffing, Kristin

Cheese

Ingredients:
1 cup Macadamia Nuts
1 cup Cashews
1 tbsp Braggs Liquid Aminos
1 med Lemon
2 med Red Bell Pepper
2 Tb Nutritional Yeast Flakes
1 Tsp Celtic Sea Salt
2 cloves Garlic

Instructions:
Blend all ingredients in a blender until smooth. A little water may need to be added to get the blender going.

Food Category - Raw Food (Salad dressing) *Recipe from Malaika Sharp*

Cranberry Vinaigrette

Ingredients:
¼ cup dried Cranberries, soaked in ¾ cup of water for 2 hours
½ cup extra virgin Olive oil
¼ cup Lime juice
2 tablespoons Lemon juice
2 cloves Garlic
1 tablespoon Agave nectar
1 teaspoon minced Ginger
¼ - ½ teaspoon Celtic sea salt or Bragg's liquid aminos to taste

Instructions:
Blend until smooth. Add more water if needed.

Reference:Rudell, Wendy

Food Category - Raw Food (Dip) *Recipe from Malaika Sharp*

Creamy Tahini Dressing

Ingredients:
1 cup pure Water or young coconut water
¾ cup raw Sesame Tahini
¼ cup Nama Shoyu or Celtic Sea salt to taste
½ cup freshly chopped Parsley, basil, or dill
½ cup fresh Lemon juice
¼ cup chopped Onions
1 tbs minced Ginger
3 cloves Garlic
1 -2 tsp Cumin
¼ tsp Cayenne or Jalapeno pepper

Instructions:
Blend all ingredients until smooth. Add more water as desired.

Reference: Rudell, Wendy

Crepes

Crepe Shells Ingredients:
5 to 6 RIPE Bananas

Filling Ingredients:
1 cup Macadamia nuts
1 cup Cashews
1 large Lemon, juiced
4 teaspoons Agave
2 teaspoons Bragg Liquid Aminos
1 teaspoon Vanilla
2 teaspoons Water

Strawberry Sauce Ingredients:
1 ½ cup Strawberries
1 -2 tablespoons Agave

Crepe Shells Instructions:
Place bananas in a food processor and blend until smooth.

Remove from processor and spread about 1/8 inch thick onto a Teflex sheet on top of a dehydrator screen.

Dehydrate for 14 hours or fewer. (Begin checking the bananas a few hours before to make they are formed, pliable, and solid in texture, but not getting crispy)

Remove from dehydrated and slice into strips (about 4 x 2).

Filling Instructions:
Place filling ingredients in a food processor and blend until smooth.

Strawberry Sauce Instructions:
Combine strawberries and agave in a food processor and blend until smooth.

Reference: Cohen, Alissa. "Living on Live Food"

Food Category - Raw Food (Bread) *Recipe from Malaika Sharp*

Flax Crackers

Derived from Raw Transformation

Ingredients:

1 cup Flax seeds soaked in 2 cups of water
1 med Red bell pepper
1 cup Corn
2 tbsp Mexican seasoning (cumin, chili powder, garlic granules, mustard powder)
2/3 cup Water

Instructions:

Take 1 cup of the soaked flax seeds and put it to the side. Blend the remaining flax seeds and all the other ingredients in a Vita-mix or blender. Add in the reserve cup of flax seeds and blend again briefly.

Place parchment paper over the mesh screen and dehydration screen. Form the mixture into small circles or the dehydrator screens and dehydrate for 6 – 12 hours. Turn the flax crackers over when they are dry enough to do so, after about 4 – 6 hours.

Reference: Rudell, Wendy

Food Category - Raw Food (Entrée) *Recipe from Malaika Sharp*

Neat Balls

Yields: 70 Neat Balls
Special Equipment: Juicer, Dehydrator

Ingredients
4 cups Almonds, soaked overnight and drained
2 cups Sunflower seeds, soaked overnight and drained
3 medium Carrots, chopped
3 Lemons, juiced
1 red Onion, chopped
2 Celery stalks, finely chopped
2 tablespoons Sage powder
1 tablespoon dried Basil
1 tablespoon dried Oregano
1 tablespoon dried Rosemary
1 tablespoon Herbamare or sea salt

Instructions:
Run the soaked almonds, sunflower seeds, and carrots through a juicer in "sorbet" mode. You should have a dry paste, Collect the paste in a bowl and add the rest of the ingredients to it. Mix well with your hands.

Form into about 70 little balls. Arrange the balls on Teflex sheets and dehydrate for 8 to 12 hours at 105 degrees F.

The balls should be dry on the outside but soft on the inside.

Reference: Letendre, Jalissa

Food Category - Raw food (Entrée) *Recipe from Terry-Ann Nelson*

Nelson's Chicken

Ingredients

4 Carrots
1 1/2 cups Cashews
2 Celery stalks
1/4 Onion
1-2 Garlic, cloves
Agave to taste
1/8 Sesame Seeds
1/8 to 1/4 cup Lemon Juice
Juice of 1 Lime
1/2 tsp of Dry mustard powder
1/2 tsp turmeric
Celtic Salt to taste
Cayenne to Taste

Instructions:

Pulse the carrots and cashews until they are roughly chopped. Set aside in a bowl without rinsing the food processor, place the celery, onions, garlic, agave, sesame seeds, lime juice, cayenne, lemon juice, mustard powder, turmeric and salt into the food processor. Mix. Put the carrot/cashew mixture back into the food processor and process to combine. Add sunflower seeds or almonds and pulse 10 1-15 times.

Food Category - Raw food (Dip) *Recipe from Wendy Rudell*

Papaya Salsa

Ingredients

1/2 Mexican Papaya or 1 whole Hawaiian papaya, minced
1/2 medium Sweet Onion
1 cup Cilantro or Basil, fresh and minced
1 red Bell Pepper, minced
2 diced Tomatoes
3 minced Garlic Cloves
1 inch piece of minced or Grated Ginger
1/4 to 1/2 cup Lemon juice
1/4 to 1/2 tsp minced Jalapeno pepper
1 tsp Chili powder
1 tsp cumin 1 to 2 tbsp Olive Oil

Instructions:

Combine ingredients: Yield is 5 cups.

Raw Broccoli Salad

Ingredients:
4 cups of Broccoli
1 cup of Cranberries
2 Tbsp of Flaxseed
1 Cup of Walnuts (chopped)
2 Tbsp of Lemon Juice (Fresh)
1 Large chopped Red Onion
Nayonnaise

Instructions:
Wash broccoli in baking soda water. Rinse well. Cut off floret tops. Chop florets. Peel off outer skins of stems. Chop into small pieces. Mix all ingredients. Peel off outer skins of stems. Chop into small pieces. Mix all ingredients together. Blend nayonnaise to your taste and consistency.

Raw Chili

Ingredients:

Barley—4 cups sprouted (Bob's Red Mill Hull less Barley)
1/2 tsp Curry
2 tbsp Nama Shoyu
1 medium Green Bell Pepper, diced
1/4 cup small Red Onion
1 ear of Corn, shaved from cobb
1/2 Chili Powder
1 tbsp Italian seasoning
1/2 tsp Cayenne
4 cloves of Garlic, crushed
1/2 cup Agave
1 cup Water
1/2 cup Olive oil
2 Oranges, juiced
10 medium to large Tomatoes, diced small
1 small Onion
1 cup Dates, pitted and soaked on hour
1 cup Sundried Tomatoes, soaked

Instructions:

1. Mix together barely, curry, Braggs, bell pepper, red onion, corn.
2. Add in chili powder, Italian seasoning, cayenne, garlic, agave, water, olive oil oranges, and tomatoes.
3. Food process blend dates, sun-dried tomatoes, and onion into a thick paste.
4. Remove from food processor and add paste to the mixture and hand mix well.

Raw Tomato Basil Sauce

Ingredients:
Approx. 4 cup chopped Heirloom Tomatoes
1 small Shallot, coarsely chopped
1 Garlic clove, crushed
1 cup (tightly packed) fresh Basil
1/2 cup Extra Virgin Olive Oil (EOO)
Celtic Salt to taste

Instructions:
Put first four ingredients into the blender. Process until liquefied. While running, slowly add the oil until fully emulsified. Add salt and pepper to taste. Salt really brings out the taste of the tomatoes, so I suggest adding at least a little, even if you're not a big salt fan.

Once fully blended. Toss the sauce with zucchini "noodles". You can top the dish with a sprig of fresh basil, some shredded parmesan cheese (then it would no longer be vegan) or some pine nuts. Raw, not roasted, if you want to keep this dish "raw".

Big Six
Romaine Lettuce
Broccoli
Cauliflower
Collard Greens
Carrots
Swiss Chard

Food process quantities for the number of desired servings. Place in bowl and serve with Raw Cashew Ranch Dressing.

Food Category - Raw Food (Dip) *Recipe from Wendy Rudell*

Sour Cream

The Raw Transformation

Ingredients:
1 cup soaked Cashews, macadamia nuts or pinenuts
1/4 to 1/2 cup Celery Juice
1/2 peeled, chopped Cucumber
1/4 cup chopped Onion or Shallots
1 to 2 tbsp Lemon or Lime Juice
1/4 cup Garlic chives (optional)
1 to 2 Garlic, cloves
Celtic Sea Salt to taste

Instructions:
Put cucumber, celery juice and lemon juice and blend. Add the other ingredients, blend until smooth. This will make 2 cups.

Green Giant Juice

(Yield: 3 cups {2 servings})

Ingredients:

1 brunch (about 8 ounces) Kale, including stems
1/2 head Romaine lettuce
1 Cucumber, quartered lengthwise
1 Apple
4 stalks, Celery
1 Lemon, peeled

Instructions:

Juice all of the ingredients. Serve immediately.

Reference: Soria, Cherie., Vegetarian Voice fall 2002 volume 31, number 3, pg. 16

Hallelujah Sorbet

Ingredients:
1 frozen Ripe Banana
1 1/2 cups of frozen Blueberries (or other fruit)
1 tsp Vanilla flavor
1 tbsp Agave Nectar
1/2 cup room temperature Water or more if needed to get the sorbet to the desired consistency.

Instructions:
Cream all ingredients in the blender. This quantity serves 1 to 2 people.

Reference: Soria, Cherie., Vegetarian Voice fall 2002 volume 31, number 3, pg. 16