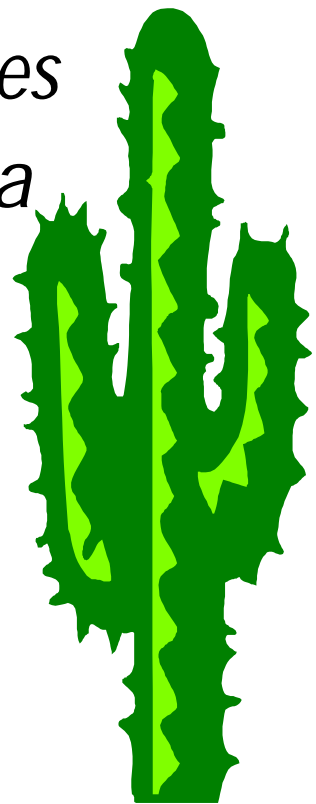
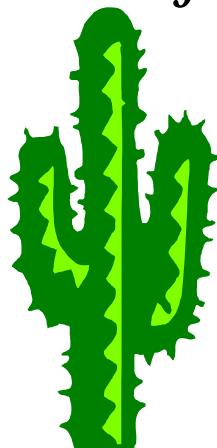
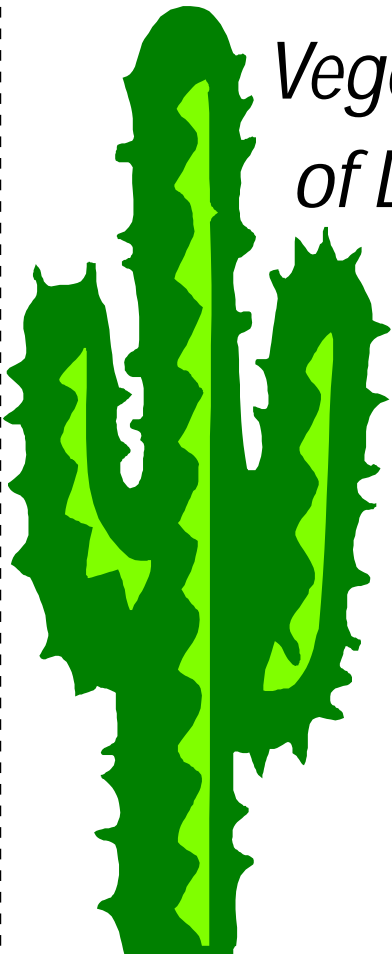




# South of the Border Freshness

*Vegetarian Dishes  
of Latin America*

*By  
Myrna Trejo*



# Dedication

My praise and gratitude to my Heavenly Father for His guidance through His Holy Spirit, and for giving me wisdom in each step of my life. To my mom for her love and patience, for her teaching me to love the joy of cooking, and to the rest of my family for their continued support and encouragement. To my friend, Maryann, for dedicating her time in helping make this book possible with her long hours of typing. To my Eden Valley family for instilling in me the true principles of a healthy lifestyle. And to the many friends who through their prayers and encouragement inspired in me the desire to make this cookbook a reality. I thank each one and wish God's richest blessings for you.

# Introduction

Welcome to my “South of the Border” kitchen where you will find healthy and delicious meals just waiting for you. The recipes in this cookbook have been especially designed for the Latin-American-taste lovers. You will find a variety of ways to prepare these tasteful dishes in a healthy way, enjoying the taste of fresh seasonings with a low-fat and dairy-free combination.

There is an incorrect concept that Latin-American meals are high in dairy and meats. This may be true in just a few dishes, but it is by no means a norm. Our traditional Latin-American lifestyle goes back to the time of our ancestors who practiced a simple lifestyle. Their food source came by means of hard labor, working in the fields with their hands. They knew nothing of refined foods and substitutes, and they were able to instill in their generations the practice of simplicity in its most natural form. Their staple foods were beans, corn, rice, vegetables, and fruits. From these simple foods they prospered in health. We can still enjoy abundant health today in keeping the traditions of our past.

I am thankful I can share with you our Latin-American taste in its simple and natural form. I hope you will enjoy them as my family has for many years. I also hope you will incorporate the eight simple ways to good health which are listed throughout this book, and that you and your loved ones will be rewarded with abundant health and happiness.

May God’s richest blessing be with you!

# Contents

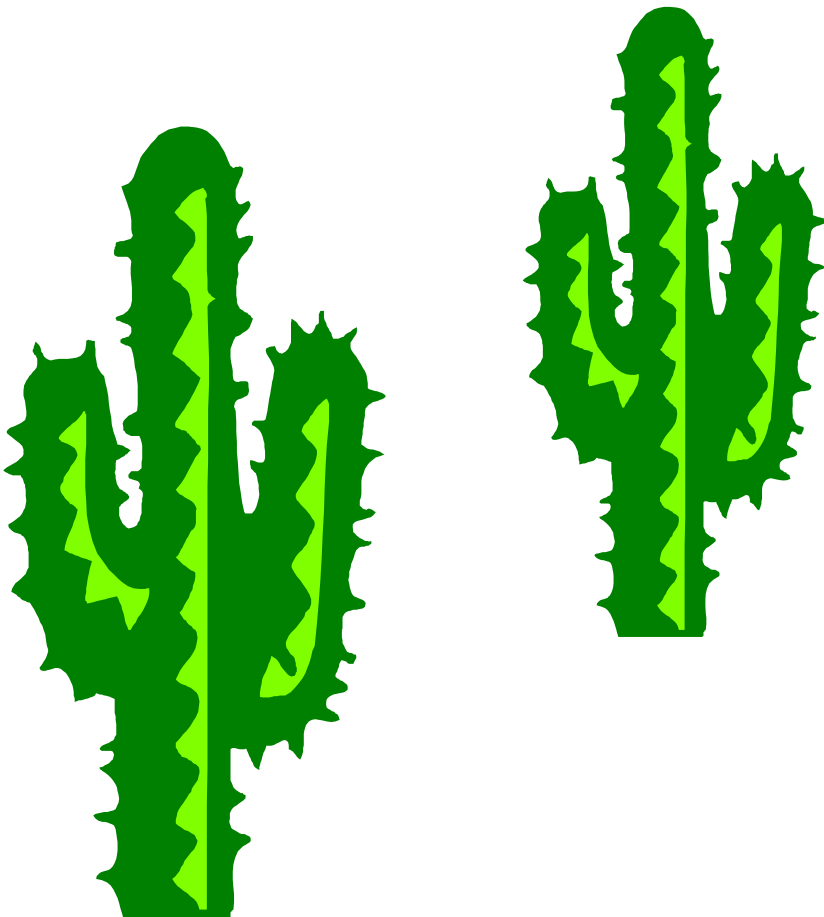
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# Proper Rest

Did you know that proper balance between activity and relaxation can be rewarded with vibrant health? Oftentimes too much activity leaves but little time for proper rest. After a long days' work or physical exercise, there is nothing more beneficial to the body than some rest, especially your six to eight hours of sleep at night. It is during your night's sleep that your body replenishes the used and dead cells with new ones.

Some ways of relaxation can also include a quiet walk in which you can benefit by relieving stress. Spending some time reading under a tree on a nice day is a very pleasant way to relax. If we would take just a little time each day to pause and rest for a bit we would find ourselves much more productive and useful. Rest is something we need to keep in mind.

# Salsa and Salads



# Chili con Queso

- 1 Recipe of Cashew Cheese Sauce p. 64
- 1 16 oz. can Diced tomatoes
- 2 Jalapenos, cored and diced
- 1 tsp. Garlic powder
- 1/2 c. Onions, chopped finely
- 1 tsp. Salt
- 1/2 c. Bell pepper, chopped finely
- 1 Tbs. Lemon juice

Put all ingredients into a skillet except the Cashew Cheese Sauce. Simmer until vegetables are soft. Combine with the Cashew Cheese sauce and serve.

### *Serving Suggestions:*

- a topping for you favorite dish
- as a dip with baked tortilla chips
- over nachos

## Green & Leafy

Green is a powerful healing color. God created more green on our planet than all other colors combined. Looking at a landscape of our forest can calm us and release stress. Green has the same peaceful effect when used inside our bodies.

Because of the high content of chlorophyll, carotinoids, calcium, and a high mineral content, these greens are essential in the healing process.

Green and leafy vegetables should become a part of your daily diet. We often forget these high-nutrient, valuable greens that add vitamins, minerals, usable calcium, and the beta-carotene needed for the immune system. They also ward off diseases such as cancer. Leafy greens are excellent for the gall bladder, spleen, heart, blood, and are food brain food.

### Varieties of Greens

Arugula	Endive
Beet Greens	Butterhead
Chicory	Collards
Crisphead	Escarole
Dandelion	Kale
Mache	Mustard
Turnip	Parsley
Romaine	Sorrel
Spinach	Watercress
Loose-leaf lettuce	
Swiss Chard	

# Creamy Guacamole

- 4 Avocados
- 1 tsp. Onion powder
- 1 tsp. Garlic powder
- 1 tsp. Salt
- 1 1/2 Tbs. Lemon juice
- 1/2 a Jalapeno (optional)

Dice avocados and put half of them in blender with lemon juice. Blend on medium speed while continuing to add the rest of the avocados. When well blended, add the rest of the ingredients, and blend until creamy smooth, about 5 minutes.

## *Serving Suggestions:*

- as a dip with baked tortilla chips
- spread on fresh, hot tortillas
- put a dollop on your fresh green salad
- with any of your favorite Mexican dishes

## **Avocados**

The avocado is high in protein. The oil contains vitamins A, D, and E, and contains 14 minerals especially copper and iron. Also, avocados are rich in phosphorus, magnesium, calcium, sodium, and manganese. They contain more potassium than bananas, and the potassium is balanced in a ratio with sodium, making it an excellent food for heart disorders.

Avocados are very good for hypoglycemics because they stabilize the blood sugar. In addition they contain high quantities of protein and beneficial fats, thereby stimulating tissue growth and healing.

## **Benefits:**

- reduce risk of heart attack
- aid in blood and tissue regeneration
- help with fatigue
- are good for Hypoglycemia
- strengthen the nerves
- are good for convalescence after a surgery

## **Caution:**

- *They should be consumed in moderation by diabetics.*



# Chunky Guacamole

- 4 Avocados
- 1/4 cup Onion, diced finely
- 1 tsp. Garlic powder
- 1 tsp. Salt
- 2 Tbs. Lemon juice
- 1 cup Fresh tomatoes, diced
- 1/2 Green chili pepper
- 1/2 Fresh bell pepper

Mash avocado well with a fork and set aside. Blend bell and chili pepper with lemon juice. Mix avocado with peppers and remaining ingredients. Serve fresh.

## *Serving Suggestions:*

- serve on tostada
- as a dip with baked tortilla chips
- as a salad

Here is a formula to find the percent of fat in foods. Your goal should be 10% fat, no more than 15% fat. Read labels carefully!

1. Look at the label listed on the product for the grams of fat and the number of calories per serving.
2. Multiply the number of fat grams by 9. This is the number of fat calories.
3. Take the number you calculated and divide this by the number of calories per serving listed on the label. The answer will be less than one.
4. Now to get the percent of calories from the fat, multiply this number by 100.

# Smooth 'n' Tasty Salsa

- 1 16 oz. can Whole tomatoes
- 2 Garlic cloves
- 2 Jalapeno peppers, cored
- 1 medium Onion
- 1 Tbs. Salt
- 1/2 cup Fresh cilantro
- 1 Green bell pepper
- 1 16 oz. can Tomato sauce

Place can of tomatoes in blender with garlic, peppers, onion, salt, and cilantro. Blend until smooth, then add lemon juice and blend a couple more minutes. Put in bowl, add tomato sauce, and mix well. Let set for a while before serving.

## *Serving Suggestions:*

- with fresh hot tortillas
- with baked tortilla chips
- on top of any Mexican entrees
- pour over a fresh leaf salad
- mix with Cashew Cheese to make Chili con Queso
- top of plain brown rice to make exciting rice

## Garlic

Perhaps the most significant effect of garlic is on the lipid profile of the blood and tissues. It lowers cholesterol, triglycerides, and LDL cholesterol levels, while increasing the beneficial HDL cholesterol. Onions have the same effect.

The bulb of the plant is a relative of onions and chives. The flavor is very strong use chopped, minced, and powdered to season many dishes.

Researchers at Loma Linda University have found that compounds in garlic activate enzymes in the liver that destroy aflatoxin, a potent carcinogen produced by mold that can grow on peanuts and grains. Aflatoxins are a leading cause of liver cancer.

## Benefits:

- lowers blood pressure
- strengthens heart
- is a natural insect deterrent
- is a potent immune enhancer
- is good for ear, stomach, spleen, and lungs

# Chunky Hot Salsa

- 1 can 16 oz. Tomato sauce
- 1 can 16 oz. Tomatoes, diced
- 1 large Green bell pepper
- 1/2 cup Fresh green onions, chopped
- 3 cloves Fresh garlic
- 3 Jalapeno peppers
- 1/2 cup Fresh cilantro
- 2 tsp. Salt
- 3 Tbs. Lemon juice

Blend tomato sauce, garlic, and jalapeno with lemon juice. Add remaining ingredients into blender, and blend together. Let set before serving.

## *Serving Suggestions:*

- This delicious chunky salsa can be one of your favorite salsa toppings on burritos, enchiladas, rice and beans, on use as a dip with baked tortilla chips.

## **Lemon Juice**

Lemon juice is excellent as a blood purifier. Upon rising in the morning, drink the juice of one lemon in a cup of warm, steam-distilled water. It is excellent for use in cleansing enemas, as it balances the pH in the colon. It helps detoxify the system. Mix with distilled water. No drink can compare with the valuable properties, internally or externally. As a cleanser, it neutralizes and promotes healing.

### ***Caution:***

*If you have ulcers, avoid lemons and other citrus fruits.*



# Green Chili Tomatillo Salsa

- 2 lbs. Fresh tomatillos
- 3 cloves Garlic
- 1 med. Onion, chopped
- 1 Tbs. Lemon juice
- 2 Green chili peppers, cored
- 1 stalk Celery, finely chopped
- 1/2 cup Fresh cilantro, finely chopped
- 1 Green bell pepper, chopped
- 1 Tbs. Oil
- 1 Tbs. Salt

Boil tomatillos for 10 minutes. Then blend along with garlic and green chilies and set aside. Saute onion, celery, green pepper for a few minutes then add to mixture in blender with remaining ingredients. Simmer on medium heat for 15 minutes stirring occasionally.

## *Serving Suggestions:*

- top a burrito
- pour over enchilada
- as your favorite topping

## **Chili Peppers**

Chili pepper contains capsaicin, which causes the mouth to burn when it is consumed. This component has a soothing effect on the bronchial passages and lungs, producing a secretion that thins the mucous in the respiratory system. Chili peppers are an irritant to the stomach and signal the bronchial cells to pour out fluid, making the lung and throat secretions less thick and sticky. Chili peppers are good, as a fibrinolytic stimulant, meaning that the hot peppers are good at preventing and dissolving blood clots. Although the effect of chili peppers only lasts a short while, their frequent consumption reduces the possibility of circulatory blockage.

## Benefits:

- medicinal for the lungs
- an expectorant and decongestant
- eases chronic bronchitis and emphysema
- helps dissolve blood clots
- kills pain

# **!Taco Salsa!**

- 5 Fresh tomatoes, diced
- 1 Tbs. lemon juice
- 1 tsp. Salt
- 3 cloves Fresh garlic
- 1/2 cup Onion, diced
- 1/2 cup Fresh cilantro, chopped
- 1 stalk Celery
- 1 Fresh carrot
- 1/2 Chili pepper, cored

Blend chili pepper, carrot, celery, lemon juice, and garlic.  
Mix in bowl with remaining ingredients.

### *Serving Suggestions:*

- in taco salad
- as a dip
- topping for green leafy salad
- wrapped in a fresh, hot tortilla

## **Tomatoes**

A study of 14,000 American men and 3,000 Norwegian men showed that eating tomatoes more than fourteen times a month cut the changes of lung cancer. The tomato is not high in beta-carotene, but has a high concentration of lycopene, another type of carotene, which possibly gives the tomato its cancer-protecting qualities. A study done in Wales (the United Kingdom) showed tomatoes to be a protection against acute appendicitis and other digestive disorders. Fresh, vine-ripened tomatoes are the best.

### **Benefits:**

- lower risk of cancer
- neutralize uric acid found in animal products
- aid in cleansing of toxins
- prevent appendicitis and digestive disorders

### **Caution:**

*Tomatoes should be avoided by those*

# Tomato Sauce

- 2 med. Onions, sliced
- 2 stalks Celery, diced
- 2 Bell peppers, diced
- 8 Fresh tomatoes, chopped
- 4 cloves Garlic, chopped
- 1 Tbs. Mexican Oregano, dried
- 1 Tbs. Basil, dried
- 2 Tbs. Parsley, dried
- 1 cup Fresh cilantro, chopped
- 1 16 oz. can Tomato sauce
- 3 Tbs. Oil
- 1 Jalapeno pepper, sliced (opt.)
- 1 tsp. Salt

Saute garlic and onions in oil in large saucepan. Add celery, peppers, tomatoes, and simmer for 10 minutes. Add remaining ingredients, except tomato sauce, and continue simmering. As it begins to get a little dry, add tomato sauce.

## *Serving Suggestions:*

- use as an enchilada sauce
- use for a Mexican-style lasagna
- on steamed vegetables

## **Oregano**

Oregano is of the mint family, the leaves are dried and have a spicy, aromatic flavor. Use in tomato dishes, salads, stews, and vegetables.

## **Basil**

Basil is from the mint family, the leaves are cut and dried before the plant flowers. It has an aromatic warm, and sweet flavor. Used in flavoring sauces, tomatoes, savory dishes, and salads. Medicinally used as a disinfectant, an immune stimulant, for intestinal parasites, for the stomach, lungs, spleen, and large intestines. This spice can cause problems in large amounts, so use sparingly.

# Pico de Gallo

3 Avocados

1/2 cup Fresh cilantro, chopped

1/2 cup Green onions, chopped

3 medium Tomatoes, chopped

1 large Green bell pepper, diced

1 Jalapeno pepper, cored and finely diced

1 tsp. Salt

1 Tbs. Lemon juice

Mix all ingredients well in a bowl, and let set for at least 30 minutes to blend flavors.

## *Serving Suggestions:*

- a delicious topping for any Mexican dish
- wrapped in a fresh, hot tortilla
- eat with baked tortilla chips

## **Onions**

A very important vegetable from the same family as garlic.

Contains an acid, volatile oil, calcium, magnesium, phosphorus, sulphur, potassium, sodium, iron, vitamins A, B, and C, traces of zinc, iodine, silicon, phosphoric acid, and citrate of lime. Onions are potent antioxidants. Effective as a poultice applied to the chest for colds, congestions and bronchitis, and on the ear for ear infections. Also as a syrup for coughs and bronchitis. For croup, slice into thin slices and place in a small amount of honey and let it stand for about two hours. Makes a syrup for relief of asthma, colds, sore throat, and bronchitis. For a cold, place a slice in hot water for a few minutes and sip throughout the day.

## Benefits:

- hay fever and asthma
- colds and fever
- bronchitis and croup
- lung infection
- heart disease

# Importance of Water

Water is indeed one of Heaven's richest blessings, especially when you consider how the human body is composed of approximately 70% water. Just think of the benefits that are gained in giving the body its daily requirement of water. For instance, water is important in the process of digestion, absorption, and circulation. It is also essential to transport nutrients throughout the body while maintaining a normal body temperature. Water helps the body to rid itself of wastes and toxins through the bowels, urination, and perspiration, thus the importance to replace our body's supply throughout the day.

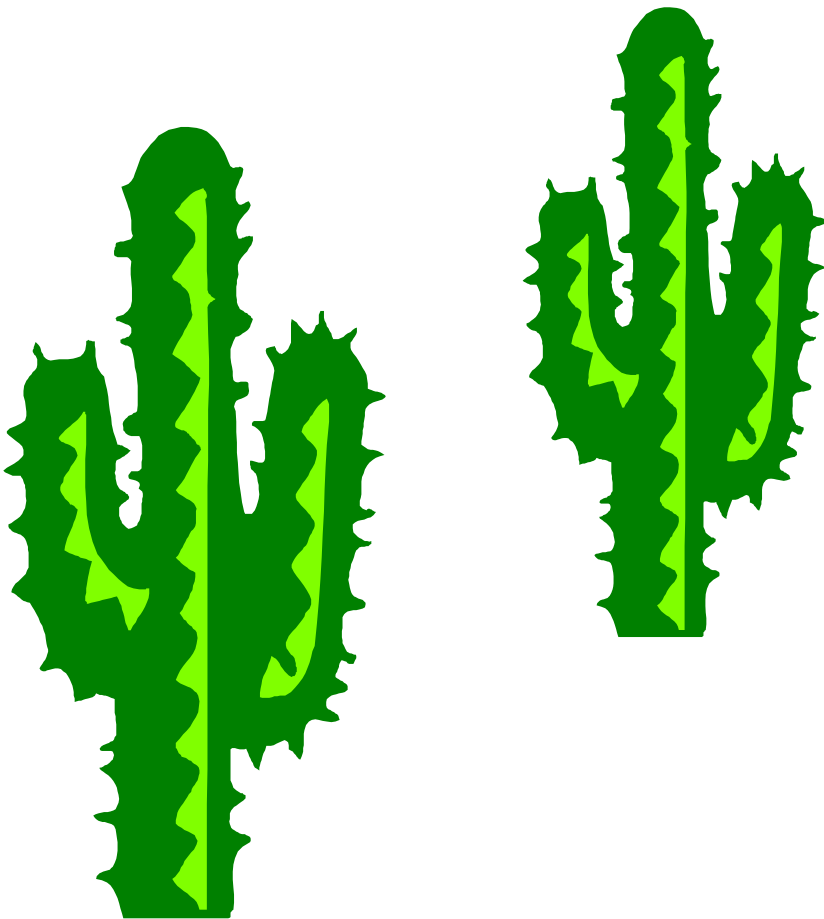
Our bodies require at least six to eight cups of water per day to maintain the body's vital functions. When the body's water requirements are met, the results are astounding. Try water and see!





# Beans

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# Frijol Colado

- 5 cups cooked Pinto beans and liquid
- 1 Green bell pepper, chopped
- 1 medium Onion, chopped
- 2 Tbs. Oil
- 1 tsp. Salt
- 1 tsp. Paprika

Saute onion and pepper in oil until soft. Set aside. Mash beans in a colander, pressing the liquid through and leaving the bean fiber in the colander. Add bean liquid to sautee vegetables, and simmer on low heat until thick.

## *Serving Suggestions:*

- as a topping for Garnachos
- burrito filling
- as a dip with baked tortilla chips

## **Beans and Bloating**

If you do not eat beans very often, it's more likely you will bloat after eating beans. You need to build up a tolerance for beans by eating small amounts at first, and then slowly increasing your intake so that the body can adjust. Try adding 1/2 cup of uncooked brown rice on 1 teaspoon of fennel seeds to beans while cooking. This helps reduce intestinal gas and bloating. With this method, eat only a 1/2 cup serving the first few times, then gradually increase your consumption.



# Frijoles de Olla

## “Zesty Black Beans”

### Beans

Beans are an excellent addition to the diet. They are one of nature's neat perfect food, containing an abundance of B-vitamins and iron. They are low in calories, sodium, and fat, containing calcium, zinc, potassium, magnesium, and copper. A wealthy supply of most protein-building amino acids, beans also contain more fiber per serving than oat bran. A report published in the *American Journal of Clinical Nutrition* states that “beans significantly lower cholesterol levels even in high-fat diets.”

- 4 cups Dried black bean
- 10 cups Water
- 1 Fresh bell pepper, chopped or 1/4 cup Dried bell pepper
- 1 Onion, chopped
- 1 cup Fresh cilantro, chopped
- 2 Tbs. Salt
- 5 cloves Garlic, chopped
- 1 Tbs. Dried oregano

Soak beans overnight in 4 cups cold water. Rinse well, put in a large pot, and add the 10 cups of water and all the other ingredients except salt. Bring to a rapid boil, then reduce to a simmer and cook until well done. Add more water as needed to keep beans covered. When beans are almost done, then add salt.

#### *Serving Suggestions:*

- over brown rice
- for burrito filling
- enchilada filling
- use on “Haystacks”
- wrapped in fresh, hot tortillas

# Chili Pintos

- 1 cup Onion, chopped
- 1 cup Green bell pepper, chopped
- 5 cloves Fresh garlic, chopped
- 2 Tbs. Oil
- 2 Tbs. Basil, dried
- 1 Tbs. Mexican Oregano, dried
- 1 cup Fresh cilantro, chopped
- 2 Tbs. Salt
- 3 Bay leaves
- 1 Tbs. Chili powder
- 3 Tbs. Honey
- 2 Tbs. Parsley
- 2 16 oz. cans Diced tomatoes
- 1 cup Tomato paste
- 4 cups dried Pinto beans
- 10 cups Water

Soak bean overnight, then cook the following day with all the leafy herbs. Saute the onion, garlic, and pepper in oil, then add to beans with the rest of the ingredients. Simmer until done.

## *Serving Suggestions:*

- topping for macaroni
- just plain with whole grain crackers
- topping for haystacks
- with fresh, hot Flour Tortillas

## **Preventing Constipation**

A fiber-rich diet can help prevent constipation, which is important because the strain caused by constipation is how many hemorrhoid problems begin.

Good sources of fiber include,

- potatoes
- beans- kidney, navy, lima, and pinto
- whole-grain breads
- bran
- fresh fruits
- vegetables, especially asparagus, Brussels sprouts, cabbage, carrots, cauliflower, corn, peas, kale, and parsnips

It will also help to limit these low- or no-fiber foods:

- ice cream
- soft drinks
- cheese
- white bread
- meat

# Frijoles Refritos

## “Refried Beans”

3 cups Cooked pinto or black beans, drained  
1/2 Onion, chopped  
3 Tbs. oil  
1 tsp. Garlic powder  
1/2 tsp. Salt

In a skillet saute onions in oil on medium heat until soft. Add garlic powder and salt, stir well, then set aside. Blend beans on low speed with 1/2 cup of the bean’s water. When well blended, add to onions and spices, then cook on medium heat until beans are of a drier consistency.

### *Serving Suggestions:*

- on a tostada
- wrapped in a fresh hot tortilla with salsa
- as a filling for burritos
- on Garnachas
- mixed with salsa for spicy bean dip

### **Possible Therapeutic Benefits of consuming Beans.**

- Reduce blood cholesterol
- Contain chemicals that inhibit cancer
- Control insulin and blood sugar
- Lower blood pressure
- High fiber for colon disorders
- Aid hemorrhoids and bowel disorders

# Vegetable Bean Delight

- 1 Yellow, Green, & Red bell pepper, sliced
- 3 stalks Celery, diced
- 2 Onions, sliced
- 3 Carrots, sliced or chopped
- 4 cloves Garlic, chopped
- 2 Tbs. Oil
- 1 Tbs. Paprika and 1 Tbs. Italian Seasoning
- 1 Tbs. Paprika and 1 1/2 tsp. Salt
- 1 Can or 1 Cooked Cup of each of the following:

Garbanzo beans, Soybeans, Pintos, and Tomato Sauce.

Saute all fresh items in oil. Add all other ingredients in large pot and bring to a simmer. Add sauteed vegetables and rest of the ingredients, then continue to simmer until flavors are blended.

## *Serving Suggestions:*

- over brown rice
- wrapped in a fresh, hot corn or flour tortilla
- with whole-wheat toast

## **Soybeans**

Soybeans have the highest protein content of the bean family, with 50% more usable protein than steak. They require longer cooking than other types of beans.

This bean is extremely popular in the health food industry and is used in:

- tempeh
- tofu
- tamari sauces
- miso
- soy flour
- soy cheese
- soy grits
- soy milk powder
- liquid soy milk

AND much, much more!



# Sunshine

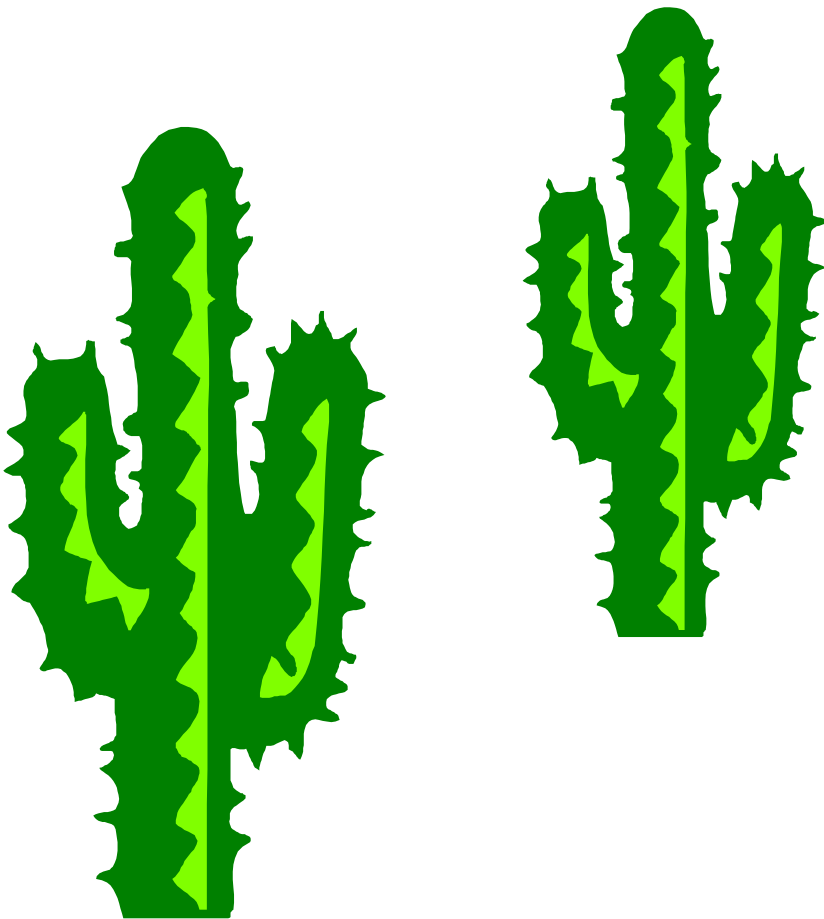
Have you considered the great benefits of sunshine? Yes, it is one of Nature's healing agents. While it is true that too much exposure to sunshine can be harmful, when used wisely sunshine can purely be a blessing.

Exposure to sunshine can lower cholesterol levels in the blood. It helps to tone and energize your body's vitality.

Ten minutes exposure to the sun each day will provide your body with its essential D vitamins, and help the body in healing and rejuvenation.



# Rice & Tortilla Dishes



# Arroz Entomatado

## “Spanish Rice”

- 2 cups Brown rice, uncooked
- 4 1/2 cups Tomato juice
- 1 medium Onion
- 1/2 each of Red, yellow, and Green peppers
- 2 cloves Garlic
- 1/2 cup Fresh cilantro, chopped
- 3 Tbs. Oil
- 1 tsp. Chili powder
- 1 tsp. Salt

Saute all fresh ingredients in oil. Add all remaining ingredients in with sauteed vegetables and mix together. Place in covered baking dish and bake at 350 F for 1 hour, or until rice is completely cooked.

### *Serving Suggestions:*

- as your favorite side dish

## **Salt**

Although some sodium is essential for survival, inadequate sodium intake is a rare problem. We need less than 500 milligrams of sodium a day to stay healthy. This is enough to accomplish all the vital functions that sodium performs in the body-helping maintain normal fluid levels, healthy muscle function, and proper acidity (pH) of the blood. Excessive sodium intake can cause fluid to be retained in the tissues, which can lead to hypertension (high blood pressure) and can aggravate many medical disorders, including congestive heart failure, certain forms of kidney disease, and premenstrual syndrome. One of the best ways to limit the sodium in your diet is to limit your use of salt when cooking and dining. Just

# Spanish Rice Casserole

## **Rice**

- 2 Tbs. Oil
- 3 cloves Garlic, chopped
- 1 large Onion, chopped
- 1 large Yellow bell pepper, sliced
- 1 large Red bell pepper, sliced
- 1 large Green bell pepper, sliced
- 1/2 cup Water
- 1 tsp. Salt
- 1 cup Fresh cilantro, chopped
- 1 tsp. Mexican Oregano, dried
- 1 tsp. Chili powder
- 1 can 16 oz. Tomato sauce
- 3 cups Cooked brown rice
- 1 can olives, quartered (opt.)

Saute first three ingredients. Then add peppers, salt, and water, then simmer on low heat for 5 minutes. Add remaining ingredients except the rice, olives, and sauce. Keep at a simmer. In separate bowl mix sauce, rice, olives, and the simmering vegetables. Bake in a casserole dish at 350 F for about 20 minutes.

### *Serving Suggestions:*

- as an entree with a large, green leafy salad

Rice should be consumed in its brown form. Never eat white rice. There are three types of brown rice. Short grain is higher in nutritional value and lower in calories than the long grain, but it clumps together more than the long grain variety. Use long grain when having company and short grain for yourself. There is also sweet rice, which is slightly softer, sweeter, and stickier than the other varieties. Sweet rice has been used traditionally in Japan to make special holiday cakes. When toasted, sweet rice puffs up like popcorn. Rice malt syrup is a good natural sweetener found in health food stores. Try substituting brown rice for potatoes with meals. It is by far one of the most nutritious foods that can be found, and high in the B-complex vitamins.

# Rice and Beans

## Grains

- 3 cups Brown Rice, uncooked
- 2 1/2 cups cooked Red kidney beans, drained
- 6 cups Bean water (cooking water)
- 1/2 Onion, diced
- 1/2 tsp. Garlic powder
- 2 Tbs. Chicken- style seasoning
- 1 Tbs. Parsley, dried
- 1 Tbs. Oil

Saute onion in oil. Add all ingredients together and put in covered baking dish, then bake at 350 F for 1 hour or until rice is done.

### *Serving Suggestions:*

- with fresh guacamole
- with enchiladas
- with tamales



Whole grains are high-fiber, complex-carbohydrate foods, they are rich in both fat and sodium. They are a good source of minerals and the B vitamins. Grains have been a staple food throughout the world's history. Grains are a complex carbohydrate that promote energy, which is vital to the body. All whole grains, except wheat, help the body reduce fat in the body. Grains are an excellent source of complex carbohydrates needed by body builders to ensure a steady blood sugar level. Grains are good for all blood-sugar disorders. Whole grains provide complete nourishment when complemented with legumes, beans, or vegetables,. These foods eaten together will form a complete protein.

# Bean, Corn Enchiladas

- 1 recipe Frijoles Refritos p. 19
- 1 recipe Smooth 'n' Tasty Salsa p. 9
- 1 recipe Cashew Cheese p. 64
- 16 Corn tortillas, fresh is best
- 1 large Onion, sliced
- 2 Green bell peppers, sliced
- 1 Tbs. Oil
- 1 tsp. Garlic powder
- 1 Tbs. Lemon juice

## The Correct Balanced Diet

(Approximately)

Fat 10-15 %

Protein 15%

Carbohydrates 70-75%

Warm tortillas, and keep warm as you use them one at a time. Place 1/2 recipe of salsa in bottom of 9 X 13 baking dish. In each tortilla, spread beans in the middle, then roll and place in baking dish. Set aside. Saute onions, peppers, and garlic powder in oil and lemon juice. Pour remaining salsa over assembled enchiladas, then top with cashew cheese, and gently lay sauteed vegetables on with a fork. Bake at 350 F for 45 minutes.

### *Serving Suggestions:*

- serve with Spanish rice
- with a green salad
- side with baked corn chips and Guacamole

# Whole Grain Vegetable Enchiladas

## Fats

- 12 whole-grain Flour tortillas
- 1 recipe Chunky Salsa p. 10
- 1 each Yellow, Red and Green peppers, sliced
- 3 Carrots, cut in strips
- 1/2 cup Green onion and 1 medium Onion, sliced
- 3 cloves Garlic, chopped
- 1/2 cup Fresh cilantro, chopped
- 1 Tbs. Each dried Parsley and Mex. Oregano
- 1 cup Beef-Style Gluten, ground p. 57
- 3 Tbs. Oil
- 1 can Olives, sliced
- 2 tsp. Salt

Saute onions, garlic, gluten, and salt until tender. Add vegetables and other seasonings. Dip each tortilla one at a time in salsa, and put a small amount of vegetable mixture in middle. Roll and place in Pam-sprayed baking dish. Top with remaining salsa and sliced olives. Bake covered for 45 minutes at 350 F.

### *Serving Suggestions:*

- with your favorite guacamole salad
- with rice

There are good and “bad” fats, some toxic, some neutral, and some essential to good health. All animal and plant fats can be broken down into fatty acids, glycerin, and water. Fats and lipids are better energy sources than protein or carbohydrates. We need to add fats to our diets because they carry the fat-soluble vitamins A, D, E, and K. Vitamin K is easily destroyed by the use of mineral oil, Heparin and Dicumarol (blood thinners), drugs, or aspirin. Most people overlook the need for vitamin K, but it has recently been linked to intestinal disorders. It is important in the treatment of arthritis. One rich source of vitamin K is alfalfa. The right kind of fat is essential for good health. Most people consume too much of the wrong kind. Excess fat is stored in the liver, in arteries around the heart, and in all tissues. Cancer of the breast, prostate, and colon, not to mention obesity and an increased risk of heart attack, are linked to a high-fat consumption. The typical American diet consists of 40-50 % fat, a primary reason for the rise in the disorders mentioned above.

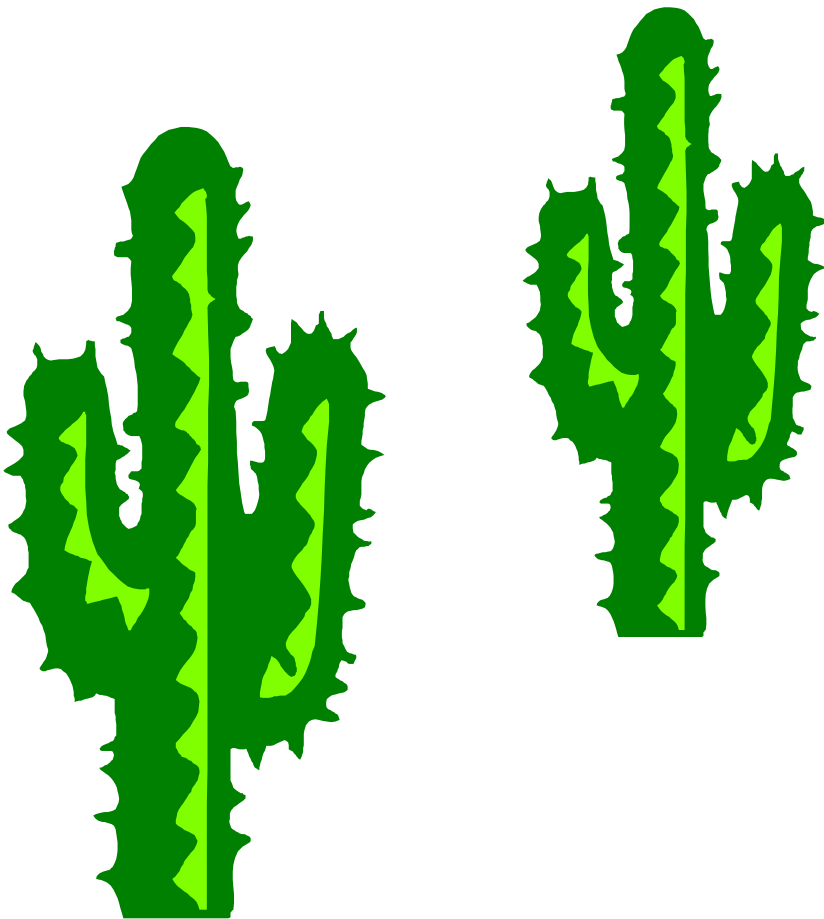
## Fresh Air

It's been said that you can live days without food and water, but only a few minutes without air. Now that's something to really think about! Fresh air taken in by deep breaths gives us the vital elements for life. With fresh air in our lungs, we benefit from the oxygen which aids in proper circulation of rich, healthy blood through the body.

It would be beneficial for each of us to get out in the early morning hours when the air is fresh and crisp, to breath in this life-giving wonder. We should make a practice of daily taking at least ten or more deep breaths of fresh air. Make the most of life by treating yourself to life through fresh air.

~Sleep with your window open at night, and your rest will be more beneficial than

# Burritos





# Vegetable Burrito

- 1 each Green, Red, and yellow bell peppers,  
cut in strips
- 1 Onion, sliced
- 2 Carrots, cut in sticks
- 1 stalk Celery, sliced on an angle
- 1 bunch Broccoli, cut into bite sizes
- 4 cloves Garlic, crushed
- 3 Tbs. Chicken-style seasoning
- 1/2 tsp. Chili powder
- 1/2 cup Fresh cilantro, chopped
- 3 Tbs. Oil
- 2 Tbs. Cornstarch
- 1/2 cup Water
- 6 Fresh flour tortillas

Saute in oil and 1/4 cup water, garlic, celery, and carrots until slightly tender. Add peppers, onions, chicken-style seasoning, chili powder, and cilantro, then continue to saute until peppers are tender, and then add the broccoli. Mix the cornstarch with the remaining 1/4 cup water, and pour over vegetable mixture and cook until thickened. Place mixture in your hot flour tortilla, roll, and serve.

## *Serving Suggestions:*

- top with Salsa, Green chili salsa, or Cashew Cheese Sauce
- side with beans and rice, or Guacamole

## **Most common Ill- ness of the 90's Linked to Milk**

Neck and back pain, carpal tunnel syndrome, and headaches may be attributed to casein found in milk and its products, according to Dr. Daniel Twogood author of "No Milk." Neck and spine stiffness which radiates throughout the shoulders can also be attributed to casein allergy, according to Twogood. Upper neck and back pain which occurs on one side only are common to those with casein allergy. Dr. Twogood says the most common cause of leg cramping, joint pain, and lower back pain is casein. Fatigue, sensitivity to light, dizziness, varicose veins, and depression are common symptoms of allergy to milk.

Allergy Hotline, May 1993

# Super Burrito

- 8 Fresh flour tortillas
- 2 Avocados, chopped
- 2 cups Zesty Black Beans p. 17, blended
- 2 cups Spanish Rice Casserole p. 23
- 1 cup Taco Salsa p. 12
- 1 can Olives, sliced
- 1 1/2 cups Vegetarian Carnitas p. 53  
(chicken)

Spread beans in the middle of a hot tortilla. Add a little of all other ingredients, finishing with the salsa, and roll into a burrito.

This delicious burrito is a fun and tasty way to finish off leftovers.

*Serving Suggestions:*

## **Olives**

Olives may be so prepared as to be eaten with good results at every meal. The advantages sought by the use of butter may be obtained by the eating of properly prepared olives. The oil in the olive relieves constipation, is good for consumption, and for those who have inflamed, irritated stomachs, it is better than any drug. As a food it is better than any oil coming secondhand from animals.

Benefits:

- relieves constipation
- helps consumption
- heals irritated stomachs

# Pinto Bean Burrito

- 2 cups Frijoles Refritos p. 19
- 1 recipe Cashew Cheese p. 64
- 1 recipe Smooth & Tasty Salsa p. 9
- 1 can Olives, sliced
- 8 Fresh whole-grain Tortillas

Spread beans in center of tortilla. Add:

- 2 Tbs. Cashew Cheese
- 3 Tbs. Salsa
- some Olives

Roll Tortilla and serve.

## *Serving Suggestions:*

- with a vegetable tossed salad
- with guacamole
- with side of Spanish Rice

## **Fats (cont. from p. 26)**

Saturated fats are behind many health problems, and should be omitted from your diet. They are behind heart disorders and arteriosclerosis (hardening of the arteries). High intake of saturated fats have been shown to elevate serum cholesterol, and contribute to heart disease and cancer. Do not consume saturated fats! They slow the liver's ability to remove arter-clogging LDL (low-density lipoproteins) from the blood. However, the monounsaturated fats aid in removing LDL (bad fats) from the blood stream.

## **Saturated fats**

Saturated fat is found in all animal products and many vegetable oils:

- Butter/lard
- Poultry
- Beef
- Chocolate
- Plam oil
- Coconut
- Milk/cream
- Cheeses
- Bacon/pork
- Palm
- Coconut oil

# Soybean Burrito

- 8 Fresh flour tortillas
- 2 cups Soybeans, cooked and drained
- 2 Bell peppers, diced
- 1 Onion, diced
- 2 Tbs. Chicken-style seasoning
- 2 Fresh garlic cloves, chopped
- 1 cup Vegetarian Carnitas, p. 53 (chicken)
- 3 Tbs. Oil

Saute Vegetarian Carnitas, garlic, onion, and pepper in oil until Carnitas are lightly browned. Add Soybeans and Chicken-style seasoning, then cook on a medium heat for about 10 minutes. Fill a hot tortilla, roll, and enjoy!

## *Serving Suggestions:*

- top with Tomatillo Sauce on Chunky Salsa
- top with Cashew Cheese Sauce
- serve with a fresh salad

## **Zinc**

### **Foods High in Zinc:**

Brewer's yeast

Legumes

Lima Beans

Mushrooms

Pecans

All Seeds

Soy lecithin

Soybeans

Whole Grains

B vitamins are also found in these foods.

# Chili Bean Burrito

- 2 cups Chili Pintos p. 18
- 8 Fresh flour tortillas
- 1 1/2 cups Green Chili Tomatillo Salsa p.11
- 3 Avocados, diced
- 3 Tbs. Oil
- 1 Tbs. Garlic powder

Blend chili beans well, put in a skillet, and cook on medium heat with garlic powder and oil until a thick consistency. On a hot tortilla put some of the bean mixture in center, and add green chili salsa and avocado. Roll and serve.

### *Serving Suggestions:*

- \*with a fresh vegetable salad
- \*with a side of rice
- \*with baked tortilla chips and Guacamole

## **Good Food Sources of Antioxidants**

### **Vitamin C**

Fruits and vegetables

### **Vitamin E**

Wheat germ, sunflower seeds, leafy green vegetables, peanuts, and peanut butter

### **Beta-carotene**

Dark green and deep yellow, or orange fresh vegetables, and fruits, including carrots, spinach, kale, peaches, papayas, and Cantaloupe

### **Selenium**

Garlic and onions are the best sources

# Avocado Burrito

- 8 Fresh flour tortillas
- 1 1/2 cups Chunky Hot Salsa p. 10
- 1 each Green Red & Yellow bell pepper, cut in strips
- 1 large Onion, sliced
- 1 Tbs. Garlic powder
- 5 Ripe Avocados, sliced lengthwise

Saute vegetables in oil with garlic powder until onions are slightly brown. Add Chunky Salsa and keep on medium heat for 15 minutes. Put mixture on a hot tortilla and lay slices of avocados on top. Roll up and enjoy.

### *Serving Suggestions:*

- serve with Spanish Rice
- also good with Vegetarian Carnitas inside
- with a Fresh vegetable salad

### **Foods High in Vitamins A, C, E, and Selenium**

- Almonds
- Apricots
- Barley
- Broccoli
- Brussels Sprouts
- Cauliflower
- Carrots
- Collards
- Kale
- Red Peppers
- Squash
- Sweet Potatoes
- Turnip Greens
- Watercress
- Wheat Germ
- Onions
- Garlic

# Burrito Ranchero

- 2 cups Huevo Rancheros p. 36
- 1 cup Olives, sliced
- 8 Fresh flour tortillas
- 2 cups Romaine Lettuce, shredded
- 1 cup Cahsew Cheese Sauce p. 64

Fill a hot tortilla swith the Huevo Ranchero, some olives, lettuce, and cheese. Roll and serve.

## *Serving Suggestions:*

- with a fresh guacamole salad
- with a side of chili beans
- with a raw vegetable salad

## **Fruit & Vegetable Cleanser**

Unless you use organic fruits and vegetables, treat your produce with a special bath to destroy all types of sprays, fungus, metallics, and germs.

Use,

1 tsp. off Clorox bleach  
to  
1 gallon of water

Soak 10- 20 minutes.  
Rinse  
thoroughly.

# Nutrition

One of man's greatest worries besides his wealth is his health. Good health depends largely upon proper nutrition.

We have four basic food groups to be our guideline for good nutrition: vegetables, fruits, nuts, and grains. When these are used in a proper balance, you will surely reap the fruits of good health.

At each meal our main serving should be of fruits or vegetables, followed by grains, and then nuts sparingly.

We should avoid processed foods.

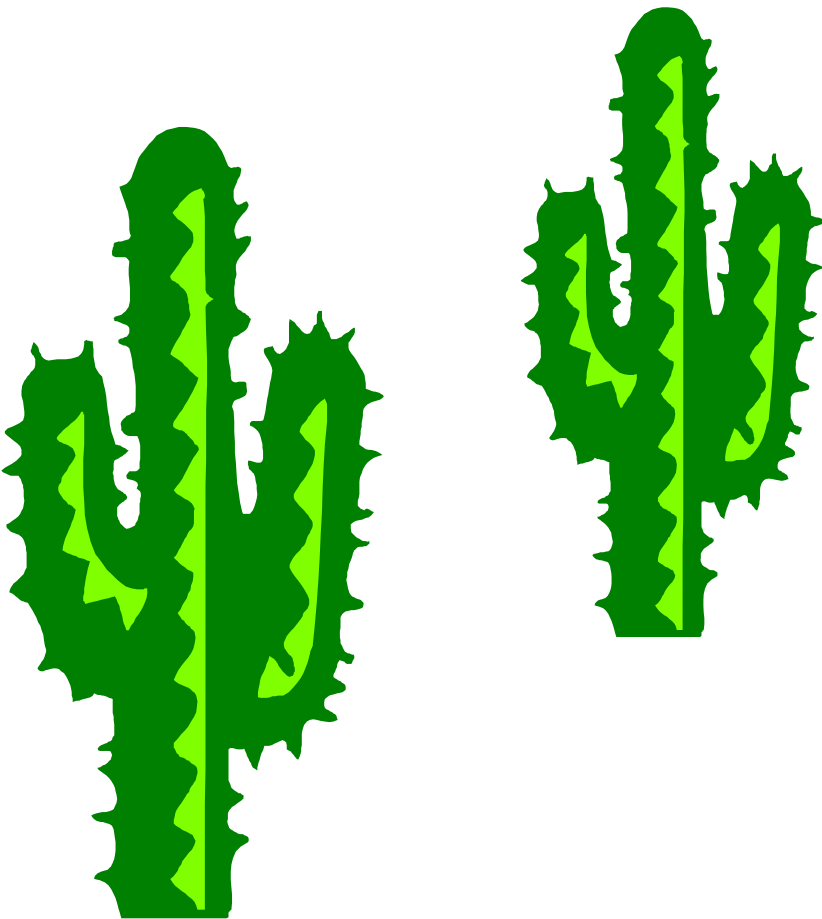
Breakfast should be our largest meal of the day. Dinner should be a bit smaller. Suppers should be very light, of foods that digest quickly.

If a weight problem is something common for you, the two-meal-a-day plan would be very beneficial. This plan eliminates the evening meal only. Take advantage of life's gift of health through good nutrition.



# Entrees

.....



# Huevos Rancheros

- 2 lbs. Firm tofu, drained & 1/2-inch cubed
- 1 Green bell pepper, diced
- 1/2 cup Onions, diced
- 2 Tbs. Chicken-style seasoning
- 1 Tbs. Garlic powder
- 3 Tbs. Oil

## Ranchero Sauce:

- 4 Fresh tomatoes, diced
- 1/2 cup Green onions, chopped
- 2 cloves Fresh garlic, crushed
- 2 Jalapenos, cored and diced
- 1/2 cup Fresh cilantro, chopped
- 2 tsp. Salt
- 1/4 cup Tomato sauce
- 1 Green bell pepper, diced

Saute Tofu until lightly brown, then add next five ingredients, and continue to saute until vegetables are cooked. Set aside. Put all ingredients for Ranchero sauce in a skillet, and simmer on medium heat stirring until a thick consistency. Combine the Tofu mixture and Ranchero mixture, and then simmer most of the moisture out.

## Serving Suggestions:

- serve on Hot flour tortilla with refried beans
- with a fresh avocado or vegetable salad

## Tofu The Most Versatile Protein

Tofu is an excellent baby food, good for growing children, vegetarians, and the elderly, because it has a high-protein content, and is easily digested. It is good for healing and for sensitive stomachs. Tofu is low in calories, fats, and carbohydrates, and is rich in calcium and potassium. It is a good source of protein when trying to lower cholesterol levels, as it contains no cholesterol, and is low in fats.

Approximately 1/2 cup or 1/2 pound of tofu contains the following:

Protein	9.4 mg
Calcium	154.0 mg
Potassium	50 mg
Fat	5.0 mg
Iron	2.0 mg
Sodium	8.0 mg
Calories	86

# Vegetarian Fajitas

- 8 Fresh flour tortillas
- 2 cups Chicken-style gluten p. 56, cut in strips
- 1 each Red, Yellow and Green bell peppers,  
cut in strips
- 1 large Onion, sliced
- 2 cloves Garlic, chopped
- 2 Tbs. Chicken-style seasoning
- 3 Tbs. Oil

Bring a griddle to medium heat. Put in oil then add the strips of gluten. Brown gluten and then add vegetables. Continue to grill until vegetables are lightly tender then stir in Chicken-style seasoning. Toss on heat to blend flavors and then serve.

## *Serving Suggestions:*

- with fresh, hot, flour tortillas, topping with guacamole, salsa, Sour cream p. 72, and Pico de Gallo
- \*side with brown rice and chili beans
- \*with a Fresh green salad

## **Five a Day**

The *Food and Nutrition Board of the National Academy of Sciences* recommend that you eat five servings of fruits and vegetables daily. The reason: Fruits and vegetables can help you control your weight, and reduce your risk of coronary heart disease and cancer. Fruits and vegetables contain virtually no fat and most have fiber. They also are rich in a variety of vitamins, minerals, and other chemicals that scientists suspect may be related to disease prevention, particularly cancer prevention.

Mayo Clinic Health Letter,  
July 1992, pg. 1

# Taco Solo

- 6 soft Corn or Flour tortillas
- 2 cups Frijole Colodo p. 16
- 2 cups Romaine Lettuce, shredded
- 2 cups Pico de Gallo p. 14

On hot tortilla put some of each ingredient. Fold or roll to eat.

## *Serving Suggestions:*

- with a side of Vegetarian Carnitas, Chicken-or Beef-style
- top with avocado, tomatoes, olives, and salsa
- use fresh sprouts instead of lettuce
- increase recipe for more than 2 people

## **Sprouts**

Sprouts should be an important part of your diet. They supply fresh greens year round when grocery bins are filled with vegetables from faraway places which may have been chemically treated to retain freshness and appearance.

### Sprouting Directions:

1. Purchase high-quality, organic seed; alfalfa. Rinse in lukewarm water.
- 2 Place two tablespoons of seeds in a quart size jar with about a cup of water. Soak overnight. Alfalfa seeds need not be pre-soaked.
3. After soaking, drain water from jar through cheesecloth which is fastened over opening with a rubber band. Rinse and drain again.
4. Shake jar to spread seeds around, and set at an angle in a warm dark place.
5. Rinse and drain seeds twice a day. When tails have grown about an inch long set jar in a sunny window and allow to green.
6. When green they will need to be refrigerated and eaten promptly.

# Chicken Tortilla Casserole

- 6 Corn tortillas, cut in long strips
- 1 1/2 cups Vegetarian Carnitas (chicken) p. 53
- 2 cups Tomato Sauce p. 13
- 1 cup Cashew Cheese Sauce p. 64
- 1 cup Olives, sliced

Mix Vegetarian Carnitas with tomato sauce and olives. Add tortilla strips and toss gently to prevent tearing the tortillas. Pour mixture in Pam-sprayed casserole dish and top with Cashew Cheese. Bake at 350 F for 30 minutes.

## *Serving Suggestions;*

- with a side of fresh corn
- with Pico de Gallo
- with a vegetable tossed salad

## **Fiber**

Fiber helps to lower the blood-cholesterol, and stabilize the blood-sugar levels. It also helps to prevent colon cancer, constipation, hemorrhoids, obesity, and much more. The American diet is lacking in fiber, because refined foods have their natural fiber removed.

There are more than 85,000 colon cancer cases, the most common form of cancer in the United States, diagnosed each year, and the number is growing. In contrast, colon cancer is rare in those who eat a diet low in meat and high in fiber-rich foods. Fiber collects carcinogens and binds them so they can be removed from the body.

Apples are high in fiber. There's more truth to the old saying, "An apple a day keeps the doctor away," than we ever realized.

# Green Chili Casserole

- 1 large Onion, chopped
- 1 Green bell pepper, chopped
- 2 Tbs. Oil
- 3 Tbs. Lemon juice
- 3 cups Soy milk
- 1/2 cup Green chili peppers, chopped
- 1/2 cup Mushroom pieces
- 1/2 cup Olives, chopped
- 3/4 cup Cashews, raw
- 1 tsp. Garlic powder
- 1 tsp. Onion powder
- 2 tsp. Salt
- 12 Corn tortillas, cut in pieces

Saute onion and bell pepper, then add lemon juice and set aside. Blend Cashews, onion & garlic powders, with soy milk for 3 minutes until creamy. cook on low heat until thickened. In bowl add all the ingredients with the sauteed vegetables except the tortilla pieces. Mix well, then gently fold in the tortilla pieces. Put in pam-sprayed casserole and bake for 30 minutes at 350 F.

## *Serving Suggestions:*

- with a guacamole salad
- with Vegetable Bean Delight p. 20
- with a fresh tossed green or vegetable salad

## **In the News**

“Genetic engineers are taking genes from bacteria, viruses, and insects, and adding them to fruits, grains and vegetables.” said Dr. Rebecca Goldberg, a Senior Scientist with the Environmental Defense Fund, *New York Times*, June 17, 1992

Your only defense is to eat organic grains and produce.



# Spanish Lasagna

- 18 Corn or Flour tortillas
- 2 cups Chili Pintos p. 18, blended
- 2 cups Vegetarian Carnitas (beef) p. 53
- 2 cups Tomato Sauce p. 13
- 2 cups Bell peppers, chopped (use variety of colors)
- 1 cup Olives, chopped
- 1 cup Cashew Cheese Sauce p.64

Mix peppers and olives, and set aside. Place 1/4 cup of Tomato Sauce in bottom of Pam-sprayed casserole dish. Lay 6 tortillas flat and overlapping in casserole dish. Spread 1 cup of beans over tortillas, then 1 cup of the Carnitas, and 1/3 of the peppers and olives. Pour 3/4 cup of tomato sauce, and repeat layers starting with 6 more tortillas and continue to the final 6 tortillas which you will top with tomato sauce, Cashew Cheese Sauce, and rest of peppers and olives. Cover and bake at 350 F for 30 minutes, remove cover, and bake 15 minutes longer.

## *Serving Suggestions:*

- serve with lightly steamed vegetables
- a colorful green and vegetable salad

## **Replace High-Fat Foods with these High-Protein Foods.**

Brown rice and Vegetables

Meatless veggie chili

Beans and Brown rice

Tofu products

Lentil and bean soups

Vegetable soups

pasta and vegetables

Spaghetti with soy chunks

In casseroles, stews, and tacos, use beans in place of meat

Top vegetable dishes with sesame or raw nuts

# Tamales

2 cups Maseca, Masa Mix  
1 tsp. Salt  
1/2 tsp. Onion powder  
1/2 tsp. Garlic powder  
2 cups Cool water

## Filling:

5 Tomatoes, diced  
1 large Onion, sliced  
1 Jalapeno, cored and chopped

1 Bell pepper, diced  
1 tsp. Salt  
1/2 cup Cilantro  
1 Tbs. Paprika  
1 tsp. Mexican Oregano  
2 Tbs. Oil  
2 cups Vegetarian Carnitas  
(chicken or beef)  
12 dried Corn husks

Mix garlic, onion powder, and salt with Maseca. Mix well. Add water little by little to make a dough over about 5 minutes or so. Divide into 12 even size balls and cover with plastic and set aside. In skillet put the first 9 ingredients for filling and simmer for 20 minutes stirring often. Remove and allow to cool a bit, then blend and set aside. Soak corn husks in cold water for 15 minutes and set aside to drain. To assemble: Cut a 6x6 square of plastic from a plastic storage bag. Press a ball of Masa on the plastic into a 3x4 inch square. Flip over onto a corn husk and gently peel away plastic leaving the Masa on the husk. Place a tablespoon of the Carnitas and a tablespoon of the sauce filling in the middle of the Masa square. Fold the left side of the husk over to moisten on filling and then fold it back. Then fold the right side of the husk over and then the left side over the right. Fold the bottom inch or so of the husk behind. (Or you may tie both ends.) Lay about five extra husk flat in the bottom of your pot. If the ends are folded, stand upright in a large pot and add water, about half the height of the tamales. Steam until all water is gone, about an hour. This can also be done in the oven at 350 F until water is gone. When done the Masa should feel firm. Remove pot from heat and leave in pot until time to serve or remove, cool, and freeze them for later use.

Varieties: you may substitute Vegetarian Carnitas with refried beans or fajita filling.



# Gorditas

## Topping:

- 1 1/2 cups Chunky Hot Salsa p. 10
- 2 Avocados, diced
- 2 cups Refried beans
- Monterey jack Cheese p. 66, sliced

## Gordita:

- 2 cups Masa mix, Maseca
- 2 cups Water
- 1 tsp. Salt

Mix Masa with salt and water, and shape into 10 balls of equal size. Press a each ball of masa between your palms to form a 1/2 inch thick biscuit. Cook on a medium heat griddle or cast iron skillet, turning them every 2 inutes until you ge ta light crust on the outside. Slice like you would an english muffin, and sandwich between two halves, beans, salsa, avocado, and cheese.

## *Serving Suggestions:*

- raw carrot and celery sticks
- raw cabbage salad with lemon juice and salt

## **Vitamin E the Protector**

Vitamin E will protect the body's cell membranes from free-radical damage that takes place when oils are heated, or rancid ones are ingested. Pesticides, herbicides, chemicals, and other foreign substances are stored in the fatty tissues of animals. The more animal and dairy products you consume, the more chemical toxins you ingest. You can't avoid eating carcinogenic substances if you consistently consume the wrong foods, and animal fat is one of the worst!

# Empanadas

2 cups dried Masa  
2 Tbs. Tomato Paste  
2 1/2 cups Water  
2 tsp. Salt  
1/2 cup Whole wheat flour  
1 recipe Vegetarian Carnitas p. 53  
2 cups Oil

Mix Masa, flour, and salt. Set aside. Dissolve tomato paste in water. Moisten masa mixture with water mixture. Knead until mixed evenly. Divide Masa into even size balls of desired size. Roll out each ball as you would for a tortilla. Put 2 Tablespoons of the Vegetarian Carnitas on 1/2 of tortilla then fold over and seal edges. Continue until all the dough is used. Fry in med-heat oil. Brown one side, then turn and brown the other. Place on paper towel to cool and drain off excess oil. (Add more oil as needed)

## *Serving Suggestions:*

- top with:
  - Guacamole
  - Tomato salsa
  - Chili Salsa
  - Pico de Gallo

## Essential Fatty Acids

The essential fatty acids (EFA's) are sometimes called vitamin F. Researchers have found that all animals and humans require essential fatty acids in the diet. A partial list of EFA's include: omega-3, alpha-linoleic, and omega-6 linoleic acid. These cannot be synthesized by the human body, and therefore are termed "essential". More of these EFA's are required by the body than all other types of fats or nutrients that are "essential". Every single cell, organ, and tissue requires a daily supply of EFA. Omega-6 is obtained from vegetable oils, but the omega-3 is often lacking. The vegetable oils that contain the highest amount of omega-3 include:

Pumpkin seed oil  
Canola oil  
Walnut oil  
Flaxseed oil  
Soy oil

All dark, green leafy vegetables also contain high amount of the omega-3. Flaxseed oil has the highest content of omega-3 (52%). About 2 tablespoons of flax oil daily will add a generous supply of the essential omega-3 fatty acids.

# Garnachas

- 10 Baked corn tortillas
- 1 1/2 cups Bean Spread p. 16
- 2 cups Cabbage, shredded
- 3/4 cup Salsa
- 1 cup Cashew Cheese p. 64 (opt.)
- 1 cup Water
- 1 Tbs. Salt

To make the baked corn tortillas: dilute the salt in the water. Moisten each tortillas on both sides with this mixture using your fingers. (Do not use hot tortillas, just cool or room temperature.) Lay them singly on a cookie sheet and bake at 200 F until crispy then cool.

To assemble Garnachos: Spread bean spread on the baked tortilla, top with cabbage, salsa, and cheese. (You might enjoy the cabbage more when mixed with a little salt and lemon juice.)

### *Serving Suggestions:*

- serve with a Guacamole salad
- great for quick lunches
- also good for picnics

## More on Fats

Beware of labels stating no cholesterol. Saturated fats can elevate cholesterol in the blood stream and damage coronary arteries. The worst fat to consume is coconut oil, and the next is palm oil. these are claled “vegetable oils” on labels, and contain almost as much “bad” fat as lard (pue saturated animal fat).

Saturated fat is the culprit behind elevated cholesterol. Experiments suggest that the body has trouble changing the molecules of this fat when it has been exposed to extremely high heat, like in the hydrogenating process- it can be carcinogenic (cancer-causing). Hydrogenated fats are excessive in margarine or any oil that is firm at room temperatue.

Hydrogenated or hardened oils are almost impossible for the system to assimilate. Foods fried in oil, like those from fast-food chains and many restaurants, cause a vitamin F (“good” polyunsaturated fat) deficiency.

When you hydrogenate fat, it destroys the essetial fatty acids, a process used to prolong shelf life.

# Tamale Pie

- 1/2 cup Olives, sliced
- 2 cups Frozen corn, thawed
- 1/2 tsp. Onion powder
- 2 cloves Garlic, chopped
- 1 tsp. Mexican Oregano
- 1 tsp. Paprika
- 2 tsp. Salt
- 1/2 cup Green peppers, chopped
- 2 cups Yellow corn meal
- 4 cups Stewed tomatoes, slightly blended

Cook cornmeal in blended tomatoes for about 10 minutes. Add remaining ingredients and mix well. Put into a Pam-sprayed casserole dish, cover, and bake at 350 F for 45 minutes. Remove cover and continue to bake another 15 minutes.

### *Serving Suggestions:*

- with Refried Beans
- sliced avocados makes a nice side dish
- serve with a fresh green or vegetable salad

## **Why No Dairy?**

1. Ovarian cancer is linked to dairy products: the problem is the milk sugar, not the milk fat
2. Cataracts are also linked to galactose (a component of milk sugar)
3. Lactose intolerance
4. Food allergies
5. Contamination with traces of antibiotics
6. Dairy products do not stop osteoporosis
7. Cow's milk products are extremely low in iron, and encourage iron deficiency
8. Epidemiologic studies of various countries show a strong correlation between the use of dairy products and the incidence of childhood-onset diabetes.

*Neal D. Barnard, M.D.,  
President, Physician's  
Committee for Responsible  
Medicine, Washington, D.C.*

# Pasto

## “Fresh Haystacks”

Baked corn chips  
Steamed brown rice  
Zesty Black Beans p. 17  
Tomatoes, diced  
Olives, sliced  
Avocado, diced  
Cabbage salad (finely shredded green and purple cabbage with enough lemon juice to moisten and salt to taste)

Assemble on a plate in the order listed above.

### *Serving Suggestions:*

- great to serve when having company
- a fabulous complete protein
- a yummy way to eat your raw veggies

## **Vegetarian Varieties**

*The Institute of Food Technologists*, in the July 1991 issue of *Food Technology*, describes five types of vegetarians.

### **Semi-vegetarian**

dairy foods, eggs, chicken, and fish, no other animal flesh.

### **Pesco-vegetarian**

dairy foods, eggs, and fish, no other animal flesh

### **Lacto-ovo-vegetarian**

dairy foods and eggs, no animal flesh

### **Ovo-vegetarian**

eggs, but no dairy foods or animal flesh

### **Vegan**

no animal food of any type

# Quesadilla

8 Wheat or Spelt Tortillas  
1 cup pico de Gallo p. 14  
Monterey Jack Cheese p. 66  
Sour Cream p. 72  
Vegetarian Carnitas p. 53 (opt.)  
Refried beans (opt.)

Grill flour tortillas until crispy.

To assemble:

grilled tortilla  
refried beans and /or carnitas  
slices of Monterey Jack Cheese  
Pico de Gallo  
grilled tortilla

Top with sour cream and eat with a fork.

*Serving Suggestions:*

- a meal in itself

## **Common Deficiencies in Children**

One in six are seriously deficient in calcium.

- 1/3 of children are deficient in iron.
- About 50% lack sufficient zinc.
- Over 90% are deficient in magnesium.
- One in six lack vitamin A.
- Nearly half are seriously deficient in vitamin C.
- Nearly 1/3 are deficient in vitamin B-6.
- One in seven are deficient in vitamin B12.
- One in five are deficient in folate.
- Nearly 3 million between 6 and 17 years suffer high blood pressure.

\*It is best to have your child checked for such deficiencies as iron before supplementing them.

# Chili Plate

Baked tortilla chips

Spanish Rice p. 22

Green Chili tomatillo Sauce p. 11

Avocado slices

Fresh leaf lettuce (not iceberg)

Lay lettuce leaves on a dinner plate enough to cover plate. Spread some Green Chili Tomatillo Sauce over the lettuce. In center place a large scoop of the Spanish Rice and sprop the avocado wedges around the rice. Stick tortilla chips around the borders in the salsa.

## Ways to eat “5 a Day”

Does eating five servings of fruits and vegetables a day sound like a lot? If so, try these ideas:

- Serve soup: use vegetables and legumes as a base for soups or as added ingredients.
- Thicken sauces without fat, substitute cooked and pureed vegetables for cream or whole milk.
- Be creative: pasta and stir-fry dishes are ideal ways to serve lots of different vegetables.
- Enhance old standbys: add fruit to your breakfast cereal and raw, grated vegetables or fruit to muffins and cookies.
- Don't let lettuce limit salads: choose a wider variety of greens, including arugula, chicory, collards, dandelion greens, kale, mustard greens, spinach, and watercress.
- Steam vegetables, and serve over brown rice.

# Salbutes

2 cups Masa  
1/4 cup Whole wheat flour  
1 tsp. Salt  
2 cups Water  
2 cups Vegetarian Carnitas p. 53 (beef)  
1 1/2 cups Taco Salsa p. 12  
Shredded Romaine lettuce  
Sliced Tomatoes

Mix Masa, flour, salt, and water then make a dough. Roll into about 15 balls. Traditionally each ball is pressed into tortilla size and deep fried. But you can also cook on a hot griddle like a tortilla to avoid the heavy oil: it still tastes great.

Top with carnitas, lettuce, tomatoes, and salsa, then serve.

### *Serving Suggestions:*

- with a fresh vegetable salad
- with chili pinto beans
- or make it a meal in itself

## **How Much Iron is Too Much for Children?**

Too much iron may be a cause for greater concern than too little. The *British Medical Journal* reported on a study indicating that the practice of routinely feeding babies iron to prevent anemia may increase the risk of Sudden Infant Death Syndrome (SIDS) or crib death.

If the child tests anemic, then give iron supplements, if not, do not give iron to the child. The best way to provide iron is through diet, include these iron-rich foods: raisins, prunes, figs, leafy greens, sea vegetables, winter squash, tofu, grains, kidney beans, millet, rice, and blackstrap molasses. To assure absorption, add a food source of vitamin C or a supplement.



# Chili Rellenos

- 10 Fresh Poblano peppers
- 2 cups Vegetarian Carnitas p. 53 (beef)
- 1 cup Tomato Sauce p. 13
- 1 cup Cashew Cheese Sauce p.64
- 4 cups Water

Cut off stem ends of peppers and remove seeds. Save the ends for later use. Boil water and put peppers inside, cover and remove from heat. Allow to remain in water at least 5 minutes, then remove and drain each pepper. Stuff each pepper with Carnitas and replace stem ends on pepper like a cap.

put 1/2 cup tomato sauce on bottom of baking caserole dish and lay each stuffed pepper side by side. Top with remaining tomato sauce and cheese. Bake at 350 F for 30 minutes.

## *Serving Suggestions:*

- with Pico de Gallo and chips
- with Spanish Rice
- with a fresh vegetable salad

## **The Magnificent 12**

Eating more vegetables will dramatically reduce and prevent disease. These twelve vegetables are the power fighters against cancer and heart disease-the two top killers in our country. They all have flowers with four petals that botanical historians describe as resembling the crucifix or Cross, thus they are called cruciferous. Consume three, one cup servings from this list, each day. Eat one cup raw and two cups slightly teamed, except for horseradish. Use horseradish grated fresh in sauces and spreads. Alternate the vegetables daily.

- Broccoli
- Kohlrabi
- Cauliflower
- Kale
- Turnip
- Radishes
- Rutabaga
- Cabbage
- Watercress
- Brussels sprouts
- Mustard greens
- Horseradish

# Vegetarian Carnitas

*Marginal Facts*

- 4 cups Chicke-or Beef-style gluten
- 2 Green bell peppers
- 1 Onion, diced
- 2 stalks Celery, diced
- 2 cloved Garlic
- 3 Tbs. Beef-or Chicken-style seasoning
- 2 Tbs. Tomato paste
- 1 Tbs. Dried parsley
- 2 Tbs. Lemon juice
- 3 Tbs. Oil

Process gluten, peppers, and celery in a meat grinder or food processor. Saute onion and garlic in oil, adding the ground gluten and all other ingredients. Mix tomato paste in small amount of water, then add to sauteing mixture. continue to stir until nicely browned.

## *Serving Suggestions:*

- good burger substitute
- as a stuffing for many main dishes

## **Osteoporosis**

Essentials to eat  
and avoid!

Enjoy:

Bok choy  
Broccoli  
Collard greens  
Kale  
Turnips and tops  
Watercress  
Apples  
Blueberries  
Red grapes

Avoid:

Animal products  
Red meat  
Saturated fats  
Sugar

Beneficial herbs:

Alfalfa  
horestail  
Kelp  
Nettle  
Primrose oil

# Exercise

Do you enjoy walking, jogging, or cycling?  
Well, if you do, you are on the right track to  
good health through exercise!

When the body partakes in physical activity,  
your heart rate is elevated which, in turn,  
increases your blood flow  
throughout your body.

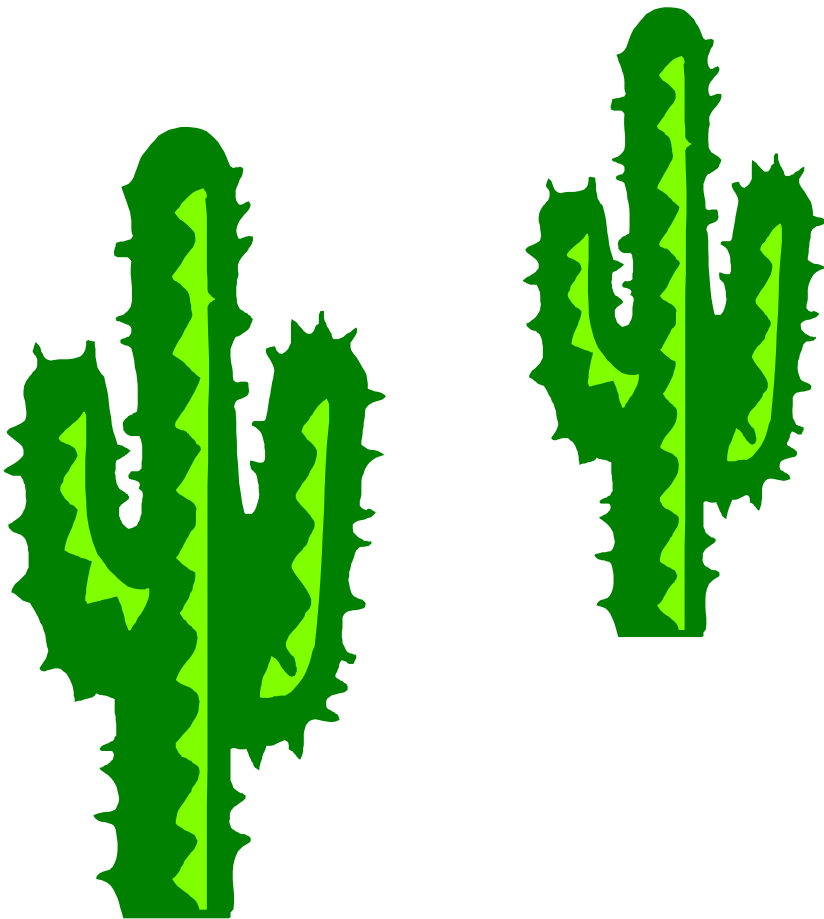
Increasing the blood circulation sends  
much needed nutrients, white blood cells,  
and oxygen throughout  
the body at a quicker pace.

Take a brisk walk each day, and  
see how much younger you feel!

Exercise can help with weight problems,  
decrease the aging process, aid in respira-  
tory problems, increase muscle tone and  
vitality.

Give it a try! You can't go wrong.

# **Tortillas & Meat ..... Substitutes**



# Chicken-Style Gluten

## Gluten:

1/4 cup Whole wheat flour  
3 1/2 do-Pep or gluten flour  
1/4 cup Nutritional yeast flakes  
1 tsp. Garlic powder  
1tsp. Onion powder  
1 Tbs. Chicken-style seasoning  
3 cups Water  
1/4 cup Bragg Liquid Aminos or Soy Sauce

## Broth:

10 cups Water  
2 Bell peppers, chopped  
2 stalks Celery, chunked  
1 large Onion, chopped  
6 cloves Garlic, chopped  
3 Tbs. Chicken-style seasoning  
2 Tomatoes, chopped  
1/4 cup Bragg Liquid aminos or Soy Sauce

Mix all dry ingredients of first recipe in a bowl. Put water and Bragg Liquid Aminos in container, then at once pour into dry ingredients, and mix quickly with hands. It will bind up quickly. As you are mixing,

Quickly shape into a long roll 2-3 inches in diameter. You may wrap it and freeze it for an hour or so for easier cutting on you may slice and drop into boiling broth right away.

## Broth:

Put all of the broth ingredients in a large pot and bring to a boil. When a rapid boil has been reached, gently drop each piece of sliced gluten dough into the water. Reduce heat to maintain a strong simmer for 1 1/2 hours. When done, gently lift out each steak and lay in a casserole dish, plastic storage container, or plastic bags for freezing. Save broth, adding enough cornstarch for a delicious gravy.

## Chicken-Style Steaks:

6 gluten steaks    1 cup Cornmeal  
1/4 cup yeast flakes  
1 tsp. onion powder  
1/2 tsp. garlic powder

Bread steaks in the above breading recipe, and fry in a non-stick or Pam-sprayed skillet. Use the broth you saved as a gravy and pour over the steaks.

## Beef-Style Gluten

### Gluten:

3 1/2 cups Do-pep or gluten flour  
1/4 cup Whole wheat flour  
1 Tbs. Beef-style seasoning  
1 tsp. Onion powder  
1 tsp. Garlic powder  
1 tsp. Italian seasoning  
1/4 cup Nutritional yeast flakes  
3 cups Water  
1/4 cup Bragg Liquid Aminos or Soy Sauce

### Broth:

10 cups Water  
2 Bell peppers, chopped  
2 stalks Celery, chopped  
1 large Onion, chopped  
6 cloves Garlic, chopped  
1 small can Tomato paste  
1 Tbs. Paprika  
1/4 cup Bragg Liquid Aminos or Soy Sauce  
3 Tbs. Beef-style seasoning

Follow cooking instructions for Chicken-Style Gluten on page 56. Beef-Style Gluten can be used in any recipe as a meat substitute, or can be made into steaks:

Marinate 6 gluten steaks overnight in:

1/4 cup Lemon juice	1 cup Water
1/2 tsp. Salt	1/2 tsp. Garlic powder
1 large Onion sliced	

In hot skillet add small amount of oil, and brown each steak. Finally saute the onions that were also marinated, and lay on the steaks to serve.

**For Chemotherapy,  
Toxic Heavy Metal  
& Radiation Dam-  
age**

### Consume regularly:

Apple pectin  
Burdock root  
Echinacea  
Fiber  
Garlic  
Ginko biloba  
Ginseng  
Kelp  
L-Glutathione

# Spelt Flour Tortillas

- 3 1/3 cups Spelt Flour
- 1 tsp. Baking powder (aluminum-free)
- 1/2 tsp. Salt
- 1 cup Water, cold
- 1 Tbs. Oil

Mix baking powder and salt in flour then add oil, and begin putting water in little by little until you have a moist dough. Your consistency should be soft and manageable. Keep kneading for 10 minutes. Divide into 12 even size balls. Roll out with rolling pin on oiled or Pam-sprayed surface, and cook on medium heat griddle. Cook about 2-3 minutes on each side.

### *Serving Suggestions:*

- makes wonderful burritos
- use for Flour Enchiladas or Fajitas
- wrap your favorite sauce or spread

## **Spelt**

Better tolerated than any other grain. High in carbohydrates, spelt contains more crude fiber and more protein than wheat, including all eight essential amino acids that are needed in the daily diet to insure proper cell maintenance. The fiber in spelt helps lower cholesterol, and plays a role in helping blood to clot. High in B vitamins. It's the only grain containing mucopolysaccharides. Occasionally referred to as "The Rice of Europe."

Over 5,000 years old, spelt is once again resuming a place of prominence among preferred grains. Particularly attractive to the wheat sensitive, spelt is easily substituted for wheat in recipes, and offers a subtle, nutty flavor that is welcomed by all.

# Whole Wheat Tortilla I

3 cups Whole wheat flour  
1/2 tsp. Salt  
2 Tbs. Oil  
1 1/4 cups cold Water  
1/4 cup Pecan meal  
1 Tbs. Baking powder (aluminum-free)

“Leave your  
drugs in the  
chemist’s pot if  
you can heal the  
patient with food”

Hippocrates  
Father of medicine

Mix all dry ingredients in bowl, then add oil and water little by little as you mix with one hand. When it forms a dough, knead on a floured or oiled countertop for 10 minutes. Divide into ball of desired size for tortillas. Cook on medium heat griddle for 2-3 minutes on each side.

## *Serving Suggestions:*

- use for burritos, fajitas, quesadillas, and enchiladas



# Whole Wheat Tortilla II

- 3 cups Whole wheat flour
- 1 1/2 cups Unbleached white flour
- 1 tsp. Salt
- 2 Tbs. Oil
- 1 1/2 cups Cold water
- 1 1/2 Tbs. Baking powder (aluminum-free like Rumford's)

Mix all dry ingredients in bowl, then add oil and water little by little as you knead with your hands. When you have a soft, flexible dough, knead out on lightly floured or oiled countertop for about 10 minutes. Divide into balls the size needed for the size of tortillas you will want. Cook on a medium heat griddle for 2-3 minutes on each side. Wrap in a towel to keep them warm until time to serve. Try to serve immediately.

### *Serving Suggestions:*

- stuff with Huevos Rancheros for a yummy high-protein breakfast
- use with any of the burrito recipes
- be creative

## **Breakfast**

Our busy lives make a traditional breakfast of eggs and bacon too time consuming to prepare, and we know fat-loaded foods should not be consumed at any meal. Fats cause the blood to become sticky, and as a result it circulates slowly through the brain.

Instead of eggs and bacon or other fatty foods, we need complex carbohydrates and protein.

Protein for better brain function, and complex carbohydrates for a steady release of glucose into the bloodstream maintain stable blood-sugar levels. A high-sugar breakfast will cause a drop in the blood sugar, resulting in a tired feeling all morning.

Children especially need a sound breakfast to help them think clearly and function better all day in school. Soy milk and almond milk are good on cereals, and if you use fruit juice, no additional sweetener is needed. Whole-grain cereals are the best to provide the steady energy we need each morning.

# Corn Tortilla

2 cups Maseca, Masa Mix

1 3/4 cup Water

Mix Masa and water to form a dough. Divide into 15 balls of equal size.

Cut 2 6x5 inch squares from a regular plastic storage bag. Place one Mesa ball between the plastic pieces and roll out with a rolling pin. Or use a tortilla press if you have one. Cook on hot griddle. Leave on first side until edges look dry (not long) then flip to other side and when it puffs up flip back to first side for a little bit.

Wrap tortillas in a towel as you remove them from the heat until ready to serve.

## *Serving Suggestions:*

- for soft tacos
- salbutes, tostados, or enchiladas

## **Harmful Additives**

Avoid foods containing the following additives,

sodium nitrite  
sodium nitrate  
BHA  
BHT  
prophylgallate  
saccharin  
acesulfame K  
MSG  
artificial colorings  
artificial flavorings  
all preservatives

These additives are all potentially harmful to the body.

# Self-Control

When self-control or temperance is practiced, you reap a harvest of happiness. Temperance is attained when practicing balance in life.

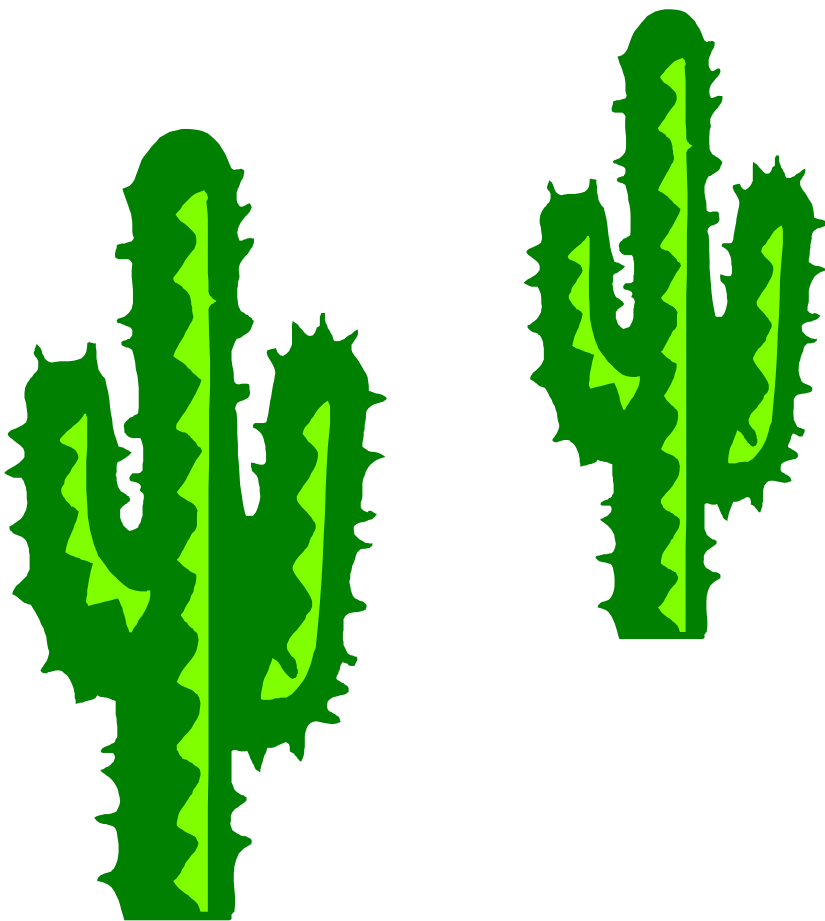
Self-control is avoiding things which are harmful, and being balanced in things which are good.

Practices which are harmful and should be avoided are: eating between meals, using harmful substances such as alcohol and tobacco, being overly active, and drinking heavily with our meals.

Exercise temperance, and you will find that life is a gift that you can enjoy with a sound peace of mind.



# **Cheese Substitutes**



# Cashew Cheese Sauce

1/2 cup canned Pimentos on 1/8 cup dried  
2 tsp. Lemon juice  
1 tsp. Onion powder  
1/2 tsp. Garlic powder  
3 Tbs. Nutritional yeast flakes  
3/4 cup Raw cashews  
1 cup Water  
1/4 tsp. Salt

Put all ingredients in blender, and blend until creamy smooth, at least 3 minutes. Put in a saucepan on low heat, and stir until thick.

## *Serving Suggestions:*

- use for Chili con Queso
- use over nachos
- use for anything you would normally use cheese on

**There are several valuable hints to follow when using oils.**

1. Purchase cold-pressed expeller-pressed oils (unrefined).
2. Avoid hardened oils (hydrogenated).
3. Never reuse oil that has been used for frying.
4. Refrigerate all oils after opening.
5. All oils should be stored in a cool, dark cupboard.
6. Never consume oil that smells rancid.
7. Olive oil maintains a longer shelf life than most oils.
8. Don't let oils heat to smoking.
9. To saute or stir fry, use 2 tablespoons of water in the oil.

## Velveta-like Cheese

- 1/3 cup Emes unflavored gelatin
- 1 cup Water
- 1/4 cup Tahini (sesame butter)
- 1/3 cup Lemon juice
- 1 cup Water
- 1/2 cup Pimento
- 1 lb. Tofu
- 1/4 cup Nutritional yeast flakes
- 1 Tbs. Onion powder
- 1/2 tsp. Garlic powder
- 2 1/2 tsp. Salt
- 2 cups cooked Cornmeal mush, unsalted

Bring first cup of water to a boil, and stir in gelatin. Blend smooth next 5 ingredients. Empty into bowl. Blend smooth remaining ingredients with gelatin water. Mix together all ingredients. Put in greased container and refrigerate until firm. Turn out and slice.

“What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price therefore glorify God in your body, and in your spirit, which are God’s.”

I Corinthians 6:19-20

# Monterey Jack Cheese

- 1/2 cup Water
- 1/4 cup Emes unflavored gelatin
- 3/4 cup boiling Water
- 1 cup Cashews
- 1/2 cup Nutritional yeast flakes
- 1 1/2 tsp. Salt
- 1 tsp. Onion powder
- 1/4 tsp. Garlic powder
- 1/4 cup Lemon juice

Soak gelatin in 1/2 up of water in blender while assembling remaining ingredients. Pour boiling water over soaked gelatin and whiz briefly to dissolve. Cool slightly. Add cashews and liquefy thoroughly. Add remaining ingredients. Liquefy until mixture is creamy. Pour into container cool slightly. Cover and refrigerate overnight before using. Slice and serve.

## *Serving Suggestions:*

- in place of regular cheese in any recipe

## **Vitamin B12**

Vitamin B12 requirements can be met by eating.

tempeh  
alfalfa  
sea vegetables  
kombu  
wakame  
nutritional yeast flakes

If you are on a strict vegetarian diet and are not using any of the above, you may want to take a B12 supplement. Spirulina is a good addition to any diet, providing a high amount of B12, B-complex, beta-carotene, gamma-linolenic acid, all eight essential amino acids plus 10 non-essential nutrients, such as vitamin E, folic acid, digestive enzymes, chlorophyll, and iron. Spirulina is available in tablet or powder form from a health food store.

# Divine Strength

Oftentimes the words, “I can’t make it,” arise when making choices. But the “can’t” can be turned into “can.” It’s true that from our human standpoint oftentimes situations seem worse than they really are, especially when making choices on our lifestyle.

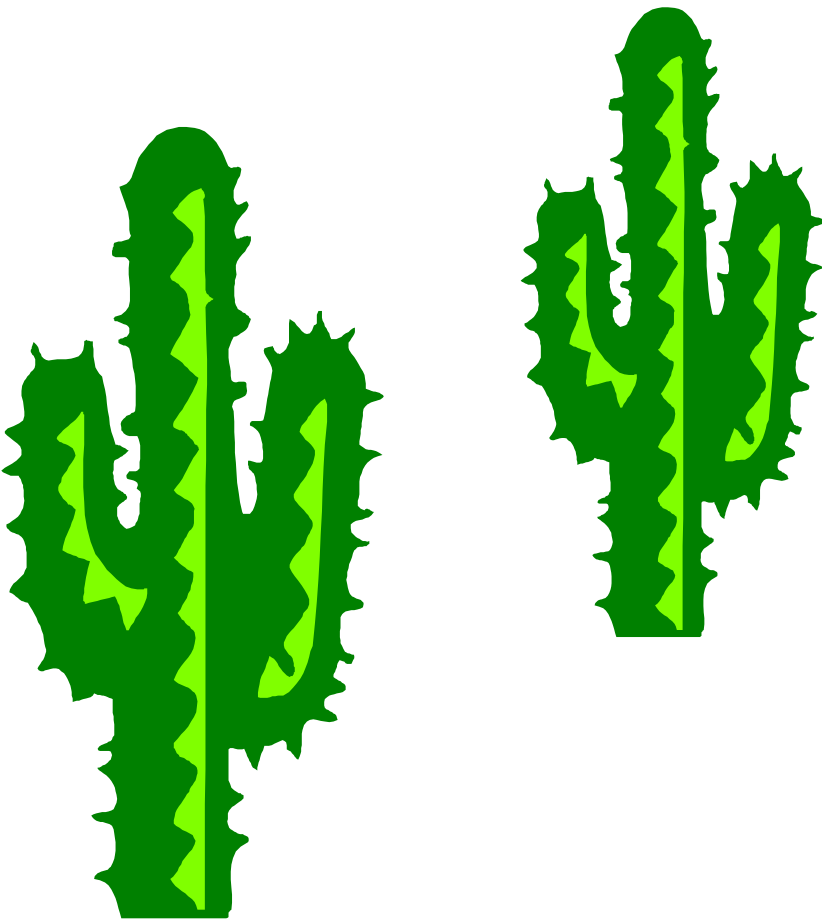
Breaking away from old practices and taking on near positive ways can sometimes appear overwhelming.

Be encouraged! There is help available in times of need. Consider the words, “You are fearfully and wonderfully made.” The Divine Creator who made you and me knows each need we have. Why not make Him a part of our daily lifestyle. Today, commit your life to Him, and you will see that He is willing and able to bring you through every trial. He has promised to ‘never leave us or forsake us.’ In Him we are made strong. So, whenever you are tempted to think, “I can’t make it”! Just remember the promise, “I can do all things through Christ which strengthens me.”



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# Dressings



# French Dressing

1 cup Canola oil  
1/3 cup Lemon juice  
1/3 cup Honey  
1 Tbs. Paprika  
3/4 cup Tomato puree, canned  
1 Tbs.+1 tsp. Onion powder  
1 Tbs.+1/2 tsp. Garlic powder  
1 1/2 tsp. Salt

Blend all ingredients on high for 30 seconds. Put into dressing containers and chill.

## *Serving Suggestions:*

- use for anything for which you would normally use a store-bought French dressing.

## **What is the Healthiest Vegetable?**

Recent studies at the *Center for Science in the Public Interest* have found sweet potatoes to be the healthiest of all vegetables.

The study was based on the percentage of the Recommended Daily Allowance for six nutrients: vitamin A, vitamin C, calcium, iron, folate, and copper in each vegetable. Raw carrot was second, followed by collard greens, red peppers, kale, dandelion greens, spinach, and broccoli.

# Olive Dressing

1 cup Soy milk  
1/2 tsp. Salt  
1 tsp. Onion powder  
1/2 cup Canola oil  
1/2 cup Black olives, pitted  
1 Tbs.+1 tsp. Lemon juice

Blend first four ingredients on high for 10 seconds. While blender is running, slowly dribble in oil. Blend for one full minute after all oil has been added. Stop blender and add olives. Whiz for 5-10 seconds. Stop blender and stir in lemon juice.

*Serving Suggestion:*

- delicious on any salad

“ I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”

Romans 12:1-2

# Garlic Dressing

1 cup Canola or Olive oil  
3 large cloves Garlic  
1 tsp. Salt  
1/2 cup Lemon juice

Blend all ingredients on high for 20 to 30 seconds until white and creamy.

## *Serving Suggestions:*

- wonderful light salad dressing
- good way to get raw oils

## **Peppers, Green & Red**

These sweet peppers contain more vitamin C than citrus fruits. Because of their extra high vitamin C content they are good for all types of illnesses. Cancer and most degerative diseases thrive in an acid environment, as a result sweet peppers are a good substitute for citrus fruits.

# Soy Mayonnaise

- 1 1/2 cups Soy milk
- 3/4 tsp. Salt
- 3/4 tsp. Onion powder
- 1 1/2 cups Canola oil
- 3 Tbs. Lemon juice

## **Healthy Tip**

Fresh herbs can be chopped and frozen for later use in cooked dishes. Freezing will help keep them flavorful and there's no need to defrost before using.

Blend first three ingredients on high for 5-10 seconds. Slowly dribble in oil, blending for an additional full minute after all oil has been added. Stop blender and stir in lemon juice. Put into covered container and chill.

# Sour Cream

- 1 cup Water
- 1 cup raw Sunflower seeds
- 1 tsp. Salt
- 1 tsp. Onion powder
- 1/2 tsp. Garlic powder
- 1/3 cup Lemon juice

Blend all ingredients on high for a few minutes until creamy. May need to add more water. If so, add only a couple table-  
spoons at a time. You don't want it to be runny.

## *Serving Suggestions:*

- on a baked potato
- on your enchiladas
- inside your vegetable fajitas

# Sunflower Seeds

These wonderful seed are full of B vitamins, phosphorus, potassium, and much more. Make sure the seeds have not been overcooked in "bad" oils, or that they are not rancid.

They should not be too dark in color, nor should there be several colors. Look for fresh, medium gray seeds that are sealed, or kept under refrigeration.



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