

Sausage Breakfast Gravy

Prep. Time: 10-15 minutes

Cook Time: 5 minutes

4 cups

1 c. water
½ c. raw washed cashews
⅓ c. flour
1 T. McKay's Chicken-style Seas.
1 T. nutritional flakes
2 t. low sodium soy sauce
½ t. onion powder
¼ t. PepperLike Seasoning, opt.
¼ t. celery salt
¼ t. salt

2 c. hot water
½ pkg. Gimme Lean Breakfast Sausage
crumbled

COMBINE in blender.
WHIZ until smooth as cream.
POUR into 2-qt. Kettle.

RINSE blender with water and
add to the kettle.
COOK & STIR over medium heat
until thicken.
ADD burger, heat through & serve.

Millet-Rice Breakfast

Makes 5 cups

2 c. cooked long-grain brown rice*
2 c. cooked millet*
1½ c. coconut milk
1½ c. soy milk
⅔ c. raisins
¼ c. maple syrup
1½ t. vanilla
½ t. salt

COMBINE in casserole dish.
MIX well.
BAKE at 350° for approximately an hour or until liquid is absorbed.
SERVE hot.

*these were cooked with ¼ tsp. of salt for every dry cup of grain.

The millet-water ratio was 1:3
The rice-water ratio was 1:1¼

Blueberry Muffins

Bake Time: 25 minutes?

1 dozen regular or 2 dozen mini muffins

1 c. blueberries

If frozen put them in a colander & run hot water over them briefly to partially thaw. Let them drain while preparing the batter.

1 c. whole wheat pastry

1 c. barley or spelt flour

1/3 c. dehydrated cane sugar

1 T. baking Rumford's powder

1 T. golden flaxmeal

1/2 t. salt

PREHEAT oven to 400°.

MIX together in mixing bowl.

1 c. soy milk

3 T. mashed ripe banana

3 T. mild olive oil

WHIP together.

ADD to dry ingredients.

MIX just until all is moistened.

FOLD in berries. **Do not over mix!**

SCOOP into prepared muffin pans.

BAKE 20 minutes for mini muffins or until starting to brown on the edges.

OR 25-30 minutes for regular muffins?

Applesauce could probably be substituted for the banana

Scrambled Tofu With Veggies

Prep. Time: 20 minutes

Serves 4

1 (1 lb. block) firm tofu

DRAIN water off tofu.

RINSE in clear water.

Preferably let set overnight in fresh water & drain again in morning.

1 t. mild olive oil

2 T. minced onion

2 fresh mushrooms sliced

2 T. chopped red bell pepper

2 T. julienned zucchini

SAUTÉ mushrooms & onions in oil until tender.

ADD pepper and zucchini and sauté briefly. Set aside.

1 t. soy sauce

1/4 t. garlic powder

1/2 t. onion powder

2 t. McKay's Chicken-like Seasoning

1/8 t. dried crushed basil

1/4 t. Lawry's Seasoned Salt or to taste

1/16 t. turmeric

CRUMBLE tofu, mixing in seasonings and distributing evenly.

PLACE in fry pan and sauté until slightly browned, stirring frequently.

ADD cooked vegetables.

STIR to heat and distribute all ingredients equally.

SERVE with condiments such as catsup or salsa on the side.

Black Bean & Coconut Curry*

1 med. Onion, diced
2 cloves garlic, minced
1 inch fresh ginger, grated
1 carrot sliced $\frac{1}{3}$ - $\frac{1}{2}$ " pieces
 $\frac{1}{2}$ c. water

STEAM in covered skillet five minutes.

1 small zucchini, diced
1 head of kale, cored & chopped
1 can black beans, rinse & drain
1 t. salt
2 t. curry powder or substitute

ADD and simmer three minutes.
ADD additional water if needed.

1 14-oz. can coconut milk
1-2 t. cornstarch (depends on how thick milk is)
 $\frac{1}{3}$ c. raisins, golden are nice
1 T. lemon juice

DISSOLVE starch in part of milk.
COMBINE with remaining ingredients.
ADD to vegetables.
COOK just until thickened.
SERVE over brown Basmati rice.

*This is a variation of the "Coconut Curry With Greens" recipe in the 7 Secrets Cookbook by Neva Brackett

Cashew Nut Loaf*

Prep. Time: 20 minutes

1¼ c. raw cashew pieces, ground
2 c. ground gluten (Yves ground
burger or your choice)
1 c. onions, finely chopped
½ c. celery, finely chopped
1 c. whole-wheat bread crumbs
¾ c. soy milk
2 T. cornstarch
1 T. Bragg's All Purpose Seasoning
2 T. chicken-like seasoning
1 T. parsley flakes
1 t. sage

COMBINE all ingredients and mix well.

OIL-SPRAY 1 large or 2 small loaf pans.

POUR mixture evenly into pans.

BAKE at 350° for 45-60 minutes or until brown on top.

REMOVE from oven and let sit 10 minutes before serving.

Loaf is more solid if prepared the day before serving. Reheat loaf and tip out onto a platter. Slice into ½-inch slices.

*This recipe was taken from The Optimal Diet Cookbook
by Darlene Blaney & Hans Diehl

Bonzo Burgers

Prep. Time: 5-8 minutes

Bake Time: 45 minutes

8 burger-sized patties

1/2 c. cooked garbanzos*, drained
1/2 c. water
2 T. soy sauce
1 T. nutritional yeast flakes
1 T. Bako yeast
2 garlic cloves
(or 1/2 t. garlic powder)
1/4 t. salt

COMBINE in blender.
WHIZ until smooth.

*May be home cooked or commercially canned

1 c. quick oats
2/3 c. walnuts, ground
1/2 c. onion, minced

COMBINE in bowl.
ADD blender ingredients.
MIX well.
FORM patties.
COVER and **BAKE** on non-stick Pam-sprayed cookie sheet at **350°** for approximately 40 minutes, turn after 20 minutes.
OR cook in covered skillet on low for 20 minutes each side.
SERVE on burger buns with all the trimmings.

Red Lentil Soup

Prep. Time: 10-15 minutes

Cook Time: 30-40 minutes

Approx. 10 (8 oz.) servings

8 c. water

2 c. dry red lentils

2 c. chopped onion

2 c. chopped sweet cabbage

3T. McKay's Chicken Seasoning

COMBINE in kettle.

BRING to boil, stirring.

Turn to low & **SIMMER** until well done.

ADD small amount of water if needed to desired consistency.

*Red lentils become very sticky when
they are moistened.*

*They require a little stirring
until they start cooking.*

Cream of Wild Rice Soup

Prep. Time: 15 minutes

Cook Time: 45-60 minutes

6 one-cup servings

1 T. Earth Balance
1½ c. sweet onion, diced
1 stick celery
5 mushrooms

SAUTÉ in large kettle.

3 c. water
½ c. wild rice
1 T. McKay's Chicken Style Seas.
1 T. low sodium soy sauce
1½ t. crushed garlic
½ t. salt
½ t. lemon juice
½ t. onion powder
½ t. parsley
¼ t. crushed basil

ADD to kettle.
BRING to a boil & turn to low.
SIMMER for 45 minutes.

1 c. water
½ c. raw washed cashews
2 T. Tofutti nonhydrogenated
Sour Cream

COMBINE in blender.
WHIZ until smooth as cream.
ADD to soup and warm to serving
temperature—**do not boil!**

Pepper Island Dressing

For Entertaining

Prep. Time: 8-10 minutes

15 servings, 2 Tbs. each

1 c. Vegenaïse

Sedaven Spinach Salad

Micheff Sisters

Prep. Time: 15 minutes

16 ½-cup Servings

7 c. fresh chopped spinach
1½ c. frozen petite sweet corn
1 red or orange bell pepper,
seeded & chopped

COMBINE in large mixing bowl.

Dressing:

2 T. Olive Oil
1 T. freshly squeezed lemon juice
½ t. Vege-Sal Seasoning or your
choice of seasoning

BLEND well with wire whisk or
shaker.
COMBINE with vegetables just before
serving.

Quinoa

Prep. Time: 25 minutes

8 Servings

1½ c. quinoa
2½ c. water
½ t. garlic powder

WASH quinoa very well under faucet using a fine-mesh colander.
COVER and **SIMMER** 15 minutes or until water is absorbed.
REMOVE from heat and chill.

½ c. green onions, sliced
2 oz. can sliced black olives
1½ c. tomato, diced small
1½ c. cucumber, English, diced small
1½ c. yellow bell peppers

PREPARE vegetables.

Dressing:

2 T. olive oil
4 T. lemon juice
1½ t. salt

COMBINE dressing ingredients.
ADD dressing and vegetables to quinoa.
MARINATE 30 minutes in cooler.

This is a variation of the “Quinoa Salad” from
The Optimal Diet Cookbook
by Darlene Blaney & Hans Diehl

German Carob Cake

Prep. Time: 10 minutes

Bake Time: 40 minutes

One 9" cake, 12 Servings

1 c. White Flour
1/2 c. whole wheat pastry flour
1 t. baking soda, non aluminum
1/4 c. roasted carob powder
OR cocoa
2 t. flaxmeal
1/2 t. salt

PREHEAT oven to 350°.
SIFT together dry ingredients.

2 T. mild olive oil
1 c. sweet soymilk
1/2 c. Maple syrup
1/2 c. soft dates, pressed down
1 t. vanilla
1 T. lemon juice
1/4 t. almond flavoring

COMBINE wet ingredients in blender.
BLEND until dates are smooth.
ADD to dry ingredients just until combined.
POUR into Pam-sprayed 9" cake pan.
BAKE at 350° for 35-40 minutes or until toothpick in center of cake comes out clean.

Topping

1/2 c. unsweetened coconut
1/2 c. pecans, chopped

1/2 c. maple syrup
1/3 c. water
1 T. (packed) cornstarch*
1/4 t. salt

TOAST coconut for 8-10 minutes and pecans for 10-12 minutes at 350°.

DISSOLVE cornstarch in water.
COMBINE with syrup and salt. Bring to a **BOIL** and stir until bubbly and thickened.
COOL from hot to warm, add nuts and coconut.
SPREAD evenly over cooled cake.

Lemon Fruit Tart

Crust:

1 ½ c. stirred w.w. pastry flour
⅓ c. stirred oat flour
¼ c. ground almond meal
¼ t. butter salt

⅓ c. mild olive oil
⅓ c. pure maple syrup
almond extract?

COMBINE all dry ingredients.

EMULSIFY oil & syrup.

MIX into dry ingredients.

PRESS mixture into 9" Pam-sprayed tart pan.

BAKE at 400 degrees for 13-15 minutes or until done.

COOL.

Filling:

1 pkg. Mori Nu tofu, firm
3 T. fresh lemon juice
1 T. water
zest of one lemon

1 pkg. Mori Nu Mate Lemon
Flavor

COMBINE first 4 ingredients in blender.

WHIZ until smooth.

ADD mix & blend smooth.

POUR into cooled crust & spread evenly.

COVER & CHILL for at least 4 hours.

SERVE with fresh berries or other fruit.