

HEALTHY RECIPES

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Barley Casserole

1 Tbsp. margarine
7/8 cup barley (uncooked)
½ onion, chopped fine
1 ½ cups water
2 ½ tsp. chicken seasoning
¼ cup sliced almonds
½ cup grated cheese (2 oz.) (part-skim)

Sauté barley and onion in margarine till nicely brown. Put in casserole and add water and seasonings. Bake 1-1 ½ hours in 350 oven. During last 5 minutes, place almonds and grated cheese on top. Serves 4.

Broccoli And Cheese Casserole

3 cups cottage cheese (nonfat or low fat)
1 10-oz. package frozen broccoli
2 whole eggs + 1 egg white, beaten
¼ cup vegetable oil
¼ lb. yellow cheese, part-skim, grated (1cup)
3 Tbsp. flour
1 tsp. salt
1 onion, diced

Spray pan with vegetable oil coating. Mix all ingredients together and pour into 9 x 13-inch oblong pan. Cover and bake at 350 for 1 hour. Serves 4-6.

Carrot-Walnut Casserole

¼ cup margarine
2 cups coarsely grated raw carrots
1 cup diced celery
1 cup soft bread crumbs
1 cup grated cheese (4 oz.) (part skim)
1 large minced onion
1 tsp. salt
1 whole egg + 1 egg white, beaten
1 cup nuts, ground

Melt margarine, Combine other ingredients and toss well with melted margarine. Bake 1 ½ hours at 350, covered, except for last 15 minutes. Good with mushroom gravy. Serves 6-8.

Cottage Cheese Casserole

½ stick margarine
1 cup chopped onions
2/3 cup chopped pecans
3 tsp. McKay's chicken seasoning
2 whole eggs + 2 egg whites, beaten
½ cup milk (nonfat or low fat)
2 lbs. cottage cheese (nonfat or low fat)
4 cups Special K

Sauté onions, pecans, and McKay's in margarine. Mix together eggs, milk, and cottage cheese. Add this to onion mixture in well-greased 13 x 9 inch casserole and bake uncovered 1-1 ½ hours at 350. Serves 6-8.

Easy Cheese Casserole

2 cups cottage cheese (nonfat or low fat)
¼ cup sour cream (lite)
1/3 cup chopped green onions
1 Tbsp. chopped green peppers
½ tsp. salt
1 pkg. (8 oz.) noodles, cooked and drained
1 jar (15 ½ oz.) spaghetti sauce
¼ cup grated Parmesan cheese

In small bowl mix well cottage cheese, sour cream, onions, green peppers, and salt. Set aside. In greased 2-qt. Casserole layer half the noodles, the cheese mixture, and the remaining noodles. Pour sauce over noodles, and sprinkle with Parmesan cheese. Bake in preheated 350 oven for 25-30 minutes or until bubbly. Serves 4-6.

Rice Casserole

Sauté in water: 1 cup chopped celery
Combine: ¼ cup sliced almonds
1 can cream of celery soup
1/3 cup milk (low fat or nonfat)
¼ cup mayonnaise (lite)
½ tsp. salt
½ cup chopped onions
1 small red apple, chopped
1 cup slivered almonds
1 pkg. frozen peas (small)
½ cup mushrooms
2 cups cooked brown rice
1 Tbsp. Italian seasoning

Mix all ingredients. After placing in greased casserole bake at 350 for 45-60 minutes. Sprinkle with paprika. Serves 6.

Vegetarian Casserole

1 stalk celery, chopped
1 medium onion
1 small green pepper
2 cups noodles, cooked and drained
1 ½ cups shredded Jack cheese (6 oz.) (part-skim)
1 cup broccoli, cooked and drained
½ cup milk (nonfat or low fat)
¾ tsp. salt
2 Tbsp. shredded cheddar cheese (part-skim)
1 Tbsp. wheat germ
1 Tbsp. margarine, melted

Cook celery, onion, and green pepper in water till tender but not brown, Stir in noodles, Jack cheese, broccoli, milk, and salt. Turn into an ungreased 1 ½ qt. casserole. Bake, covered in 350 oven for 15 minutes. Combine bread crumbs, cheddar cheese, wheat germ and margarine, sprinkle around edge of casserole. Bake uncovered 10 minutes more. Serves 4.

Zucchini Casserole

2 cups cooked rice, salted
2 medium zucchini, grated (about 2 cups)
½ lb. cheese, grated (part-skim) (2 cups)
2 eggs
½ cup oil
½ onion
2 envelopes George Washington broth

Mix ingredients together. Bake in covered pan at 450 until casserole starts to bubble, about 30 minutes. Uncover and let cheese melt, about 15 minutes more, at 350. Serves 4.

Carrot-Rice Loaf

1 cup milk (nonfat)
½ cup peanut butter
1 small onion
½ tsp. salt
1/8 tsp. sage
½ cup whole wheat bread crumbs (dry)
2 cups grated carrots
1 cup cooked brown rice

Cream milk and peanut butter till smooth. Braise onion in small amount of water or oil. To onion mixture add salt, sage, and bread crumbs. Add peanut butter mixture, then carrots and rice. Mix thoroughly. Bake at 350 in Teflon or oiled pan, covered, for 45 minutes, and uncover to brown. Serve plain or with brown or tomato gravy. Serves 4.

Cottage Cheese Loaf

2 whole eggs + 3 egg whites
1 lb. cottage cheese (low fat)
1 pkg. Onion soup mix (dry)
2 cups Special K
2 Tbsp. oil
1 cup chopped nuts (walnuts or pecans)

Mix all ingredients together. Place in a shallow, greased baking dish and bake at 350 for 30 minutes or until roast appears firm. Serves 4.

Peanut Butter Loaf

1 can tomato juice (6 oz.)
1 cup peanut butter
2 or 3 eggs, beaten
2 Tbsp. corn starch
Seasoned salt and herb seasoning
1 onion, chopped
2 carrots, grated
2 stalks celery, chopped
1 ½ cups cabbage, chopped
1 green pepper, chopped

Mix together tomato juice and peanut butter. Add seasonings, corn starch, and eggs. Add remaining ingredients and mix well. Bake in greased casserole dish about 50 minutes at 350. Serve with cheese sauce. Serves 4.

Cheese Sauce For Peanut Butter Loaf

½ stick low-fat margarine
4 Tbsp. flour
½ tsp. of any combination of seasoned salts
2 cups milk (nonfat)
1-1 ½ cups grated cheese (4-6 oz.) (part skim)

Melt margarine in sauce pan over low heat. Blend in flour and salt. Add milk all at once. Cook quickly, stirring constantly, till mixture thickens and bubbles. Add grated cheese and stir until melted on low heat. Serve with Peanut Butter Loaf.

Vegetable-Nut Loaf

Wheat germ, unsweetened (to coat pan)
1 cup carrots, chopped
1 cup celery, chopped
½ cup onion, chopped
¼ cup margarine
¼ cup flour
1 tsp. salt
¼ tsp. thyme (if desired)
1 ½ cups milk (nonfat or low fat)
1 cup shredded cheese (4 oz.) (part skim)
1 cup walnuts or pecans, chopped
¾ cup wheat germ, unsweetened
2 whole eggs + 1 egg white, slightly beaten

Preheat oven to 350. Grease 8 x 8 x 2-inch baking pan. Coat with wheat germ. Cook vegetable in fat until onion is tender. Stir in flour, salt, and thyme (if used). Stir in milk. Cook and stir over moderate heat until thick. Stir in cheese, nuts, and ¾ cup wheat germ. Add egg. Pour into baking pan. Bake about 40 minutes or until well browned and firm. Let stand a few minutes; cut into serving-size pieces. Serve with onion sauce. Serves 4-6.

Onion Sauce For Vegetable-Nut Loaf

2 Tbsp. margarine
2 Tbsp. onion, finely chopped
¼ cup flour
1 ½ cups water or potato cooking liquid
2 tsp. soy sauce
½ tsp. salt

Melt fat in small pan over moderate heat. Cook onion until lightly browned. Stir in flour. Remove from heat. Stir in rest of ingredients. Cook and stir until thickened. Thin with a little water if needed.

Walnut and Pea Loaf

2 cups frozen peas
¾ cup walnuts or pecans (ground)
4 Tbsp. minced onion
1 ¼ cups bread crumbs (dry)
1 whole egg + 1 egg white, beaten
¼ lb. margarine
1 cup milk (nonfat or low fat)
1 ½ tsp. brown sugar
1 tsp. salt
1 Tbsp. chopped parsley

Put peas and milk in blender and grind. Then add eggs. Put this mixture and remaining ingredients in bowl and mix well. Put in oiled bread pan and let sit 10 minutes before baking. Cover and bake 50 minutes to 1 hour at 350. Serves 4-6.

Cheese Enchiladas

12 corn tortillas
2 cups Jack cheese (1/2 lb.) (part-skim)
¾ cup chopped onions
2 cups chicken flavored broth
¼ cup margarine
¼ cup flour
1 cup sour cream (lite)
2 oz. green chilies

Cook tortillas in oil until soft, drain. Place 2 Tbsp. cheese and 1 Tbsp. onion on each. Roll up. Place seam side down in dish. Melt margarine. Blend in flour. Add broth and stir until thickened. Stir in sour cream and chilies. Cook until heated (do not boil), pour over tortillas. Bake at 350 for 20 minutes. Top with remaining cheese. Bake 5 minutes longer. Makes 12 enchiladas.

Chilaquiles

1 medium onion, chopped
2 Tbsp. (or more) olive oil
1 can (1 lb. 12 oz.) whole tomatoes (cut up) with juice
1 pkg. Lawry's Spinach rice season mix, or Lawry's taco season mix, or French's taco season mix (1 ¾ oz. pkg.)
½ tsp. Lawry's seasoned salt
1 can (8 oz.) chopped green chilies (or less)
1 pkg. (6 ¼ oz.) tortilla chips
¾ lb. Jack cheese (part skim) grated (3 cups)
1 cup sour cream (lite)
½ cup yellow cheese, graded (2 oz.) (part-skim)
Ripe, pitted olives, sliced

To make sauce, sauté onion in olive oil until tender. Add tomatoes, season mix, seasoned salt, and chopped green chilies. Simmer 10-15 minutes. In buttered casserole, layer half the tortilla chips, sauce and olives, and Jack cheese. Repeat layers. Top with sour cream. Bake at 325 for 30 minutes. Sprinkle with yellow cheese and bake 10 minutes longer. Add some sliced olives on top for decoration. Let stand 15 minutes before serving. Serves 6-8.

Gwen's Bean Burritos

1 ½ cups drained cooked pinto beans, mashed
1 cup low-fat shredded cheese
2 medium tomatoes, chopped
1 cup chopped onion
1 small can shredded lettuce
4 flour or corn tortillas

Heat mashed beans in the stove or in the microwave. Place hot beans in a warm tortilla. Sprinkle cheese, tomatoes, onion, olives, and lettuce on top of the beans and roll up the tortilla.

To warm tortilla: microwave each tortilla for 35 seconds or sprinkle with water and warm in 350 oven for 10-15 minutes.

Lentil Tostadas

8 flour tortillas (or corn)
Spinach or alfalfa sprouts
Lentil filling (below)

Lentil filling:

1 ½ cups dried lentils
3 ½ cups water
1 large bay leaf
1 large stalk celery, chopped
1 cup grated cheese (4 oz.) (part-skim)
Sour cream (lite)
Green onion
Pinch of dried thyme
1 clove garlic, pressed
Cumin
Salt to taste

Cook lentils until tender. Mask. Add remaining filling ingredients. Fry tortillas and spread with lentil filling. Top with spinach or sprouts, grated cheese, sour cream, and green onion. Makes 8 tostadas.

Mexican Casserole

1 pkg. tortillas (12)
2 cans tomato sauce
2 cans chopped olives
½ -1 pt. sour cream (lite)
½ -1 lb. Jack cheese (2-4 cups) (part-skim)
1 Tbsp. onion, grated
Dash of cayenne pepper

Cut up tortillas and fry. Mix together tomato sauce, olives, sour cream, cheese, onion, and cayenne peppers. Pour over and mix with tortillas in a casserole dish. Bake at 375 for 1 hour. Serves 4-6.

Mexi-Chile Casserole

4 cups corn chips
2 cups grated cheese (½ lb.) (low fat)
1 15-oz. can chili beans
1 15-oz. can enchilada sauce
1 8-oz. can tomato sauce
1 chopped onion
1 4-oz. can chopped green chilies
1 cup sour cream (lite)

Combine corn chips and 1 ½ cups of the cheese with all the other ingredients except sour cream. Place in large casserole and bake uncovered 30 minutes in 350 oven. Spread sour cream over top and sprinkle remaining cheese over that. Bake 5 minutes more. Serves 6-8.

Taco Salad

1 head lettuce
2-3 tomatoes
1 avocado
½ cup ripe olives, cut
½ cup grated cheese, part-skim (2 oz. or more)
2-3 Tbsp. grated onion
1 can drained kidney beans
1 8-oz. pkg. corn chips (break somewhat and put in just before serving)

Mix all ingredients together and serve with the following dressing:

½ cup sour cream (lite)
¾ tsp. chile powder
2 Tbsp. creamy Italian dressing
Tabasco sauce to taste

Barley Dish

1 pkg. barley (uncooked)
8 cups water
1 large onion
1 lb. mushrooms
½ lg. pkg. Velveeta cheese
2 envelopes George Washington broth
1 pkg. Lipton vegetable soup

Preheat oven to 350. Sauté onion and mushrooms. Mix all ingredients together. Bake 1 hour, turn off oven, leave in ½ hour longer. Serves 10-12.

Gwen's Lasagna

1 box lasagna noodles
1 large pkg. Mozzarella cheese, part-skim (grated)
1 medium pkg. low-fat cheese, grated
4 cups nonfat cottage cheese
1 large jar spaghetti sauce
1 whole egg + 1 egg white
1 cup mushrooms, chopped
1 large onion, chopped

Beat eggs. Add cottage cheese, mushrooms, and onions. Layer in a large baking dish in the following order: Sauce, uncooked noodles, cottage cheese mixture, cheese, sauce. Bake at 375 for one hour.

Hungarian Noodle Bake

2 ½ cups (4 oz.) fine noodles
1 cup cottage cheese (low fat)
1 cup sour cream (lite)
¼ cup finely chopped onion
½ tsp. salt
1 clove minced garlic
1 Tbsp. Worcestershire sauce
1 Tbsp. poppy seeds

Cook noodles till tender, drain, combine with remaining ingredients. Bake at 350 in greased baking dish for 25-30 minutes. Sprinkle with paprika and 1 cup rolled corn flakes topping made with ½ cube margarine, melted and mixed all together. Serves 4.

Macaroni Mousse

1 cup shell macaroni
½ lb. grated cheese (2 cups) (part-skim)
1 ½ cups scalded canned milk (skim)
1 cup soft bread crumbs
¼ cup melted margarine
1 small can pimiento, chopped
1 whole egg + 2 egg whites
½ tsp. salt
3 Tbsp. chopped parsley
3 Tbsp. chopped onion

Cook macaroni in boiling water (uncooked). Blanch in cold water and drain. Grind macaroni after it is cooled. Pour scalded milk over bread crumbs and add butter, pimiento, parsley, onions, grated cheese. Add beaten eggs. Put all together in well-buttered casserole and bake 1 hour at 350. Serve with mushroom sauce. Serves 4.

Spinach Crepes

1 10-oz. pkg. frozen chopped spinach
2 cups creamed cottage cheese (low fat or nonfat)
½ cup baco-chips
2 Tbsp. minced onion
½ tsp. salt
8 slices Mozzarella cheese, cut in half lengthwise

Cook spinach as directed and drain thoroughly. Fold in all other ingredients except the cheese slices. Place a slice of cheese on an open crepe, then a spoon of the spinach mixture. Roll up and heat at 325 until cheese melts – about 20-30 minutes. Makes 16 crepes.

Turkey Mounds

1 ¼ cups stuffing mix
1 cup walnuts (chopped)
½ cup cottage cheese (low fat)
¼ cup grated cheese (1 oz.) (part-skim)
½ large onion
2 whole eggs + 2 egg whites
1 tsp. dill seed
1 tsp. sage
A little salt

Mix cottage cheese and stuffing in large bowl. In blender, mix eggs and onion. Put in nuts and give just one more whirl. Put all ingredients except grated cheese in bowl and mix well. Make into mounds (with ice cream dipper) and put in 13 x 9 x 2-inch pan. Mix 1 can cream of mushroom soup, ½ cup sour cream, and a little water. Cover each mound with this and top with grated cheese. Bake at 325 for 1 hour. Serves 4-6.

Vegetarian Dressing

4 cups bread crumbs (cubed or crumbled)
1 tsp. onion salt and chicken seasoning mixed
½ cup grated cheese, part-skim (2 oz. or more)
¼ tsp. poultry seasoning
Sage to taste (if desired)
3 Tbsp. oil

Combine all ingredients. Let set several hours to dry. Add:

1 finely chopped onion (about 3 Tbsp.)

Hot water to moisten

Bake at 350-375 until slightly browned, 35-45 minutes. Serves 4.

Burger Mix

½ cup chopped nuts
½ cup grated cheese (2 oz.) (part skim)
2 cups bread crumbs
3-4 eggs (to make patty consistency)
2 tsp. chopped parsley
1 chopped parsley
1 chopped onion
1 tsp. mixed salt (savor, garlic, etc.)

Mix all together. Let stand in refrigerator 1 hour until cool and firm. Fry and put on grilled burger buns with lettuce, tomato, onion rings, and sauce of your choice. Serves 4-6.

Cheese Cake Patties

1 pkg. cream cheese (3 oz.) (lite)
½ cup ground walnuts
½ cup rolled saltine crackers
1 small onion, grated
2 whole eggs + 1 egg white, beaten
Salt to taste (don't over salt - remember, salt in crackers)
Garlic powder to taste

Mix all ingredients together. Make into patties and fry in oil. Simmer 30 minutes in sauce (following) enough to cover patties. Serves 4-6.

Sauce: 1 can tomato or V-8 juice
1 can water

Cottage Cheese Patties

1 cup cottage cheese (nonfat or low fat)
1 cup cracker crumbs
1 medium onion
2 whole eggs + 2 egg whites
½ - 1 cup pecans or walnuts (ground)
¼ tsp. each of sage, parsley, accent, garlic powder, salt

Mix all ingredients and form into patties. Fry in oil and place in 13 x 9-inch pan. Cover with cream of mushroom soup. Bake at 350 for 30-45 minutes. Serves 4.

Joey's Patties

1 cup cottage cheese (nonfat or low fat)
1 cup oats (Quick Cook)
½ cup chopped pecans
1 shredded carrot
2 whole eggs + 1 egg white
½ tsp. salt
1 ½ tsp. poultry seasoning
1 medium onion, chopped
2 stalks celery, chopped
Cracker crumbs to thicken

Mix all ingredients together and form patties and fry. Place in pan and cover with gravy as follows:

½ can mushroom soup
½ can potato soup
½ can celery soup
¾ soup can of milk (nonfat or low fat)

Bake at 350 for 30-45 minutes. Serves 6-8.

Meatless Hamburger

2 cups oats (Quick Cook)
2 whole eggs + 1 egg white
1 onion, ground
½ cup tomato sauce
1 cup ground walnuts
1/3 tsp. salt
Lawry's seasoned salt (or other)

Mix all ingredients together and form into patties. Fry and cover with good egg gravy. Bake at 375 for 45 minutes. Serves 4-6.

Oatmeal Patties

3 cups raw oatmeal
1 cup ground walnuts
½ cup evaporated milk (skim)
1 whole egg + 1 egg white
1 Tbsp. flour
2 ground onions
¾ tsp. salt
¾ tsp. sage
1 tsp. Savorex

Mix well and let set a few minutes. Form into small to medium patties. Brown in small amounts of oil. Place in casserole. Make a sauce of mushroom or tomato soup and pour over patties. Bake in moderate oven 325-350 for 45 minutes. Serves 8.

Zucchini Patties or Souffle

3 cups zucchini squash, grated
Garlic powder
Seasoned salt
Poultry seasoning
2 eggs separated
1 cup cracker crumbs, whole-wheat

Mix together squash and seasoning to taste. Add egg yolks and cracker crumbs and mix. Beat egg whites until stiff and fold into squash mixture. Fry in small amount of oil or bake in casserole as a soufflé for 30 minutes at 350. Serves 4-6.

Cashew Nut Roast

2 Tbsp. oil
1 ½ cups sliced celery
1 cup chopped onion
1 cup mushrooms
1 can cream of mushroom soup
1 ¼ cups chopped cashews
¼ tsp. salt
2 env. of George Washington broth, golden

Put the oil in large frying pan. Add celery, onions, and mushrooms. Fry together for a few minutes, then add 1 can mushroom soup. Fill soup can with juice from mushrooms and water to fill can and add to mixture. Continue to boil all of this together; add cashews; add salt, G.W. broth. Bake in covered dish 1 hour at 350. Remove cover last 15 minutes. Serves 6.

Celery-Cashew Nut Roast

1 whole egg + 1 egg white, beaten
¼ cup chopped onions
1 cup chopped cashews
1 tsp. salt
1 ½ cups milk (nonfat or low fat)
1 ½ cups dry bread crumbs
1 ½ cups diced celery
1 Tbsp. margarine

Mix all ingredients together. Let stand for 20 minutes before baking at 350 for 30 minutes. Serves 4.

Cottage Cheese Roast

2 lbs. cottage cheese (nonfat or low fat)
½ cup milk (nonfat or low fat)
½ cup margarine, melted
1 large onion, diced
2 whole egg + 3 egg whites, slightly beaten
3 or 4 envelopes George Washington broth
1 ½ cups nuts
5-6 cups corn flakes

Mix all ingredients together and bake in greased casserole dish at 350 for 45 minutes. Serves 6-8.

Lentil Roast (1)

2 cups cooked lentils
1 cup chopped walnuts
½ cup tomato sauce
1 large raw potato, grated fine
1 cup bread crumbs
1 onion, grated
1 whole egg + 1 egg white (or 2 Tbsp. soy flour)
½ tsp. salt
1 Tbsp. soy sauce
½ tsp. poultry seasoning

Mix all ingredients and bake in casserole dish for 45 minutes to 1 hour at 350. Serves 6.

Lentil Roast (2)

1 cup cooked lentils
½ cup nuts
1 egg
1 tsp. poultry or herb seasoning
1 cup milk (nonfat or low fat)
1 large onion, chopped
1 tsp. salt
½ cup oil
1 ½ cups corn flakes or cooked rice or bulgur

Mix together, put in oiled casserole. Bake uncovered 45 minutes at 350. Serves 4-6.

Lentil Roast (3)

2 cups cooked lentils
1 can (14 ½ oz.) evaporated skim milk
½ cup cooking oil (peanut is good)
1 ½ cups fine dry bread crumbs (or crushed corn flakes)
1 egg, beaten
1 cup chopped nuts (pecans or walnuts)
1 tsp. salt, or to taste
½ tsp. sage
1 Tbsp. grated onion
1 cup grated fresh carrots
1 cup grated or chopped celery

Combine all ingredients and mix thoroughly. Put in greased casserole and bake at 350 for about 1 hour. Serve with gravy if desired. Serves 8-10 generously.

Mushroom-Nut Roast

Grind or chop finely:

- 1 large raw potato
- 1 large raw onion
- 1 large raw carrot
- 1 cup nuts

Add:

- 1 can mushroom soup
- Some onion soup mix (dry)
- 1 tsp. salt
- 1/8 lb. margarine
- 2 whole eggs + 1 egg white, beaten slightly

Bake at 350 for 45 minutes. Serves 4-6.

SPLIT PEA SOUP

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| 1 cup green split peas | 1 cup evaporated milk |
| 3 cups water | Hot water for thinning |
| 1/2 cup small onion rings | Salt to taste |
| 1 small carrot, diced fine | Sprinkle of celery seed |

Cook the split peas in the water until almost tender. Add diced carrots and onion rings and cook until vegetables are done. Add the milk. Thin with water to the right consistency; salt to taste. Serve with toast or rusks. Serves 6 to 8.

COTTAGE CHEESE LOAF

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| 1 1/2 cups cottage cheese (may be low-fat) | |
| 1 cup chopped walnuts | |
| 3/4 cup bread crumbs, whole-wheat | |
| 1 cup celery, chopped fine or coarsely ground | |
| 1 medium onion, chopped fine or coarsely ground | |
| 1 cup milk (may be partly non-fat) | |
| 3 eggs | |
| 1 tbsp. oil | 3/4 tsp. onion salt |
| 1 1/2 tsp. salt | Pinch of sweet basil |

Beat eggs, add seasonings, milk, and oil. Add crumbs, finely diced celery, onion, chopped nuts, and cottage cheese; blend. Put into well-greased paper-lined loaf pan. Bake at 350° until set (approximately 1 hour). Unmold on heated serving platter, cut, and garnish. Serve with brown or mushroom gravy. Serves 10 to 12.

MUSHROOM GRAVY

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| 2 tbsp. oil | 2 cups hot water |
| 4 tbsp. flour | 1/4 tsp. soy sauce |
| 2 tbsp. minced onion (op.) | 1/4 tsp. Savorex* |
| 1/2 cup mushrooms | 1/4 tsp. salt, or to taste |

Combine oil, flour, onion, and mushrooms in small saucepan over low heat. Cook two minutes, but do not brown. Stir in hot water and cook until slightly thickened. Add seasonings to taste. Yield: 2 1/2 cups.

WHOLE-WHEAT STICKS

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| 2 cups whole-wheat flour | 4 tbsp. sesame seeds |
| 1/2 tsp. salt | 4 tbsp. oil |
| 4 tbsp. brown sugar | 2/3 cup cold water |

Blend all dry ingredients. Add oil and mix well. Add water gradually, mixing into a very stiff dough. Knead very thoroughly on bread board or put through food grinder 3 or 4 times. Roll with rolling pin until about 1/2 inch in thickness. Cut strips 1/2 inch by 3 inches and place on oiled baking sheet. Bake at 325° F., turning once or twice during baking for about 30 minutes or until lightly browned. Yield: 4 dozen.

CHEF'S SALAD (Vegetarian Style)

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| 1/2 head lettuce |
| 1/2 head romaine lettuce |
| 1/4 bunch water cress |
| 1/2 cup matchlike strips
meat alternate (thin slices
cut into strips 1/4x2 inches) |
| 3 small stalks celery, sliced |
| 3 tomatoes, peeled,
cut in wedges |
| Garnish with— |
| 5 or 6 sliced radishes, or |
| 5 or 6 sliced olives |

Tear or cut chilled salad greens into bite-size pieces and place in salad bowl. Add and toss very lightly the remaining ingredients. Just before serving, add an oil or French dressing and toss lightly. Garnish. Serves 8.

APPLESAUCE COOKIES

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| 1 cup brown sugar | 1/2 tsp. salt |
| 3/4 cup oil | 1 tsp. vanilla |
| 1 cup applesauce | 4 cups rolled oats |
| 1/2 cup chopped nuts | 1/2 cup chopped dates |

Beat oil and sugar together until well blended. Add remaining ingredients and mix well. Drop from teaspoon onto oiled cookie sheet. Bake at 375° for 25 minutes, or until nicely browned. Let cool before removing from cookie sheet. Yield: 4 dozen.

*In the recipes following each lesson, prepared meat alternates are occasionally used. Light meat alternates of fine texture for sandwiches, salads, and entrees include the following: Nuteena, Numete, Soyameat, Proteena, Linketts, Vega-Links, Tender Bits, etc. Those of heavier texture: Vegetable Skallops, Dinner Cuts, Chic-Ketts, Luncheon Loaf, Non-Meat Balls, Vita-Burger, Stripples, Holiday Roast, etc. Seasonings called for such as Vegex are yeast extracts. Other similar products are Savita and Savorex.

CARROT-NUT LOAF

- 1 1/4 cups finely shredded carrots
- 3/4 cup natural rice, cooked
- 1 1/2 cups milk (may be partly nonfat)
- 1/4 cup peanut butter
- 2 eggs
- 2 tablespoons oil
- 1/2 teaspoon salt

Blend eggs, milk, oil, and peanut butter well. Mix finely shredded carrots, cooked rice, and salt. Add liquid and blend thoroughly. Bake in oiled pan at 350° F. for one hour. Serve with parsleyed white sauce. Serves 6 to 8.

COCONUT BUBBLES

Instead of molding your whole-wheat bread dough into a loaf, pinch off balls of dough about the size of a walnut. Smooth in hands and dip quickly into oil or water, then into finely ground coconut. Place in greased ring mold. Make two layers and let rise until doubled. Bake at 350° 25 to 30 minutes.

SUMMER SALAD PLATE

- Endive or other salad greens
- 4 slices pineapple
- 1 cup raspberries
- 4 bananas

Place a few pieces of endive in the center of a plate with a slice of pineapple on one side and a mound of raspberries on the other. Arrange rows of sliced bananas on the other two sides. Serves 4.

Variations: Use other berries instead of raspberries; or, use a circle of orange segments instead of pineapple.

GOLDEN APPLE DESSERT

- 1/2 cup unsweetened pineapple juice
- 2 large unpeeled, cored golden apples
- 5 medium-sized pitted dates
- 3 tbsp. finely cut walnuts
- 1/8 tsp. salt

Place juice and salt in blender. Gradually add sliced apples and dates. Start on low speed. When mixture is well blended, stir in walnuts. Spoon into sherbet dishes and garnish, using a stem-on cherry, sliced apple dipped in pineapple juice, or walnut pieces. Yield: About four 1/2-cup servings.

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LUNCHEON SALAD

- 1 medium zucchini or 1 small cucumber
- 2 stalks celery with leaves
- 6 sprigs parsley
- 1 carrot
- 2 green onions with stems
- 2 tomatoes
- 1/4 green bell pepper
- 4 lettuce cups
- 1 cup cooked garbanzos or cooked beans, if desired

Quarter the zucchini or cucumber lengthwise and slice thin. Slice celery crosswise of the stalk, using the leaves as well as the stalk. Chop the parsley and the green pepper. Shred the carrot. Peel the tomatoes and cut into wedges. Slice onions, using much of the green part. Add cooked garbanzos or beans, and toss lightly together with soy mayonnaise or tomato French dressing. Pile lightly into the lettuce cups and garnish each with a radish rose. Serves 4.

WHOLE-WHEAT SOY BREAD

- | | |
|-------------------------|--------------------------|
| 1 pkg. dry yeast | 2 1/2 tsp. salt |
| or 1 cake compressed | 3 tbsp. oil |
| 2 1/2 c. lukewarm water | 3/4 cup soy flour |
| 3 tbsp. honey | 5-6 c. whole-wheat flour |
| 1 cup white flour | (use only amount needed) |

Add the yeast to one-half cup lukewarm water. In large bowl dissolve the honey in 2 cups warm water. Add the softened yeast, the white flour, and 1 1/2 cups whole-wheat flour. Stir smooth. Let this soft sponge rise until it is bubbly. Add the remaining ingredients, stirring to a medium-stiff dough. Turn out on a floured board and knead until the dough is smooth and elastic, 6-10 minutes.

Place the dough in a warm, slightly oiled bowl; turn oiled side up and cover with damp cloth. Set to rise in a warm place free from draft; let rise until double in bulk. Knead down and let rise again, or put immediately into the pans.

Shape the loaves, kneading slightly, and place in well-oiled pans. Let rise until nearly double in bulk. (A simple test is to press the dough lightly with the finger. If a slight depression remains, it is ready for the oven.)

Preheat oven to 400° F. Bake bread at this temperature for the first 10 minutes. Lower heat to 350° F. and finish baking, at least 45 to 50 minutes longer. Yield: 2 loaves.

ONE-DISH MEAL (Soyameat and Rice)

- 1 medium onion, finely chopped
- 1 cup carrots, diced
- 1 cup celery, diced
- 1/2 cup bell pepper, chopped
- 1 cup rice, uncooked
- 1 cup Soyameat Chicken Style,* diced
- 1/3 cup oil
- 1 tsp. Vegex or Savorex*
- 2 cups water
- 3 pkg. George Washington Broth
- 1 can mushroom soup

Mix onion, carrots, celery, bell pepper, rice and Soyameat together and put into casserole. Put oil, Vegex, water, broth and soup into saucepan and cook for 3 minutes. Pour sauce over casserole and mix gently. Bake in a 350° oven for 1 hour. Serves 6.

SOUTHERN AMBROSIA

- 1 cup fresh pineapple chunks
- 2 cups orange sections
- 1/4 cup coconut

Combine and chill at least 1 hour. Serves 6.

LENTIL PATTIES

- 3 tbsp. oil
- 1/4 cup chopped onion
- 2 1/2 cups cooked lentils, mashed
- 2 1/2 cups mashed potato
- 1/2 tsp. sage
- 1/2 tsp. salt, or to taste

Sauté onion in oil, but do not brown. Add remaining ingredients and mix together well. Form into small round cakes. Brush top lightly with oil. Brown lightly in a 400° oven for 15 to 20 minutes. Serves 8.

SAVORY POTPIE

- 1 1/3 cups diced raw potatoes
- 1 1/2 cups vegetable steaks or other meat alternate, cut in bite-size pieces
- 1 large can mushrooms; save broth
- 1 can asparagus; save broth
- 1/2 cup chopped onion
- 2 tbsp. oil
- 2 tsp. Vegex or Savorex*
- 1/2 tsp. salt
- 1 tsp. chickenlike seasoning
- Pastry, whole wheat

Braise onion and mushrooms in oil, add broth from mushrooms and asparagus and sufficient water to make one quart. Add seasonings, add potatoes; cook until almost tender. Add cut asparagus. Fill individual baking dishes. Cover with pastry. Bake at 400° until nicely browned. Serves 6 to 8.

FRUIT COMPOTE

- 1/2 pound prunes, plumped
- 1 11-oz. can mandarin orange sections, drained; or
- 2 cups fresh orange segments
- 1 cup orange juice
- 1/2 teaspoon grated orange rind
- 2 large bananas, sliced

Pit prunes; combine with orange sections and juice. Let stand in refrigerator 1/2 hour, mixing several times. Just before serving, add bananas. Serves 8 to 10.

BREADING MEAL

Osterize 2 cups of oatmeal until fine. Add 2 cups of food yeast, 2 tablespoons of McKay's chicken-like flavoring. Store in a jar and use for breading. Onion salt or garlic salt may be added.

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SWISS VEGE-STEAKS

- 8 vegetable steaks (VegeCuts*, etc.)
- Onion rings
- Pepper rings
- Sliced stuffed olives
- Tomato soup
- Lemon slices

Place vegetable steaks in casserole. Arrange onion and pepper rings over the steaks. Place the stuffed olive slices and lemon slices next. Cover with tomato soup, to which a pinch of sweet basil has been added. Bake in moderate oven 30 minutes. Serves 8.

STUFFED BELL PEPPERS

- 3 large green bell peppers
- 2 cups cooked brown rice
- 2 cups cubed Prosage*
- 1 small onion, chopped
- 1/4 cup chopped celery
- 1/2 tsp. sage
- 1/2 tsp. Savorex*
- 1 cup tomatoes, cooked
- 2 tsp. oil

Cut peppers in half, remove seeds, and steam until partially done. Sauté the finely cubed nut meat, onion, and celery in the oil for a few minutes. Add the other ingredients and mix lightly together. Place the peppers in a warm baking dish, and fill with the stuffing. Bake for 20 to 30 minutes in a moderate oven. Serve with Almond Gravy. Serves 6.

PEANUT-BUTTER COOKIES

- 1/2 cup peanut butter
- 1/4 cup honey
- 1/4 tsp. salt
- 1 1/4 cups whole-wheat pastry flour
- 1/4 cup oil
- 1/4 cup brown sugar
- 1 tsp. vanilla

Combine all ingredients except flour. Stir until well mixed. Add flour, mix only until blended. Form into balls the size of a walnut. Place on ungreased cookie sheet. Flatten with fork. Bake at 375° F. until browned. Yield: 2 dozen small cookies.

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CHOW MEIN

- 2 cups onion half rings
- 2 cups celery, cut on slant
- 2 tbsp. oil
- 1/2 lb. fresh bean sprouts or 1 can, drained
- 1/2 to 1 cup mushrooms—canned or fresh
- 1 tbsp. flour
- Small amounts of other vegetables, if desired
- 3/4 cup hot water
- 1/2 tsp. Ac'cent
- Soy sauce and salt
- Noodles or cooked brown rice

Steam onion and celery in the oil. Add bean sprouts and mushrooms. Sprinkle the flour and Ac'cent over the vegetables, mix lightly, add hot water and soy sauce, salting to taste. Cook a little longer. Vegetables should be crispy tender. Place cooked noodles or rice on platter and add the vegetables. Serve at once. Top may be garnished with toasted almonds or sesame seeds. Soyameat or gluten bits added will increase the protein value of the dish. Serves 8 to 10.

SAVORY GARBANZOS

- 3 cups garbanzos, cooked
- 1/2 green pepper, minced
- 1/4 tsp. sweet basil
- 1 onion, minced
- 2 tbsp. oil
- 2 cups tomatoes, canned

Combine all ingredients and pour into casserole. Cover. Bake 25 to 30 minutes at 350° F., adding more water if necessary. Serves 6 to 8.

MELON BALL RAINBOW

Prepare balls from cantaloupe, Crenshaw melon, casaba, watermelon, etc. Serve one kind or a combination in any fruit juice. Always have melon balls and juice chilled. Garnish simply with a mint sprig or a grape leaf. This dessert is most attractive when served in clear glass or crystal. Melon balls combined with other fruits, such as strawberries, grapes, etc., also make attractive and delicious desserts.

SCALLOPED POTATOES

- 6 medium potatoes, sliced
- 3 carrots, sliced
- 1 medium onion, sliced
- 1 can mushroom soup
- 2 tablespoons flour
- 1 cup milk
- 1 teaspoon salt
- 1/8 tsp. paprika (optional)

Lightly oil a 2-quart casserole. Combine mushroom soup with flour, milk, salt, and paprika. Alternate layers of potato, carrot, onion slices, and the mushroom soup mixture in the casserole, ending with the soup. Bake for 1 1/2 hours in a moderate (350° F.) oven. Serves 6.

HAWAIIAN FRUIT PLATE

- 2 cups pineapple cubes
- 1 cup melon cubes
- 4 oranges
- 4 maraschino cherries
- Lime French dressing
- Grape leaves

On each salad plate arrange 4 grape or geranium leaves or salad greens. Arrange 6 orange slices in groups of 3 separated by a double row of pineapple cubes. Garnish with melon cubes topped with cherry rings and serve with dressing. Serves 4. Variation: Omit oranges and serve melon balls on whole rings of pineapple.

QUICK SPRING STEW

- 2 cups cubed gluten (Vege-Bits or Chic-Ketts)
- 1 eleven-ounce can mushroom soup
- 1 cup green beans
- 2 cups bite-size celery sticks
- 3/4 cup carrot sticks
- 1/4 cup chopped onions
- 3/4 cup water

Brown gluten and onion in small amount of hot oil. Blend in mushroom soup and water and simmer 10 minutes. Add remaining ingredients and simmer 20 minutes. Serve over hot, crisp chow-mein noodles or cooked brown rice, with soy sauce if desired. Serves 6.

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SPINACH SPECIAL

- 2 tbsp. oil (try olive oil)
- 1 medium onion
- 2 bunches spinach
- 1/2 tsp. salt

Slice onion thin and sauté in oil in heavy kettle. Do not brown. Add spinach which has been thoroughly washed under running water and drained. Toss to distribute onion. Steam for 5 minutes. Add salt.

OATMEAL-COCONUT CRISPIES

- 2 cups quick cooking oatmeal
- 1/4 cup wheat germ
- 1/2 cup oil
- 1 cup brown sugar
- 1 egg, beaten
- 3/4 cup coconut
- 1/2 tsp. salt
- 1/2 tsp. vanilla

Mix together oatmeal, wheat germ, oil, and brown sugar. Let stand for one hour. Add and combine the egg, salt, vanilla, and coconut. Place by spoon on oiled cookie sheet and bake at 350 F. for 12-15 minutes. When baked, remove from cookie sheet immediately and cool on waxed paper. Yields 3 dozen cookies.

ROYAL RASPBERRY COMPOTE

- 3/4 cup seedless grapes
- 1 banana, sliced
- 2 cups fresh raspberries or
- 2 10-oz. packages frozen raspberries

Cut grapes in half and add to raspberries. Chill thoroughly. Just before serving, slice bananas and arrange around edge of serving dish. Fill center with berries and grapes. If desired, top with a little whipped cream. Serves 6-8. Other berries can be used.

STUFFED DATES

Stuff dates with peanut butter and walnuts. Arrange on plate with dried apricots, peaches, pears, and figs.

TIPS ON SALAD MAKING

1. **Combinations:** Choose contrasting texture, color, form, and flavor when selecting greens, fruits, or vegetables for salads. Plan the salad as part of the nutritional balance of the meal.
2. **Cold, Crisp Ingredients:** Keep salad greens cold and crisp (after washing) until ready to use. Prepare salad as close to serving time as possible.
3. **Variety:** A combination of several salad greens gives interest to salads. Choose dark-green ones frequently.
4. **Retain Identity:** Add attractive-sized pieces of vegetables, fruits, etc.
5. **Toss Ingredients Lightly:** Do not bruise or crush. Add juicy tomatoes last. Layer the salad ingredients whenever possible.
6. **The Dressing:** Use a light, delicate dressing on a salad that accompanies a substantial meal; a more substantial dressing on a salad that forms the main dish. Use the minimum of dressing. Too much makes a limp salad.
7. **The Casual Look:** Simple, casual, but not messy. A "fixed" appearance in salads should generally be avoided.
8. **Service:** Serve salads from a large bowl or deep platter, or arrange them on individual plates or in little salad bowls. When using a plate, have it large enough to frame the salad. Do not let any part of the salad extend over the edge of the plate.

SALAD SUGGESTIONS

1. Arrange on plate: lettuce leaf, lettuce wedge, tomato wedge, cauliflowerettes.
2. Toss together: 1 head romaine lettuce, shredded; 1 bunch spinach, shredded; 1 bunch radishes, sliced; tomato French dressing.
3. Arrange on bed of lettuce: one large or three small green pepper rings; fill rings with cottage cheese; surround cottage cheese with sliced radishes, inside ring.
4. In lettuce cup arrange: cucumber slices, small onion rings, and water cress sprigs; yogurt dressing.

5. **Tomato Fan Tans:** Chill peeled tomatoes; set on stem end, slice in fourths nearly to bottom; stuff between slices with mixture of home-made or canned soy cheese, finely chopped celery and radishes and onion juice. Serve in lettuce cup; douse with French dressing.
6. Pile lightly in a lettuce cup a mixture of 3 or 4 parts finely shredded carrots, 1 part coconut flakes or shreds, whiff of grated orange rind, and orange juice to moisten. Cap with pinch of coconut.
7. Fill a large butter lettuce cup with 1/4-inch banana slices, dates cut in lengthwise strips, grapes. Top with a little whipped cream, garnish with walnut halves.
8. **Party Spécial!** Halves of honeydew melon on plates. Fill with avocado balls and pineapple cubes. Garnish with water cress.

SIMPLE SALAD DRESSING

1. Apply just a sprinkle of salt.
2. Sprinkle lemon juice lightly.
3. Sprinkle on lemon juice, and same amount of oil, salt.
4. Lemon juice, a little water, honey. Shake together in a bottle.
5. A few grains of salt, a sprinkle of sugar, a squeeze or two of lemon.
6. Sour cream and lemon juice.
7. Cream cheese softened with a little lemon juice. Use other fruit juices.
8. Yogurt and lemon juice, even buttermilk and lemon juice.
9. Fruit juice, lemon juice, honey.
10. Cottage cheese, mashed avocado, lemon juice, salt.
11. Add finely chopped vegetables which have a definite flavor or vegetable salt or powder to oil dressing or mayonnaise. Also herbs. Try dill in an oil dressing.
12. Add chopped hard-cooked egg, olives, pimiento, to mayonnaise.
13. Add rolled nut meats or nut butter to mayonnaise or cooked salad dressing.
14. Grated orange rind, lemon rind, and coconut may be added.

LUNCHES

Vary the foods in the lunch box.

Variety enhances enjoyment of the lunch and helps to build healthy minds and bodies.

BEVERAGES

Milk, hot or cold
Cereal beverages
made with milk

Tomato juice,
hot or cold
Fruit juices

HOT FOODS IN THERMOS BOTTLE

Soups—milk soups if milk is not provided in the meal. Chowders.

Creamed peas, corn, meat analogs, etc. Can be served on pieces of toast.

COLD FOODS IN CONTAINERS

Salads—fruit or vegetable
Canned fruit
Cottage cheese

Custard
Pudding

ACCESSORY FOODS

Carrots and
turnip strips
Celery curls

Radishes
Crisp lettuce
Olives

BREAD AND SANDWICHES

Kinds of bread:

Whole-wheat, rye, soy bean, raisin-nut,
Boston brown, muffins, or corn bread

Types of bread stuffs:

Sandwich buns
Stuffed roll
Toasted bread strips
Bread sticks
Wheat crackers

Varied shapes of sandwiches:

Rolled
Double-deckers
Rounds, triangles, etc.

DESSERTS

Fresh fruit
Canned fruit
Simple cookies—filled, soy, wheat-germ,
peanut, oatmeal, molasses
Applesauce or prune cake
Rice pudding
Fruit whips
Sticks—coconut, sesame
Dried fruits
Nuts

SANDWICH FILLINGS

1. Emulsified peanut butter with raisins, dates, banana, or honey
2. Ground nuts with raisins, honey, dates
3. Cottage cheese with chopped nuts, celery, olives
4. Hard-cooked egg with olives, salad dressing
5. Scrambled egg with salad dressing
6. Lima, red, or baked beans pureed, onion, salad dressing, lemon, dill pickles
7. Avocado, onion, nuts, salad dressing
8. Fresh tomato, salad dressing
9. Cream cheese with fruit
10. Grated carrot and finely chopped peanuts
11. Vegeburger patties with "trimmings"
12. Braised seasoned vegetable steaks with Vegex or salad dressing
13. Any of the protein loaves that will slice suitably and are tasty when cold, with salad dressing and "trimmings"
14. Ground dried fruits moistened with evaporated milk, orange juice, and honey
15. Ground, shredded, or sliced meat analogs, mayonnaise, lemon dill pickle, tomato, lettuce, etc.
16. Lettuce, watercress, etc., can be wrapped in film wrap and added to the sandwiches when eaten.

HEALTH CARAMELS

Equal parts of raisins, figs, and dates or prunes. Wash thoroughly. Put through grinder. Combine with peanut butter or shredded coconut with a little honey. This mixture should be kneaded and thoroughly mixed. Press into pan, let stand overnight, cut into squares, and wrap in wax paper.

BREAKFAST STARTERS

1. Boysenberry juice, plain or mixed with pineapple or orange juice
2. Grapefruit halves with centers filled with mixed fresh fruit or diced oranges or grapes
3. Applesauce blended with frozen raspberries
4. Grapes, grapefruit sections, or sliced bananas in orange juice
5. Orange cubes or sections, sliced bananas, or grapefruit sections in pineapple juice
6. Hot prune juice poured over lemon slices, then served warm
7. Canned apricot nectar with grapefruit juice
8. Broiled grapefruit topped with brown sugar and a dash of cinnamon

BREAKFAST BEANS—COUNTRY STYLE

Look over carefully and wash one pound, or the amount suitable for your family, of Great Northern white beans. Put to soak in the morning. While getting supper, cook the beans in the water in which they are soaked, adding one medium onion, chopped and sautéed in 2 tablespoons oil, during the last part of the cooking. In the morning, bring the beans to boil again and simmer until time to serve. Have the beans "soupy" and serve them over buttered whole-wheat toast or bread.

SOY BEAN SALAD

- 2 cups cooked soy beans, drained (save liquid and add to tomato juice cocktail or soup)
- 1 cup finely diced celery
- 1/2 cup finely diced green pepper
- 1/3 cup salad dressing or part salad dressing and part sour cream
- 1 tsp. lemon juice
- 1/4 tsp. soy sauce
- 1 tsp. onion juice (optional)
- Onion salt to suit taste

Combine soy beans, celery and pepper. Mix dressing ingredients in separate bowl. Just before serving combine soy bean mixture and salad dressing. Serve on mixed greens or lettuce leaf. Garnish with tomato wedges or pimiento strips. Serves 4 to 6.

PEANUT BUTTER SPECIAL

Spread slices of whole-wheat toast generously with crunchy peanut butter. Top with applesauce.

DATE-NUT BREAD

- 2 cups warm water
- 1 cup dates, chopped
- 1 cup nuts, chopped
- 1 cup brown sugar
- 3 cups whole-wheat flour
- 2 1/2 cups whole-wheat pastry flour
- 2 yeast cakes, or 2 pkgs. dry yeast
- 1 tsp. vanilla
- 1/3 cup oil
- 2 tsp. salt

Place the warm water in a large bowl. Add the yeast cakes which have been softened in water, 2 tablespoons of the brown sugar, and the 2 1/2 cups of pastry flour, to make a batter for a sponge. Let rise until light. Add salt, oil, remainder of the brown sugar, and vanilla, beating well after each addition. Then add the whole-wheat flour. Lastly add the dates and nuts. Stir well, lifting the dough high with the spoon to develop the gluten. This should fill two medium-sized bread pans about half full. Let rise until light and bake for about one hour, starting at 350° F. and reducing to 325° F. when bread has started to bake.

FRUIT OATMEAL

In this better-breakfast dish, the rolled oats are cooked as usual. Just before serving, one or more fruits are carefully folded in. For instance, chopped dates and sliced bananas; raisins and raw grated apple; fresh sliced peaches; fresh or frozen berries. A few chopped nuts may also be added. Johnny may not relish oatmeal "mush," but he will love this "pudding"! Serve with top or whole milk.

TONY'S SALAD

- 1 medium head of lettuce
- 1 cucumber, sliced
- 1 can shoestring beets
- Black olives
- Juice of 1 lemon
- 3 tbsp. oil
- Salt to taste

Shred lettuce into 4 to 6 salad bowls. Slice cucumber and divide between bowls. Drain beets well, and arrange on top of each salad bowl. Garnish with olives and serve with oil-lemon dressing.

SOYAMEAT RICE SOUP

- 1/2 cup dry rice (brown or whole grain, if preferred)
- 4 cups water
- 1 tsp. salt
- 1 cup diced Soyameat
- 1/2 cup diced onion
- 1-1 1/2 tbsp. chicken-style seasoning
- 1/2 cup diced celery

Combine rice, onion, celery, salt, and water; cook until tender. Add Soyameat and seasoning; simmer 5 minutes more to blend flavor. Serves 4.

GOLDEN FRUIT SOUP

- 1 cup dried apricots
- 1/2 cup (scant) sugar
- 3 tbsp. minute tapioca
- 1 cup or small can crushed pineapple
- 1 small can apricot nectar or apricot juice
- 3 cups other light-colored fruit juice such as peach, pear, cherry, or more apricot juice
- Pinch of salt
- 1 ripe banana

Wash dried apricots, cut in small pieces. Soak at least 1 hour and cook in same water until tender. Sweeten. Drain. Bring juice to a boil and sprinkle in tapioca. Cook until clear. Cornstarch may be used to thicken the juice slightly if tapioca is not available. Add the additional juices and chill thoroughly. Just before serving, add the banana, sliced. This may be served as an appetizer, a main dish, or a dessert. A little thin cream or dabs of whipped cream or yogurt may be added to the main dish or dessert serving. May also be served hot. Serves 10-12.

CARROT RING WITH CREAMED PEAS

- 2 cups shredded raw carrots
- 1 1/2 cups cooked brown rice
- 1/2 cup peanuts or chopped almonds
- 3/4 cup milk
- 2 beaten eggs
- 1/3 cup chopped bell pepper
- 2 tbsp. oil
- 2 tbsp. minced onion
- 1 tsp. Ac'cent
- 2 tbsp. chopped parsley
- 1-1 1/2 tsp. salt

Blend all ingredients carefully. Turn into well-oiled ring mold. Bake 40 to 45 minutes in a moderate oven (350°). Unmold and serve with creamed peas. Serves 6 to 8.

WALNUT OAT BURGER

- 1 cup quick oats
- 1 cup seasoned bread crumbs
- 1 cup sautéed onion, finely chopped
- 1 cup walnuts, finely chopped
- 1/4 cup soy flour
- 2 tbsp. cashew nut butter (optional)
- Salt, Ac'cent, sage to taste

Blend all ingredients carefully. Add just enough hot water to hold together. Mix well and make into patties. Brown on both sides in oiled skillet. Serve on burger buns or with gravy as a meatless main dish. Serves 6-8.

BEETS WITH ORANGE SAUCE

- 3 cups cooked beets, diced
- 2 tbsp. flour
- 1/2 cup orange juice
- 2 tbsp. sugar
- 2 tbsp. oil
- 1 tbsp. lemon juice
- 1/2 tsp. salt

Mix together all ingredients except the beets. Cook until sauce thickens. Add beets. Serves 6.

NUT MEAT FRICASSEE

- 4 cups prepared nut meat, such as Nuteena or Proteena
- 2 tbsp. peanut butter
- 1/2 cup water
- 1 cup undiluted canned milk or rich soy milk
- 1 cup tomato puree with 1/4 cup water
- 1/2 tsp. salt

Dice the nut meat and place in a shallow baking pan. Dilute the peanut butter with the water, and stir to a smooth paste. Add canned milk, tomato puree, and salt. Pour the sauce over the nut meat; bake 20 minutes at 350°. Serves 6-8.

SESAME THINS

- 1 cup whole-wheat flour
- 6 tbsp. oil
- 1/2 tsp. salt
- 1/2 cup water
- Sesame seed

Emulsify oil and water and add dry ingredients. Knead for 5 minutes and let rest 10 minutes. Divide into 2 parts and roll out each part on an oiled cookie sheet. Salt and sprinkle with sesame seed and roll again. Mark in squares and prick with a fork. Bake at 350° F. about 10 minutes.

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BROWN OATMEAL ROLLS

- 2 cups boiling water
- 1 cup rolled oats
- 3 tbsp. salad oil
- 1 cake yeast
- 1/3 cup lukewarm water
- 2/3 cup brown sugar
- 2 tsp. salt
- 1/2 cup soy flour
- 1/2 cup whole wheat flour
- 4 cups unbleached flour (about)

Pour boiling water over oats and cool. Add sugar, salt, oil, dissolved yeast and flours. Knead lightly. Let rise. Punch down and let rise again. Shape into rolls. Dip top of roll into water, then into sesame seeds. Let rise. Bake at 375° for 20 minutes. May be used for cinnamon rolls.

BAKED KIDNEY BEANS

- 2 No. 2 cans kidney beans
(or 1 1/2 cups dry beans, cooked)
- 2 tsp. soy sauce
- 1 1/2 cups tomato puree or soup
- 1 tbsp molasses
- 1 small onion, chopped fine
- 1/2 tsp. paprika
- 1 1/2 tbsp. lemon juice
- Salt to taste

Combine all ingredients. Salt to taste. Bake 45 minutes or longer at 350° until of serving consistency. Serves 8 to 10.

VEGETABLE JUICES

1. Tomato juice—plain or with celery juice,
1/4 cup water.
2. Tomato cocktail: 3/4 cup tomato juice, salt and
celery salt to taste, 2 tablespoons lemon juice,
1/4 cup water.
3. Carrot juice—plain or with celery or coconut
juice.
4. Celery juice—plain or with other vegetable
juices.
5. Beet juice—plain or with other vegetable
juices.
6. Water cress—good to add to other juices.

AMBROSIA SALAD

Heap shredded fresh coconut over orange slices and arrange on dessert plates.

CRACKERS

- 3 cups quick oats, uncooked
- 2 cups unbleached flour
- 3 tbsp. sugar
- 1 cup wheat germ
- 1/2 tsp. salt
- 1 cup water
- 3/4 cup oil

Mix and roll on two large cookie sheets clear to the edge or turn sheets over and use pan without edges. These must be rolled thin. Sprinkle with salt. Cut into desired shape; bake at 325° for 30 minutes. They must be dry and crisp.

DATE-NUT CAKE

Set oven at 300° F. Line loaf cake pan 8x4x2 with foil, grease. In a large bowl mix 1/2 pound dates, cut in pieces (1 1/2 cups), 1/2 pound walnuts, 1/2 cup flour, unbleached preferably, 1/2 cup sugar, 3/4 tsp. salt. In a small bowl mix 2 egg yolks, 1/2 tsp. vanilla, 1/4 cup cold water. Stir into date mixture. Beat two egg whites until stiff and fold carefully into cake mixture. Pour batter into the loaf pan and bake at 300° F. for about 45 minutes. Freezes well.

DO-IT-YOURSELF SEASON SALT

- 2 tbsp. salt
- 2 tbsp. paprika
- 1 tsp. onion salt
- 1 1/2 tsp. monosodium glutamate or Ac'cent
- 1 tsp. celery salt
- 1 tsp. garlic salt (optional)
- 1 tsp. McKay's seasoning
- 1 tsp. Smokene or Bakon Yeast Mix

Put in a large salt shaker. This is good and contains no irritating pepper.

TOMATO SAUCE

- 2/3 cup finely chopped tomatoes
- 2/3 cup tomato sauce
- 2 tbsp. oil
- 1/4 cup chopped onion
- 1 tsp. sugar
- 1/4 cup chopped bell pepper
- 1 cup water
- 1/4 cup chopped celery
- 1 tsp. Ac'cent

Mix chopped tomatoes with tomato sauce. Sauté onions, bell peppers, celery, in oil and mix all ingredients. Simmer mixture for 15 minutes.

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TOFU LOAF (Soy Cheese)

- 2 cups Tofu
- 2 eggs, raw
- 2 eggs, hard-boiled and chopped
- 2 tbsp. mayonnaise 1/2 cup breadcrumbs
- 4 tbsp. soy sauce 1 large onion, grated
- 1 tsp. sage 1/4 tsp. salt

Mash Tofu and mix well with remainder of ingredients and bake in loaf pan 1 hour. This is good sliced and browned in butter to warm the next day. Bake at 350°. Serves 8.

GREEN BEANS A LA FRENCH

Two packages French-cut green beans, or a similar amount of fresh green beans, French cut. Add salt and Accent to taste. Cook. Just 2 minutes before ready to serve, add 2 tablespoons of finely sliced green onions and one tablespoon chopped pimiento. Serve hot.

FRESH PEACH AMBROSIA

- 2 1/2 cups fresh pineapple, cut in small pieces and drained
- 1 cup Tokay grape halves or seedless grapes
- 1 cup orange sections
- 1 cup flaked coconut
- 1 cup low-fat yogurt
- 8 large fresh peach halves
- Sprinkle of salt

Combine pineapple, grapes, orange sections, and coconut. Stir in yogurt. Chill several hours or overnight. Serve in peach halves on endive. Serves 8.

PECAN LOAF

- 1 1/2 cups dry whole-wheat bread, finely broken
- 2 1/4 cups milk (may be partly non-fat)
- 1 cup celery, chopped fine 3 eggs
- 1 medium onion, minced 2 tbsp. oil
- 2/3 cup pecans, chopped fine 2/3 tsp. salt

Soak bread in milk. Blend ingredients. Bake in oiled loaf pan at 350° until set and lightly browned on top. Unmold, cut, garnish, and serve with brown or Savita gravy. Serves 6 to 8.

*In the recipes following each lesson, prepared meat alternates are occasionally used. Light meat alternates of fine texture for sandwiches, salads, and entrees include the following: Nuteena, Numete, Soyameat, Proteena, Linketts, Vega-Links, Tender Bits, etc. Those of heavier texture: Vegetable Skallops, Dinner Cuts, Chic-Ketts, Luncheon Loaf, Non-Meat Balls, Vita-Burger, Stripples, Holiday Roast, etc. Seasonings called for such as Vegex are yeast extracts. Other similar products are Savita and Savorex.

STUFFED TOMATOES

- 10 tomatoes, medium size
- 8 ounces cream cheese
- 2 small green onions, finely chopped
- 10 radishes, finely chopped
- 1 small stalk celery, finely chopped
- 4 sprigs water cress, finely chopped
- Few grains salt

Dip tomatoes a few at a time in boiling water, plunge in cold water. Peel tomatoes, core, and chill. Prepare filling of chopped vegetables and cream cheese, creamed till smooth. Cut tomatoes in sixths only two-thirds of the way down. Spread carefully, do not break; place on chilled salad greens. Fill tomatoes with filling. Serves 10.

HOT SAVORY VEGEMEAT SANDWICHES

- 1/2 cup Vegeburger
- 1/2 cup nutmeat (Proteena or other)
- 1/4 cup olives, minced 1 tsp. paprika
- 1 small onion, minced 1/4 tsp. celery salt
- 1/4 cup mayonnaise 1 tsp. Vegex

Mix together and use as filling between slices of buttered bread. Toast in hot oven. Serve with brown gravy, tomato gravy or mushroom gravy. Serves 10.

GOLDEN NECTAR

- 1 1/2 cups orange juice
- 1 1/2 cups pineapple juice
- 1 cup lemon juice
- Sugar or honey to taste
- 4 cups water and ice

Combine sugar or honey with lemon juice. Add orange juice, pineapple juice, and cold water. Stir and cool. Makes 2 quarts.

WHEAT GERM BROWNIES

- 4 eggs 1 cup chopped nuts
- 2 cups brown sugar 2 1/2 cups wheat germ
- 2 tbsp. carob or cocoa 1 tsp. salt
- 1 cube butter or margarine 2 tsp. vanilla

Beat eggs, add sugar. Beat until light. Add carob which has been dissolved in the margarine. Add wheat germ, nuts, salt, and vanilla. Pour into 6x10 greased pan. Bake at 375° for 30 minutes. Cut into squares.

Baked Quesadilla Stack

- 1 c. vegetarian refried beans
- ½ c. cashew cheese or Velveeta (melted)
- ¼ c. salsa
- 4 (8 inch) flour tortillas
- 2/3 c. chopped green peppers
- 2 Tbls. chopped white onion
- 1 c. shredded veggie cheddar cheese (divided in half)
- ½ c. salsa (or fresh tomatoes diced)

Preheat oven to 350°. Mix beans, cashew cheese (or other melted cheese), and ¼ c. salsa in medium bowl. Place one tortilla on a cookie sheet; spread half of bean mixture evenly across tortilla. Top with another tortilla. Spread green pepper, onion, & sprinkle ½ c. of the shredded cheese evenly on top of second tortilla. Add third tortilla and spread remaining bean mixture. Add last tortilla. Sprinkle remaining cheese & salsa (or tomatoes) on the top. Bake 15 minutes at 350° or until cheese is melted & filling is hot.

Optional: To spice it up and add bulk, add 1 c. ground beef substitute (i.e. Morningstar Farms Griller Crumbles) prepared with taco seasoning to the bean mixture.



Serves: 2-4

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Chicken-Free Gravy

- 3 Tbls. Earth Balance buttery spread or similar product
- 1 c. flour
- 1 c. nutritional yeast
- 1 tsp. (vegetarian) poultry seasoning
- 1 tsp. onion salt
- 2 c. vegetable broth or 1 vegetable bullion cube dissolved in 2 c. boiling water.



Makes: 4 cups

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Health**

Melt margarine over medium heat. Add next 4 ingredients stirring quickly with whisk. Add broth, stirring until blended. Continue stirring and cooking for 5 minutes or until thick.

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Confetti Spring Salad

PASTA SALAD:

1 lb. (dry) rotini or rigatoni
2 carrots, chopped
1 bunch broccoli florets
1 lb. fresh asparagus
1 red bell pepper, chopped
3 radishes, sliced
½ c. fresh peas
1 pint cherry tomatoes

1 small bunch green
onions, sliced

DRESSING:

8 Tbls. olive oil
3 Tbls. lemon juice
½ c. fresh basil leaves,
chopped
sea salt - to taste



Serves: 6-8

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Health**

Cook pasta according to package directions. In another pan, bring 2 inches of water to boil. Place carrots in water & lightly blanch 1 min. or until light orange. Remove with slotted spoon & place in mixing bowl. Repeat process with peas & place in mixing bowl. Blanch broccoli, remove from water, chop & add to mixing bowl. Blanch asparagus, cut in one-inch pieces & add to mixing bowl. Add pasta, pepper, & radishes to vegetables & toss to mix. Add dressing ingredients & toss. Garnish with tomatoes & green onions.

Optional: Add your choice of diced meat substitute for variety!

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Corn Flake Casserole

1 lg. container of
cottage cheese (or
firm water packed tofu
drained and crumbled)

5 eggs beaten (or
Ener-G egg replacer)

1/3 c. vegan butter
(melted)

1 pkg. onion soup mix
or 3 Tbls. diced onion

1 pkg. George
Washington Seasoning

1 tsp. sage

1 tsp. garlic powder

1 tsp. seasoned salt

7 c. Corn Flakes



Serves: 6-8

**Hope for
Health**

Mix all ingredients (except Corn Flakes) in a bowl. Add Corn Flakes, mix and put in casserole dish. Bake at 350° for 1 hour or until top is golden brown.

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Creamy Mediterranean Dip

1 lemon - juiced
½ c. olive oil
1 clove garlic - peeled

2 cans (15.5 oz. each)
garbanzo beans
1/3 c. chopped pimento-
stuffed olives

Puree beans, 3 Tbls. lemon juice, & garlic in food processor until smooth. With processor running slowly, pour in olive oil. Stop & stir in olives & transfer to serving bowl. Serve with quartered pita bread, cherry tomatoes, cucumbers, red peppers, broccoli, celery, or use as a zesty sandwich spread! **Or try...**



Makes: 4 cups

**Hope for
Health**

Cool Cucumber Dip

1 c. cashews, raw
1/3 c. lemon juice
1 ½ tsp. salt
2-3 Tbls. honey
1 large cucumber,
peeled & diced

Blend all until smooth and creamy. Add 1/3 c. water to use as a dressing. Raw brazil nuts may be used in place of the cashews.

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Fresh Vegetarian Wraps

- 1 medium tomato - sliced
- 1 medium red onion - sliced
- 4 large leaves of green leaf lettuce
- 2 Tbsp. Veganaise or other vegan mayo
- 2 - Large flour tortilla shells (or "wrap" tortillas)
- 4 slices Tofutti Soy Cheese (or your choice of vegan cheese slices) - any flavor
- 6 slices vegan turkey (or your choice of meat substitute)



Serves: 2

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Health**

Place one tortilla on a flat surface. Smooth 1 Tbsp. vegan mayo over the middle of the tortilla. Place 2 leaves of lettuce length-wise over the mayo. Add 3 slices of tomato on top of the lettuce. Add 2 slices of cheese length-wise, and 3 slices of meat on top of that. Place onion slices to taste. Roll up in a wrap and slice in half. Repeat for other wrap.

Other ideas: Add vegan bacon strips, jalapeno slices, or fresh green, red, or yellow bell peppers. Use your imagination!

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Good Mornin' Apple Crisp

2 Tbls. ground flax seeds
1-2 tsp. cinnamon
6 Tbls. canola oil
4 Tbls. maple syrup
7 medium sweet apples,
quartered & sliced
½ c. dried cranberries or
raisins (optional)

2 Tbls. evaporated cane juice
crystals
2 c. Muesli cereal (for wheat
free, use 1 c. rolled oats
& use rice flour in place of
wheat flour)
2/3 c. whole-wheat pastry
flour or brown rice flour
½ c. walnuts, chopped



Serves: 4-6

**Hope for
Health**

Preheat oven to 375°. Spread apples & cranberries or raisins in lightly oiled 9x13 inch baking dish. Sprinkle with cane juice crystals. Combine remaining ingredients in separate bowl and press over apple mixture. Bake 45 minutes or until golden brown, hot & bubbly. Let cool. Enjoy plain or top with your favorite vegan whipped cream or ice cream!

Option: For a healthy "Dutch Apple Pie", place your favorite pie crust on the bottom of the pan before adding filling. Top as with Muesli mixture as above.

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Grape-Nuts Roast

- | | |
|----------------------------|-----------------------------|
| 2 c. Grape-Nuts cereal | ½ c. chopped onion |
| 3 c. soy milk | 2 eggs (or egg substitute)* |
| 2 c. finely chopped celery | 1-1/4 t. salt |
| ½ c. chopped nuts | 1 tsp. sage |

Combine all ingredients, mix well. Let stand 20 minutes. Put in oiled large loaf pan or casserole dish (9x13). Bake uncovered at 350° for 45 minutes to 1 hour until lightly browned. Let stand 5 minutes before serving. **See below for a side dish that goes great with this roast!**

*Ener-G Egg Replacer works great!

Marinated Tomatoes

- | | |
|--------------------------------|-----------------|
| 2 tomatoes, thinly sliced | 1 tsp. oregano |
| 1 ½ Tbls. lemon juice | ½ tsp. basil |
| 1 Tbls. extra virgin olive oil | ¼ tsp. sea salt |

Mix oil, lemon juice, salt, and spices in bowl. Layer tomatoes in bowl to marinate. Stir gently occasionally and marinate for a few hours.



Serves: 8

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Hearty Vegetable Soup

- | | |
|-------------------------------------|---|
| 4 c. water | 1 - 15 oz. can sweet peas (unsalted) |
| 1 tsp. salt | 1 - 15 oz. can diced tomatoes (in juice) |
| ¼ tsp. minced garlic | 2 - 15 oz. cans vegetarian chili beans |
| 2 celery stalks, chopped | Optional: 12 oz. bag shell noodles or macaroni noodles |
| 2 carrots, peeled & chopped | |
| ¼ tsp. crushed red pepper | |
| 1 medium onions, diced | |
| 4 medium potatoes, peeled and diced | |



Serves: 4-6

Hope for Health

In a 6-quart pan, bring water to a boil. Add all ingredients, except canned ingredients. Cook at a low boil until carrots and celery are tender (about 20 minutes). Add canned peas, tomatoes, and beans. Turn temperature down and simmer about 20 minutes until flavors have mixed well. Serve and enjoy!

Optional: For a Minestrone soup, in a separate pan, cook conchiglie shell noodles or macaroni noodles according to package directions. Set aside. When adding canned vegetables, add 2-3 cups of cooked and drained noodles.

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Layered Rice Casserole

- | | |
|-------------------------|---|
| 1-½ c. water | 1 c. dry textured soy protein |
| ½ tsp. basil | |
| ½ tsp. oregano | 1 medium bell pepper, chopped |
| 2 c. grated carrots | |
| 1 c. raw brown rice | 1 can (15 oz.) garbanzo beans, drained & rinsed |
| 1-½ c. tomato juice | |
| 1/3 c. dry bread crumbs | 2 Tbls. soy sauce or Braggs Liquid Aminos |
| 1 medium onion, chopped | |



Serves: 8

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Preheat oven to 350° degrees. Lightly coat a 2 ½ quart baking dish with non-stick cooking spray. Make a layer of rice on the bottom of the dish, then a layer of textured soy protein, then garbanzo beans. Sprinkle oregano and basil over. Layer onion, bell pepper, and carrots. Combine tomato juice, water, and soy sauce or Braggs Liquid Aminos and pour over casserole. Sprinkle bread crumbs over top and cover tightly with foil. Bake at 350° for 1 ½ hours.

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Meat-less Meatloaf

- | | |
|-----------------------------|---|
| 3 Tbls. tahini | ½ green bell pepper,
chopped |
| 2 tsp. olive oil | |
| 1 Tbls. dried parsley | 1 Tbls. soy sauce or
Bragg's Liquid Aminos |
| ½ c. cooked brown rice | |
| ½ c. dried bread crumbs | 1 box (4) veggie
burgers, thawed
overnight in
refrigerator |
| 1-2 cloves garlic, minced | |
| 1 (15 oz.) can tomato sauce | |
| 1 sm. yellow onion, diced | |



Serves: 4-6

**Hope for
Health**

Preheat oven to 350°. Heat oil in skillet on medium heat. Add onion, garlic, and pepper. Sauté until onions are translucent & peppers are soft, about 7 minutes. Transfer to large bowl. Crumble burgers into bowl with onion mixture. In separate bowl, combine tahini, 1/3 c. tomato sauce & soy sauce (or Bragg's Liquid Aminos). Add tahini mixture, rice, bread crumbs, & parsley to large bowl. Mix well. Transfer mixture to oiled loaf pan. Spread ½ c. tomato sauce on top. Bake 45 minutes. Allow to cool 15 minutes before slicing.

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Moo-Free Cheese Sauce

2 Tbls. soy margarine	1 tsp. basil
2 c. nutritional yeast	1 tsp. turmeric (optional)
1 Tbls. garlic powder	1 tsp. mustard
1 tsp. onion salt	1/2 to 1 c. soy or rice milk



Makes: 2 cups

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Melt margarine, add remaining ingredients, whisking well. Add more soymilk for desired consistency. Continue stirring until well blended. Great for au gratin potatoes, poured over nachos, or for dipping fresh veggies!

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Simple Lentil Stew

- 6 c. water
- 1 - 16 oz. bag of brown lentils - rinsed & drained
- 2 carrots, peeled and chopped
- 2 medium onions, peeled and diced
- 4 medium potatoes, peeled and quartered
- 2 tsp. salt
- 1 tsp. crushed red pepper
- 1 tsp. minced garlic



Serves: 4-6

**Hope for
Health**

Using a 6-quart pan, bring water to a boil. Add all ingredients. Bring all to a boil, then reduce heat and simmer until carrots and lentils are tender (about 40 minutes - 1 hour). Stir occasionally to prevent lentils from burning. For a thicker stew, reduce amount of water. For a thinner soup, increase the amount of water.

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Soy Whipped Cream

1/4 c. soymilk

1/2 c. oil (divided)

1 Tbls. maple syrup

1/2 tsp. vanilla



Makes: 2 cups

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Health**

Blend soymilk & 1/4 cup oil at highest speed. Slowly drizzle in the remaining oil, then add syrup & vanilla. If you would like the cream to be thicker, you can add more oil to get the thickness you desire.

NOTE: This recipe does not work well on damp or rainy days.

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Zesty Black Bean Soup

- | | |
|---|-----------------------|
| 1 c. frozen corn, thawed | 1 bay leaf |
| 2 Tbls. chopped cilantro | 1 tsp. salt |
| ½ tsp. ground cinnamon | 2 Tbls. hot sauce |
| 2 Tbls. extra virgin olive oil | 1 Tbls. ground cumin |
| 1 medium red onion, chopped | 1 Qt. vegetable broth |
| 3 cloves garlic, finely chopped | |
| 2 c. baby carrots, thinly sliced | |
| 3-4 whole cilantro leaves - garnish | |
| 2 cans (15 oz.) black beans, drained & rinsed | |
| 1 can (14 oz.) diced tomatoes, with their juice | |



Serves: 4-6

**Hope for
Health**

Heat oil over medium heat in large soup pot. Add carrots, bay leaf, and ½ tsp. salt. Cook until carrots are tender, about 7 minutes. Add onions, garlic, & remaining salt, cook 5 minutes more. Add onion, garlic, cumin, cinnamon, beans, tomatoes, & corn. Bring to a boil. Reduce heat & simmer 10 minutes. Stir in hot sauce & cilantro. Serve. Garnish bowls with cilantro leaves. **Optional:** To spice it up even more, add one 4 oz. can of green chiles.

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Zesty Vegetarian Nachos

- 1 large can vegetarian refried beans
- ½ c. water
- 1 bag corn tortilla chips (Tostitos or Fritos Corn Chips)
- 1-12 oz. bag Morningstar Farms Griller Crumbles
- 1 packet taco seasoning (any brand)
- 1-8 oz. bag shredded vegan cheese (cheddar)
- 1 tomato - diced
- 1 white onion - diced
- 1 jar jalapeno peppers
- 1 tub Tofutti vegan sour cream



Serves: 2-4

**Hope for
Health**

Preheat oven to 350°. Mix water and refried beans. Set aside. Prepare the Griller Crumbles with the taco seasoning (according to the seasoning package directions, using the Crumbles in the place of ground beef). After preparing, set aside. Place tortilla chips or Fritos on a cookie sheet, (or on individual oven-safe plates for individual servings). Top with prepared Crumbles, beans, and shredded cheese. Bake for 5-7 minutes, or until cheese is melted and chips begin to brown. Top with fresh diced onions, tomatoes, jalapenos, and vegan sour cream.

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