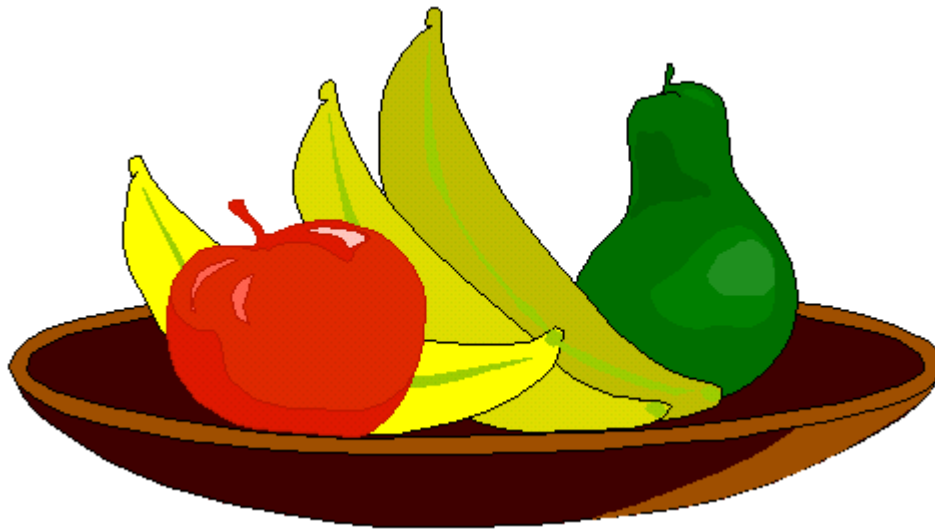


101 Recipes from God's Garden!



Healthy Recipes to Live By

Sandra Vanhoy

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Sensational Soups

Split Pea Soup

1 clove garlic, minced
1 onion, chopped
1 T olive oil
1 t cumin
2-4 T Bragg Liquid Aminos
6 c water
1 c split peas
1 c grated carrots
1 potato, chopped

Sauté garlic, and onion in olive oil. Add cumin and 2 tablespoons of Bragg's and blend well. Add water and split peas, bring to a boil and simmer 2 minutes. Remove from heat, cover, and let sit for 1 hour. Add remaining ingredients and simmer, covered, over low heat for about 2 hours. Adjust seasonings to taste.

E-Z Vegetable Soup

2 T olive oil
2 cloves garlic, minced
1 onion, chopped
3 carrots, chopped
1/2 c chopped celery
1/2 t Italian seasoning
2 T Bragg Liquid Aminos
1c fresh corn (off the cob)
1 c cabbage, chopped
1 can organic tomato sauce
1 can organic, chopped tomatoes
6-8 c water
1 c whole wheat pasta spirals
Anything else that's leftover in the fridge

In large soup pot, sauté garlic, onion, carrots, and celery with olive oil and seasonings. Add corn, cabbage, tomato sauce, tomatoes and water. Simmer for 1 hour. Add pasta, leftovers, and simmer until tender, about 15 minutes.

Quick Minestrone Soup

1/2 c onion, chopped
1/2 c celery, chopped
1/c c carrots, chopped
1 clove garlic, minced
1/4 t thyme
3/4 t basil
1/4 t oregano
1 c cabbage, chopped
1 1/2 c garbanzo beans (canned, organic)
2 c red kidney beans (canned, organic)
1 can organic Italian tomatoes, chopped
6-8 c of Homemade Vegetable Broth

Sauté in 1/4 c of the broth: onion, celery, carrots, and garlic until onion is tender. Add remaining ingredients and simmer for about 20 minutes. Start with 6 cups of broth, and add more if needed.

Butternut Squash Soup

1 c carrots, peeled and sliced
1 c chopped onion
1 clove garlic, minced
2 T olive oil
1 T minced ginger
2 t curry powder
1/4 t cinnamon
1/8 t nutmeg
2 medium butternut squash, peeled, seeded and cut into chunks
3 c organic apple juice

In large saucepan, over medium-high heat, cook carrots, onion and garlic in oil until tender, about 5 minutes. Add ginger, curry, cinnamon and nutmeg; cook for 1 minute. Add squash and apple juice. Heat to a boil. Cover; reduce heat. Simmer for 15 minutes or until squash is tender. In blender or food processor, puree soup, in batches, until smooth. Return to saucepan; heat through. Serve hot or chilled. Makes 8 (1 cup) servings.

Fresh Tomato Soup

1 large tomato
1 medium cucumber
1/2 red bell pepper
1 t Italian seasoning
1 t dill
1 t Bragg Liquid Aminos
1 t minced chives
1 t minced parsley

Place tomato in blender or Vita-Mix and blend at low speed until creamy. Add remaining ingredients and mix well. Serve at room temperature or cover and chill. Makes 1 to 2 servings.

Slow and Savory Veggie Soup

3 diced carrots
3 diced potatoes
2 stalks celery, chopped
1 diced onion
2 c chopped cabbage
2 c green beans
4 c diced tomatoes
1/2 c barley
2 T dried parsley
1 t dried basil
2 T Bragg Liquid Aminos

Place all ingredients in crock-pot. Add enough water or Homemade Vegetable Broth to cover vegetables. Turn temperature to low and cook until tender, 6-8 hours.

Homemade Vegetable Broth

8 to 10 cups distilled water
2 onions
2 to 3 garlic cloves
3 carrots
3 to 4 celery stalks
2 potatoes with skin
1/2 c parsley
1 t thyme
1 t basil
1 T Bragg Liquid Aminos

Cut all vegetables into 1 inch pieces. Place in large soup pot and add seasonings. Sauté in small amount of water until slightly tender. Cover with distilled water and bring to a boil. Reduce heat and simmer for one hour. Cool and strain broth, discarding vegetables. Broth may be frozen or kept in the refrigerator for one week.

Raw Carrot Soup

2 cups hot Homemade Vegetable Broth
1/2 c chopped almonds
1 c fresh parsley
2 to 3 T Bragg Liquid Aminos
1 c shredded carrot
1/4 c finely chopped green onions

In Vita-Mix or blender, place first four ingredients. Mix well, then blend in carrots to desired consistency. Pour into bowls and garnish with green onions.

Barley Garden Soup

3/4 c barley
1/2 c carrots, grated
1 c yellow squash, grated
1/2 c celery, chopped
1/2 c scallions, chopped
1/2 c parsley, minced
2 c carrot juice
1 c distilled water

Soak barley overnight in distilled water. The next day, rinse in hot water and drain well. Combine all ingredients and heat slightly. Serve immediately.

Quick Potato Soup

2 to 3 potatoes, peeled and diced
1 onion, diced
Homemade Vegetable Broth
Soy or rice milk
Bragg Liquid Aminos
Parsley, minced

Place potatoes and onion in a saucepan with just enough broth to cover them. Cook until tender. Add desired amount of soy milk to make a creamy consistency. Season with Bragg's. Pour into serving bowls and garnish with minced parsley.

Lentil Soup

1 1/2 T olive oil
1 large onion, chopped
1 carrot, peeled and diced
1 red pepper, diced
1 t cumin
1 c lentils
4 c Homemade Vegetable Broth
1 1/2 c diced tomatoes
1 c fresh corn (cut off the cob)
1 T Bragg Liquid Aminos

Sauté the onion, carrot, and red pepper in the olive oil until the onion is tender. Stir in the cumin, blending for one minute. Add remaining ingredients, cover and bring to a boil. Lower heat to simmer and cook for about 30 minutes.

Fruits and Fruit Juices

Fast Fruit Compote

2 bananas, sliced
6 dates, pitted and sliced
3 T unsweetened, grated coconut
3 T chopped almonds

Place bananas and dates into serving dish. Sprinkle with coconut and almonds. Serve immediately.

Grandma's Ambrosia Salad

2 grapefruits, sectioned and sliced
4 nectarines, sectioned and sliced
1 c chopped pineapple
1/4 c unsweetened, grated coconut

Stir all ingredients together into serving bowls. Reserve 1 Tablespoon of coconut and sprinkle on top.

Fruit Porcupine

1 cantaloupe
1 honeydew
Red grapes, seedless
Green grapes, seedless
Skewers

Cut cantaloupe in half and place upside down on large serving tray. Cut remaining cantaloupe and honeydew into 1 inch cubes. Thread fruit onto skewers, alternating colors, leaving room to insert into the cantaloupe half. Insert filled skewers into cantaloupe starting at the top and working down. This makes a beautiful centerpiece for a dinner party.

Strawberry-Banana Smoothie

1 c organic apple juice
2 bananas
1 c strawberries
1-2 c ice

Place all ingredients in a Vita-Mix or blender and blend on high until thick and slushy. Makes 2 servings.

Tofu Fruit Smoothie

Tofu (1/6 of a block)
1 1/2 c frozen fruit
1 c water
1 t honey

Put everything into blender or Vita-Mix and blend until smooth. Can use fresh fruit and add ice cubes before blending.

Blueberry-Banana Smoothie

1 c fruit juice
2 bananas
1 c blueberries
1 c ice

Place all ingredients in Vita-Mix or blender and mix well on high speed. May add more ice for thicker smoothie.

Fruit Blast Smoothie

1 plum, pitted
1 orange, sliced
2 handfuls of seedless grapes
1 banana
4 T grape juice
1 c frozen strawberries

Place all ingredients in Vita-Mix or blender and mix well on high speed. May add ice for thicker smoothie.

Mango Smoothie

1/2 c water
1 mango
2 bananas
1 c ice

Peel and slice mango. Place ingredients in Vita-Mix or blender. Mix well on high speed until creamy. Serves 2.

Pineapple Coconut Smoothie

3 bananas
3 large slices of pineapple
3 T grated coconut
1 c apple juice
2 c ice

Place all ingredients (reserving 1 T of coconut) in Vita-Mix or blender and blend until thick. Pour into mugs and garnish with remaining grated coconut.

Millie's Watermelon Basket

1 large oblong watermelon
1 cantaloupe
1 pineapple
1 honeydew

Draw handle across top of watermelon and a zig-zag pattern along sides to represent a basket. Cut out along line and scoop out the fruit. Cut watermelon and remaining fruit into 1 inch chunks. Stir together in a large bowl and refill basket. This makes a great centerpiece for a breakfast or luncheon!

Apple Cleansing Juice

1 small beet
2 to 3 apples

Peel and quarter beet. Remove seeds from apples. Run through juicer. This is a great cleansing juice. Do not have more than one glass per day or you may detox too quickly.

Mixed Melon Juice

3 c cantaloupe
1 c honeydew
1 c watermelon

Run all ingredients through juicer. Serving is 8 ounces.

Watermelon Juice

Use approximately one pound of melon to make 8 ounces of juice. If watermelon is organic you can also juice the rind along with the fruit.

Florida Fruit Salad

2 oranges
1 nectarine
2 tangerines
1 grapefruit
1/2 pineapple
1 pint strawberries

Peel oranges, nectarine, tangerines, and grapefruit and cut into small pieces. Cut pineapple into chunks, and slice strawberries in half. Stir together in large mixing bowl. Chill one hour before serving.

Hawaiian Fruit Salad

1 pineapple
1 pint strawberries
1 kiwi
3 bananas
3/4 c grated coconut

Slice pineapple in half lengthwise and remove core. Scoop out fruit, cutting into 1 inch chunks. Place in a large mixing bowl. Slice strawberries in half and peel and slice kiwi. Cut bananas into slices and add all fruit to mixing bowl. Stir in half of the coconut. Fill pineapple halves with fruit mixture and top with remaining coconut. Chill before serving.

Banana Boats

1 banana
2 T nut butter
2 T coconut
1 T granola

Peel banana and slice in half lengthwise. Spread nut butter on each half. Sprinkle with coconut and granola and serve.

Veggies and Veggie Juices

Oriental Stir-Fried Zucchini

2 t olive oil
2 T water
1 lb. zucchini, cut into 2 in. strips
1 onion, sliced
2 T soy sauce or Bragg Liquid Aminos

Spray skillet with non-stick cooking spray. Add oil, water, zucchini, and onion. Cook over high for 5 minutes, stirring until water evaporates. Sprinkle with Bragg's and serve.

Rice with Mushrooms and Pistachios

2 T olive oil
1/2 c finely chopped onions
1 1/3 c diced, fresh mushrooms
1/3 c shelled pistachio nuts
1 c basmati rice
1 1/2 c water or vegetable broth

Heat the oil in a saucepan and add the onions. Cook briefly, stirring, until wilted. Add the mushrooms and cook, stirring, about 2 minutes. Add nuts, rice and broth. Stir together. Cover and simmer for 15 minutes. Makes 4 to 6 servings.

Shake N Bake Steak Fries

4 large baking potatoes
1 T olive oil
1 T sesame seeds
1/2 t cumin
1/4 t garlic powder

Preheat oven to 425 degrees. Spray large baking dish with non-stick spray. Peel potatoes and cut lengthwise into 3/4 inch thick wedges. Place all ingredients into large baggy and seal. Shake together until potatoes are even coated. Place on baking dish and cook for 40 to 45 minutes or until potatoes are tender and golden brown.

Chickpea Veggie Dip

1/4 c tahini or sesame seed paste
1/4 c fresh squeezed lemon juice
1/3 to 1/2 c warm water
1 clove garlic, chopped
1 (16 oz) can organic chickpeas, drained
1 T Bragg Liquid Aminos

Place all ingredients together in food processor. Blend until dip is creamy, adding water as needed. Serve with freshly sliced vegetables. It is also good with apples.

Veggie Combo

2 c potatoes, cut into large chunks
1 c mushrooms, sliced
1 c tomatoes, sliced
1 c zucchini, sliced
1 c cauliflower, sliced
1 c broccoli flowerets

Steam potatoes until tender. Combine in a large bowl with other vegetables. In a separate bowl make a dressing with the following ingredients:

1/2 c lemon juice
1/4 c minced onion
2 garlic cloves, minced
1 t dried oregano
1 t Bragg Liquid Aminos
1/2 c olive oil

Whisk together all ingredients and pour over vegetables, stirring gently. Chill for 1 hour before serving for flavors to blend.

Veggie Wrap

Whole wheat tortilla
1 to 2 T Chickpea Veggie Dip
1 carrot, grated
1/2 tomato, sliced thin
Salad greens

Spread Chickpea Veggie Dip on tortilla, line with salad greens. Top with veggies. Roll up and enjoy.

Garlic Mashed Potatoes

6 medium red potatoes, quartered
4 cloves of garlic, peeled
2 T chives
Soy or rice milk
Non-dairy butter substitute
Bragg Liquid Aminos

Boil the potatoes and garlic together until the potatoes are very tender. Drain water and mash potatoes and garlic together. Add soy milk and butter substitute to taste and stir until creamy. Add Bragg's to taste.

Sweet Potato Surprise

4 large sweet potatoes, baked
2 large slices of pineapple, diced
2 T strawberry all-fruit jelly
2 T apple juice
Large handful of raisins
Non dairy butter substitute

Mash sweet potatoes and add pineapple. Stir in jelly, apple juice and raisins. Bake in preheated oven at 350 degrees for 15 to 20 minutes. Top with butter substitute.

Smashed Potatoes with Squash

10 baking potatoes
2 c peeled and chopped yellow squash
Rice milk
Non dairy butter substitute
Bragg's Liquid Aminos

Peel and dice potatoes. Place into large pot, cover with water and cook for 10 minutes. Add squash and cook until vegetables are tender. Drain water and mash vegetables together. Add rice milk, butter substitute, and Bragg's to taste.

Marinated Vegetables

2 c broccoli florets
2 carrots
1 c zucchini, sliced
1 c cauliflower florets

Peel carrots and slice into circles or matchsticks. Mix vegetables together in mixing bowl and set aside. In a separate bowl, mix together the following ingredients:

3 T extra virgin olive oil
1/2 t garlic powder
1 T fresh squeezed lemon juice
1 T Bragg Liquid Aminos
1 T Italian seasoning

Pour over vegetables and chill overnight for flavors to marinate.

Picnic Potato Salad

4 c peeled and chopped potatoes
1/4 c red peppers, diced
1 c diced celery
1/4 c minced onion

Boil potatoes and cool. Add remaining vegetables and set aside.
In a separate bowl place;

1 T apple cider vinegar
1 T Bragg Liquid Aminos
2 t mustard
1 avocado, mashed
1 T Italian seasoning

Stir ingredients together and pour over potato mixture. Toss together lightly and chill before serving.

Basic Carrot Juice

We recommend only organic carrots. You need only to rinse them and cut off the tops. Cut pieces to fit into juicer. Process one pound of carrots to make approximately one serving (8 ounces) of juice. An apple can be added if a sweeter juice is desired. Strain before drinking.

Carrot-Spinach Juice

4 large carrots
2 handfuls of spinach

Run ingredients through juicer. Strain. This is a great source of protein and iron.

Green Juice

4-5 large carrots
1 large kale leaf
1 handful dandelion greens

Run ingredients through juicer. Strain. Kale is a great source of calcium.

Immune System Booster # 1

4-5 large carrots
Small handful of parsley
1 clove garlic
1 apple, cored

Run ingredients through juicer. Strain. The parsley takes care of the garlic odor, and the apple sweetens the juice.

Immune System Booster # 2

6 large carrots
2 stalks celery, cut into 1" chunks
Handful of parsley
2 cloves of garlic

Process all ingredients through juicer. Strain. This is a great juice to ward off colds.

Tomato Cooler

1 large tomato, quartered
1/2 cucumber, cut into strips
1 stalk celery, cut into chunks
1 small slice of lime

Run all ingredients through juicer and strain. Makes one 8 ounce serving.

Wheatgrass Blend

3 large carrots
1 stalk celery, cut into 1 inch chunks
1 apple, cored and quartered
1/2 beet with the tops
3 handfuls of wheatgrass
1/2 handful of parsley

Process ingredients through juicer and strain. This is a great energy booster.

Salads and Sauces

Old-Fashioned Waldorf Salad

5 c organic apples, chopped, unpeeled
2 1/2 c chopped celery
1 1/4 c chopped pecans, walnuts or cashews
1/2 c Soy Mayonnaise
Lettuce leaves
Apple wedges
Pecan halves

Combine first 4 ingredients; toss gently to coat, and chill 1 to 2 hours. Spoon salad into a lettuce-lined serving bowl. Garnish with apple wedges and pecan halves. Makes 10 servings.

Summertime Salad

1 c cucumber, diced
1/4 c onion, chopped
1 c tomatoes, diced

Mix all ingredients together, and chill for 1 hour. No need for dressing.

Spinach Salad

Spinach leaves
Red onion, cut into rings
Tangerines

For each salad, fill plate with spinach leaves. Top with onion rings and tangerine sections. Sprinkle lightly with Mom's Spinach Salad Dressing just before serving.

Mom's Spinach Salad Dressing

1/4 c apple cider vinegar
1/4 c oil
1/4 c honey
1/4 c organic ketchup
1/2 red onion, grated
1 T Bragg Liquid Aminos

Mix all ingredients together and stir thoroughly. Best if chilled before serving, allowing flavors to blend. Stir again before using.

Greek Salad

Large bunch of romaine
2 tomatoes, chopped
1 cucumber, chopped
1/2 green pepper, chopped
5 scallions, chopped
1 c crumbled tofu or veggie cheese
12-16 black olives

Mix all ingredients together and serve with Balsamic Salad Dressing.

Balsamic Salad Dressing

2 T balsamic vinegar
1 clove garlic, chopped
1/2 t oregano
1/3 c olive oil

Stir together all ingredients until well blended. Use immediately or you can keep it in the refrigerator.

Basic Oil and Vinegar Dressing

3 c olive oil
1 c apple cider vinegar
4-6 cloves of garlic, chopped
7-8 sprigs of fresh oregano, or 1 T dry
2 T honey
1 t Bragg Liquid Aminos

Blend all ingredients together with a wire whisk. Store in refrigerator.

Avocado Salad Dressing

1/2 c sliced avocado
1/2 to 3/4 c water
3 T lemon juice
1/4 c cashews, chopped
1/4 t garlic powder
1 1/4 t onion powder
1/2 t Bragg Liquid Aminos

Blend ingredients together in food processor until smooth. Store in refrigerator.

Salad in a Glass

1 large tomato
1/2 avocado
3 stalks of celery
1 carrot, sliced
4 large romaine leaves
1 t Bragg Liquid Aminos

Blend tomato and avocado in Vita-Mix or blender. Add remaining ingredients and blend until smooth. You can drink this out of a glass or pour into a bowl as a cold soup. It is great to take with you when you don't have time to sit down and eat.

Soy Mayonnaise

1/2 c soy milk powder
3/4 c water
1/2 t Bragg Liquid Aminos
1/8 t garlic powder
1 1/2 t onion powder
2 T lemon juice
1/4 to 1/2 c oil

Mix in blender on slow speed until smooth, all ingredients except lemon juice and oil. Continue blending and slowly pour in oil. Add enough for mayonnaise to thicken. Remove from blender and stir in lemon juice. Chill before serving.

Homemade Ketchup

1/2 c organic tomato paste
2 T fresh lemon juice
1 T honey
1/4 t onion powder
1/2 t Bragg Liquid Aminos
1/8 t garlic powder
1/8 t oregano

Mix together all ingredients. May adjust spices to taste.

Three Bean Salad

1 1/2 c cooked kidney beans
1 1/2 c cooked garbanzo beans
1 3/4 c cooked green beans
1/4 c onions, minced
1/4 c olives, sliced
2 T pimento, diced
1/4 c lemon juice
1/4 c water
3 T honey
1/2 t onion powder
1/4 t garlic powder
1/2 t Bragg Liquid Aminos

In a large mixing bowl, stir vegetables together. In a small bowl, combine lemon juice, water and seasonings. Pour over vegetables and mix well. Place in refrigerator for several hours, allowing flavors to marinate. Makes 5 cups.

Crunchy Pea Salad

10 ounces frozen peas, thawed
1 c diced celery
1 c chopped cauliflower
1/4 c diced green onion
1 c chopped cashews
1/2 c Soy Mayonnaise
Spinach or romaine leaves

Combine all ingredients except spinach. Chill. When ready to serve, place freshly washed spinach or romaine leaves on plates and top with Crunchy Pea Salad.

Guacamole

2 large avocados, peeled and sliced
1 tomato
1 T lemon juice
1 T Bragg Liquid Aminos
1 clove garlic, minced
2 T onion, minced

Mash avocados with fork and add remaining ingredients. Makes a great dip for blue corn chips.

Salsa

1 c tomatoes, peeled and chopped
1 c green peppers, minced
2 T onion, minced
1 clove garlic, minced
1 t each: basil, oregano, and cilantro
2 T olive oil
Bragg's Liquid Aminos

Stir together vegetables in mixing bowl. Remove half and place in food processor. Blend until smooth and return to mixing bowl. Add remaining seasonings and oil and mix well. Chill before serving.

Mostly Main Dishes

California Casserole

1 c rice
2 c lima beans, cooked
1 c sliced carrots
1/2 c fresh mushrooms
1 t curry powder
2 vegetable bouillon cubes
1 c green peas
1/2 c fresh cauliflower, sliced
1c chopped broccoli
1 California avocado

Combine rice, limas, carrots, mushrooms, curry powder and bouillon cubes in 2-quart saucepan with 3 cups water; bring to simmer; gently cook for 35 minutes. Add peas, cauliflower, and broccoli; cook 10 minutes longer. Spoon into serving dish. Peel and slice avocado; arrange in spoke-fashion over vegetables. Makes 6 servings.

No Sweat Chili

- 1 T olive oil
- 1 1/2 c onion, chopped
- 1 1/2 c bell peppers, chopped
- 2 cloves garlic, minced
- 4 c cooked pinto beans
- 3 c diced tomatoes
- 6 oz tomato paste
- 1 1/2 c water
- 1 c fresh mushrooms, sliced
- 1 T chili powder
- 1 1/2 t cumin
- 1 t oregano

Sauté onion, green pepper, and garlic in olive oil. Transfer to crock-pot and add remaining ingredients. Cook over low for 1-2 hours.

Whole Wheat Pizza

Crust:

- 1 pkg. active dry yeast
- 2 c whole wheat flour
- 1 1/4 c very warm water
- 1 t honey
- 2 T oil
- 1 to 1 1/2 c additional whole wheat flour

In large mixing bowl combine yeast and 2 cups flour. In separate bowl, combine water and honey. With mixer at low speed, gradually beat liquids into the flour mixture. Increase speed to medium and beat 2 minutes, scraping bowl. Add enough additional flour to make a stiff dough. Turn dough onto lightly floured surface and knead until smooth and elastic, about 10 minutes. Place in oiled bowl, turn once and cover. Let rise until doubled, about one hour. Punch down, divide into two balls. Place one ball onto lightly floured surface and roll dough into a 13 inch circle. Place on lightly oiled 12 inch pizza pan. Repeat with remaining dough. Preheat oven to 425 degrees.

Topping:

- 1 15 oz. can of tomato sauce
- 1 t Bragg Liquid Aminos
- 4 t basil
- 1 t oregano
- 1/2 t garlic powder
- 1 c sliced mushrooms
- 1 large onion, chopped
- 2 bell pepper, chopped
- 2 T olive oil
- Veggie Shreds (veggie cheese)

In medium bowl, combine first 5 ingredients. Spread on dough within 1/2 inch of edge. Top with vegetables. Drizzle 1 T of oil over each pizza and bake approximately 30 to 35 minutes. Remove from oven and add veggie cheese. Return to oven just until cheese is melted.

Lentil Rice Casserole

1 c uncooked lentils
1 c uncooked rice
4 1/2 c water
1 large onion, chopped
1/2 t curry
1 T Bragg Liquid Aminos
Veggie Shreds

Preheat oven to 350 degrees. Put all ingredients (except Veggie Shreds) in an oven proof casserole dish, cover and bake 1 hour. Serve with Veggie Shreds (veggie cheese) at the table.

Karen's Pasta Salad

Boil 1 large bag of pesto flavored whole grain pasta. Rinse in cold water and add:

2 chopped carrots
1/2 yellow bell pepper
1/2 red bell pepper
Small can sliced black olives
1/2 zucchini, chopped
1/2 yellow squash, chopped

Dressing:

1 c extra virgin olive oil
1/3 c apple cider vinegar
2 cloves garlic, minced

Mix dressing together and pour desired amount over salad. Stir well and dive in!

Mexican Pot Pie

1 1/4 c chopped bell pepper
1/4 c chopped onion
2 t oil
2 c cooked pinto beans
1 c tomato puree
2 c corn kernels (cut off the cob)
1 t chili powder
2/3 c yellow cornmeal
1 2/3 c water
1 t Bragg Liquid Aminos

Preheat oven to 350 degrees. Sauté bell pepper and onion in oil until tender. Stir in beans, tomato puree, corn, and chili powder. Cover and cook over low heat for 15 minutes. Pour into 8" X 8" baking pan. Set aside.

In separate saucepan, mix together cornmeal, water, and Bragg's. Cook over low heat, stirring constantly until very thick, about 5 minutes.

Spread cornmeal mush over bean mixture to form a crust. Sprinkle chili powder over top of crust. Bake for 30 minutes or until crust is bubbly around the edges.

Fiesta Rice Casserole

Salad:

1 c basmati rice

3/4 c water

1 c fresh corn

1/4 c sliced black olives

1/2 c each: red onion, red bell pepper, yellow bell pepper, orange bell pepper, and fresh cilantro

Dressing:

1 clove garlic, minced

1/4 c olive oil

2-3 T freshly squeezed lime juice

1/2 t cumin

Bring water and rice to a boil, turn heat to low, and simmer for 15 minutes. Remove from heat and allow to cool. Add vegetables and stir well.

In a small bowl combine dressing ingredients. Pour over the rice mixture and toss well. Serves 4.

Sunflower-Almond Spread

- 1 1/2 c almonds
- 1 1/2 c sunflower seeds
- 1 carrot
- 1 clove garlic
- 1/2 red pepper, chopped
- 1/4 c parsley, minced
- 1/2 red onion, chopped

Place almonds and sunflower seeds in mixing bowl and cover with distilled water. Cover and let soak 6-12 hours at room temperature. Drain. Using a food processor with an S blade or a juicer with the blank in place, process the almonds, seeds, carrot and garlic. Stir remaining ingredients into sunflower mixture.

Dressing:

- 4 large tomatoes
- 3 T Bragg's liquid aminos
- 2 T Italian seasoning

Blend ingredients in blender or food processor. Remove 1 cup of the dressing and mix into Sunflower-Almond Spread. Refrigerate at least one hour before serving. Serve remaining dressing on the side.

To serve, mound spread on a bed of lettuce and serve dressing on the side. This can also be used as a topping for baked potatoes or as a side dish.

Tabouli Stuffed Tomatoes

1 c bulgar wheat
2 c distilled water
1/2 c fresh parsley, minced
1 T Bragg Liquid Aminos
2 large tomatoes, chopped
1/2 c scallions, chopped
1 T extra virgin olive oil
2 T fresh mint, minced
4 tomatoes

Soak bulgar in distilled water for one hour. Drain and pat dry. Add remaining ingredients (except the 4 tomatoes) and mix well. Cover and refrigerate for at least one hour.

Core tomatoes and scoop out enough pulp to make a well. Fill with Tabouli mixture. Place on a bed of lettuce and serve.

Stir Fry Veggies

2 T olive oil
2 T Bragg Liquid Aminos
1/2 onion, sliced
1 red pepper, cut into strips
2 carrots, sliced into circles
1 t cumin
1 c yellow squash, cut into 1" chunks
1 c zucchini, cut into 1" chunks

Sauté onion, red pepper, and carrots in olive oil and Bragg's until slightly tender. Add cumin, squash, and zucchini and continue cooking until desired tenderness. Serve over a bed of basmati rice.

Rolled Oat Burgers

4 c distilled water
4 c rolled oats
1/2 c Bragg Liquid Aminos
1/2 c chopped carrots
1/2 c chopped onions
1/2 c chopped almonds
1/2 c sunflower seeds
1 T Italian seasoning
2 t basil
2 t oregano

Preheat oven to 350 degrees. Bring water to a boil. Remove from heat, add oats and Bragg's and let stand for 20 minutes. Add remaining ingredients and mix well. Form mixture into patties and place on a nonstick baking sheet. Bake for approximately 20 minutes on each side.

Couscous and Raw Veggies

1/2 c veggie broth
1/2 c distilled water
10 oz. package of couscous

Bring broth and water to a boil, add couscous and stir. Cover and remove from heat. Let stand 5 minutes. Uncover and add veggies.

The veggies:

1/2 c carrots, cut into matchsticks
1/2 c broccoli florets
1/4 c zucchini chunks
1/4 c red pepper strips
1/2 c green onions, chopped
1/2 c cauliflower florets
1/4 c yellow squash, sliced

The Dressing:

Juice of 1/2 lemon
1/3 c olive oil
1/8 t ground cumin
1/8 t curry
Pinch garlic powder
1/3 c pine nuts (optional)

Blend all dressing ingredients except for pine nuts. Toss with salad. Refrigerate at least one hour for flavors to blend. Garnish with pine nuts and serve.

Ratatouille

3 T olive oil
2 cloves garlic, minced
1 red onion, chopped
1 eggplant, cut into 1 inch cubes
2 red peppers, chopped
2 c sliced zucchini
2 c diced tomatoes
1 t oregano
2 t basil

In a large skillet, sauté garlic and onion in olive oil until slightly tender. Add eggplant and red peppers and sauté for a few more minutes. Add remaining ingredients and cook over low heat, covered, about 10 minutes or until vegetables are tender.

Serve over rice as a main meal or can be used as a side dish.

Stuffed Peppers

4 bell peppers
2 c cooked brown or basmati rice
1 can black beans, drained
1 onion, minced
3 ears of corn, (cut off the cob)
1 can tomatoes with chilies
1 t cumin
1 t chili powder
1/2 t oregano
1 1/2 c tomato sauce

Remove top and seeds from peppers making a bowl shape. Steam bell peppers until slightly tender. Set aside. Mix remaining ingredients together except for tomato sauce. Fill peppers with rice mixture and place in oiled casserole dish. Pour tomato sauce over top. Bake at 350 degrees for about 20 minutes.

Arroz Con Frijoles (Cuban Rice and Beans)

2 c cooked black turtle beans and their liquid
4 T olive oil
1 bell pepper, sliced
1 large onion, chopped
2 cloves garlic, minced
3 c cooked brown rice

Mash beans and liquid slightly and heat until hot, stirring occasionally. In large skillet, sauté vegetables in oil until tender. Combine vegetables and beans. Serve over rice.

Breads and Grains

Mom's Crunchy Granola Cereal

4 c rolled oats
1/2 c shredded coconut
1/2 c chopped nuts (I use almonds)
1/4 c sesame seeds
1/2 c honey
1/2 c oil
1/2 c raisins

Preheat oven to 300 degrees. Mix all ingredients together except raisins. Spread evenly on a baking sheet and bake for about 30 minutes, stirring occasionally, or until golden. Remove from oven and stir in raisins.

Bud's Biscuits

1 package of yeast
1 c warm water
2 c rice milk
3/4 c oil
1/4 c honey
1/4 t. baking soda
4 t. baking powder
6 c whole wheat flour

Preheat oven to 450 degrees. Dissolve yeast in warm water. Add remaining ingredients and mix well. No need to let rise before using. Roll dough 1/2 inch thick on floured surface. Cut with biscuit cutter and place on ungreased baking sheet. Bake for 8-12 minutes.

Quick Whole Wheat Bread

1 3/4 c of whole wheat kernels
1 1/4 c water
1 pkg. yeast
1 T oil
1 T honey

Grind wheat in Vita-Mix or grinder. Add remaining ingredients and blend together. Pour into oiled loaf pan. Let rise about 30 minutes. Bake at 350 degrees for 35-40 minutes.

Granola Bread

Make Quick Whole Wheat Bread replacing half of the water with rice or soy milk. Use molasses for the sweetener instead of honey. Add 1/2 c granola, 1/2 c raisins, 1/2 c sunflower seeds and 2 T grated orange rind. Bake according to instructions. Serve warm.

Holiday Crackers

Instead of baking cookies during the holiday season make these fun shaped crackers and decorate with sesame seeds, unsweetened coconut, sunflower seeds, raisins, and other dried fruits.

Make the Quick Whole Wheat Bread recipe dough. Knead in a little more flour. Roll the dough out to a 1/8" thickness on a floured surface. Cut into squares or use fun shaped cookie cutters. Arrange close together, but not touching, on an oiled baking sheet. Prick with fork and decorate if desired. Bake at 350 degrees for about 10 minutes, or until lightly browned. Cool on racks, store in airtight container.

Ezekiel Bread

2 packages of yeast in 1/2 c warm water
8 c whole wheat flour
4 c barley flour
2 c soy flour
1/2 c millet flour
1/4 c rye flour
1 c cooked and mashed lentils
4 T honey
4-5 T olive oil
1 1/2 c warm water

Dissolve yeast in the water and let sit for 10 minutes. In separate bowl, mix together flours and set aside. Blend lentils, honey, oil and a small amount of water in blender, then transfer to large mixing bowl. Add remaining water and 2 cups of the mixed flours to lentil mixture. Add yeast mixture. Then stir in remaining mixed flours. Place on floured surface and knead until smooth. Put in oiled bowl. Let rise until doubled in size. Punch down. Knead again and shape into four loaves. Place into oiled loaf pans. Let rise. Bake at 375 degrees for 45 minutes to one hour.

Zachary's Cornbread

1/8 c oil
1 c yellow cornmeal
1 c whole wheat flour
1/4 c honey
1 T baking powder
1/2 to 1 c rice milk

Preheat oven to 425 degrees. Bake approximately 15 minutes in oiled iron skillet. Serve hot with honey on top!

Dad's Raw Breakfast Cereal

8 c of rolled oats
1 c chopped almonds
1 c raw sunflower seeds
1 c oil
1 c honey

Mix dry ingredients together, then add oil and honey. Stir until cereal is evenly coated. No need to bake. Keep in tightly covered container.

Carrot Date Loaf

2 1/2 to 3 c whole wheat flour
1 package of yeast
2 T honey
1/2 t allspice
3/4 c very warm water
1 c grated carrots
1/2 c chopped, pitted dates

In large bowl, combine 1 c flour, yeast, honey, and allspice. Add water to dry ingredients; beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Beat 2 minutes at high speed. With a spoon, stir in carrots, dates, and enough remaining flour to make a soft dough. Knead on floured surface until smooth and elastic, about 4 to 5 minutes. Place in oiled bowl, turning once to oil top. Cover; let rise in warm place until doubled in size, about 1 hour. Punch dough down. On floured surface, roll dough to 7 x 12 inches; roll up tightly from short end. Pinch seam and ends to seal. Place, seam side down, in oiled loaf pan. Cover, let rise in warm place until doubled in size, about 1 hour. Bake at 375 degrees for 30 minutes or until done. Remove from pan; cool on wire rack.

Quinoa Breakfast Cereal

Rinse 1 cup quinoa. Place in saucepan with 2 cups of water. Bring to a boil, reduce heat and simmer for 5 minutes. Add 1/2 cup chopped apples, 1/3 cup raisins, 1/2 teaspoon cinnamon and simmer until water is absorbed. Sweeten with honey to taste.

Pita Bread Sandwich

Cut pita in half and spread with Guacamole, Sunflower-Almond Spread, or Chickpea Veggie Dip. Line with romaine, spinach, or other greens. Fill with grated carrots, chopped tomato, cucumber, scallions, broccoli, cauliflower, and sprouts. Top with Veggie Shredds (shredded veggie cheese).

Sweets and Treats

Almond Milk

1 c raw, shelled almonds
4 c water
2-4 T maple syrup

In a blender, grind almonds to a fine meal. Add 1 c of the water and the maple syrup. Blend again for 2 minutes. With blender running on high, add remaining water slowly. Blend for 2 more minutes or until creamy. Pour through a very fine strainer or layer of cheesecloth. Keep in the refrigerator in a glass jar or airtight pitcher.

Banana Milk Shake

3 frozen bananas
1 c almond or rice milk
1/2 t vanilla
1 T honey
1 c ice

Place all ingredients in Vita-Mix or blender and blend on high until thick. If using room temperature bananas, just add more ice. Makes 2 servings.

Dorothy's Trail Mix

1 c raisins
1/2 c raw almonds
1/2 c raw cashews
1/2 c unsweetened, shredded coconut
1/2 c sunflower seeds
1/2 c each of dried apples, and apricots, diced
1 c carob chips

Combine in a large mixing bowl. Store in tightly covered jars. When needed, pack into small individual plastic bags. Make 5 1/2 cups.

Strawberry Shortcake

Shortcake Biscuits:

1 2/3 c very warm water
3 T honey
1 c rolled oats
1 c almonds
3 t baking powder
2 1/3 c whole wheat flour

Place honey in bowl with warm water and stir to dissolve. Set aside. Place oats and almonds in food processor or blender and process until a fine meal. In mixing bowl, combine dry ingredients, then add honey and water mixture. Stir together until slightly moistened. Drop by spoonfuls onto a nonstick baking sheet. Bake for 15 to 20 minutes at 400 degrees. Make about 12 biscuits.

Filling:

2 pints sliced strawberries

Topping:

1/2 c chopped almonds
1 T maple syrup
2 c water
8 large strawberries
1 frozen banana

Place all ingredients in blender and blend until creamy.

To serve, place biscuit in a bowl and top with sliced strawberries. Pour over topping and serve.

Date Cookies

3 c organic dates, cut in half and pitted
1 1/2 c unsweetened, shredded coconut

Run dates through a Green Power or Champion Juicer with blank in place to form a soft dough. (Can use food processor). Wet your hands, shape into balls, and roll in coconut. Chill one hour before serving. Store in freezer or refrigerator.

Ants on a Log

Celery sticks
Almond or cashew butter
Raisins

Break celery sticks in half. Spread nut butter on celery and decorate with raisins. This is a fun treat for children to make.

Susan's Strawberry Pie

Pie shell:

1 cup chopped almonds
1 c dates, pitted and sliced
1/2 t vanilla

Cover almonds with water and let soak at room temperature for 4 to 12 hours. Drain well. Grind in food processor until finely chopped. Add dates and vanilla. Blend well. Press evenly into a pie plate to form the shell.

Filling:

8 large strawberries
5 dates, pitted and sliced
2 ripe bananas
1 T lemon juice
2 pints strawberries, quartered
1/2 pint strawberries, halved

Blend first 4 ingredients in food processor until well mixed. Pour into mixing bowl and add the 2 pints of strawberries. Stir together and pour into pie shell. Decorate top of pie with remaining strawberries. Chill at least 1 hour before serving. I keep this in the freezer and thaw slightly before serving. For a different pie, substitute blueberries or peaches in place of the strawberries.

Snack Treat Mix

1/2 c raisins
1/2 c raw pumpkin seeds
1/2 c raw cashews
1/2 c carob chips
1 c roasted, unsalted soybeans
1/2 c raw sunflower seeds

Mix all ingredients in large mixing bowl. Store in sealed container in refrigerator. Makes one pound.

Fruit Squares

1 1/2 c rolled oats
1/2 c whole wheat flour
3/4 c unsweetened coconut
1/2 c fruit juice
1 1/2 c all fruit jam

Preheat oven to 350 degrees. Mix dry ingredients together, then add juice. Stir just until moistened. Put slightly more than half of the crumb mixture in an oiled 5" x 7" baking dish and pat down. Spread fruit jam over this and top with remaining crust. Pat down slightly. Bake for 40 minutes.

Carob Balls

1/2 c carob powder
1/2 c honey
1 c almond or cashew butter
Unsweetened coconut

Mix carob and honey together until well blended. Stir nut butter into this mixture. Wet hands and form into balls. Roll in coconut. Place on a plate and put into freezer. Can be served frozen or cold. Store in a baggy in the freezer.

Banana Ice Cream

Peel ripe bananas and freeze for several hours or overnight. In a Vita-Mix or blender, place 3 to 4 bananas and 1/2 to 3/4 cup of liquid. Can use any fruit juice or nut milk. Blend together on a slow speed. Store in freezer.

Favorite Popsicles

To make popsicles, use your favorite smoothie recipe and pour into a popsicle tray. You can substitute an ice tray. Pour mixture into tray, cover tightly with plastic wrap and poke holes in each cube with a toothpick or popsicle stick. Freeze until firm.

Carob Bark

4 to 5 c carob chips
1/2 c almond butter
1 c sliced almonds

Melt carob chips slightly over low heat in saucepan. Stir in almond butter and continue to melt. Stir in almond slices until evenly coated. Pour onto a baking sheet sprayed with non-stick vegetable spray. Let cool at room temperature or fridge. When hardened, cut into 1 inch square pieces. Store in airtight container.

Golden Macaroons

1 c grated raw carrots, packed
1/2 c water
1/3 c honey
1 1/2 c grated coconut
1/2 c whole wheat flour
1/2 c oats
1 t vanilla

Mix dry ingredients together, then add remaining ingredients. Let sit 10 minutes. Roll into tight balls and drop onto lightly oiled cookie sheet. Bake at 325 degrees for 30 minutes.

Fresh Fruit Pizza

1 large 12 inch whole wheat pizza crust, baked

1/2 c all fruit jam

Sliced fruit: kiwi, peaches, apples, strawberries, mango, etc.

1/4 t cinnamon

Spread jam over pizza crust. Arrange sliced fruit on top of jam. Sprinkle with cinnamon. Warm slightly in 350 degree oven for 15 minutes.