

Ryan Cragun's Vegetarian Cookbook

Table Of Contents

bread	1
banana bread	2
corn tortillas	3
french bread	4
french bread (machine)	5
white bread (machine)	6
zucchini bread	7
breakfast	8
agua dulce	9
banana chocolate protein shake	10
breakfast couscous	11
buckingham palace scones	12
gallo pinto	13
german pancakes	14
vegetarian breakfast gravy	15
candy	16
divinity	17
english toffee	19
spiced nuts	20
desserts	21
apple crisp	22
apple dumplings	23
bananas foster	24
bird nests	25
caramel icing	26
caribbean dream pie	27
chewy chocolate chip cookies	28
chocolate mint bars	29
creamy banana pudding	31
oatmeal raisin cookies	32
pie crust	33
pumpkin cheesecake	34
red, white, and blueberry shortcake	35
salted caramel and milk chocolate mousse	36
snickerdoodles	37
sugar cookies	38

entrees	39
aloo matar	40
anglo-mexican pie	41
asparagus and red pepper pizza	42
baked chicken and rice	43
beans and franks	44
broccoli and tofu in spicy almond sauce	45
cauliflower marranca	46
chinese chicken with cashews	47
couscous salad with veggie chicken, tomato, and basil	48
egg rolls	49
eggplant parmigiana - lasagna style	50
falafel stuffed pitas	51
fried tofu in peanut sauce	52
harvest pie	53
lasagna	54
lemon tossed pasta	55
masoor dahl in tomato sauce	56
pad thai	57
polenta	58
portabella pepper jack	59
sloppy joes	60
stuffed cabbage	61
tortellini and squash	62
veggie calzones	63
veggie enchiladas	64
veggie fajitas	65
veggie tacos	66
white beans with rosemary	67
wontons	68
zuccanoes	69
saucers and dips	70
aussie sauce	71
homemade salsa	72
hummus	73
mustard and vinegar marinade	74
roasted pepper cheese dip	75
seven-layer dip	76

sushi vinegar	77
side dishes	78
celery and bleu cheese	79
fried (green) tomatoes	80
glazed fall vegetables	81
green bean casserole	82
lemon pepper couscous	83
mashed potatoes	84
mushroom gravy	85
oven-roasted potatoes and peas	86
pasta salad	87
ramen salad	88
stuffing	89
vegetarian sushi	90
soup	92
asparagus cream soup	93
black bean soup	94
butternut squash soup	95
corn chowder	96
minestrone soup	97
potato cheese soup	98
taco soup	99

bread

banana bread

corn tortillas

french bread

french bread (machine)

white bread (machine)

zucchini bread

banana bread

1 3/4 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon cinnamon
1/4 teaspoon nutmeg
6 tablespoons unsalted butter, softened
2/3 cup granulated sugar
2 large eggs
1 cup mashed, very ripe bananas (about 3 medium sized)
1/4 teaspoon lemon zest (or 1 tablespoon lemon juice)
3/4 cup chopped walnuts or pecans

Preheat the oven to 350° F. Position the rack in the center of the oven. Lightly butter an 8.5 x 4.5 x 2.5-inch loaf pan.

In a large bowl sift together the flour, baking powder, baking soda, cinnamon, nutmeg, and salt; set aside for later.

In a large mixing bowl, using an electric mixer on low speed, beat the butter for 1 minute or until light and creamy. Add the sugar, about 2 tablespoons at a time. When all of the sugar has been added, continue to beat on medium speed for 2 minutes, scraping down the beaters and the sides of the bowl as needed .

Add the eggs, 1 at a time, beating for 10 seconds between additions or until absorbed by the butter. Scrape down the beaters and the sides of the bowl and continue to beat for 1 minute or until smooth and creamy.

With a large rubber spatula, fold the sifted ingredients into the batter, in 3 additions, alternating with the mashed bananas in 2 additions. Add the lemon zest and beat the batter with an electric mixer, on low speed, for 1 minute or until smooth.

Fold in the nuts and transfer the batter to the prepared pan. Smooth the top with a rubber spatula. Bake for 55 minutes to 1 hour or until a tester, inserted in the center, comes out clean.

Cool the bread in the pan, on a wire rack for 15 minutes, then ease it out of the pan and cool it, to room temperature on a wire rack.

Serves 6

Preparation time: 20 minutes

Cooking time: 55 minutes

Nutrition Facts

Nutrition (per serving): 479.9 calories; 42% calories from fat; 23.5g total fat; 112.3mg cholesterol; 260.7mg sodium; 270.2mg potassium; 61.3g carbohydrates; 3.2g fiber; 27.5g sugar; 9.0g protein.

corn tortillas

These are a great accompaniment for any Mexican-style dish. You can also use these wraps for enchiladas.

1 teaspoon salt
2 cups flour
1 cup corn meal
2 1/2 cups water
1 egg (optional)

Mix all ingredients until batter is smooth.

Make 6 inch diameter thin circles of batter on a sizzling skillet. Flip when consistency is solid. Remove from heat when browned.

Serves 8

Preparation time: 10 minutes

Cooking time: 15 minutes

Ready in: 25 minutes

Nutrition Facts

Nutrition (per serving): 179.6 calories; 7% calories from fat; 1.6g total fat; 30.7mg cholesterol; 308.3mg sodium; 87.0mg potassium; 35.6g carbohydrates; 2.0g fiber; 0.2g sugar; 5.4g protein.

french bread

For a more authentic French bread, try this handmade recipe. The resulting loaf has a hard crust with a soft, rich inside. This loaf is excellent with Italian food or for dipping in olive oil and balsamic vinegar.

1 1/4 cups water
3 1/2 cups unbleached flour
1 1/2 teaspoons salt
2 teaspoons yeast

Place dough ingredients in a bread maker, select dough setting, and press start. (If you don't have a bread maker, use a kitchenaid type mixer or mix by hand until well-mixed.)

When the dough cycle ends, the machine will beep. You can leave the dough in the machine or put it in a mixing bowl. Either way, the dough needs to be covered (if in a bowl, with a wet dish towel) and put in a warm place - about 90° F. Set a timer and allow the dough to rise for 1 hour.

After an hour, punch the dough down and knead a few times. Reset the timer and let the dough rise for another hour.

After the second hour, turn the dough out onto a lightly floured cutting board. Form into a smooth round ball then flatten it with your hands. Place a clean kitchen towel (not terry cloth) in a round wicker basket that's at least twice the size of the dough. Dust the towel liberally with flour. Place the round dough in the center of the basket. Place basket in a warm place and let dough rise, uncovered, about 45 minutes until double in size.

Gently turn dough out of basket upside down onto a buttered baking sheet (or cooking stone). Lightly butter the dough. With a very sharp knife held almost parallel to the loaf, carefully slash the top of the dough at sharp angles in a # pattern.

Preheat oven to 450° F. Place a small pan on the bottom shelf of the oven and add at least 1 cup of water to the pan. Place dough in oven and bake for 20 minutes.

Remove from oven and place on rack to cool for 1 hour before slicing.

To preserve the crisp crust, do not store in plastic wrap or bag. Bread can be loosely covered or left out for up to two days before it dries out completely.

Serves 6

Preparation time: 20 minutes

Cooking time: 180 minutes

Ready in: 240 minutes

Nutrition Facts

Nutrition (per serving): 269.4 calories; 2% calories from fat; 0.8g total fat; 0.0mg cholesterol; 584.5mg sodium; 104.8mg potassium; 56.2g carbohydrates; 2.2g fiber; 0.2g sugar; 8.0g protein.

french bread (machine)

1 1/2 cups water
2 tablespoons oil
1 teaspoon lemon juice
1 teaspoon salt
2 tablespoons sugar
4 cups white flour
2 1/4 teaspoons yeast

Combine ingredients in your bread machine and follow your machine directions.

Serves 8

Preparation time: 10 minutes

Cooking time: 180 minutes

Ready in: 240 minutes

Nutrition Facts

Nutrition (per serving): 273.0 calories; 12% calories from fat; 4.0g total fat; 0.0mg cholesterol; 293.5mg sodium; 90.3mg potassium; 51.3g carbohydrates; 1.9g fiber; 3.3g sugar; 6.9g protein.

white bread (machine)

2 3/4 cups flour
1 cup water
1 1/2 teaspoons salt
1 teaspoon sugar
1/4 cup margarine, melted
2 1/4 teaspoons yeast

Combine ingredients in your bread machine and follow your machine directions.

Serves 8

Preparation time: 10 minutes

Cooking time: 180 minutes

Ready in: 240 minutes

Nutrition Facts

Nutrition (per serving): 212.7 calories; 25% calories from fat; 6.2g total fat; 6.2mg cholesterol; 501.7mg sodium; 71.1mg potassium; 33.8g carbohydrates; 1.4g fiber; 0.6g sugar; 4.9g protein.

Cooking Tips

To proof your yeast, add the yeast to 1/4 of the cup of warm water along with the 1 tsp. of sugar. If yeast is still active, the mixture will rise. If it is not active, nothing will happen.

zucchini bread

This bread is great for breakfast.

- 1 1/2 cup flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 cup sugar
- 1 cup grated zucchini
- 1 egg
- 1/4 cup vegetable oil
- 1/4 teaspoon chopped lemon zest (or 1 tablespoon lemon juice)
- 1/2 cup chopped walnuts



Preheat oven to 350°. Grease an 8 by 4 by 2-inch loaf pan.

In a mixing bowl combine flour, baking soda, baking powder, salt, cinnamon, and nutmeg.

In another bowl combine sugar, zucchini, egg, oil, and lemon zest and mix well.

Add flour mixture and stir until just combined. Stir in walnuts.

Pour batter into prepared pan. Bake for 55 to 60 minutes. Cool for 10 minutes and remove from pan.

For best results, wrap and store overnight before cutting.

Serves 8

Preparation time: 25 minutes

Cooking time: 55 minutes

Ready in: 90 minutes

Nutrition Facts

Nutrition (per serving): 304.5 calories; 35% calories from fat; 12.6g total fat; 30.7mg cholesterol; 179.0mg sodium; 110.0mg potassium; 44.8g carbohydrates; 1.5g fiber; 25.6g sugar; 4.7g protein.

breakfast

agua dulce

banana chocolate protein shake

breakfast couscous

buckingham palace scones

gallo pinto

german pancakes

vegetarian breakfast gravy

agua dulce

I picked up this recipe in Costa Rica. It's a great, caffeine-free alternative to coffee.

12 ounces boiling water
3 tablespoons brown sugar

Mix the brown sugar into the water until it dissolves. Enjoy!

Serves 1

Nutrition Facts

Nutrition (per serving): 155.5 calories; 0% calories from fat; 0.0g total fat; 0.0mg cholesterol; 73.0mg sodium; 142.7mg potassium; 40.1g carbohydrates; 0.0g fiber; 39.7g sugar; 0.0g protein.

banana chocolate protein shake

You can make the shake with unfrozen bananas, but then you have to add ice cubes and the shake isn't as smooth.

2 bananas, frozen
2 cups chocolate milk, Silk brand soy milk preferred
1 cup soy protein, Naturade brand, Vanilla flavor

Preferrably you have already frozen the bananas. If not, cut the ripe bananas into ½ inch pieces and freeze overnight.

Add all of the ingredients to a powerful blender and blend until smooth. Enjoy.

Serves 2

Preparation time: 10 minutes

Ready in: 10 minutes

Nutrition Facts

Nutrition (per serving): 316.0 calories; 7% calories from fat; 2.7g total fat; 0.0mg cholesterol; 241.4mg sodium; 931.9mg potassium; 63.6g carbohydrates; 5.5g fiber; 43.1g sugar; 13.0g protein.

breakfast couscous

For an interesting oatmeal replacement, try this couscous recipe. It is similar in taste to a sweet oatmeal breakfast cereal, but has a different texture and subtle flavor nuances.

1 cup soy milk
2 teaspoons vanilla extract
3 tablespoons maple syrup
1/4 cup raisins (optional)
1/2 cup uncooked couscous
1 pinch ground cinnamon

Heat the milk, vanilla, maple syrup, and raisins in a saucepan over medium heat until hot and steamy, but do not bring the mixture to a boil.

Stir in couscous, cover, and remove from heat. Let stand for about 5 minutes.

Sprinkle with cinnamon and serve warm, or if you prefer a sweeter flavor, add more maple syrup and sprinkle with a blend of cinnamon and sugar.

Serves 2

Preparation time: 10 minutes

Nutrition Facts

Nutrition (per serving): 371.7 calories; 6% calories from fat; 2.8g total fat; 0.0mg cholesterol; 76.8mg sodium; 427.9mg potassium; 74.8g carbohydrates; 4.5g fiber; 29.8g sugar; 11.6g protein.

buckingham palace scones

This is supposedly the recipe used in Buckingham Palace.

2 1/4 cup flour
1 dash salt
6 tablespoons butter, melted (1/4 cup)
1/2 tablespoon baking powder
1/4 cup sugar
1 egg
1/4 cup milk
1/4 cup raisins (optional)



Preheat oven to 350° F.

Mix together butter, flour, salt and baking powder. Add sugar and raisins (optional).

Knead in the egg and milk. If mixture appears too dry, add more milk (if too moist, add more flour). Knead to a nice, smooth dough.

Roll the dough out on a floured board to 1/2 inch thick. Using a sharp knife, cut the dough into triangles, about 2 inches per side.

Place the scones on a lightly greased baking sheet and brush with a little beaten egg or butter.

Bake 10-15 minutes until the bottoms of the scones are lightly colored. Serve hot with honey or cinnamon butter.

Serves 8

Preparation time: 15 minutes

Cooking time: 12 minutes

Nutrition Facts

Nutrition (per serving): 258.9 calories; 33% calories from fat; 9.9g total fat; 54.2mg cholesterol; 126.5mg sodium; 100.2mg potassium; 37.8g carbohydrates; 1.1g fiber; 9.8g sugar; 5.0g protein.

gallo pinto

This is a staple of Costa Rican kitchens, usually served at breakfast with tortillas and agua dulce (hot brown sugar drink).

- 1 tablespoon margarine
- 1 bell pepper, diced
- 1/2 onion, diced
- 3 tablespoons Salsa Lizano (or Worcestershire sauce)
- 1 can black beans (or pinto beans)
- 2 1/2 cups boiled rice
- 1 teaspoon powdered coriander



Sauté the onion and bell pepper in the margarine in a non-stick frying pan until soft. Add the rest of the ingredients and cook for another 10 minutes or until the rice is brown and bordering on burning (it should almost be crisp before you remove it from the heat). Serve warm with tortillas and salsa.

Serves 4

Preparation time: 15 minutes

Nutrition Facts

Nutrition (per serving): 334.7 calories; 15% calories from fat; 5.8g total fat; 0.0mg cholesterol; 476.7mg sodium; 594.5mg potassium; 58.7g carbohydrates; 10.8g fiber; 1.6g sugar; 12.8g protein.

Cooking Tips

Leftover gallo pinto can be re-heated for breakfast or eaten for lunch or dinner with cheese, burrito-style. This also goes really well with fresh tomatoes and eggs (scrambled or over-easy).

german pancakes

This is a Cragun Family Christmas morning tradition.

6 eggs
1 teaspoon salt
1 cup milk
1/2 teaspoon sugar
1 cup flour
2 tablespoons margarine



Preheat oven to 425°.

Beat eggs, salt, milk, sugar, and flour until smooth.

Put 2 Tablespoons margarine in cast iron skillet (or pie tin).

Dump the mixture into the frying pan and bake for 20 minutes.

Cut in wedges and serve with syrup, jam or powdered sugar.

Serves 4

Nutrition Facts

Nutrition (per serving): 325.1 calories; 43% calories from fat; 15.9g total fat; 379.1mg cholesterol; 792.5mg sodium; 244.2mg potassium; 27.9g carbohydrates; 0.8g fiber; 4.4g sugar; 16.2g protein.

vegetarian breakfast gravy

This is a vegetarian variation of a traditional Cragun family breakfast recipe. The non-vegetarian version uses ground beef and adds boiled, diced eggs. The gravy recipe is a variation of biscuits and gravy - the biscuits are just mixed in with the gravy.

4 tablespoons margarine
1/2 onions
6 vegetarian breakfast sausages (we use Morningstar Farms)
1/4 cup flour, white
3 cups soy milk
1 teaspoon pepper
4 pieces bread, lightly toasted (or stale)



Turn stove on to medium high, and melt 2 tbsp. margarine in a saucepan. Add the chopped onions and sauté until they begin to soften. Add sausage crumbles and sauté until browned. Set aside the cooked onion/sausage mixture in a bowl.

In the same pan, reduce heat to medium, and prepare a roux by mixing the flour with the rest of the margarine to make a heavy paste. Add margarine and/or flour to get the correct consistency. Stir and cook the roux for a couple of minutes until it begins to brown, then slowly add soymilk to the mixture, stirring continuously. You must stir continuously to avoid lumps. Continue to simmer the gravy over medium heat and add more soy milk to the correct consistency. If you accidentally add too much milk, just add a bit more flour (not more than a teaspoon at a time). The longer you cook the gravy, the more it will reduce and thicken.

Once the gravy is at the right consistency, add the onion/sausage mixture and continue to stir and simmer until heated through. Add salt and pepper to taste; you will probably find that you'll use more salt and pepper than you expected.

Break the lightly toasted bread into pieces and mix it into the gravy (you'll need to add milk to adjust the consistency). It should be thick enough to not be soupy but not dry.

Serves 4

Preparation time: 20 minutes

Nutrition Facts

Nutrition (per serving): 404.9 calories; 34% calories from fat; 15.6g total fat; 0.0mg cholesterol; 764.0mg sodium; 554.0mg potassium; 44.0g carbohydrates; 5.7g fiber; 19.8g sugar; 23.1g protein.

Cooking Tips

You can use biscuits instead of the bread. Just prepare a package of 8 biscuits according to the directions and pour the gravy over the biscuits when completed.

candy

divinity

english toffee

spiced nuts

divinity

This is a complicated but delicious candy recipe. I highly recommend you have a candy thermometer before you attempt it.

2 cups granulated white sugar
1/2 cup corn syrup, light
1/2 cup water
1 pinch salt
2 egg whites
1 teaspoon imitation vanilla flavoring
1 cup chopped walnuts

Prewarm your candy thermometer.

Separate the eggs. Put the egg whites in a large mixing bowl and let them sit to warm to room temperature.

Top two cookie sheets with wax paper.

Fill a separate small bowl with ice water (you'll need this later).

Combine the sugar, corn syrup, water and salt in a heavy, 2-quart saucepan with a tight fitting lid. Turn the heat to low and stir the sugar mixture with a wooden spoon until the sugar completely dissolves. The syrup will become clear and the spoon will glide smoothly over the bottom of the saucepan. Once the sugar has dissolved, you do not need to stir the syrup any longer.

Increase the heat to medium-high and bring to a boil. Add the thermometer to the saucepan.

Once the syrup reaches 240° F, beat the eggs until stiff.

Watch the syrup as the temperature slowly increases. Once it reaches the firm-ball stage, around 260° F, you can test the syrup by dropping a small amount into the bowl of ice-water. The syrup should harden but give under pressure. Another test is to pull the wooden spoon out of the syrup and see if it will spin a thread of syrup from the spoon. If you have the candy thermometer, these tests are not required - just pull the syrup off the stove at 260° F.

Once 260° F is reached, return the thermometer to the hot water to let it soak clean.

Then start beating the syrup into the egg whites. Add the syrup slowly while you beat at a slow speed. Once all of the syrup is in the mixing bowl, turn your mixer on high.

This next part is the trickiest part as it makes a huge difference how the divinity will turn out. You need to beat the divinity until, when you lift the beaters, the candy does not fall back in ribbons and merge back into the batter. It should stick to the beater and the batter in the bowl should retain its shape - ridges and ripples and such. Additionally, it should lose its glossy look and be dull. **DO NOT STOP BEATING** until the candy reaches this stage. If you do, the candy will collapse on the wax paper and you will not get the fluffy divinity you want.

The length of time you will have to beat the mixture depends on your mixer. If you have a commercial mixer it may do the job in less than 5 minutes. With a small hand blender

it could take up to 20 to 30 minutes. Regardless, do not stop early. (Also note, humidity can make it take longer.)

Once the candy is mixed to the right consistency, add the nuts (or cherries).

You should now be ready to drop the candy onto the wax paper with a teaspoon. When you do, it should retain its shape. If it begins to pool into a blob, you have not mixed it long enough. You may want to use two teaspoons, one to extract the mixture and the other to push it off the spoon and onto the wax paper. You can also pipe it onto the wax paper using a pastry bag.

Let the candy sit for at least a couple of hours for it to harden slightly and set. Then enjoy.

Serves 15

Preparation time: 60 minutes

Ready in: 120 minutes

Nutrition Facts

Nutrition (per serving): 189.3 calories; 22% calories from fat; 5.1g total fat; 0.0mg cholesterol; 40.3mg sodium; 43.0mg potassium; 36.5g carbohydrates; 0.5g fiber; 35.6g sugar; 1.7g protein.

Cooking Tips

You can use other chopped nuts or diced maraschino cherries.

To prewarm a candy thermometer place it in a small sauce pan of water and bring it to a boil. Let it simmer until you need the thermometer.

Store in an airtight container at room temperature or in a refrigerator. Makes 1 pound but looks like more. Recipe cannot be doubled; it can be frozen but not for extended periods of time.

english toffee

1 cup sugar
2 tablespoons water
1 cup butter (2 sticks)
1 cup pecan halves
1 1/2 cups milk chocolate chips

Preheat a candy thermometer. Cut the butter into small pieces, then add it with the sugar and water to a saucepan. Turn the heat to medium, stirring constantly until the sugar has dissolved.

Turn the heat up to medium-high and continue stirring. Place the candy thermometer into the syrup. Let the temperature slowly rise. It should turn golden brown (not yellow brown) just below 310° F, the hard crack stage. Do not turn the heat up too high or you will burn the syrup - it will change from golden brown to dark brown very rapidly if you do.

When the syrup reaches about 305° to 308°F, remove the syrup from the heat.

Cover a small cookie sheet with the pecans, then pour the syrup over the pecans. Let it cool for just a minute or two so the syrup can set, then sprinkle the chocolate chips onto the hot syrup. Let the chips melt for a minute or two, then spread the chocolate evenly over the toffee.

The toffee will need to cool for about 3 hours before it is cool enough to eat. The toffee won't cut easily as it is more likely to simply crack. Crack it into pieces and enjoy.

This does not need to be stored in the fridge.

Serves 20

Ready in: 180 minutes

Nutrition Facts

Nutrition (per serving): 237.9 calories; 64% calories from fat; 18.1g total fat; 24.4mg cholesterol; 3.1mg sodium; 86.6mg potassium; 21.4g carbohydrates; 1.5g fiber; 10.2g sugar; 1.3g protein.

spiced nuts

1 cup sugar
1/2 cup water
1 teaspoon cinnamon
1 teaspoon salt
1 tablespoon imitation vanilla flavor
1/2 stick butter, unsalted
1 pound shelled, unsalted whole almonds

Preheat your candy thermometer. Combine the sugar, water, cinnamon, and salt in a saucepan. Turn the heat to medium and stir the mixture until the sugar has dissolved.

Turn the heat up to medium high, then place the thermometer into the pan. The temperature will slowly rise. Cook until the soft ball stage, 240° F.

Once the syrup reaches that temperature, remove from the heat.

Place the butter, vanilla, and almonds in a medium-sized mixing bowl. Pour in the syrup and mix everything together until the almonds are covered with the syrup.

It will take about 2 hours for the syrup to crystalize. It should turn out as a soft glaze.

Serves 40

Ready in: 60 minutes

Nutrition Facts

Nutrition (per serving): 88.6 calories; 57% calories from fat; 6.0g total fat; 0.1mg cholesterol; 58.4mg sodium; 85.5mg potassium; 7.3g carbohydrates; 1.4g fiber; 5.6g sugar; 2.5g protein.

Cooking Tips

If eaten right away, this does not need to be stored in the fridge. If you will be eating it over several weeks it should be stored in the fridge.

desserts

apple crisp

apple dumplings

bananas foster

bird nests

caramel icing

caribbean dream pie

chewy chocolate chip cookies

chocolate mint bars

creamy banana pudding

oatmeal raisin cookies

pie crust

pumpkin cheesecake

red, white, and blueberry shortcake

salted caramel and milk chocolate mousse

snickerdoodles

sugar cookies

apple crisp

6 peeled and sliced tart apples
2 to 3 tablespoons lemon juice
1/4 cup white sugar
1 1/4 cups rolled oats
1 cup flour
1/4 cup brown sugar
1 teaspoon cinnamon
1 dash allspice
1 dash nutmeg
1/2 teaspoon salt
1/2 cup (1 stick) melted butter
1/2 cup finely chopped walnuts



Preheat oven to 375° F

Layer the apples in a 9-inch square pan.

Mix together the remaining ingredients in a medium-sized bowl. Distribute over the top of the fruit and pat firmly into place.

Bake uncovered for 35 to 40 minutes, or until the top is crisp and lightly browned and the fruit is bubbling around the edges. Serve hot, warm, or at room temperature, plain or a la mode.

Serves 6

Preparation time: 25 minutes

Cooking time: 40 minutes

Ready in: 75 minutes

Nutrition Facts

Nutrition (per serving): 430.1 calories; 45% calories from fat; 22.5g total fat; 40.7mg cholesterol; 253.7mg sodium; 223.6mg potassium; 56.1g carbohydrates; 3.3g fiber; 30.5g sugar; 4.7g protein.

apple dumplings

This is a very decadent dessert, but it's very, very good.

2 unbaked pie crusts
6 tart apples (peeled & cored)
vanilla ice cream (optional but recommended)

for the syrup

1 cup granulated white sugar
2 cups water
3 tablespoons butter or margarine
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg

for the filling

1/2 cup granulated white sugar
1 1/2 teaspoons cinnamon
1 1/2 teaspoons nutmeg
2 tablespoons butter or margarine

Pre-heat oven to 450°.

Roll pastry slightly less than 1/8" thick. Cut into seven inch squares (or pieces large enough to cover the entire apple).

Bring syrup ingredients to boil. Boil for 3 minutes then remove from heat.

Put one apple in the center of each pastry square. Fill with the dry sugar mixture. Dot each with a teaspoon of butter. Bring the corners of the crust up over the apple and overlap them, pinching the crust together to completely cover the apple.

Place in a baking pan separated slightly and pour one cup of the hot syrup mixture around dumplings.

Bake at 425° for 45 min.

Just before serving pour the rest of the warm syrup over the dumplings and serve with the ice cream.

Serves 6

Preparation time: 20 minutes

Cooking time: 45 minutes

Nutrition Facts

Nutrition (per serving): 555.7 calories; 38% calories from fat; 23.9g total fat; 10.4mg cholesterol; 384.1mg sodium; 156.8mg potassium; 86.1g carbohydrates; 2.4g fiber; 65.5g sugar; 2.3g protein.

Cooking Tips

You can use peaches instead of apples, swapping out the 6 apples for 3 large peaches, peeled and pitted. Split the peaches and put 1/2 of each one in the crust.

bananas foster

This is a delicious dessert and it's also kind of cool to make if your guests can see it flambe.

2 cups vanilla ice cream
6 tablespoons butter cut into 1/2 inch cubes
1/2 cup firmly packed brown sugar
4 firm, ripe bananas, peeled and cut in half lengthwise
1/2 teaspoon ground cinnamon
1/2 cup banana liqueur (optional)
1 cup dark rum



Light a table-top stove and set a flambé pan over the flame (can also cook in a pot on the stove).

Combine the butter and brown sugar in the pan and stir until the mixture is a smooth syrup. Add the bananas and baste them with the syrup for 3 minutes. Sprinkle in the cinnamon.

Carefully pour in the banana liqueur and rum and allow to warm for a few seconds. The Bananas Foster may burst into flame spontaneously. If it does not, carefully light with a long match or, if you have acquired the skill, tip the pan so the syrup is closer to the flame.

Slide the pan back and forth over the burner until the flames die, basting the bananas while sliding.

Place a scoop of ice cream on each of four chilled dessert plates and set them aside.

Place two banana halves around each scoop of ice cream, spoon the sauce over the top and serve immediately.

Serves 4

Preparation time: 15 minutes

Nutrition Facts

Nutrition (per serving): 736.0 calories; 27% calories from fat; 24.4g total fat; 72.6mg cholesterol; 63.9mg sodium; 711.1mg potassium; 82.1g carbohydrates; 4.1g fiber; 56.1g sugar; 3.8g protein.

bird nests

- 1 small bag chocolate chips
- 1 small bag butterscotch chips
- 1 cup cashews (can add slightly more)
- 5 cups chow mein noodles



Put the two bags of chips together in a microwave safe bowl and heat for 1 to 2 minutes in a microwave until the chips melt and can be mixed together.

Add the cashews and chow mein noodles and mix until completely combined.

Drop spoonfuls of the mixture on wax paper and let the nests harden. Store in the fridge.

Serves 15

Preparation time: 15 minutes

Nutrition Facts

Nutrition (per serving): 322.2 calories; 41% calories from fat; 16.4g total fat; 1.9mg cholesterol; 135.7mg sodium; 69.6mg potassium; 45.8g carbohydrates; 2.2g fiber; 0.5g sugar; 3.6g protein.

caramel icing

This is Debi's favorite cake icing. I got it from her mom, Rosemary Morgan.

1/2 cup butter or margarine

1 cup brown sugar

1/4 cup milk (hot)

3 1/4 cups powdered sugar (or as much as possible so you can still spread it)

Melt the butter or margarine in a saucepan. Add the brown sugar. Bring to boil and cook and stir for 1 minute.

Cool for 15 minutes in the refrigerator.

Add the milk and beat until smooth. Beat in the powdered sugar until spreadable.

Serves 6

Preparation time: 30 minutes

Nutrition Facts

Nutrition (per serving): 284.4 calories; 47% calories from fat; 15.5g total fat; 17.5mg cholesterol; 188.2mg sodium; 149.0mg potassium; 37.6g carbohydrates; 0.0g fiber; 37.1g sugar; 0.5g protein.

caribbean dream pie

- 1 graham cracker crust
- 1 14- oz. can sweetened condensed milk
- 1 tablespoon grated lime rind
- 5/8 cup fresh lime juice
- 2 bananas, peeled and sliced
- 1/2 a ripe mango, peeled and sliced (or chopped)



Pour the milk into a medium-sized bowl. Add the grated rind and juice, and whisk for a few minutes until the milk thickens.

Layer the banana and mango slices in the crust. Pour the thickened milk mixture over the fruit, spreading it into place. Chill until cold. Serve cold.

Serves 6

Preparation time: 25 minutes

Nutrition Facts

Nutrition (per serving): 272.7 calories; 34% calories from fat; 10.5g total fat; 2.2mg cholesterol; 233.5mg sodium; 278.8mg potassium; 44.6g carbohydrates; 2.3g fiber; 27.0g sugar; 2.8g protein.

chewy chocolate chip cookies

1 cup butter (unsalted), softened
1 cup dark brown sugar, packed
1 cup light brown sugar, packed
1 tablespoon imitation vanilla flavoring
2 eggs
2 tablespoons coriander, ground (optional)
1 teaspoon baking powder
2 1/2 cups flour, unbleached
1 1/2 teaspoons salt
4 cups walnuts, coarsely chopped
3 cups semi-sweet chocolate chips

Cream butter in a large bowl. Slowly beat in the sugar, then the vanilla and the eggs, one egg at a time.

In a separate bowl, mix the coriander (optional), baking powder, and salt into the flour. Then slowly beat the flour mixture to the batter. Add nuts and chocolate chips.

Chill the batter for an hour, then drop tablespoons of the batter on buttered baking sheets about 3 inches apart.

Bake at 375° F for 12 to 15 minutes until they begin to brown - do not over cook. Cool on rack.

Serves 36

Preparation time: 75 minutes

Cooking time: 15 minutes

Nutrition Facts

Nutrition (per serving): 281.6 calories; 54% calories from fat; 18.2g total fat; 27.2mg cholesterol; 122.5mg sodium; 118.8mg potassium; 29.4g carbohydrates; 2.0g fiber; 12.2g sugar; 4.0g protein.

chocolate mint bars

3/4 cup margarine
1 cup sugar
4 eggs
1 teaspoon vanilla
16 ounces chocolate syrup (1 can)
1 1/4 cups flour
2 cups powdered sugar
2 teaspoons milk
1/4 teaspoon peppermint extract
1/2 teaspoon vanilla extract
5 drops green food coloring
3 ounces cream cheese
1 cup chocolate chips
6 tablespoons margarine

Preheat oven to 350°. Mix together 3/4 cup margarine, 1 cup granulated sugar, all 4 eggs, the vanilla extract, the can of chocolate syrup, and the flour until smooth. Pour into a 13" x 9" greased pan and bake for 20 minutes.

In a separate bowl mix together the powdered sugar, milk, peppermint extract, food coloring and cream cheese. Spread over the COOLED cake. Refrigerate until hard.

Combine the chocolate chips and remaining 6 tablespoons of margarine in a microwave safe bowl and microwave at 50% power for 1 minute. Let cool and spread on top of dessert.

Refrigerate until just before serving. Cut into small squares to serve.

Serves 12

Preparation time: 30 minutes

Cooking time: 40 minutes

Nutrition Facts

Nutrition (per serving): 675.4 calories; 36% calories from fat; 28.1g total fat; 102.2mg cholesterol; 434.2mg sodium; 291.2mg potassium; 101.5g carbohydrates; 2.6g fiber; 80.1g sugar; 7.9g protein.

Cooking Tips

The mint bars have to be stored in the refrigerator, but they can also be frozen.

Also, there are two alterations you can make to the recipe. Instead of using the powdered sugar and milk you can use: 8 ounces of cream cheese (softened in microwave), 1 can (14 ounces) sweetened condensed milk, 2 eggs, 1 1/2 teaspoon peppermint extract, and five drops of the green food coloring. If you choose this option, you'll need to beat the cream cheese until smooth then add the remaining ingredients and mix well. Pour the mixture over the brownies and bake until lightly browned. Cool before adding the chocolate frosting.

The other alteration is to use ready-made chocolate frosting instead of the chocolate chips and margarine.

creamy banana pudding

1 (14-ounce) can sweetened condensed milk
1 1/2 cups cold water
1 (4-serving) package instant vanilla pudding mix
2 cups (1 pint) whipping cream, whipped
36 vanilla wafers
3 medium bananas, sliced and dipped in lemon juice



In large bowl, combine sweetened condensed milk and water. Add pudding mix; beat until well blended. Chill 5 minutes.

Fold in whipped cream. Spoon 1 cup of pudding mixture into 2 1/2 -quart glass serving bowl.

Top with one-third each of the vanilla wafers, bananas and remaining pudding. Repeat layering twice, ending with pudding mixture. Chill thoroughly. Garnish as desired. Store leftovers covered in refrigerator.

Serves 10

Preparation time: 15 minutes

Nutrition Facts

Nutrition (per serving): 251.2 calories; 39% calories from fat; 11.2g total fat; 39.0mg cholesterol; 224.2mg sodium; 205.7mg potassium; 37.2g carbohydrates; 1.5g fiber; 22.7g sugar; 2.3g protein.

oatmeal raisin cookies

1 1/2 cups flour
1/2 tablespoon baking powder
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon baking soda
1 cup shortening
3/4 cup brown sugar, packed
3/4 cup granulated sugar
1 egg
1 teaspoon vanilla extract
1 1/2 cups rolled oats
1 1/4 cups dark raisins



Blend flour, baking powder, cinnamon, salt and baking soda in mixing bowl. Set aside until needed.

Cream shortening with brown sugar and granulated sugar until fluffy. Beat in eggs and vanilla until smooth. Mix in reserved flour mixture until well blended, about 2 minutes. Add oats and raisins. Mix until blended, about 1 minute.

Using ice cream scoop, scoop out cookie dough into large balls. Place about 6 balls on each lightly greased baking sheet, pressing down until about 1/4-inch thick and 3 inches in diameter.

Bake at 350 degrees for 9 to 12 minutes or until browned. Cool slightly, then remove cookies from sheets and cool on racks.

Serves 24

Preparation time: 30 minutes

Cooking time: 10 minutes

Nutrition Facts

Nutrition (per serving): 198.8 calories; 42% calories from fat; 9.6g total fat; 10.2mg cholesterol; 128.4mg sodium; 105.0mg potassium; 28.0g carbohydrates; 0.7g fiber; 18.5g sugar; 1.6g protein.

pie crust

2 cups flour

1 teaspoon salt

1/2 cup oil in measuring cup

1/4 cup milk (in the same measuring cup, but don't mix)

Mix all of the ingredients together then press into a pie tin.

Preparation time: 10 minutes

Nutrition Facts

Nutrition (per serving): 1895.2 calories; 52% calories from fat; 111.7g total fat; 4.9mg cholesterol; 2358.7mg sodium; 360.6mg potassium; 193.6g carbohydrates; 6.8g fiber; 3.8g sugar; 27.8g protein.

pumpkin cheesecake

CRUST

1 cup graham cracker crumbs
1 tablespoon sugar
4 tablespoons margarine, melted

FILLING

16 ounces cream cheese, softened
3/4 cup sugar
16 ounces (1 can) pumpkin
1 1/4 teaspoons ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1/4 teaspoon salt

2 eggs

TOPPING

2 cups sour cream
2 tablespoons sugar
1 teaspoon vanilla extract
1/2 cup pecan halves



CRUST:

Combine the crust ingredients in a small mixing bowl. Press into the bottom of a 9 inch spring form pan; chill.

FILLING:

Preheat oven to 350°.

Beat cream cheese and sugar in a large mixing bowl until well blended. Beat in pumpkin, spices and salt. Add eggs one at a time, beating well after each.

Pour into crust and bake for 50 minutes.

TOPPING:

Meanwhile, for topping, combine sour cream, sugar and vanilla. Spread over filling; return to oven for 5 minutes. Cool on a rack and chill over night.

Garnish each slice with a pecan half.

Serves 16

Preparation time: 30 minutes

Cooking time: 70 minutes

Nutrition Facts

Nutrition (per serving): 205.3 calories; 44% calories from fat; 10.5g total fat; 47.9mg cholesterol; 350.9mg sodium; 181.1mg potassium; 21.9g carbohydrates; 1.4g fiber; 13.8g sugar; 6.9g protein.

red, white, and blueberry shortcake

1 pound cake, round and thin
1 cup blueberry pie filling
1 cup strawberry pie filling
2 cups whip cream

Carefully cut pound cake into three layers.

Place bottom layer of cake onto serving plate. Spread with blueberry pie filling.

Add second layer of cake. Spread with strawberry pie filling.

Top with third layer of cake. Frost top and sides of cake with whip topping.

Chill until ready to serve.

Serves 8

Preparation time: 20 minutes

Nutrition Facts

Nutrition (per serving): 326.4 calories; 26% calories from fat; 9.9g total fat; 33.3mg cholesterol; 163.0mg sodium; 151.2mg potassium; 55.9g carbohydrates; 2.2g fiber; 39.4g sugar; 3.2g protein.

Cooking Tips

If you bake the cake yourself let it cool completely.

salted caramel and milk chocolate mousse

1/2 cup granulated sugar
2 tablespoons water
1 cup heavy whipping cream
2 1/2 tablespoons butter, salted
7 ounces milk chocolate, roughly chopped
3 eggs, separated

Combine the sugar and 2 tablespoons water in a medium saucepan. Do not stir. Cook over medium-high heat to a dark caramel, swirling as it begins to brown to distribute the sugar (check temperature).

Take off the heat and deglaze with the cream and butter.

Add the chocolate, wait for a minute or two for it to melt and mix until smooth. Mix in the egg yolks.

Whisk the egg whites until they form firm peaks and then fold into the chocolate mixture, beating until light and fluffy.

Divide between 6 4-ounce ramekins and chill for at least 6 hours.

Serves 4

Preparation time: 20 minutes

Cooking time: 10 minutes

Ready in: 420 minutes

Nutrition Facts

Nutrition (per serving): 950.2 calories; 74% calories from fat; 80.7g total fat; 279.9mg cholesterol; 95.4mg sodium; 285.4mg potassium; 57.8g carbohydrates; 2.9g fiber; 52.4g sugar; 8.7g protein.

snickerdoodles

1/2 cup shortening
1/2 cup butter
1 1/2 cups sugar
2 eggs
2 3/4 cups flour
2 teaspoons cream of tartar
1 teaspoon baking soda
1/4 teaspoon salt
1 tablespoon cinnamon
1/2 cup sugar



Cream shortening, sugar, butter, and eggs in a large mixing bowl.
Combine flour, tartar, soda, and salt in separate bowl and mix thoroughly.
Slowly combine the two bowls, mixing the wet and dry ingredients.
When completely mixed, roll the dough into 1" balls. Combine the additional cinnamon and sugar in small bowl. Roll the balls in the cinnamon and sugar mixture until covered.
Place cookies on a greased cookie sheet and slightly flatten (optional).
Bake at 400° F for 8-10 minutes. Let cool before removing from pan

Serves 24

Preparation time: 30 minutes

Cooking time: 10 minutes

Nutrition Facts

Nutrition (per serving): 199.2 calories; 39% calories from fat; 9.0g total fat; 30.6mg cholesterol; 84.4mg sodium; 65.9mg potassium; 28.0g carbohydrates; 0.5g fiber; 16.7g sugar; 2.1g protein.

sugar cookies

These are great for holidays and for cutting out specific shapes.

Cookies

1/3 cup butter or margarine, softened
1/3 cup shortening
3/4 cup sugar
1 tsp baking powder
1 pinch salt
1 egg
1 tsp vanilla
2 cups all-purpose flour

Icing

3 cups powdered sugar
3 tablespoons milk
2 tablespoons softened butter (or margarine)
1 1/2 teaspoons vanilla flavor
food coloring

Directions for Cookies:

Beat butter and shortening thoroughly with an electric mixer.

Add sugar, baking powder, the pinch of salt and mix until well combined.

Beat in egg and vanilla then as much flour as you can with the electric mixer; it will get too thick to finish mixing with the electric mixer. You'll have to finish it by hand.

Stir in the remaining flour.

Cover and chill for at least 1 hour.

Split the dough in 1/2 and roll one half at a time. Cut out with cookie cutters.

Keep the piece you aren't using in the fridge.

Bake at 325° F on ungreased cookie sheets for about 7 to 8 minutes, until edges are firm and bottoms are lightly browned (don't over cook).

Directions for Icing

In a small bowl, stir together the confectioners' sugar and milk until smooth. Add the remaining ingredients and mix until smooth.

Divide into separate bowls, and add food colorings to desired intensity. Spread the icing on the cookies with butter knives.

Serves 36

Nutrition Facts

Nutrition (per serving): 148.6 calories; 27% calories from fat; 4.6g total fat; 9.5mg cholesterol; 37.0mg sodium; 14.2mg potassium; 26.3g carbohydrates; 0.2g fiber; 21.0g sugar; 1.0g protein.

entrees

aloo matar
anglo-mexican pie
asparagus and red pepper pizza
baked chicken and rice
beans and franks
broccoli and tofu in spicy almond sauce
cauliflower marranca
chinese chicken with cashews
couscous salad with veggie chicken, tomato, and basil
egg rolls
eggplant parmigiana - lasagna style
falafel stuffed pitas
fried tofu in peanut sauce
harvest pie
lasagna
lemon tossed pasta
masoor dahl in tomato sauce
pad thai
polenta
portabella pepper jack
sloppy joes
stuffed cabbage
tortellini and squash
veggie calzones
veggie enchiladas
veggie fajitas
veggie tacos
white beans with rosemary
wontons
zuccanoes

aloo matar

1/4 cup vegetable oil
2 medium onions, finely chopped
1 tablespoon ginger garlic paste
1 bay leaf
4 large potatoes, peeled and chopped
1 cup frozen peas
1/2 cup tomato puree
1 1/2 teaspoons garam masala
1 1/2 teaspoons paprika
1 teaspoon white sugar
1 teaspoon salt
2 tablespoons chopped cilantro

Boil the potatoes for between 15 and 20 minutes before starting the rest of the recipe.

Heat the oil in a wok over medium heat. Stir in the onions, ginger garlic paste, and bay leaf. Cook until the onions are tender.

Mix in the potatoes and peas. Cover and cook until the potatoes are tender, about 10 minutes. Remove the bay leaf.

Stir in the tomato puree, garam masala, paprika, sugar, and salt into the vegetable mixture. Continue cooking about 10 minutes. Mix in the cilantro and continue cooking about 2 minutes.

Serve, preferably with vegetable samosas.

Serves 6

Preparation time: 45 minutes

Nutrition Facts

Nutrition (per serving): 206.7 calories; 40% calories from fat; 9.3g total fat; 0.0mg cholesterol; 415.3mg sodium; 736.4mg potassium; 29.4g carbohydrates; 3.3g fiber; 3.2g sugar; 3.6g protein.

anglo-mexican pie

1 package Jiffy corn muffin mix
1/2 cup soy milk
1 can refried beans
2 cups shredded cheese (cheddar and mozzarella mix is good)



Make the corn bread according to the directions on the package (basically, mix the soy milk and muffin mix and bake it at 400 degrees for about 20 to 25 minutes).

Once the corn bread is done, take it out and layer the top with refried beans. Then spread the shredded cheese on top.

Return to the oven for 5 to 10 minutes until the cheese has melted.

Remove from oven and let cool. Enjoy!

Serves 3

Preparation time: 30 minutes

Nutrition Facts

Nutrition (per serving): 586.1 calories; 50% calories from fat; 33.2g total fat; 116.2mg cholesterol; 1198.0mg sodium; 615.0mg potassium; 39.1g carbohydrates; 9.6g fiber; 4.0g sugar; 33.2g protein.

Cooking Tips

You can easily double the recipe by doubling the packages of Jiffy corn muffin mix. Doing so only requires another package of corn muffin mix and more soy milk; you won't need any more refried beans or cheese.

The reason for the name of this dish - Anglo-Mexican Pie - is because when we first had the dish it was simply called Mexican Pie. Having spent a couple of years in Central America, I can testify to the fact that this is about as far from authentic Mexican food as is a McDonald's hamburger (okay, not quite that far). Thus, in an effort to be true to authentic Mexican food, I've tried to indicate in the name that this is, at best, an anglicized version of a tamale.

I recommend adding some salsa on top for additional flavor.

asparagus and red pepper pizza

1 pre-packaged pizza crust (or make your own)
1 cup chopped (into 1-inch lengths) fresh asparagus
1 medium red bell pepper, cut into short narrow strips
1 cup marinara or pizza sauce
1 cup shredded part-skim mozzarella
additional spices to taste: e.g. oregano, basil, garlic salt



Preheat oven to 425° F or according to directions on pizza crust package.

Steam asparagus and bell pepper with a small amount of water in a saucepan, covered, until crisp-tender. Drain vegetables well. (You can also microwave them for a couple of minutes.)

Place crust on baking sheet and spread sauce evenly over it. Layer the vegetables then sprinkle with cheese.

Bake until the cheese is bubbly, 8 to 10 minutes. Remove from oven, let stand 2 to 3 minutes, then cut into 4 large or 8 small wedges to serve.

Serves 4

Preparation time: 30 minutes

Nutrition Facts

Nutrition (per serving): 209.9 calories; 43% calories from fat; 10.6g total fat; 25.9mg cholesterol; 866.0mg sodium; 480.1mg potassium; 17.1g carbohydrates; 1.9g fiber; 1.8g sugar; 13.8g protein.

Cooking Tips

You can add additional ingredients, like: vegetarian pepperonis, veggie sausage, onions, yellow banana peppers, etc.

baked chicken and rice

Very simple baked dish. My mom used to make this with actual chicken. When I saw it in a cookbook I thought I might be able to make it with fake chicken. Turns out I can. You can add some cheddar cheese to this if you'd like.

4 chicken breasts, skinless, Quorn
1 can cream of mushroom soup
1 cup water
1 envelope onion soup mix
1 cup rice (not instant)



Mix together the water, cream of mushroom, onion soup mix, and water in a prepared casserole dish.

Submerge the chicken breasts into the mixture.

Cover and bake at 375° F for 1 hour.

Serves 4

Preparation time: 5 minutes

Cooking time: 4 minutes

Nutrition Facts

Nutrition (per serving): 343.2 calories; 19% calories from fat; 7.8g total fat; 5.5mg cholesterol; 1698.3mg sodium; 170.8mg potassium; 53.0g carbohydrates; 3.2g fiber; 0.6g sugar; 16.3g protein.

beans and franks

- 4 vegetarian hot dogs (we use MorningStar Farms)
- 1 can of Hunt's vegetarian baked beans



Defrost the hot dogs (if you had them in the freezer).

Cook the hot dogs how you prefer. For this recipe I fry them in a non-stick pan until browned all the way around, about 10 minutes. You can also cook the MorningStar Farms variety in the microwave, about 3 minutes.

Put the beans in a microwave safe bowl and heat them on high for about 2 minutes.

Slice the hot dogs into 1/2 inch pieces and toss them into the beans. Mix them up and enjoy.

Serves 4

Preparation time: 15 minutes

Nutrition Facts

Nutrition (per serving): 199.4 calories; 4% calories from fat; 1.0g total fat; 0.0mg cholesterol; 1008.0mg sodium; 335.6mg potassium; 32.8g carbohydrates; 6.2g fiber; 13.5g sugar; 17.0g protein.

Cooking Tips

This recipe has a ton of protein.

broccoli and tofu in spicy almond sauce

SAUCE

1/2 cup hot water
1/2 cup almond butter
1/4 cup cider vinegar
2 tablespoons soy sauce
2 tablespoons molasses
2 teaspoons cayenne pepper

SAUTE

3 tablespoons peanut oil
1 stalk broccoli
2 teaspoons ginger, divided
4 cloves garlic, divided
16 ounces cubed tofu
2 cup thinly sliced onions
1 cup chopped cashews
2 teaspoons fresh pepper
3 tablespoons soy sauce
2 minced scallions

In small saucepan, whisk together almond butter and hot water until you have a uniform mixture. Whisk in remaining sauce ingredients and set aside.

Sauté: Stir-fry half the ginger and half the garlic in 1 tablespoon oil. Add the tofu chunks, stir-fry for 5-8 minutes. Mix with the sauce and sauté for a minute or two more, then remove and set aside.

Wipe the wok clean, then sauté the remaining ginger and garlic in 2 tablespoons oil. Add the onions and fresh pepper; sauté for about 5 minutes. Add chopped broccoli, cashews and soy sauce; stir-fry until broccoli is bright green.

Toss the sauté with sauce, mixing in the minced scallions as you toss. Serve over rice.

Serves 6

Preparation time: 30 minutes

Cooking time: 30 minutes

Nutrition Facts

Nutrition (per serving): 893.0 calories; 77% calories from fat; 79.8g total fat; 0.0mg cholesterol; 955.0mg sodium; 936.8mg potassium; 32.7g carbohydrates; 6.9g fiber; 6.1g sugar; 22.6g protein.

Cooking Tips

You can replace the broccoli with snow peas and the almond butter with peanut butter.

cauliflower marranca

- 1 1/2 cups raw millet
- 2 1/2 cups water
- 2 tablespoon butter or oil
- 2 cups chopped onion
- 1 pound mushroom, sliced
- 1 dash black pepper, to taste
- 1 1/2 teaspoons salt
- 1 teaspoon basil
- 1 large cauliflower, in 1-inch pieces (or smaller)
- 3 medium cloves garlic, minced
- 3 tablespoons lemon juice
- 2 cups grated cheese of your choice (optional)
- 1 dash paprika, for the top

Preheat oven to 350° F. Oil a 9 X 13-inch pan.

Place the millet and water in a small saucepan. Bring to a boil, cover, and simmer until tender (15 to 20 minutes). Transfer to a large bowl, and fluff with a fork to let the steam escape.

Melt butter or heat oil in a large skillet. Add onion, mushrooms, pepper, salt, and basil, and sauté about 5 minutes - until the onions soften.

Add cauliflower and garlic, and sauté about 10 minutes more - until the cauliflower is tender. Add lemon juice.

Stir the sautéed vegetables into the millet, along with the optional cheese, and mix well. Spread into the prepared pan, dust with paprika, and bake for 30 minutes.

Serves 6

Preparation time: 60 minutes

Nutrition Facts

Nutrition (per serving): 378.7 calories; 30% calories from fat; 13.3g total fat; 32.3mg cholesterol; 906.3mg sodium; 474.4mg potassium; 46.8g carbohydrates; 6.0g fiber; 4.4g sugar; 19.2g protein.

Cooking Tips

I normally replace the optional cheese with two cans of cream of mushroom soup.

chinese chicken with cashews

- 1 Quorn chicken tenders
- 2 1/2 tablespoons soy sauce
- 1 1/2 tablespoons water
- 2 teaspoons cornstarch
- 2 tablespoons dry sherry
- 1 teaspoon sugar
- 1 teaspoon grated fresh ginger
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 3 teaspoons peanut oil
- 2 green peppers cut into 1/4 inch strips
- 4 green onions, diagonally sliced into 1 inch lengths
- 1/3 cup cashew halves

Mix the soy sauce and water, then blend into the cornstarch. Stir in the sherry, sugar, ginger, red pepper, and salt.

Preheat a wok or large skillet over high heat; add 2 teaspoons of peanut oil. Stir-fry the green peppers and onions for 2 minutes. Add the cashews and stir-fry for 1 to 2 minutes until golden brown.

Add the rest of the oil and the chicken to the wok and stir in the soy mixture. Cook and stir until bubbly. Cover and let simmer for a minute or two.

Serve over rice.

Serves 6

Preparation time: 20 minutes

Cooking time: 20 minutes

Nutrition Facts

Nutrition (per serving): 576.7 calories; 83% calories from fat; 55.0g total fat; 0.0mg cholesterol; 633.3mg sodium; 180.8mg potassium; 13.6g carbohydrates; 3.5g fiber; 3.2g sugar; 10.2g protein.

Cooking Tips

You can use walnuts instead of cashews.

couscous salad with veggie chicken, tomato, and basil

2 tablespoons extra-virgin olive oil, divided
2 garlic cloves, minced
1 (15.75-ounce) can fat-free, less-sodium veggie broth
1 1/2 cups uncooked couscous
2 cups chopped tomato (about 1 1/4 pounds), seeded
2 cups chopped veggie chicken, cooked (preferrably fried)
1/3 cup thinly sliced fresh basil
2 tablespoons balsamic vinegar
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 cup (1-ounce) crumbled feta cheese
1 can sliced black olives (optional)
1 juice of half of a lemon (optional)

Combine 1 tablespoon olive oil and garlic in a large microwave-safe bowl, and microwave at high for 45 seconds.

Add the broth; microwave at high 4 minutes or until mixture simmers.

Gradually stir in couscous; cover and let stand 5 minutes. Fluff with a fork.

Stir in the tomato, chicken, basil, vinegar, salt, and pepper. Drizzle with 1 tablespoon oil, and sprinkle with cheese (and black olives and the lemon juice).

Serves 4

Preparation time: 30 minutes

Nutrition Facts

Nutrition (per serving): 437.0 calories; 22% calories from fat; 11.4g total fat; 9.0mg cholesterol; 997.6mg sodium; 437.5mg potassium; 66.7g carbohydrates; 6.7g fiber; 3.2g sugar; 18.0g protein.

egg rolls

1/4 cup vegetable oil
2 cups diced carrots
3/4 cup (give or take) soy sauce
2 cups diced snow peas (peapods)
2 cups bean sprouts
1 packages extra firm tofu, diced (can also use seasoned tofu, e.g. hickory smoked, etc.)
2 cups cooked rice (we use sushi rice)
1 tablespoon garlic salt
1 teaspoon garlic powder
1 package egg roll wraps



Add the oil to a large skillet or deep pot then add carrots and soy sauce and let sauté over medium high heat for about 5 minutes. Add the diced snow peas and let sauté for another five minutes.

Turn the heat up to high and add the sprouts, diced tofu, rice, and the rest of the seasonings. Let sauté for another 5-8 minutes until everything is heated through. Remove from heat.

Separate the egg roll wraps (you'll find it's much easier to do this before you start trying to fill them then after).

Add 1 to 1 1/2 heaping tbsps. of the sauté to each egg roll wrap and wrap them up according to the instruction on the package.

Preheat oven to 325° F.

Place the egg rolls on a cookie sheet and bake on the top rack for about 20 minutes, or until they are browned.

Remove from oven and cool. Enjoy!

Serves 10

Preparation time: 45 minutes

Cooking time: 45 minutes

Nutrition Facts

Nutrition (per serving): 181.8 calories; 40% calories from fat; 8.6g total fat; 0.3mg cholesterol; 1355.2mg sodium; 274.1mg potassium; 19.2g carbohydrates; 2.8g fiber; 3.1g sugar; 8.6g protein.

Cooking Tips

We generally double this recipe because the egg rolls will keep fairly well in the refrigerator for about 1 week. When we double it we usually put the egg rolls on two cookie sheets. We put one on the top and one on the bottom rack and switch them after about 10 minutes at 350 F.

These are best reheated in the oven, but you can also reheat them in the microwave. The problem with reheating them in the microwave is that they remain a bit more moist then I like them. Reheating them in an oven will make them crunchier.

eggplant parmigiana - lasagna style

1 peeled eggplant, 1/4 inch thick slices
lots of salt
lots of water
1 egg
1/2 cup milk (soy milk works)
1 1/2 cups bread crumbs, preferably Italian seasoned
1/4 cup olive oil
1 clove garlic, mashed and peeled
1 quart spaghetti sauce
1 cup grated mozzarella cheese
1 cup grated cheddar cheese
1/4 cup grated parmesan cheese

After peeling and slicing the egg plant, generously salt each slice and pile the slices on top of each other in a deep bowl and fill it with water. You can even put a weight on the pile of eggplant. The idea here is to remove the bitter juices in the eggplant. Let the eggplant soak about 30 minutes, draining the bowl a couple of times.

Remove the eggplant from the salt water. Mix the egg and milk in a bowl and put the bread crumbs in a separate, nearby bowl. Dip the slices in the egg and milk mixture then into the bread crumbs.

Coat the bottom of a frying pan with the olive oil. Add the garlic and turn to medium high. Brown the eggplant until it is well done and crisp. Drain the fried eggplant on paper towels.

Grease an 8x8 casserole dish, and place a layer of eggplant on the bottom. Add a liberal amount of the spaghetti sauce then sprinkle some of each of the cheeses on the spaghetti sauce and slices of eggplant. Repeat layers until you've used up the eggplant slices, topping the dish with cheese.

Bake at 350° for 20-25 minutes or until the cheese has melted and is slightly browned.

Serves 8

Preparation time: 45 minutes

Cooking time: 25 minutes

Nutrition Facts

Nutrition (per serving): 381.5 calories; 48% calories from fat; 21.0g total fat; 62.7mg cholesterol; 1266.3mg sodium; 613.6mg potassium; 31.8g carbohydrates; 2.0g fiber; 13.8g sugar; 16.5g protein.

falafel stuffed pitas

falafel

1/4 cup dry breadcrumbs
1/4 cup chopped cilantro
1 1/2 teaspoons ground cumin
1/2 teaspoon salt
1/4 teaspoon ground red pepper
2 garlic cloves, crushed
1 large egg
1 (15-ounce) can chickpeas (garbanzo beans),
drained
1 tablespoon olive oil

sauce

1/2 cup plain low-fat yogurt
2 tablespoons fresh lemon juice
2 tablespoons tahini (sesame-seed paste)
1 garlic clove, minced

other

4 (6-inch) whole wheat pitas, cut in half
8 curly leaf lettuce leaves
16 (1/4-inch-thick) slices tomato



To Prepare Falafel:

Place first 8 ingredients in a food processor; process mixture until smooth.
Divide mixture into 16 equal portions, and shape each portion into a 1/4 inch thick patty.
Heat the olive oil in a large nonstick skillet over medium-high heat.
Add the patties, and cook 5 minutes on each side or until patties are browned.

To prepare sauce:

Combine yogurt, lemon juice, tahini, and 1 garlic clove, stirring mixture with a whisk.
Spread about 1 1/2 tablespoons tahini sauce into each pita half.
Fill each pita half with 1 lettuce leaf, 2 tomato slices, and 2 patties.

Serves 4

Preparation time: 60 minutes

Nutrition Facts

Nutrition (per serving): 524.2 calories; 27% calories from fat; 16.2g total fat; 63.1mg cholesterol; 1096.5mg sodium; 1065.6mg potassium; 81.3g carbohydrates; 13.7g fiber; 8.0g sugar; 19.1g protein.

Cooking Tips

The sauce is optional.

fried tofu in peanut sauce

peanut sauce

2 tablespoons peanut oil
1/2 cup onion, finely chopped
2 cloves garlic, minced
1 tablespoon crushed red pepper flakes
1 teaspoon ground cumin
4 tablespoons lime juice
1/2 cup soy sauce
1 cup peanut butter (smooth or chunky)
1/3 cup unsweetened coconut milk

fried tofu

2 pounds tofu, extra firm, cut into 1/2 inch chunks
4 tablespoons peanut oil
4 cloves garlic, minced
3 cups uncooked rice

for sauce

In a small saucepan heat oil to medium high. Add onion, garlic, red pepper flakes, and cumin. Cook until onion and garlic are fragrant, but not brown, about 10 minutes.

Stir in lime juice and soy sauce.

Gradually stir in peanut butter and then coconut milk until smooth. Cook, stirring, until hot, about 5 minutes.

for fried tofu

Add the peanut oil and garlic to a large frying pan. Heat to medium high and add the tofu. Fry until dark brown.

Cook the rice.

Serve the peanut sauce over the fried tofu and rice.

Serves 8

Preparation time: 40 minutes

Nutrition Facts

Nutrition (per serving): 1016.5 calories; 81% calories from fat; 94.8g total fat; 0.0mg cholesterol; 793.9mg sodium; 399.9mg potassium; 28.9g carbohydrates; 2.9g fiber; 4.7g sugar; 19.1g protein.

harvest pie

6 medium potatoes
3 tablespoons soy milk
2 tablespoons margarine
1 1/2 cups veggie broth
2 cups assorted fresh or frozen veggies (carrots, broccoli, asparagus, snow peas, corn, and peas)
1 package vegetarian chicken chunks
1 dash spices (basil, Mrs. Dash, garlic salt, onion salt, seasoned salt, etc.)
1 dash salt and pepper to taste
1 cup cheddar cheese
1 dash paprika



Cook and mash potatoes adding soy milk and soy margarine to make it creamy and salt and pepper to taste.

Preheat oven to 375° F.

Chop and clean the veggies. Put chopped veggies in a round shallow baking dish. Add the chicken chunks, vegetable broth, and cheese. Spread the mashed potatoes over the veggies until they are covered by a mashed potato "cap". Add a dash of paprika to the top of the potatoes

Bake for 20 to 30 minutes (or until the top of the mashed potato becomes crisp and golden). Cool and serve.

Serves 6

Preparation time: 60 minutes

Nutrition Facts

Nutrition (per serving): 442.1 calories; 27% calories from fat; 13.8g total fat; 23.7mg cholesterol; 892.4mg sodium; 1294.5mg potassium; 62.0g carbohydrates; 11.0g fiber; 0.8g sugar; 23.4g protein.

Cooking Tips

This is a great recipe to use with extra mashed potatoes.

lasagna

4 strips Barilla no boil lasagna
2 bottles (1 lb 10 oz, standard size bottles) of favorite pasta sauce - we use Ragu
3 cups shredded mozzarella
1/2 cup veggie parmesan cheese
2 cups cheddar cheese
2 tablespoons garlic salt and/or other Italian seasoning (basil, oregano, etc.)



Preheat oven to 350° F.

Spray an 8" X 8" baking dish with non-stick spray.

Begin layering the lasagna. I usually begin with pasta sauce in the bottom, followed by two strips of the Barilla no boil lasagna, another layer of pasta sauce, and a layer of cheese. I mix all three cheeses together on each layer and also add a little bit of the extra seasoning on each layer (the garlic salt and miscellaneous other Italian spices). Add two or three more layers, depending on how thick you like your lasagna. The most you can usually fit in the baking dish is usually three layers. Make sure the top is coated with a good layer of cheese.

Once you have layered all of the lasagna put it in the oven and let it bake between 45 and 55 minutes or until the cheese is browned.

Serves 6

Preparation time: 30 minutes

Cooking time: 60 minutes

Nutrition Facts

Nutrition (per serving): 877.9 calories; 36% calories from fat; 36.5g total fat; 95.8mg cholesterol; 2417.7mg sodium; 1470.3mg potassium; 90.8g carbohydrates; 3.1g fiber; 30.6g sugar; 45.3g protein.

Cooking Tips

The lasagna is not-vegan (obviously). There are eggs in the noodles and the recipe calls for milk-based cheese. I have experimented several times using just soy cheeses in my lasagna and it doesn't taste nearly as good. Also, it gives it a very hard consistency when it cools, you almost need a saw to cut it. Mixing veggie cheese with some mozzarella seemed to work the best for me. You could also use some cheddar for variation in color, either veggie or milk-based.

lemon tossed pasta

This is a great, light spring/summer recipe.

12 ounces penne pasta
1 tablespoon olive oil
1 medium zucchini, halved lengthwise and thinly cut diagonally
1 red or green bell pepper, seeded and julienned
10 mushrooms, sliced
2 cloves garlic, minced
2 large tomatoes, diced
1/2 cup coarsely chopped fresh basil
1/4 cup freshly grated Parmesan or Romano cheese (optional)
1/2 teaspoon freshly ground black pepper
1/2 teaspoon salt
2 lemons, quartered



In a large saucepan, bring 3 quarts of water to a boil over medium high heat. Place the pasta in the boiling water, stir, and return to a boil. Cook, stirring occasionally, until al dente, 9 to 11 minutes. Drain in a colander.

Meanwhile, in a large skillet or wok, heat the oil over medium high heat. Add the zucchini, bell pepper, mushrooms, and garlic and cook, stirring, for 5 minutes.

Add the tomatoes and cook over medium heat for about 7 minutes more, stirring frequently.

In a large serving bowl, combine the penne, vegetables, basil, cheese (if desired), pepper, and salt. Squeeze 1 lemon over the pasta and toss again before serving. Pass the extra lemon wedges at the table.

Serves 4

Preparation time: 30 minutes

Nutrition Facts

Nutrition (per serving): 411.1 calories; 12% calories from fat; 5.7g total fat; 5.5mg cholesterol; 399.7mg sodium; 606.7mg potassium; 73.5g carbohydrates; 6.0g fiber; 5.3g sugar; 16.7g protein.

masoor dahl in tomato sauce

1 cup red lentils (Masoor Dahl)
1 cup tomato sauce
4 cloves garlic, chopped OR 2 tablespoons garlic paste
2 tsp curry powder
2 tsp ground cumin
4 Tbs peanut oil
2 Tbs lemon juice
2 tsp salt

Heat the oil in the bottom of a pot (preferably non-stick). It is important not to overheat peanut oil, as it may start to smoke. Add the garlic and fry it until golden brown.

Add curry and cumin. Add tomato sauce to oil and allow to simmer for about 5 minutes.

Add your lentils and 2 1/2 cups of warm water. Cover and simmer for about 25 minutes.

When lentils have finished cooking, stir in salt and lemon juice to taste.

Serves 8

Preparation time: 30 minutes

Nutrition Facts

Nutrition (per serving): 539.7 calories; 82% calories from fat; 50.5g total fat; 0.0mg cholesterol; 745.7mg sodium; 346.5mg potassium; 17.3g carbohydrates; 8.0g fiber; 2.7g sugar; 7.4g protein.

Cooking Tips

Option: Substitute all or part of the water in this dish for vegetable or mushroom broth.

Option: Regular vegetable oil with a few drops of tahini (sesame seed oil) will also work.

Option: Green lentils work equally well.

pad thai

8 ounces rice noodles (or other asian noodles)
2 teaspoons peanut oil
1 red bell pepper, seeded and cut into 1/4-inch-wide matchsticks
2 cloves garlic, minced
2 large ripe tomatoes, diced
4 ounces whole snow peas, trimmed
4 ounces extra-firm tofu, cut into 1/4-inch-wide match sticks
1/4 cup low-sodium soy sauce
3 tablespoons lime juice
2 tablespoons chopped cilantro
1/4 cup unsalted roasted cashews, chopped
4 whole scallions, trimmed and chopped
2 ounces bean sprouts



In a large saucepan, bring 3 quarts of water to a boil over medium high heat. Place the noodles in boiling water and cook until al dente, 4 to 5 minutes, stirring occasionally. Drain in a colander.

Meanwhile, in a large wok or skillet heat the peanut oil over medium-high heat.

Add the bell pepper and garlic; stir-fry for 4 minutes.

Stir in the tomatoes, snow peas, and tofu and stir-fry for 4 minutes more.

Stir in the soy sauce and lime juice and bring to a simmer. Cook, stirring, for 2 to 3 minutes more.

Fold in the cooked noodles and cilantro. Spoon the noodle mixture onto warm plates and arrange the cashews, scallions, and bean sprouts around the edge of the noodles.

Serves 6

Preparation time: 45 minutes

Nutrition Facts

Nutrition (per serving): 526.0 calories; 63% calories from fat; 38.0g total fat; 0.0mg cholesterol; 491.4mg sodium; 312.8mg potassium; 41.1g carbohydrates; 3.0g fiber; 3.4g sugar; 7.2g protein.

polenta

4 cups water
1/2 teaspoon salt
1/2 teaspoon black pepper
1 cup cornmeal
1/4 cup olive oil
1/2 small onion, minced
4 cloves garlic, minced
1 tablespoon dried basil
1 tablespoon chopped fresh parsley
1 can pinto beans
1 dash Italian Seasonings



In a heavy saucepan over high heat, sauté onion until golden. Add water and the rest of the ingredients. Bring to a boil. Reduce heat to low and cook 20-25 minutes, stirring frequently as the mixture thickens.

When mixture thickens, remove from heat and let cool in fridge for at least 3 hours.

Cut cooled polenta into squares and place on prepared baking sheet. Broil until browned on both sides.

Remove from oven, cover with spaghetti sauce (and mozzarella cheese if you like) and broil until heated through.

Serves 6

Preparation time: 30 minutes

Nutrition Facts

Nutrition (per serving): 196.6 calories; 45% calories from fat; 10.1g total fat; 0.0mg cholesterol; 323.1mg sodium; 189.5mg potassium; 23.8g carbohydrates; 3.6g fiber; 0.8g sugar; 3.9g protein.

Cooking Tips

I've had this in restaurants with a variety of toppings; ergo, the red sauce is optional.

portabella pepper jack

2 tablespoons margarine
1/2 onion, sliced
1 portabella mushroom cap
1/2 teaspoon lemon pepper
1/2 teaspoon garlic salt
1 dash italian seasonings
1 slice of pepper jack cheese
1 sandwich bun (or multi-grain bread)



Sauté the onion, mushroom, and spices in the margarine until the onions are golden and soft.

Turn off the heat and top the mushroom cap with the slice of cheese. As the onions and mushrooms cool down, the cheese will melt.

Put the mushroom cap on side of the bun (or 1 slice of brown) and the remaining onions and any remaining liquid in the sauté pan on the other slice.

Close the bun and enjoy!

Serves 1

Preparation time: 15 minutes

Nutrition Facts

Nutrition (per serving): 485.7 calories; 56% calories from fat; 31.3g total fat; 42.8mg cholesterol; 1692.3mg sodium; 1054.0mg potassium; 42.5g carbohydrates; 7.8g fiber; 17.3g sugar; 14.6g protein.

sloppy joes

1 onion, diced
12 ounces veggie soy crumbles - beef flavored
(we use Smart Menu by Lightlife)
1 1/2 cups ketchup
3 tablespoons barbecue sauce
2 tablespoons mustard
1 tablespoon dijon mustard (Grey Poupon)
1 teaspoon pepper
2 teaspoons salt
2 tablespoons lemon juice
2-3 cloves garlic, minced
1 dash italian seasoning
1 serve on bun of choice (toasting is optional)



Sauté the onions until golden.

Add the soy crumbles and brown until they begin to become crisp

Add the rest of the ingredients and let simmer for 5 minutes or so while periodically tasting the mix to adjust the seasonings

Remove from heat, put on a bun, and enjoy

Serves 6

Preparation time: 30 minutes

Nutrition Facts

Nutrition (per serving): 204.5 calories; 18% calories from fat; 4.3g total fat; 0.0mg cholesterol; 1953.6mg sodium; 406.0mg potassium; 31.9g carbohydrates; 4.0g fiber; 16.3g sugar; 12.2g protein.

stuffed cabbage

- 1 large head green cabbage
- 1 tablespoon butter
- 1 cup minced onion
- 1 small clove garlic, minced
- 1 stalk celery, minced
- 1 small carrot, diced
- 3/4 cup minced cashews
- 1/4 cup sunflower seeds
- 1 dash salt and black pepper, to taste
- 2 cans cream of mushroom
- 1 small tart apple, finely chopped
- 1/4 cup raisins
- 3 to 4 tablespoons lemon juice
- 1 to 2 tablespoon soy sauce
- 1 tablespoon honey



Heat a large kettle full of water to boiling. Core the head of cabbage, and carefully lower it into the water. Turn the heat down to a simmer and leave the cabbage in the water for about 10 to 15 minutes, or until the outer leaves can be removed easily. Retrieve the cabbage from the water, and pull off the 12 outermost leaves. Make sure the cabbage is cooked well enough so the leaves will not break when rolled, but not so well done that they disintegrate. Set aside the 12 leaves (and try to find something else to use the rest of the cabbage for).

Melt the butter in a medium-sized skillet and add the onion, garlic, celery, and carrot. Sauté over medium heat for about 10 minutes, then add nuts, seeds, salt, and pepper. When the vegetables are tender, remove from heat.

Place the cream of mushroom in a medium-large bowl. Add the sauté, plus the apple, raisins, lemon juice, soy sauce, and honey. mix well, and taste to adjust seasonings. Preheat oven to 325° Fahrenheit.

Place 3 to 4 tbs. filling near the base of each cabbage leaf. Roll firmly, folding in the sides. Arrange the cabbage rolls in an oblong baking pan and bake covered until heated through - about 30 minutes.

Serves 6

Preparation time: 90 minutes

Nutrition Facts

Nutrition (per serving): 328.0 calories; 52% calories from fat; 20.2g total fat; 5.1mg cholesterol; 908.5mg sodium; 651.9mg potassium; 33.9g carbohydrates; 3.9g fiber; 14.3g sugar; 7.9g protein.

tortellini and squash

1 cup vegetable broth
18 cloves garlic, peeled and halved
one 9-ounce package refrigerated light or regular cheese tortellini
3 1/2 cups (about 1 pound) baby pattypan and yellow pattypan squash, halved, or 3/4-inch chunks of zucchini and yellow squash
1 dash freshly ground black pepper
2 tablespoons freshly grated Parmesan cheese (optional)



Combine the broth and garlic in a small saucepan. Cover, and bring to a boil over high heat. Reduce the heat, and simmer, covered, until the garlic is very tender, about 12 minutes.

Meanwhile, in a large saucepan, bring 3 quarts of water to a boil. Place the tortellini in the boiling water, stir, and return to a boil. Cook, stirring occasionally, until al dente, 6 to 8 minutes, adding the squash during the last 3 minutes of cooking.

Pour the garlic and the broth into a blender or food processor, and process until smooth.

Drain the tortellini and squash, and transfer it to a large serving bowl. Add the garlic puree and toss. Sprinkle with pepper to taste, and serve with cheese, if desired.

Serves 4

Preparation time: 45 minutes

Nutrition Facts

Nutrition (per serving): 165.7 calories; 20% calories from fat; 3.7g total fat; 13.3mg cholesterol; 543.9mg sodium; 460.6mg potassium; 26.5g carbohydrates; 2.8g fiber; 2.3g sugar; 8.0g protein.

veggie calzones

1 (.25 ounce) package active dry yeast
1 cup warm water
1 tablespoon olive oil
1 teaspoon white sugar
1 teaspoon salt
2 1/2 cups all-purpose flour, divided
1 teaspoon olive oil
1/2 cup ricotta cheese
1 1/2 cups shredded Cheddar cheese
1/2 cup sliced fresh mushrooms
1 tablespoon dried basil leaves
1 egg, beaten

To make dough: In a small bowl, dissolve yeast in water. Add the oil, sugar and salt; mix in 1 cup of the flour until smooth. Gradually stir in the rest of the flour, until dough is smooth and workable. Knead dough on a lightly floured surface for about 5 minutes, or until it is elastic. Lay dough in a bowl containing 1 teaspoon olive oil, then flip the dough, cover and let rise for 40 minutes, or until almost doubled.

To make filling: While dough is rising, combine the ricotta cheese, Cheddar cheese, pepperoni, mushrooms and basil leaves in a large bowl. Mix well, cover bowl and refrigerate to chill.

Preheat oven to 375° F (190° C).

When dough is ready, punch it down and separate it into 2 equal parts. Roll parts out into thin circles on a lightly floured surface. Fill each circle with 1/2 of the cheese/meat filling and fold over, securing edges by folding in and pressing with a fork. Brush the top of each calzone with egg and place on a lightly greased cookie sheet.

Bake at 375° F (190° C) for 30 minutes. Serve hot.

Serves 8

Preparation time: 60 minutes

Nutrition Facts

Nutrition (per serving): 299.4 calories; 37% calories from fat; 12.8g total fat; 61.4mg cholesterol; 475.8mg sodium; 127.8mg potassium; 32.0g carbohydrates; 1.3g fiber; 0.9g sugar; 13.3g protein.

veggie enchiladas

enchiladas

- 8 corn tortillas (see below)
- 1 1/2 Tbs margarine
- 1/4 cup diced onion
- 1/2 lb veggie ground beef crumbles
- 1 can of cream of mushroom
- 1 can enchilada sauce (or tomato sauce plus dry enchilada spice)
- 2 Tbs green chilies
- 2 1/2 cups shredded cheese



Sauté onions.

Brown beef.

Add cream of mushroom, enchilada sauce, milk, and green chilies then simmer.

Dip tortillas in oil (not necessary, depending on the tortillas).

Add about a tbsp. of cheese & roll.

Place rolled tortillas on the sauce and beef mixture until the cheese melts.

Sprinkle the remaining cheese on top of the tortillas, cover, and simmer until melted.

Serves 8

Preparation time: 30 minutes

Nutrition Facts

Nutrition (per serving): 316.3 calories; 54% calories from fat; 19.7g total fat; 45.7mg cholesterol; 678.8mg sodium; 175.3mg potassium; 18.4g carbohydrates; 2.5g fiber; 1.1g sugar; 17.5g protein.

veggie fajitas

fajita filling

- 1 red onion, cut into strips
- 1 red bell pepper, cut into thick strips
- 1 yellow bell pepper, cut into thick strips
- 8 ounces portabello mushroom slices
- 1 package Quorn chicken pieces
- 2 small zucchini, cut into 8 long (1/4 inch thick) slices
- 4 large tortilla wraps, any flavor
- 1/4 cup shredded mozzarella cheese
- 1 cup spinach leaves, washed, dried

marinade

- 1 tablespoon olive oil
- 1 tablespoon grainy mustard
- 1 tablespoon honey
- 1 tablespoon balsamic vinegar
- 2 cloves garlic, minced
- 1 tablespoon fresh thyme
- 1 tablespoon fresh oregano
- 1 tablespoon lemon juice
- 1 dash salt & pepper, to taste

Combine oil, mustard, honey, vinegar, garlic, lemon juice, thyme, oregano, salt & pepper in large bowl. Mix well to make dressing.

Toss onion, peppers, mushrooms and zucchini with dressing mixture to coat, let marinate for 10 minutes; remove from dressing (reserve remaining dressing), place vegetables on baking sheet. Roast in oven 8-10 minutes or until lightly browned, or grill on barbeque over hot coals until just charred. Keep warm.

For each wrap, spread each evenly with the cooked vegetables. Sprinkle each with 2 Tbsp. of the cheese and 1 ¼ cup of the spinach leaves. Drizzle each with some of the reserved dressing; roll tightly. To serve, cut each wrap in half diagonally, secure with toothpicks, if desired.

(Optional: Roll the wraps and then bake them for 10 minutes or so until the cheese is melted and gooey and the tortilla wraps are hot and crispy.)

Serves 4

Preparation time: 45 minutes

Nutrition Facts

Nutrition (per serving): 328.5 calories; 28% calories from fat; 10.7g total fat; 10.4mg cholesterol; 756.5mg sodium; 1007.7mg potassium; 43.2g carbohydrates; 8.1g fiber; 10.3g sugar; 20.8g protein.

veggie tacos

1 tablespoon margarine
1 bag veggie ground burger (Quorn, Boca, Morningstar Farms, etc.)
3/4 cup salsa
1/4 teaspoon chili powder
1/4 teaspoon ground cumin
6 corn tortillas, warmed
2 tablespoons shredded non-fat cheddar cheese
toppings, such as shredded lettuce, chopped tomatoes and onion (optional)



Brown the ground burger and margarine in a non-stick skillet until the burger is beginning to crisp (5 to 10 minutes on high).

Reduce heat to medium and add the salsa, chili powder, and cumin and mix thoroughly.

Remove from heat, add to tacos, cover with optional toppings, and enjoy.

Serves 6

Preparation time: 30 minutes

Nutrition Facts

Nutrition (per serving): 175.2 calories; 30% calories from fat; 6.1g total fat; 5.0mg cholesterol; 476.7mg sodium; 263.4mg potassium; 19.3g carbohydrates; 3.9g fiber; 2.0g sugar; 12.7g protein.

white beans with rosemary

3 (15 oz) cans of navy or Great Northern beans
(drain and rinse two cans, save juice from one)
1/2 cup chopped onion
1 teaspoon minced garlic or 2 minced garlic
cloves
1 cup shredded carrots
1-2 teaspoon dried rosemary
1 dash freshly ground pepper (as desired)



Drain and rinse 2 cans of white beans and empty into a pot.
Add the entire contents of the third can of beans to the pot.
Add onions, garlic, and shredded carrots and cook on medium heat for ~5 minutes.
Add rosemary and freshly ground pepper to taste.
Simmer for 3-5 minutes and serve with rice.

Serves 4

Preparation time: 30 minutes

Nutrition Facts

Nutrition (per serving): 246.9 calories; 2% calories from fat; 0.9g total fat; 0.0mg cholesterol; 30.7mg sodium; 825.2mg potassium; 46.7g carbohydrates; 10.9g fiber; 2.3g sugar; 15.0g protein.

Cooking Tips

If making beans into soup, add 3 cans of vegetable broth and simmer for 15-20 minutes until vegetables are soft.

wontons

2 medium or small onions, diced
1 package extra firm tofu (I prefer seasoned tofu
- hickory smoked, etc.) cut into small squares
2 cups Basmati rice, cooked
1/2 cup soy sauce
2 tablespoons garlic powder
1 teaspoon onion salt
2 teaspoons garlic salt
20 wonton wrappers
1 cup deep frying oil



Sauté diced onions until golden.

Add tofu, rice, soy sauce, and all seasonings to the sauté until brown and just beginning to crisp.

Remove sauté from heat and beginning preparing your wonton wraps.

Dab the outside edge of the wonton wrapper with water; moist, not wet. Place 1 teaspoon of sauté in each wrapper. Scrunch together the edge to make it a fan shape.

Heat the deep frying oil on stove to medium high. Deep fry the wontons until they're golden and crisp. (It's a good idea to let them drain on paper towels while they cool.

Serves 8

Preparation time: 90 minutes

Nutrition Facts

Nutrition (per serving): 616.1 calories; 45% calories from fat; 32.2g total fat; 7.2mg cholesterol; 1510.3mg sodium; 281.8mg potassium; 66.2g carbohydrates; 3.7g fiber; 2.4g sugar; 16.8g protein.

Cooking Tips

We eat these as a meal, usually with some other vegetable. Traditionally they are just an appetizer, but down five or six of these with some cooked carrots or corn on the cob and they'll fill you right up.

zuccanoes

4 medium-sized zucchini (about 2 lbs.)
2 tablespoons olive oil
1 1/2 cups minced onion
1 teaspoon salt
1/2 pound mushrooms, minced
6 medium cloves garlic, minced
1 1/2 cups cooked rice (any kind)
1 1/2 cups minced almonds or pecans, lightly
toasted
3 tablespoons fresh lemon juice
1 dash black pepper and cayenne, to taste
1 dash freshly minced - or dried- herbs: any
combination of parsley, basil, dill, thyme, or
marjoram
1 cup grated Swiss or cheddar cheese



Cut the zucchini lengthwise down the middle. Use a smallish spoon to scoop out the insides, leaving a canoe with a 1/4 inch shell. Mince the insides, and set everything aside.

Heat the olive oil in a medium-sized Skillet. Add the onion and salt, and sauté over medium heat until the onion is soft (5 to 8 minutes)

Add the minced zucchini innards and the mushrooms. Turn up the heat and cook for about 8 minutes, stirring, letting the liquid evaporate. Stir in the garlic, and remove from heat.

Stir in the rice and nuts, along with the lemon juice, and season to taste with black pepper, cayenne, and the herbs of your choice.

Preheat oven to 350 F. Fill the zucchini shells, top with cheese, and bake for 30 to 40 minutes, or until heated through. Serve hot.

Serves 6

Preparation time: 90 minutes

Nutrition Facts

Nutrition (per serving): 429.0 calories; 61% calories from fat; 30.9g total fat; 20.2mg cholesterol; 455.2mg sodium; 904.8mg potassium; 30.2g carbohydrates; 6.3g fiber; 7.7g sugar; 13.9g protein.

sauces and dips

aussie sauce

homemade salsa

hummus

mustard and vinegar marinade

roasted pepper cheese dip

seven-layer dip

sushi vinegar

aussie sauce

1/2 cup mayonnaise
2 teaspoons ketchup
2 tablespoons cream-style horseradish
1/4 teaspoon paprika
1/4 teaspoon salt
1/8 teaspoon dried oregano
1 dash ground black pepper and cayenne pepper

Mix all of the ingredients together and enjoy.

Serves 4

Preparation time: 15 minutes

Nutrition Facts

Nutrition (per serving): 121.3 calories; 72% calories from fat; 9.9g total fat; 7.6mg cholesterol; 405.5mg sodium; 34.7mg potassium; 8.6g carbohydrates; 0.3g fiber; 3.0g sugar; 0.4g protein.

Cooking Tips

This is a great sauce for breaded foods, like cheddar jalepenos or onion rings, as well as french fries. It's also good as a sandwich spread, though it depends on the fixings.

homemade salsa

- 1 large can diced tomatoes
- 1/2 white onion, diced
- 1 can black beans (mostly drained)
- 1 can yellow corn (drained)
- 4 cloves garlic
- 1 dash cilantro (optional)
- 1 dash salt & pepper to taste
- 3 jalapeño peppers
- 1 dash paprika
- 1 dash cayenne pepper

Mix everything together and enjoy!

Serves 30

Preparation time: 15 minutes

Nutrition Facts

Nutrition (per serving): 18.0 calories; 7% calories from fat; 0.2g total fat; 0.0mg cholesterol; 52.3mg sodium; 58.6mg potassium; 3.8g carbohydrates; 0.9g fiber; 0.6g sugar; 0.8g protein.

Cooking Tips

This makes a lot of salsa. You may want to consider bottling most of this to use over time.

You can tone down the spiceness factor by not adding the paprika and cayenne pepper.

hummus

2 cans chick peas, drain both cans, but keep the liquid from at least one of them
4 tablespoons garlic salt
1/4 cup olive oil
1/2 teaspoon sesame seed oil (also known as tahini)
1/4 cup lemon juice
1 dash salt & pepper to taste

Put both cans of chick peas in a blender along with the garlic salt, olive oil, sesame seed oil, and lemon juice. Blend until pureed. (You may need to use a spoon to mix the hummus until it is completely pureed, but don't use the spoon while you have the blender running - good way to loose a finger.)

It's likely that you'll have to adjust the consistency of the hummus to your own tastes. Some people like it a bit runny, others like it thicker. The normal consistency is right around that of peanut butter. You can adjust the consistency with the juice you kept from the cans of chick peas; just add juice until it is at the right consistency.

You may also want to adjust the seasonings. Some people like more garlic salt, others like more sesame seed oil (I'll warn you, though, tahini is very, very strong). So, play with the seasonings until you get it right.

Serves 10

Preparation time: 15 minutes

Nutrition Facts

Nutrition (per serving): 113.2 calories; 47% calories from fat; 6.2g total fat; 0.0mg cholesterol; 2603.9mg sodium; 90.3mg potassium; 12.6g carbohydrates; 3.4g fiber; 0.1g sugar; 2.4g protein.

Cooking Tips

This is a basic recipe for hummus. As hummus has become more popular people have begun adding things to it, including: roasted pepper, garlic, onion, spinach, and dill (those are just some of the additional ingredients I've seen). You can probably try experimenting with any of these, but I haven't had much success and this basic recipe should do about what you want.

This recipe makes quite a bit of hummus, but it stores fairly well. Just put it in a tupperware and keep it in the fridge. It should last for at least a week, possibly two.

If you're wondering what to eat with hummus, you can try just about anything. Some people like pita, but you can also use fresh vegetables, particularly good are bell peppers, celery, and carrots. We have also used it on sandwiches to replace mayonnaise. A particularly good combination is whole wheat bread, cucumbers, mozzarella cheese, and hummus.

mustard and vinegar marinade

This is a tangy marinade for vegetables like cucumbers and tomatoes.

3 tablespoons vinegar
1 tablespoon oil
1 tablespoon mustard to taste
2 cloves garlic

Mix everything together very well.

Add cucumbers and tomatoes or whatever other vegetable you would like to marinate.

Chill and serve.

Serves 6

Preparation time: 15 minutes

Nutrition Facts

Nutrition (per serving): 24.4 calories; 82% calories from fat; 2.4g total fat; 0.0mg cholesterol; 31.7mg sodium; 15.6mg potassium; 1.0g carbohydrates; 0.1g fiber; 0.0g sugar; 0.2g protein.

roasted pepper cheese dip

- 2 large red bell peppers
- 2 large unpeeled garlic cloves
- 1 (8 oz) block cream cheese
- 2 teaspoons balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red pepper

Preheat broiler.

Cut bell peppers in half lengthwise; discard seeds and membranes. Place peppers, skin sides up, on a foil-lined baking sheet; flatten with hand. Add garlic to baking sheet, and broil four minutes. Turn garlic over; broil 4 minutes or until blackened. Remove garlic from baking sheet; set aside.

Broil peppers an additional 2 minutes or until blackened.

Place peppers in a zip-top plastic bag and seal; let stand 15 minutes.

Peel peppers and garlic; discard skins.

Place roasted peppers and garlic in food processor; process until smooth, scraping sides of bowl if needed.

Add cream cheese; process until smooth.

Spoon mixture into a bowl and stir in balsamic vinegar, salt, and crushed red pepper.

Serve immediately or cover and chill.

Serves 10

Preparation time: 60 minutes

Nutrition Facts

Nutrition (per serving): 29.2 calories; 11% calories from fat; 0.4g total fat; 1.8mg cholesterol; 182.4mg sodium; 91.6mg potassium; 3.0g carbohydrates; 0.5g fiber; 1.1g sugar; 3.5g protein.

Cooking Tips

An excellent dip for vegetables or pita bread.

seven-layer dip

- 2 cans refried beans
- 8 ounces fresh or ready made guacamole (2 - 3 avocados)
- 1 tub sour cream (real sour cream, not imitation soy)
- 3/4 cup shredded cheddar cheese
- 1/2 cup chopped tomatoes
- 1/2 cup green onions
- 1 small can sliced black olives

Layer beans on the bottom of a 9 x 13 cake pan.

Layer remaining ingredients in order given.

Chill until ready to serve.

Serves 10

Preparation time: 60 minutes

Nutrition Facts

Nutrition (per serving): 156.7 calories; 55% calories from fat; 10.1g total fat; 23.3mg cholesterol; 256.1mg sodium; 336.9mg potassium; 11.3g carbohydrates; 3.5g fiber; 0.5g sugar; 6.5g protein.

Cooking Tips

If you prepare this with your own refried beans from scratch, make sure they don't dry out or get so cold that they're hard to spread on the bottom of the serving dish. Also, you can't use imitation sour cream with this dish - it tastes awful. You have to use the real deal. This goes great with tortilla chips.

sushi vinegar

1/3 cup white vinegar
2 tablespoons sugar
1 1/2 teaspoons salt

Combine the above ingredients in a small saucepan.

Bring to a boil and stir to dissolve everything.

Remove from heat and let cool before adding to the rice.

Serves 2

Preparation time: 15 minutes

Nutrition Facts

Nutrition (per serving): 54.4 calories; 0% calories from fat; 0.0g total fat; 0.0mg cholesterol; 1744.5mg sodium; 40.6mg potassium; 15.0g carbohydrates; 0.0g fiber; 12.6g sugar; 0.0g protein.

Cooking Tips

You can buy sushi vinegar, but if you can't find it, this will work.

side dishes

celery and bleu cheese

fried (green) tomatoes

glazed fall vegetables

green bean casserole

lemon pepper couscous

mashed potatoes

mushroom gravy

oven-roasted potatoes and peas

pasta salad

ramen salad

stuffing

vegetarian sushi

celery and bleu cheese

This is a Cragun family recipe.

- 1 package cream cheese
- 12 ounces bleu cheese
- 1 tablespoon mustard (preferably Grey Poupon)
- 1 teaspoon paprika
- 1 bunch celery



Cream the cheeses, mustard, and paprika in a bowl.
Cut the celery into 2 to 3 inch pieces.
Stuff the celery with the creamed ingredients.

Serves 12

Preparation time: 15 minutes

Nutrition Facts

Nutrition (per serving): 85.6 calories; 40% calories from fat; 3.9g total fat; 15.1mg cholesterol; 291.4mg sodium; 184.0mg potassium; 5.4g carbohydrates; 1.0g fiber; 1.1g sugar; 7.5g protein.

fried (green) tomatoes

2 fresh green tomatoes
1 cup flour
2 tablespoon salt, divided
1 tablespoon pepper
2 tablespoons vegetable oil

Slice tomatoes into 1/4" slices. Spread the slices on a plate and sprinkle the tomatoes with salt. Layer the slices, sprinkling each layer with salt before adding the next one.

Cover the tomatoes and put in fridge to sit for about six hours. This removes the water from the tomatoes so they are crisper when they cook..

Remove the tomatoes from the container and dry (paper towels work well for this).

Mix the flour, the second tablespoon of salt and the pepper in a bowl. Coat each tomato slice with the flour mixture. Let each slice sit for about 30 minutes before cooking.

Heat the oil in a skillet to medium high and add the tomatoes. Let the tomatoes brown on one side, then turn and brown on the other. When tomatoes are a golden brown, remove one at a time and place on paper towels to drain.

Serve while warm.

Serves 4

Preparation time: 45 minutes

Cooking time: 30 minutes

Nutrition Facts

Nutrition (per serving): 204.0 calories; 32% calories from fat; 7.5g total fat; 0.0mg cholesterol; 4138.3mg sodium; 227.4mg potassium; 30.7g carbohydrates; 1.3g fiber; 0.1g sugar; 4.5g protein.

Cooking Tips

I wasn't sure if the tomatoes had to be green in order for this to work, but it works just fine with ripe tomatoes.

glazed fall vegetables

- 2 large sweet potatoes, sliced into 1/2-inch pieces
- 1 large white potato, sliced into 1/2-inch pieces
- 3 medium carrots, sliced into 1/2-inch pieces
- 1 small yellow onion, cut into 1/2-inch rings
- 1 medium acorn squash, halved, seeded, and peeled, each half cut into thirds
- 1/2 cup packed brown sugar
- 1/4 cup pure maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 4 tablespoons (1/2 stick) butter or margarine, cut into 8 pieces
- 1/4 cup water



Preheat oven to 425° F degrees. Place the sweet and white potatoes, carrots, onion, and acorn squash in a large bowl. Add the brown sugar, maple syrup, vanilla extract, and cinnamon. Toss well.

Turn into a rectangular glass baking dish. Scatter the butter or margarine pieces over the top. Pour the water into the baking dish. Cover tightly with foil and bake for 45 minutes. Remove the foil and stir the vegetables. Continue baking about 15 minutes, until the vegetables are softened to your liking and lightly browned.

Serves 6

Preparation time: 60 minutes

Cooking time: 60 minutes

Ready in: 120 minutes

Nutrition Facts

Nutrition (per serving): 313.2 calories; 22% calories from fat; 8.0g total fat; 8.3mg cholesterol; 148.7mg sodium; 914.8mg potassium; 60.0g carbohydrates; 5.0g fiber; 31.0g sugar; 3.0g protein.

green bean casserole

This is a very fast dish to prepare that is very good. It goes great with many dishes.

- 2 cans cut green beans
- 1 can cream of mushroom soup
- 3/4 cup fried onions
- 1 tablespoon lemon pepper



Mix all of the ingredients in a microwaveable bowl.
Cook in microwave until thoroughly heated (about 3 minutes).

Serves 6

Preparation time: 15 minutes

Nutrition Facts

Nutrition (per serving): 44.5 calories; 49% calories from fat; 2.5g total fat; 0.0mg cholesterol; 270.5mg sodium; 58.6mg potassium; 5.0g carbohydrates; 0.3g fiber; 0.9g sugar; 0.9g protein.

lemon pepper couscous

This is a great, high-protein side dish. In fact, it's good enough that we occasionally eat it as a main dish.

- 2 cups dry couscous
- 2 cups hot water (I would recommend using the juice from the chickpeas and making up the difference with water)
- 2 cans chick peas
- 1 stick margarine
- 1 dash lemon-pepper seasoning to taste



Add the hot water and margarine to the couscous. Stir until mixed completely. Microwave for 2 minutes. Add chickpeas and lemon pepper to taste. Mix thoroughly. Microwave another 2 minutes until heated through.

Serves 6

Preparation time: 15 minutes

Nutrition Facts

Nutrition (per serving): 447.3 calories; 32% calories from fat; 16.5g total fat; 16.6mg cholesterol; 415.5mg sodium; 240.1mg potassium; 62.9g carbohydrates; 6.4g fiber; 0.0g sugar; 11.5g protein.

mashed potatoes

6 medium sized potatoes, peeled (about 5 pounds)
3 tablespoons margarine
1/2 cup soy milk
3 quarts water
2 tablespoons garlic salt
1 teaspoon garlic powder
1 tablespoon onion salt
1 dash salt and pepper to taste



Peel and chop potatoes into 1/2 pieces.

We use our pressure cooker to cook the potatoes. Put all of the pieces and about a quart of water into your pressure cooker. Once it gets up to steam temperature, let them cook for about 10 minutes. (If you are using a regular pot, cover the potatoes with water and bring to a boil. Reduce temperature to just where it prevents the potatoes from boiling over and cook 20-30 mins until tender.)

Drain the water from the potatoes (reserve the water if you cooked the potatoes using a conventional pot).

Add the rest of the ingredients (and whatever amount of the reserved water is necessary for your desired consistency) and mash potatoes. We use a handheld beater and mash them in the pressure cooker so we don't dirty extra dishes. If you use the beater you'll want to mash them just a bit longer than you think is necessary to give them a fluffy texture.

Serves 6

Preparation time: 45 minutes

Nutrition Facts

Nutrition (per serving): 193.4 calories; 26% calories from fat; 5.9g total fat; 6.2mg cholesterol; 2184.8mg sodium; 894.1mg potassium; 33.1g carbohydrates; 3.3g fiber; 1.8g sugar; 3.8g protein.

Cooking Tips

You may want to add the seasonings slowly until you reach your desired flavoring.

mushroom gravy

2 1/2 tablespoons butter, divided
2 tablespoons minced onion
1 cup minced mushrooms
1/4 cup white wine
1 1/2 tablespoons flour
1 cup vegetable broth
1/4 teaspoon poultry seasoning
1/2 cup milk
1 dash salt & pepper



Melt 1 tablespoon of the butter in a medium skillet over medium-high heat. Stir in onion. Sauté 3-5 minutes or until softened. Stir in mushrooms. Sauté 3-4 minutes longer, or until almost dry. Add wine. Cook until liquid has evaporated. Remove mushroom mixture from pan; set aside.

Melt remaining butter in pan; stir in flour. Cook and stir over medium heat about 3 minutes, or until golden brown. Whisk in vegetable broth. Simmer, while whisking, 3-4 minutes longer or until thickened.

Whisk in poultry seasoning and milk, continuing to cook until heated through. Stir in reserved mushroom mixture; season with salt and pepper. Heat until the gravy thickens.

Serves 4

Preparation time: 30 minutes

Nutrition Facts

Nutrition (per serving): 146.5 calories; 53% calories from fat; 8.9g total fat; 22.1mg cholesterol; 421.7mg sodium; 222.5mg potassium; 11.5g carbohydrates; 1.2g fiber; 2.1g sugar; 3.5g protein.

oven-roasted potatoes and peas

- 8 large red potatoes, sliced into 1/2-inch rounds
- 1 large yellow onion, chopped
- 4 cloves garlic, chopped
- 1/4 cup olive oil
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary
- 1 tablespoon fresh thyme or 1/2 teaspoon dried thyme
- 1 tablespoon chopped fresh oregano or 1/2 teaspoon dried oregano
- 1 teaspoon paprika
- 1 dash salt and black pepper
- 3 tablespoons lemon juice
- 1 10-ounce box frozen green peas



Preheat the oven to 425°.

In a large bowl, combine the potatoes, onion, garlic, olive oil, rosemary, thyme, oregano, paprika, salt, and pepper. Toss well.

Turn into a rectangular glass baking dish. Bake for 45 minutes, stirring once after 20 minutes, until the potatoes are tender.

Remove from the oven and pour the lemon juice evenly over the top of the potatoes. Add the green peas and stir to combine.

Return to the oven and continue baking for 10 minutes.

Serves 4

Preparation time: 120 minutes

Nutrition Facts

Nutrition (per serving): 398.4 calories; 31% calories from fat; 14.3g total fat; 0.0mg cholesterol; 97.4mg sodium; 1554.0mg potassium; 61.2g carbohydrates; 8.7g fiber; 5.8g sugar; 9.6g protein.

pasta salad

- 1 package (16 ounces) uncooked pasta
- 1/2 cup thinly sliced carrots
- 2 stalks celery, chopped
- 1/2 cup chopped green bell pepper
- 1/2 cup cucumbers, peeled and thinly sliced
- 2 large tomatoes, diced
- 1/4 cup chopped onion
- 1 bottles (16 ounces) Italian-style salad dressing
- 1/2 cup grated parmesan cheese



Cook pasta in large pot of boiling water until al dente. Rinse under cold water, and drain. Mix chopped carrots, celery, cucumber, green pepper, tomatoes, and onion together in large bowl.

Combine cooled pasta and vegetables together in large bowl. Pour Italian dressing over mixture, add Parmesan cheese and mix well.

Chill for one hour before serving.

Serves 9

Preparation time: 30 minutes

Nutrition Facts

Nutrition (per serving): 337.9 calories; 31% calories from fat; 12.3g total fat; 4.9mg cholesterol; 897.6mg sodium; 583.9mg potassium; 47.8g carbohydrates; 4.3g fiber; 4.9g sugar; 10.1g protein.

Cooking Tips

You can use any type of pasta, but spiral pasta or bowtie pasta works best.

ramen salad

1/4 cup white sugar
2 1/2 tablespoons oil
1 dash sesame oil (tahini)
1/3 cup rice vinegar
2 tablespoons soy sauce
2 tablespoons honey
10 ounces cashew pieces
3 ounces (1 package) ramen noodles crushed
16 ounces (1 package) shredded coleslaw mix
1 bunch green onions chopped



Put sugar, sesame oil, rice vinegar, soy sauce, honey, and cashew pieces in saucepan, bring to boil, and cook for just over 1 min. stirring constantly.

Remove the sauce from heat, cover, and chill until cold.

Mix ramen noodles, coleslaw, and green onions.

Pour sauce on the salad when ready to serve.

Serves 6

Preparation time: 30 minutes

Nutrition Facts

Nutrition (per serving): 496.8 calories; 50% calories from fat; 31.0g total fat; 0.0mg cholesterol; 859.4mg sodium; 900.0mg potassium; 55.7g carbohydrates; 6.4g fiber; 24.1g sugar; 11.9g protein.

stuffing

5 cups dry cornbread stuffing mix
1 package Knorr® Recipe Classics® Leek Soup,
Dip and Recipe Mix
1 cup margarine
1 cup coarsely chopped pecans
1 package (10 oz.) frozen whole kernel corn,
thawed and drained
1 cup hot water
1 cup orange juice



Preheat oven to 350° F. In large bowl, combine stuffing mix and recipe mix.
In 8-inch skillet, melt spread over medium heat and cook pecans, stirring occasionally, 5 minutes or until golden.
Add corn, water, orange juice and pecan mixture to stuffing; toss until moistened. Spoon into 2-quart casserole sprayed with nonstick cooking spray. Cover and bake 30 minutes or until heated through.

Serves 8

Preparation time: 45 minutes

Nutrition Facts

Nutrition (per serving): 623.0 calories; 62% calories from fat; 44.4g total fat; 25.2mg cholesterol; 1296.2mg sodium; 490.6mg potassium; 52.9g carbohydrates; 6.3g fiber; 15.3g sugar; 7.3g protein.

vegetarian sushi

rice

2 cups sushi rice
2 cups water
1/4 teaspoon salt
2 tablespoons rice vinegar or white vinegar
1 tablespoon sugar
2 tablespoons sake or dry sherry

fillings

1 small cucumber, seeded, cut in thin strips
1 small carrot cut into thin strips
1/2 cup fresh, whole, green beans
1 ripe avocado in thin strips
3 sheets nori seaweed, 8" x 8"

to prepare rice:

Wash rice under cold running water until the water runs clear. Drain. Combine rice, water, and salt in a medium sauce pan; bring to boil. Reduce heat, cover, and simmer 15 minutes or until liquid is absorbed. Remove from heat; stir in vinegar, sugar and sake. Cover and cool to room temperature.

to prepare vegetables:

If using green beans, asparagus, or carrots, place them in a small amount of boiling water for 10 minutes or until the vegetables are just tender. Drain and cool.

to assemble the sushi roll:

Spread 1/2 cup vinegared rice over each sheet of seaweed, spreading to within 1" of one edge and to the other three edges. Lay the vegetables across the rice, near the middle of the sheet of seaweed. Select filling ingredients as desired. Starting opposite the side that has rice spread to within 1" of the edge, roll up each sheet jelly-roll style. Lightly moisten the 1 inch strip of seaweed that does not have any rice on it with sushi vinegar, then press the seaweed edge lightly to seal. Slice each roll crosswise into 6 pieces.

Serve with soy sauce and wasabi.

Serves 6

Preparation time: 45 minutes

Nutrition Facts

Nutrition (per serving): 219.0 calories; 19% calories from fat; 5.2g total fat; 0.0mg cholesterol; 191.4mg sodium; 384.6mg potassium; 36.4g carbohydrates; 3.7g fiber; 3.8g sugar; 7.9g protein.

Cooking Tips

To add an egg omelet to a sushi roll, beat 1 egg with 1 tablespoon water. Pour into a lightly greased 8" skillet with flared sides; lift and tilt the skillet to spread evenly. Cook over medium heat 1 1/2 to 2 minutes or until set. Omelet may start to brown. Do not turn. Remove from the pan and let cool. Trim cooled omelet using a sharp knife to cut away

two of its opposite curved edges so it resembles a rectangle. Roll up tight, jelly-roll style, beginning from a straight edge.

Cutting the sushi roll can be difficult due to the stickiness of the rice. One way to solve this problem is to wipe your very sharp knife clean after each cut with a damp towel and keep the knife moist.

To add protein to the sushi for vegetarians you can use vegetarian chicken breasts (Quorn brand work well). Just slice them into thin strips and layer them in with the vegetables.

soup

asparagus cream soup

black bean soup

butternut squash soup

corn chowder

minestrone soup

potato cheese soup

taco soup

asparagus cream soup

2 pounds asparagus
1 1/2 tablespoons margarine
2 cups chopped onion
1 1/2 teaspoons salt
3 tablespoons flour, separated
2 cups water
2 cups soy milk
1/2 teaspoon dill
1/2 teaspoon tarragon
1 dash white pepper and garlic salt



Break off the the tough ends of the asparagus stocks. Slice off the top inch and set the tips aside. Chop the rest of the asparagus into 1 inch pieces.

Melt the margarine in a skillet. Add the onion, asparagus pieces, and salt and sauté for 10 minutes.

Add 2 tbs. of flour, stirring constantly. Cook another 6 to 7 minutes.

Add water, heat to a boil, and reduce to a simmer for 5 minutes.

Add the last tbs. of flour and simmer for another 10 minutes.

Puree the soup with the milk in a blender or food processor.

Add the spices: dill, tarragon, white pepper, and garlic salt and heat to just under a boil.

Let cool for a few minutes then serve.

Serves 4

Preparation time: 60 minutes

Nutrition Facts

Nutrition (per serving): 199.1 calories; 33% calories from fat; 7.7g total fat; 4.7mg cholesterol; 1536.8mg sodium; 675.9mg potassium; 23.3g carbohydrates; 6.6g fiber; 4.8g sugar; 13.7g protein.

Cooking Tips

The original recipe called for far more dill. We thought it was too much.

black bean soup

1 tablespoon margarine or butter (can also use olive oil)
1 onion, chopped
1 clove garlic, minced
2 carrots, chopped
2 teaspoons chili powder
1 teaspoon ground cumin
4 cup vegetable stock
2 cans black beans, rinsed/drained
1 can whole kernel corn
1 dash black pepper
1 can stewed tomatoes

In stock pot, heat margarine over medium heat. Saute onion, garlic and carrots for 5 mins., stirring occasionally.

Add chili powder and cumin; cook for 1 min.

Add vegetable stock, 1 can of black beans, corn and black pepper. Bring to a boil and let simmer for about 5 minutes.

In food processor or blender, puree together tomatoes and other can of black beans then add to the pot.

Reduce heat, cover, and simmer for 10 to 15 minutes.

Serves 8

Preparation time: 45 minutes

Nutrition Facts

Nutrition (per serving): 214.7 calories; 17% calories from fat; 4.3g total fat; 2.8mg cholesterol; 1158.3mg sodium; 642.0mg potassium; 38.1g carbohydrates; 7.7g fiber; 5.5g sugar; 8.8g protein.

Cooking Tips

Particularly good with fresh baked bread.

butternut squash soup

2 1/2 pounds butternut squash; peeled and seeded
3 cup water
2 medium onions, chopped
1 red bell pepper, seeded and chopped
2 cloves garlic, diced
3 tablespoons vegetable oil
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon ground ginger
1 teaspoon dry mustard
1 teaspoon curry powder
1/2 teaspoon salt
1 cup orange juice
1 teaspoon lemon juice
1/8 teaspoon ground red pepper
1 cup mozzarella cheese, shredded

Peel squash then cut into 1" chunks. Combine with 3 cups water in a large saucepan. Bring to a boil over medium high heat; cover, reduce heat and simmer for 10 minutes or until squash is tender. Drain, reserving cooking liquid; set both aside.

Cook chopped onion, chopped sweet red pepper and garlic in oil in a large pot over medium-high heat, stirring constantly, for 10 minutes or until tender.

Add spices (except ground red pepper) and salt, stirring the mixture well.

Combine half of the squash and half of the cooked onion mixture in a blender; process until smooth.

Pour blended squash mixture into another container. Repeat process with remaining squash and onion mixture, then return all blended squash mixture to the pot.

Add orange juice, lemon juice, ground red pepper and cooking liquid to squash mixture. Cook over medium heat, stirring constantly, until thoroughly heated.

Remove from heat and serve with a topping of shredded mozzarella or a tablespoon of sour cream.

Serves 6

Preparation time: 45 minutes

Nutrition Facts

Nutrition (per serving): 302.7 calories; 32% calories from fat; 11.2g total fat; 14.1mg cholesterol; 344.3mg sodium; 1014.3mg potassium; 45.9g carbohydrates; 1.9g fiber; 24.7g sugar; 9.2g protein.

corn chowder

3 medium potatoes cut in 1/2 inch cubes
1 medium onion, diced
2 cups water
1 teaspoon vegetarian bouillon
2 teaspoons dried parsley
1/2 teaspoon salt
1 can corn
soy milk (optional)



Combine the potatoes, onions, water, bouillon, parsley, and salt in a medium-sized sauce pan.

Simmer until the potatoes are soft.

Add the can of corn and heat to desired temperature.

Put two cups of the soup in a blender and puree. Return the puree to the rest of the soup.

If the soup is too thick for your liking you can add soy milk to thin it to desired consistency

Serves 4

Preparation time: 30 minutes

Nutrition Facts

Nutrition (per serving): 313.9 calories; 64% calories from fat; 22.9g total fat; 24.9mg cholesterol; 560.9mg sodium; 701.9mg potassium; 26.2g carbohydrates; 2.0g fiber; 1.7g sugar; 3.0g protein.

Cooking Tips

For additional flavor, you can do any of the following:

saute the onions and potatoes in red wine before adding the other ingredients

add paprika, garlic, garlic salt, onion salt, seasoned salt

minestrone soup

- 1 1/2 cups pasta
- 1 cup vegan red wine, divided into 1/2 cups
- 1 tablespoon margarine
- 2 sliced onions
- 2 carrots, chopped
- 1 medium potato chopped
- 3 cloves garlic, minced
- 28 ounces can stewed tomatoes
- 2 teaspoons dried basil or a bunch of fresh basil
- 1 teaspoon oregano
- 1 teaspoon marjoram
- 1 dash black pepper
- 2 small zucchini, chopped
- 2 cups chopped spinach or cabbage (optional)
- 1 can of beans (pinto, black, kidney, or garbanzo)
- 1 cup sliced mushrooms (optional)
- water as needed (may not be necessary)
- 1 package frozen peas or corn
- 1 dash additional spices (e.g. oregano)

Cook the pasta, drain, and set aside.

Saute the onions, carrots, and potato in 1/2 cup of red wine and the margarine until translucent.

Add the garlic, stewed tomatoes, basil, oregano, marjoram, pepper, and zucchini and let simmer for 5-10 minutes until the vegetables begin to soften.

Add the spinach/cabbage (optional), beans, mushrooms, peas/corn, and any additional spices and let simmer for another 5-10 minutes. Adjust the water level to your preference (more water makes it soupier).

When the vegetables are all soft and cooked through, remove from heat and add pasta. Serve with bread.

Serves 8

Preparation time: 45 minutes

Nutrition Facts

Nutrition (per serving): 231.2 calories; 10% calories from fat; 2.7g total fat; 1.6mg cholesterol; 468.5mg sodium; 957.1mg potassium; 47.8g carbohydrates; 6.4g fiber; 10.1g sugar; 8.4g protein.

potato cheese soup

This is pretty close to Marie Calendar's potato cheese soup.

8 cups peeled and cubed potatoes
2 cups chopped onion
4 cups chopped celery
2 teaspoons salt
4 cups water
2 cups half and half
6 tablespoons margarine (or butter)
6 cups shredded sharp cheddar cheese
2 tablespoons garlic salt



Place potatoes, onions, celery, and salt in the 4 cups of water in a large pot. Simmer about 15 minutes until vegetables are tender.

Put in blender and puree until chunky.

Return soup to pot and add half-and-half, butter, garlic salt and cheese. Simmer until hot. Do NOT Boil.

Serves 8

Preparation time: 60 minutes

Nutrition Facts

Nutrition (per serving): 746.3 calories; 57% calories from fat; 48.5g total fat; 135.7mg cholesterol; 2916.3mg sodium; 1517.2mg potassium; 49.2g carbohydrates; 5.0g fiber; 3.4g sugar; 31.3g protein.

taco soup

1 pound ground hamburger
1 onion, diced
1 (16 ounce) can stewed tomatoes
1 (16 ounce) kidney beans, do not drain
1 (8 ounce) can tomato sauce
1/2 envelope taco seasoning,
1 1/2 cup water
1 can mexican or plain corn

Add all of the ingredients to a crockpot and cook on high for 4 hours or low for 6 to 8 hours.

optional garnishes (add these to the soup when it's done): sour cream, grated cheddar cheese, green onions, fritos

Serves 8

Preparation time: 20 minutes

Cooking time: 240 minutes

Nutrition Facts

Nutrition (per serving): 204.4 calories; 14% calories from fat; 3.4g total fat; 0.0mg cholesterol; 973.7mg sodium; 603.6mg potassium; 30.7g carbohydrates; 8.2g fiber; 7.1g sugar; 15.8g protein.

Index

A

agua dulce	9
almond	3, 20, 39, 45, 69
aloo matar	40
anglo-mexican pie	41
apple	2, 21, 22, 23, 61
apple crisp	22
apple dumplings	23
asparagus	3, 4, 39, 42, 53, 90, 92, 93
asparagus and red pepper pizza	42
asparagus cream soup	93
aussie sauce	71
avocado	76, 90

B

baked chicken and rice	43
banana	2, 1, 2, 8, 10, 21, 24, 27, 31, 42
banana bread	2
banana chocolate protein shake	10
bananas foster	24
barbecue	60
bean	3, 4, 13, 39, 41, 44, 49, 51, 57, 58, 67, 72, 76, 78, 82, 90, 92, 94, 97, 99
beans and franks	44
bird nests	25
black bean soup	94
breakfast couscous	11
broccoli	3, 39, 45, 53
broccoli and tofu in spicy almond sauce	45
buckingham palace scones	12
burrito	13
butternut squash soup	95

C

cabbage	3, 39, 61, 97
caramel icing	26
caribbean dream pie	27
carrot	49, 53, 61, 67, 68, 73, 81, 87, 90, 94, 97
cashew	3, 25, 39, 45, 47, 57, 61, 88

cauliflower	3, 39, 46
cauliflower marranca	46
celery	4, 61, 73, 78, 79, 87, 98
celery and bleu cheese	79
cherry	18
chewy chocolate chip cookies	28
chili	66, 94
chinese chicken with cashews	47
chocolate mint bars	29
cilantro	40, 51, 57, 72
coconut	52
corn	2, 4, 1, 3, 17, 41, 53, 64, 66, 68, 72, 89, 92, 94, 96, 97, 99
corn chowder	96
corn tortillas	3
couscous salad with veggie chicken, tomato, and basil	48
creamy banana pudding	31
cucumber	73, 74, 87, 90

D

divinity	17
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E

egg rolls	49
eggplant	3, 39, 50
eggplant parmigiana - lasagna style	50
english toffee	19

F

falafel stuffed pitas	51
french bread	4
french bread (machine)	5
fried (green) tomatoes	80
fried tofu in peanut sauce	52

G

gallo pinto	13
german pancakes	14
ginger	34, 40, 45, 47, 95
glazed fall vegetables	81
green bean casserole	82

H

ham	2
harvest pie	53
homemade salsa	72
honey	12, 61, 65, 88
hummus	73

L

lasagna	54
lemon	3, 4, 2, 5, 7, 22, 31, 39, 46, 48, 51, 55, 56, 59, 60, 61, 65, 69, 73, 78, 82, 83, 86, 95
lemon pepper couscous	83
lemon tossed pasta	55
lentil	56
lime	27, 52, 57

M

mango	27
mashed potatoes	84
masoor dahl in tomato sauce	56
minestrone soup	97
mushroom	4, 43, 46, 55, 56, 59, 61, 63, 64, 65, 69, 78, 82, 85, 97
mushroom gravy	85
mustard	3, 60, 65, 70, 74, 79, 95
mustard and vinegar marinade	74

O

oatmeal raisin cookies	32
olive	4, 48, 50, 51, 55, 58, 63, 65, 69, 73, 76, 86, 94
orange	89, 95
oven-roasted potatoes and peas	86

P

pad thai	57
pasta salad	87
pea	4, 40, 45, 49, 53, 57, 73, 78, 83, 86, 97
peach	23
peanut	3, 39, 45, 47, 52, 56, 57, 73
pecan	2, 19, 34, 69, 89

pepperoni	63
pie crust	33
polenta	58
portabella pepper jack	59
potato cheese soup	98
pumpkin	2, 21, 34
pumpkin cheesecake	34

R

raisin	2, 11, 12, 21, 32, 61
ramen salad	88
red, white, and blueberry shortcake	35
rice	3, 13, 39, 43, 45, 47, 49, 52, 57, 67, 68, 69, 77, 88, 90, 91
roasted pepper cheese dip	75

S

salted caramel and milk chocolate	
mousse	36
sausage	15, 42
sesame	51, 56, 73, 88
seven-layer dip	76
sloppy joes	60
snickerdoodles	37
soy	10, 11, 15, 41, 45, 47, 49, 50, 52, 53, 54, 57, 60, 61, 68, 76, 84, 88, 90, 93, 96
spiced nuts	20
spinach	65, 73, 97
squash	3, 4, 39, 62, 81, 92, 95
strawberry	35
stuffed cabbage	61
stuffing	89
sugar cookies	38
sushi vinegar	77
sweet potato	81

T

taco soup	99
tofu	3, 39, 45, 49, 52, 57, 68
tomato	3, 4, 13, 39, 40, 48, 51, 55, 56, 57, 64, 66, 72, 74, 76, 78, 80, 87, 94, 97, 99
tortellini and squash	62

tortilla 2, 1, 3, 13, 64, 65, 66, 76

V

vegetarian breakfast gravy 15

vegetarian sushi 90

veggie calzones 63

veggie enchiladas 64

veggie fajitas 65

veggie tacos 66

W

walnuts 2, 7, 17, 22, 28, 47

white beans with rosemary 67

white bread (machine) 6

wontons 68

Y

yogurt 51

Z

zuccanoes 69

zucchini 2, 1, 7, 55, 62, 65, 69, 97

zucchini bread 7