

Lisa's Favorite Recipes

3/30/2018

Bread

Beer Bread
Biscuits
Boston Brown Bread Muffins
Corn Muffins
Corn Muffins with Oats
Cornbread
Gluten Free Bread
Grits
Irish Soda Bread Scones
NYT - No-Knead Bread
Oat Muffins
Pumpkin Muffins
Spoon Bread

Breakfast

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Granola
Muesli
Pancakes
Waffles

Dip

Dill Dip
Guacamole
Salsa

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Asian Coleslaw
Caesar Salad
Chili Bean Salad
Cole Slaw
Cole slaw with mayonnaise
Cranberry Salad
Croutons

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Honey Mustard Dressing
Honey Mustard Dressing with Soy Sauce
Kidney Beans with Peas and Pasta
Pasta-Tuna/Salmon Salad
Spicy Peanut Noodles
Three Bean Salad
Tofu salad

Chinese

Quick Chinese
Stir-fry

Indian

Carrot Pilaf
Chana Dal (Yellow or Green Split Peas)
Chana Masala (Spicy Chick Peas)
Kidney Beans
Potato Curry (main dish)
Potato Curry (side dish)
Rice Pilaf
Roti (unleavened 'pocket' bread)

Italian

Angel Hair Pasta with Tomatoes and Basil
Eggplant Linguine
Eggplant Parmigiana
Eggplant-Tomato Sauce
Garden Vegetable Spaghetti Sauce
Green tomato pasta sauce
Pasta Fagioli
Pesto
Pizza (Crust and Topping)
Pizza Sauce
Polenta
Ratatouille (Mediterranean Vegetable Stew)
Spaghetti Sauce
Spicy Tomato Sauce
Spinach Lasagna
Swiss Chard Italian Style

Soup

Black Bean Soup
Fish Soup
French Market Bean Soup
Gazpacho
Greek-Style Garbanzo Soup
Lentil Soup
Lentil-Greens Soup
Navy Bean Soup
Potato Leek Soup
Red Lentil Soup
Split Pea Soup
Tomato Soup
Two Potato Soup

Vegetarian

Algerian Spiced Lentil Stew
Baked Beans
Bean loaf
Beans Bourquignon
Black Bean Chili
Black Bean Chili Pot Pie
Black Beans
Black Eyed Peas
Chickpea and Greens Stew
Chili
Chili Relleno Casserole
Cincinnati Chili
Couscous
Garbanzo Goulash
Gravy
Hummus
Jambalaya
Lentil loaf
Mexican Bean Pot
Moroccan Lentils
Pasta with Zucchini
Pinto Beans
Pot Pie
Potatoes with green & white beans

Red Beans and Rice
Red Pepper Pasta
Sloppy Joes
Spanish Rice and Beans
Stew
Stuffed Peppers
Stuffing
Thai Noodles
Veggies and Noodles
Winter Chili

Vegetables

Carrots Deluxe
Kale and Sweet Potatoes
Lemon Potatoes
Mashed Potatoes
Scalloped Potatoes
Stewed Okra and Tomatoes
Sweet Potatoes

Desserts

Almond/Oat Cookies
Apple Butter Bars
Apple Cake
Apple Oatmeal Scones
Banana Cake with Chocolate Icing
Banana Nut Bread
Beetnick Cake
Bisc-oat-ti
Biscotti
Biscotti (Maple-Oat)
Brownie Scones
Brownies
Carob Cake with Walnuts
Carob Cookies
Cherry-Chocolate Bread
Chocolate Cake
Chocolate cake with pumpkin
Chocolate Cupcakes
Chocolate Pudding
Chocolate Sauce

Chocolate Syrup
Chocolate Syrup Cake
Cranberry Nut Cake
Fruit Coffeecake
Fruit compote
Fruit Crisp
Fudge Brownies
Fudge Frosting
Fudge pops
Ginger Snaps
Gingerbread Cookies
Gingerbread Crisps
Gingies
Gold Cake
Hemp-Oat Squares
Hot Fudge Pudding Cake
Ice Cream (blender)
Ice Milk
Icing
Icing - Sweet Potato
Lemon Meringue Pie
Lemon Poppy Seed Bundt Cake
No-Bake Cookies
Oatmeal Cake
Oatmeal Cookies with Chocolate Chips
Oatmeal Cookies with Raisins
Oatrage Cake
Osties
Peanut Butter Cookies
Peanut Butter Cookies (Low Fat)
Pecan Pie
Pecan Pie w/o corn syrup
Pie Crust
Pie Crust, No Roll
Pineapple-Raisin Upside-Down Cake
Popcorn with Peanut Butter
Pudding Pie
Pumpkin Custard (Vegan)
Pumpkin Pie
Rice Krispie Treats
Tapioca Pudding

Tunnel of Fudge

Vanilla Cake

Vanilla pudding

Miscellaneous

Cranberry Sauce

Flax Crackers

Hot Chocolate

Hummingbird Nectar

Indian Tea

Margaritas

Peanut Butter

Soy Yoqurt

Tuna Noodle Casserole

Turkey Gravy

Vanilla

3/30/2018

Bread

Beer Bread

Directions Stir together dry ingredients, then stir in beer (by hand). Place in greased and floured loaf pan.

Bake at 350 for 1 hour.

Notes

Rye bread:

1 1/2 cups rye flour and 1 1/2 cups whole wheat

2 t caraway seeds

Dill bread:

2 t dill weed

2 cups	flour (whole wheat)
1 cup	oats
3 1/2 t	baking powder
1/2 t	salt
1 T	sugar or honey
12 oz can	beer

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Bread Biscuits

Directions Heat the soymilk for 1 minute in the microwave on high and then add in the apple cider vinegar. Let sit for a few minutes then add the olive oil. Dissolve the yeast in warm water. Stir together the dry ingredients. Add all ingredients together and mix well (with dough whisk).

Chill in fridge for 3 hours or more (overnight is OK).

Roll out biscuits on floured surface (about 1/2" thick). Cut with 3" biscuit cutter. Dredge bottom in a little flour. Put onto ungreased cookie sheets.

Bake at 450 for 15 minutes.

Notes Based on the Sour Cream Biscuits recipe (page 270) of the Laurel's Kitchen Bread Book.

Wet Ingredients

1 1/4 c	soymilk
1 T	apple cider vinegar
2 T	olive oil

Yeast

2 t	active dry yeast
1/4 cup	warm water

Dry Ingredients

3 cups	whole wheat flour
1/2 t	salt
1/2 t	baking soda
1 1/2 t	baking powder
1 1/2 t	egg replacer (or 1 egg and no olive oil)

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Bread

Boston Brown Bread Muffins

Directions Preheat oven to 400. Grease muffin tin (12 muffins).

Mix together flours, cornmeal, salt and baking soda. In a small bowl combine the egg, molasses, brown sugar, oil and buttermilk. Stir or beat to blend well. Stir the egg mixture into the flour mixture and mix well. Add the raisins and stir to mix.

Pour into muffin tins. Bake for 15 minutes or until a toothpick comes out clean when inserted into the center of a muffin. Don't over bake. Serve hot. Good with cream cheese.

Notes From "The Breakfast Book" by Marion Cunningham p 61.

1/2 cup	rye flour
1/2 cup	yellow cornmeal
1/2 cup	whole wheat flour
1/2 t	salt
1 1/2 t	baking soda
1	egg (1 1/2 t egg replacer + 2 T soy milk)
1/3 cup	molasses
1 1/2 t	vanilla
1/3 cup	brown sugar
1/3 cup	canola oil
1 cup	buttermilk (or 1 cup soy milk + 1 T lemon juice)
1 cup	raisins

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Bread

Corn Muffins

Directions Preheat oven to 425. Mix dry ingredients, add egg, milk, oil. Mix by hand until smooth. Bake in greased muffin tins for about 25 minutes.

Notes Based on a recipe from the back of the Clabber Girl Baking Powder Box.

1 cup	yellow cornmeal
1 cup	flour (whole wheat)
1/4 cup	sugar
1/2 t	salt
4 t	baking powder
2	eggs (or 1T egg replace + 1/4 cup water or olive oil)
1 1/2 cups	milk (or 3T soy quik + 1 1/2 cups water))
1/4 cup	oil (olive oil)

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Bread

Corn Muffins with Oats

Directions Lightly grease 12 muffin tins or 8-9" inch square baking pan.

Heat milk for 1 minute in microwave and add venegar.

Combine dry ingredients. Add remaining ingredients. Spread evenly.

Bake muffins at 425 about 25 minutes until light brown (pan takes 20-25 minutes).

Notes This recipe is from a Quaker Oat's ad in Better Homes and Gardens.

1/2 cup	whole wheat flour
1 cup	cornmeal
1 T	baking powder
1/4 t	salt
1 T	sugar
1 cup	oats
2	eggs (or 1 T egg replacer + 1/4 cup olive oil)
1 1/2 cups	milk
1 t	vinegar (apple cider)
1/2 cup	frozen corn, thawed (optional)
2 T	chopped onion (optional)

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Bread

Cornbread

Directions Microwave milk for 1 minute and add vinegar. Let sit til curdles. Add in oil & honey. Mix together dry ingredients. Add the butter milk mixture and 2 eggs. Combine.

Turn into greased and floured 8x8 pan and bake 45 minutes at 350.

Can double and cook in 9x13 pan (same baking time).

Notes From The Laurel's Kitchen Bread Book, p 329.

Wet ingredients

2 cups	soymilk
2 T	apple cider vinegar
3 T	olive oil
2 T	honey
2	eggs, beaten with fork

Dry ingredients

1 3/4 cups	cornmeal
1 cup	flour (whole wheat)
3/4 t	salt
1 t	baking powder
1/2 t	baking soda

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Bread

Gluten Free Bread

Directions Add sugar and yeast to water. Let sit about 5 minutes.

Mix flour ingredients in stainless bowl with dough whisk. Add yeast mixture and mix with dough whisk. Cover (silicon lid) and let rest for a few hours (at least 30 minutes)

~2 PM - Make up dough as described above

~4:15 PM Preheat oven to 450 with dutch oven in it.

Form bread dough into round - be sure the bottom is dredged in flour (use bread dough scraper to get dough out of bowl). After oven preheated put in dough.

Bake 30 minutes.

Reduce heat to 375. Remove lid. Bake additional 15 minutes.

Immediately put onto cooling rack and cool 30 minutes or more.

~6 PM Ready to eat! Slice. Put remaining bread on cooling rack till thoroughly cool (or bottom will get soggy).

Notes

Yeast mixture

1 cup	water, warm (about 100 degrees)
1 T	sugar
1 †	yeast (rapid rise)

Flour mixture

1 1/2 cups	Cup4Cup gluten free flour
1/2 †	salt
1 †	baking powder

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Bread

Grits

Directions Mix all ingredients in 4 quart pan. Bring to a boil, cover and simmer for 20-25 minutes. Stir occasionally and adjust heat as needed to keep to a low simmer.

Notes Based on a recipe on a bag of grits we got in South Carolina on vacation from CharlestonSpecialtyFoods.com

1 1/2 cup	grits
1/2 t	salt
6 cups	water
~2 T	olive oil

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Bread

Irish Soda Bread Scones

Directions Preheat oven to 375. Grease a 10" diameter circle in the center of a baking sheet.

In a large bowl, stir together the flour, brown sugar, baking powder, caraway seeds and salt. With a pastry cutter or two knives used scissors fashion, cut in the applesauce until the mixture resembles coarse crumbs. In a small bowl, stir together the milk and egg. Add the milk mixture to the flour mixture and stir to combine. The dough will be sticky. With lightly floured hands, knead in the nuts (and raisins) until evenly distributed.

With lightly floured hands, pat the dough into a 9" circle in the center of the prepared baking sheet. With a serrated knife, cut into 8 wedges.

Bake for 20-25 minutes, or until a toothpick inserted into the center of a scone comes out clean. Remove the baking sheet to a wire rack and cool for 10 minutes. Using a spatula transfer the scones to the wire rack to cool. Recut the wedges. Serve warm, or cool completely and store in airtight container.

Notes This recipe is based on one from Leslie Weiner and Barbara Albright's *Simply Scones* (page 89). Buttermilk substitute= 1 T lemon juice per one cup milk

2 cups	flour
1/2 t	caraway seeds
3 T	brown sugar
1 1/2 t	baking powder
1/2 t	salt
1	egg (or 1 1/2 t Ener-G egg replacer + 2T oil (or water))
1/3 cup	canola oil
1/3 cup	buttermilk (or 1/3 c milk + 1 t lemon juice)
2 T	water (if needed to mix)
1/2 cup	coarsely chopped walnuts
1/2 cup	raisins (optional)

3/30/2018

Bread

NYT - No-Knead Bread

Directions Night before: In 8qt stainless bowl combine flour, oats, yeast and salt. Add water and stir with dough whisk until blended. Dough is very shaggy and sticky! Cover (silicon lid) and let rest until next day (in microwave to keep warm).

~2 PM - sprinkle on flavorings plus about 2 spoonfuls of flour. Stir with bread dough whisk. Cover (prop up lid just a little so some air gets in). Let rest (in microwave).

~4:30 PM Preheat oven to 450 with dutch oven in it.

Form bread dough into round - be sure the bottom is dredged in flour (use bread dough scraper to get dough out of bowl). After oven preheated put dough in dutch oven. Bake 30 minutes.

Reduce heat to 375. Remove lid. Bake additional 25 minutes.

Immediately put onto cooling rack and cool 15 minutes or more.

~6 PM Ready to eat! Slice. Put remaining bread on cooling rack till thoroughly cool (or bottom will get soggy).

Notes This is my personal variation of the incredible "No-Knead" bread recipe published in 2006 in the New York Times by Mark Bittman based on a recipe from Jim Lahey of the Sullivan Street Bakery. I use a 3qt Lodge dutch oven with a porcelain interior (replaced knob with a metal La Crueset knob that could be purchased separately).

1 cup	oats (or can use whole wheat flour)
2 cups	whole wheat flour
1/4 t	yeast
1 1/4 t	salt
1 3/4 cups	water

Flavorings

Italian	~15 slices dried tomato - cut up, 1 t basil, 1 t oregano
Nut	1/3 cup walnuts, 1/3 cup pecans - chopped
Dill	2 t dill weed, 1 t dill seeds
Raisin	1/3 cup walnuts, 1/3 cup pecans - chopped, 1 cup raisins, 1 t cinnamon

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Bread

Oat Muffins

Directions Preheat oven to 400. Lightly grease (Pam) 12 muffin tins (or line with paper cups). Combine dry ingredients. Add remaining ingredients. Spread evenly. Bake muffins about 15-20 minutes until light brown.

Notes This recipe is from the back of the Quaker Oat's box. Good fruits are bananas (use 2 and mash them well), apples, cranberries, or canned cherries. "Dry" fruits (like apples) need the 1 cup of milk. "Wet" fruits (like bananas) need only about 1/2 cup milk. If in doubt use 1 cup milk. Cherry muffins are good with slivered almonds and 1 t almond oil/extract (use only 1 t vanilla). Good to add 1 t allspice with apple muffins.

Can add topping of 1 T brown sugar, 1 T margarine (melted), 1/3 cup oats before baking but I usually don't bother.<P>

1 1/4 cup	oats
1/2 cup	oat bran (or flaxseed meal)
1 cup	flour (whole wheat)
1 t	cinnamon
1 t	baking soda
1/4 t	salt
1 t	baking powder
1 cup	fruit
1/2 - 1 cup	milk (less for moister fruits like bananas)
1/2 cup	brown sugar
1	egg white (or 1 1/2 t egg replacer + 2T water or canola oil)
1/2 cup	walnuts (optional)
2 t	vanilla

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Bread

Pumpkin Muffins

Directions Preheat oven to 400. Lightly grease 12 muffin tins (or line with paper cups). Combine dry ingredients. Add remaining ingredients. Spread evenly. Bake muffins about 15 minutes until light brown.

Notes This recipe is a variation on the oat muffin recipe on the back of the Quaker Oat's box.

1 1/4 cup	oats
1/2 cup	oat bran (or 1/4 cup oats and 1/4 cup flour)
1 cup	flour (whole wheat)
2 t	cinnamon
1 t	baking soda
1/4 t	salt
1 t	baking powder
1t	(ground) ginger
1/2 t	(ground) cloves
3/4 cup	raisins
2 T	dry milk (powder)
16 oz can	pumpkin
1 t	Egg Replacer (powder)
1/2 cup	brown sugar
1/4 cup	water
1/4 cup	walnuts, chopped
2 t	vanilla

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Bread

Spoon Bread

Directions Stir 3/4 cup of cold water into cornmeal (prevents lumping when add to boiling water). Bring 1 3/4 cups of water to a boil. Add the salt and then the cornmeal, stirring constantly and cook for 1 minute. Whisk in the remaining ingredients. Pour into a buttered casserole.

Bake at 400 for 45 minutes.

Notes Based on a spoon bread recipe in The Fannie Farmer Cookbook.

3/4 cup	cold water
1 cup	cornmeal
3/4 t	salt
2 T	olive oil (filippo berio)
4	eggs, well beaten
1 cup	buttermilk (1 cup soymilk + 1T apple cider vinegar)
	fresh corn from 2 ears of corn (optional)

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Breakfast

Cornmeal Mush

Directions Mix cornmeal and cold water. Bring water and salt to boil. Add cornmeal/cold water. Cook, stirring constantly, until mixture thickens and boils; reduce heat. Cover; simmer 10 minutes. Spread in greased loaf pan (9x5x3 or 8 1/2 x 4 1/2 x 2 1/2 inches). Cover and refrigerate until firm, at least 12 hours but no longer than two weeks.

Invert pan to unmold; cut loaf into 1/2-inch slices. Heat oil in skillet. Coat slices with flour, cook in skillet until brown over med-low heat. Serve hot with syrup.

Notes From "Betty Crocker's Cookbook", p 57.

3/4 cup	cornmeal
3/4 cup	cold water
2 1/2 cups	boiling water
3/4 t	salt
2 T	oil (or margarine or butter)
	flour

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Breakfast

French Toast

Directions Whisk together all ingredients except bread. Dunk the bread into the egg mixture. Heat square scan pan on medium. Toast is not ready to turn until it releases easily with the spatula.

Notes Do NOT use Ener-G Egg Replacer in this recipe.

3	egg
~ 1/4 cup	soymilk
1/2 †	vanilla
1/2 †	cinnamon
4	slices whole wheat bread (Stan Evans

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Breakfast

Granola

Directions In 8 qt bowl: combine wet ingredients. Then add dry ingredients and mix well.

Spread in 2 ungreased 9x13 stainless pans.

Bake for 1 hour at 250. Stir and reduce heat to 200. Bake another hour. Remove from oven and return all to 8 qt bowl. Add dried fruit and oats. Mix well. Put into quart ball jars. Makes 3 1/2 quarts.

Notes

Wet ingredients

1/4 c	canola oil
1/4 c	honey
1/4 c	maple syrup
1/2 t	salt
1 1/2 t	vanilla

Dry ingredients

5 c	oats (uncooked)
1/2 c	flax seeds (optional)
1 c	sunflower seeds
1 c	pumpkin seeds
1/2 c	almonds, sliced

Add after baked

1 1/4 c	raisins
1 c	date pieces
1 c	oats (uncooked)

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Breakfast

Muesli

Directions Combine all ingredients and refrigerate for at least 1 hour before serving.

Notes This recipe is from Sonja and William Conner's *The New American Diet* (pp. 242).

2 cups	oats (uncooked)
1 t	cinnamon
1/4 t	salt
2 T	flaxseed meal or wheat germ (optional)
1/2 cup	dates (or raisins)
1/2 cup	almonds or walnuts
2 cups	soymilk (can use 1 cup of yogurt and 1 cup milk)
1 t	vanilla
2	large apples, chopped

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Breakfast Pancakes

Directions Mix together ingredients. Add more milk if necessary to get a thinner batter for thinner pancakes. Preheat teflon griddle (to test, sprinkle with a few drops of water -- griddle is ready if bubbles skitter around). Put burner on med-high to preheat then closer to medium after first batch. Cook pancakes till puffed and dry around the edges (will not turn easily if undercooked).

Makes 8-10 pancakes (1/4 cup batter each).

Notes From Betty Crocker's Cookbook 1986, p 30.

On our stove use Scan Pan. Round pan keep heat at med or slightly below. Square pan keep heat below medium by 3/4 of a mark.

1 cup	whole wheat flour
1 t	cinnamon
1 T	sugar
3 t	baking powder
1/8 t	salt
1 1/8 cups	soy milk
1	egg (or 1 1/2 t Egg Replacer plus 2T soy milk)
1 t	vanilla
2 T	canola oil
1/3 cup	pecans (chopped)
1/3 cup	walnuts (chopped)

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Breakfast

Waffles

Directions Mix dry ingredients. Add wet ingredients and mix well by hand. Heat waffle iron to HIGH. Use 1 cup batter on ungreased waffle iron (no more!). Cook for about 5 minutes/waffle.

Notes Based on a recipe from the New American Diet System. Make 1.5x for 6 people.

1 3/4 cups whole wheat flour

1/4 cup white flour

2 t baking soda

1 t cinnamon

1/4 cup oil

1 t vanilla

2 cups buttermilk (or 4T soyquik, 2 cups water and 2T lemon juice)

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Dip Dill Dip

Directions Mix together all ingredients and chill.

Notes

1/2 cup	sour cream
1/2 cup	mayonnaise
1	clove garlic, pressed
1 †	dill weed
1/4 †	salt
1/4 †	dill seeds
1 †	vegit
	fresh dill (optional)

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Dip Guacamole

Directions Scoop out avocados (by hand) and mash. Mix all ingredients. Chill.

Notes Recipe from my sister.

5	ripe avocados, mashed
2 T	lemon juice (1/4 -1/2 lemon)
1/4 t	cayenne pepper
1/2 t	salt
1/4 t	chili powder
1-2 cloves	garlic, pressed
1-2	tomatoes, chopped fine
	cilantro, chopped

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Dip Salsa

Directions Cut veggies in large chunks. Put tomatoes in last. Vitamix - start at 1 go to 5 and hold for 5 seconds (tamp down as needed).

Notes

2+ cloves	garlic
2-3	hungarian wax peppers
1/2	red pepper
1/2	purple onion
1 T	apple cider vinegar
1/2 †	salt
1/4 †	pepper
1/8 †	cayenne pepper
1/2 †	sugar
4	tomatoes

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Salad

Asian Coleslaw

Directions Stir together sauce and pour over shredded cabbage. Mix well.

Notes

1/2 head	cabbage, chopped
2	carrots, shredded

Sauce

1 T	brown sugar
2 T	apple cider vinegar
1 T	canola oil
2 T	peanut butter
2 T	soy sauce
1/2 †	ginger
1/4 †	chili paste
1 T	sesame seed favoring oil
2 cloves	garlic, crushed

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Salad

Caesar Salad

Directions Rinse and drain romaine well. Tear into pieces. Toss with olive oil mixed with garlic till all leaves are covered. Add pepper (and salt if desired). Toss. Add lemon juice. Toss. Add Parmesan. Toss. Add croutons. Toss.

Notes This recipe is from the side of a box of Brownberry Ovens croutons. See crouton recipe.

1	head Romaine lettuce
2-4 T	olive oil
1	clove garlic, minced
1/4 t	pepper (coarse ground)
1/8 t	salt (optional)
2 T	lemon juice
2 T	Parmesan cheese
1 cup	croutons (optional)

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Salad

Chili Bean Salad

Directions Drain and rinse all beans. Combine ingredients at top. Mix together dressing (ingredients at bottom). Pour dressing over salad, mix well and chill 6 hours (or longer).

Notes This recipe is from Sonja and William Connor's The New American Diet System (page 300).

16 oz can	kidney beans
16 oz can	pinto beans
16 oz can	garbanzo beans
2 cups	frozen corn, thawed
1/2 cup	green onions, chopped (or onions)
1/4 cup	parsley or cilantro, chopped
1 cup	celery, sliced
1-2	diced green chilies
1	green pepper, chopped

Dressing

1/2 cup	olive oil
1/4 cup	vinegar
2 cloves	garlic, minced
1 t	chili powder
1 t	oregano
1/2 t	cumin
1/2 t	pepper
1 t	salt (if use unsalted beans)
1/4 t	cayenne pepper (or Indian chili pepper)

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Salad

Cole Slaw

Directions Combine the dressing ingredients and microwave until boils (2-2 1/2 minutes).
Let cool. Pour over the cabbage and carrots and toss to mix. Cover and refrigerate before serving.

Notes Add smoky Tobasco sauce to each serving to taste.

Dressing

3 T	sugar
2 T	olive oil
3/4 cup	apple cider vinegar
3 T	prepared mustard
1/4 t	pepper (coarse ground)
1/8 t	salt
1 t	dry mustard powder
1 t	tumeric

Slaw

1/2 head	cabbage, chopped
1	carrot, grated

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Salad

Cole slaw with mayonnaise

Directions Mix together dressing in stainless bowl. Add all veggies. Stir well and chill several hours before serving.

Notes

Dressing

1 cup	mayonnaise
1/3 cup	apple cider vinegar
2 T	sugar
1/4 t	salt
1/4 t	pepper
1/4 t	celery seeds
1 t	dry mustard powder
1 t	tumeric
1/8 t	cayenne pepper

Veggies

1/2 - 1 head	cabbage chopped
1/2	red onion, chopped
1-2	carrots, grated

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Salad

Cranberry Salad

Directions Rinse the cranberries. Boil salt, water and cranberries until the majority of the cranberries "pop" (approx. 10 minutes). Cool until only slightly warm. Add rest of ingredients. Chill well before serving.

Notes This recipe is from Fred's mother.

1/4 t	salt
1 cup	water
12 oz.	cranberries (fresh=great, frozen=v good)
3/4 cup	sugar
15-20 oz can	crushed pineapple (drained well)
1/4-1/2	nuts, chopped (pecans or walnuts) - optional

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Salad

Croutons

Directions Put garlic in olive oil. Coat bottom of cookie tray. "Toss" bread. Bake in slow oven (200-250) for about one hour.

Notes This recipe is from my mother. Use whole wheat bread. Can be stored in fridge or freezer. Keep a long time.

5	slices bread, cubed
2	cloves garlic, minced
2-4 T	olive oil

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Salad

Cucumber-Onion-Tomato Salad

Directions Stir dressing together. Add in all veggies. Let chill a few hours before serving.

Notes

Dressing

3 T	olive oil (does not need to be filipo berio)
1/3 cup	balsamic vinegar
2-3 cloves	garlic, pressed
1/4 t	salt
1/4 t	pepper
1 t	basil (dried)
1 t	sugar
1/8 t	cayenne pepper

Veggies

1-2 large	cucumber, cut into small pieces
1 medium	red onion, cut into pieces
3 medium	tomatoes, cut into small pieces
handful	fresh basil (optional)

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Salad

Honey Mustard Dressing

Directions Stir all ingredients together in 1/2 pint ball jar.

Notes

2 T	Dijon mustard
3 T	Honey
3 T	Apple cider vinegar
1 T	Olive oil
1/4 t	Turmeric
1/4 t	Mustard (dry spice)

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Salad

Honey Mustard Dressing with Soy Sauce

Directions Combine all ingredients in jar and shake well.

Notes

1/4 t	ginger
1 t	Dijon mustard
1 T	honey
1 T	sesame oil
1 T	soy sauce
1/3 c	olive oil
1/3 c	apple cider vinegar

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Salad

Kidney Beans with Peas and Pasta

Directions Cook pasta, drain, chill in cold water. Drain. Mix together beans, pasta and peas.
Mix all other ingredients together and then add to beans/pasta/peas.

Notes This recipe is from Jeff Smith's *The Frugal Gourmet* .

2 cups	kidney beans, cooked
2 cups	dry pasta, cooked
2 cups	frozen green peas
1/4 cup	olive oil
2 cloves	garlic, pressed
2 T	apple cider vinegar
2 T	lemon juice
1/2 t	salt
1/2 t	pepper
1 t	oregano
2 t	sugar
2 T	parsley, chopped

3/30/2018

Salad

Pasta-Tuna/Salmon Salad

Directions Cook and drain pasta. Add all ingredients. Chill before serving.

Notes

Can use 2 1/4 oz can chopped black olives (drained) instead of red pepper.

1 1/2 cups	pasta (elbow), cooked and drained
2 cans (6 oz)	tuna OR salmon, drained
1	red pepper, chopped
3 stalks	celery, chopped
1/2	onion, chopped
1/3 cup	mayonnaise (mayonaise soy version)
1 1/2 t	dijon mustard
1/4 t	pepper

3/30/2018

Salad

Spicy Peanut Noodles

Directions Cook pasta according to directions. Heat oil and crushed pepper flakes in microwave for 1 minute on medium to bring out flavor. Add honey, soy sauce and salt. Add to pasta. Add remaining ingredients. Cover and refrigerate for at least four hours.

Notes This recipe is from Sonja and William Conner's *The New American Diet System* (pp. 329).

2 T	sesame oil
1 1/2 t	crushed red peppers
2 T	honey
3 T	soy sauce
2 T	parsley or cilantro, chopped (optional)
1 cup	peanuts, chopped
1 bunch	green onions, chopped
3 T	sesame seeds
12 oz	cooked rotini (or fettuccine or other) pasta (about 4 cups pre-cooked)

3/30/2018

Salad

Three Bean Salad

Directions Mix dressing then mix all ingredients. Refrigerate at least 1-2 hours.

Notes Recipe from my mother.

1 lb can	green beans, drained
1 lb can	yellow wax beans, drained
2 cups	kidney beans
2 stalks	celery, chopped
1	green pepper, chopped
1	red pepper, chopped (optional)
1	red onion, chopped fine

Dressing

3 T	sugar
1/2 t	salt
1/2 t	pepper
1/8 t	cayenne pepper
2/3 cup	vinegar (red wine)
1/3 cup	olive oil

3/30/2018

Salad

Tofu salad

Directions Mix together dressing. Mix together all ingredients. Chill.

Notes Very loosely based on a recipe on the back of Mori-Nu Tofu. Good on whole wheat toast.

1/2 package	tofu, crumbled by hand (or hardboiled eggs or tuna or combination)
1/2 small	onion, chopped
1 stalk	celery, chopped fine
1	red pepper, chopped fine (optional)

Dressing

2 T	olive oil
1 T	tahini
1 T	mustard (prepared)
1/2 t	turmeric
1/4 t	salt
1/4 t	pepper
1/8 t	basil
1/8 t	celery seed

3/30/2018

Chinese Quick Chinese

Directions Mix together ingredients. Microwave about 2-3 minutes on high.

Notes

~1 cup	Rice
handful	frozen green beans
~10	nuts (almonds or cashews)
1/4-1/2 t	chili paste
1 scant T	soy sauce
1 T	sesame oil

3/30/2018

Chinese Stir-fry

Directions Mix sauce and add in tofu. This can be done ahead of time (actually it's best if it sits for a while). Heat oil in wok. Cook "Onions Plus" for about 5 minutes (cover and stir occasionally). Add "Main Veggie". Cook 5-10 minutes. Cover and stir occasionally. Add sauce and cook a few minutes until bubbly.

Notes Serve over brown rice. Top with nuts (cashews or almonds).

Sauce

1/2 cup	Tamari (or soy) sauce
1/4 cup	apple cider vinegar
1/4 cup	water
1 T	cornstarch
1 T	sesame seed seasoning oil
1 †	ginger
1/2 †	chili paste
1/2 pkg	tofu (frozen and thawed is fine)

Onions Plus

1/4 cup	olive oil
1	onion, chopped
4+	cloves garlic, minced (add some to sauce)
1 †	crushed red peppers
1	carrot, chopped
1	red or green pepper, chopped (optional)

Main veggie

4 cups or so	veggies, chopped
5-10	mushrooms, cut up

3/30/2018

Indian

Carrot Pilaf

Directions Cook the rice as you normally would. In a separate saucepan, heat the oil, then add the bay leaves and grated carrots. Cook for 30 seconds. Add the almonds and raisins and stir well. Add the cooked rice and mix well.

Notes This recipe is from a cooking class taken at Upper Arlington's Evening Education classes taught by Sunita. Absolutely excellent, especially when served as a base under the Chana Dal.

2 cups	uncooked rice (long grained brown is best)
2-4 T	oil (olive)
2-3	bay leaves
2	carrots, grated
1/4 cup	slivered almonds
1/4 cup	raisins

3/30/2018

Indian

Chana Dal (Yellow or Green Split Peas)

Directions Soak the split peas for a couple of hours first (that lets them cook faster below). Cook the peas in the same water, on medium heat until the peas are soft (about 20 minutes).

In a separate saucepan, heat the oil and then add the cumin seeds. When the seeds begin to split, add the onions, cooking them until 'done' (for about 3-4 minutes). Add the garlic and tomatoes and cook for a couple more minutes. Add the green chilies, salt, ginger, turmeric powder, and Indian chili powder and stir well. Add the peas and the water they cooked in and mix well. Let it cook for one minute. Garnish with the cilantro if desired just before serving.

Notes This recipe is from a cooking class taken at Upper Arlington's Evening Education classes taught by Sunita. Absolutely excellent, especially when served over the carrot pilaf.

2 cups	split peas, yellow or green
4 cups	water
1/4 - 1/2 cup	olive oil (and/or water)
1 t	cumin seeds
2	onions, chopped
2-4 cloves	garlic, pressed
2	tomatoes, chopped (or 15 oz can with juice)
2	fresh green chilies, chopped (optional)
1 t	salt
1/2 t	turmeric powder
1/2 t	Indian chili powder
1 t	ginger, grated (or dry powder)
	cilantro, chopped

3/30/2018

Indian

Chana Masala (Spicy Chick Peas)

Directions In medium skillet over medium heat, sauté onions in oil until transparent, stirring frequently. Stir in cumin seeds and cook until they are lightly toasted. Stir in pressed garlic and cook until fragrant, approx. 2-3 minutes. Add ginger, coriander, turmeric and paprika. Cook, stirring until toasted.

Stir in tomatoes, salt and cayenne pepper and cook 2 to 3 minutes more. Stir in lemon juice, cook a few seconds, then add chickpeas. Stir well, adding water as needed to thin a bit. Final consistency should be thicker than a soup, more like a thick stew.

Cover and cook 5 to 10 minutes on low heat. Serve with rice or Indian breads. Makes 4 main-dish servings.

Notes This recipe is from a cooking class taken at Upper Arlington's Evening Education classes taught by Sunita. She got it from the Taj Mahal Restaurant. The spiciness depends on the amount of cayenne pepper used. The suggested 1 teaspoon amount will result in a 'fairly spicy' level of taste. Doubling that amount would make it REALLY hot. If it ends up being hotter than you want, put some non-fat plain yogurt on top of it to tone it down a bit.

1/4 - 1/2 cup	oil (olive) and/or water
1 1/2 cups	onions, chopped
1 1/2 t	cumin seeds
4 cloves	garlic, pressed
1 t	ginger (or 1 T ginger root, grated)
1 t	coriander (powder)
2 t	turmeric
1/2 t	paprika
2 cups	tomato, chopped
1 t	salt
1/2 t	cayenne pepper (or up to 1 t if you like really spicy)
1/2 t	lemon juice
2 cups	chickpeas (garbanzo beans), cooked
	water

3/30/2018

Indian Kidney Beans

Directions Cook onion till light brown in color. This is called "caramelizing". It takes about 10-15 minutes. You may need to add a bit of water to keep the onions from sticking.

When the onions are light brown, add the spices and stir. Add tomatoes and their juice. Cook another 2-3 minutes, stirring well. Add the beans and water and cook on low heat for 5 more minutes. Excellent served over rice.

Notes This recipe came from an Indian cooking class in Upper Arlington. Indian chili powder can be found in Indian grocery stores. The degree of spiciness depends on the amount of Indian chili powder you add. The suggested 1 teaspoon amount gives the taste 'a good kick'.

1/4 - 1/2 cup	olive oil (or substitute part water)
1 large	onion (chopped)
1/2 t	Indian chili powder (or cayenne pepper), up to 1 t for really spicy
1/2 t	cumin powder
1/2 t	turmeric powder
2 cups	tomatoes, diced (14 1/2 oz can with juice)
1/2 t	salt
1/2-1 cup	water
2 cups	Kidney beans

3/30/2018

Indian

Potato Curry (main dish)

Directions Cut the potatoes in halve, lengthwise; then cut the halves into small pieces. Heat a frying pan on medium heat and pour the oil in the pan. When the oil is hot, add the cumin seeds. Brown them for 5 SECONDS, then add the tomatoes and cook for 5 more seconds. Add the potatoes and cook and stir for 30 seconds. Add all of the remaining ingredients, except water and cilantro; mix this well, for ten seconds. Add the water and stir. Bring this mixture to a boil, then lower the heat to medium. If you want to add the optional (see note below) peas/mixed veggies or chick peas, add them now. Cook this mixture for at medium for about 30 minutes (until have the desired softness). With a masher, mash just a few of the potatoes until the mashed ones make a thick gravy throughout. Remove from the heat. Garnish with the cilantro. Excellent served over the rice pilaf.

Notes For variety, use 1/4 cup of spaghetti sauce, Mexican salsa or tomato sauce INSTEAD of the fresh tomatoes. Use black pepper instead of the Indian chili powder (the black pepper will be less spicy than the same amount of the Indian chili powder) Add 1/2 cup of frozen green peas or frozen mixed vegetables when the potatoes are cooking in the gravy. This recipe is from an Indian cooking class I took at Upper Arlington by Sunita.

1/4 - 1/2 cup	oil (olive)
1/2 t	cumin seeds
1	med-size tomato, chopped (or 1 can)
2 lb	med-size potatoes, UNpeeled
1	fresh green chili, chopped
1/2 t	turmeric powder
1/1 t	Indian chili powder or cayenne pepper, up to 1 t for very spicy
2 T	coriander powder
1/2 t	ginger powder
1 t	salt
1/2 t	sugar
1 t	lemon or lime juice
1 1/2 - 2 cups	hot water
2 T	chopped fresh cilantro (optional)
2 cups	chick peas (optional)

3/30/2018

Indian

Potato Curry (side dish)

Directions Boil potatoes (about 30 minutes), with skins on. Cut them into 1 to 1 1/2 inch squares. Optionally, add in a cooked veggie of your choice (don't overcook) - peas, broccoli, cauliflower, Indian green beans are all good. Add in all the other ingredients and stir.

Notes This recipe is from an Indian cooking class I took at Upper Arlington.

10 medium-size	potatoes
1 T	oil
2 †	cumin seeds
3 †	cumin powder
1/2 †	Indian chili powder
1 †	salt
1 †	sugar
2 T	lemon juice
2-3 cups	vegetable (optional)

3/30/2018

Indian Rice Pilaf

Directions In a 3-quart saucepan, heat the oil on high heat until it is hot. Add the cloves, cinnamon, cumin seeds and bay leaves. After a few seconds, add the rice and the water. Add the salt. Bring this mixture to a boil. Add the peas. Turn the heat to low and cook covered until the rice is cooked (whatever the normal time for cooking rice is).

Notes For variety, add mixed vegetables, potatoes, or cauliflower. For yellow rice, add 1/4 teaspoon turmeric powder. To make it spicy, add 3/4 teaspoon of Indian chili powder. This is excellent as a base under the potato curry main dish (not the potato curry side dish). This recipe is from an Indian cooking class I took at Upper Arlington, given by Sunita Ruparel.

2-4 T	oil (olive)
1 t	cumin seeds
1	2-inch cinnamon stick
5	cloves
2	bay leaves
2 cups	basmati or long grain brown rice (uncooked)
4 cups	water
1/2 t	salt
1 cup	frozen peas

3/30/2018

Indian

Roti (unleavened 'pocket' bread)

Directions In a bowl, mix flour, salt, and water. Knead the dough until it is pliable. Let the dough stand for 10 minutes. Divide dough into 12 equal parts (don't need to divide it all up at start). Make a ball out of each 1/12th piece; flatten the ball in palm of hand. Preheat cast uncoiled cast iron griddle on medium heat, until thoroughly hot - ideally, use the traditional Indian roti griddle called a 'tava'. Griddle is properly hot when you drop a pinch of dry flour on it and it will brown. Roll each flattened ball into a circle of about 5-8 inches in diameter. Dust the dough with flour before and during this rolling out process. Put a roti on the tava and turn it over after 1 minute. Turn the roti a second time after another minute. The roti should have developed a few darker brown spots during this process; not a lot though.

The BUBBLE STEP - Method #1 - Then, while the roti is still in the tava, press it very gently with a rolled-up dish cloth in any specific spot. Do not press hard. The purpose of pressing very gently with the cloth is to encourage a bubble to form where you press as you let up on the spot.

The BUBBLE STEP - Method #2 - When you start to heat the tava, turn another burner on high at the same time. Place a cake cooling rack over it. After a roti has spent the two minutes in the tava as outlined in the first paragraph above, remove it with a pair of tongs and gently place it on the cooling rack over the high-heat burner. Constantly, but slowly, move the roti around to prevent it from burning. I turn the roti after it "puffs".

Notes Sometimes the roti do not develop bubbles much or at all. I don't know why. Even when they don't, they are still delicious. The dough will keep in a sealed container in the fridge for up to 3-4 days before using. Use Durham flour obtained at an Indian grocery store or regular whole wheat flour. 1 cup makes 8-10 rotis. 2 cups worth will feed 4-5 people when served with Chana Dal or other Indian dish.

2 cup	flour, whole wheat
1/2 t	salt
1 T	oil (olive)
3/4 cup	water

3/30/2018

Italian

Angel Hair Pasta with Tomatoes and Basil

Directions While pasta is cooking, dice tomatoes and onions. When pasta is cooked, pour it into a strainer.

Combine onion, garlic and olive oil in pasta cooking pot and cook until soft (about 2 minutes). Remove from heat and add remaining ingredients, then return drained pasta to pot. Gently toss ingredients together.

Serve with walnuts and feta or parmesan cheese.

Notes Tomatoes and basil **MUST** be fresh. I usually use whole wheat angel hair pasta (cooked for 6 minutes). This is from *The Slim Gourmet* in the *Columbus Dispatch* (passed on to me by Leslie Blankenship).

8 oz	angel hair pasta, cooked and drained
1/4 cup	olive oil (or wine)
1	small onion, very finely chopped (or 2 T minced green onion)
4	cloves, garlic- pressed
4 cups	tomatoes, diced (must be FRESH)
1/2 t	salt
1/2 t	pepper
1/8 t	cayenne pepper
1/4 cup	basil, chopped (must be FRESH)

3/30/2018

Italian

Eggplant Linguine

Directions Sauté onion, carrots and garlic in olive oil until the onion is transparent. Add tomatoes and spices and bring to a simmering boil. Cook and stir occasionally for about 30 minutes.

In another skillet sauté the diced eggplant in olive oil and wine until the eggplant just becomes soft (about 15 minutes).

Add the eggplant to the larger skillet. Simmer gently for 10 minutes more. Serve over cooked linguine.

Notes This recipe is from my mother (originally from a recipe in the Cincinnati Enquirer, I believe.)

1/4 - 1/2 cup	olive oil and/or wine
1	tennis ball sized onion, chopped very fine
2	carrots, chopped very fine
3-4 cloves	garlic, pressed
6 cups	tomatoes, chopped
10+	dried tomato slices, chopped
1 T	oregano
1/2 t	pepper
1 t	salt
1/8 t	cayenne pepper
1/4 - 1/2 cup	olive oil and/or wine
1-3	eggplant, unpeeled but diced
1 lb	linguine

3/30/2018

Italian

Eggplant Parmigiana

Directions Cut unpeeled eggplant into 1/2 inch slices. Steam or simmer, covered in small amount of boiling water for 10 minutes. Drain. Combine tomatoes, garlic, flour, salt, sugar, paprika, pepper and basil in saucepan. Cover and cook over medium heat until slightly thick.

In lightly greased 2 quart baking dish mix eggplant and tomato mixture and top with mozzarella and parmesan.

Bake at 350 for 30 minutes until top is light brown.

Notes

2 medium	eggplant
2 lbs	canned stewed or crushed tomatoes
1 t	garlic powder (or 2 cloves)
2 t	flour
1 t	salt
1 t	sugar
1 t	paprika
1/4 t	pepper
1/4 t	basil
4 oz	mozzarella
1 T	Parmesan (grated)

3/30/2018

Italian

Eggplant-Tomato Sauce

Directions In a large saucepan, heat oil and sherry till bubbling. Add onion and cook for medium-high heat, stirring frequently, until onion is soft but not browned, about 5 minutes. Add garlic, celery, eggplant and pepper. Cover and cook for about 2 minutes. Add spices, tomatoes, tomato paste and water. Bring to a boil, then lower heat. Simmer, uncovered, about 20 minutes. Serve over cooked pasta.

Notes This recipe is from Vegetarian Times (September, 1991).

1/4 - 1/2 cup	olive oil
3/4 c	sherry (or red wine)
1	onion, chopped
2	cloves garlic, pressed
1	stalk celery, chopped
1	small eggplant, cubed
1	red or green pepper, chopped
28 oz can	tomatoes, chopped
6 oz can	tomato paste
6 oz	water
1 t	nutmeg
2 t	basil (or 1 T fresh)
1 t	salt
1 t	pepper

3/30/2018

Italian

Garden Vegetable Spaghetti Sauce

Directions In a large saucepan, heat oil and wine till bubbling. Sauté onions and then add other veggies. Cook about 3-5 minutes. Add spices, tomatoes, tomato paste and water. Bring to a boil, then lower heat. Simmer, uncovered, about 20-30 minutes. Stir occasionally. Serve over cooked pasta.

Notes This recipe is from Contadina.

1/4 - 1/2 cup	olive oil
1/4 - 1/2 cup	red wine
1	onion, chopped
2	cloves garlic, pressed
1	cup mushrooms, sliced
1-2	carrots, chopped or in thin slices (about 1 cup)
1	zucchini, halved and sliced
1/2 cup	broccoli chopped (frozen is OK)
1	red or green pepper, chopped
16 oz can	tomatoes, chopped
12 oz can	tomato paste
2 cups	water
2 †	oregano
2 †	basil (or 1 T fresh)
1 †	salt
1/2 †	pepper

3/30/2018

Italian

Green tomato pasta sauce

Directions Heat the oil, add onion and cook until soft (about 5 minutes). Add garlic and cook another minute or so. Add the tomatoes and spices. Add the wine and cook until tomatoes soften and sauce becomes thick (about 30-40 minutes).

Serve over pasta of your choice with shredded romano or parmesan.

Notes from Ron Mikulak posted on blogs.courier-journal.com/recipes/2012/11/01/italian-green-tomato-pasta-sauce.

Great way to use up tomatoes at end of season!

~ 1/4 cup	olive oil (or wine)
1	onion, chopped
2 cloves	garlic, minced
4 cups	green tomatoes, chopped
2	bay leaves
1/2 t	salt
1/4 t	pepper
1 t	basil
1/8 t	cayenne pepper
1/2 cup	white wine

3/30/2018

Italian Pasta Fagioli

Directions Sauté garlic and Hungarian wax peppers in oil for a minute. Add rest of sauce ingredients and simmer for about 30-45 minutes.

Cook pasta. Add pasta and beans to sauce. Simmer ~5 more minutes.

Notes Does NOT freeze well.

Sauce

1/4 cup	olive oil
4	hungarian wax peppers, chopped fine
6 cloves	garlic, crushed
1/4 cup	red wine
4 cups	tomatoes, chopped
10-20	dried tomatoes, cut up
1/2 †	thyme
1/2 †	oregano
1 †	salt
1/2 †	pepper

Pasta and Beans

2 cups	great northern beans
2 cups	pasta (bow tie, penne, etc.)

3/30/2018

Italian

Pesto

Directions Blend together everything except the nuts. Blend as little as possible. Add the nuts and blend about 10 second. Pesto should contain small pieces of leaves and the nuts should be just broken up, not pulverized. Remember that pesto was traditionally made by hand and you don't want modern appliances to give it a baby-food consistency.

Serve over warm pasta (I like penne) with parmesan or romano cheese.

Notes From Ericka.

2-4 cloves	garlic
2 cups	basil, firmly packed
1/3 cup	olive oil
1/3 - 1/2 cup	water
	juice of lemon + zest from 1/2 of rind
1/4 †	salt
1/8 †	pepper
1/2 cup	pumpkin seeds

3/30/2018

Italian

Pizza (Crust and Topping)

Directions Dissolve yeast and sugar in warm water. Let stand 5 minutes. Mix together dry ingredients in separate bowl. Add dry ingredients and wet ingredients to yeast mixture. Stir well (using dough whisk). Let rest at least 15 minutes (several hours is better). Roll pizza dough onto floured surface. Transfer to parchment paper on pizza peel. Mix topping bottom layer ingredients together in bowl and spread on pizza dough. Mix topping top layer and sprinkle evenly on top.

Preheat oven to 450. Bake for 25 minutes with parchment paper directly on oven rack. Use pizza "peel" to get pizza in and out of the oven.

Notes

Crust (yeast)

2 1/4 t	yeast (or 1 pkg)
1 cup	warm water (lukewarm but NOT hot)
1 1/2 t	sugar

Crust (dry ingredients)

2 cups	flour
1 cup	oats
1/2 t	salt
1 t	oregano
1 t	basil
1/2 t	rosemary (crush in mortar and pestle)
5-10	dried tomato slices (cut up)

Crust (wet ingredients)

2 T	olive oil
1/2 cup	water (warm)

Topping (bottom layer)

	sauce
1	red pepper, chopped (frozen is fine)
20-25	calamari olives, chopped
1	fresh tomato (chopped) and/or dried tomatoes (cut up)
	fresh basil leaves (cut up) - optional

Topping (top layer)

1	small onion, chopped fine
5-10	mushrooms, chopped fine
1/2 pkg	tofu, cut into small pieces
	sprinkling of mozzarella cheese

3/30/2018

Italian

Pizza Sauce

Directions Mix together olive oil, garlic and spices. Stir in tomato paste then slowly stir in water. Let sit for several hours to let flavors blend. No cooking necessary, just spread on dough.

Notes Makes enough for 2 pizzas. It freezes very well! This recipe came from my sister who got it from the web (the website said it is used by many pizzerias). You can change the ratio of water to tomato paste to suit your taste. The original was 6 oz tomato paste to 1 1/2 cups water.

1/3 cup	olive oil
4 cloves	garlic, pressed
1/4 t	salt
1/4 t	pepper
1 t	crushed red pepper (optional)
1/2 T	oregano
1/2 T	basil
1/2 t	rosemary, crushed
12 oz	tomato paste
1 cup	water

3/30/2018

Italian

Polenta

Directions Combine corn meal, salt, pepper and cold water. Gradually pour this mixture into the boiling water, stirring constantly. Bring this new mixture to a boil, stirring frequently along the way. If desired, add beans, (if use canned beans rinse and drain them first). Reduce heat to 'low' and cover. Cook on low for 5-10 minutes, stirring occasionally.

Serve topped with warm spaghetti sauce.

Notes This recipe is from Carol Schenck.

1 cup	yellow corn meal
1/2 t	salt
1/4 t	pepper
1 cup	cold water
3 cup	boiling water
2 cups	Garbanzos or Great Northern beans (opt)

3/30/2018

Italian

Ratatouille (Mediterranean Vegetable Stew)

Directions Heat olive oil and wine in large, heavy cooking pot. Crush in the garlic. Add bay leaf and onion. Sauté over med heat until onion begins to turn transparent. Add all of the remaining spices and stir. Then add all of the veggies and the tomato paste. Continue cooking on med heat for 20-30 minutes or until it tastes tender enough for you.

Serve over spaghetti with walnuts. Sprinkle with feta or parmesan cheese.

Notes This was adapted from the ratatouille recipe in the Moosewood Cookbook. (page 119).

1/4 - 1/2 cup	olive oil
1/4 - 1/2 cup	wine
4 cloves	crushed garlic
1	bay leaf
1-2	onion, chopped
1/2 t	salt
1 t	basil
1 t	marjoram
1/2 t	oregano
1/8 t	ground rosemary
2	bell peppers, chopped
1/2 t	black pepper
1/8 t	cayenne pepper
1-2	zucchini, cubed.(or summer squash)
1-2 small	eggplant
2 cups	tomatoes, in chunks
~10	dried tomato slices, cut in pieces
	freshly chopped parsley
	fresh basil (handful, chopped)

3/30/2018

Italian Spaghetti Sauce

Directions Sauté onion, green pepper, celery, mushrooms and garlic in olive oil or wine. Add all other ingredients. Simmer for a while (30 minutes - 1 hour).

Notes Use for spaghetti, lasagna, etc. Freezes very well. Good served with walnuts.

1/4 - 1/2 cup	olive oil and/or wine
2	med. onions, chopped
3	cloves garlic, minced
1	green pepper, chopped
10-15	mushrooms, chopped (optional)
1-2 stalks	celery, chopped
6 cups	tomatoes, cut up
3 oz	tomato paste (1/2 small can)
1/4-1/3 cup	dried tomatoes, cut up
1 t	salt
1 t	pepper
1 T	oregano
1 T	Italian seasonings
1/8 t	cayenne pepper
1 T	parsley, chopped

3/30/2018

Italian

Spicy Tomato Sauce

Directions Sautée garlic ingredients together for a few minutes. Add tomato ingredients. Simmer for 20-30 minutes, stirring occasionally without lid. Add basil leaves and simmer another minute or so.

Notes Serve over pasta with walnuts. Add in sautéed greens (swiss chard or beet greens) and top with cheese.

Garlic ingredients

1/4 cup	olive oil
4-8 cloves	garlic, crushed
1 †	crushed red pepper

Tomato ingredients

8 cups	tomatoes, chopped (frozen are fine)
20+	dried tomatoes, chopped
1/4 †	salt
1/4 †	pepper
1 †	basil, dried
1/8-1/4 †	cayenne pepper (use 1/8 † if include hungarian wax peppers)

Basil

handful	basil leaves, roughly chopped (optional)
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3/30/2018

Italian

Spinach Lasagna

Directions Preheat oven to 350. Oil casserole dishes with olive oil (sides and bottom). I use an oval 9x12 (feeds 8 people) and square 8x8 (feeds 4 people) - both are about 3 1/2" deep.

Mix together ricotta and spinach.

Make 2 layers in the casserole dishes. For each layer:

1. Sauce
2. Noodles - cover as completely as possible, breaking noodles into pieces as needed
3. Ricotta/spinach mixture - spread evenly
4. Sprinkle parmesan and romano cheese
5. Sprinkle on mozzarella

Bake at 375 covered for 45 minutes. Uncover and bake 15 minutes more. Let stand for 15 minutes (or more).

Notes Be sure not to cook the noodles!

~15	lasagna noodles (uncooked!), whole wheat or white
2 15 oz containers	Ricotta cheese (fat-free or low-fat)
8 oz	Mozzarella cheese, shredded (regular, not low-fat)
2 10 oz boxes	frozen chopped spinach (thawed)
1/2 cup or so	Romano cheese (grated)
1/2 cup or so	Parmesan cheese (grated)
	spaghetti sauce (full recipe leaves about 1 cup left)

3/30/2018

Italian

Swiss Chard Italian Style

Directions Wash chard but do not dry. Cut stems into 1 inch pieces and leaves into 2-3 inch sections.

In a wok or large saucepan, sauté garlic and crushed red pepper in oil over medium heat for a minute or so but do not allow to brown. Add tomatoes, salt and pepper and chard stems, lower heat and simmer about 10 minutes, uncovered, stirring periodically. Then add leaves and dried tomatoes. Cover and simmer up to 10 more minutes.

Notes From the farmer at the Worthington Farmer's Market where we first bought Swiss Chard.

Serve over pasta with walnuts and romano or feta cheese.

2 T - 1/4 cup	olive oil and/or wine
2-4 cloves	garlic, pressed
1/2 t	crushed red pepper
4	tomatoes, chopped
1/4 t	salt
1/4 t	pepper
1/8 t	cayenne pepper
1 bunch	swiss chard (about 1 lb)
10-20	dried tomato pieces, cut up

3/30/2018

Soup

Black Bean Soup

Directions In a soup pot, sauté the onions, garlic and cayenne in the oil for about 5 minutes, stirring frequently until the onions are translucent. Add the water, cumin, salt, tomatoes and black beans. Bring to a boil; reduce the heat to low and cover. Simmer for 30 minutes, stirring occasionally to prevent sticking. Stir in the cilantro and remove the soup from the heat.

Notes From April 2001 Nutrition Action -- reprinted from the New American Diet Cookbook.

1/4 - 1/2 cup	olive oil
1 or 2	onions, chopped
3 cloves	garlic, pressed
1/2 t	cayenne pepper
1 t	cumin
1 t	salt
4 cups	tomatoes, cut up
20+	dried tomato pieces, cut up
4 cups	cooked black beans
2 cups	water (or more as needed)
1/4 cup	cilantro, chopped (fresh)

3/30/2018

Soup Fish Soup

Directions In large saucepan, sauté onions, celery and garlic in oil until tender. Stir in tomatoes, wine, parsley, salt, thyme and pepper. Cover and simmer gently about 30 minutes. (Can refrigerate or freeze at this point).

Bring tomato base to a boil. Add fish and lower heat. Simmer gently for 7-10 minutes or until fish is opaque. Do NOT over cook.

Notes This recipe is from Sonja and William Conner's *The New American Diet* (pp. 305). Any firm white fish can be used instead of the cod.

1/4-1/2 cup	olive oil and/or wine
1	onion, chopped
2	cloves garlic, minced
1	stalk celery with leaves, chopped
32 oz can	tomatoes, chopped
1/2 cup	white wine
2 T	parsley, chopped
1/2 t	salt
1/2 t	thyme
1/4 t	pepper
1 pd	cod

3/30/2018

Soup

French Market Bean Soup

Directions Stove: Combine beans, water, bay leaves and salt. Bring to boil and boil gently for 2-2 1/2 hours. Add all other ingredients. Boil gently about 1 hour more.

Crock pot: combine all ingredients the night before and store in fridge. Cook on auto cook all day (about 10 hours).

Notes You can make your own mixed beans by combining equal parts (1 cup) of: kidney/red beans, black beans, lentils, split green peas, split yellow peas, navy beans, pinto beans, red lentils and black eyed peas.

5 cups	water
2 cup	mixed beans
2	bay leaves
1-2 t	salt
1 T	Vegit (mixed spices)
3	cloves of garlic pressed
4 cups	chopped tomatoes
2-3	onions, chopped
3	carrots, chopped
2	stalks celery, chopped
1/2 t	pepper
1 t	thyme
2 t	basil
1 t	oregano
1/2 t	cayenne pepper
1 t	liquid smoke
1/4 -1/2 cup	olive oil
4-8 cups	okra (fresh or frozen), cut up
	water to cover plus some

3/30/2018

Soup

Gazpacho

Directions Cut veggies into fairly big pieces. Put everything in blender except about 3 cups of tomatoes. Blend using the Vitamix tamper but do not puree. Pour into a bowl. Blend the rest of the tomatoes and add to the bowl. Stir well and chill before serving.

Notes Flavor develops more over time. Makes 2 quarts

3 cloves	garlic, chopped into a few pieces each
1	red pepper, cored and seeded
1	red onion
1	cucumber, not peeled
1/4 cup	olive oil
1/4 cup	red wine vinegar
1/2 t	salt
1/2 t	pepper
1 t	basil, dried
1/8 t	cayenne pepper
handful	basil

Tomatoes

4 cups	tomatoes (generous)
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3/30/2018

Soup

Greek-Style Garbanzo Soup

Directions Sauté onions, celery and garlic in oil. Add remaining veggies and cook until almost tender. Add remaining ingredients and bring to boil. Simmer 15-30 minutes. Stir well before serving.

Notes This recipe is from Sonja and William Conner's The New American Diet System (pp. 310).

1/4 - 1/2 cup	olive oil
2	medium onions, chopped
2 cloves	garlic, crushed
2	stalks celery, chopped
2	carrots, sliced
1	large potato, diced
1 (optional)	green pepper, chopped
5 cups	water
6 oz can	tomato paste
1/2 t	pepper
1 t	salt
1 T	Vegit (mixed spices)
1 T	parsley, chopped
32 oz can	garbanzos, rinsed and drained

3/30/2018

Soup Lentil Soup

Directions Stove: Sauté onions, carrots, celery and green pepper in a little olive oil or water. Mix flour and mix together. Add all remaining ingredients. Bring to a boil. Simmer about 45 minutes to 1 hour. Add vinegar.

Notes If use salted tomatoes, decrease salt to 1 t.

1/4 - 1/2 cup	oil (olive) and/or water
1 1/2 cup	onions, chopped
1 cup	celery, chopped
1 cup	carrots, chopped
1	green pepper, chopped
16 oz can	tomatoes, chopped (undrained)
1	potato, chopped (optional)
1 1/2 cup	lentils, rinsed
6 cups	water
1 1/2 t	salt
1/2 t	pepper
1 t	thyme
1 t	sage
1/8 t	cayenne pepper
1 T	Vegit (mixed spices)
1/4 cup	flour
1/2 cup	red wine

3/30/2018

Soup

Lentil-Greens Soup

Directions Use large (8+ quart) pot for fresh greens. Sauté onions and garlic in oil. Stir in water, salt, pepper and lentils. Heat (med-hi) to boiling; reduce heat. Cover and simmer 30-45 minutes. Stir in greens and vinegar. Cook about 5 more minutes, 10-15 minutes for fresh greens.

Notes This recipe is from Betty Crocker's Cookbook (pp. 313).

1/4 - 1/2 cup	olive oil
3	onions, chopped
1-3	beets, chopped (optional, works well with beet greens)
4 cloves	garlic, pressed
5 cups	water
2 cups	lentils (rinsed)
1 1/2 t	salt
1 t	pepper
~2-6 cups	greens (beet greens, swiss chard, spinach) - or 16 oz frozen spinach, thawed
1 T	apple cider vinegar

3/30/2018

Soup

Navy Bean Soup

Directions Sauté veggies in oil (about 5 minutes) in pressure cooker. Add remaining ingredients, cover and lock the pressure cooker. Bring to pressure at medium heat (about 25 minutes) and cook for 20 minutes at pressure. Mash some beans with hand masher.

Notes

1/4 cup	olive oil
1	onion, chopped
1	carrot, chopped
1 stalk	celery, chopped
3 cloves	garlic, pressed
2 1/2 cups	great northern beans (rinsed and soaked overnight)
2 t	oregano
1 1/2 t	salt
1/2 t	pepper
1 T	veggit
1	bay leaf
1 t	liquid smoke
6 cups	water

3/30/2018

Soup

Potato Leek Soup

Directions Wash leeks thoroughly and cut up into small rounds. Cook leeks in olive oil over medium heat until leeks are limp. Add potatoes and water and bring to a boil. Boil uncovered for 30 minutes until potatoes are thoroughly cooked. (They should fall apart when prodded with a fork.)

Add the milk, salt and pepper. Mash some of the potato chunks to thicken soup if desired.

Notes This recipe is from Sonja and William Conner's The New American Diet (pp. 262). Goes well with dill bread.

1/4 - 1/2 cup	olive oil and/or water
4	leeks, cut in small rounds (both white and green part)
4 cups	potatoes, chopped
5 cups	water
1 cup	milk (or 2T soyquik + 1 cup water)
1 t	salt
3/4 t	pepper
1/8 t	cayenne pepper

Optional

1/2 pkg	tofu, chopped up
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3/30/2018

Soup

Red Lentil Soup

Directions In a large pot, heat oil over medium heat. Add onions, garlic, carrots and cook, stirring often until onions are softened, about 5 minutes. Stir in cumin, coriander, turmeric and cayenne. Add lentils and water. Bring to a boil, reduce heat and simmer, for about 15 minutes. Add tomatoes, potatoes, salt and pepper and simmer until vegetables are tender, about 20 minutes.

Notes Best with fresh tomatoes. Freezes very well. From Vegetarian Times, October 98, p 64 - third place winner from Anne D'Urso-Rose. Use 8 or 10 quart soup pot.

1/4-1/2 cup	olive oil
2	onions, chopped
2 cloves	garlic, minced
1 cup	carrots, chopped
1 T	cumin, ground
2 t	coriander, ground
1/2 t	turmeric
1/4 t	cayenne pepper
2 cups	red lentils, rinsed
8 cups	water
1 1/2 cups	potatoes, chopped (with skin)
1 1/2 t	salt
1/2 t	pepper
4 cups	tomatoes, chopped (frozen are fine)
10-20	dried tomatoes, cut up

3/30/2018

Soup

Split Pea Soup

Directions Stove: Rinse peas. Combine peas, water, salt and bay leaves. Bring to boil and reduce heat. Simmer about 1/2 hour. Add all other ingredients. Add water to cover. Simmer about 1 hour longer.

Notes This recipe is from Sonja and William Conner's *The New American Diet* (pp. 264). Particularly good with corn muffins.

2 cups	split peas (uncooked)
5 cups	water
2	bay leaves
1-2 t	salt
2 cups	carrots, chopped
1 cup	celery, chopped
1 cup	onion, chopped
2 t	thyme
1/2 t	pepper
1 t	liquid smoke
4 cloves	garlic, pressed
1/4 - 1/2 cup	olive oil (optional)

3/30/2018

Soup

Tomato Soup

Directions Sauté onions, celery and carrots in a little water or olive oil until tender (about 5-10 minutes). Add all other ingredients. Bring to a boil, reduce heat, simmer about 5 minutes.

Notes This recipe is from Sonja and William Conner's *The New American Diet System* (pp. 309). It tastes particularly good when you're sick. Vegit is a combination of spices and can be found in just about any health food store.

1/4 - 1/2 cup	olive oil and/or water
1	onion, chopped
2 stalks	celery, with leaves, chopped
1	carrot, chopped
29 oz can	crushed tomatoes
29 oz	water
1 t	salt
1/2 t	pepper
1 T	Vegit
1 t	basil
1/2 t	oregano

3/30/2018

Soup

Two Potato Soup

Directions Sauté onions, celery and carrots in water or olive oil until tender (about 5 minutes). Add all other ingredients. Bring to a boil, reduce heat, simmer about 20 minutes - till potatoes are soft.

Notes Do NOT freeze (the potatoes end up a very strange texture). This recipe is very loosely based on one from Vegetarian Times. It tastes particularly good when you're sick. Vegit is a combination of spices and can be found in just about any health food store.

1/4-1/2 cup	olive oil and/or water
1	onion, chopped
2	stalks celery, with leaves, chopped
2	carrots, chopped
1-2	sweet potatoes, diced small
4-5	white potatoes, diced small
2 t	salt
1/2 t	pepper
1/8 t	cayenne pepper
1 1/2 T	Vegit
	water (to cover plus about 2 inches)

Optional

1/2 pkg	tofu, cut up
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3/30/2018

Vegetarian

Algerian Spiced Lentil Stew

Directions Put the lentils in a saucepan with the turmeric and half of the onion. Pour boiling water over to cover, bring to boil and then simmer for 15 minutes until the lentils are almost cooked and most of the water is gone.

While the lentils are cooking, heat the oil in a saucepan large enough to take the lentils later on and sauté the other half of the onion for about 5 minutes. Add the garlic and spices and stir round to cook for 1-2 minutes. Add the tomatoes.

When the lentils are ready, spoon them into the fried ingredients and stir well to mix. Add cilantro. Simmer for 2-3 minutes.

Notes From the "World in Your Kitchen 2001 Calendar".
Serve hot with pita bread and yogurt.

2 cups	red lentils (~ 1/2 lb)
	water to cover (about 2 1/2 cups)
1 t	turmeric
1	onion, chopped
1/4 - 1/2 cup	olive oil
2 cloves	garlic, pressed
1 t	ground cumin
1 t	ground ginger
1/4 t	cinnamon
1/4 t	indian chili powder (or cayenne pepper)
1/2 t	salt
1/4 t	pepper
2 cups	tomatoes, chopped (or 1 can)
2 T	fresh cilantro, chopped (optional)

3/30/2018

Vegetarian Baked Beans

Directions Rinse beans and soak in water over night (or bring to boil and let sit a few hours). Drain.

Sauté onions, garlic and mushrooms in olive oil in pressure cooker without lid. Add all ingredients except vinegar, brown sugar and mustard. Cover and bring to pressure (when top starts jiggling). Cook at pressure 30 minutes (just below medium heat). Run pan under water to release pressure.

Add vinegar, sugar and mustard let sit about 15 minutes.

Notes

2 cups	dry great northern beans
1/4 cup	olive oil
2-3	onions, chopped
4 cloves	garlic, pressed
2-3 cups	mushrooms cut in pieces
2 cups	tomatoes (diced)
2 cups	water
20	dried tomatoes, cut up into pieces
3 oz	tomato paste (1/2 can)
1 †	dry mustard
1 †	tumeric
1/4 †	cayenne pepper
1 †	salt
1/2 †	pepper
1 †	liquid smoke
2 T	molasses (black strap)
3 T	sugar
1 T	apple cider vinegar
1 T	prepared mustard

3/30/2018

Vegetarian

Bean loaf

Directions Mix all ingredients in dish casserole (mix dry ingredients first). Best to let sit for 1 hour or more. Microwave (covered) on high 12 minutes and let set 5 minutes.

Notes

2 cups	black beans mashed a little with 1/2 cup water
1 cup	oats
1/2 t	pepper
1/8 t	cayenne pepper
2	eggs (or 1 T Ener-G egg replacer + 1/4 cup water)
2 cups	water
1/4 cup	olive oil
1 T	mustard
1 T	Worcestershire
1/2 cup	catsup
1	onion, chopped fine

3/30/2018

Vegetarian Beans Bourguignon

Directions Sauté onions in oil/wine. Add carrot and potato. Stir in water, tomato paste, thyme and bay leaves. Bring to boil, reduce heat and simmer until potato and carrot are cooked, about 20 minutes. Add more water if necessary to keep vegetables covered. Add wine, beans, garlic and salt. Return to boil, lower heat, simmer uncovered about 10 minutes more. Meanwhile, sauté mushrooms in additional oil/wine. Combine with beans. Serve.

Notes From Vegetarian Times, January 1996, p 26.

1/4-1/2 cup	olive oil and/or wine
2	onions, chopped
2	carrots, sliced in half rounds
1-2	potato, chopped
2 cup	water
6 oz	tomato paste
1 t	thyme
2	bay leaves
1 1/2 cups	red wine
4 cups	pinto beans, cooked
2-4 cloves	garlic, pressed
1 t	salt
1/2 lb	mushrooms, sliced

3/30/2018

Vegetarian Black Bean Chili

Directions Stove: Soak beans for several hours. Drain. Combine beans, water and salt. Bring to boil, reduce heat and simmer for about 1 hour. Add remaining ingredients except cilantro and simmer about 1 hour more. Add cilantro just before serving.

Crock pot: Combine all ingredients except coriander and store in fridge overnight. Crock on "auto cook" all day (about 10 hours). Add cilantro.

Notes "Auto cook" is a crock pot setting that is two hours on high, then the rest on low. This recipe is from Sonja and William Conner's The New American Diet System (pp. 356). Serve over potatoes or rice.

2 cups	black beans (rinsed)
2 cups	water
1 t	salt
1 T	oregano
1 cup	onion, chopped
1	green pepper, chopped
2 cloves	garlic, crushed
1/2 t	cayenne pepper
1 T	paprika
1 T	cumin seeds
32 oz can	tomatoes, chopped
2	green chilies, chopped
1/4 - 1/2 cup	olive oil (optional)
1 T	cilantro (coriander), chopped

3/30/2018

Vegetarian

Black Bean Chili Pot Pie

Directions Prepare filling: sauté onion and pepper until soft (about 5 minutes). Add garlic and cook about 2 minutes. Add spices and stir. Then add remaining filling ingredients. Bring to a boil, stirring occasionally and simmer about 10 minutes.

Topping: Mix dry ingredients. Add water and oil and stir until blended. Let stand about 2 minutes (it will be thin).

Pour filling into large corning ware (or 2 round blue casseroles). Pour topping batter on top and spread evenly. Bake 25-30 minutes at 400 until topping is cooked through and chili is bubbly. Let stand at least 10 minutes before serving.

Notes From Vegetarian Times (January 2001, page 54).

Filling

1/4 cup	olive oil
1 large	onion, chopped
1	green pepper, chopped
2 cloves	garlic, pressed
1 T	cumin
1 T	chili powder
1 1/2 t	coriander
1 t	unsweetened cocoa powder
1 1/2 t	salt
1 t	oregano
1 t	sugar
1/2 t	cayenne pepper
1/2 t	pepper
4 cups	black beans (cooked)
1 1/2 cups	frozen corn
4 cups	tomatoes, chopped
3 oz	tomato paste + ~10 dried tomatoes
1/2 - 1 cup	water (less if using frozen veggies)

Cornbread Topping

1/2 cup	flour (whole wheat)
2/3 cup	yellow cornmeal
1 1/2 T	sugar
2 t	baking powder
1/2 t	salt
1 cup	water
2 T	olive oil

3/30/2018

Vegetarian Black Beans

Directions Soak beans overnight. Drain. Combine beans, water, salt and bay leaves. Bring to boil, reduce heat and simmer for about 1 hour. Add remaining ingredients except cilantro and lemon juice and simmer about 1 hour more. Add lemon juice and cilantro just before serving.

Serve over brown rice with a bit of red salsa.

Notes This recipe is from Sonja and William Connor's *The New American Diet System* (page 286). "Auto cook" is a crock pot setting that is two hours on high, then the rest on low. Excellent (with just a bit of salsa).

2 cups	dry black beans (rinsed)
5 cups	water
1 †	salt
2	bay leaves
2 cups	onion, chopped (1 large)
1 cup	green pepper, chopped (1 large)
3 cloves	garlic, minced
1 T	cumin
1 †	oregano
1/4 †	pepper
2 T	dry sherry (or Saki)
1 T	brown sugar
1/2 †	Tabasco sauce
1/4 - 1/2 cup	olive oil (optional)
1/4 cup	lemon juice
6 T	cilantro, chopped

3/30/2018

Vegetarian Black Eyed Peas

Directions Soak peas in water overnight (or at least for several hours). Drain. Sauté red pepper flakes, onion, garlic and celery. Add remaining ingredients (except cilantro). Bring to simmer. Cover and cook 45 minutes or so. Add cilantro.

Or instead of simmering, cook in pressure cooker at pressure for 10 minutes.

Notes From N. Bernard's "Foods that Fight Pain" p 287

1 1/2 cups	dry black eyed peas (soaked overnight)
1/4 - 1/2 cup	olive oil
1 t	red pepper flakes
2	onions, chopped
4	cloves garlic, pressed
2-3	stalks celery, chopped
1/2 cup	brown rice (uncooked)
1 t	salt
4 cups	water
	cilantro, chopped (optional)

3/30/2018

Vegetarian

Chickpea and Greens Stew

Directions In large pot (big enough to hold the greens until they shrink down): Sauté carrots, onion, garlic and greens stems in olive oil. Stir in red pepper flakes, tomatoes, salt and pepper. Simmer for about 15-20 minutes. Stir in the greens. Simmer (10 minutes for Swiss Chard, 15 minutes for Beet Greens) until tender. Add in chickpeas and basil and simmer about 3 minutes.

Notes

1/4 cup	olive oil
1	onion, diced
1	large carrot, chopped
	stems from greens, cut up
8	cloves garlic, minced
1 t	red pepper flakes
2 cups	tomatoes, diced (frozen is fine - add 10-20 dried tomatoes)
1/4 t	pepper
1/2 t	salt
large bunch	greens (swiss chard or beet greens), cut into pieces
2 cups	chickpeas, cooked
small bunch	basil, cut up

3/30/2018

Vegetarian

Chili

Directions Stove: Sauté onions and other veggies in olive oil. Add all other ingredients (except quinoa). Bring to a simmer, add quinoa, reduce heat and simmer for 1 1/2 to 2 hours.

Notes

1/4 - 1/2 cup	olive oil
2	onions, chopped
1	green pepper, chopped
2	stalks celery, chopped
2-4 cloves	garlic, pressed
4 cups	water
3 T	chili powder
1 1/2 t	salt
1 t	pepper
4 cups	chopped tomatoes
1/4-1/2 t	cayenne pepper
3 oz. (1/2 can)	tomato paste
2 cups	kidney bean (precooked)
2 cups	pinto beans (precooked), or can use all kidney beans
15-20	dried tomato pieces, cut up
1/2 cup	quinoa

3/30/2018

Vegetarian Chili Relleno Casserole

Directions Lightly oil deep casserole dish. Preheat oven to 350.

Mix beans and rice. Place half of this mixture in the bottom of the casserole. Spread chilies and tomatoes over beans and rice. Add the other half of the beans and rice. Mix the remaining ingredients together and spread over the top.

Bake uncovered for 30 minutes.

Notes This recipe is derived from Sonja and William Connor's The New American Diet System (page 358).

1 1/2 cups	cooked rice
2 cups	refried beans (or 15 oz can) or black beans
2	chopped green chilies
15 oz can	chopped tomatoes, drained
15 oz can	tomato sauce
1 t	oregano
2	cloves garlic, minced
3	green onions, chopped
1/4 t	pepper
1/2 t	salt (only if use unsalted tomatoes and beans)
1/4 cup	cilantro, chopped

3/30/2018

Vegetarian Cincinnati Chili

Directions For vegetarian version: Sauté onions and garlic in olive oil. Add all other ingredients. Bring to a boil, reduce heat, simmer for about 1 1/2 hours.

Notes This recipe came from an old fundraising cookbook from Guardian Angels (a church in Cincinnati). The contributor said it was from the original Empress chili store in Cincinnati. I did reduce the salt in the original recipe from 1 T to 2 t. SoSoya is a sodium and fat free meat substitute. It's not easy to find but worth it! We order ours online at www.so-soya.com.

For original MEAT version: use 2 LB ground meat (turkey or beef) and 1 qt. water. Omit olive oil. Crumble RAW meat into COLD water. Add all ingredients and bring to a boil; cover and simmer 3 or more hours.

For lentil version use 2 cups lentils rinsed and 8 cups water.<P>
Serve over spaghetti.<P>

1/4 - 1/2 cup	olive oil
2	large onions, chopped
1	clove garlic, minced
6 cups	water
2 cups	SoSoya (ground)
3	bay leaves
1/2 t	cumin (ground)
1/2 t	cayenne pepper
1 t	cinnamon
1 t	salt
2 t	black pepper
1 1/2 T	ground allspice
2 T	chili powder
1 t	Worcestershire
6 oz can	tomato paste + ~10-20 dried tomatoes, chopped

3/30/2018

Vegetarian Couscous

Directions Stove: In large cooking pot, sauté cumin seeds, onions, green pepper and carrots in oil. Add all other ingredients except tofu, garbanzo beans and couscous. Cook, covered, until vegetables are tender (about 30 minutes). Add tofu and garbanzo beans. Cook about 10 minutes more. Add couscous. Let sit about 5 minutes.

Notes This recipe is based on one from Sonja and William Conner's *The New American Diet* (pp. 330).

1/4-1/2 cup	olive oil and/or water
1 T	cumin seeds
2	onions, chopped
1	green pepper, chopped
2	carrots, cut in 1 inch pieces
16 oz can	tomatoes, chopped
2	large sweet potatoes (cut into bite sized pieces)
1/2 pd	chicken, cubed (or 1 pd tofu)
3 cups	water
1-2 t	salt (less if salted beans)
1/2 t	pepper
2 t	ginger
2 t	turmeric
2 t	cumin (ground)
1 T	vegit
1/8 t	cayenne pepper
2 cups	garbanzos, cooked
1/2 pkg	tofu, cut up
1 1/2 cups	couscous (dry)

3/30/2018

Vegetarian Garbanzo Goulash

Directions Cook macaroni according to package directions.

Sauté onions in oil with crush red pepper until tender. Add beans and tomatoes with juice. Add remaining ingredients and simmer for 5-10 minutes. Add macaroni and let sit without heat for about 5-10 minutes.

Notes This recipe is based on one from Sonja and William Conner's *The New American Diet* (pp. 292).

1/4 - 1/2 cup	olive oil and/or water
1	onion, chopped
1/2 t	crush red pepper
16 oz can	tomatoes, chopped
2 cups	garbanzos (cooked)
1/2 t	salt
1/2 t	pepper
2 t	cumin (ground)
2 T	parsley, chopped (or 1 T dried)
3 oz	tomato paste + ~25 dried tomatoe slices cut up
6 oz	water
1 1/2 cups	uncooked macaroni, cooked

3/30/2018

Vegetarian Gravy

Directions In 4 quart pan, cook mushrooms in oil. Stir in flour and spices. Gradually stir in soymilk. Stir constantly over medium heat and bring to a simmer. Continue to stir constantly while it simmers at a low boil for 3 minutes. Remove from heat. Let sit to thicken for at least 10 minutes.

Serve over biscuits, stuffing, etc.

Notes Reheats well so can make a day ahead of time if desired.

1/3 cup	olive oil
1/2 lb	mushrooms
1/2 cup	flour
1 T	vegit
2 t	thyme
2 t	sage
1 t	rosemary (crush with mortar and pestle)
1/2 t	salt
1/2 t	pepper
1/8 t	cayenne pepper
6 cups	soymilk

Optional

1/2 pkg	tofu (optional)
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3/30/2018

Vegetarian

Hummus

Directions Combine all ingredients in blender in order listed. Blend until smooth, adding water if necessary.

Notes Ideal Vita-Mix speed 6.5-7

2-4	cloves garlic
1/4 cup	tahini (sesame seed butter)
1/2	lemon juice (~2T)
1/2 t	salt (if use unsalted beans)
1 t	cumin
2 cups	garbanzos (cooked)
1/4 cup	olive oil
1/4 cup	mixed olive oil and water (about half and half of each)
up to 1/4 cup	water (as needed to blend OK)

3/30/2018

Vegetarian

Jambalaya

Directions Sauté the veggies. Add the tomatoes and cook, stirring often, over medium heat about 5 more minutes. Add remaining ingredients and cook as would for rice (if using brown rice, cover and cook for 45 minutes).

Notes Freezing and thawing tofu gives it a better texture for this recipe. Good with corn muffins and "sausage". Based on a recipe from the September 1995 *Vegetarian Times*, p25-26.

1/4-1/2 cup	olive oil and/or wine
1	onion, chopped
3-4 cloves	garlic, pressed
2 stalks	celery, chopped
1	green pepper, chopped
1	red pepper, chopped
1/2 lb	mushrooms, chopped
2 cups	tomatoes, chopped
1 t	liquid smoke
2	large bay leaves
2 t	thyme
1 t	salt
1/2 t	pepper
1/2 t	cayenne pepper
1 T	veggit
1 lb	tofu, cut up
1 1/2 cups	brown rice (uncooked)
3 cups	water

3/30/2018

Vegetarian

Lentil loaf

Directions Simmer the lentils in water with salt for 15 minutes (covered). Add the veggies and simmer 30 minutes more (covered).

Mix in remaining ingredients. Put in 8x8 corning wear. Let sit a few hours.

Heat in microwave about 5 minutes before serving.

Notes

Lentils

1 1/2 cups	lentils
3 cups	water
1/2 t	salt

Veggies

~1 T	olive oil
1	onion (diced very fine)
1	carrot or beet, grated
2 cloves	crushed garlic
1/4 t	cayenne pepper

Everything else

1 T	flour
1 T	mustard
1 T	tamari (soy sauce)
1 cup	rolled oats, uncooked

3/30/2018

Vegetarian Mexican Bean Pot

Directions Stove: Sauté onion and green pepper in olive oil. Add all other ingredients. Bring to boil, reduce heat and simmer for about 20 minutes. <P>
Crock pot: Drain and rinse the beans. Combine all ingredients the night before and store in fridge. Cook on low all day (about 10 hours).

Notes This recipe is from Sonja and William Conner's The New American Diet (pp. 294).

1/4 - 1/2 cup	olive oil
1 1/2 cups	onion, chopped
2	green peppers, chopped
2 cups	kidney beans (cooked)
4 cups	pinto beans (cooked)
16 oz can	tomatoes, chopped
1 t	oregano
1 t	cumin (ground)
2 t	sage
1 t	pepper
1 t	salt (less if salted tomatoes and beans)

3/30/2018

Vegetarian Moroccan Lentils

Directions Stove: Sauté onions in olive oil. Add water, lentils and salt. Bring to boil, cover and simmer 30-40 minutes till liquid is almost absorbed. Add rest of ingredients. Simmer uncovered, stirring occasionally, for 20 minutes.

Notes This recipe came from my sister (who got it from a roommate). Serve over rice.

1/2 cup	olive oil
1	large onion, chopped
3 1/2 cups	water
2 cups	lentils (rinsed)
1 t	salt
28 oz can	pureed tomatoes
2	bay leaves
1 t	cayenne pepper
4	cloves garlic, minced
1/4 - 1/2 cup	olive oil (optional, add with rest of ingredients)
1/2 cup	parsley

3/30/2018

Vegetarian

Pasta with Zucchini

Directions Cook pasta al dente (penna, spirals, etc.)
Sauté onions, garlic, zucchini and yellow squash in olive oil until done (about 10 minutes). Add salt and chili pepper as it's cooking. Add garbanzos and cooked pasta and heat about 5 more minutes.

Notes Developed this recipe while Fred was on an elimination diet where he couldn't have wheat. You can find the brown rice penne in most health food stores.

2 cups	Pasta, uncooked (any shape you like)
1/4 - 1/2 cup	Olive oil
2	onions, chopped
4	cloves garlic, pressed
2	zucchini, chopped
2	yellow squash, chopped
1 t	salt
1-2 t	crushed red chili pepper
2 cups	garbanzos (cooked)

3/30/2018

Vegetarian

Pinto Beans

Directions Soak beans overnight. Drain. Combine beans, water and salt. Bring to boil, reduce heat and simmer for about 1 hour. Add remaining ingredients except cilantro and simmer about 1 hour more. Add cilantro just before serving.

Notes This recipe is derived from one Sonja and William Conner's The New American Diet System (pp. 331). This Conner's recipe has been altered to make it closely resemble the beans in the beans and rice dish you can get at Estrada's restaurant. Very good, especially with rice, fresh-chopped onions and salsa..

2 cups	pinto beans (dry)
8 cups	water
1 t	salt
1	large onion, chopped
3	cloves garlic, minced
2	green chilies, seeded and chopped
1 T	cumin (ground)
1 t	cumin seeds
2 T	chili powder
1 T	paprika
1/2 t	cayenne pepper
12 oz can	tomato paste
1/4 - 1/2 cup	olive oil - optional
1/4 cup	cilantro, chopped

3/30/2018

Vegetarian

Pot Pie

Directions Filling: sauté vegetables in oil/wine for a few minutes. Sprinkle flour over veggie. Add milk and water, while stirring. Add all other ingredients except peas and cook until filling is thickened (about 10 minutes). Add peas and put into casseroles.

Crust: use biscuit recipe. Cut into biscuits and place on top of filling.

Bake uncovered at 400 for 30 minutes (until bubbling and biscuits are browned).

Notes Use 2 round blue casseroles (or large oval and small round corning ware). From Vegetarian Times, Mar 98, p44.

Filling

1/4-1/2 cup	olive oil and/or wine
2	onions, chopped
2 stalks	celery, chopped
2	carrots, chopped
1	red pepper, chopped
1	potato, chopped fine (with skin)
1 lb	tofu, chopped
1 cup	green beans (frozen)
1/3 cup	flour (whole wheat)
1 cup	milk (2 T soy flour + 1 cup water)
1-2 cups	stock (or 1T vegit + 1-2 cups water)
1 1/2 t	salt
1 t	thyme
1/2 t	sage
1/2 t	pepper
1/8 t	cayenne pepper
2 T	parsley (fresh or dried)
1 cup	peas (frozen, thawed)

3/30/2018

Vegetarian

Potatoes with green & white beans

Directions Boil potatoes for about 15 minutes in large pot.

In large stainless bowl, mix together dressing. When the potatoes are done lift them out of the water with a strainer and put them in the bowl. Stir well. Return the water to boil and cook the green bean for about 7 minutes.

Drain the green beans and add them along with the white beans to the bowl. Stir well. Serve warm, room temp or chilled.

Notes

Potatoes

~ 5 cups red potatoes (about 1 1/2 pounds), cut into 1/2 inch pieces

Dressing

3 T apple cider vinegar
1/2 t salt
1/4 t pepper
1/2 t basil (dried)
1/2 red onion, chopped
handful fresh basil, chopped

Beans

~ 5 cups green beans (about 1 pound), snapped in half
2 cups white beans

3/30/2018

Vegetarian

Red Beans and Rice

Directions Soak beans overnight. Drain. Combine all ingredients except Worcestershire and cilantro. Bring to boil, reduce heat and simmer for about 2 hour. After 1 hour add 1 1/2 cups rice and 3 cups water. Add Worcestershire and cilantro.

Notes Good with Stewed Okra and Tomatoes.

2 1/2 cups	red beans (rinsed)
7 cups	water
1 1/2 t	salt
2	bay leaves
2 cups	onion, chopped
1 1/2 cups	celery, chopped
4	cloves garlic, minced
1 t	cayenne pepper
1/2 t	pepper
1 t	liquid smoke
1/4 - 1/2 cup	olive oil (optional)
1 1/2 cups	rice (brown)
3 cups	water
1 T	Worcestershire sauce
1/4 cup	cilantro, chopped

3/30/2018

Vegetarian

Red Pepper Pasta

Directions Sauté onions, garlic and chili peppers in oil/wine for about 1 minute. Add the red peppers and stir. Simmer over low heat about 10 minutes until the peppers are soft but not brown. Add the tomatoes and cook, stirring often, over medium heat about 5 more minutes. Add salt and pepper. Serve hot over pasta (linguine is good) with walnuts and feta or romano cheese..

Notes From Nutrition Action Newsletter, July/August 1995, p 14. Originally from Jane Brody's Good Food Book.

Can also be served chilled.

1/4 - 1/2 cup	olive oil
4 cloves	garlic
3	onions, chopped
1/2 t	crushed pepper
6	red peppers, cut in chunks
3	tomatoes, chopped
1 t	salt
1/4 t	pepper
1/4 t	cayenne pepper

3/30/2018

Vegetarian Sloppy Joes

Directions Sauté veggies in olive oil. Add all other ingredients. Cook for about 5 minutes.

Notes Great way to use up various types of peppers from the garden.

1/4 cup	olive oil
1	onion, chopped
2-5	peppers, chopped (any combination of sweet and hot)
2 cups	tomatoes, chopped
2 cups	black beans, cooked
1 cup	water
1 T	chili powder
1 T	mustard (prepared)
1 T	Worcestershire sauce
1/4 t	pepper
1 t	salt
3 oz	can tomato paste
20+	dried tomato slices, cut up

3/30/2018

Vegetarian

Spanish Rice and Beans

Directions Sauté onions and garlic in wine or olive oil. Add all other ingredients. Bring to a boil. Cover and reduce heat to low. Let cook for 45 minutes. Garnish with chopped cilantro if desired.

Notes This recipe is derived from one in Sonja and William Conner's The New American Diet System (pp. 328).

1/4 - 1/2 cup	red wine or olive oil
2	med. onions, chopped
4	cloves garlic, pressed
2 cups	brown rice (uncooked)
4 cups	water
1	green pepper, chopped
32 oz	tomatoes, chopped
1 T	chili powder
1 †	marjoram leaves
1 †	salt
3/4 †	cayenne pepper
2 cups	beans (black or pinto)
	cilantro (optional)

3/30/2018

Vegetarian

Stew

Directions Saute veggies. Add remaining ingredients except for wine and flour. Bring to a boil, cover and simmer for about 30-45 minutes, stirring occasionally. Mix flour with wine then add it to the stew. Bring to a boil and then simmer uncovered for about 10 minutes.

Notes

1/4 - 1/2 cup	olive oil
1-2	onions, chopped in fairly large pieces
2	peppers (one red, one green), chopped
2 stalks	celery, cut in 1/2 inch pieces
3 large	turnips, cut in fairly large pieces
2 cups	carrots, cut in 1/2 inch pieces
2-3 medium	gold potatoes, cut in fairly large pieces
1/2 - 1 lb	mushrooms, cut in half
3 cups	water
1 T	Vegit
1	bay leaf
1 t	paprika
1 1/2 - 2 t	salt
1/2 t	pepper
1/8 t	cayenne pepper (optional)
1 pkg	tofu, cut up
3 T	flour
1/2 cup	red wine

3/30/2018

Vegetarian Stuffed Peppers

Directions Sauté veggies. Add remaining ingredients and cook for a bit. Remove tops of peppers and stuff.

Bake at 350 in greased (with olive oil), covered casserole for 45 minutes.
Remove cover and bake additional 15 minutes.

Notes Green peppers taste better than red peppers.

Veggies

1/4 cup	olive oil
1	onion, chopped
1 stalk	celery, chopped
4 cloves	garlic, pressed
4 cups	tomatoes, chopped

Spices, etc.

1/2 t	crushed red pepper
2 t	italian seasoning
1 t	oregano
1 t	salt
1/2 t	pepper
1/8 t	cayenne pepper
1/2 pkg	tofu
1 1/2 cups	brown rice (already cooked)
1/2 cup	oats
2 t	parsley, dried (or handful fresh)
1 t	basil, dried (or handful fresh)
3 oz.	tomato paste
3 oz	water

Peppers

5-6	large green peppers
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3/30/2018

Vegetarian Stuffing

Directions Sauté veggies in olive oil. Mix together all ingredients. Bake at 325 or 350 for 30 minutes (covered).

Notes Needs gravy. Prefer biscuits with gravy to stuffing.

1/4-1/2 c	olive oil
2-3	onions, chopped
3	stalks celery, chopped
1/2 - 1 lb	mushrooms, cut up
1/2 loaf	whole wheat bread made into ~5 cups croutons
1 T	Vegit
1 T	sage
1 T	thyme
1/4 t	salt
1/2 t	pepper
1 t	rosemary, ground up
1 t	marjarom
1/8 t	cayenne pepper
1 - 2 cups	raisins
1 cup	pecans
2 - 2 1/2 cups	water
1/2 pkg	tofu, cut up

3/30/2018

Vegetarian Thai Noodles

Directions Heat water for noodles. Cook noodles al dente.

In wok, heat oil and garlic. Cook about 30 seconds then add carrots and any broccoli stalks. Cook for 5 minutes (stir occasionally, keep lid on when not stirring). Add broccoli. Cook another 5 minutes. Add sauce and tofu. Cook another 5 minutes. Add cooked noodles. Cook another few minutes.

Notes Loosely based on a recipe that my sister found in the "The Gazette, Montreal, 5/15/2003 by Karen Turnbull"

8 oz	pasta (spiral noodles), slightly undercooked
3 cloves	garlic, pressed
2	carrots, sliced
1 bunch	broccoli, chop up some of the stems that are reasonably tender

Sauce

1/2 cup	water
1/4 cup	vinegar (apple cider)
1/4 cup	soy sauce
1/4 cup	peanut butter
1 T	sugar
1 T	sesame seed seasoning oil
1 t	Vegit
1 t	ginger (dry or fresh grated)
1 t	chili paste
1/2 lb	tofu, cut in cubes
handful	peanuts
1/4 cup	fresh cilantro chopped (optional, add with noodles)

3/30/2018

Vegetarian Veggies and Noodles

Directions NOODLES - Mix together the eggs (egg replacer, water, turmeric and olive oil), thyme, sage, salt and flour. Knead slightly, on slightly floured surface (until no longer 'sticky'). Divide dough into two halves. Roll out until fairly thin. Sprinkle with flour and roll up into a 'log'. Cut noodle roll very thin and unroll each cut noodle before putting into broth.

BROTH - Sauté veggies in olive oil. Add remaining ingredients (except peas) and bring to a boil, reduce heat, simmer for about 30 minutes. Bring mixture back to a boil, reduce heat to medium and add the noodles, stirring constantly. Cook (on medium) for 10-12 minutes. Add peas.

Notes This recipe is based on a chicken and noodles recipe from Fred's Grandma Bishop. If you want to make chicken and noodles add 1/2 LB cut up chicken breast (boneless and skinless) to the broth and reduce the Vegit to 1 1/2 t. Egg replacer is a dry egg substitute that can be found in health food store ("Ener-G" brand).

Noodles

1/3 cup	white flour
2 cups	whole wheat flour
2 T	dry egg replacer
1/2 t	turmeric
1/2 t	thyme
1/2 t	sage
1 1/2 t	salt
1/4 cup	olive oil
1 cup	water

Broth

1/4 - 1/2 cup	olive oil
2	medium-size onions, chopped
2	carrots
2 stalks	celery
1	potato, chopped fine
1	sweet potato, chopped fine (optional)
4 cups	water
2 t	salt
1/2 t	pepper
1 T	vegit (spice)
1 lb	tofu (optional)
2 cups	peas (frozen)

3/30/2018

Vegetarian Winter Chili

Directions Sauté onion, garlic, celery and pepper. Stir in tomatoes, beans, corn, water, rice and seasonings. Bring to a boil. Cover, reduce heat and cook about 45 minutes. Let stand for 10 minutes before serving.

Notes From Vegetarian Times, February 1997, p 42.

1/4-1/2 cup	olive oil and/or wine
2	onions, chopped
3-4 cloves	garlic, pressed
2	stalks celery, chopped
1	green pepper, chopped
4 cups	tomatoes, chopped
2 cups	kidney beans, cooked
2 cups	pinto beans, cooked
1 1/2 cups	corn, frozen
2 1/2 cups	water
1 cup	brown rice, uncooked
2 T	chili powder
1 T	oregano
1 1/2 t	cumin, ground
1/2 t	cayenne pepper
1 1/2 t	salt
1/2 t	pepper
1 t	vegit

3/30/2018

Vegetables

Carrots Deluxe

Directions Melt margarine. Add lemon juice. Arrange carrots in layers in baking dish. Between each layer pour in lemon juice/margarine mixture and sprinkle with chives and parsley. Add water.

Cover and bake at 350 until carrots are tender (about 50 minutes).

Notes This recipe is from my mother.

6	medium carrots, pared in thin strips
1 T	margarine
1 T	chopped chives
1 T	chopped parsley
1 T	lemon juice
2 T	water
1/2 t	salt
1/8 t	pepper

3/30/2018

Vegetables

Kale and Sweet Potatoes

Directions Steam the sweet potatoes until tender. 15 minutes or more.

Prepare the kale by washing VERY well and then removing stems and cutting up (like pieces for a salad).

Heat the oil in a large pot on medium heat. Add the cumin seeds, garlic and red pepper flakes. Stir for a few seconds then add the curry powder and stir. Add all of the kale and stir until the kale wilts (about 2 minutes). Add water, salt and peppers. Stir. Cover and cook on low heat until kale is tender - about 8 minutes.

Stir in the sweet potatoes and soy sauce.

Notes Based on a recipe from "Moosewood Cooking for Health" p 305. Goes well with spoon bread. First tried Nov 2011.

Sweet Potatoes

4 cups sweet potatoes, cut in about 1/2 inch pieces

Kale

~2T olive oil
1 t cumin seeds
1/4 t red pepper flakes
~ 5 cloves garlic, pressed
1 t curry powder
~8 cups kale, chopped with stems removed (one large "bunch")
2 T water
1/4 t salt
1/8 t cayenne pepper
1/2 t pepper

Combined

1 T soy sauce

3/30/2018

Vegetables

Lemon Potatoes

Directions Combine dressing ingredients and mix thoroughly. Put potatoes in large greased casserole. Pour dressing over potatoes and stir well.

Bake at 375 for 1 hour inc covered casserole. Uncover, stir and bake another 30 minutes. Stir (until any remaining liquid is absorbed).

Notes Based on "Greek Oven Potatoes with Lemon Juice" from "Best of the Best from Ohio"

Good with 1/2 beets (cut beets into very small pieces).

Dressing

1 †	vegit
1 †	dried dill
1 †	salt
1/2 †	pepper
2 T	oregano (dried)
1/4 cup	olive oil
3 cloves	crushed garlic
1 cup	water
1/2 cup	lemon juice (one large lemon)
	lemon zest from 1/2 lemon (optional)

Potatoes

gold potatoes, cut into ~2" pieces - to fill casserole
can use 1/2 beets, cuts into small pieces, ~1/2"

3/30/2018

Vegetables

Mashed Potatoes

Directions In pressure cooker, put olive oil in 4 quart 4 quart pressure cooker, add onions, then fill to top "fill" line with potatoes. Add 2 cups water. Set heat to med and bring to pressure (about 20 minutes). Cook for 3 minutes (after pressure is obtained, when rocker starts to rock). Add 1 T soy flour, salt and pepper. Mash with hand masher.

Notes Soy flour works well for milk.

1/4-1/2 cup	olive oil (in bottom of pressure cooker)
1-2	onions, chopped
approx. 4 lb	gold potatoes with skin, cubed (to fill line of pressure cooker)
2 cups	water
1-2 t	salt
1/2 t	pepper
1 T	soy flour (or instant milk powder)

3/30/2018

Vegetables

Scalloped Potatoes

Directions Mix together flour, curry powder, salt, pepper and parsley (included dried milk if using Soyquik). In lightly oiled casserole, place layer of potatoes, sprinkle with flour mixture, then place layer of onions. Sprinkling each layer with flour mixture, alternate potatoes and onions till all are used.

Pour liquid over potatoes.

Cover and bake at 350 for 1 hour. Remove cover and bake another half hour to brown at 375.

Notes This recipe is from The American Heart Association Cookbook (pp. 334). "Kitchen King" curry powder is particularly good in this. I use a 9x12x3 oval corning wear dish.

5 T	flour (whole wheat)
1 1/2 T	curry powder
3/4 t	pepper
1 1/2 t	salt
1 1/2 T	parsley, chopped
6 cups	potatoes, thinly sliced
2	onion, thinly sliced
1/3 cup	olive oil (optional)
2 1/4 cups	milk (or 5 T soyquick + 2 1/4 cups water)

3/30/2018

Vegetables

Stewed Okra and Tomatoes

Directions Cook onion in oil in saucepan over moderate heat until lightly browned (~5 minutes). Add garlic and cook ~30 seconds. Add remaining ingredients and cook until okra is tender and mixture thickens, about 10-15 minutes. Stir occasionally to prevent sticking.

Notes From www.justvegetablerecipes.com/veg-0051705.html.

1/4 cup	olive oil
1	onion, chopped
2-3 cloves	garlic, pressed
16 oz	okra (frozen OK)
2 cups	tomatoes (frozen or canned OK)
1/2 †	salt
1/4 †	pepper
1/8 †	cayenne pepper

3/30/2018

Vegetables

Sweet Potatoes

Directions Toss sweet potatoe pieces in olive oil and sprinkle with a little salt.

Bake at 375 in covered dutch oven for 20 minutes. Stir. Cook 20 more minutes. Stop then even if they seem a little hard (they will continue to cook a bit even after they are out of the oven).

Notes

1-4 sweet potatoes, cut into 1-2" pieces (skin on)
 olive oil
 salt

3/30/2018

Desserts

Almond/Oat Cookies

Directions Preheat oven to 350. Beat together sugar and oil. Add egg whites and extracts. Mix well. Gradually add combined remaining ingredients.

Drop onto ungreased cookie sheets. Bake about 10 minutes until golden brown. Cool 1 minute before removing from cookie sheet.

Notes This recipe is based on one from a Quaker Oat's add in Better Homes and Gardens. Can use egg substitute. This recipe makes 2 1/2 dozen cookies.

1/2 cup	sugar
1/2 cup	canola oil
2	egg whites (or 1 T egg replacer + 1/4 cup soy milk)
1 †	almond extract
1 †	vanilla
2 1/4 cup	oats
1 cup	flour (blend)
1/2 †	baking soda
1/2 †	salt
1/2 cup	sliced almonds

3/30/2018

Desserts

Apple Butter Bars

Directions Grease and flour a 9x13 pan. Mix the flour, soda and salt. Add the oats and sugar. Mix in the applesauce and vanilla. Mix well - it will be sticky and thick.

Spread half of the mixture in the pan. Next spread on the apple butter. Then put on the remaining half of the mixture.

Bake at 325 for 50-55 minutes. Gives moist, chewy bars.

Notes This recipe is derived from one from Roger and Carol Schenck. You can use almost any fruit type thing in the center. I used fresh blueberries and it worked quite well.

2 1/4 cups	flour
1 1/2 t	baking soda
1 t	salt
2 1/4 cups	sugar
3 3/4 cups	oats
1 1/2 cups	applesauce
1 T	vanilla
1 1/2 cups	apple butter (small jar)

3/30/2018

Desserts

Apple Cake

Directions Preheat oven to 325. Grease and flour 13x9x2 cake pan. Beat sugar, soy milk, vanilla and oil well. SLOWLY add dry ingredients mixed together. Stir in apples and nuts. The batter is very stiff - press it into the pan with your hands. Bake 60 minutes - cake is done when toothpick inserted in center comes out clean).

Notes Based on a recipe from Lynd's fruit farm on 161 just east of Columbus, Ohio.

3/4 cup	brown sugar
3/4 cup	sugar
3/4 cup	canola oil
1/2 cup	soymilk
1 t	vanilla
2	eggs (1 T egg replacer + 1/4 cup oil)
2 1/2 cups	flour (whole wheat)
2 t	baking soda
2 t	cinnamon
1/2 t	salt
4 cups	apples, diced
1 cup	walnuts, chopped

3/30/2018

Desserts

Apple Oatmeal Scones

Directions Grease a 10" diameter circle in the center of a baking sheet.

In a large bowl, stir together the flour, brown sugar, baking powder, and salt. With a pastry cutter or two knives used scissors fashion, cut in the applesauce until the mixture resembles coarse crumbs. In a small bowl, stir together the milk, egg and vanilla. Add the milk mixture to the flour mixture and stir to combine. The dough will be sticky. Stir in the apples and dates.

Spread the dough into an 8" circle in the center of the prepared baking sheet. With a serrated knife, cut into 8 wedges.

Bake at 350 for 22-27 minutes, or until a toothpick inserted into the center of a scone comes out clean. Remove the baking sheet to a wire rack and cool for 10 minutes. Using a spatula transfer the scones to the wire rack to cool. Recut the wedges. Serve warm, or cool completely and store in airtight container.

Notes This recipe is based on one from Leslie Weiner and Barbara Albright's Simply Scones (page 11).

1 1/2 cups	flour
1 cup	oats (uncooked)
1/3 cup	brown sugar
2 1/2 t	baking powder
1/2 t	salt
1	egg (or 1 1/2 t Ener-G egg replacer + 2 T water)
2 T	molasses
1/4 cup	milk
1 t	vanilla
1/2 cup	applesauce
3/4 cup	diced unpeeled apple
2/3 cup	chopped pitted dates

3/30/2018

Desserts

Banana Cake with Chocolate Icing

Directions Preheat oven to 350. Grease and flour a 9x13 pan.

Cake: Combine flour, sugar, baking powder, baking soda and salt. Add applesauce and banana; blend at low speed of an electric mixer until combined. Add milk, eggs and vanilla; beat 2 minutes on medium. Turn batter into pan. Bake for 30 minutes or until done.

Icing: In a small bowl, combine powdered sugar, cocoa and salt. Using a whisk or a fork, add vanilla and then skim milk, a little at a time. Be careful - a few drops can make a big difference!

Notes This recipe is derived from the January 1993 Vegetarian Times (page 24).

Cake

2 1/2 cups	flour
1 cup	sugar
1 1/2 t	baking powder
1 t	baking soda
1 t	salt
2 t	vanilla
1/3 cup	applesauce or canola oil
1 1/4 cups	bananas, mashed (~ 2 medium)
2/3 cups	milk (or yogurt)
2	eggs (or 1 T egg replacer + 1/4 cup water)
1 cup	chocolate chips (optional, don't ice if use chips)

Icing

3 cups	powdered sugar
3/4 cup	cocoa
6-8 T	skim milk (or water)
1 1/2 t	vanilla
1/2 t	salt

3/30/2018

Desserts

Banana Nut Bread

Directions Cream sugar, oil, eggs (or egg liquid), bananas and vanilla. Next add flour mixed with salt and soda. Stir in nuts.

Bake at 325 for 1 hour in greased and floured loaf pan. (Can bake as two smaller loaves in glass pans for 45 minutes).

Notes This recipe is derived from one from Betty Barlow. Can bake in 9x13 pan for 30 minutes at 325. Or 4 mini-loaf (2.5x5) aluminum pans (3/4 cup batter in each) for 40 minutes at 325.

1/4 cup	oil (canola)
1/4 cup	sugar
2	eggs (or 1 T egg replacer + 1/4 cup water or soy milk)
3-4	bananas, mashed
2 cups	flour (whole wheat)
1 †	baking soda
1 †	salt
2 †	vanilla
3/4 cup	walnuts (or pecans), chopped

3/30/2018

Desserts

Beetnick Cake

Directions Pressure cook peeled 3 large beets cut into pieces (4 cups). Put beet pieces on false bottom and add 1/2 cup water. Cook 15 minutes at pressure. After cooked, remove false bottom and mash with cooking water.

Beat (with hand mixer) all ingredients together thoroughly.

Bake at 350 in greased and floured 9 x 13 pan for 40 minutes. After cool dust top with confectioners sugar.

Notes

2 T	egg replacer (or 4 eggs and eliminate soy milk)
2 cups	sugar
3/4 cup	cocoa
2 1/2 cups	flour
1 t	salt
1/2 cup	soy milk
1 cup	canola oil
2 T	vanilla
2 cups	beets (cooked and mashed)

3/30/2018

Desserts

Bisc-oat-ti

Directions Preheat oven to 350.

In a large bowl beat sugars and oil. Beat in eggs and vanilla. Mix together dry ingredients and then beat into sugar mixture. Mix in nuts and chocolate chips. Divide dough in half and roll each half into a 12 inch cylinder about 1 1/2 inches in diameter. Use plenty of flour to dredge bottom. Place each log on an ungreased cookie sheet.

Bake 25 minutes or until light golden brown. Cool 10 minutes on the cookie sheet. Using a serrated knife, cut biscotti crosswise into 1/2 inch slices. Bake 20 minutes more or until light brown and crisp. Turn off oven and let sit for at least 20 minutes in oven.

Notes Based on the "quaker bisc-oat-ti" recipe from quakeroats.com. The original recipe called for baking powder. I accidentally used baking soda instead and they came out much higher and crunchier which we liked much better!

1/2 cup	sugar
1/2 cup	brown sugar
1/2 cup	canola oil
1/4 cup	soy milk
2	eggs (or 1 T egg replacer + 1/4 cup soy milk)
1 t	vanilla
2 cups	oats
1 1/4 cups	flour (whole wheat)
1/2 t	baking soda
1/2 t	salt
3/4 cup	walnuts, chopped
1/2 cup	chocolate chips

3/30/2018

Desserts

Biscotti

Directions Stir together dry ingredients (in 8 qt stainless bowl). Add wet ingredients and mix with electric mixer. Add in nuts. Divide dough in half on floured surface. Roll into logs then dredge in flour. Cut into 1/2-1" slices and place upright on 2 cookie sheets.

Bake at 350 for 20 minutes. Cool 10 minutes outside of oven. Run spatula under pieces to loosen.

Bake at 325 for 15 minutes . Turn off oven and let sit in oven until cool (at least 1/2 hour).

Notes

For almond version:
omit cocoa and carob powder
reduce sugar (1/4 cup white, 1/4 cup brown)
add 1 t almond extract
substitute Amaretto for Kalua
substitute almonds for walnuts
add 1/4 cup dates finely chopped with nuts

Dry Ingredients

1 cup	flour (whole wheat)
2 cups	oats
1/3 cup	sugar
1/3 cup	brown sugar
1/4 cup	cocoa
1 T	carob powder
1/2 t	baking powder
1/2 t	baking soda
1/2 t	salt
1 T	egg replacer (or 2 eggs beaten and reduce soymilk 1/4 cup)

Wet Ingredients

1 t	vanilla
1/4 cup	kalua
1/2 t	vinegar
1/4-1/2 cup	soymilk (after first 1/4 cup add 1T at time till dough holds together)

Nuts

2/3 cups	walnuts, coarsely chopped (optionally toast them)
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3/30/2018

Desserts

Biscotti (Maple-Oat)

Directions Preheat oven to 325. Spread oats on a baking sheet and toast them in the oven, stirring often for 12-15 minutes, or until light brown.

Combine dry ingredients. Add water and vanilla and mix (with an electric mixer) till smooth. Stir in dates and walnuts. Working on a floured surface, shape dough into 4 logs, each about 14 inches long and 1 1/2 inches thick. Place the logs onto a baking sheet (2 per cookie sheet) and bake for 20-25 minutes, or until firm to the touch. Transfer the logs to a rack to cook.

Reduce the oven temperature to 300 degrees. Cut the logs diagonally into 1/2 inch thick slices. Stand the slices upright on the baking sheet and bake for 35 minutes. Let cool before storing.

Makes 8 dozen biscotti (which is not nearly enough).

Notes This recipe is from Eating Well (November/December 1992, page 64), passed on to us by Pat Eiben. This recipe may seem like a lot of work but the result is amazing! Serve with coffee (can be dunked).

2 cups	oats
2 cups	whole wheat flour
1 cup	white flour
1 cup	brown sugar
1 T	Ener-G egg replacer (dry)
1 t	baking soda
1 t	salt
2 t	baking powder
3/4 cup	maple powder
3 t	vanilla
1 1/3 cup	dates (chopped)
3/4 cup	walnuts, chopped
1 cup	water
1/2 cup	canola oil

3/30/2018

Desserts

Brownie Scones

Directions Preheat oven to 350. Grease an 8" diameter circle in the center of a baking sheet.

In a large bowl, stir together the flour, cocoa, sugar, brown sugar, baking powder, and salt. With a pastry cutter or two knives used scissors fashion, cut in the applesauce until the mixture resembles coarse crumbs. In a small bowl, stir together the milk, egg and vanilla. Add the milk mixture to the flour mixture and knead together to combine. Knead in the walnut pieces.

With lightly floured hands, pat the dough into a 7" circle in the center of the prepared baking sheet. With a serrated knife, cut into 8 wedges. Decorate the edge with walnut halves, if desired.

Bake for 25 minutes, or until a toothpick inserted into the center of a scone comes out with just a few crumbs clinging to it. Remove the baking sheet to a wire rack and cool for 5 minutes. Using a spatula transfer the scones to the wire rack to cool. Recut the wedges. Serve warm, or cool completely and store in airtight container.

Notes This recipe is based on one from Leslie Weiner and Barbara Albright's Simply Scones (page 24). The only fat is from the walnuts.

2 cups	flour
1/2 cup	cocoa
1/2 cup	sugar
1/4 cup	brown sugar
1	egg (Ener-G egg replacer)
2 1/4 t	baking powder
1/4 t	salt
1/2 cup	canola oil (or applesauce)
1/3 cup	milk
1 1/2 t	vanilla
1/2 cup	coarsely chopped walnuts

3/30/2018

Desserts

Brownies

Directions Preheat oven to 350. Mix dry ingredients. Add remaining ingredients (except walnuts). Beat. Add walnuts. Pour batter into greased and floured 8x8x2 pan. Bake for 30-35 minutes (until toothpick comes out dry).

Notes

2/3 cup	flour (whole wheat)
3/4 cup	sugar
1/2 cup	cocoa
1/2 t	salt
1/2 t	baking powder
1 T	Ener-G dry egg replacer
1/3 cup	oil (canola)
1/2 cup	soymilk
1 t	vanilla
1/2 cup	walnuts
1/4 cup	chocolate chips

3/30/2018

Desserts

Carob Cake with Walnuts

Directions Preheat oven to 375. Combine dry ingredients. Beat together wet ingredients. Add wet to dry and beat well. Add 1/2 of walnuts and stir. Pour into greased 8in square pan. Cover surface with other half of chopped walnuts. Bake 30-40 minutes or until inserted toothpick comes out clean.

Notes From the National Gourmet Institute for Food and Health via Vegetarian Times, September 1996 p 10.

Can double and bake in 9x13 pan for 40 minutes.

1 1/2 cups	flour (whole wheat)
3 T	carob powder
1/2 t	salt
2 T	baking powder
1/4 cup + 2 T	oil (canola)
2/3 cup	maple syrup
1 t	vanilla
3/4 cup	soymilk
3/4 cup	walnuts, chopped

3/30/2018

Desserts

Carob Cookies

Directions Mix dry ingredients together. Separately, mix all other ingredients except nuts. Add dry ingredients. Add nuts. Drop by teaspoonfuls onto ungreased cookie sheets.

Bake at 350 about 10-12 minutes.

Notes This recipe is based on one from Sonja and William Conner's *The New American Diet* (pp. 364).

1/2 cup	applesauce
1/2 cup	canola oil
1/2 cup	soy milk
1 cup	sugar
5	egg whites (or 1 T egg replacer + 1/4 cup water or soy milk)
2 t	vanilla
1 cup	chopped walnuts
1 cup	chocolate chips (optional)

Dry ingredients

3 cups	flour
1/2 cup	carob powder
1 T	Cocoa powder (or powdered instant coffee (or Roma))
1/2 t	baking soda
1/2 t	salt
1 1/2 t	baking powder

3/30/2018

Desserts

Cherry-Chocolate Bread

Directions Heat oven to 350. Grease bottom only of loaf pan (9x5x3 inches). Mix apricots, sugar, milk and oil in large bowl. Mix together dry ingredients and stir in till just moistened. Stir in nuts. Place in loaf pan (batter will be thick). Bake 50-60 minutes until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf and remove from pan.

Notes

1 1/2 cups	dried cherries, chopped (about 9 ounces)
3/4 cup	sugar
1 cup	soy milk
1/3 cup	canola oil
1 †	vanilla
2	eggs (or 1 T egg replacer and 1/4 cup canola oil)
2 1/2 cups	flour (whole wheat)
1/2 cup	cocoa
1 †	baking soda
1/2 †	baking powder
1/2 †	salt
1/2 cup	pecans, chopped

3/30/2018

Desserts

Chocolate Cake

Directions Heat soymilk for 1 minute in microwave. Stir in vinegar and let sit a minute. Add in rest of wet ingredients

Stir together dry ingredients in 8 qt bowl. Beat in wet ingredients with electric mixer. Add the boiling water and mix. Batter is VERY thin.

Bake at 350 for 45 minutes in a greased and floured 9x13 pan. Toothpick should come out clean.

Notes Based on "have your cake and vegan too" basic chocolate cake. Frost with icing.

Wet Ingredients

1 1/2 cups	soymilk
1/2 t	apple cider vinegar
1/2 cup	canola oil
2 t	vanilla

Dry Ingredients

1 cup	whole wheat flour
3/4 cup	oats
1 1/4 cups	sugar
1/2 cup	cocoa (or carob)
1 T	carob (or cocoa if use carob above)
1 1/2 t	baking soda
1 1/2 t	baking powder
1/8 t	salt

Boiling water

1 cup	boiling water
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3/30/2018

Desserts

Chocolate cake with pumpkin

Directions Preheat oven to 350. Grease (earth balance) and flour 8 inch square baking pan.

Mix together dry ingredients in small bowl. In large bowl mix together wet ingredients. Beat in dry ingredients and then extras.

Bake for 55-60 minutes.

Notes Loosely based on "Pumpkin Chocolate Cake" recipe at www.wholefoodsmarket.com

Dry ingredients

2/3 cup	whole wheat flour
1/3 cup	oats
1/2 cup	cocoa
1 †	baking powder
1/2 †	baking soda
1/4 †	salt
1 T	egg replacer (or 2 eggs and no soy milk)

Wet ingredients

3/4 c	sugar
1/4 cup	canola oil
3 T	soy milk
1 T	molasses (black strap)
15 oz can	pumpkin puree
1 †	vanilla

Extras

1/3 cup	chocolate chips
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3/30/2018

Desserts

Chocolate Cupcakes

Directions Pre-heat oven to 375. Line muffin cups (12) with paper bake cups. Stir together flour, sugar, cocoa, baking soda and salt. Add water, oil, vinegar and vanilla. Hand beat with spoon just until batter is smooth and ingredients are well blended. Use ~ 1/4 cup batter per cupcake. Bake 16-18 minutes or until wooden pick inserted in center comes out clean.

Frosting: beat peanut butter, powdered sugar and cocoa with vanilla and milk. Add milk very gradually.

Notes From the back of a Hershey's Cocoa box (I substituted peanut butter for margarine). If use chocolate chips no need to frost. Can double recipe and bake in 9x13 pan - beat 3 minutes on medium - bake at 350 for 35 minutes.

Cupcakes

1 1/2 cups	flour (whole wheat)
1/2 cup	sugar
1/4 cup	cocoa
1 †	baking soda
1/2 teaspoon	salt
1 cup	water
1/4 cup	oil (canola)
1 T	white vinegar
1 †	vanilla
1/2 - 1 cup	semi-sweet chocolate chips (optional)

Frosting (optional)

3 T	peanut butter
1 1/3 cup	powdered sugar
1/4 cup	cocoa
1 †	vanilla
1/4 †	salt (if unsalted peanut butter)
2-3 T	milk (or soymilk)

3/30/2018

Desserts

Chocolate Pudding

Directions Mix together sugar, cornstarch, cocoa and salt. Gradually stir in milk.

On stove: Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 3 minutes. Remove from heat.

In microwave: Cook 3 minutes on high. Then 2-4 more minutes stirring every minute. Thickens up as cools.

Stir in oil and vanilla. Pour into four 1/2 pint ball jars with lids and refrigerate.

Notes From Betty Crocker Cookbook, p 141.

1/3 cup sugar (1/2 cup if not soy milk)

1/3 cup cocoa

3 T cornstarch

1/8 t salt

2 2/3 cups soymilk

2 T oil (canola)

1 t vanilla

3/30/2018

Desserts

Chocolate Sauce

Directions Put margarine and chocolate in 3 quart saucepan and stir over low heat until the chocolate is melted. Remove from heat and stir in rest of ingredients except vanilla. Beat by hand until smooth and return to heat, cook, stirring often for about 5 minutes. Remove and cool a bit then add vanilla.

Notes Based on recipe from Fannie Farmer cookbook, p 703.

Heat in pan

2 T	margarine or butter (earth balance)
2 ounces	unsweetened chocolate (2 squares dagoba)
1 cup	sugar
1/8 t	salt
1 T	corn syrup (optional)
1/2 cup	milk or water (soy milk)

After cool

1 T	vanilla
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3/30/2018

Desserts

Chocolate Syrup

Directions In 4 quart saucepan, stir together cocoa, sugar and salt. Crush out lumps with spoon. Stir in oil and corn syrup. *GRADUALLY* stir in milk. Bring to boil over medium heat, stirring constantly (5-10 minutes). Cook for 3 minutes at low boil, stirring constantly. Remove from heat. Stir in vanilla.

Notes Makes 1 1/2 quarts.

1 cup	cocoa powder
2 cups	sugar
1/8 t	salt
1 T	corn syrup (light Karo)
4 cups	soymilk
1 T	vanilla

3/30/2018

Desserts

Chocolate Syrup Cake

Directions Heat milk in microwave on high for 1 minute and stir in vinegar. Stir together dry ingredients in 8 quart stainless bowl. Add wet ingredients and mix with electric mixer. Stir in nuts and chips. Bake at 350 in a greased and floured 9x13 pan. Bake 40 minutes (toothpick should come out clean).

Syrup: stir together cocoa, carob and sugar in 2 cup pyrex. Slowly stir in water until very well mixed. Microwave on high for 1 1/2 minutes, stirring every 30 seconds. Continue to microwave another 20-30 seconds till boils (watch carefully so it doesn't boil over). Add vanilla. While cake and syrup are still warm, poke holes in cake with toothpick (or metal pick). Carefully and slowly pour syrup on top and spread around with a spoon.

Notes Based on "Intensely chocolate bundt cake" from "have your cake and vegan too".

Dry Ingredients

1 1/4 cups	whole wheat flour
1 cup	oats
1/4 cup	cocoa
1/4 cup	carob powder (or cocoa)
1 1/2 cups	sugar
1 †	baking powder
1/2 †	baking soda
1/4 †	salt

Wet Ingredients

1 1/2 cups	soy milk
1 †	vinegar
1/2 cup	canola oil
1 †	vanilla extract

Chips & Nuts

1/4 cup	chocolate chips
1/4 cup	carob chips (or chocolate)
1/2 cup	walnuts, chopped

Syrup

1/4 cup	cocoa
1/4 cup	carob (or cocoa)
1/2 cup	sugar
1/2 cup	water
1/2 †	vanilla extract

3/30/2018

Desserts

Cranberry Nut Cake

Directions Combine wet ingredients. Stir together dry ingredients. Beat dry ingredients into wet ingredients. Stir in cranberries and walnuts. Spread into greased and floured 8" pan.

Bake at 350 for 40-45 minutes.

Notes

Wet ingredients

1/4 cup	soy milk
1/4 cup	canola oil
1 cup	sugar
1 †	vanilla

Dry ingredients

1 cup	flour
1/4 cup	oats
1 T	baking powder
1 T	egg replacer (or 2 eggs and eliminate soy milk)
1/2 †	salt
1/2 †	cinnamon
2 cups	cranberries (microwave frozen berries 1 1/2 minutes)
1/2 cup	walnuts, chopped

3/30/2018

Desserts

Fruit Coffeecake

Directions Heat soymilk in microwave for 1 minute and add vinegar. Combine batter ingredients (dry ingredients first - stir together, then add liquid ingredients). Beat for 2 minutes with electric mixer. Spread into a greased and floured 9x13 pan. Spread fruit evenly over batter. Mix together topping ingredients until crumb-like. Spread over fruit.

Bake at 375 for 45 minutes. Up the temperature to 425 and bake 15 minutes more.

Notes Can make half a recipe in an 8x8 pan. Cook at 375 for 50 minutes.

Can make cake chocolate by adding 1/4 cup cocoa and 1/4 cup sugar.

Add 1/2 t almond extract for cherries to batter.

Batter

1 1/2 cups	ww flour
1/2 cup	oats
1/2 cup	sugar
4 t	baking powder
1/2 t	salt
1 T	egg replacer (powder - or 2 eggs and reduce oil to 1/4 cup)
1/2 cup	canola oil
2 t	vanilla
1/2 t	almond extract - cherries only!
1 cup	soymilk

Fruit

4 cups	fruit, cut up (strawberries, apricot, peach, etc.)
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Topping

1/2 cup	walnuts, chopped
1/2 cup	ww flour
1/2 cup	oats
3/4 cup	sugar
1/2 cup	canola oil

3/30/2018

Desserts

Fruit compote

Directions Preheat oven to 350. Combine first 3 ingredients in 1 1/2 quart casserole and set aside. Combine brown sugar and remaining ingredients stirring until sugar dissolves. Pour over fruit mixture and cover. Bake for 45 minutes. Serve warm.

Notes From Southern Living via my sister-in-law Beth.

Can use 1 16-20 oz. Can of cherry pie filling instead of cherries, water and cornstarch.

8 -12 oz pkg	mixed dried fruit
2 cups	cherries, frozen
11 oz can	mandarin oranges, drained
1/3 cup	brown sugar
1/2 t	cinnamon
1/2 t	nutmeg
1 T	cornstarch
1/3 cup	water
1/3 cup	bourbon (or apple juice)

3/30/2018

Desserts

Fruit Crisp

Directions Preheat oven to 375. Prepare fruit as though for a pie (in 1-2" pieces). Mix filling in baking dish. Bake, covered, 35 minutes for "hard" fruit (apples), 25 minutes for rhubarb and less for "soft" fruit (15 minutes for cherries, 5 minutes for peaches). Mix topping with fork or pastry knife. Stir a few spoonfuls of the topping into the fruit. Spread rest on top of filling. Bake at 425, uncovered, for about 15 minutes until brown and bubbly.

Notes Use 9" round (blue) casserole baking dish.

Sour cherries 3 1/2 cups unpitted yields 2 1/2 cups which is good for crisp.

Filling

6-8 cups	fruit (raw, cut up) - 6-7 cups apples plus 1 1/2 cups cranberries, rhubarb, peaches, etc.
1/4 - 1/2 cup	sugar (less for sweeter fruits)
1 t	cinnamon
0-1/2 cup	water (none if fruit was frozen!)

Topping

1/4 cup	flour (whole wheat)
1 1/4 cup	oats
1 t	cinnamon
1 t	allspice (omit for peaches and cherries)
1/4 t	salt
1/4 cup	sugar
1/4 cup	oil (canola)
1 t	vanilla
1/2 t	almond extract (cherries only!)

3/30/2018

Desserts

Fudge Brownies

Directions Melt the chocolate in the oil in the microwave (stir every 30 seconds or so). Cool. Stir together the salt, carob powder and flour. Beat together the eggs, vanilla and sugar for several minutes. Stir in the chocolate gently. Then add the flour mixture, stirring only until blended. Stir in the walnuts.

Spread evenly in a greased and floured 9x13 pan and bake at 375 for 35 minutes. Cool. Frost with fudge frosting. Best to let sit overnight before eating.

Notes Based on "The Best Brownies" recipe from The Fannie Farmer Cookbook (p 628).

Chocolate

6 ounces	baking chocolate (unsweetened - I like dagoba organic)
1/2 cup	canola oil

Flour mixture

1 1/2 cups	flour (whole wheat)
1/4 t	salt
1 T	carob powder

Sugar and eggs

4	eggs
2 3/4 cups	sugar
1 T	vanilla

Nuts

1 1/2 cups	walnuts, chopped
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3/30/2018

Desserts

Fudge Frosting

Directions Stir together all of the ingredients except the vanilla in a 4 quart sauce-pan. Bring to a rolling boil and cook, stirring constantly for 2-3 minutes. Cool. Add the vanilla and beat by hand.

The icing takes 2-3 hours to set up.

Notes From the Fannie Farmer Cookbook (page 599)

2 ounces	baking chocolate (unsweetened), cut into pieces
1 1/2 cups	sugar
1/2 cup	soymilk
1/4 cup	margarine (earth balance)
1 T	corn syrup
1/8 t	salt
1 t	vanilla

3/30/2018

Desserts

Fudge pops

Directions In a 4 cup pyrex measuring add sugar, cocoa and salt. Whisk or stir well. Be sure to get all of the lumps out at this stage! Slowly whisk or stir in vanilla and coconut milk. Pour into 5 pop molds and freeze overnight. Be sure to stand the molds upright to freeze! Twist the mold to push up the pop when eating.

Notes

2 T	sugar
3 T	cocoa powder
1/8 t	salt
2 t	vanilla
1 can	light coconut milk

3/30/2018

Desserts

Ginger Snaps

Directions Preheat oven to 350. Beat together oil, sugar, egg, molasses and vanilla. Stir together dry ingredients then beat them into wet ingredients. Chill dough! Scoop dough into 1" balls then roll ball in sugar. Bake for 15 minutes (cookies will spread and the tops will crack).

Notes Based on a recipe from the Fannie Farmer Cookbook 1990 (p 623).

3/4 c	canola oil
1 c	sugar (plus extra to roll the cookies in)
1	egg (or 1 1/2 t egg replacer and 1/4 cup soy milk)
1/4 c	molasses
1 t	vanilla
2 c	flour (whole wheat)
2 t	baking soda
1/2 t	salt
1 T	ginger
1 t	cinnamon

3/30/2018

Desserts

Gingerbread Cookies

Directions Combine shortening, sugar, egg, molasses and hot water. Stir together dry ingredients (can sift 1 cup flour with spices if you like). Gradually add dry ingredients to wet ingredients. Chill dough at least 8 hours, then roll, cut out and bake 5 to 7 minutes at 375 degrees F.

Notes From my sister who got it from my mother.

1/4 cup	shortening (margarine)
1 1/4 cups	sugar
1	egg, beaten (or 1 1/2 t egg replacer + 2T water or milk)
1/2 cup	hot water
1 cup	dark molasses (Karo or other)

Dry ingredients

1 t	ground cloves
1 1/2 t	baking soda
1 t	salt
3 t	cinnamon
1 t (or more)	ginger
5 1/2 cups	flour

3/30/2018

Desserts

Gingerbread Crisps

Directions Preheat the oven to 300.

Mix the sugar, spices, baking soda and salt in a large bowl. Add the rest of the ingredients except the flour and mix well. Gradually beat in the flour.

Roll out the dough on a floured surface VERY thin (about 1/16-1/8 of an inch). Cut into shapes and bake on ungreased cookie sheets (it's good to have a bit of flour on the bottoms).

Cook about 20 minutes.

Notes From choosevegetarian.com. These come out very hard and crisp.

1/2 cup	sugar
2 t	ginger
1 t	cloves
1 t	cinnamon
1 1/2 t	baking soda
1/4 t	salt
1/3 cup	canola oil
1/3 cup	molasses
1/3 cup	soymilk
1 t	vanilla
2 1/4 cups	whole wheat flour

3/30/2018

Desserts

Gingies

Directions Mix the oil, brown sugar and molasses together thoroughly. Stir in 1/2 cup cold water and vanilla. Mix together dry ingredients. Add to the dough. Add 1 T cold water. Mix well. Cover bowl and chill dough (for at least one hour.)

Preheat oven to 350. Roll out dough thick (1/2 inch). Cut with small glass (1-2 inch diameter). No need to oil the cookie sheet if you "dunk" the bottom of the cookie in a little flour after you roll it out. Bake about 10 minutes (until no imprint remains when touched lightly with finger).

Notes This recipe is from Sonja and William Conner's *The New American Diet* (pp. 365).

1/2 cup	oil (canola)
1/2 cup	brown sugar
1 1/2 cups	dark molasses
1/2 - 1 cup	cold water
6 cups	flour, whole wheat
2 t	allspice
2 t	ginger
2 t	cloves
2 t	cinnamon
2 t	vanilla
2 t	baking soda
1 t	salt
1 T	cold water

3/30/2018

Desserts

Gold Cake

Directions Stir together the flour, baking powder, salt and sugar in an 8 qt stainless bowl. Add in the oil and milk and beat with electric mixer for 2 minutes. Add in the eggs and vanilla and beat for 2 more minutes.

Pour into greased and floured 9x13 pan. Bake at 350 for 30 minutes (toothpick should come out clean).

Notes Frost. Based on recipe from The Fannie Farmer Cookbook, p 590.

2 1/4 cups flour (whole wheat)

3 t baking powder

1/2 t salt

1 1/4 cups sugar

1/2 cup canola oil

1 cup soymilk

2 eggs

2 t vanilla

3/30/2018

Desserts

Hemp-Oat Squares

Directions Stir together sugar, salt, cocoa and soymilk in 8 cup pyrex. Stir in peanut butter and microwave 60-90 seconds. Stir, then stir in remaining ingredients. Freeze in 8x8 pan lined with wax paper for several hours. Cut into square and store in freezer.

Notes Hemp hearts can be found in health food stores.

1/4 cup sugar (or honey)

1/4 cup cocoa powder

1/4 t salt

1/2 cup soy milk

1/2 cup peanut butter

2 t vanilla

3/4 cup hemp hearts

1 1/2 cups oats

3/30/2018

Desserts

Hot Fudge Pudding Cake

Directions Mix together flour, salt, baking powder, sugar and cocoa. Stir in milk, vanilla and oil and then nuts. Spread in 9 inch round blue corning ware.

Prepare topping: Combine cocoa and brown sugar and sprinkle over batter. Pour the hot water over entire batter and topping.

Bake at 350 uncovered for 45 minutes. During baking the cake rises to the top and the sauce settles to the bottom!

Notes This recipe is from Sonja and William Conner's The New American Diet (pp. 354).

Carob can be used instead of cocoa. Or for 1/2 of cocoa.

1 cup	flour (whole wheat)
1/2 t	salt
2 t	baking powder
1/2 cup	sugar
1 T	cocoa
1 T	carob (or cocoa)
1/2 cup	milk
1/4 cup	oil
1 1/2 t	vanilla
1/2 cup	walnuts, chopped (or slivered almonds)
1/2 cup	cocoa (use part carob - about 2 T)
3/4 cup	sugar
1 3/4 cup	HOT water

3/30/2018

Desserts

Ice Cream (blender)

Directions Add all ingredients in order listed into blender (we use a VitaMix). Turn variable speed up to 10, then switch to high. Vigorously use tamper to force ingredients to mix. Blend less than 60 seconds. Add just a bit more half and half if too thick.

Like soft serve when first made! Freeze in individual servings and let thaw for 15-30 minutes before eating.

Notes

1/2 cup	silk creamer (or half and half of your choice)
2 cups	soy milk frozen into ice cubes (or other milk) (2 cups exactly fills our 2 small ice cube trays)
1 t	vanilla
1/3 cup	sugar
1 cup	nuts, optional (peanut or pistachio) - needs very strong blender

3/30/2018

Desserts

Ice Milk

Directions In a 4 cup pyrex measuring cup, add cornstarch and Egg Replacer. Slowly add a little milk and whisk till smooth. Fill to 1 cup with milk. Whisk in canola, karo, sugar, salt and any (optional) flavorings except vanilla. Microwave on high for 2 1/2 - 4 minutes, whisking each minute, until thick. Whisk in vanilla and enough milk to reach 4 cup mark.

Chill thoroughly (several hours or more). Pour into ice cream freezer (Krupps, La Glaciere), turn on and let turn for 25-30 minutes (28 minutes for vanilla). Put into individual-sized cups and freeze. To eat, let thaw for 10 minutes or heat in microwave 15-30 seconds.

Notes This is really more of an "ice milk" than ice cream. Egg Replacer is a powder that can be found at health food stores.

Fruit - use 1 cup mashed strawberries, blueberries, cherries, or other fruit. (frozen strawberries unthawed are particularly good)

Mango Ice Cream - use 1 cup sweetened mango puree (1/3 can and reduce sugar to 1-2 T).

Chocolate Ice Cream - add 1/4 cup cocoa and use 1/3 cup sugar.

Chocolate Malt - 1/2 cup ovaltine (1/4 c choc ovaltine and 1/4 c malt ovaltine) and 1 T cocoa.

Peanut Butter - 1/3 cup peanut butter and 1/8 t extra salt, use brown sugar instead of white sugar.

Orange - 3/4 cup orange juice concentrate (1/2 of 12 oz can).

1 T	corn starch
1 T	Egg Replacer (dry powder, or can use arrowroot powder)
1 cup	soymilk
2 T	canola oil
1/4 cup	sugar
1 T	Karo (light)
1/8 t	salt
	Flavorings: fruit, chocolate, etc. (optional)
1 T	vanilla (use 1/2 T if adding other flavors)
	soymilk to make 4 cups

3/30/2018

Desserts

Icing

Directions Make confectioners sugar in Vitamix - use DRY blades. Put in ingredients in order listed then blend on variable at low speed and go to top speed then blend at High for 30 seconds. Let sit at least 15 minutes and repeat blending.

Using dough whisk by hand (use ~4 quart bowl): Melt margarine - 20 seconds in microwave in custard cup. Put sugar in bowl and make crater in center. Slowly add in liquid ingredients. Start with 2 T milk. Add more if needed.

Using mixer: In an 8qt bowl, cream the margarine, vanilla and 1 T of soymilk along with some of the confectioners sugar with electric mixer. Slowly beat in the remaining confectioners sugar, adding additional milk gradually as needed to get right consistency.

Notes From The Fannie Farmer Cookbook, p 598.

Confectioners sugar

3/4 cup	sugar (in bottom)
1 T	cornstarch
1/4 cup cocoa	optional (for carob, use 1T cocoa and rest carob powder)
1/8 t	salt
1 t cinnamon	optional (for cinnamon icing only)
3/4 cup	sugar (on top of the above)

Mix together in stainless bo

1/3 cup	margarine (Earth Balance)
1/2-1 T	vanilla (for vanilla icing use 1T)
~2-4 T	soymilk (cocoa and carob always need at least 3T)

3/30/2018

Desserts

Icing - Sweet Potato

Directions Mash cooked sweet potatoes with hand masher. Add remaining ingredients and mix well.

Notes Excellent on cinnamon oatmeal cake!

2 cups	mashed sweet potatoes
1 T	cornstarch
2 t	cinnamon
1/4 t	salt
2 T	sugar
1 T	margarine, melted
1 t	vanilla

3/30/2018

Desserts

Lemon Meringue Pie

Directions Combine sweetened condensed milk, lemon juice and zest, blend in egg yolks.
Turn into cooled crust.

Beat egg whites with cream of tartar until soft peaks form. Gradually beat in sugar until stiff peaks form when beater is raised. Spread over filling being careful to seal to edge of crust.

Bake in slow 325 F oven for 12-15 minutes until meringue is golden brown. Cool.

Notes This is my mother's famous lemon meringue pie recipe. She got it from the Eagle Brand recipe book "The Dessert Lover's Handbook, 1973" p 5.

1	pre-baked 9" pie crust
1 can	Sweetened condensed milk
1/2 cup	fresh squeezed lemon juice (from 2+ lemons)
1 † (or more)	lemon zest
3	egg yolks

Meringue

3	egg whites
1/4 †	cream of tartar
6 T	sugar

3/30/2018

Desserts

Lemon Poppy Seed Bundt Cake

Directions Preheat oven to 350. Grease and flour 12 cup Bundt pan (even if the pan is non-stick. I use Crisco for this).

Beat together sugar, applesauce and oil. Then beat in other wet ingredients. Mix together dry ingredients. Beat them into wet ingredients along with lemon/milk mixture.

Bake 35-45 minutes or until wooden pick inserted in center comes out clean. Let cool. May need to use spatula to pry cake gently from sides.

Notes Based on a recipe from www.quakeroats.com

1 c	sugar
1 c	oil (canola)
1/2 c	applesauce
1 t	vanilla
1 T	lemon extract
1 T	lemon zest
3	eggs (or 1 1/2 T egg replacer + 6 T soy milk)
2 1/4 c	flour (whole wheat)
1 1/2 c	oats
3 T	poppy seeds
1 T	baking powder
1/2 t	baking soda
1/2 t	salt
1 1/2 c	juice of 1 lemon + soy milk

3/30/2018

Desserts

No-Bake Cookies

Directions In a saucepan, combine oil, cocoa, sugar, salt and milk. Bring to a boil and boil 3 minutes. Remove from heat and stir in peanut butter, oatmeal and vanilla. Drop from a teaspoon onto waxed paper and allow to cool. Makes about 3 dozen.

Notes Do not double. From the internet - recipes@soar.berkeley.edu.

1/4 cup	oil (canola)
1 1/2 cup	sugar
1/4 cup	cocoa
1 T	carob powder
1/2 cup	soymilk
1/4 t	salt (if unsalted peanut butter)
1/2 cup	peanut butter
3 cups	oats (uncooked)
2 t	vanilla

3/30/2018

Desserts

Oatmeal Cake

Directions In 8 qt bowl: pour boiling water over oats and let sit for 10 minutes. Add the wet ingredients except the eggs and stir well. Add the eggs and stir well.

Stir together the dry ingredients in a separate bowl and then stir in to the oat mixture. Add in nuts and stir again.

Bake at 350 in a greased and floured pan for 35 minutes or until tests done.

Notes Can use 1 T cinnamon instead of the cocoa and carob.

Oatmeal

1 cup oats
1 1/2 cups boiling water

Wet ingredients

1 1/3 cups sugar (can use 1/2 brown sugar)
1/2 cup canola oil
1 † vanilla
1/4 cup soy milk + 1/2 † apple cider vinegar

Dry ingredients

1 1/3 cups flour (whole wheat)
1 † baking soda
1 † baking powder
1 T egg replacer (or 2 eggs and eliminate soy milk)
1/4 † salt
1 T cocoa
1 T carob

Nuts

3/4 cup walnuts, chopped

3/30/2018

Desserts

Oatmeal Cookies with Chocolate Chips

Directions Preheat oven to 380. Bake 15 minutes.

Mix together wet ingredients. Beat in flour mixture. Mix in oats, chocolate chips and nuts. Place teaspoonfuls onto ungreased cookie sheets using larger Oxo cookie scoop (1.5 T dough).

Scooping details: Every 2-3 scoops, very briefly dunk part of the scoop in a smallest Corelle bowl/dish filled $\sim\frac{2}{3}$ with water.

The part to quickly dunk is $\frac{1}{3}$ of the scoop's hemisphere - the rightmost third when holding scoop in hand with interior of the hemisphere facing you.

After filling tray w 18 cookies, flatten the hemispheres of dough on the cookie sheet by using the back of a regular sized eating spoon to slightly press down on top of the hemisphere of dough. Press outward, staring at the center/top of the dome. Press until mostly flattened but still rather thick. Every so often, dunk the back side of the spoon in water - this will keep the spoon from sticking to the dough.

Notes Makes 4 trays of 18 cookies/tray.

Wet ingredients

1 1/3 cups	sugar (can use 1/2 brown sugar)
1 cup	oil (canola)
1 cup	applesauce
1/2 cup	soymilk
1 T	vanilla

Flour mixture

3 cups	flour (whole wheat)
2 T	egg replacer (or 4 eggs and eliminate soymilk)
2 T	carob powder
2 t	baking soda
1 t	salt
6 cups	oats
2 cups	chocolate/carob chips (about 20% carob chips)
1 cup	walnuts, chopped

3/30/2018

Desserts

Oatmeal Cookies with Raisins

Directions Preheat oven to 375.<P>Beat together oil, applesauce and sugars until fluffy. Beat in egg and vanilla. Add combined flour, baking soda, salt and spices; mix well. Stir in oats and raisins. Place teaspoonfuls onto ungreased cookie sheets. Bake 8-10 minutes.

Notes This recipe is from the back of the Quaker Oat's box. Use Ener-G egg replacer which can be found in health food stores)

1/2 cup	oil (canola)
1/2 cup	applesauce
1/2 cup	sugar
3/4 cup	brown sugar
2	eggs (or 1 T egg replacer + 1/4 cup soymilk or water)
2 t	vanilla
1 1/2 cups	flour
1 t	baking soda
1/2 t	salt
1 t	cinnamon
1/4 t	nutmeg
3 cups	oats
1/2 cup	raisins
1/2 cup	walnuts, chopped

3/30/2018

Desserts

Oatrage Cake

Directions In large mixing bowl stir together dry ingredients and then mix all ingredients except chocolate chips. Beat for 3 minutes at medium speed. Stir in chocolate chips.

Spread batter into a greased 8 inch square microwave-safe baking dish and cover with lid.

Cook on HIGH for 3 minutes. Rotate dish 1/4 turn. Cook on HIGH for 3 minutes longer. Remove lid when finished cooking.

Notes Based on a recipe on the back of Nestle Toll House chocolate chips.

1 1/2 cups	oats
1/2 cup	flour
1/2 cup	sugar
1 T	egg replacer (or 2 eggs and eliminate soy milk)
1 T	carob
1/4 t	salt
1/2 cup	applesauce
1/4 cup	canola oil
1/4 cup	soymilk
1 1/2 t	vanilla
1 cup	walnuts, chopped
1/2 cup	chocolate chips (can use 1/2 carob chips)

3/30/2018

Desserts

Osties

Directions Mix ostie wafer ingredients together - adding water a little at a time so get a smooth paste. Place the closed ostie iron over medium flame until hot, turning over occasionally. Water should sizzle. Lightly oil using olive oil and paper towel. Fill "center" of iron with batter. Cook 45 seconds on side one, flip and cook to 1 min 30 seconds total time. Should be able to pull off easily with spatula or fork. Need to oil iron periodically (after every few osties).

Cook honey and syrup together over medium heat. Fill to make a "sandwich" with two wafers.

Notes Recipes based loosely on ostie recipes found on internet. Use ostie iron inherited from my grandmother.

1 cup flour makes ~16 wafers. 2 cups nuts enough for ~ 6 sandwiches.

Wafers

1 cup	flour
1 cup	water
1 T	olive oil (optional)

Filling

2 cups	walnuts, chopped (not too fine)
1/2 cup	honey

3/30/2018

Desserts

Peanut Butter Cookies

Directions Beat together oil, sugars and wet ingredients. Stir together dry ingredients and beat into sugar mixture. Use cookie scoop to make ~1" balls. Place ball on ungreased cookie sheet and press with fork to flatten.

Bake for 10-12 minutes at 375. Makes about 30 cookies

Notes Based on a recipe from the Mirro cookie press recipe book.

Wet ingredients

1/2 cup	canola oil
1/2 cup	sugar
1/2 cup	brown sugar
2 T	soy milk
1 T	water
1/2 cup	peanut butter (unsalted)
1 †	vanilla

Dry ingredients

1 cup	whole wheat flour
1/4 cup	amaranth flour (or whole wheat)
1 1/2 †	egg replacer
1/2 †	salt
1/2 †	baking soda

Extras (Optional)

1/2 cup	chocolate chips
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3/30/2018

Desserts

Peanut Butter Cookies (Low Fat)

Directions Preheat oven to 350.

Beat together peanut butter, applesauce, brown sugar, sugar, water, vanilla and eggs. Stir together dry ingredients then beat in with other ingredients.

Place teaspoonfuls onto ungreased cookie sheets. Bake about 10 minutes.

Notes This recipe is derived from one in The American Heart Association Cookbook (pp. 410).

Wet ingredients

3/4 cup	peanut butter
1/4 cup	applesauce or canola oil
3/4 cup	brown sugar
1/2 cup	sugar
1/2 cup	water or soymilk
2 t	vanilla
1/4 cup	soy milk

Dry ingredients

1 t	baking soda
1 t	salt
1 T	egg replacer (or 2 eggs and eliminate soy milk)
3 cups	flour (or 2 cups flour and 1 cup amaranth flour)

Extras (optional)

3/4 cup	chocolate chips (or part carob chips)
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3/30/2018

Desserts

Pecan Pie

Directions Preheat oven to 350.

Slightly beat eggs with fork. Stir in all ingredients except pecans until blended. Stir in pecans. Pour into pie crust.

Bake 50-55 minutes or until knife inserted halfway between center and edge comes out clean.

Notes This is the classic pecan pie recipe from Karo (www.karosyrup.com).

See pecan pie w/o corn syrup recipe as alternative.

3	eggs, slightly beaten
3/4 cup	sugar
1 cup	Karo syrup (light or dark, I usually use light)
2 T	canola (or melted butter or margarine)
1/4 t	salt
1 t	vanilla
1 1/4 cups	pecans (chop about 3/4 cup of these)
1	9 inch pie crust (unbaked)

3/30/2018

Desserts

Pecan Pie w/o corn syrup

Directions Preheat oven to 375. Put pie crust in deep dish pie.

Melt earth balance and set aside. Stir together dry ingredients. Add in wet ingredients and mix well, then earth balance, then pecans. Pour into crust and take 45 minutes. Will set up as it cools. Best to make day before.

Notes Based on a recipe from King Arthur flour's website (Old-Fashioned Pecan Pie).

Melt

1/2 cup margarine or butter (earth balance), melted

Dry Ingredients

3 T flour (whole wheat)

1/2 t salt

Wet Ingredients

1/8 cup (2T) molasses

6 T milk

3 eggs, beaten

2 t vinegar (apple cider)

2 t vanilla

Pecans

1 1/2 cups pecans (1 cup diced, 1/2 cup whole)

3/30/2018

Desserts

Pie Crust

Directions Makes 2 8-10" pie crusts.

Sift or stir flour and salt together. Cut in shortening with pastry cutter till pieces are the size of small peas. Sprinkle 1T water over part of mixture. Gently toss with fork - push to side of bowl. Repeat till all is moistened. Form into 2 balls. Flatten one ball at a time on lightly floured surface. Roll from center till about 1/8" thick and right size for pie pan.

If bake crust separately prick bottoms and sides with fork. Bake 10-12 minutes at 450 till golden brown.

Notes This recipe is from my Mom.

2 cups	flour
1 t	salt
2/3 cups + 2 T	Shortening (Crisco)
5-7 T	very cold water

3/30/2018

Desserts

Pie Crust, No Roll

Directions Stir together dry ingredients. Mix together wet ingredients. Add the wet ingredients to the dry and mix with dough whisk or fork. Pat into pie plate, crimp the edge.

Make one 9" crust.

Notes Based on a recipe from King Arthur flour's website.

Dry Ingredients

1 3/4 cups	white flour
1/4 cup	whole wheat flour
1/2 t	salt
3/8 t	baking powder

Wet Ingredients

7 T	olive (or canola) oil
1/4 cup	cold milk

3/30/2018

Desserts

Pineapple-Raisin Upside-Down Cake

Directions In a 10-inch oven-proof skillet (or 10 inch corning ware - something that you can bake the cake in), mix 1/4 cup applesauce with the brown sugar. Spread out the mixture. Arrange well drained pineapple slices on top. Sprinkle 1/2 cup raisins on top.

Mix 1/4 cup applesauce with 3/4 cup sugar. Beat in the eggs, vanilla and shredded carrots. In a separate bowl, combine the dry ingredients. Beat in the dry ingredients and the pineapple juice. Fold in 1/2 cup raisins. Pour batter carefully over pineapple slices.

Bake at 350 for 40-45 minutes. Let stand about 5 minutes before inverting onto serving platter.

Notes This recipe is from Dole - it was printed in the food ads.

20 oz can	sliced pineapple (in own juice)
1/4 cup	applesauce or canola oil
1/2 cup	brown sugar
1/2 cup	raisins
1/4 cup	applesauce or canola oil
3/4 cup	sugar
2	eggs (or 1 T egg replacer + 1/4 cup water)
1 t	vanilla
1 cup	carrots, shredded (in food processor or grater)
1 1/2 cup	flour, whole wheat
1/2 t	baking powder
1/2 t	cinnamon
1/2 t	salt
1/4 t	ginger
1/2 cup	pineapple juice
1/2 cup	raisins

3/30/2018

Desserts

Popcorn with Peanut Butter

Directions Hot air pop popcorn (catch in microwavable container (3 quart or so)). Pick out any unpopped kernels.

Topping: Get peanut butter, salt and vanilla ready. In 2 cup pyrex measuring cup, stir together sugar and corn syrup and microwave 30 seconds (or until boils). Quickly stir in peanut butter and salt and microwave an additional 15 seconds or so. Add vanilla.

Stir topping into popcorn. Microwave for 30 seconds on high.

Notes Store in tightly covered container. Based on "Peanut Butter Caramel Popcorn" recipe on karosyrup.com.

Popcorn

3 T (generous) popcorn (makes ~9 cups popped)

Topping

2 T sugar

2 T light corn syrup

1/4 cup peanut butter

1/8 t salt (if unsalted peanut butter)

1/2 t vanilla

3/30/2018

Desserts

Pudding Pie

Directions Beat milk, pudding mixes and 1/2 of the cool whip together. Place in crust. Top with rest of the cool whip and then fruit. Chill for several hours.

Notes From Sharon Hammond.

1	Oreo crust (store bought)
2 4 oz	pkgs white chocolate instant pudding mix
1 1/4 cup	soymilk
8 oz	lite cool whip
	fruit (blueberries and or strawberries)

3/30/2018

Desserts

Pumpkin Custard (Vegan)

Directions Mix dry ingredients into pumpkin. Add milk SLOWLY. Pour into blue round corning-ware (2 quart). Bake 10 minutes at 425. Reduce heat to 325 (open oven door until reaches 325). Bake another 40 minutes. Do not overbake. It will still be a bit "soupy" in the center but will set up as it cools. Serve chilled.

Notes

16 oz	can pumpkin
2/3 cup	sugar
1/4 t	salt
1 t	ginger
1/2 t	cloves
2 t	cinnamon
1/4 cup	cornstarch
1 t	vanilla
2 cups	soymilk

3/30/2018

Desserts

Pumpkin Pie

Directions Combine all ingredients in order. Pour into 9" pie crust.

Bake at 425 for 15 minutes. Reduce temperature to 350 and bake an additional 35-45 minutes until knife inserted in center comes out clean.

Notes From Libby's pumpkin pie can (spices are 1.5x).

2	eggs, beaten
15 oz can	pumpkin
3/4 cup	sugar
1/2 t	salt
1 1/2 t	cinnamon
3/4 t	ginger
3/8 t	cloves
12 oz	evaporated milk

3/30/2018

Desserts

Rice Krispie Treats

Directions Microwave marshmallows in LARGE glass (corningware) container for 2 minutes on high. Stir in peanut butter. Microwave on high for 1 1/2 - 2 minutes more. Quickly stir in vanilla and then Rice Krispies.

Spread in lightly greased 9x13 pan. Use waxed paper to press into place. Cut into squares (usually easiest if you do this before it cools. Sometimes it helps to grease the knife).

Notes This recipe is from the back of the Rice Krispie box (more or less).

10 oz	marshmallows
1/2 cup	peanut butter (or 3T melted margarine)
1 t	vanilla
6 cups	Rice Krispies

3/30/2018

Desserts

Tapioca Pudding

Directions Soak 1/2 cup tapioca in 1 cup milk overnight in the refrigerator (1 pint ball jar).

Pour 3 cups milk into 2 quart pyrex measuring cup. Add the soaked tapioca and other ingredients (except vanilla) and stirvery well.

Microwave on high for 4 minutes. Stir. Mcirowave 2 more minutes. Do NOT let it boil over!! Stir in vanilla. Use laddle and canning funnel to put into 6 half pint ball jars (about 3/4 full). Put in fridge. Stir after chill for a few hours. Will set up after 4 hours or so.

Notes Based on a recipe from Bob's Red Mill website.

Soak overnight

1 cup	soymilk
1/2 cup	small pearl tapioca
3 cups	soymilk
1/8 †	salt
1/3 cup	sugar (1/2 cup if use cows milk)

After cooked

1 T	vanilla
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3/30/2018

Desserts

Tunnel of Fudge

Directions Heat oven to 350°F. Grease and flour 9x13 pan. In large bowl, combine sugar, oil, soy milk and vanilla; blend well. Make confectioner's sugar in VitaMix - variable from 1-10 then 30 seconds on High. Gradually add powdered sugar; beat until light and fluffy. Mix dry ingredients (except nuts). Blend in dry ingredients and then nuts until well blended. Spoon batter into greased and floured pan; spread evenly.

Bake at 350°F. for 55 minutes.

Notes You can find the original version at www.nordicware.com or www.pillsbury.com. This was a Pillsbury Bake-Off contest winner in 1966 and is credited with popularizing the bundt pan.

Wet ingredients

3/4 c	sugar
1/2 c	canola oil
1 cup	applesauce
1 c	soy milk
2 t	vanilla

Confectioner's sugar

1 1/2 cups	sugar
1 T	cornstarch

Dry ingredients

3 T	Ener-G Egg Replacer
1 1/2 c	flour (whole wheat)
3/4 cup	oats
1 t	salt
3/4 cup	cocoa & carob powder (half and half)

Nuts

2 cups	walnuts, chopped
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3/30/2018

Desserts

Vanilla Cake

Directions Heat milk for 1 minute in microwave and add vinegar. Stir together dry ingredients in small bowl. Mix together oil and sugar. Add milk (with vinegar) and vanilla. Mix in dry ingredients (with electric mixer).

Bake at 350 for 45 minutes in greased and floured 9x13 pan. Toothpick should come out clean.

Cool and then ice.

Notes Based on "Basic Vanilla Cake" recipe from "Have your cake and vegan too".

Buttermilk

1 3/4 cups	soy milk
1/2 t	apple cider vinegar

Dry Ingredients

3 cups	whole wheat flour
1 1/2 t	baking powder
1/4 t	salt

Wet Ingredients

1/2 cup	canola oil
2 cups	sugar
1 T	vanilla extract

3/30/2018

Desserts

Vanilla pudding

Directions Mix sugar, cornstarch and salt in saucepan. Gradually stir in milk.

On stove: Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 3 minutes. Remove from heat

In microwave: Cook 3 minutes on high. Then 2-4 more minutes stirring every minute. Thickens up as cools.

Stir in oil and vanilla. Pour into four 1/2 pint ball jars with lids and refrigerate.

Notes Good with banana sliced on bottom (makes 6 servings). From Betty Crocker Cookbook, p 141.

1/4 cup	sugar
3 T	cornstarch
1/8 t	salt
2 1/2 cups	soymilk
1 T	oil (canola)
1 T	vanilla

3/30/2018

Miscellaneous Cranberry Sauce

Directions Bring water and sugar to boil. Add cranberries and return to a boil. Reduce heat and simmer gently for 10 minutes stirring occasionally. Do not cover. Refrigerate.

Notes

1 cup water

3/4 cup sugar

3 cups (12 oz pkg) whole cranberries (frozen are fine)

3/30/2018

Miscellaneous

Flax Crackers

Directions In a medium sized bowl, mix together flax seeds and water. Cover and let soak for 1 hour. The mixture will turn gooey, but the seeds do not disintegrate. Stir in flavoring.

Prepare piece(s) of parchment paper to cover about 90% of the middle shelf. The goal is to spread out the gooey mixture into 12-14 "crackers". Do NOT empty all of the gooey mixture in one blob. Scoop a slightly heaped soup spoonful of the mixture onto the parchment paper. Then, using the back side of the spoon, flatten the goo into about a 3" x 4" rectangle, so that it is not too thick or too thin - try to make the thickness two seeds thick.

Using a pizza peel, transfer the parchment paper with the gooey crackers directly onto the middle wire shelf of the oven (do not use a cookie sheet). The paper may sag a bit between wires, but not so much as to fall through.

Bake at 325 for 28 minutes. After 28 minutes, turn off the heat and let the crackers remain in the oven for one hour, with the oven door constantly closed. Use pizza peel to remove from oven.

Notes Crackers do not need to be refrigerated.

1/2 cup	gold flax seeds
1/2 cup	brown flax seeds
1 cup + 2T	water

Flavoring

1 T + 1 1/2 t	Braggs Liquid Aminos (or soy sauce)
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3/30/2018

Miscellaneous

Hot Chocolate

Directions Mix together sugar, cocoa and salt. Crush with spoon. Stir in just a little milk to make a paste. Add soymilk gradually while stirring to bottom of top handle of blue glass mug.

Microwave at high for 1:45.

Add vanilla.

Notes

2 †	sugar (slightly rounded regular spoon)
1 †	cocoa (slightly rounded regular spoon)
shake	salt
	soymilk
1 †	vanilla

3/30/2018

Miscellaneous

Hummingbird Nectar

Directions Mix in 1 quart ball jar. Microwave 5 minutes. Continue to microwave (about 30-45 seconds more) til boils. Stop when boils. Watch after 5 minutes so does not boil over!!

Cool and store in fridge.

Notes Keep ratio of sugar to water 1 to 4. Do NOT add red dye!

2/3 cup sugar

2 2/3 cups water (this is 4 x 2/3 cups)

3/30/2018

Miscellaneous

Indian Tea

Directions Pour milk and water into saucepan and bring to a boil. Reduce heat (to low) and add all the other ingredients, including the cinnamon stick and cardamom pods which should first be crushed (in a plastic bag and stepping on it works fine) before adding them. Let simmer for a while.

Notes This recipe is from an Indian cooking class taught by Sirpa at Upper Arlington's Evening Education program.

6 cups	water
2 cups	skim milk (or soy milk)
6	tea bags (decaf OK)
1 stick	cinnamon, crushed
3 pods	green cardamom, crushed
1 pinch	nutmeg
1/4 cup	sugar (2T if use soy milk)

3/30/2018

Miscellaneous

Margaritas

Directions Slowly stir the first can of water into the limeaid in a pitcher. Stir in the remaining liquids. Chill. Stir well, serve over ice.

If you like salt on the rim of the glass, wipe the rim with a slice of lime, turn the glass upside down and rub it in salt on a plate.

Notes

1 can	limeaid
3 cans	water
1 can	tequila (Jose Cuervo Gold)
1 1/2	limes - juice
1/2	lime - slices
coarse salt	for rim of glasses

3/30/2018

Miscellaneous

Peanut Butter

Directions Put peanuts in VitaMix first, and then oil on top of peanuts. When measuring each cupful of peanuts, shake and tap the nuts down, pressing gently with hand on top of cup, filling to level - no more, no less. After adding the oil (pouring it all around, not just in one spot), start VitaMix at lowest variable speed (#1) and immediately increase speed to highest (#10) then flip the switch to high. Blend on high for 50-60 seconds, tamping down very rapidly and forcefully that **WHOLE** time. Tamp equally among the center and the 4 corners. After ~30 secs, the mass will slowly start to turn to butter, getting a bit less thick toward the end of the period.

Notes Fills one peanut butter jar (one pint). Usually make 4 jars at a time. Refrigerate.

3 3/16 cups	dry roasted peanuts, packed down
1 T (heaped)	canola oil

3/30/2018

Miscellaneous

Soy Yogurt

Directions Turn on cooker to 110. Fill 4 one quart ball jars to the "bend" (just above 24 ounce mark). Heat 2 jars at a time in the microwave for 6 1/2 minutes (in the microwave on the wire shelves cook 1 minute then 6 more for a total of 7 minutes). Stir. Using long handled 1/3 cup measurer, put 1/3 cup yogurt starter in 2 cup pyrex. Stir some hot milk into the starter (about 2/3 cup) then add back into jar and stir well.

Cook in yogurt maker at 110 for 1 hr 30 min. Let sit for 1 hour after turning off the yogurt maker (do not remove jars from yogurt maker). Chill overnight.

Notes Once yogurt separates it has cooked too long and will be very bitter. Soy yogurt takes much less time to incubate than regular milk. Unsweetened soy milk won't set well. Silk brand plain soy milk with lowfat Stoneybrook plain yogurt seems to work best for us.

Notes for Fred

- set up cooker to the left of sink. Be sure the little "tray" is in the middle supporting the wire shelf.

- turn on cooker

To the right of sink lay out

- one drying rack with 4 quart ball jars on it

- get out 4 ball jar lids

- get out 1/3 cup long handled measurer

- one iced tea spoon

- set spoon and 1/3 cup measurer on small plate

- get out 2 cup pyrex

- get out yogurt starter (do not remove foil under lid)

- fill 2 mason jars to just above 24 oz mark. Heat for 1 minute in microwave on wire shelves. Then 6 minutes more.

- fill another 2 mason jars and cook 6 1/2 minutes with turntable on.

~24 ounces soy milk - plain NOT unsweetened

1/3 cup yogurt starter (organic cow's milk)

3/30/2018

Miscellaneous

Tuna Noodle Casserole

Directions Slightly undercook the noodles. While they are cooking, preheat oven to 325, chop onions, green pepper and drain the tuna. Mix everything except the peas in a large corning ware casserole. Bake in oven for 30-40 minutes (until some bubbles show in the thick sauce). Bake covered or uncovered. Uncovered gives a more dried-out version. I recommend the covered version. OR microwave at high for 15 min. After baking, add the peas. They can still be frozen.

Notes This is Fred's own recipe.

4 cups	noodles
1 med-large	onion, chopped
2 - 6.5 oz cans	chunk tuna, canned in water, drained
1 - 10 oz can	Healthy Request Cream of Mushroom soup
1 large	green pepper, chopped
1/4 t	salt
2/3 cup	skim milk
1 t	ground pepper
1 cup	frozen peas

3/30/2018

Miscellaneous

Turkey Gravy

Directions Stir together flour, salt and pepper. Slowly whisk in water. Slowly whisk in turkey drippings. Stirring constantly: bring to a boil and let simmer at boil for 3 min. Remove from heat and let sit at least 10 minutes to thicken.

Notes

1/4 cup	flour
1/8 t	salt
1/4 t	pepper
1/4 cup	water
3 cup	turkey drippings

3/30/2018

Miscellaneous

Vanilla

Directions Put vodka and vanilla beans in pint ball jar with lid. Shake once/week for 14 weeks. Reuse beans in new batch and add one new fresh bean.

Notes

1 cup	vodka
2 or more	vanilla beans, cut into small pieces