

# Apple-Berry Crisp

Prep. Time: 20 minutes  
Bake Time: 30-40 minutes

8-10 servings

8 c. sweet apples\*, cored & peeled  
1 can (12 oz.) apple juice concentrate  
2½ T. cornstarch  
1 t. cinnamon or ½ t. coriander

2 c. blueberries

COMBINE half of apple juice with apples & simmer covered until apples are slightly tender.  
DISSOLVE starch in juice.  
ADD to apples & simmer just until it starts to thicken.  
REMOVE from heat and add seasonings.  
SPOON into flat baking dish.  
SPREAD berries evenly on top.

\*nice ripe Golden Delicious are good

## **Crumb topping:** (from [Tastefully Vegan](#))

1¼ c. quick oats  
½ c. whole wheat pastry flour  
½ c. walnuts, ground  
? c. coconut  
¼ t. salt  
¼ t. cinnamon

COMBINE all dry ingredients.

¼ c. brown sugar  
3 T. oil  
1 T. water  
1 t. vanilla  
½ t. butter flavoring, opt.

COMBINE all liquid ingredients.  
Thoroughly MIX dry and wet together.  
CRUMBLE over fruit.  
BAKE at 350° for 30-40 minutes or until apples are tender.

Make topping ahead and keep in freezer  
until ready to use

# Banana Bread

Prep. Time: 20 minutes

Bake Time: 55-60 minutes

One 8 x 3½ x 2½ loaf

2 c. white whole wheat flour\*  
1 t. baking soda  
½ t. salt

¾ c. maple syrup  
1½ c. mashed ripe bananas  
--approximately 3 med.  
¼ c. mild olive oil  
¼ c. water  
¼ c. applesauce  
¼ c. Soy Good Milk or  
Better Than Milk Powder  
1 T. ground flaxmeal

¾ c. walnuts, chopped

PREHEAT oven to 350°.  
COMBINE first 4 ingredients.

Using mixer BEAT these ingredients together in separate mixing bowl.

ADD nuts & flour mixture, MIXING ONLY until combined.

POUR into prepared loaf pan.  
BAKE at 350° for 55-60 minutes or until toothpick inserted in center comes out clean.

ALLOW to cool 10 minutes before removing from pan.

\*May use half white flour or replace ½ cup with whole-wheat pastry flour.

This sweet bread freezes nicely for future use

# Broccoli Slaw

Quick

1 bag fresh broccoli slaw, 12 oz.  
½ c. diced celery  
1½ c. cubed soy chicken\*

1 c. Vegenaise  
1 T. fresh lemon juice  
½ t. VegeSal to taste

\*I prefer Cedar Lake frozen chicken roll

COMBINE together.

ADD enough dressing to moisten nicely.

CHILL and serve.

The dressing from Winter Vegetable Salad  
in Vital Vittles Cookbook could replace  
the Vegenaise and seasonings if a  
lower-fat dressing is desired.  
Add VegeSal as needed.

# Easy Ranch Dressing

Prep. Time: 5 minutes

Makes 1½ cups

½ pkg. Mori Nu Tofu, firm  
½ c. Vegenaise  
1½-2½ T. fresh lemon juice\*  
2-3 T. water—to desired thickness  
1 T. Better Than Milk Powder, plain

## Option 1

2 t. (? pkg.) Uncle Dan's  
"Classic Ranch" Dressing Mix

COMBINE in blender, Magic Bullet,  
or mini food processor.  
BLEND until smooth.

ADD Option 1 or 2.  
BLEND to mix.  
CHILL and serve.

## Option 2

½ t. salt, rounded  
½ t. sweetener  
½ t. nutritional yeast flakes  
¼ t. onion powder  
? t. garlic powder  
? t. celery salt  
? t. basil  
? t. marjoram  
? t. dill weed

\*May want to add lemon at the end according to your taste.

# Edamame-Corn Salad

Prep. Time: 15 minutes

Chill Time: 4 hours to overnight

Serves 8

<p>1 (12-oz.) pkg frozen shelled green soybeans 1 (16-oz.) pkg frozen sweet white corn 1 c. jicama, diced ¼" ? c. celery, chopped ½ c. sweet red pepper, diced ? c. green onion, ¼" slices 1 T. minced fresh parsley</p>	<p>THAW corn and soybeans. MIX all ingredients together with dressing. CHILL and SERVE.</p>
<p><b>DRESSING:</b> 5 T. fresh lemon juice 1 T. honey 1½ t. salt ¼ t. garlic powder ¼ t. sweet basil ? t. dried dill weed</p>	<p>COMBINE.</p>

This salad makes a great lunch.  
It is a whole meal in one.

# Herbed Tofu Dip

Prep. Time: 10-15 minute—add 5 if boiling tofu

20 2-tbs. servings

1 brick firm tofu

RINSE well or BOIL for 5 minutes.  
DRAIN well—even overnight.

½ c. Vegenaise  
2 T. finely minced onion  
(not sweet onion)  
2 T. fresh lemon juice  
½ t. VegeSal  
½ t. garlic powder  
½ t. (scant) salt  
½ t. dried marjoram, crushed leaf  
½ t. dried basil, crushed leaf  
½ t. dried oregano, crushed leaf  
½ t. dried dill

MIX well.  
CHILL several hours.

Serve with crackers or baguette

# Lemon Pudding

1 pkg. Mori Nu tofu  
¼ c. fresh lemon juice  
2 T. Better Than Milk Powder

COMBINE in blender.  
WHIZ until smooth.

1 pkg. Mori Nu Mate, Lemon Flavor

ADD to blender.  
WHIZ smooth.  
CHILL and serve

This is very nice layered in glass stemware  
with crumbled toasted graham cracker crust  
and a lemon or orange twist on top with a mint leaf.

## Graham Cracker Crust:

1 pkg. (approx. 10 graham crackers\*)  
2 T. maple syrup  
1 T. mild olive oil

CRUSH crackers into crumbs.  
MIX all ingredients together.  
(food processor works the best)  
BAKE on cookie sheet at 350° for  
10-12 minutes—watching carefully.  
COOL.

\*nonhydrogenated

These keep nicely in sealed  
container in freezer for quick use.

# Pecan Cake

Prep. Time: 15-20 minutes  
Bake Time: 25-30 minutes

8' x 8' cake pan, Serves 16, 2'x 2" pieces

½ c. pecans

TOAST nuts at 350° for 10 minutes or until nicely roasted—don't burn.  
CHOP and SET ASIDE.

1 c. maple syrup

¾ c. coconut milk

¼ c. mild olive oil

1½ t. vanilla

2 t. Roma coffee substitute

½ c. Soy Good milk powder

PREHEAT oven to 375°.  
COMBINE all liquids together.

1½ c. white whole-wheat flour

½ c. whole wheat pastry

2 T. golden flaxmeal

2 t. Rumford's baking powder

½ t. salt

MIX all dry ingredients together well.

COMBINE liquid ingredients with dry, including nuts, MIXING only until all is moistened.

Over mixing will adversely affect the cakes rising.

POUR into Pam-sprayed pan.  
BAKE at 375° for 25-30 minutes or until toothpick inserted in center of cake comes out clean and finger pressed on surface doesn't leave indentation.

# Tofu Meatballs

Prep. Time: 15 minutes

Bake Time: 30 minutes + 20-30 minutes

6 servings of 3 each

- 1 pkg. Mori Nu, firm
- 1½ c. onion
- 2 T. soy sauce
- ½ t. garlic powder
  
- 1 c. pecan meal (or ground walnuts)
- 1½ c. whole wheat bread crumbs\*
- 2 t. parsley flakes
- ½ t. sage
- ¼ t. oregano
- ¼ t. basil

COMBINE first four ingredients in blender.

WHIZ smooth.

POUR into mixing bowl.

ADD last six ingredients.

MIX well.

SCOOP onto prepared cookie sheet in walnut-sized balls.

BAKE at 350° for 30-40 minutes.

These will freeze nicely at this point.

When ready to use, thaw and

PLACE in flat, shallow casserole in single layer.

COVER with favorite gravy that isn't too thick.

BAKE uncovered in 350° oven for 25-30 minutes.

SERVE

\*A quick way to make whole-wheat crumbs is to whiz bread slices in mini food processor or blender, spread out on cookie sheet, and dry in oven at 300°.

These may be served with sweet & sour meatball sauce, mushroom gravy, stroganoff sauce, or spaghetti sauce.

# Pepper Island Dressing

Prep. Time: 8-10 minutes

15 servings, 2 Tbs. each

1 c. Vegenaise  
½ pkg. Mori Nu Tofu firm  
¼ c. bottled roasted red peppers  
¼ c. water  
1 envelopes Good Seasons  
Italian Dressing Mix  
1T. Better Than Milk powder, plain  
1 T. fresh lemon juice  
¼ t. dried basil  
¼ t. oregano

COMBINE all ingredients in  
blender.  
WHIZ until smooth.  
CHILL and SERVE.

Use as dressing for Romaine salads.

To make a dip for veggies, omit water  
and increase tofu to  $\frac{3}{4}$  package.

# Raisin Pecan Pilaf

12 servings of 2/3 cup each

## Have ready:

3 c. cooked Basmati brown rice\*

1 c. pecan halves or large walnut pieces

1 T. mild olive oil  
1 ½ c. minced onion  
1 c. julienned carrots  
½ c. raisins

2 c. frozen petite peas  
½ t. dried basil  
1 t. salt

**ROAST** nuts in oven at 275-300° for approximately 15 minutes, check often.

**SET** aside.

**SAUTÉ** in large skillet for 5-7 minutes until slightly tender.

**ADD** these ingredients to sautéed and cook 2-3 minutes.

**STIR** in rice.

**ADD** nuts and serve.

\*for added flavor, cook rice with 1 Tbs. McKay's Chicken Style Seasoning and cut salt to ½ tsp. or less.

Rice and pecans may be prepared ahead.  
Freeze rice in one-cup amounts.

# Stroganoff

Prep Time: 20 minutes

Serves 6

<p>½ med. onion, diced 1 stick celery, diced 5 large mushroom, sliced* 1 T. olive oil</p>	<p>SAUTÉ until onion is clear. POUR into kettle.</p>
<p>*Mushrooms may be replace with another stick of celery</p>	
<p>1½ c. hot water ¾ t. dried parsley pinch (scant) dried dill weed</p>	<p>ADD to kettle. SIMMER <u>covered</u> for ten minutes.</p>
<p>1 c. hot water ¾ c. raw washed cashews 1 T. McKay's Chick Seasoning 1 T. + 1 t. flour 1 T. soy sauce 1 t. yeast flakes ½ t. salt ½ t. onion powder ? t. celery salt</p>	<p>WHILE VEGGIES SIMMER: WHIZ these ingredients in blender until smooth and creamy.</p>
<p>1½ c. diced Cedar Lake frozen Chicken roll or gluten of choice</p>	<p>ADD vegemeat and blended sauce to simmering veggies. STIR AND SIMMER over <u>MEDIUM</u> heat until thickened and bubbly.</p>
<p>½ c. dairy-free sour cream</p>	<p>STIR into thickened sauce. SERVE over noodles, rice or baked potatoes.</p>

This sauce is rich and creamy

# Tomato Bruschetta

Prep. Time: 15 minutes

20 servings, 2 Tbs. each

8 Roma tomatoes, diced  
2-3 cloves garlic, minced  
3 T. (6-8) leaves fresh minced basil  
½ t. salt  
2 T. olive oil  
2 t. lemon juice

COMBINE in bowl.  
SERVE on fresh or oven-broiled  
baguette.