



# **Start With the Tastebuds**

## ***What Should I Cook?***

*Simple Recipe Handouts*

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*Start with the Tastebuds*  
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# How to Choose Recipes

- Simple and Practical
  - Don't choose fancy dishes that you only make once a year.
  - Keep in mind: busy moms and working men and women.
- Creative—be adventurous, but make sure it passes friends and family inspection first!
- Local ingredients
  - Use ingredients that your community has access to—not something they have to drive two hours to find.
  - Locate all your local farmers and tell them about your class. They may be willing to give you some discounted produce to use in your class, if you promise to use it to advertise their farm. Farmers markets are great, but often you can get better produce and service if you drive to the farm's personal produce stand.
  - Check out local produce stands, also. They often have connections with farms in neighboring states and can get you good deals on fresh produce, as well. Be sure to invite them to your class and tell them to spread the word for you!
- What is in season
  - Always use produce in season—as much from local farms and produce stands as possible, and what's on sale at your local grocery store during the winter months. This will save you money, and ensure that your students can go home and make the same recipes.
- Economical
  - Try to use as few expensive ingredients as possible. Health Food stores are great, and Whole Foods has lots of neat expensive ingredients/packaged foods, but resist them as much as possible. Health is not only reserved for the rich—it's for everyone!
- Minimal variety
  - Try to limit your recipes to 2-4 per class. If you want to give them more recipes, do not serve all of them! Too many recipes can overwhelm a person, while 2-4 gives them variety without the burden.
  - The beauty of an on-going cooking class is that you don't have to teach everything at once! Save some recipes for next time—you'll last longer. :)
- Recipes combine to form a tasteful meal.
  - Don't make your cooking class like potluck with 10 different food samples. Choose what you would serve at home as a complete meal.
  - For vegetable classes, always try to do a salad OR relish tray, a main dish, and a vegetable. If your main dish is a vegetable, then you might consider a whole grain to go with it.
  - For fruit classes, always do some cut fresh fruit OR fruit salad, a main dish (usually something with whole grains), and one cooked or processed fruit dish.
- Have fun!
  - Keep in mind: taste, texture, color, smell, and eye appeal. If all those pass the test, then you are ready for a really fun class!

# Strawberries for Breakfast I

## Simple Fruit Soup

BRING to a boil in 4qt OR 6qt kettle:  
3-4 c. fruit juice (apple, pineapple, grape, etc.)  
2 t. lemon juice  
1-2 t. vanilla, opt.  
1/4 t. salt, opt.

MIX in measuring cup:  
6 T. cornstarch OR arrowroot powder  
6 T. water

ADD mixture to boiling juice.  
Cook until thick, stirring constantly.

ADD to kettle:  
4 c. strawberries, fresh OR frozen  
6 c. sliced peaches OR nectarines,  
fresh, frozen OR canned  
2 c. blueberries OR cherries,  
fresh, frozen, OR canned, opt.

STIR together until frozen fruit is thawed.  
SERVE immediately with cornbread, popcorn,  
bread, or crackers.  
Use leftovers as fruit sauce over pancakes,  
waffles, toast, or hot cereal.

VARIATIONS:  
Experiment with your favorite fruit combinations  
and have fun! Keep in mind flavor and color  
variety.

## Frozen Fruit Smoothie

Ingredients:  
1 c. soy milk OR other milk  
2 frozen bananas (in chunks)\*  
1 c. frozen fruit of choice (strawberries,  
other berries, mangos, pineapple,  
or any other favorite frozen fruit!)  
2-3 T. fruit juice concentrate  
OR favorite sweetener

1/2 t. vanilla flavor, opt.  
pinch salt, opt.

POUR milk into bottom of blender.  
ADD a few of the banana and frozen fruit  
chunks, along with the sweetener, vanilla and  
salt.  
BLEND until smooth, stopping to stir if needed.  
CONTINUE to add bananas and frozen fruit until  
it is too thick to blend.  
SERVE immediately.

**\*NOTE 1**— buy ripe bananas, peel, and break  
into chunks. Place in gallon zip-lock bag and  
freeze.

**\*\*NOTE 2**— may freeze either fresh fruit  
chunks or canned fruit. Freeze in quart zip-lock  
bag or a container.

## Quick Corn Muffins

*Sugar-free, Yeast-free, Nut-free and can  
even be made Gluten-free!*

BLEND until very smooth:  
2 c. water  
4 c. frozen corn, slightly thawed  
1/2 c. coconut, opt

MIX in a bowl:  
2 c. corn flour OR cornmeal, finely ground  
1 c. whole wheat flour OR rice flour, buckwheat  
flour, cassava flour, spelt, kamut, barley, etc.  
1 t. salt  
1 c. raisins, dates, ch. fruit, OR blueberries, opt.

MIX blender mixture into dry ingredients.  
POUR into muffin tins  
BAKE immediately at 400° for 45 minutes or  
until golden.  
SERVE immediately. (They shrink and get more  
dense as they cool, but if you heat up leftovers,  
they still taste good!)



# Strawberries for Breakfast I

## Fresh Strawberry Tips:

Fresh Strawberries don't keep more than a few days in the refrigerator. To increase their life, do not wash them until just before eating.

For a healthy way to sweeten them and make them more juicy without adding sugar, cut the strawberries into a bowl and mix a Tablespoon of fruit juice concentrate into them. This will help preserve them on the table and add flavor too!

There are two ways to freeze strawberries:

1. Place stemmed strawberries whole into a ziplock bag or a glass jar and freeze immediately. Makes delicious fruit salads and is easily separated for fruit smoothies.
2. Cut strawberries in halves or quarters into a large mixing bowl. Drizzle a small amount of fruit juice or fruit juice concentrate and mix. Let sit for a couple minutes to allow juice to start seeping from the strawberries. Spoon strawberries and juice into a glass jar, leaving a little space for it to expand. Screw lid on and freeze upright. To use, pull out of freezer the night before you want to use it. Heat it up and serve as a sauce, or add some cornstarch to thicken for a thicker sauce. Or just serve cold as a juicy strawberry topping for hot cereal or toast.

## Strawberry Sauce

BRING to a boil:

- 2 c. apple juice, or fruit juice of choice
- 1 t. lemon juice
- 1 t. vanilla, opt.
- 1-2 T. honey, opt. (if berries are tart)
- 1/8 t. salt

MIX in measuring cup:

- 4 T. cornstarch OR arrowroot powder
- 4 T. water

ADD mixture to boiling juice.

Cook until thick (1-2 min), stirring constantly.

ADD to kettle:

- 4 c. strawberries, fresh or frozen  
(or other berries or other fruit!)

STIR together until berries are thawed (if frozen). Do not cook the berries!

SERVE over pancakes, waffles, toast, or hot cereal.

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# Strawberries for Breakfast II

## Ambrosia

MIX ahead in a quart jar:

- 15 oz. coconut milk
- ¼ c. frozen pineapple juice concentrate
- 4 T. chia seeds
- 3 T. raw honey, opt.
- 1 t. vanilla

SLICE into a bowl when ready to serve:

- 4 c. fresh pineapple chunks (or other fruit)
- 2 c. seedless grapes, sliced in half
- 2 c. fruit of choice (choose one--strawberries, oranges, blueberries, peaches, pomegranates, cranberries, etc.)

AHEAD OF TIME:

MIX the coconut milk, pineapple juice concentrate, honey, and vanilla.

ADD the chia seeds and mix well with a fork or a wire whisk—or screw the lid on the jar and shake well.

WAIT 5 minutes and shake again.

REPEAT this a few times until all the chia seeds are well mixed in forming a suspension without any lumps.

REFRIGERATE for 2-4 hours, or overnight.

JUST BEFORE SERVING:

CUT the fruit in bite size chunks.

MIX the fruit with the coconut-chia sauce.

SERVE it cold in a nice glass dish. You can top it with fresh strawberries for more color. Makes a nice holiday dish for breakfast, supper, or dessert.

LEFTOVERS keep for 1-2 days.

## Rice Waffles (*Gluten Free*)

BLEND until very smooth:

- 1 c. uncooked rice or millet
- 1/3 c. sunflower seeds or nuts
- 1/3 c. coconut
- 1 T. flax seed, opt.
- 1 T. cornstarch OR tapioca flour  
OR arrowroot powder
- ½ t. salt
- ½ t. maple flavoring OR  
1 t. vanilla, opt.
- 1 ¾ c. water

ADD and blend well:

- 1 c. cooked rice (warm or cold)  
OR cooked millet (cold, leftover)

ADD a few tablespoons of water or extra cooked rice or millet to adjust thickness of batter.

POUR into preheated, oil-sprayed waffle iron.

COOK for 6-10 minutes, or until slightly golden.

SERVE immediately or cool on racks.

REFRIGERATE or freeze for easy meals later on!

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# Strawberries for Breakfast II

## Multi-Grain Waffles

BLEND until very smooth:

- ¼ c. almonds, cashews, OR  
sunflower seeds
- 3 T. sweetener OR  
½ c. dates, pitted
- 3 T. flax seed
- 1 c. water
- ¼ c. shredded coconut, opt.

MIX in large bowl:

- 2 c. oat flour OR rolled oats
- 1 c. wheat, spelt, buckwheat  
OR corn meal
- 1 c. barley flour
- 1 t. salt
- 2 t. vanilla flavor
- 3 - 3 ½ c. water

MIX all ingredients together in large bowl  
and let sit for 5-10 minutes.

BLEND 5 cups of batter at a time for 1  
minute.

PREHEAT waffle irons and spray with oil for  
the first waffle just before pouring in the  
batter. (May need to spray between  
waffles)

COOK 10-12 minutes until golden brown.  
(If waffles stick, batter may be too thin.  
Thick batter will make heavier waffles.  
Experience will get it just right.)

Experience will get it just right.)

SERVE with fruit or sauce.

LEFTOVERS freeze well.

## Strawberry Sauce

BRING to a boil:

- 2 c. apple juice
- 1 t. lemon juice
- 1 t. vanilla, opt.
- 1-2 T. sweetener, opt. (if berries are tart)
- 1/8 t. salt

MIX in measuring cup:

- 4 T. cornstarch OR arrowroot powder
- 4 T. water

ADD mixture to boiling juice, stirring quickly  
with wisk.

Cook until thick, stirring constantly.

ADD to kettle:

- 4 c. strawberries, fresh or frozen

STIR together until strawberries are thawed.

SERVE over pancakes, waffles, toast, or  
hot cereal.

VARIATIONS:

1. May mix apple juice with pineapple juice,  
grape juice, white grape juice, cherry  
juice, pomegranate juice, or any other  
juice of choice for a different flavor.
2. May substitute strawberries for other  
berries, (blueberries, blackberries,  
raspberries, etc.) or even use other fruits  
such as peaches, pears, apricots, etc. but  
you will need more sweetener if using  
tart fruit.



# Berries, Berries, Berries

## Sugar-Free Berry Pie

WASH, cut as needed and set aside:  
4 c. fresh or frozen berries (blueberries, strawberries, blackberries, mulberries, etc.)

MIX in 4qt kettle and bring to boil:  
1 c. fruit juice concentrate (white grape, apple, or concord grape, etc.—no sugar added)  
1/4 t. salt  
1 t. vanilla  
2 t. lemon juice

MIX together and then add to boiling juice.  
STIR briskly for 1 min until clear:  
1/2 c. water (use only 1/4 c. if frozen berries)  
3 T. cornstarch

SHUT off burner and quickly mix in berries.  
(Let cook for a minute if berries are still frozen)  
POUR into pre-made pie crust.  
CHILL for several hours or overnight.  
SERVE cold.

### Variations:

May also use sour cherries instead of berries.  
Add a couple tablespoons of honey if still too sour.

## Grape-Nuts Crumble Pie Crust

1 1/2 c. grape-nuts  
6 oz. apple juice concentrate  
pinch salt

MIX well in a bowl.  
SET ASIDE for one hour to allow grape-nuts to absorb the juice.  
PRESS into pie pan.  
BAKE at 350° for 15 min or until golden.

## Quick “Graham Cracker” Crust

Makes one 10 inch pie pan—decrease recipe for smaller pie pan.

BLEND until smooth:  
1 c. pecan meal (or blended pecans or walnuts)  
3/4 c. date pieces (oat flour OR regular dates)  
1/4 t. salt

POUR into bowl and mix with:  
2 T. coconut oil, opt.

POUR into sprayed pie pan.  
PRESS into place.  
POKE with fork.  
BAKE at 350F for 10 minutes.  
COOL for a couple minutes before adding fruit.

## Low-Sugar Berry Jam

BRING to a boil:  
8 c. berries of choice, mashed  
1 T. vanilla flavor, opt.  
2 T. - 1/4 c. lemon juice (depends on the berry)

MIX separately:  
1 c. organic sugar  
Low-Sugar Fruit Pectin

POUR sugar/pectin mixture into boiling berries.  
MIX and boil for 1 minute.  
SET off burner and let sit for 5 minutes.  
POUR into sterilized jam jars.  
PUT sterilized lids on and screw tightly.  
PLACE in boiling water (to cover lids) 5 minutes.  
SET on a towel and leave on counter for 24 hours before eating or storing.

OR if you don't want to can the jam, you can put it straight into the refrigerator after filling jars. Keeps for 2-3 weeks.



# Berries, Berries, Berries

## Gluten-Free Crumble Pie Crust

1 c. pecan pieces, chopped finely OR  
1 ½ c. pecan meal OR almond meal  
2 T. coconut oil

2 T. sweetener  
pinch salt

MIX well by hand or in food processor.  
PRESS into pie pan.  
BAKE at 350° for 15 min or until golden.

## Banana Date Granola

MIX in a large bowl:  
14 c. old-fashioned oats (one container)  
2 c. nuts or seeds of choice, opt.  
2 c. shredded coconut, opt.

BLEND until smooth:  
1 ½ c. pitted dates  
2-3 bananas, fresh or frozen  
¾ c. water  
½ c. almonds OR other nuts  
1 T. vanilla flavor  
1 t. maple flavor, opt.  
1 ½ t. salt

POUR blended mixture into dry ingredients and mix well.

SPREAD evenly onto two cookie sheets.  
BAKE at 200° for 6 hours.

OR

BAKE at 250° for several hours, stirring occasionally until crisp.  
COOL on counter (about an hour or so).  
ADD 2-3 cups raisins, or other chopped dried fruit (apples, dates, pineapple, etc.), if desired.  
STORE in airtight container.

## Quinoa

1 c. quinoa, rinsed thoroughly  
2 ¼ c. water  
¼ t. salt

Bring to a boil.  
Turn down to med-low for 45 minutes.  
Shut off and let sit for a few minutes.  
Serve immediately or refrigerate for later use.

Note: Quinoa is very tasty with fruit and granola and soy milk or almond milk. But it also is quite tasty as a savory dish with stewed tomatoes and vegetables, or even instead of rice in a spanish rice recipe.

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# Tempting your Breakfast Appetite

## Granola Bars

3 1/2 c. old-fashioned oats  
3/4 c. walnuts or pecans, roughly chopped  
3 large, ripe bananas  
2/3 c. unsweetened applesauce  
3/4 c. raisins or dates  
1/2 t. coriander  
1/2 t. cardamom  
2 T. ground flax seed (or flax meal)  
1/2 t. salt  
2 t. vanilla flavor OR 1 t. maple flavor, opt.

PREHEAT oven to 350 F.

LINE a cookie sheet with parchment paper, with about 1 inch of parchment paper overlapping the sides.

SPREAD out the oats and chopped pecans on a baking sheet.

BAKE at 350F until they are lightly toasted, stirring occasionally, about 10 minutes.

MASH bananas with a fork in a large bowl.

STIR in applesauce until combined.

MIX in dried cranberries, ground flax seed (flax meal), seasoning, and salt.

ADD the oats and pecans to a large bowl.

STIR until well combined and starting to clump.

POUR onto the prepared baking dish and press down evenly.

BAKE at 350F until the bars are golden brown and starting to separate from sides of the pan, about 30 minutes.

COOL on a wire rack for 15 minutes.

USE the parchment paper to lift the bars out of the pan.

Cool to room temperature, then cut into bars.

SERVE warm or store in an airtight container.

KEEPS well in the fridge for up to a week, or in the freezer for up to 3 months.

YIELD: 15-30 granola bars (depending on size).

## Frozen Fruit Smoothie

1 c. soy milk or coconut milk  
2-3 frozen bananas (in chunks)\*  
1 c. frozen strawberries or other fruit  
2-3 dates OR other sweetener  
1/2 t. vanilla flavor, opt.  
pinch salt, opt.

POUR milk into bottom of blender.

ADD a few of the banana and pineapple chunks.

ADD the strawberries and flavor ingredients.

BLEND until smooth, stopping to stir if needed.

CONTINUE to add bananas and pineapple until it is too thick to blend.

SERVE immediately.

\*NOTE: buy ripe bananas, peel, and break into chunks. Place in gallon zip-lock bag and freeze.

## Whole Grain Millet

1 c. uncooked millet  
4 c. water  
1/2 t. salt

Rinse millet thoroughly and remove any stones.

### Stovetop cooking:

Bring water, salt, and millet to a boil.

Turn to med-low and simmer for 2 hours. (If using a propane stove, turn as low as it will go and use a diffuser to prevent burning)

Shut off and let sit for 30 minutes.

### Oven cooking:

Place millet, hot water, and salt in a covered casserole dish. Bake at 200°F for 8 hours (overnight).

### Crock Pot:

Place millet, hot water, and salt in a crock pot. Cook on low for 8 hours (overnight).



# Tempting your Breakfast Appetite

## Creative Breakfast Ideas:

### Breakfast Cereal Deluxe

cereal bowl  
hot cereal of choice  
fresh fruit of choice  
fruit smoothie  
granola or Grape Nuts or raw nuts

FILL half the bowl with hot cereal.  
SLICE fresh fruit on top.  
POUR smoothie over fruit (optional—use your favorite milk if you don't have time to make smoothie)  
SPRINKLE with granola or Grape Nuts or even raw nuts for some added crunch.

ENJOY!

### Fruit Smoothie Parfait

parfait glass  
fresh fruit of choice  
fruit smoothie  
granola or Grape Nuts or chopped nuts

SPRINKLE granola (or crunch equivalent) on bottom of parfait glass.  
SLICE a few pieces of fresh fruit.  
FILL half the glass with smoothie.  
SPRINKLE granola (or crunch equivalent) on top of smoothie.  
SLICE a few more pieces of fresh fruit.  
FILL the rest of the parfait glass with smoothie.  
TOP with one more piece of fruit.  
SERVE immediately.

Makes a special breakfast or a really fancy candlelit supper treat!

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# Garden Vegetables I

## Garden Vegetable Sauce

WASH and Slice one to three vegetables of choice into flat-bottom pan or wok:

- zucchini, sliced into half-rounds
- yellow summer squash, sliced in rounds
- carrots, sliced
- green beans, snapped into pieces

ADD:

- 2 qt. canned tomato OR  
fresh tomatoes chopped  
in large pieces

SAUTE on medium heat (covered) with:

- 1 c. fresh basil OR 4 T. dried basil
- ½ c. fresh parsley OR 2 T. dried parsley
- 1 chopped onion OR  
4 T. dried chopped onion
- 2 T. lemon juice
- 4 T. honey (or sweetener of choice)
- 2 t. salt
- 1 t. garlic powder
- 1 T. onion powder
- 1 T. paprika

THICKEN with:

- 1 can tomato paste and season to taste.

SERVE over cooked pasta OR cooked rice, cooked millet, or cooked quinoa.

FREEZE leftovers in quart jars or freezer containers for fast meals later.

## Cabbage-Tomato Veggies on Rice

COMBINE in large skillet or flat-bottom pan with lid:

- ½ head cabbage, cut in chunks
- 4 large tomatoes, cut in large pieces
- 4 cloves garlic, minced
- ½ med. onion, finely sliced

SAUTE over medium heat (covered) with:

- 2 T. olive oil
- 2 t. Country-Style Seasoning OR  
vegetable seasoning of choice

SEASON to taste.

SERVE immediately over cooked rice.

NOTE:

STORE leftovers in a casserole dish on top of a layer of rice or pasta. Bake at 350° for 20 min to heat before eating.

## Tomato Cucumber Salad

Fill salad bowl with:

- fresh tomatoes, cubed into  
large bite-sized chunks
- cucumber, peeled and diced

Drizzle on top:

- 2 T. olive oil
- 1 t. salt
- 1 T. honey
- 2 T. lemon juice
- 2 t. onion powder
- ½ c. fresh or 3 T. dried basil leaves

TOSS together well. Salt will make the tomatoes and cucumbers to get soft and juicy.

LET SIT for 5 minutes to marinate.

SERVE.



# Garden Vegetables I

## Pasta Tips

1. Cook pasta in plenty of water with salt to flavor it, until pasta is soft (should hold together nicely, but not be chewy or floury in the middle).
2. Rinse lightly with warm water and drain well.
3. Drizzle with a few tablespoons of olive oil, sprinkle with onion powder and parsley and toss lightly. This will prevent the pasta from sticking.
4. Serve a small serving of pasta on each plate, and pile it with Garden Vegetable Sauce. This will help fill you up, give you good nutrition, and prevent from eating too much starch.
5. Make your salad and vegetables the main meal, and pasta only as a carrier for vegetables.
6. Always use Whole Grain Pasta. This will give you the fiber you need.

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# Garden Vegetables II

## Tomato Salad

Serves: 2

CHOP into a mixing bowl:

2 med. tomatoes (large chunks so they don't get mushy)

1/2 cucumber (smaller chunks)

SPRINKLE on top:

2 t. olive oil

2 t. lemon juice

1 t. sweetener (honey, sugar, sorghum, etc.)  
OR a pinch of stevia

1/4 t. salt

1/2-1 t. onion powder OR chopped fresh onion

2 t. dried sweet basil OR 1/4 c. fresh basil leaves, chopped or torn into pieces

MIX together well.

SERVE immediately or chill.

SERVE as is or with a spoonful of sour cream on top.

## Baked Okra

whole okra, washed (do not cut anything!)

oil spray

salt

onion powder

PREHEAT oven to 400F.

SPRAY glass casserole dish with oil spray.

PLACE whole okra in dish.

SPRAY okra lightly with oil spray.

SPRINKLE salt and onion powder on top.

MIX together.

BAKE at 400F for 20 minutes or until golden.

STIR once, half-way through.

SERVE immediately!

## Summer Squash Stovetop Scramble

4 zucchini or summer squash,  
sliced in half-rounds

1/2 onion, sliced OR 2 T. dried minced onion

1/2 c. diced mushrooms, opt.

1/2 t. sesame oil, opt.

1 t. salt

2 t. onion powder  
oil spray

PREHEAT cast iron skillet.

SPRAY with oil to prevent sticking--after heated.

POUR veggies into skillet immediately.

SPRINKLE sesame oil (if using), onion powder and salt to taste.

STIR frequently until veggies are browned nicely. (May cover to speed cooking process)

SERVE immediately.

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# Fast and Easy Vegetable Dishes

## Babaghanoush (*Middle Eastern Hummus*)

- 1 eggplant, medium sized
- 1/4 c. lemon juice
- 1/4 c. tahini
- 1-2 cloves garlic
- 1/4-1/2 t. salt to taste
- 1 1/2 T. olive oil—Add AFTER blending

PREHEAT oven to 400F.

PLACE eggplant on baking sheet, and make holes in the skin with a fork.

ROAST it for 40 minutes, turning occasionally, or until soft.

REMOVE from oven, and place into a large bowl of cold water to cool it down or let it cool on the counter.

PEEL skin off.

PLACE eggplant, lemon juice, tahini, and garlic in a blender, and puree.

SEASON with salt to taste.

TRANSFER eggplant mixture to a medium size mixing bowl, and slowly mix in olive oil.

REFRIGERATE overnight before serving.

SERVE as a vegetable dip or with pita pockets like you would hummus.

## Country Style Seasoning

- 1/2 c. salt
- 1/4 c. celery salt
- 1/4 c. onion powder
- 1/4 c. parsley flakes
- 1 t. garlic powder
- 1 t. paprika
- 1/2 t. summer savory OR savory
- 1/2 t. marjoram
- 1/2 t. sage

MIX together and store in a jar or sealed spice container.

USE as a seasoning in gravies, soups, patties, etc. Makes a great substitute for chicken seasoning.

## Quick Quiche with Greens

- 1 lb. extra-firm tofu
- 2 t. onion powder
- 1 t. garlic powder, opt.
- 1 t. Country Style Seasoning
- 1/4 c. nutritional yeast
- 1/4 c. cornstarch
- 1 T. lemon juice
- 4-8 c. fresh greens (any kind you like—spinach, kale, collards, chard, mustard, etc.), chopped

PREHEAT oven to 350 F.

WASH and chop greens, put them in a large mixing bowl.

GREASE a shallow 9" pie dish and set aside.

BLEND all ingredients, except greens, in a food processor or strong blender and whiz until smooth and creamy, stopping to break up chunks and scrape the sides as necessary.

POUR into the greens and mix thoroughly.

TRANSFER batter to pie dish.

SPREAD the mixture around so it's even and tight.

BAKE at 350F for 30-40 minutes, until golden and the center is not still mushy.

ALLOW to cool for 10-20 minutes before slicing and serving. Enjoy!

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# Garden Vegetables III

## Broccoli-“Cheese” Soup

Steam separately for 3-4 minutes, rinse in cold:  
3 heads broccoli or cauliflower, cut in pieces  
1 med onion, chopped  
5-6 cloves garlic, minced

Blend until smooth:

1/2 c. cashews or other nuts\*  
2 c. cooked rice or millet  
2 c. water\*  
1 1/2 t. salt OR 1 T. Country Style Seasoning  
2-3 T. nutritional yeast  
4 oz. pimento OR 1/2 red pepper  
2 T. cornstarch

BOIL 4 cups of water in large soup kettle.  
POUR blender mixture and stir until thick.  
ADD steamed broccoli and veggies.  
ADD 1 T. dried parsley and season to taste.  
SERVE immediately.

### Variations:

May use broccoli, cauliflower, potato, carrots, or asparagus as the veggies in this soup, or any combination

**\*NOTE:** If allergic to nuts, use rice milk or soy milk instead of water, and omit cashews.

## Babaghanoush (*Middle Eastern Hummus*)

1 eggplant, medium sized  
1/4 c. lemon juice  
1/4 c. tahini  
1-2 cloves garlic  
1/4-1/2 t. salt to taste  
1 1/2 T. olive oil—Add AFTER blending

PREHEAT oven to 400F.

PLACE eggplant on baking sheet, and make holes in the skin with a fork.

ROAST it for 40 minutes, turning occasionally, or until soft.

REMOVE from oven, and place into a large bowl of cold water to cool it down or let it cool on the counter.

PEEL skin off.

PLACE eggplant, lemon juice, tahini, and garlic in a blender, and puree.

SEASON with salt to taste.

TRANSFER eggplant mixture to a medium size mixing bowl, and slowly mix in olive oil.

REFRIGERATE overnight before serving.

SERVE as a vegetable dip or with pita pockets like you would hummus.

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# Tomato Soup and Veggie Dip

## Babaghanoush (*Middle Eastern Hummus*)

1 eggplant, medium sized  
1/4 c. lemon juice  
1/4 c. tahini  
1-2 cloves garlic  
1/4-1/2 t. salt to taste  
1 1/2 T. olive oil—Add AFTER blending

PREHEAT oven to 400F.

PLACE eggplant on baking sheet, and make holes in the skin with a fork.

ROAST it for 40 minutes, turning occasionally, or until soft.

REMOVE from oven, and place into a large bowl of cold water to cool it down or let it cool on the counter.

PEEL skin off.

PLACE eggplant, lemon juice, tahini, and garlic in a blender, and puree.

SEASON with salt to taste.

TRANSFER eggplant mixture to a medium size mixing bowl, and slowly mix in olive oil.

REFRIGERATE overnight before serving.

SERVE as a vegetable dip or with pitas like you would hummus.

## Creamy Tomato Soup

3 c. grain, soy, or nut milk (or part water)  
1 T. onion powder  
1/2 t. garlic powder  
1 1/4 t. salt  
1-2 T. dried basil (adjust as desired)  
1 1/2 T. sweetener, opt. OR stevia  
1 1/2 T. cornstarch OR arrowroot powder

1 (6oz) can tomato paste

8 c. whole canned tomatoes

Mix all ingredients except the tomato paste and whole tomatoes in a 6 quart pot.

BLEND tomatoes (4 cups at a time) with the tomato paste on high for 30 seconds.

ADD to pot and mix together.

BRING to a boil, stirring constantly.

COOK on medium heat about 15 minutes.

VARIATION:

Add cooked rice or quinoa, cooked pasta, ABC noodles or steamed vegetables for some added texture.

\*NOTE: May also use 15 oz can tomato sauce.

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# Summer Vegetables

## Pasta Salad

BOIL until tender in several quarts of water:

- 1 box whole grain pasta
- 1 T. salt

DRAIN, rinse in cold water, and pour into bowl.

ADD:

- 2-4 c. frozen peas (thawed in hot water)
- 1 c. chopped celery, opt.
- 1-2 c. chopped vegetables of choice, raw or steamed, opt. (onions, carrots, broccoli, zucchini, etc.\*)

Condiments of choice: canned olives, artichoke hearts, pickles, mushrooms, etc.

- 1 T. dried dill weed or sweet basil
- 2 T. dried parsley

POUR favorite salad dressing on top and salt to taste. (Sour cream, cashew mayonnaise, Italian dressing, etc.—choose your favorite!)

CHILL or serve immediately.

\*NOTE: if you steam the vegetables, leave them slightly crunchy and rinse them immediately in cold water to stop the cooking process and maintain their pretty color. They are amazing!

VARIATION:

For a fresh pasta salad, toss pasta with a hint of lemon juice, olive oil, salt, and herbs. Chill separately.

Just before serving, add pasta to a fresh salad (lettuce, cucumber, tomato, onions, etc.) and serve with your favorite Italian dressing. Don't make too much, as leftovers don't keep well.

Note: Fresh herbs are even better than dried herbs, if you have access to them! Multiply the amount 4 times for fresh herbs. Enjoy!

## Grilled Vegetables

PREPARE for cooking:

- 6 slices eggplant (1/4 inch thick slices—peel eggplant first, if desired)
- 1/2 c. sliced yellow summer squash (1/4 inch thick)
- 1/3 c. sliced zucchini (1/4 inch thick)
- 2 slices of onion (1/4 inch thick)
- salt
- onion powder
- dried sweet basil or Italian seasoning

TOSS the veggies in a bowl with salt, onion powder and herbs. (Or if doing a small batch, sprinkle salt and seasonings on top).

ARRANGE on a sprayed baking sheet (or lined with parchment paper).

BROIL in oven (on highest rack) for about 4-5 minutes.

FLIP over to other side, and broil for a couple more minutes until browned. Watch carefully! (OR Grill in a grill wok or basket, covered, for 5-7 minutes on each side, until tender and lightly browned)

PREPARE for serving:

- whole grain bread or buns or rolls, toasted
- sliced tomato
- lettuce or spinach leaves
- your favorite mayonnaise or spread

SPREAD mayonnaise on bread, layer with grilled vegetables, sliced tomato, lettuce, etc. Makes a delicious sandwich!

VARIATION:

For party finger food, cover each eggplant slice with a slice of tomato and sprinkle with your favorite "cheese."

BROIL for 1 minute just before serving, to melt the cheese. Garnish with a sprig of fresh parsley.



# Summer Vegetables

## Sour Cream/Dip

BLEND until very smooth:

1 1/4 c. Soy Milk Powder OR Soy Supreme  
(ingredients: processed soybeans)

2 c. water

1 1/4 t. salt

1 T. onion powder

ADD more water if needed to blend

(1 T. at a time)

SLOWLY add while blending:

1/2 c. olive oil (may need to help stir with spatula)

QUICKLY add:

1/2 c. lemon juice (more if you like it more sour)

SHUT off blender.

MIX last bit of lemon juice with spatula.

POUR into container. Should be relatively thick.

SERVE immediately or refrigerate.

KEEPS one week.

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## Italian Dressing

2 T. olive oil

1/4 c. lemon juice (OR 1 lemon, squeezed)

1 T. honey

1/4 t. salt

1 t. onion powder OR 1/4 t. garlic powder

1/4 t. paprika

MIX together VERY well.

SET ASIDE for 20 minutes to allow flavors to blend.



# Healthy Picnics

## Oat Burgers

- 5 c. water
- 3 T. dried onion OR  
1 fresh onion, finely chopped
- 1 bay leaf
- 2 t. sage
- ¾ t. salt
- 2 T. Country Style Seasoning
- 1 t. onion powder
- 1 t. garlic powder
- ¼ t. marjoram
- ¼ t. thyme
- 1 c. chopped walnuts, pecans, OR  
sunflower seeds

ADD later:

- 4 c. quick oats OR rolled oats  
(quick oats hold together better)

BRING water and all ingredients except oats, to boil in a 6 quart pot.  
ADD oats, cook 1-2 min. stirring well.  
COVER and let sit at least 1 hour.  
UNCOVER and cool for an hour.  
MAKE into burger patties. (an oiled jar lid and ring works well to form patties.)  
COOK on a cast iron skillet, or a griddle.  
SERVE warm or cold.  
FREEZES well.

## Rice-Garbanzo Patties *Gluten-Free*

STEAM in small kettle:

- ½ onion, finely chopped
- 3-4 cloves garlic, minced
- 2 carrots, grated
- 3 celery stalks, finely sliced or chopped
- 1 c. chopped mushrooms, fresh, frozen,  
OR canned

1 ½ T. Country-Style Seasoning

POUR into bowl and mix with:

- 4 c. well-cooked rice (Dextrinizing rice before cooking, will give the burgers a nicer texture.)
- 1 can garbanzos, mashed OR 2 c. cooked garbanzos, mashed
- ¼ c. flax seed, ground
- ¼ c. soy flour (or any other flour)

MIX together well.

ADD an extra Tablespoon of flour if it is too sticky.

FORM into burger patties (an oiled jar lid and ring work well)

COOK on a cast iron skillet, or a griddle.

SERVE warm or cold.

## Cashew “Miracle” Mayonnaise

BLEND until very smooth:

- ½ c. cashews or blanched almonds
- 1 c. cooked millet OR cornmeal OR corn grits, hot and freshly cooked
- 1 c. water
- 1 t. salt
- 1 t. garlic granules
- 1 t. onion granules
- ¼ c. lemon juice

POUR into container and chill.

YIELD: 3 cups.



# Healthy Picnics

## Watermelon Slushy or Sorbet

The trick to making this recipe at a moment's notice is to have your freezer already stocked with chopped watermelon. Then you can have a healthy, refreshing dessert in minutes!

1 c. frozen (seedless) watermelon chunks  
1 t. lemon juice OR lime juice  
1 T. sweetener or 1/2 c. frozen fruit  
(try raspberries for a zingy flavor, or  
choose your own favorites!)

1/2 t. vanilla flavor, opt.  
pinch salt

### Food Processor Instructions:

Place all ingredients into a food processor fitted with the "s" blade and pulse. Continue to process then pulse until all of the chunks have become a smooth sorbet. The pulsing is really the trick here, so if the watermelon chunks just are not breaking down, turn off your machine, then pulse. Taste and add more sweetener if necessary. Pulse again.

### Blender Instructions:

Blend by pulsing it. Help it along by stirring it between pulses, if needed. Add more sweetener, if necessary.

You can serve it right away or scoop it out and freeze for a few hours in a container. Use an ice cream scoop to serve.

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# Canning and Freezing Summer Vegetables

## Fresh Tomato Salsa

2 med. tomatoes, quartered  
¼ med. onion  
4 sprigs parsley or cilantro  
2 cloves garlic  
    1 t. onion salt or garlic salt  
    2 T. lemon juice

CHOP finely with sharp knife or grind in food processor.  
SERVE immediately or refrigerate.

## Canned Tomato Salsa

1 large 7 qt. mixing bowl of tomatoes

BLANCH tomatoes in boiling water for one minute, then cool in ice water.  
PEEL and core tomatoes, taking off bad spots.

### Chop finely:

2 large onions  
1 bulb garlic (approx 10-14 cloves)  
4 stalks celery (OR 4 extra bell peppers)  
4 med. green or red bell peppers

NOTE: If you want the salsa less spicy, saute the vegetables in a tiny bit of water, until onions are clear

PLACE chopped veggies in bottom of 7qt. mixing bowl.  
GENTLY CHOP tomatoes 2 at a time in blender or food processor until texture desired.  
POUR into vegetables until bowl is full.

### Add spices:

4 T. dried parsley  
    OR 1 bunch fresh parsley, chopped  
3 T. oregano  
1 bunch chopped fresh cilantro, opt.  
    OR 4 T. dried cilantro or basil

2/3 c. lemon juice  
3-4 T. honey  
1 T. salt, to taste  
2 T. paprika

MIX all ingredients together.  
TASTE and season as needed.  
SERVE fresh, refrigerate for a week,  
OR process immediately.

### Waterbath canner:

BOIL about 10 minutes

### Oven canning:

PREPARE lids and rings.  
CLEAN tops of jars.  
SCREW lids on jars.  
CAREFULLY place jars in cold oven.  
TURN oven on 250°.  
BAKE for 55 minutes. DO NOT OPEN OVEN!  
SHUT oven off and keep closed for another 30 minutes.  
REMOVE jars and let cool for 24 hours before unscrewing rings.

## Lemon Dill Pickles

TO 1 PINT JAR ADD:

2 T. lemon juice  
1 ½ t. salt  
1-2 garlic cloves, peeled  
1 sm. fresh dill, stem and head

PLACE ingredients in bottom of jar.  
PACK jar with washed cucumbers, cut to desired size (OR whole).  
FILL jar with hot or boiling water up to the neck, and screw on lid and band.  
PUT jars in water bath and bring to boil for 10-12 minutes. (For other processing methods, see instructions for Sweet Pickles).  
REMOVE and let cure 2-4 weeks before using.



# Canning and Freezing Summer Vegetables

## Sweet Dill Pickles

**Wash** cucumbers thoroughly and cut into strips or slices or however you want them cut.

### For pint jars, put in each jar:

- 2-3 whole, peeled garlic cloves
- 1 1/2 t. dehydrated onion  
(can use fresh onion instead)
- 1/4 t. dill seed (optional if you don't like dill flavor, use more if desired)
- 2 T. lemon juice
- 1 1/2 T. sugar (I use organic granulated sugar)--This makes them slightly sweet, use more if you want a stronger sweet pickle.
- 1 3/4 t. salt
- 1/2 t. whole coriander seed, OR  
1/4 t. ground coriander
- 1/16 t. turmeric, opt. (for color)
- 1/8 t. crushed bay leaves, opt.

### For quart jars, put in each jar:

- 3-6 whole, peeled garlic cloves
- 1 T. dehydrated onion  
(can use fresh onion instead)
- 1/2 t. dill seed (optional if you don't like a slight dill flavor, more if desired)
- 1/4 c. lemon juice
- 2 1/2 T. sugar (I use organic granulated sugar)--This makes them slightly sweet, use more if you want a stronger sweet pickle.
- 1 T. salt
- 1 t. whole coriander seed
- 1/4 t. crushed bay leaves, opt.
- 1/16 t. turmeric, opt. (for color)

MIX together in jar to dissolve sugar and salt into water.

ADD your sliced or quartered or strips of cucumbers to jar and pack firmly, leaving 1/2 space from top of jar (can put cucumbers in first and spices on top, if you would like).

FILL with hot or boiling water to just cover cucumbers.

WIPE top of jar clean.

SCREW heated lids and rings on snugly.

SHAKE jar to mix spices among the cucumbers.

PROCESS. (Water Bath Recommended)

## Pickle Relish:

### For 1 quart jar or 2 pint jars:

- 6 c. chopped cucumbers
- 1 T. dried dill weed
- 2-3 cloves garlic, minced
- 1/4 c. lemon juice
- 1 T. salt
- 1 T. dehydrated onion
- 1/8 t. ground coriander, opt.
- 1/16 t. turmeric, opt.
- 1/16 t. paprika, opt.

For sweet relish, add:

4 T. sugar

MIX all ingredients in bowl and let sit for about 30 minutes, to allow cucumber to produce it's own juice.

PACK tightly into jars, and make sure there is enough liquid to cover top of cucumbers in each jar.

PROCESS in water bath for 10 minutes.

## Processing methods:

### Waterbath canner (recommended):

BOIL about 10 minutes

### Steamer canner:

STEAM for 10 minutes.

### Oven method:

PLACE jars in cold oven.

TURN oven on 250°.

Once oven reaches 250°, let them cook for about 30 minutes.



# Canning and Freezing Summer Vegetables

DO NOT OPEN OVEN.

SHUT OFF oven and let sit in hot oven for 30 minutes.

REMOVE jars and let them cool on counter.

Store sealed jars in pantry for at least **one month** before eating to allow cucumbers to flavor. If one doesn't seal within 12 hours, place in refrigerator for a couple weeks before eating (it will probably seal in fridge).

## Cooking and Freezing Corn

### Cooking Corn:

USE tall kettle — tall enough for corn ears to stand up straight in and the lid still fit on.

POUR water in kettle until it fills one inch on bottom.

BRING water to boil, with lid on.

QUICKLY put corn in pot, standing up on end.

COVER and let boil 4-6 minutes. (4 minutes for young corn, 6 minutes for mature corn)

REMOVE from pot and serve immediately.

### Freezing Corn:

USE tall kettle — tall enough for corn ears to stand up straight in and the lid still fit on.

POUR water in kettle until it fills one inch on bottom.

BRING water to boil, with lid on.

QUICKLY put corn in pot, standing up on end.

COVER and let boil 4 minutes.

REMOVE from pot and put into a basin or sink of ice water.

LET SIT for a minute, then transfer to a bowl.

CUT corn off cob with sharp knife or corn knife.

Be sure to get all the corn and the germ by scraping clean with the knife.

MIX corn in bowl and scoop into jars or plastic freezer containers, leaving a bit of room for corn to expand.

MARK the contents and date on the lid.

FREEZE immediately.

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# Food Preservation Tips

## Dehydrating:

### Food Dehydrator

This is the best way to dry food. There are many different kinds of electric dehydrators, and they all work well. If you want to get the BEST one, however, we recommend the *Excalibur Dehydrator*. It has the most efficient design to dry food evenly, and also has an adjustable thermostat. So you can turn the heat down for drying delicate things like herbs or turn it up for vegetables, or turn it to medium heat for fruits. Slice or shred fruits or vegetables and space them evenly on the drying racks. Set to recommended temperature and rotate the racks every few hours until all are dry. Recommended drying times and instructions will come with your machine.

### Oven Drying

This is tricky because if your oven doesn't have a low enough setting, you will end up with charcoal-dried fruits or vegetables. Slice the vegetables or fruit in ¼ inch slices or chunks. Spread out on cookie sheet being careful to leave airspace between each slice—works best with parchment paper to make for easy clean-up. Turn oven on warm (lowest setting possible) and turn over every few hours until dry.

### Sun Drying

Only do this if you have a special rack made with screens all the way around to keep the flies off the food until it is dry.

### Drying Summary

So what can you dry? Any fruit and almost any vegetable! (Some fruits, like bananas, have a tendency to turn brown very quickly. To slow this down, you can soak them for 5 minutes in pineapple juice before drying. ) You can also be creative and dry things like leftover mashed potatoes or mashed chili beans, for an instant meal camping, backpacking, or even at home. Other fun ideas are blended fruits for fruit leather (need special fruit leather trays for that).

### Using Dehydrated Food

Now the big question... what do you do with the dried stuff? Dried vegetables are wonderful in soups, spaghetti sauces, or vegetable sauces. You can throw them in with couscous, add some extra water and seasonings, and cook together into an instant vegetable casserole. Dried fruits make great treats, desserts, or healthy snacks. They also can be reconstituted as fruit sauces or blended into jam. Be creative!

## **Canning:**

### ***The Safe Methods of Canning:***

*Reason-- Guaranteed even distribution of heat and thorough cooking of fruit or vegetables all the way through and killing all bacteria possible.*

#### **Water Bath**

The water bath is a canner that completely submerges the jars in boiling water. It works well for any fruits, pickles, or tomatoes. Read your instruction manual and follow the directions carefully. If you do not have an instruction manual, you can find one on the Internet in a .pdf format that you can either download or print.

#### **Pressure Canner**

This is for any types of beans, vegetables, and animal products because they have a low acidity content, making them have a high risk of botulism. (Exceptions include pickling vegetables and canning tomatoes or tomato products that have lemon juice or vinegar added to them to increase the acidity. These you can do with other methods)

Pressure Canners come in a variety of different types. Some have weights on the top, others have pressure gauges. The best thing to do is to read your instruction manual thoroughly before using, and follow the instructions listed. If you do not have an instruction manual, you can find one on the Internet in a .pdf format that you can either download or print.

### ***The Unsafe Methods of Canning:***

*Reason-- Distribution of heat has potential to be slightly uneven, increasing risk of bacteria remaining in food.*

*Disclaimer-- use at your own risk. Sterilize your jars. Make sure jars are evenly spaced during canning process with air circulation around each jar. Be careful to check for any sign of food spoilage before eating contents of jars. Use an oven thermometer to know the real temps.*

*Warning-- DO NOT USE these methods for vegetables (other than pickles or tomatoes), or beans because of risk of botulism. DO NOT USE these methods for meat or dairy products.*

#### **Steamer Canner**

The steamer canner has a couple inches of water in the bottom, with a rack to suspend the jars above the water. Then a lid comes down over the top, sealing the jars inside, with two little holes to let steam come out. It works for fruits, pickles and tomato products and steams the jars, rather than boils them under water. Read your instruction manual and follow the directions carefully. If you do not have an instruction manual, you can find one on the Internet in a .pdf format that you can either download or print.

#### **Oven Canning**

Oven canning is the riskiest types of canning, because every oven cooks differently and has different places with cold pockets. Know your oven well—if you know that one side of the oven cooks cooler than another, arrange your jars accordingly. Never put more than 12 quarts or 20 pints into the oven in one batch, unless you have an oversize oven. It is VERY important that the jars have space evenly on all sides. Always start with a COLD oven. Place prepared jars directly on the racks, centering them so

they don't tip over. This allows air circulation under the jars, as well. Bake at 250F for the allotted time. You will know they are ready if you see little bubbles starting to come up the sides of the jar—this means they have reached the boiling point inside the jar. Leave the oven door closed, shut off oven, and allow to cool for 30 minutes, before removing carefully from the oven.

For sliced fruits and tomatoes, around 1 hour – 1 hr 15 min baking, and 30 minutes of cooling in oven.  
For sauces or salsa or puree, around 50-60 minutes of baking, and 30 minutes of cooling in oven.  
For sliced pickles, around 25-30 minutes of baking and 1 hour of cooling in oven.

## **Freezing:**

### **Fruit**

Any fruit can be frozen with almost no preparation. Freeze in zip-lock freezer bags, plastic freezer containers, or in glass jars. Always allow some expansion room when filling containers or jars. Life expectancy for most fruit is one year for bags or plastic containers, and up to 2 or 3 years in glass jars.

**Berries:** Freeze whole, unwashed (except strawberries can be washed and stemmed). If you need to wash the fragile berries, rinse them gently just before use, while still frozen.

For sweetened berries, rinse, cut to size desired, and mix with fruit juice concentrate or other sweetener. Let sit for a couple minutes, then transfer to containers or jars, juice and all.

**Peaches and other whole fruits:** Blanch and peel if desired, or just leave skins on. Slice and remove inedible parts or bruises. Freeze as is, or mix with fruit juice concentrate or other sweetener to prevent discoloration. Let sit for a couple minutes, then put into freezer containers or jars, juice and all.

### **Vegetables**

Vegetables can be frozen raw, whole or cut, but use them within 3-6 months, or they will begin to lose color and get tough and chewy. This is because there are enzymes in them that continue to mature the vegetables—even in the freezer. To prevent this from happening, and if you want to be able to keep them for a year in the freezer, blanching is the best way to do it. See attached sheets for instructions and a time chart to blanch and freeze vegetables.

## Vegetable Freezing Chart

<b>Vegetable to Freeze</b>	<b>Boil Blanch Time</b>	<b>Steam Blanch Time</b>	<b>Cook Time</b>
Asparagus, med size	2-3 min	3-4 min	
Beets, whole			30 min, or until soft (peel/cut afterwards)
Broccoli/Cauliflower 1-2 in flowerettes	2-3 min	3-4 min	
Brussel Sprouts, med	3-4 min	4-5 min	
Cabbage, cut	1.5 min	2 min	
Carrots, cut	2 min	2.5 min	
Celery	3 min	4 min	
Corn Cob, for cutting	3-4 min	4-5 min	
Corn Cob, freezing whole	7-9 min (depending on size)		
Eggplant, chunks	4 min	4-5 min	
Green Beans	3 min	4 min	
Greens, Kale or Collards	3 min	5 min	20 min
Greens, Spinach or Mustard or Chard	2 min	2-3 min	
Mushrooms, sliced		Not necessary; 3 min	
Okra, med	3 min	3-4 min	
Onions, sliced	10-15 seconds	15-20 seconds	
Peas, in the shell	1.5-3 min	2-4 min	
Peas, shelled	1.5 min	1.5-2 min	
Peppers, sweet, strips	Not necessary; 2 min	Not necessary; 3 min	Not necessary
Potatoes, cubed or new	3-5 min	4-5 min	
Squash, Pumpkin			1 hour
Squash, Spaghetti			30-60 min
Squash, Summer (Zucchini or Yellow)	3 min	3-4 min	
Squash, Winter (Butternut, etc.)			1 hour or until soft
Sweet Potatoes			30-60 min
Turnips or Parsnips	2 min	2-3 min	



# How to Freeze Vegetables

## Blanching

Blanching (scalding vegetables in boiling water or steam for a short time) is a must for almost all vegetables to be frozen. It stops enzyme actions which can cause loss of flavor, color and texture.

Blanching cleanses the surface of dirt and organisms, brightens the color and helps retard loss of vitamins. It also wilts or softens vegetables and makes them easier to pack.

Blanching time is crucial and varies with the vegetable and size. Underblanching stimulates the activity of enzymes and is worse than no blanching. Overblanching causes loss of flavor, color, vitamins and minerals.

## Water Blanching

For home freezing, the most satisfactory way to heat all vegetables is in boiling water. Use a blancher which has a blanching basket and cover, or fit a wire basket into a large pot with a lid.

Use one gallon water per pound of prepared vegetables. Put the vegetable in a blanching basket and lower into vigorously boiling water. Place a lid on the blancher. The water should return to boiling within 1 minute, or you are using too much vegetable for the amount of boiling water. Start counting blanching time as soon as the water returns to a boil. Keep heat high for the time given in the directions for the vegetable you are freezing.

## Steam Blanching

Heating in steam is recommended for a few vegetables. For broccoli, pumpkin, sweet potatoes and winter squash, both steaming and boiling are satisfactory methods. Steam blanching takes about 1½ times longer than water blanching.

To steam, use a pot with a tight lid and a basket that holds the food at least three inches above the bottom of the pot. Put an inch or two of water in the pot and bring the water to a boil.

Put the vegetables in the basket in a single layer so that steam reaches all parts quickly. Cover the pot and keep heat high. Start counting steaming time as soon as the lid is on.

## Cooling

As soon as blanching is complete, vegetables should be cooled quickly and thoroughly to stop the cooking process. To cool, plunge the basket of vegetables immediately into a large quantity of cold water, 60°F or below. Change water frequently or use cold running water or ice water. If ice is used, about one pound of ice for each pound of vegetable is needed. Cooling vegetables should take the same amount of time as blanching.

Drain vegetables thoroughly after cooling. Extra moisture can cause a loss of quality when vegetables are frozen.

NOTE: this information was gleaned from the National Center for Home Preservation website, <http://www.uga.edu/nchfp/how/freeze/blanching.html>. Their material was extracted from "So Easy to Preserve", 5th ed. 2006. Bulletin 989, Cooperative Extension Service, The University of Georgia, Athens. Revised by Elizabeth L. Address. Ph.D. and Judy A. Harrison, Ph.D., Extension Foods Specialists.



# Apples, Apples, Apples

## Fruit Crisp Crumble Topping

- 3 c. quick cooking oats (not instant)  
OR old fashioned oats
- 1/2 c. shredded unsweetened coconut
- 1/2 c. chopped walnuts
- 1/2 c. whole grain flour
- 1 t. salt
- 1 t. coriander, opt.
- 1 t. vanilla flavor
- 1 c. apple juice OR  
diluted fruit concentrate (1-1 ratio)

MIX all but juice together in a bowl.  
ADD the juice last for a nice crumbly feeling.  
COMBINE well and set aside.

## Fruit Crisp Crumble Topping #2 (Gluten Free)

- 2 c. GF rolled oats or quinoa flakes
- 1 c. coconut flour, almond flour OR  
other GF flour
- 1/2 c. chopped walnuts or other nuts
- 3 T. granulated sugar, opt.
- 1/4 c. coconut oil or nut butter
- 1/2 t. salt
- 2/3-1 c. apple juice concentrate

MIX all but juice together in a bowl.  
ADD the juice last for a nice crumbly feeling.  
ADD water if mixture is too dry.  
COMBINE well and set aside.  
YIELD: enough crumble topping for 3 quart casserole dish.

## Apple Crisp Filling

- 12-16 Golden Delicious apples
- 6-8 oz. apple juice conc.  
OR 1/3 c. fruit concentrate

THINLY slice apples into 3 or 4 quart baking dish until nearly full.  
POUR apples into a pot and drizzle fruit concentrate over top.  
BOIL in covered pot for 5 minutes, or until soft. \*  
POUR into baking dish.  
SPREAD Fruit Crisp Crumble Topping on top, pressing well on edges.  
BAKE at 350° for 15-30 minutes or until golden brown.  
COVER if it begins to burn before topping is cooked.

VARIATION: Add 1 cup of raisins or blueberries.

**\*NOTE:** you can skip this step, but you will need to bake the crisp much longer and at lower temperature to cook apples well but not burn the topping.

## Chunky Applesauce

PEEL, core, and quarter apples to fill pot.  
SPRINKLE coriander and cardamom on top.  
DRIZZLE apple juice concentrate over apples (1/4-1/3 c. per 4 quarts).  
POUR water (about equal to apple juice concentrate) over apples.  
BOIL and then simmer for about 20 minutes, or until apples are soft.  
MASH with potato masher.  
SERVE immediately or chill.  
REFRIGERATE or freeze.



# Apples, Apples, Apples

## Rice Waffles (*Gluten Free*)

BLEND until very smooth:

- 1 c. uncooked rice
- 1/3 c. sunflower seeds or nuts
- 1/3 c. coconut
- 1 T. flax seed, opt
- 1 T. cornstarch (OR tapioca flour  
OR arrowroot pwd.)
- 1/2 t. salt
- 1/2 t. maple flavoring, opt.
- 1 3/4 c. water

ADD and blend well:

- 1 c. cooked rice

ADD a few tablespoons of water if needed to help blend.

POUR into preheated, sprayed waffle iron.

COOK for 6-10 minutes, or until slightly golden.

SERVE immediately or cool on racks.

REFRIGERATE or freeze for easy meals later on!

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# Appletime

## Apple Pancakes/Crepes

These tender pancakes have no leavening, so are not as thick as a typical pancake, however they are thicker than a crepe and delicious!

MIX together in a mixing bowl:

2 c. pastry flour (whole wheat is best)  
1 c. rice flour, pastry flour, OR soy flour  
1 1/2 t. salt  
1 t. cardamom, opt.  
2 t. coriander, opt.

MIX in a small bowl and whip for 30 seconds:

1/4 c. flax seed, ground (1/2 c. ground flax)  
1 c. water OR soy milk  
SET aside for one minute to allow it to jell.

BLEND until smooth (in a blender):

5 c. apples, quartered and cored (about 3 med. apples), with skins on  
1 t. vanilla or maple flavor  
2 c. soy OR nut milk

MIX blender mixture and flax seed mixture into the flour.

ADD:

1 can coconut milk OR  
2 c. milk of choice & 3 T. peanut butter

POUR flax mixture into batter and mix well.

ADD more milk or flour as needed for desired consistency. (Should be thicker than crepe batter, but slightly runny)

PREHEAT griddle or skillet.

SPRAY with light coating of oil spray between each batch of crepes.

SERVE warm with homemade applesauce or fresh or frozen fruit.

ENJOY! Leftovers keep a week in the refrigerator and freeze beautifully.

VARIATION: add blueberries or raisins to batter.

## Gluten-Free Apple Pancakes/Crepes

These tender pancakes have no leavening, so are not as thick as a typical pancake, however they are thicker than a crepe and delicious!

MIX together in a mixing bowl:

1 c. rice flour or GF flour  
1 c. cassava flour or GF pastry flour  
1 c. soybean flour (not soy milk powder)  
1 1/2 t. salt  
1 t. cardamom, opt.  
2 t. coriander, opt.

MIX in a small bowl and whip for 30 seconds:

1/4 c. flax seed, ground (1/2 c. ground flax)  
1 c. water OR soy milk  
SET aside for one minute to allow it to jell.

BLEND until smooth (in a blender):

5 c. apples, quartered and cored (about 3 med. apples), with skins on  
1 t. vanilla or maple flavor  
2 c. soy OR nut milk

MIX blender mixture and flax seed mixture into the flour.

ADD:

1 can coconut milk OR  
2 c. milk of choice & 3 T. peanut butter

POUR flax mixture into batter and mix well.

ADD more milk or flour as needed for desired consistency. (Should be thicker than crepe batter, but slightly runny)

PREHEAT griddle or skillet.

SPRAY with light coating of oil spray between each batch of crepes.

SERVE warm with homemade applesauce or fresh or frozen fruit.

ENJOY! Leftovers keep a week in the refrigerator and freeze beautifully.



# Appletime

## Home Canned Applesauce

STEAM cut, cored, and quartered apples for 15-20 minutes, until they start to burst.

PROCESS them into applesauce (food processor, strainer, or potato masher).

POUR into sterile jars—fill to neck.

STERILIZE jar lids and rings in pot of water. Do not boil.

WIPE jar rims and screw lids onto jars.

WATER BATH Method:

BOIL water.

PLACE jars in boiling water for length of time recommended on water bath instructions.

REMOVE from water.

COOL on counter covered with a towel.

LET sit 24 hours before removing, to ensure proper seal.

OVEN METHOD:

PLACE jars in cold oven.

BAKE at 250F for 60 minutes.

SHUT off oven (leave oven door closed) for 30 minutes.

OPEN oven and remove jars.

LET cool on counter covered with towel for 24 hours to ensure proper seal.

## Chunky Applesauce

PEEL, core, and quarter apples to fill pot.

SPRINKLE coriander and cardamom on top.

DRIZZLE apple juice concentrate over apples (1/4-1/3 c. per 4 quarts).

POUR water (about equal to apple juice concentrate) over apples.

BOIL and then simmer for about 20 minutes, or until apples are soft.

MASH with potato masher.

SERVE immediately or chill.

REFRIGERATE or freeze.

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# Wholesome Breakfasts with Pancakes

## Fluffy Oat Pancakes

BLEND until very smooth:

- ¼ c. almonds, cashews, or sunflower seeds
- 3 T. honey or sweetener
- 1 c. rice flour OR pastry flour
- ¾ c. whole wheat flour
- 1 ½ t. salt
- 2 t. instant yeast
- 2 ¾ c. water

ADD and blend (may need to help stir):

- 1 ¾ c. rolled oats OR quick oats

ADD more oats or flour as needed to make a nice pancake batter, if mixture is too runny.

POUR into bowl and let rise for about 10-15 minutes, to activate the yeast (should raise several inches)

PREHEAT cast iron skillet to medium-high heat.

SPRAY with a tiny coating of pan-spray just before frying each pancake.

COOL on racks.

WAIT a day to eat them, so the yeast can escape. This will help with digestion.

YIELD: approximately 12 med-large pancakes.

## Fluffy Gluten-Free Pancakes

BLEND until very smooth:

- ¼ c. almonds, cashews, or sunflower seeds
- 3 T. honey or sweetener
- 1 ½ c. rice flour OR GF pastry flour
- ½ c. soy flour
- 1 ½ t. salt
- 2 t. instant yeast
- 2 ¾ c. water

ADD and blend (may need to help stir):

- 1 ½ c. quinoa flakes OR GF rolled oats

ADD more flakes or flour as needed to make a nice pancake batter, if mixture is too runny.

POUR into bowl and let rise for about 10-15 minutes, to activate the yeast (should raise several inches)

PREHEAT cast iron skillet to medium-high heat.

SPRAY with a tiny coating of pan-spray just before frying each pancake.

COOL on racks.

WAIT a day to eat them, so the yeast can escape. This will help with digestion.

YIELD: approximately 12 med-large pancakes.

## Fruit Sauce

BRING to a boil:

- 2 c. fruit juice or juice from canned fruit
- 1 t. lemon juice
- 1 t. vanilla, opt.
- 1-2 T. honey, opt. (only if fruit is tart)
- 1/8 t. salt

MIX in measuring cup:

- 4 T. cornstarch OR arrowroot powder
- 4 T. water

ADD mixture to boiling juice.

Cook until thick, stirring constantly.

ADD to kettle:

- 4 c. fresh, frozen or canned fruit (drained)  
strawberries, peaches, apricots,  
blueberries, blackberries, etc.

STIR together until frozen fruit is thawed. Do not cook fresh or canned fruit.

SERVE over pancakes, waffles, toast, or hot cereal.

VARIATIONS:

1. May mix apple juice with pineapple juice or grape juice for a different flavor.
2. May substitute strawberries for other berries, but will need more sweetener if using tart berries.



# Wholesome Breakfasts with Pancakes

## Simple Fruit Salad

- 1 can pineapple chunks, unsweetened
- 2 apples
- 2 bananas
- raisins, opt.
- shredded coconut, opt.

CUT apples into bite-sized chunks.  
PEEL and slice bananas.  
ADD raisins and a small amount of coconut.  
POUR canned pineapple (and the juice with it) over apples and bananas and mix gently.  
SPRINKLE coconut on top for decoration.  
SERVE immediately.  
YIELD: 4 servings.

## Popcorn

**STOVETOP** (best popcorn you'll ever have!):

- 2 T. coconut oil
- ¼ t. salt
- ½ c. popcorn

COMBINE all ingredients in 4-quart kettle or stove-top popcorn popper.  
SHAKE or turn crank over medium-high heat until popcorn stops popping.  
POUR into large bowl and enjoy!

**AIR-POPPER** (second-rate popcorn):

- 1/3 c. popcorn
- olive oil or melted coconut oil
- salt

POP popcorn into large bowl.  
DRIZZLE a small amount of oil on top.  
SPRINKLE with salt.  
MIX and enjoy!

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# Breakfast Puddings and Savory Potatoes

## Rice Fruit Breakfast

BLEND until smooth:

- 1 c. pineapple juice or water
- ¼ c. raw cashews OR almonds
- 1/8 t. salt
- 1-2 t. vanilla
- 2-4 T. fruit juice concentrate
- 1 ripe banana, opt.

COMBINE in 7x11 casserole dish:

- 4 c. well-cooked brown rice\*
- ½ c. raisins
- 1 ½ c. crushed pineapple (1 can)

MIX all ingredients together.

BAKE at 350° for 20 minutes.

SERVE warm or cold.

YIELD: 2 quarts

VARIATIONS:

1. Can use millet instead of rice—just decrease liquid.
2. For a winter treat, add 1-2 cups fresh or frozen cranberries

\*NOTE: If rice is not cooked well, recipe will be chewy and not like a pudding.

## Millet Fruit Breakfast Pudding

SPRINKLE on bottom of 3qt dish:

Granola, Grape Nuts, or Shredded Coconut

SLICE 2-3 fruits of choice and set aside:  
(examples below)

- 2 bananas, sliced
- 2 c. canned OR frozen peaches, sliced
- 1 c. blueberries
- 1 can unsw. canned pineapple chunks OR  
2 c. fresh pineapple
- ½ c. shredded coconut, opt.

BLEND until very smooth:

(you will need enough for two batches if using 3qt dish, one batch for ½ size dish)

- 2 T. cashews OR almonds
- 2 c. well-cooked millet,  
freshly cooked and hot\*
- ¾ - 1 c. fruit juice (pineapple is best)
- 1/8 t. salt
- ½ t. vanilla

PLACE half of fruit in dish (on top of granola or what you used on the bottom).

BLEND first batch of pudding mixture and immediately pour on top of fruit. (Don't make it too runny, or it won't set up completely)

BLEND immediately another batch of pudding mixture.

PLACE rest of fruit on next layer while waiting for blender to finish.

QUICKLY pour pudding on top of fruit.

REPEAT as desired.

SPRINKLE very top with coconut after it has set for a few minutes.

CHILL at least several hours or overnight before serving.

\*NOTE: I like to cook extra millet (1:4 water ratio with a little salt) in a crockpot on low overnight. Then we have millet for breakfast, and the leftovers are ready to blend in recipes before the millet cools off.



# Breakfast Puddings and Savory Potatoes

## Savory Potatoes

### Ingredients:

leftover boiled potatoes (can use  
leftover baked potatoes also, but they will be  
drier)

cooking oil spray  
salt  
onion powder  
paprika  
parsley  
fresh onions, opt.

### Cooking utensils:

cast iron skillet  
metal Spatula

PEEL leftover potatoes and dice them into a  
bowl.

PREHEAT cast iron skillet to medium-high.

Spray oil on bottom of skillet

POUR potatoes and onions into skillet.

SPRINKLE salt, onion, paprika, and parsley  
on potatoes to taste, and stir well.

COOK potatoes until nicely browned,  
stirring occasionally.

SERVE immediately.

## Homemade Ketchup

6 oz. tomato paste  
6 oz. water  
3 T. lemon juice  
2 T. honey OR other sweetener  
1 t. onion granules  
½ t. garlic granules  
½ t. salt  
½ t. paprika  
1 T. basil  
½ t. Italian seasoning, opt.

MIX together well.

CHILL.

KEEPS one week in refrigerator.

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more at our free monthly classes!**

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# What's for Breakfast?

## Whole Grain Millet

1 c. uncooked millet  
4 c. water  
1/2 t. salt

Rinse millet thoroughly and remove any stones.

### Stovetop cooking:

Bring water, salt, and millet to a boil.  
Turn to med-low and simmer for 2 hours. (If using a propane stove, turn as low as it will go and use a diffuser to prevent burning)  
Shut off and let sit for 30 minutes.  
Serve or use in recipes.

### Oven cooking:

Place millet, hot water, and salt in a covered casserole dish. Bake at 200°F for 8 hours (overnight). Enjoy freshly cooked millet in the morning!

### Crock Pot:

Place millet, hot water, and salt in a crock pot. Cook on low for 8 hours (overnight). Enjoy freshly cooked millet in the morning!

## Scrambled Tofu

CRUMBLE into skillet:  
1 lb firm or extra firm Tofu

SPRINKLE seasonings on top:  
1 t. salt, to taste  
2 t. onion powder  
1/2 t. Country-Style Seasoning, opt.  
1 t. lemon juice, opt.  
1 t. sweetener, opt.  
1 T. parsley  
1/8 t. turmeric (for color)

If desired, add chopped tomato, peppers, onions, or green onions.

Simmer together over medium heat until water from tofu is nearly gone and tofu is well-seasoned. (About 5-10 min)

Serve immediately with toast, as a side dish, or as a savory topping for cooked cereal (millet, rice, and corn grits are especially good with it).

## Hashbrown Potatoes

GRATE 1 large potato into a bowl.

Sprinkle seasonings of choice on top:  
1/4 t. salt  
1 t. onion powder  
1/4 t. paprika  
1 t. dried parsley

MIX together and transfer to a pre-heated, oiled waffle iron.

FILL generously.

COOK for 8-12 minutes, or until nicely browned and holding together nicely.

SERVE immediately with Homemade Ketchup.

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# What's for Breakfast?

## Homemade Ketchup

- 6 oz. tomato paste
- 6 oz. water
- 3 T. lemon juice
- 2 T. honey OR agave nectar
- 1 t. onion granules
- ½ t. garlic granules
- ½ t. salt
- ½ t. paprika
- 1 T. basil
- ½ t. Italian seasoning

MIX together well.

CHILL.

KEEPS one week in refrigerator.

## Country Style Seasoning

- ½ c. salt
- ¼ c. celery salt
- ¼ c. onion powder
- ¼ c. parsley flakes
- 1 t. garlic granules
- 1 t. paprika
- ½ t. summer savory
- ½ t. marjoram
- ½ t. sage

MIX together and store in a jar or sealed spice container.

USE as a seasoning in gravies, soups, patties, etc. Makes a great substitute for chicken seasoning.

## Breakfast Ideas

1. Always start with fresh fruit. Try to include in your breakfast meal at least 50% fresh fruits.
2. Add some type of whole grain (cooked cereal, bread, waffles, crackers, or pancakes) and a healthy topping such as canned or frozen fruit, applesauce, fresh fruit, soy milk, etc.
3. Use concentrated sweet cereals like granola as a topping over whole grain hot cereals, not a main meal.
4. Use bananas, fresh fruit, raisins, dried fruit, or dates as cereal sweeteners. Make jams and honey an occasional treat, not a staple.
5. Make whole grain waffles and pancakes ahead and store in zip-lock bags in freezer.
6. Try hot steamed brown rice as a lovely breakfast cereal. Add variety by alternating with oatmeal, millet, and cornmeal.
7. For savory breakfasts, use savory toppings on hot cereal-- a little olive oil and onion salt, or a little sesame oil and salt make delightful flavors on hot rice or millet. Or try gravy on toast for something quick and easy.
8. Sometimes it's fun to just do a vegetable meal for breakfast, and do fruit for dinner.
9. Remember, well-cooked grains are more nutritious and economical than the dry boxed cereals.



# Vegetables with an Asian Flair

## Whole Grain Rice

1 c. uncooked brown rice  
2 c. water  
1/4–1/2 t. salt

Rinse rice thoroughly and remove any stones.  
Optional step: Toast the rice over med-high heat, stirring constantly, until rice begins to pop. This makes the rice fluffy once cooked, and gives a light nutty flavor.

### Stovetop cooking:

Bring water, salt, and rice to a boil.  
Turn to med-low and simmer for 2 hours. (If using a propane stove, turn as low as it will go and use a diffuser to prevent burning)  
Shut off and let sit for 30 minutes.  
Fluff with fork and serve or use in recipes.

### Oven cooking:

Increase water to 2 1/2 c. per 1 c. dry rice.  
Place rice, hot water, and salt in a covered casserole dish. Bake at 200°F for 8 hours (overnight). Enjoy freshly cooked rice in the morning!

### Rice Cooker:

Add more water than your rice cooker directions call for and cook it for two cycles to make sure rice is well cooked.

## Stir-Fry Vegetables

Choose 2-5 vegetables TOTAL from the lists below and wash and chop as noted:

### Longer cooking veggies:

carrots, sliced  
mushrooms, sliced  
onion, thinly sliced  
garlic, minced

### Shorter cooking veggies:

broccoli, large pieces  
Brussels sprouts, trimmed and cut in half  
zucchini, sliced in half-rounds  
snow peas  
Nappa cabbage (Chinese cabbage), cut in long strands  
Cabbage (round head), thinly sliced  
Savoy cabbage (a round Chinese cabbage), cut in long strands

SAUTE longer cooking vegetables in wok or skillet, or flat-bottomed pan in just a few tablespoons of water. (more if not using mushrooms), while keeping them covered.  
ADD the shorter cooking vegetables when the others are half-way done cooking, and steam together.  
POUR into a bowl and add your choice of seasoned sauce. (Pour on only as little of the sauce as needed for your vegetables. If using noodles, may use some of the sauce to season them, as well. Extra sauce keeps a week or two in the refrigerator.)  
ADD prepared tofu, if using.  
TOSS together gently.

### Serving ideas:

1. Mix vegetables with freshly cooked spaghetti noodles, or cooked asian noodles.
2. Serve the vegetables over cooked rice.
3. Wrap in rice-paper for rice spring rolls.



# Vegetables with an Asian Flair

4. Wrap in wheat spring roll pastry, brush with sesame oil, and bake at 400° for 15 minutes or until golden.

## Stir-Fry Sauces

### Plain Stir-Fry Sauce:

Mix in a measuring cup:

- 3 T. sesame oil
- 1 T. lemon juice
- 1 T. honey, sorghum, OR any other sweetener
- 2 t. salt OR 1 T. Country-Style Seasoning
- 2 t. onion powder

Drizzle over vegetables, and stir gently.

VARIATION: For Peanut Sauce, decrease sesame oil and add 1 T. peanut butter

## Stir-Fried Tofu Cubes

- 1 package firm or extra firm tofu, cubed
- 1/2 t. salt OR 1 t. Country-Style Seasoning
- 1 t. onion powder
- 1/4 t. turmeric, opt. (adds yellow color)
- 1 T. sesame oil
- 1 T. lemon juice
- 1 T. honey, sorghum, OR any other sweetener

Pre-heat a cast iron skillet.

SPRAY oil lightly and turn pan to lightly coat bottom. (If using a non-stick skillet you don't need oil spray)

ADD cubed tofu (be careful that the water doesn't splash on your hands and burn you)

SPRINKLE sesame oil, lemon juice, sweetener and seasonings on top and gently flip and stir to prevent burning.

COOK on medium-high heat for 5-10 minutes until all water has been cooked out and tofu is lightly browned. Flip occasionally to prevent burning.

## Country Style Seasoning

- 1/2 c. salt
- 1/4 c. celery salt
- 1/4 c. onion powder
- 1/4 c. parsley flakes
- 1 t. garlic granules
- 1 t. paprika
- 1/2 t. summer savory
- 1/2 t. marjoram
- 1/2 t. sage

MIX together and store in a jar or sealed spice container.

USE as a seasoning in gravies, soups, patties, etc. Makes a great substitute for chicken seasoning.

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# Pumpkins and Squash

## Spaghetti Squash

COOK spaghetti squash by:

Method 1. Boiling it whole in a pot of water.

Method 2. Baking it whole or in halves in covered casserole dish with several inches water at 400F for 2 hours or until soft.

CUT cooked squash in half and scoop out seeds.

SCOOP out squash meat into bowl.

SERVE warm with spaghetti sauce, or a little margarine and salt.

## Baked Pumpkin or Squash

For large squash or pumpkin, cut into wedges before cooking.

For smaller squash or pumpkins, bake them whole.

FILL large baking pan with several inches of water.

PUT squash in oven, and cover with foil.

BAKE at 400F until squash is tender.

COOL and scoop out seeds.

SCOOP out squash meat into container and refrigerate or freeze for later use.

Cooked pumpkin or squash keeps a year in the freezer and saves money on pies later in the winter.

## How to Serve Pumpkin or Squash

Some varieties taste better for eating than others. Spaghetti Squash, Butternut Squash and Buttercup Squash are just a few of our favorites.

MASH squash or pumpkin until smooth.

ADD salt, margarine, or sweetener as desired.

SERVE warm as a side dish with potatoes, pasta, or other vegetables, and a salad.

## Pumpkin Pudding

BLEND until smooth:

2 c. cooked squash or pumpkin

1 2/3 c. soy, coconut, almond, OR grain milk

3 T. cornstarch

1 t. lemon juice, opt.

1/2 t. salt

1/4 c. sorghum molasses

1 t. coriander

1/4 t. cardamom, opt

POUR blender mixture into kettle and bring to a boil, stirring constantly.

STIR until cornstarch is cooked (1-2 minutes).

TURN OFF burner and pour into individual serving dishes or a pudding dish.

CHILL for 2 hours before serving.

YIELD: 4-6 servings

VARIATIONS:

Sprinkle chopped walnuts or pecans on bottom of dish before pouring pudding into it.

Decorate with pecan or walnut halves on top.

Serve with a favorite low fat ice cream or topping.

For a thinner, lighter pudding, increase the milk and reduce the cornstarch.

Adjust the spices to taste.



# Pumpkins and Squash

## Pumpkin Soup

6 c. raw pumpkin OR butternut squash,  
peeled and diced  
6 c. diced potatoes  
4 c. diced carrots  
2 c. chopped celery, opt.  
2-4 c. chopped onion OR  
3 T. dehydrated minced onion  
Water to barely cover vegetables.

### BLEND:

2 c. cooked vegetables from the soup  
2 c. coconut, almond, soy, or rice milk  
2 T. Country Style Seasoning  
3 T. cornstarch  
1 t. lemon juice  
1 t. salt  
2 t. onion powder  
1/2 t. coriander, opt.  
1/2 t. cardamom, opt

ADD blender mixture to boiling soup, stirring constantly.

STIR until cornstarch is cooked (2-3 minutes).

Turn to low and let simmer a few minutes.

SALT and season to taste.

TURN OFF burner and let sit for 30 minutes to allow flavors to blend.

SERVE immediately or chill.

Yield: 6 quarts

### VARIATIONS:

1. For creamy soup, use cooked pumpkin instead of raw, and blend all the vegetables when done cooking.
2. For a slightly less chunky soup, mash cooked soup with potato masher.

## Squash or Pumpkin Recipe Ideas

Pumpkin bread, Pumpkin pie, Pumpkin cookies

Pumpkin ice cream, Pumpkin soup

Oven-Roasted Pumpkin and Vegetables

Or just eat it!

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# Vegetable Soup and Crackers

## Vegetable Soup

SAUTE with water in soup kettle:

- 2 med. onions, chopped
- 2 c. celery, chopped
- 2 cloves garlic, minced (opt.)

ADD vegetables of choice and more water:

- 6 med. potatoes, cubed
- 2 lb. carrots, peeled and sliced
- 4 c. cabbage, chopped in large pieces

ADD 10 minutes later (if using):

- 1-2 heads broccoli, cut in large pieces, opt.
- 1-2 cans garbanzos

BLEND smooth (while veggies are cooking):

- 1/3 c. cashews or almonds
- 4 c. frozen corn (thawed slightly)
- 3 T. cornstarch
- 2 t. salt
- 1 T. Country Style Seasoning OR  
2 t. salt, 1 t. onion powder, &  
1/2 t. garlic powder
- 2-3 c. water
- 1/2 t. garlic powder
- 2 t. onion powder

WAIT until veggies are basically cooked.

POUR blender mixture into soup while it is still boiling, stirring constantly.

ADD more water if needed.

BRING back to a boil and continue stirring for a few more minutes, until thicker.

TURN burner on low and add herbs of choice and salt to taste:

- 2 T. dried parsley OR 1/2 c. fresh parsley, opt.
- 1 t. summer savory, opt.
- 1 t. marjoram, opt.

SHUT OFF burner, cover, and let it sit for 30 minutes to allow flavors to blend.

SERVE immediately or chill.

## Savory Lentils

- 1 c. dry or sprouted lentils
- 2-3 c. water
- 1 med. onion, chopped
- 1 can diced tomatoes, opt.
- 4 carrots, sliced, opt.
- 3/4 t. garlic granules OR  
1 lg. garlic clove, minced
- 1 bay leaf
- 1 t. sweet basil
- 1/2 t. oregano
- 1/2 t. salt

BRING to boil in a saucepan.

SIMMER on lowest setting for 2 hours until lentils are soft, stirring occasionally.

ADD more water if needed. If too much liquid, add a couple tablespoons of tomato paste.

REMOVE bay leaf and season to taste.

SERVE plain, over rice or use in Haystacks

## Savory Millet Crackers

- 4 c. fresh cooked millet
- 2-4 T. sesame seeds, opt.
- 1 t. Country Style Seasoning OR salt
- 2 t. onion powder
- 1 t. garlic powder
- 2 T. dried herbs of choice (basil, parsley, etc)

MIX together in a bowl.

SPOON into balls on sprayed cookie sheet while still hot and creamy.

PAT DOWN to desired size with a fork

(dip in cold water to keep from sticking).

BAKE at 350° for 30-45 minutes until golden, flipping occasionally, then dry them out at low heat (200°-250°) for an hour or until crisp.

SERVE them hot from the oven or let cool well.



# Vegetable Soup and Crackers

## Thin Corn Bread

- 1/3 c. raw cashews OR almonds  
OR sunflower seeds
- 3 c. water or non-dairy milk
- 2 c. corn flour (VERY fine cornmeal)
- 1/3 c. pitted dates OR 3-4 T. sweetener
- 1 t. vanilla
- 3/4 t. salt

BLEND first two ingredients until smooth.

ADD remaining ingredients and blend.

POUR onto an oiled, 10x15 pan (with sides).

SPREAD evenly, making sure edges are not thin or they will burn.

BAKE at 375° for 40 minutes.

CUT into squares before completely baked.

TURNS out to be thin cornbread.

PERFECT for breakfast, soup, or sack lunch.

### VARIATIONS:

1. For crunchy cornbread add 1/4 cup sunflower seeds and stir into blender mixture (don't blend them).
2. For savory cornbread, decrease sweetener and add dried herbs, onion powder, and garlic powder, or even Country Style Seasoning.

## Country Style Seasoning

- 1/2 c. salt
- 1/4 c. celery salt
- 1/4 c. onion powder
- 1/4 c. parsley flakes
- 1 t. garlic granules
- 1 t. paprika
- 1/2 t. summer savory
- 1/2 t. marjoram
- 1/2 t. sage

MIX together and store in a jar or sealed spice container.

USE as a seasoning in gravies, soups, patties, etc. Makes a great substitute for chicken seasoning.

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# Winter Vegetables

## Green Pea Soup

BLEND until very smooth:

1/2 c. nuts (almonds, cashews, etc.)

2 c. water

1 T. onion powder

1 t. salt

1 t. Country Style Seasoning

OR 1 t. celery salt

POUR into soup kettle.

BLEND until smooth and add to kettle:

2 lb. frozen peas

enough water to blend (blend 1/2 lb at a time)

MIX together and heat thoroughly.

SERVE immediately.

POUR leftovers into a quart jar and refrigerate.

VARIATIONS:

Add any pre-cooked vegetables of choice to the soup after it is blended.

Carrots, onions, garlic, and celery are great options, or any other vegetables you like with peas!

You can even blend them into the soup for a completely creamy soup.

## Country Style Seasoning

1/2 c. salt

1/4 c. celery salt

1/4 c. onion powder

1/4 c. parsley flakes

1 t. garlic powder

1 t. paprika

1/2 t. summer savory

1/2 t. marjoram

1/2 t. sage

MIX together and store in a jar or sealed spice container.

USE as a seasoning in gravies, soups, patties, etc. Makes a great substitute for chicken seasoning.

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# Sprouting Tips and Sandwiches

## Garbanzo Sandwich Spread

BLEND until smooth (will need spatula):

- 1 can garbanzos (chick peas) OR  
2 c. cooked garbanzos
- 1/3 c. water OR garbanzo juice
- 1/4 c. peanut butter OR cashew butter
- 3 T. tomato paste
- 1 t. onion powder
- 1/2 t. garlic powder

POUR into mixing bowl and add:

- 1 can black olives, chopped (or jog in blender)
- 1/2 c. pickles OR chopped celery
- 1 t. lemon juice, opt.

MIX all ingredients together thoroughly.  
REFRIGERATE OR serve immediately.

## Sprout Salad Sandwich Filling

- 1 pint sprouts
- 2 c. frozen green peas, thawed (rinse in warm water to thaw them quickly)
- 1/4 c chopped fresh onion (or 1 t. onion powder)
- 1/4 c. sunflower seeds, raw or roasted
- 1/2 c. chopped celery
- 1/2 – 1 c. Sunny Miracle Dressing or a favorite mayonnaise

MIX all ingredients together.  
SERVE immediately inside whole wheat pita pockets. Also tastes good with a leaf of lettuce or sliced tomato or avocado.

ENJOY your yummy lunch!

## Sunny Dressing / Topping

BLEND until very smooth:

- 2 c. hot water
- 3/4 c. sunflower seeds OR cashews
- 1 1/2 c. well-cooked brown rice, millet, oats  
OR cornmeal
- 1-2 t. salt
- 1 T. onion granules
- 1 t. garlic granules OR 1-2 garlic cloves
- 2 T. honey
- 1/2 c. lemon juice

ADD last and mix in with spatula:

- 2 t. sweet basil, opt.
- 2 t. dill weed, opt.

POUR into containers and chill.  
USE for salad dressing, potato topping,  
vegetable topping, mayonnaise, etc.  
YIELD: 4-5 cups.

VARIATION: Whiz a tomato or avocado or a red bell pepper with the above ingredients and adjust seasoning to taste.

## How to Sprout Beans and Lentils:

**SORT**, wash, and soak beans in cold water for 24 hours.

**RINSE** approximately every 8 hours.

**POUR** into a bowl and drain.

**COVER** with a damp cotton towel for another 24-48 hours.

**RINSE** every 8 hours during that time.

**KEEP** cloth damp to prevent them from drying.  
**REFRIGERATE** or freeze. The sprouting reduces the cooking time and intestinal distress, increases nutritional value and makes the beans have a better flavor.



# Sprouting Tips and Sandwiches

## How to Sprout Alfalfa or Clover

2 T. alfalfa or clover seeds per 1 quart jar.

SOAK for 8-12 hours.

RINSE and let drain.

SET in dark place for several days, rinsing 1-2 times per day.

SET in sunshine when you see the little leaves turning yellow, and the jar is about  $\frac{3}{4}$  full.

CONTINUE rinsing 1-2 times a day until they are green, the jar is full, and you see the brown hulls separating from the leaves.

FILL a large bowl with water and submerge sprouts.

SEPARATE them from the clumps until all the brown hulls float to the surface.

POUR off hulls, or simple reach under water and remove sprouts, leaving the hulls behind.

REFRIGERATE until ready to eat.

RINSE once a day while in the refrigerator, to keep them fresh.

KEEPS one week.

## Country Style Seasoning

$\frac{1}{2}$  c. salt

$\frac{1}{4}$  c. celery salt

$\frac{1}{4}$  c. onion granules

$\frac{1}{4}$  c. parsley flakes

1 t. garlic granules

1 t. paprika

$\frac{1}{2}$  t. summer savory

$\frac{1}{2}$  t. marjoram

$\frac{1}{2}$  t. sage

MIX together and store in a jar or sealed spice container.

## Gluten-Free Pancake Bread

BLEND until very smooth:

1 c. uncooked rice

$\frac{1}{3}$  c. sunflower seeds or nuts

1 T. flax seed, ground

1 T. cornstarch (OR tapioca flour  
OR arrowroot pwd.)

$\frac{1}{2}$  t. salt

1 t. Country Style Seasoning

1 t. onion powder

$\frac{1}{2}$  t. garlic powder

1  $\frac{3}{4}$  c. water

ADD and blend well:

1 c. cooked rice

ADD and stir while blending:

$\frac{3}{4}$  c. garbanzo flour OR

All Purpose GF flour

ADD a few tablespoons of water if needed to help blend.

POUR into preheated, sprayed cast-iron skillet,  
OR bake on a

COOK for 1-3 minutes on each side, or until  
golden and cooked through the center.

SERVE immediately or cool on racks.

REFRIGERATE or freeze for easy meals later on!

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# Benefits of Sprouting

## ***Increase Nutrition***

Seeds, grains, and legumes are some of the most nutritious and wholesome foods we can eat. But did you know that these can be made even more nutritious simply by sprouting them? In fact, some vitamin levels are increased by 500% by sprouting! The proteins, lipids, enzymes, vitamins, and nutrients are “unlocked,” transforming the dormant seeds into living powerhouses of nutrition.

## ***Fight Cancer***

Many sprouts contain nitrilosides—strong and potentially damaging chemicals which can kill cancerous cells, while being repelled by normal cells. The chlorophyll in sprouts is highly alkalizing, and has other anti-cancer properties as well.

## ***Boost Your Immune System – Slow the Aging Process***

Sprouts are high in Vitamin A, C, zinc, and selenium. These antioxidants neutralize free radicals, preventing damage to the good cells in our bodies. They are an excellent source of fiber and nutrients, especially when other fresh food isn't available.

## ***Aid Digestion – Reduce Intolerance***

Many people have trouble digesting beans and grains. If you have experienced problems in these areas—try sprouting. Sprouting begins the break down of enzyme inhibitors and proteins, so that after the sprouted beans or grains are cooked, they are much more easily digested. Sprouts are also alkalizing, unlike cooked dry beans or grains. Sprouted grain bread is very tasty, and can be eaten just like regular bread. Sprouted beans, when they are cooked, are almost identical to cooked dry beans, only have a milder and sweeter flavor.

## ***Lose Weight***

Dry beans, seeds, and grains are like calorie bombs—they give you plenty of energy, but if you don't work it off, those calories will turn into fat. Sprouting those seeds doesn't increase the calories, but it does increase the volume, the fiber content, and the nutrition level. Bottom line? You eat less starch and more of the nutritious elements, and you lose weight!

## ***Things to Watch Out For***

**Gluten** – sprouting begins the process of breaking down gluten, making it more easily digestible, but it does NOT eliminate the gluten. **Solution:** if you are intolerant to gluten, don't eat sprouted wheat or other gluten-containing grains!

[http://glennys.blogs.com/nutrawiz/2005/01/sprouted\\_vs\\_who.html](http://glennys.blogs.com/nutrawiz/2005/01/sprouted_vs_who.html)

**Large Beans** – Large sprouted beans are generally inedible raw. They contain toxins and enzyme inhibitors which prevent them from being digested properly. **Solution:** Just like dry beans, large sprouted beans need to be cooked before being eaten.

<http://chetday.com/largebeans.html>

**Cyanide** – Sorghum seed contains small amounts of cyanide, which can increase exponentially when the seed is soaked and sprouted. “The average amount (61.3mg) of HCN obtained...from sprouts grown from 100g of seeds exceeds the average fatal dose for an adult.” **Solution:** Don't eat sprouted sorghum.

<http://www.blackwell-synergy.com/doi/abs/10.1111/j.1365-2621.1984.tb13212.x?journalCode=jfds>

**Canaverol** – amino acid similar in structure to Arginine – found in seeds of many legumes, especially in alfalfa. This chemical, found in the seeds and hulls of alfalfa sprouts, can inhibit immune function or heighten the symptoms of lupus or arthritis. It can be toxic when eaten in large quantities. **Solution:** Alfalfa sprouts themselves are nutritious—just rinse them off in a bowl of water and remove the bitter tasting hulls before eating them.

<http://www.canceractive.com/cancer-active-page-link.aspx?n=1018>



# Whole Grains

## Bread Machine Bread

- 3 c. whole wheat flour
- 1/2 c. wheat pastry flour
- 3 T. gluten flour
- 1 c.+3 T. water (adjust according to machine)
- 3 T. olive oil
- 1 T. molasses
- 4 T. honey or sorghum molasses
- 2 t. salt
- 1 1/2 T. active or instant yeast\*
- 1/2 c. seed combination (sunflower seeds, pumpkin seeds, millet, etc.)

FOLLOW instructions on your bread machine.

Every machine is different.

YEILD: one loaf

\*Note: it depends on the kind your bread machine needs to use.

## Rice Waffles (*Gluten Free*)

BLEND until very smooth:

- 1 c. uncooked rice or millet
- 1/3 c. sunflower seeds or nuts
- 1/3 c. coconut
- 1 T. flax seed, ground
- 1 T. cornstarch (OR tapioca flour OR arrowroot pwd.)
- 1/2 t. salt
- 1/2 t. maple flavoring or vanilla, opt.
- 1 3/4 c. water

ADD and blend well:

- 1 c. cooked rice or cooked millet (cold)

ADD a few tablespoons of water or extra cooked rice or millet to adjust thickness.  
POUR into preheated, oil-sprayed waffle iron.  
COOK for 6-10 minutes, or until slightly golden.  
SERVE immediately or cool on racks.  
REFRIGERATE or freeze for easy meals later on!

## Large Batch Whole Wheat Bread

- 14-16 c. whole wheat flour
- 1/2 c. oil OR applesauce
- 1/2 c. sorghum molasses or honey
- 2 T. salt
- 2 T. lemon juice, opt.
- 5 1/2 c. hot water (120°)
- 2-3 T. instant dry yeast
- 1 c. gluten flour or 4 c. unbleached flour

POUR oil, salt, lemon juice, sweetener and water into Bosch bowl or mixing bowl (if kneading by hand).

ADD several cups of flour and mix.

KEEP adding flour, while mixing in between, until mixture has some body to it.

ADD yeast and gluten flour and mix.

KEEP adding flour until dough feels the right consistency (a little sticky, but not too sticky), and cleans the sides of the bowl. You may need extra flour.

KNEAD on medium speed for 5-8 minutes (OR 15 minutes by hand), until dough is elastic.

PLACE on lightly oiled counter and form into 4-5 loaves or 4-5 pans of dinner rolls (may use pie pans or cake pans).

PLACE in oiled bread pans and cover with a plastic box (even putting inside an ice chest works! This makes a "proof box" and keeps the bread nice and moist). Raise to desired height.

BAKE at 350° for 45-50 minutes.

REMOVE from pans, place on cooling racks and let cool for 1 hour.

PLACE in plastic bags. Do Not Close The Bags!  
LEAVE in a cool room or at room temperature for 24 hours.

CLOSE the bags and store in freezer until ready to use.

KEEPS 1-2 weeks in the refrigerator, or 3-4 days on the counter at room temperature.

Note: For easy thawing, I like to slice the bread before putting it in the freezer.



# Whole Grains

## Corn Bread (*with Gluten-Free option*)

MIX in large bowl:

- 4 c. cornmeal
- 1 c. soy flour
- 1 c. wheat flour, pastry flour, OR buckwheat flour
- 1 ½ t. salt

MIX together in separate bowl:

- 4 c. soy milk (can use 1 c. unflavored soy milk powder to 4 c. water instead.)
- 1/4 c. honey or 1/3 c. sorghum molasses
- ½ c. olive oil
- 1 ½ T. instant yeast

POUR liquid mixture into flour mixture and mix gently.

Pour batter into an oiled and floured 3 qt. baking dish (9x13).

Let rise in WARM oven for 15-20 minutes, or until raised nearly to the top.

BAKE at 350° for 45-60 minutes until golden brown, and toothpick comes out clean.

## Chunky Applesauce

Apples

Coriander, opt.

Cardamom, opt.

Apple juice concentrate (or any juice)

PEEL, core, and quarter apples to fill pot of any size.

SPRINKLE coriander and cardamom on top.

DRIZZLE apple juice concentrate over apples (1/4 c. concentrate per 4 quarts of apples).

BOIL and then simmer for about 15-20 minutes, or until apples are soft.

MASH with potato masher.

SERVE immediately or chill.

REFRIGERATE or freeze.

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# Valentines Vegetables

## Ukrainian Borscht

- 2 c. chopped beets—canned, steamed or raw
- 1 c. sliced carrots
- 1 c. chopped potato or parsnip
- 2 c. thinly sliced cabbage
- 1 onion, diced
- 2 cloves garlic, minced
- 3 T. freshly squeezed lemon juice
- 2 bay leaves
- 2 c. canned tomatoes, whole or crushed
- 2 t. dill weed or fresh dill, minced

COOK vegetables and bay leaves in a saucepan until tender, adding just enough vegetable broth\* or water to cover (set beets aside if already cooked or canned).

SIMMER until tender.

STIR in the remaining ingredients and heat thoroughly.

ADD more water if needed (water should cover vegetables well.)

SEASON to taste.

TASTES best after sitting overnight.

SERVE warm or cold, with a tablespoon of sour cream in each bowl.

\*NOTE: Vegetable broth can be easily made by adding 1 T. Country Style Seasoning to water.

## Country Style Seasoning

- ½ c. salt
- ¼ c. celery salt
- ¼ c. onion powder
- ¼ c. parsley flakes
- 1 t. garlic powder
- 1 t. paprika
- ½ t. summer savory
- ½ t. marjoram
- ½ t. sage

MIX together and store in a jar or sealed

spice container.

USE in gravies, soups, patties, etc. Makes a great substitute for chicken seasoning.

## Vegetable Fettuccini

COOK in 6 qt. pot until soft:

- 1 pkg whole grain noodles
- 1 T. salt

STEAM in separate pot:

- 5 c. broccoli, carrot, cauliflower comb.  
frozen OR fresh
- 4 garlic cloves, minced

BLEND until very smooth:

- ½ c. cashews OR almonds
- 1 ½ c. cooked rice
- 3 dates OR 1 T. sweetener
- 2 ½ c. water
- 1 T. salt
- 1 T. onion granules
- ½ t. garlic granules
- ¼ c. lemon juice

DRAIN noodles.

ADD cooked vegetables to noodles.

POUR blender mixture over the top and mix.

PLACE in 4 quart casserole dish and cover.

BAKE at 350° for 20 minutes.

UNCOVER and bake for another 10 minutes, or until done.

THICKENS more as it cools.



# Valentines Vegetables

## Dipped Strawberries

*(A special Valentines treat!)*

1 lb strawberries  
1 lb carob chips  
2 T. peanut butter, almond butter, tahini, or  
any other nut or seed butter  
Extra nuts, raisins, dry cereal, or coconut

WASH strawberries and allow to dry completely.  
SORT out the ones with bad spots. (they won't  
work well)

STICK each strawberry with a toothpick.

MELT carob chips and peanut butter on a  
double boiler, stirring frequently. (Make one  
by stack two pots on top of each other—fill  
the lower one with water and put your  
ingredients in the upper one.)

QUICKLY spoon melted carob mixture onto each  
strawberry, stirring mixture frequently.

SET covered strawberries on a sheet of wax  
paper or parchment paper.

USE remaining carob mixture to make carob  
candies by adding nuts, raisins, dry cereal or  
coconut to it and pouring into molds or  
making into balls.

CHILL in cool room or refrigerator.

SERVE within the next 1-2 days, as strawberries  
won't keep long. (The candy will keep a long  
time in the refrigerator or freezer—save it for  
a special treat to enjoy later.)

ENJOY!

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# Thanksgiving

## Sweet Potato Balls

Mix in a bowl:

- 4 c. sweet potatoes, cooked & mashed
- 10-20 oz. crushed pineapple (juice drained)
- ½ c. chopped walnuts OR pecans
- ½ t. maple flavor
- ½ t. salt
- ¼ c. sweetener, opt. (only needed if sweet potatoes are not sweet)

Set aside:

- 12 pineapple slices, round  
(you will need two 20oz cans)
- ½ c. extra chopped walnuts OR pecans

ARRANGE pineapple rings along bottom of a casserole dish (9x13 works best).  
FORM sweet potato mixture into balls.  
PLACE each ball on a pineapple ring.  
SPRINKLE with extra chopped nuts.  
CHILL until just before serving.  
BAKE at 350° for 20 minutes, or until golden.  
SERVE immediately.

## White Gravy

BLEND until smooth:

- ½ c. cashews or blanched almonds
- 2 c. well-cooked rice OR millet
- 2 c. hot water

ADD and blend briefly:

- 3 T. arrowroot or cornstarch\*
- 4 t. onion granules OR  
2 T. dry minced onion
- ½ t. garlic granules
- 1 t. salt to taste
- 2 t. Country Style Seasoning\*\*  
(add after blending)
- 1 ½ T. lemon juice, opt.

POUR blended mixture into a sauce pan.  
ADD 2 cups additional water (use to rinse out the blender).

COOK on medium-high until thick, stirring frequently.

SIMMER about 5-10 minutes.

SERVE over peas, toast, potatoes, patties, pasta, or asparagus.

YIELD: 6 cups.

\*NOTE: If you do not want to cook,  
REDUCE water to 2 c. and  
omit arrowroot

\*\* If you do not have Country Style Seasoning,  
use:

- 1 t. onion granules, ¼ t. garlic granules,  
½ t. salt, and ¾ t. celery salt.

VARIATIONS:

May add chives, parsley, or paprika. Adjust seasonings to your preference.

## Mashed Potatoes

- 10-12 med. potatoes
- 2+ c. soy milk OR nut milk  
OR ½ c. nuts blended  
in 2 c. water
- 1-2 t. salt to taste
- 2 T. onion powder, opt.

SCRUB potatoes thoroughly and trim as necessary. May peel if desired.

BOIL potatoes in a 6 qt. pot.

DRAIN water from pot.

MASH cooked potatoes until powdery-smooth.

ADD salt and onion powder.

GRADUALLY add milk until desired consistency and season to taste.

DO NOT over-mix or potatoes will become sticky instead of fluffy.



# Thanksgiving

## Cashew “Miracle” Mayonnaise

BLEND until very smooth:

- 1/2 c. cashews or blanched almonds
- 1 c. cooked millet OR cornmeal, hot and freshly cooked
- 1 c. water
- 1 t. salt
- 1 T. onion powder
- 1/4 c. lemon juice

POUR into container and chill for several hours to allow mayonnaise to set.

YIELD: 3 cups.

For Ranch-style dressing, add after blending:

- 1 t. dill weed
- 2 t. sweet basil

add more water just before serving, as needed.

## Country Style Seasoning

- 1/2 c. salt
- 1/4 c. celery salt
- 1/4 c. onion granules
- 1/4 c. parsley flakes
- 1 t. garlic granules
- 1 t. paprika
- 1/2 t. summer savory
- 1/2 t. marjoram
- 1/2 t. sage

MIX together and store in a jar or sealed spice container.

USE as a seasoning in gravies, soups, patties, etc. Makes a great substitute for chicken seasoning.

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# Holiday Cooking

## Holiday Millet Loaf

- 3 c. well-cooked millet
- 1/3 c. peanut OR any other nut/seed butter
- 2 T. onion powder
- 1/2 t. garlic powder
- 1 t. Country Style Seasoning  
OR 1/2 t. celery salt
- 1 T. dried parsley

MIX all ingredients thoroughly.

SPREAD in prepared 1 1/2 qt. glass baking dish, while mixture is still warm, OR fry into patties.

BAKE at 350° for 50-60 minutes, until nicely browned. Cut into squares.

SERVE with White Gravy, Cranberry Sauce, OR Homemade Ketchup.

YEILD:

10 patties OR small 1 1/2 qt baking dish.

VARIATIONS:

MAY use 1 1/2 c. cooked cracked wheat and 1 1/2 c. cooked millet instead.

## Holiday Carrot Salad

- 8 c. shredded carrots
- 20 oz. crushed pineapple
- 1/2 c. raisins
- 1 t. salt
- 2 T. lemon juice
- 3 T. honey or sweetener
- 3 T. olive oil
- 3 T. shredded coconut, opt.

MIX all ingredients together thoroughly.  
REFRIGERATE or serve.

## Quick Cranberry Sauce

- 12 oz. bag fresh or frozen cranberries
- 6 oz. frozen pineapple juice concentrate
- 6 oz. frozen orange juice concentrate
- 1/4 t. lemon zest, opt.
- pinch salt, opt.

BOIL together for about 20 minutes or until cranberries have burst open.

COOL for a few minutes, then mash if desired.

THICKENS as it cools.

SERVE warm or cold.

VARIATIONS:

1. can use all pineapple juice concentrate
2. add raisins, nuts, or chopped apple.
3. If too sweet, cut down fruit juice concentrate and add water.

## Homemade Ketchup

- 6 oz. tomato paste
- 6 oz. water
- 3 T. lemon juice
- 2 T. honey OR date butter
- 1 t. onion granules
- 1/2 t. garlic granules
- 1/2 t. salt
- 1/2 t. paprika
- 1-2 t. basil
- 1/2 t. Italian seasoning, opt.

MIX together well.

SERVE immediately or chill.

KEEPS one week in refrigerator.



# Holiday Cooking

## Carob Fudge

1/2 c. almond butter  
1/2 c. carob powder  
1/2 c. sorghum or honey  
1/3 c. soy supreme  
1 T. vanilla  
1/4 t. salt  
1/3 c. chopped nuts or coconut

MIX well.

PRESS firmly into 1qt or 1 1/2 qt dish. Should be 1/2 inch thick.

REFRIGERATE 1-2 hours.

CUT into squares.

FREEZE. Serve frozen.

## Cold Season Tea (yummy!)

BRING to boil in 2qt-4qt kettle:

1/2 c. dried Pau D'Arco (inner bark)  
3-4 T. licorice root  
2 qt. water

SIMMER with lid on for 10 minutes.

TURN off burner, then add:

1/2 c. dried nettle leaves  
1/2 c. dried peppermint leaves

STIR and replace lid on kettle.

STEEP for 10 more minutes.

STRAIN into a jug.

POUR a little into the bottom of seven 1-qt. containers.

FILL the rest of each container with water.

REFRIGERATE or serve immediately.

KEEPS one week in refrigerator.

SERVE warm or cold.

YEILD: 7 quarts tea.

## Country Style Seasoning

1/2 c. salt  
1/4 c. celery salt  
1/4 c. onion powder  
1/4 c. parsley flakes  
1 t. garlic powder  
1 t. paprika  
1/2 t. summer savory (aka savory)  
1/2 t. marjoram  
1/2 t. sage

MIX together and store in a jar or sealed spice container.

USE as a seasoning in gravies, soups, patties, etc. Makes a great substitute for chicken seasoning.

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