

BRIDGEPOINT CENTER FOR EATING DISORDERS



IT'S NOT ABOUT THE FOOD

THE ULTIMATE "ANTI-DIET" COOKBOOK
TO EMBRACING INTUITIVE EATING

It's about honoring yourself.
It's about getting quiet enough to listen.
It's about loving yourself
exactly where you are at.
It's about sharing your story
and receiving only love in return.
It's about nourishing your soul.
It was **never** about the food.



*I give myself
permission to...*



...TO EAT ALL FOODS WITHOUT SHAME OR MORAL JUDGEMENT

Use this space to fill in your own...



**“HOLD A GRATITUDE
PRACTICE AROUND MEALTIME.”**

A top-down photograph of a diverse selection of fresh ingredients arranged on a light-colored wooden surface. The ingredients include a piece of salmon, a tomato, cherry tomatoes, a bottle of olive oil, a red chili pepper, a purple onion, a fennel bulb, a bunch of green onions, a bunch of green beans, a bunch of asparagus, a small basket of brown and speckled eggs, a loaf of bread, a watermelon slice, a yellow bell pepper, a red bell pepper, a yellow squash, a cantaloupe, a kiwi, a lime, a whole orange, a slice of Swiss cheese, and a small bowl of mixed nuts. The entire scene is framed by dark purple horizontal bars at the top and bottom.

**"HONOR YOUR NEEDS. EAT FOODS YOU
ENJOY. FIND EXCITEMENT IN FOOD"**



BREAKFAST

Baked Steel Cut Oats w/ Blueberries
Breakfast Casserole
Egg Muffins
Granola
Granola Bars
Granola Breakfast Cookies
Old Fashioned Baked Oatmeal

BAKING – MUFFINS & LOAVES

Banana Bread/Muffins
Blueberry Banana Oat Muffins
Bran & Date Muffins
Buttermilk Biscuits
Buttermilk Scones
Cheddar & Green Onion Muffins
Coconut Pineapple Muffins
Coffee Cake Loaf
Date Loaf / Muffins
Gluten Free Blueberry Oat Muffins
Gluten Free Lemon Blueberry Muffins
Gluten Free Orange Cranberry Muffins
Lemon Poppy seed Loaf/Muffins
Orange Cranberry Wheat Germ Muffins
Pineapple Carrot Muffins
Pumpkin Bread/Muffins
Raisin Muffins
Red Lobster Biscuits
Rhubarb Muffins
Shortcake Biscuits
Zucchini Cranberry Muffins

BAKING – CAKES & SQUARES

Apple Cake
Butterscotch Brownies
Boiled Raisin Cake w/ Brown Sugar Icing
Carrot Cake w/ Cream Cheese Frosting
Chocolate Banana Cake
Chocolate Brownies
Gluten Free Lemon Brownies
Lemon Brownies
No Bake Cherry Cheesecake
No Bake Lemon Cheesecake
Puffed Wheat Squares
Pumpkin Cake w/ Orange Glaze
Raspberry Square
Rice Krispie Squares
White Trash Bars (Roseanne Barrs)

BAKING - DESSERTS

Apple Crisp
Apple Pie Enchiladas
Banana Cream Dessert
Bread Pudding
Butter Tarts
Chocolate Rice Pudding
Coconut Rice Pudding
Layered Lemon Dessert
Lemon Cream Dessert
Oreo Cream Dessert
Pistachio Dessert
Pistachio Fluff
Pumpkin Pudding
Rhubarb Meringue Dessert
Rice Pudding
Strawberry Swirl



BAKING – COOKIES

Jumbo Raisin Cookies
Brown Sugar Cookies
Chewy Coconut Cookies
Dad's Cookies
Dishpan Cookies
Dulce de Leche Cookies
Flourless Chocolate Cookies
Haystacks
Hermits
Jello Cookies
Oatmeal Raisin Cookies
Rancher Cookies
Soft Chocolate Chip Cookies
Soft Gingersnap Cookies
Thimble Cookies
Whipped Shortbread Cookies

SALADS

Amish Coleslaw
Bean Salad
Black Bean & Couscous Salad
Black Bean Salad
Broccoli & Cabbage Salad
Broccoli Salad
Couscous Salad
Cranberry Couscous Salad
Cranberry Quinoa Salad
Honey Lime Apple Slaw
Japanese Cabbage Salad
Pasta Salad
Potato Salad
Quinoa & Black Bean Salad
Quinoa Vegetable Salad
Tuna Salad

SOUP

Vegetable Barley Soup
Beef Barley Soup
Carla's Curried Carrot & Coconut Soup
Chicken Barley Soup
Chicken Lemon Rice Soup
Chicken Vegetable Soup
Chunky Lentil & Vegetable Soup
Corn Chowder
Ham & Split Pea Soup
Hamburger Soup
Loaded Baked Potato Soup
Quick French Onion Soup
Sweet Potato Soup
Tomato Soup
Vegetable Chili

SIDES

Baked Loaded Leftover Mashed Potatoes
Baked Mac 'n Cheese
Baked Potato Wedges
Cheesy Scalloped Potatoes
Greek Spinach Pie
Oven Baked Mexican Rice
Roasted Summer Squash
Root Vegetable Fries
Salsa Beans
Sandy's Vegetable Quinoa Pilaf
Savory Bean Casserole
Spinach & Mushroom Casserole
Spinach Balls
Spinach Dip Cold
Spinach Dip Hot

MAIN DISHES

BBQ Chicken Drumsticks

BBQ Sausage Casserole

Beef Chili

Beef Stuffed Jumbo Shells

Black Bean Enchiladas

Cheese & Spinach Stuffed Jumbo Shells

Cheesy Lasagna

Chicken Casserole

Chicken Chili

Chicken Lasagna

Chicken Stew

Chunky Pasta Sauce

Classic Lasagna

Cod Au Gratin

Crisp & Tender Chicken Thighs

Curried Vegetable & Chick Pea Stew

Easy Beef Stroganoff

Japanese Chicken

Lemon Butter Fish Fillets

Lentil Walnut Loaf

Maple Soya Glazed Salmon

Meatballs

Meatloaf

Mushroom Stroganoff

Prairie Stew

Shepherd's Pie

Tacos

Tuna Casserole

Vegan Marinara Sauce



**“AIM FOR SATISFACTION.
EAT WITH COMPASSION
OVER JUDGEMENT”**



BREAKFAST

“ALL FOODS FIT.”

BAKED STEEL CUT OATMEAL

¾ c steel cut oats
½ c toasted almonds
1 t. baking powder
1½ t. cinnamon
1½ c blueberries
2 c whole milk
⅓ c maple syrup
1 egg
3 T. butter
2 t. vanilla

Mix wet ingredients together.

Mix dry ingredients in a separate bowl.

Pour wet ingredients over dry and stir.

Pour into an 8" x 8" square pan (or equivalent). Bake at 375°F for 60 minutes. Check oatmeal at 30 minutes, if it is browning lower the temperature to 350°F for the remaining time.

BREAKFAST CASSEROLE

This is simply an egg and veggie and/or meat casserole.

I usually use a 9" x 13" glass (or corning ware etc) casserole dish or any dish that can go in the oven will work.

Eggs

Milk or cream

Potatoes or bread

VARIATION: some people like this layer to be cubed bread instead of the potatoes, but potatoes are my choice.

Omelet veggies:

minced garlic

diced onion

mushrooms

bell peppers

celery

spinach

tomatoes (cherry/grape tomatoes, diced, sliced etc)

Omelet meat: bacon, ham, sausage etc

Cheese – cheddar and/or mozza

Seasonings of choice: salt, pepper, garlic powder, onion powder, paprika etc

Salsa (optional)

Preheat oven to 350°F.

I start with a layer of shredded or diced fresh potatoes on the bottom of a greased pan. (or you can use frozen hash browns , I've even been known to chop up frozen French fries!).

Then I add layers of onion, minced garlic, bell peppers, mushrooms, spinach, diced or cherry tomatoes – really whatever vegetable you would put in an omelet.

Next I add a layer of diced ham or sausage or bacon – again whatever meat you would use in an omelet. I top it with some diced cheddar or mozza – whatever cheese you would like.

I beat up a dozen eggs, add some milk or cream, and seasonings of your choice – garlic powder, salt, pepper, paprika. This is poured over the top of the casserole. I like to ensure the eggs are almost to the top of the veggies. I then top it with shredded cheese- yes more cheese!

**At this point you can cover with a lid or plastic wrap and refrigerate for up to a day. It is great to use this as a make-ahead breakfast for Christmas, family gatherings – or just because you want a quicker breakfast the next morning. When ready to bake just continue with the instructions below.

Bake at 350°F for at least an hour. A knife inserted into the center should come out clean – not covered in uncooked egg.

Serve right away, by itself or with other breakfast items

BREAKFAST

[HOME](#)

EGG CUPCAKES

Eggs (~1 per muffin tin)

Diced omelet veggies:

minced garlic

diced onion

mushrooms

bell peppers

celery

spinach

tomatoes (cherry/grape tomatoes, diced, sliced etc)

Diced omelet meat: bacon, ham, sausage etc

Shredded and/or diced Cheese

Seasonings of choice: salt, pepper, garlic powder, onion powder, paprika etc.

Preheat oven to 350°F.

Generously spray muffin tins with baking spray or line with parchment liners.

In the bottom of each one place cooked meat of your choice.

Stir fry up onions, garlic and other vegetables you desire.

Evenly spoon vegetables into the muffin tins over the meat layer.

Beat eggs with desired spices/herbs and evenly distribute between the muffin tins.

Top each one with cheese.

Bake for ~ 20 minutes until eggs are set.

Serve immediately.

OPT:

To make vegetarian leave out meat.

For lactose leave out cheese.

BREAKFAST

[HOME](#)

GRANOLA

4 c old fashioned oats (large flake)
4 c quick oats
1½ c brown sugar
2 c slivered almonds
1 c steel cut oats
1 c oat bran
1 c quinoa
1 c pumpkin Seed
1 c flax seed
1 c sunflower seed
½ c sesame seed
½ c chia seed
½ c ground flax
½ c water
1 t vanilla
1 t cinnamon

Preheat oven to 350°F.

Mix all dry ingredients together.

Dissolve brown sugar in water and bring to a boil. Remove from heat and add vanilla and cinnamon.

Pour over dry ingredients and stir well to coat.

Cover a very large or 2 smaller metal pans (I use the really big cookie sheet with edges at BP) with parchment paper.

Pour granola out on prepared pan and smooth evenly.

Bake at 350°F for 30-40 minutes, stirring every 10 minutes. Watch carefully so that it does not burn.

Let cool and store in an airtight container.

NOTE: You can use any combination of nuts and seeds you like

GRANOLA BARS

½ c sugar
2 c brown sugar
1 c margarine
¼ c liquid honey
1 t vanilla
2 eggs
1 c white flour
1 c whole wheat flour
2 t cinnamon
1 t baking soda
½ t salt
1¼ c rice krispies
2 c oats (quick or old fashioned or combination)
1¼ c vector cereal
1 c steel cut oats
1 c pecans, coarsely chopped
1 c almonds, coarsely chopped
1 c dried cranberries
1 c raisins
1 c coconut
OPT 1 c chocolate chips

Cream margarine and sugars. Add honey, vanilla and eggs. Mix well.

In a separate bowl combine flour, cinnamon baking soda and salt. Mix well.

Add dry to wet and mix well.

Add the rest of the ingredients and mix until evenly combined.

Dump onto a large baking sheet covered with parchment paper. Press down firmly and evenly. (I put another layer of parchment paper on top and roll with a rolling pin)

Bake for 20 minutes at 350°F. DO NOT OVERCOOK.

NOTE:

Use any combination of nuts/seeds/fruit as long as it equals the same volume. For instance, when I make nut free I omit the nuts and add 1 ¼ c raisins, 1 ¼ c craisins, 1 ¼ c coconut and 1 ¼ c chocolate chips.

I will also add other ingredients like pumpkin seeds, sunflower seeds, oat bran, wheat bran, quinoa etc.

GRANOLA BREAKFAST COOKIES

1½ c rolled oats
¼ c whole almonds, coarsely chopped
¼ c pecans, coarsely chopped
¼ c pumpkin seeds
¼ c toasted wheat germ
2 T sesame seeds
2 T butter
½ c maple syrup
2 t vanilla
1 c mixed dried fruit, chopped
2 egg whites

Preheat oven to 225°F

Mix oats, nuts, and seeds.

Melt butter with 2T maple syrup.
Remove from heat and stir in vanilla.

Spread evenly on a parchment lined
baking sheet. Bake until golden brown,
stirring occasionally ~ 1 ½ hours.

Remove from oven and transfer to large
bowl.

Stir in remaining syrup, dried fruit and
egg whites.

Coat a 12-muffin tin with non-stick spray.
Press ⅓ c mixture into each and pack
firmly.

Bake until set ~ 45 minutes. Cool on
rack for 15 minutes before removing from
tin.

Store up to 1 month at room temperature
in tightly sealed container.

BREAKFAST

OLD FASHIONED BAKED OATMEAL

3 c quick oats

1 c brown sugar

2 t. baking powder

1 t. salt

1 t. cinnamon

2 eggs

1 c milk

½ c melted butter or margarine

Mix the oats, brown sugar, baking powder, salt and cinnamon.

In a separate bowl beat eggs and milk. Whisk in the melted butter.

Add the milk mixture to the oat mixture and stir well.

Transfer to a greased 9" x 9" square pan.

Bake at 350°F for 40-45 minutes.

BREAKFAST



BAKING

**“ALL FOODS HAVE THE ABILITY TO
NOURISH US. YOU HAVE PERMISSION TO
EAT ALL FOODS.” ”**



**NO FOOD IS “GOOD” OR “BAD.” FOOD
CANNOT HOLD MORAL VALUE.**

BAKE!

Banana Bread / Muffins

1 c sugar

½ c oil

2 eggs

¼ c milk

1 c flour

¾ c whole wheat flour

1 t. Baking powder

1 t. Baking soda

1 t. Vanilla

1 c banana puree

Mix sugar and oil. Add eggs and mix.
Add milk, vanilla and banana. Mix.

Add flour, baking powder and baking
soda. Mix well

Pour into greased pans and bake @
350°F for 45-60 minutes.

****for muffins, bake 15-20 minutes

MUFFINS & LOAVES

BLUEBERRY BANANA OAT MUFFINS

1½ c whole wheat flour

2/3 c brown sugar

1½ t. Baking powder

¼ t. Baking soda

¼ t. Salt

¾ c oats

1 t. Cinnamon

2 mashed bananas

½ c buttermilk

½ c apple sauce

1 t. Vanilla

1½ c frozen blueberries

2 eggs

Preheat oven to 350°F.

Mix bananas, buttermilk, applesauce, vanilla and eggs.

Combine Flour, baking powder, baking soda, salt, oats and cinnamon. Add frozen blueberries.

Add dry to wet and mix.

Scoop into greased muffin tins. Bake for 25 minutes.

BRAN MUFFINS w/ DATES

¾ c oil

2½ c white sugar

3 eggs

3 c buttermilk

3 c bran

2 c flour

2 c whole wheat flour

2½ t baking powder

1½ c dates*

1 T baking soda

¼ c boiling water

Mix oil and sugar.

Add eggs and mix.

Add buttermilk and mix.

Add bran, flours, baking powder and dates/raisins. Mix.

Mix 1 T soda with ¼ c boiling water and add to mixture.

Mix well

Store in fridge 24 hours before baking.

Bake 20 min @ 350°F.

Batter will keep 1 month in fridge.

*you can use raisins instead, or a combination

MUFFINS & LOAVES

BUTTERMILK BISCUITS

2 c flour
2½ t. baking powder
½ t. salt
5 T chilled butter, cut into small pieces
¾ c buttermilk
3 T honey

Preheat oven to 400°F.

Combine flour, baking powder, and salt in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Chill 10 minutes.

Combine buttermilk and honey, stirring with a whisk until well blended. Add buttermilk mixture to flour mixture; stir just until moist.

Turn dough out onto a lightly floured surface; knead lightly 4 times. Roll dough into a (½" thick) 9 x 5-inch rectangle; dust top of dough with flour. Fold dough crosswise into thirds (as if folding a piece of ½"t hick) 9 x 5-inch rectangle; dust top of dough with flour. Fold dough crosswise into thirds; gently roll or pat to a ¾" thickness.

Cut dough with a 1 ¾" biscuit cutter to form 14 dough rounds. Place dough rounds, 1" apart, on a baking sheet lined with parchment paper.

Bake at 400°F for 12 minutes or until golden. Remove from pan; cool 2 minutes on wire racks. Serve warm.

Spiced Pumpkin Biscuits: Add 1 ¼ t pumpkin pie spice to flour mixture. Decrease buttermilk to ⅓ c; add ¾ c canned pumpkin to buttermilk mixture. Bake at 400°F for 14 minutes. Yield: 14 servings (serving size: 1 biscuit).

MUFFINS & LOAVES

BUTTERMILK SCONES

3 c flour

½ c sugar

1 t. Salt

1½ t. Baking powder

½ t. Baking soda

¾ c butter

1 c buttermilk

½ c currants

Heavy cream

Combine flour, sugar, salt, baking powder and baking soda. Add butter and mix to a coarse meal.

Add buttermilk and mix to just moistened. Add currants.

Transfer to a floured board and divide in 2. Roll to ¾" circles. Cut into 8 wedges each.

Place on greased baking sheet. Brush tops with cream.

Bake @400°F for 15 minutes.

MUFFINS & LOAVES

CHEDDAR & GREEN ONION MUFFINS

1¾ c flour
¼ c yellow cornmeal
1 t. baking powder
½ t. salt
¼ t. baking soda
¼ t. freshly ground black pepper
½ c shredded cheddar cheese
3 T chilled butter, cut into pieces
1¼ c fat-free buttermilk
2 T chopped green onions
1 t. minced garlic
1 large egg, lightly beaten
Cooking spray

Preheat oven to 375°F

Lightly spoon flour into dry measuring cup and level with a knife. Combine flour and the next 5 ingredients (through pepper) in a food processor; pulse 3 times to combine.

Add cheese and butter; pulse 5 times or until mixture resembles coarse crumbs. Spoon mixture into a medium bowl.

Combine buttermilk, onions, garlic, and egg; stir with a whisk. Add to flour mixture, stirring just until moist. Spoon batter into 12 muffin cups coated with cooking spray.

Bake at 375°F for 18 minutes or until a wooden pick inserted in center comes out clean.

Cool for 5 minutes in pan on a wire rack; remove from pan. Cool completely on a wire rack.

COCONUT PINEAPPLE MUFFINS

¼ c oil
½ c sugar
1 egg
1 c sour cream
1 c crushed pineapple, drained
½ c coconut
1 c flour
¾ c oats
1 t. Baking powder
½ t. Baking soda
½ t. Salt

Preheat oven to 350°F.

Combine sugar and oil. Add egg and beat. Add sour cream and pineapple.

Combine flour, oats, baking powder, baking soda, salt. Mix in coconut.

Add dry to wet and mix well. Fill muffin tins and bake about 15-20 minutes.

COFFEE CAKE LOAF

1 c butter

2 c sugar

2 large eggs

2 c buttermilk

4 c flour

2 t. baking soda

Cinnamon & Brown Sugar mixture

Cream together butter, sugar, and egg.

Add milk, flour, and baking soda.

Put $\frac{1}{2}$ of batter (or a little less) into greased loaf pans.

Sprinkle $\frac{3}{4}$ of cinnamon mixture on top of the $\frac{1}{2}$ batter.

Add remaining batter to pans.

Sprinkle with last of cinnamon topping. Swirl with a knife.

Bake at 350°F for 45-50 min. or until toothpick tester come clean.

Cool on wire rack for 20 minutes before removing from pan.

Makes 3 loaves

MUFFINS & LOAVES

DATE LOAF

1 c boiling water
1 c dates
1 t. Baking soda
1 c sugar
½ c oil
1 egg
1½ c flour
1 t. Salt
1 t. Vanilla
4 t. Butter
½ c brown sugar
2 T milk (canned)
1 c chopped walnuts

Preheat oven to 350°F. Grease loaf pans.

Combine boiling water, dates and baking soda. Let stand until cooled.

Combine oil and sugar. Add egg and vanilla and mix.

Add flour and salt, mix well. Add date mixture and mix well.

Bake at 350°F for 45 to 50 minutes, or until a toothpick inserted into the center of the loaves comes out clean. Cool loaves in the pans for 10 minutes before removing to a wire rack.

Heat butter in a saucepan. Add brown sugar and milk. Bring to a boil and remove from heat. Add walnuts.

Top each loaf with the walnut-brown sugar icing.

Let cool before slicing.

I have made this recipe into muffins as is, cook about 15-20 minutes instead and I do not ice them.

GLUTEN FREE BLUEBERRY OAT MUFFINS

2 eggs

$\frac{2}{3}$ c brown sugar

$\frac{1}{2}$ c almond milk (I have used coconut milk, or cows milk works too)

$\frac{1}{2}$ c canola oil

1 c gluten free flour

$\frac{1}{4}$ t xanthan gum

$\frac{3}{4}$ c oats

1 tsp. Baking Powder

$\frac{1}{2}$ tsp. baking soda

$\frac{1}{2}$ tsp. salt

1 tsp. cinnamon

1 c frozen blueberries

Combine wet ingredients. Combine dry ingredients. Add blueberries to the dry ingredient and mix. Add all to the wet mixture and stir until well combined.

Transfer to 12 paper-lined muffin tin cups.

Bake @ 400°F for 20 minutes.

GLUTEN FREE LEMON BLUEBERRY MUFFINS

3 eggs

½ c margarine, melted

¾ c buttermilk

1 t vanilla

2 c gluten free flour

1 t xanthan gum

1 t BP

½ t BS

½ t salt

½ c sugar

¼ c brown sugar

1 t lemon extract

1 c frozen blueberries.

Combine dry ingredients together, mix well.

Whisk together the buttermilk and eggs. Slowly whisk in the melted margarine until well combined.

Create a well in the middle of the dry ingredients and pour in the wet. Mix until just combined.

Add lemon extract and blueberries and mix until just incorporated.

Fill paper lined muffin tins equally (I used an ice cream scoop and made 18)

Bake at 350°F for 20 – 30 minutes until a toothpick inserted in the center comes out clean.

Cool completely before storing in an air tight container.

GLUTEN FREE CRANBERRY ORANGE MUFFINS

2 eggs
½ c brown sugar
¼ c canola oil
¾ orange juice
1 t vanilla
1 c gluten free flour
¼ t xanthan gum
1 t BP
½ t BS
½ t salt
Zest from one orange
1 c frozen cranberries (do not thaw)

Beat eggs, sugar milk and oil for 2 minutes. Add orange juice and vanilla and mix well.

Combine dry ingredients. Mix well. Add cranberries and orange zest.

Add dry mixture to wet and stir until well mixed.

Fill paper-lined muffin tins. Bake at 375°F for about 25 minutes.

Makes 12 muffins

Lemon Poppyseed Bread

3 c flour
1½ t. salt
1½ t. baking powder
2 T poppy seeds
2½ c white sugar
1 c + 2T vegetable oil
3 eggs
1½ c milk
1½ t. vanilla extract
1½ t. lemon extract
Glaze:
¼ c lemon juice
¾ c white sugar
½ t. lemon extract

Preheat oven to 350°F. Grease three 8x4 inch bread pans.

In a large mixing bowl, stir together the flour, salt, baking powder, poppy seeds and 2½ cups white sugar.

Add the eggs, milk, oil, vanilla and lemon extract; mix until smooth, about 1 minute. Pour batter evenly into the prepared pans.

Bake at 350°F for 50 to 55 minutes, or until a toothpick inserted into the center of the loaves comes out clean. Cool loaves in the pans for 10 minutes before removing to a wire rack. Poke holes in top of loaves with a fork.

Combine lemon juice with remaining ¾ c sugar and lemon extract; stir well. Pour this mixture over the loaf while it is still hot. Allow loaf to cool completely before serving.

*** For muffins add an additional ½ - 1 c flour and cook 15-20 minutes. Glaze the same.

ORANGE CRANBERRY WHEAT GERM MUFFINS

1½ c flour
½ c wheat germ
1 c frozen cranberries
2 T sugar
1 t. Baking powder
½ t. Baking soda
¼ t. Salt
1 t. Cinnamon
¼ t. Nutmeg
¾ c brown sugar
¼ c oil
1 t. Orange zest
½ c fresh orange juice
2 eggs

Preheat oven to 375°F.

Mix brown sugar and oil. Add egg, orange juice and zest.

Mix together flour, wheat germ, sugar, baking powder, baking soda, salt, cinnamon and nutmeg. Mix in frozen cranberries.

Add to wet mixture and mix. Scoop into greased muffin tins. Bake about 17 minutes at 375°F.

PINEAPPLE & CARROT MUFFINS

½ c white sugar

½ c brown sugar

²/₃ c oil

2 eggs

1 t. Vanilla

1½ c flour

½ t. Salt

1 t. Cinnamon

1 t. Baking powder

1 t. Baking soda

1 – 14 oz can crushed pineapple, drained

1 c grated carrots

Preheat oven to 350°F.

Mix oil and sugars. Beat in eggs. Add vanilla.

Mix together flour, salt, cinnamon, baking powder and baking soda.

Add to egg mixture. Mix in pineapple and carrots.

Fill greased muffin tins ³/₄ full. Bake for 20-25 minutes.

PUMPKIN BREAD/MUFFINS

2 c pumpkin puree
4 eggs
1 c canola oil
 $\frac{2}{3}$ c water
3 c white sugar
 $3\frac{1}{2}$ c flour
2 t. Baking soda
 $1\frac{1}{2}$ t. Salt
2 t. Cinnamon (heaping)
1 t. Nutmeg
1 t. Cloves
 $\frac{1}{2}$ t. ginger

Preheat oven to 350°F. Lightly grease three 7x3 inch loaf pans.

(If making muffins, line muffin cups with paper liners)

In a large bowl mix together pumpkin, eggs, oil, water and sugar until well blended.

In a separate bowl, whisk together flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger.

Stir the dry ingredients into the pumpkin mixture until just blended. Pour into prepared pans.
(If making muffins, use an ice cream scoop to fill paper lined muffin tins)

Bake about 50 minutes, or until a toothpick inserted in the center comes out clean.

(For muffins bake 15-20 minutes.)

Cool on wire racks

RAISIN MUFFINS

1½ c flour

½ c raisins

½ c margarine

²/₃ c brown sugar

1½ c water

1 egg

1 t. Baking powder

1 t. cinnamon

¼ t. Salt

1 t. Vanilla

1 t. Baking soda

Preheat oven to 350°F.

Boil raisins and water. Cool and add baking soda.

Cream margarine and brown sugar. Add egg and mix. Add vanilla and cooled raisins mixture.

Combine flour, baking powder, salt and baking soda.

Add dry to wet and mix. Scoop into prepared muffin tins.

Bake for ~20 minutes

RED LOBSTER BISCUITS

1½ c flour
1 T sugar
2½ t. Baking powder
½ t. Salt
¼ c butter
1 egg, beaten
½ c milk
½ c grated cheese
¼ c butter
¾ t. Garlic salt
¾ t. dried parsley

Preheat oven to 450°F.

Mix flour, sugar, baking powder and salt. Cut in ¼ c butter until it resembles a crumble.

In small bowl beat egg and milk. Pour into flour and stir. Mixture should be sticky, if not add more milk. Mix in cheese.

Drop by spoonful on greased cookie sheet. Bake 10-12 minutes.

Melt ¼ c butter with garlic salt and parsley and brush over hot biscuits.

MUFFINS & LOAVES

RHUBARB MUFFINS

2½ c flour

1 t. Baking soda

½ t. Salt

1¼ c brown sugar

½ c oil

1 egg

1 c buttermilk

1 t. Vanilla

2 c rhubarb

Topping:

½ c brown sugar

1 T butter, melted

½ t. cinnamon

Preheat oven to 350°F.

Blend sugar and oil. Whisk in egg, buttermilk and vanilla.

Combine flour, baking soda and salt.

Add dry to wet and mix. Mix in Rhubarb. Do not overmix.

Scoop into prepared muffin tins.

Combine topping mix: ½ c brown sugar, 1 T melted butter and ½ t. Cinnamon.

Sprinkle topping mixture over muffin batter in tins.

Bake for 20-25 minutes.

SHORTCAKE BISCUITS

6 c flour

½ c sugar

4 t. baking powder

2 t. salt

1½ T chilled butter, cut into small pieces

2 c buttermilk

Buttermilk or cream

Coarse sugar

Preheat oven to 425°F.

Combine flour, sugar, baking powder, and salt in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.

Add buttermilk to flour mixture; stir just until moist.

Turn dough out onto a lightly floured surface; knead lightly 4 times. Roll dough into a ball; dust top of dough with flour. Roll out ½" thick.

Cut into 3" rounds. Place dough rounds, 1" apart, on a baking sheet lined with parchment paper. Reroll as necessary.

Brush with cream or buttermilk and sprinkle with coarse sugar.

Bake at 425°F for 15 minutes or until golden. Remove from pan; cool 10 minutes on wire racks. Serve warm.

MUFFINS & LOAVES

ZUCCHINI CRANBERRY MUFFINS

6 T flour
¼ c brown sugar
2 T butter
½ c margarine
1 c sugar
1 egg
1½ t. Vanilla
1½ c flour
1½ t. Baking powder
½ t. Baking soda
¼ t. Salt
1 c grated zucchini
1 c cranberries
½ c walnuts

Preheat oven to 375°F.

Topping: Mix 6 tablespoons flour and brown sugar together in a bowl; cut butter into the flour mixture until you have pea-sized crumbs. Set aside.

Beat margarine and white sugar with an electric mixer in a large bowl until light and fluffy. Beat egg and vanilla into the butter mixture.

Mix 1½ c flour, baking powder, baking soda, and salt together in a separate bowl; gradually beat into the butter mixture. Fold zucchini, cranberries, and walnuts into the mixture; spoon into prepared muffin cups, filling nearly to the top. Sprinkle topping mixture onto the batter.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 25 minutes.



**“NOT ALL MEALS ARE
PERFECT OR PRETTY.”**

APPLE CAKE

1 c brown sugar

2 T hot water

1 t. baking soda

¼ c butter

1 egg

1 c flour

1 t cinnamon

½ t nutmeg

2 c diced apples

½ c nuts (OPT)

Mix hot water and baking soda. Add brown sugar, butter and egg. Cream together.

Add flour, cinnamon and nutmeg. Mix

Stir in apple and nuts if using.

Bake in 8" square pan @ 350°F for 30-40 minutes until done.

BOILED RAISIN CAKE w/ BROWN SUGAR ICING

2 c raisins

2 c water

1 c brown sugar

$\frac{2}{3}$ c butter

2 eggs

1 t. Cinnamon

1 t baking soda

1 t. Baking powder

$\frac{1}{2}$ t. Nutmeg

$\frac{1}{2}$ t. Cloves

1 T cornstarch

$1\frac{1}{2}$ c flour

Preheat oven to 350°F.

Combine raisins and water. Bring to a boil. Drain, reserving $\frac{2}{3}$ c water. Cool.

Cream sugar and butter. Add eggs and beat. Combine dry ingredients. Add together with the raisin water.

Stir in raisins.

Pour into greased 13" x 9" pan and bake for 45 minutes.

Frost cooled cake with brown sugar icing.

BUTTERSCOTCH BROWNIES

½ c butter

1 egg

1 c brown sugar

¾ c all-purpose flour

1 T vanilla

½ t salt

1 c butterscotch chips (½ 300g pkg)

1 t BP

Preheat oven to 350°F.

Grease a 9-inch square baking pan.

In a medium saucepan, melt butter. Remove from heat and stir in brown sugar. Beat with a spoon to remove any lumps. Add the egg and beat in to incorporate.

Add salt, vanilla and baking powder, stirring to incorporate. Add flour and stir until well combined.

Pour into prepared pan.

Bake for about 25 minutes. Remove from oven and cool in pan on a wire rack.

CARROT CAKE w/ CREAM CHEESE FROSTING

4 eggs
2 c sugar
3 c grated carrots
½ c oil
2 c flour
2 t. Baking soda
1 t. Cinnamon
1 – 2lb box icing sugar
½ c cream cheese (~ ½ square)
¼ c butter
1 t. Vanilla

Beat eggs and then add sugar and oil. Mix. Add carrots and mix. Combine flour, baking soda and cinnamon and add to the egg mixture. Mix well.

Pour into a 9" x 13" pan.

Bake at 350°F for 30-35 minutes until a toothpick inserted in the center comes out clean. (longer time is needed if recipe is doubled)

Cool on wire rack.

Cream butter and cream cheese until smooth. Add icing sugar until it reaches the consistency you want for spreading. Mix in vanilla.

Spread on cooled cake.

***I double this recipe for BP and use a glass pan that is larger than the 9" X 13" pan.*

CHOCOLATE BANANA CAKE

1 c butter
2 c sugar
2 eggs
1 c mashed banana
1 t. Vanilla
 $\frac{1}{3}$ c sour cream
 $2\frac{1}{2}$ c flour
2 t. Baking soda
 $\frac{1}{4}$ t. Salt
1 c boiled water
1 c cocoa

Preheat oven to 350°F.

Cream butter and sugar. Add eggs and mix well. Add banana, sour cream and vanilla.

Combine flour, baking soda and salt.

Combine boiled water and cocoa.

Add flour mixture and cocoa mixture to butter mixture a bit at a time, alternating.

Pour into a greased 9" x 13" pan.

Bake at 350°F for 1 hour.

Cool completely before frosting.

CHEWY BROWNIES

1½ c butter

3 c sugar

1½ c cocoa

6 eggs

1½ c flour

OPT:

2 c chocolate chips

or

2 c chocolate chunks

Preheat oven to 350°F.

Melt butter. Remove from heat and stir in sugar.

Once combined, mix in cocoa.

Beat eggs and add, mixing very well.

Add flour and mix until just combined.

Line the bottom of a 9" x 13" pan with parchment paper.

Pour batter into pan and spread evenly.

Bake for 30-35 minutes, until a toothpick comes out with a few pieces – DO NOT OVERCOOK.

Remove from oven and put on cooling rack. Dust with a mixture of icing sugar and cocoa.

Cool completely before cutting into squares.

OPT

You can add in 2 c of chocolate chips to the batter after the eggs are mixed in.

Or

You can sprinkle 2 c chocolate chunks on top before baking. The chocolate chunks will sink right into the top of the batter.

CAKES & SQUARES

GLUTEN FREE LEMON BROWNIES

¾ c gluten free flour
¼ t xanthan gum
2 T corn starch
3 T finely ground nonfat dry milk powder
¼ t baking powder
¼ t salt
14 c sugar
1 T lemon zest or ½ t lemon extract
2 T lemon juice
3 egg whites
1 egg
¼ c butter or margarine
GLAZE:
⅓ c icing sugar
2 t lemon zest or 1 t lemon extract
1-2 t lemon juice (as needed)

Preheat oven to 325°F.

Combine dry ingredients together, mix well.

Mix together zest or extract, lemon juice egg whites an eggs and melted butter.

Create a well in the center of the dry ingredients.

Add egg mixture to dry in 3 parts, mixing after each addition.

Bake at 325°F for ~20 minutes until cooked. DO NOT OVERCOOK.

Cool completely before glazing.

GLAZE:

Add icing sugar, lemon zest or extract and 1 t lemon juice. Mix into a paste. Add lemon juice, ½ t at a time, mixing after each, until glaze falls off the spoon very slowly.

Pour glaze over cooked brownies.

Lemon Brownies

2 c all-purpose flour
1½ c sugar
½ t salt
½ t baking powder
2 T lemon zest
1 c butter, melted and cooled
4 large eggs
2 large egg yolks
6 T fresh lemon juice
2 t vanilla extract
GLAZE:
1½ c powdered sugar
2 T fresh lemon juice
1 t lemon zest

Preheat the oven to 350°F.

Spray a 9"x13" pan with non-stick coating.

In a large bowl, whisk together the flour, sugar, salt, baking powder, and lemon zest.

In a separate bowl or large liquid measuring cup, whisk together the butter, eggs, egg yolks, lemon juice, and vanilla.

Add the wet ingredients to the flour mixture and stir until combined. Pour the batter into the prepared pan and spread evenly.

Bake for 25-28 minutes, until a toothpick inserted in the center comes out clean or with moist crumbs, and the top of the brownies springs back lightly when gently pressed. **Don't over bake or they will be dry.**

For the glaze, whisk together powdered sugar, lemon juice, and lemon zest until smooth and combined.

Let the bars cool completely in the pan, then drizzle the glaze over the top and use an offset spatula to spread evenly. Place the bars in the refrigerator for 1-2 hours to let the glaze set. Cut into small squares and serve. (These are best chilled, but can also be served at room temperature.)

CAKES & SQUARES

NO BAKE CHERRY CHEESECAKE

3 c graham crumbs
½ c sugar
1 c margarine or butter
1 package cherry Jell-O
2 packages cream cheese softened
1 c icing sugar
1 t vanilla extract
2 T sour cream
1 container cool whip, softened
1 t almond extract
2 cans cherry pie filling

Combine graham crumbs, sugar and butter. Mix until blended and press onto the bottom of a 9"x13" pan.

Pour Jello mix into 1 c hot water and stir well. Set aside to cool.

Meanwhile, beat cream cheese and powdered sugar together until smooth and well-combined.

Add sour cream and mix well. Mix in almond extract.

When jello mixture has cooled, gradually pour into cream cheese mixture. Mix slowly at first (to avoid splashing) and then increase speed until mixture is completely combined (pause to scrape down sides of the bowl periodically). Stir very well.

Fold cool whip into cheesecake mixture until well-combined. Fold in lemon zest, if using.

Pour over graham crust and transfer to refrigerator for at least 6 hours or overnight to chill.

Before serving top with pie filling.

If desired, serve with whipped cream.

NO BAKE LEMON CHEESECAKE

3 c graham crumbs
½ c sugar
1 c margarine or butter
1 package lemon Jell-O
2 packages cream cheese softened
1 c icing sugar
1 t vanilla extract
2 T sour cream
1 container cool whip, softened
1 T freshly grated lemon zest

Combine graham crumbs, sugar and butter. Mix until blended and press onto the bottom of a 9"x13" pan.

Pour Lemon Jello gelatin mix into 1 c hot water and stir well. Set aside to cool.

Meanwhile, beat cream cheese and powdered sugar together until smooth and well-combined.

Add sour cream and mix well.

Mix in vanilla extract.

When jello mixture has cooled, gradually pour into cream cheese mixture. Mix slowly at first (to avoid splashing) and then increase speed until mixture is completely combined (pause to scrape down sides of the bowl periodically). Stir very well.

Fold cool whip into cheesecake mixture until well-combined. Fold in lemon zest, if using.

Pour over graham cracker crust and transfer to refrigerator for at least 6 hours or overnight to chill.

If desired, top with whipped cream before cutting and serving

PUFFED WHEAT SQUARES

½ c margarine

½ c cane or corn syrup

1 c brown sugar

2 T cocoa

1 t. Vanilla

8 c puffed wheat

Melt margarine, syrup, brown sugar and cocoa in a saucepan. Bring to a boil and remove from heat. Add vanilla and mix.

Add puffed wheat and mix until wheat is coated.

Put in a buttered 9" x 13" pan and pat down with buttered hands.

Cool before cutting into squares.

PUMPKIN CAKE w/ ORANGE GLAZE

2 c firmly packed light brown sugar

¾ c butter or margarine

4 eggs

2 c pumpkin

¼ c water

2½ c cake flour

4 t. baking powder

1 T pumpkin pie spice

1½ t. baking soda

1 t. salt

½ c chopped walnuts

½ c raisins

Glaze

1 c confectioners' sugar

¾ t. orange zest

4 t. orange juice

additional chopped walnuts (optional)

Grease a 12 c Bundt pan. (I used an angel food pan)

Combine brown sugar and shortening in large bowl. Beat on low speed until creamy. Add the eggs one a time, beating well after each addition.

Stir in the pumpkin and water.

Combine the flour, baking powder, pumpkin pie spice, baking soda, and the salt in a medium bowl.

Add to the pumpkin mixture, beating at low speed until well blended. Beat for 2 minutes at medium speed.

Fold in the ½ c of walnuts and raisins. Spoon into the pan.

Bake for 55-60 minutes. @350°F

Cool for 10 minutes before removing from the pan. Place cake on serving plate.

For the glaze, combine the sugar, orange peel and orange juice. Stir with a spoon until well blended.

Spoon over top of the cake, letting the excess glaze run down the sides of the cake. Sprinkle with additional nuts before the glaze hardens.

RASPBERRY SQUARES

1 c flour
1 T milk
1 egg
½ t. Salt
1 t. Baking powder
½ c butter
Raspberry jam
1 c sugar
¼ c melted butter
1 t. Vanilla
½ c coconut
1 egg, beaten

Mix flour, milk, egg, salt, butter and baking powder like a pie dough.

Roll into a 9" x 13" pan. (I just press it into the pan)

Spread a thin layer of jam on top.

Mix sugar, butter, vanilla, coconut and egg well.

Spread over jam.

Bake at 350°F for 25 minutes.

Cut into squares while still warm

RICE KRISPIE SQUARES

½ c margarine

10 c mini marshmallows

12 c rice krispies

2 t. Vanilla

Melt margarine in a large saucepan. Stir in marshmallows and continue to stir until marshmallows have melted.

Remove from heat and add vanilla.

Pour in rice krispies and mix until all rice is coated.

Pour into a greased pan and pat down with greased hands.

Cool before cutting.

WHITE TRASH BARS (Roseanne Barrs)

2 sleeves Ritz crackers (60 crackers)

1½ c toffee bits (skor)

1 can sweetened condensed milk

Preheat oven to 350°F.

Grease an 8x8" pan with cooking spray.

Crush ritz crackers in a large Ziploc bag.

Put toffee bits and crushed crackers in a bowl. Pour entire can of sweetened condensed milk into cracker mixture.

Stir until evenly mixed, press gently into pan

Bake 15-20 minutes until edges start to become golden.

Remove and allow to completely cook.

When cooled dust with powdered sugar if desired.

Cut into squares.



**“EAT IN COMMUNITY WHEN POSSIBLE.
FOOD CAN FUEL CONNECTION.”**

Apple Crisp

Topping:

1 c margarine

1 c oats (quick or large flake)

1 c whole wheat flour

1 c brown sugar

cinnamon

Filling:

Apples (~10 c)

Lemon Juice

1 c Apple Juice

2 tablespoons Corn Starch

Combine margarine, oats, flour and brown sugar until crumbly.

Peel, core and slice enough apples to fill a 3 quart baking dish. (I use a 9" x13" pan or larger oval baking dish). Lightly grease baking dish.

Toss apples with lemon juice. Place in baking dish. Combine apple juice and corn starch. Pour over apples.

Sprinkle topping over apples. Sprinkle top with cinnamon.

Bake at 350°F until apples are tender, about 45 minutes-1 hour.

APPLE PIE ENCHILADAS

Large soft tortillas, flour or wheat

Apple pie filling

Cinnamon

½ c butter

½ c sugar

½ c brown sugar

½ c water

1 t. vanilla

Place tortillas flat on counter.

Spoon $\frac{1}{3}$ - $\frac{1}{2}$ c pie filling evenly down the center of each tortilla.

Sprinkle with cinnamon and roll up, tucking in edges.

Place seam side down in baking dish.

Bring to a boil, over medium heat, the sugars, butter, and water, stirring constantly. Reduce heat and simmer 3 minutes.

Remove from heat and stir in vanilla.

Pour sauce over enchiladas and let stand at least 45 minutes. (the sauce should almost cover the enchiladas, more is OK) The longer you let them stand before baking, the more like a pastry dough the tortillas become.

Bake in preheated oven at 350°F for 30 minutes, or until golden.

Variation – you can use any type of pie fruit filling, but apples or peaches are the best. Omit cinnamon if fruit does not go well with it.

BANANA CREAM DESSERT

3 c graham crumbs

½ c sugar

1 c margarine or butter

4-6 bananas

½ c lemon juice

1 large container sour cream or plain
Greek yogurt, or combination of the two

2 small boxes vanilla pudding

1 container cool whip

Combine graham crumbs, sugar and butter. Mix until blended and press onto the bottom of a 9"x13" pan.

Beat pudding and sour cream/yogurt for 2 minutes until smooth. You may need to use more sour cream/yogurt to get the right consistency.

Fold in cool whip.

Slice bananas into lemon juice, drain and arrange on graham crust in a single layer.

Pour pudding mixture over top, ensuring all sides are sealed to the edges (to help stop bananas from browning)

If desired, sprinkle with skor bits, chopped pecans, mini chocolate chips, mini reeses pieces etc to garnish.

Chill 6 hours or overnight.

BREAD PUDDING

6 c cubed bread (or use raisin bread)

4 c milk

1 c brown sugar

1 c melted butter or margarine

6 eggs

4 t. Vanilla

1 c raisins (omit if using raisin bread)

OPT

2 t Cinnamon

1 ½ t brandy extract

Arrange bread in a 6-8 c baking dish. Add milk to bread and let sit for bread to absorb milk.

Sprinkle raisins over top of bread if using (and not using raisin bread).

In separate bowl combine remaining ingredients. Beat well and then pour over bread.

Bake at 350°F for 45 minutes-1 hour

DESSERTS

BUTTER TARTS

1½ c brown sugar

2 eggs

½ c butter, melted

2 c raisins

2 T heavy cream (I use ½ & ½)

(OPT) 1 c chopped walnuts or pecans

30 unbaked tart shells

1t rum or brandy extract

Cream butter and sugar. Add eggs and cream and mix well. Add melted butter and cream and mix well.

Put a few raisins in the bottom of each tart shell. If using, add nuts into the tart shells too.

Fill tart shells ½ full and bake @ 325°F for 25-30 minutes. Watch carefully so they do not burn.

CHOCOLATE RICE PUDDING

4 c cooked rice

2 cans (3c) full fat coconut milk

$\frac{2}{3}$ c brown sugar

6 T cocoa

2 eggs

1 c chocolate chips

Mix everything together and heat in a double boiler or on low heat, stirring continually, until thickened.

COCONUT RICE PUDDING

2½ c cooked rice

1½ c coconut milk

¼ c brown sugar

1 T oil

1 t vanilla

6 T raisins

1 t cinnamon

¼ c shredded coconut

Combine everything except coconut. Pour into a greased dish. Sprinkle with coconut.

Bake at 325°F for 45-50 minutes until middle is set and top is lightly brown.

DESSERTS

LAYERED LEMON DESSERT

24 graham wafers

1 can evaporated milk (**FULL fat, not skim**)

1 can sweetened condensed milk

Juice of 2 lemons to equal $\frac{1}{2}$ c

Lemon zest

Mix together evaporated milk and sweetened condensed milk. **Be sure you DO NOT USE low fat as it will not work.**

Add lemon juice and stir until thickened like pudding. Mix in zest.

Arrange 6 graham wafers on bottom of pan.

Cover with $\frac{1}{3}$ of the milk mixture.

Repeat twice, ending in graham wafers.

Garnish with lemon twists.

Refrigerate overnight.

Store in refrigerator

LEMON CREAM DESSERT

3 c graham crumbs

½ c sugar

1 c margarine or butter

Lemon pie filling

1 large container sour cream or plain
Greek yogurt, or combination of the two

2 small boxes lemon pudding

1 t lemon extract

1 container cool whip

Lemon zest

Combine graham crumbs, sugar and butter. Mix until blended and press onto the bottom of a 9"x13" pan.

Make lemon pie filling as per package instructions. Pour over graham crust and set aside to cool.

Beat lemon pudding and sour cream/yogurt for 2 minutes until smooth. You may need to use more sour cream/yogurt to get the right consistency. Mix in 1 t lemon extract.

Fold in cool whip.

Pour pudding mixture over top of pie filling.

Sprinkle with lemon zest to garnish if desired.

Chill 6 hours or overnight.

OREO CREAM DESSERT

1 package Oreo cookies
½ package cream cheese (room temp)
½ t vanilla
2¼ c whipping cream
¼ c powdered sugar
OPT chocolate kisses for garnish

Twist apart Oreo cookies and scrape out the cream filling into a bowl. Set aside the cookies until later. Beat cream filling until smooth.

Add cream cheese and beat until smooth.

Add vanilla and beat until incorporated.

Slowly add ½ c whipping cream and beat until smooth.

Scrape down sides and add another ½ c whipping cream. Beat until smooth. Scrape down sides.

Add the remaining whipping cream and beat until soft peaks form.

To assemble put a small amount of the whipping cream mixture in the bottom of a serving dish. Put a single layer of Oreo cookies down. Cover with a layer of the whipping cream mixture.

Repeat steps until all Oreo cookies and whipping cream are finished, ending with a layer of whipping cream mixture.

Garnish with chocolate kisses if desired.

Refrigerate for 6 hours or overnight, to let the cookies soften, before serving.

PISTACHIO DESSERT

1½ c graham water crumbs

6 T melted butter

1/3 c sugar

1 package cream cheese, room temperature

3 c milk

2 pkgs pistachio instant pudding

1 container cool whip, thawed

Combine crumbs, butter and sugar. Press into the bottom of a 9" x 13" pan.

Beat cream cheese with ¼ c milk on low speed until smooth. Add remaining milk and pudding powder. Beat ~2 minutes or until smooth and slightly thickened.

Spread pudding mixture over graham crust.

Carefully top with cool whip and smooth.

Refrigerate at least 1 hour before serving.

PISTACHIO FLUFF

2 pkgs pistachio instant pudding

1 can crushed pineapple, not drained

1½ c mini marshmallows

2 C cool whip, thawed

Combine pudding mix and crushed pineapple until well blended.

Fold in cool whip and marshmallows.

Cover and refrigerate at least 4 hours.

DESSERTS

PUMPKIN PUDDING

1 – 796 ml can pumpkin

2 c brown sugar

2 T flour

1 t salt

2 t ginger

2 t cinnamon

½ t nutmeg

6 eggs

⅓ c orange juice

2⅓ c evaporated milk or cream

Combine pumpkin, sugar, flour, salt and spices.

Beat eggs slightly and add to pumpkin mixture.

Stir in milk and orange juice.

Pour into a greased 10" x 15" pan.

Bake at 425°F for 15 minutes, then reduce temperature to 325°F and bake for 45 minutes-1 hour, until a knife inserted in the center comes out clean.

Serve with whip cream or cool whip

RHUBARB MERINGUE DESSERT

1 c butter or margarine

2 c flour

2 T sugar

5 eggs, separated

2 c sugar

¼ c flour

½ t. Salt

1 c half & half cream

4 c sliced rhubarb (**If frozen dust with ¼ c flour before using)

$\frac{2}{3}$ c sugar

2 t. vanilla

$\frac{2}{3}$ c flaked coconut

Combine butter, 2 c flour and 2 T sugar. Press into a 9" x 13" pan. Bake at 350°F for 10 minutes.

Beat egg yolks, 2 c sugar, ¼ c flour, salt and cream. Stir in rhubarb.

Pour over hot crust. Bake 45 minutes.

Beat egg whites until frothy. Add sugar 1T at a time while beating until meringue is thick, stiff and glossy. Beat in vanilla.

Spread over rhubarb. Sprinkle with coconut.

Bake 10 minutes or until meringue is set and a light brown.

RICE PUDDING

6 eggs
3 c milk or light cream
1 c brown sugar
1 t vanilla
2 t cinnamon
½ t salt
1½ - 2 c rice
1 c raisins

Break eggs into a 2-quart buttered casserole; beat slightly with a fork.

Add milk, sugar, vanilla, cinnamon and salt.

Blend well.

Stir in rice and raisins.

Set casserole in pan of water.

Bake, uncovered, at 350°F for 1 hour and 15 minutes, stirring once after ½ hour of baking.

DESSERTS

STRAWBERRY SWIRL DESSERT

1 T sugar

1 c crushed graham wafers

½ c melted butter

1 small box strawberry jello

1 c boiling water

Frozen slices strawberries in syrup,
drained, syrup reserved

½ c milk

½ package mini marshmallows

1 c whipped cream or cool whip

Combine sugar, graham wafers and butter. Press into a 9" x 13" pan. Chill

Dissolve jello in boiling water. Add juice of frozen thawed strawberries plus water to make 1 c

Let jello partially set (like egg whites) and fold in strawberries.

Heat milk and marshmallows and stir until dissolved. Cool

Fold whipped cream into marshmallow mixture. Pour in jello mixture and fold a bit to make a marbled color.

Pour into crust and refrigerate at least 24 hours before serving.

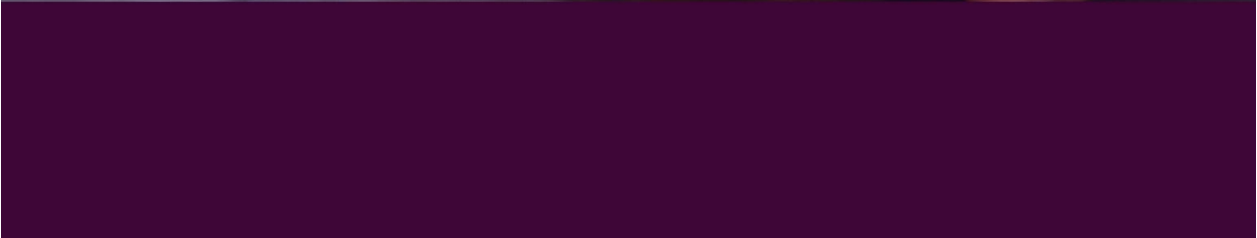
Keep stored in refrigerator.

TOP

DESSERTS



**“ALLOW FOOD TO BE A
PART OF YOUR LIFE,
NOT YOUR WHOLE LIFE.”**



JUMBO RAISIN COOKIES

1 c water
2 c raisins
1 c butter or margarine
2 c sugar
3 eggs
1 t vanilla
4 c flour
1 t BP
1 t BS
2 t salt
1½ t cinnamon
¼ t nutmeg

Boil water and raisins together for 5 minutes. Set aside to cool.

Cream butter and sugar. Add eggs and beat well.

Add vanilla and boiled raisins (with the liquid) and mix well.

Combine dry ingredients and add to raisin mixture.

Drop by heaping teaspoonfuls onto parchment covered cookie sheets and bake at 400°F for 12-15 minutes.

Cool on wire racks and store in tightly covered cookie tins

BROWN SUGAR COOKIES

2 c all-purpose flour
1 t baking soda
1½ t cornstarch
1 t cinnamon
¼ t salt
¾ c butter, melted and slightly cooled*
1¼ c packed dark brown sugar
1 large egg, room temperature
2 teaspoons vanilla extract
⅓ c granulated sugar, for rolling

Toss together the flour, baking soda, cornstarch, cinnamon, and salt in a large bowl. Set aside.

In a medium size bowl, whisk the melted butter and brown sugar together until no brown sugar lumps remain. Whisk in the egg. Finally, whisk in the vanilla. Pour the wet ingredients into the dry ingredients and mix together with a large spoon or rubber spatula. The dough will be very soft, yet thick. Cover the dough and chill for 2 hours, or up to 3 days. Chilling is mandatory.

Take the dough out of the refrigerator and allow to slightly soften at room temperature for 10 minutes if you had it chilling for more than 2 hours.

Preheat the oven to 325°F. Line two large baking sheets with parchment paper. Set aside.

Pour the granulated sugar into a bowl. Take 2 scant Tablespoons of dough and roll into a ball, then roll into the sugar. Place 3 inches apart on the baking sheets.

Bake for 8-9 minutes. Remove from the oven and gently press the top of the cookie down with the back of a utensil or even use your fingers. You're trying to obtain a crinkly top. Place back into the oven for 2-4 more minutes. The total time these cookies are in the oven is 10-13 minutes. The cookies will be puffy and still appear very soft in the middle. Remove from the oven and allow to cool on the baking sheet for ten minutes before transferring to a wire rack to cool completely. They will continue to cook in the center on the baking sheet after being removed from the oven.

Cookies will stay fresh covered at room temperature for 1 week.

Make ahead tip: You can make the cookie dough and chill it in the refrigerator for up to 3 days. Baked cookies freeze well for up to 3 months. Thaw overnight in the refrigerator and bring to room temperature, if desired, before serving. Unbaked cookie dough balls (before rolling in sugar) will freeze well for up to 3 months. Let sit at room temperature for 30 minutes, pre-heat the oven, then roll in granulated sugar. Bake as directed.

COOKIES

CHEWY COCONUT COOKIES

1¼ c all-purpose flour

½ t baking soda

¼ t salt

½ c butter

½ c brown sugar

½ c white sugar

1 egg

½ t vanilla extract

1⅓ c coconut

Preheat oven to 350°F.

Combine the flour, baking soda, and salt; set aside.

In a medium bowl, cream the butter, brown sugar, and white sugar until smooth.

Beat in the egg and vanilla until light and fluffy. Gradually blend in the flour mixture, then mix in the coconut.

Drop dough by teaspoonfuls onto an ungreased cookie sheet. Cookies should be about 3 inches apart.

Bake for 8 to 10 minutes in the preheated oven, or until lightly toasted. Cool on wire racks.

DAD'S COOKIES

1 c butter or margarine at room temperature
(or coconut oil is very good)

2 eggs

3 c brown sugar, packed

1 t. vanilla

2 c sifted all-purpose flour

1 t. baking powder

½ t. baking soda

½ t. salt

1 c angel flake coconut

2 c quick-cooking rolled oats (not instant)

Beat butter, eggs, sugar and vanilla together until they are light and fluffy.

Sift flour with baking powder, soda and salt and stir them into the first mixture. Blend well.

Stir in coconut and rolled oats.

Drop by heaping teaspoonfuls onto parchment covered cookie sheets and bake at 375°F for 10 minutes.

Cool on wire racks and store in tightly covered cookie tins.

Dishpan Cookies

2 c margarine

2 c sugar

2 c brown sugar

4 eggs

4 c flour

2 t. Baking soda

1 t. Baking powder

1 t. Salt

1½ c corn flakes or other cereal

2 c coconut

1 c chocolate chips

Cream margarine and sugars. Add eggs and beat well.

Combine remaining ingredients and add to wet mixture.

Drop by spoonful on parchment lined baking sheet.

Bake at 350°F for 10-12 minutes until golden.

DULCE DE LECHE COOKIES

1 can dulce de leche sweetened
condensed milk

1½ c margarine

1½ c sugar

1 c brown sugar

3 eggs

1½ t Baking Soda

4½ c flour

Cream margarine until smooth. Add
sweetened condensed milk and mix well.

Add sugars and mix well. Add eggs and mix.

Add remaining ingredients and mix until just
combined.

Dough will be really sticky, so it helps go
refrigerate for 30 minutes.

Using a small scoop, roll into balls, then roll in
sugar.

Place on parchment covered baking pan about
2" apart

Bake at 350°F for 15 minutes. Let cool on pan
for 5 minutes before removing to a wire rack.
The cookies are too soft when just removed
from oven.

FLOURLESS CHOCOLATE COOKIES

3 cups icing sugar

$\frac{3}{4}$ c cocoa powder

1 t instant coffee

$\frac{1}{2}$ t salt

4 egg whites

2 t vanilla extract

1 c chocolate chips

OPT use pecans instead of or in addition to chocolate chips

Preheat oven to 350°F.

Sift together icing sugar, cocoa, instant coffee and salt.

In a separate bowl combine egg whites and vanilla extract. Whisk to combine.

Add egg whites to dry mixture and mix until combined.

Stir in chocolate chips or pecans.

Drop by smallest scoop onto parchment lined cookie sheets – about 12 to a sheet

Bake for 13-15 minutes, until the cookies are shiny and cracked on top.

Cool in pan on wire rack for 10 minutes, then place in the refrigerator for another 10 minutes.

Peel cookies off parchment and store in a single layer between parchment paper in a air tight container at room temperature.

HAYSTACKS

3 c quick cooking oats

1½ c sugar

½ c milk

⅓ c cocoa powder

½ c butter or margarine

1 t. Vanilla

¼ t. Salt

1½ c coconut (OPT)

Combine sugar, milk, butter and cocoa in a large saucepan over medium-high heat.

Bring mixture to a boil and boil for 3-4 minutes.

Stir in oats, vanilla, salt and coconut.

Use a spoon or small scoot, drop cookies onto parchment paper.

Let cool and set for 10-15 minutes before storing in an air tight container.

COOKIES

HERMITS

1 c butter or margarine
1 c brown sugar
3 eggs
1 t vanilla
3 c flour
1 t baking powder
1 t baking soda
1 t cinnamon
½ t nutmeg
1 c raisins
1 c chopped dates
⅔ c chopped nuts

Cream butter and sugar. Beat in eggs one at a time. Add vanilla and mix well

Combine flour, baking powder, baking soda cinnamon and nutmeg. Add remaining ingredients and mix.

Combine flour mixture with butter mixture. Mix well.

Drop by heaping teaspoons onto a parchment lined pan. Bake @ 375°F for 6-8 minutes.

COOKIES

JELLO COOKIES

¾ c butter or margarine
½ c sugar
1 small package jello powder
2 large eggs
1 t. Extract
2½ c flour
1 t. Salt
1 t. Baking powder
Food coloring
Granulated sugar or sprinkles
or jello powder

Cream butter and sugar and jello powder.
Add egg and mix well.

Add flour, salt and baking powder, in
small increments and mix beat well after
each addition. Dough should be soft, but
not sticky.

Add food coloring to desired shade.

Shape into balls. Roll the balls in sugar,
colored sugar, sprinkles or same colored
jello powder.

Place on parchment lined cookie sheet.

Flatten slightly

Bake at 400°F for 6-8 minutes.

Remove from oven.

*VARIATIONS

- Lemon Jello Powder, lemon extract, yellow food coloring
- Cherry, raspberry or strawberry jello powder, extract if available, red food coloring
- Blue Berry Jello powder, blue food coloring
- Peach or orange jello powder, extract, orange food coloring
- Lime jello powder, lemon extract, green food coloring
- Grape jello powder, purple food coloring
- And so on....

OATMEAL RAISIN COOKIES

½ c sugar

½ c brown sugar

⅓ c butter

1 t. Vanilla

1 egg

1 c flour

1 c regular oats

½ c raisins

Beat sugars and margarine in an electric mixer until creamed. Add egg and vanilla and mix.

Add flour and oats and beat until blended. Stir in raisins.

Drop by level tablespoons 2" apart onto a parchment lined baking sheet.

Bake at 350°F for 15 minutes or until golden brown.

Allow to cool on baking sheet for 3 minutes before transferring to a wire rack to cool completely.

RANCHER COOKIES

½ c butter or margarine

1 egg

1 t. vanilla

1¹/₃ c flour

1 t. baking powder

1 t. baking soda

¼ t. salt

1¹/₃ c quick cooking oats

½ c brown sugar

½ c white sugar

½ c semisweet chocolate chips

In a medium bowl, cream together butter or margarine, egg, and 1 vanilla.

Stir in all other ingredients and combine well – you may have to use your hands to get it well mixed.

Shape into walnut sized balls. Place 2” apart on a parchment lined cookie sheet.

Bake at 350°F for 11-13 minutes.

COOKIES

SOFT CHOCOLATE CHIP COOKIES

4 eggs
3 c brown sugar
1 lb margarine
2 t. Baking soda
½ t. Vanilla
4 c flour
12 oz chocolate chips

Combine flour and baking soda.

Beat margarine and brown sugar until creamy. Add eggs and vanilla. Beat until fluffy.

Add flour mixture and stir until just combined.

Fold in chocolate chips.

Drop by 1 tablespoon balls onto parchment lined baking sheet.

Bake at 350°F for 10 minutes.

Makes 6-7 dozen

SOFT GINGERSNAP COOKIES

¾ c margarine
1 c white sugar
1 egg
¼ c dark molasses
2 c sifted all-purpose flour
1 T ground ginger
2 t. baking soda
1 t. ground cinnamon
½ t. salt
⅓ c cinnamon sugar

Sift the flour, ginger, baking soda, cinnamon, and salt into a mixing bowl. Stir the mixture to blend evenly, and sift a second time into another bowl.

Place the margarine into a mixing bowl and beat until creamy. Gradually beat in the white sugar.

Beat in the egg, and dark molasses.

Sift ⅓ of the flour mixture into the margarine mixture; stir by hand to thoroughly blend. Sift in the remaining flour mixture, and mix together until a soft dough forms.

Pinch off small amounts of dough and roll into 1 inch diameter balls between your hands. Roll each ball in cinnamon sugar, and place 2 inches apart on a baking sheet covered with parchment paper.

Bake at 350°F until the tops are rounded and slightly cracked, about 10 minutes. Cool cookies on a wire rack. Store in an air tight container.

SWEDISH COOKIES

½ c butter

¼ c brown sugar

1 egg yolk, separated

1 c flour

Coconut or finely chopped nuts

Strawberry jam

Cream butter and sugar. Separate egg yolk and white. Add egg yolk and mix well.

Add flour and mix together.

Roll into balls. Roll the balls into the egg white, and then into coconut or nuts.

Place on parchment lined cookie sheet.

Put a 'dent' into the top of the cookie about the size of a thimble. (Use a flour dipped thimble or the end of a wooden spoonor your index finger if you have nothing else ☺)

Bake at 275°F for about 10 minutes. Cookies will be very slightly brown, bottoms should be brown.

Remove from oven and re 'dent' the hole in the cookies.

Fill with jam (your choice of jam, strawberry, raspberry or apricot are all good)

*VARIATION

At Christmas I put a half of a green or red glace cherry into the dent before cooking.

WHIPPED SHORTBREAD COOKIES

1 lb butter (NOT margarine)

1 c icing sugar

1 c corn starch

2¼ c flour

Beat butter until fluffy. Add icing sugar, corn starch & flour and Whip until combined.

Form into balls and place on ungreased cookie sheet. Press with a fork.

Bake at 257°F until lightly brown on bottom, ~ 15 minutes.

COOKIES



SOUPS

**“FOOD FREEDOM IS HAVING COMPASSION
FOR YOURSELF NO MATTER
HOW YOU EAT.”**

VEGETABLE BARLEY SOUP

½ c dried lentils
½ c dried split peas
½ c rice
½ c barley
½ t. pepper
2 T minced dry onion
2 T dry parsley
½ t. lemon pepper
2 T beef bouillon
1 t. Italian seasoning
½ t. sage
1 t. Garlic granules
2 stalks celery
2 carrots
1 onion
1 c shredded cabbage
1 tin diced tomatoes
1 t minced garlic
1-2 litres beef broth

Combine everything in a crock pot and cook on low 5-6 hours

SOUP

BEEF BARLEY SOUP

1 t. oil
1 large onion, diced
1 clove garlic, minced
1 large carrot, sliced or diced
1 stalk celery, sliced or diced
4 c beef broth
1½ c water
1 potato diced
1 c barley
2 t. Worcestershire sauce
½ t. thyme
1 t. salt
½ t. pepper
1 c cooked beef
1 pkg Au Jus Mix

Sauté onion and garlic; add veggies and cook 10 minutes.

Add broth, water and barley. Bring to a boil.

Add Worcestershire sauce, spices, beef and Au Jus mix. Cook until vegetables are tender.

SOUP

CARLA'S CURRIED CARROT COCONUT SOUP

1 T olive oil
1 c chopped onion
½ t minced garlic
2 t. curry powder
1 lb carrots, peeled and chopped
(10 c thinly sliced)
1 liter vegetable or chicken stock
1 tin coconut milk

Heat olive oil in a large saucepan over medium high heat. Add onion and garlic and cook 3-5 minutes until onion is translucent.

Add curry powder and cook an additional minute.

Add carrots and broth and cook until carrots are tender, about 10-12 minutes.

Turn off heat and let soup cool slightly.

Puree in a blender, working in batches.

Add to slow cooker as batches are blended.

Stir in coconut milk and heat on low until serving.

Bowls may be served with a dollop of yogurt on top, and garnished with chopped cilantro and fresh pepper if desired.

Optionally serve with croutons and ½ piece warm naan bread.

CHICKEN BARLEY SOUP

2 c onion, diced
1 clove garlic, minced
2 c carrots, sliced or diced
2 c celery, sliced or diced
2 cartons chicken broth
2 cans diced tomatoes
1 c barley
1 t ground thyme
1 t marjoram
1 t ground sage
1 t. salt
½ t. pepper
2 c cooked diced chicken
2/3 c pearl barley

Add everything to a slow cooker and cook on low 4-6 hours until vegetables and barley are tender

SOUP

CHICKEN LEMON RICE SOUP

2 c chopped chicken breast, cooked

2 liters chicken broth

1 c uncooked rice or 1 c minute rice

½ c lemon juice

1 t. dill weed

Add all ingredients to stock pot and simmer 30 minutes.

OPT – this can be made vegan by omitting the chicken

SOUP

CHICKEN VEGETABLE SOUP

4 c cooked cubed chicken

3-4 carrots, sliced

2-4 stalks celery, sliced

1 onion, diced

2 cloves garlic, minced

2 liters chicken broth

1 t. salt

1/8 t. Pepper

Add all ingredients to slow cooker and bring to a boil. Cook 4 hours on high or 6 hours on low heat.

SOUP

CHUNKY LENTIL & VEGETABLE SOUP

1 T Olive oil

1 Onion

4 Carrots

4 Celery Stalks

1 can Black beans

1 can Lentils

1 can Diced tomatoes

1 carton Vegetable Broth

1 t. Oregano

1 t. Cumin

1 t. Paprika

Salt & Pepper to taste

If desired add some curry

Sauté onions in oil. Add remaining ingredients and cook until vegetables are tender.

SOUP

CORN CHOWDER

2 c diced potato

1 c sliced celery

1 c sliced carrot

1 c diced onion

1 T Olive oil

2 cans cream corn

1 can kernel corn

1 carton chicken or vegetable broth

Cream or half-and-half.

Sauté onion in oil until translucent. Add potatoes, carrots and celery. Cook 5 minutes. Add broth and bring to a boil. Boil until vegetables are tender.

Add corn and still well. Add cream to desired thickness. Heat on low until serving.

SOUP

HAM & SPLIT PEA SOUP

2 c chopped onion
4 cloves garlic, minced
2 T olive oil
1 t. oregano
1 t. salt
1 t. pepper
4 c diced carrots
2 c diced red potato
2 c diced baked ham
2 lbs split peas
16 c ham stock

Boil ham stock and split peas for 15-20 minutes. Sauté onion, garlic, oregano, salt and pepper until onions are tender.

Add onions to stock pot along with carrots and potatoes.

Simmer as long as it takes ☺

SOUP

HAMBURGER SOUP

2 lbs ground beef
1 onion, diced
1 large can diced tomatoes
2 liters Beef Broth
1 can tomato soup
6 Carrots, sliced (~2c)
2 Bay Leaves
6 Stalks celery sliced
2 cloves garlic, minced
½ t. thyme
1 t. basil
½ t. pepper

Brown ground beef and onions. Drain well. Combine remaining ingredients in large crock pot. Simmer for at least 2 hours, or longer. Serves 10

SOUP

LOADED BAKED POTATO SOUP

6 – 8 large potatoes
2 onions
1 large can chicken broth
¼ c butter or margarine
1½ c half and half cream
½ c grated cheddar
¼ c chopped green onion
1 package bacon
Grated cheddar
Sliced green onion
Sour cream

Sauté onions in margarine until soft. Add potato and cook about 5 minutes. Add chicken broth and cook until potatoes are tender.

Puree in batches, adding the pureed soup to a crock pot.

Cut bacon into small pieces and cook until crisp. Drain on a paper towel then add to soup.

Add cream, green onions and grated cheese to soup and mix well.

Heat thoroughly.

Serve with sour cream and sliced chives or green onions, and more grated cheddar.

Cornbread muffins go well as a side with this soup.

QUICK FRENCH ONION SOUP

6 c (or more) sliced onions

2 liter beef broth

4 T butter

2 T Worcestershire sauce

Croutons

Mozzarella cheese

Cook onions in butter over low heat about 30 minutes, stirring occasionally, until caramelized (nice and brown).

Add broth and Worcestershire sauce. Heat to boiling.

Reduce heat and simmer until served.

Serve with croutons and grated mozzarella cheese.

SOUP

SWEET POTATO SOUP

10 carrots, sliced
3 sweet potatoes
1 onion
6 ribs celery
1 t. garlic
1 can diced tomatoes
2 T sugar
1 T curry
2 t. turmeric
2 t. ginger
1 t. dry mustard
1 t. cumin
Pinch of paprika & coriander seed
1 can coconut milk

Sauté onions, celery, garlic and carrots until tender.

Cube sweet potatoes and add, stirring to coat

Add diced tomatoes, spices and water to cover.

Simmer until sweet potatoes are soft.

Remove from heat and puree in batches. Pour into a slow cooker, stir in coconut milk and set to warm.

TOMATO SOUP

2 cans crushed tomatoes
2 cartons vegetable broth
¼ c brown sugar
1 t. onion powder
¼ t. baking soda
2 t. basil
½ t. sea salt
1-2 cans coconut milk

Put tomatoes, broth, brown sugar, onion and baking soda into the slow cooker. Mix and heat on low until hot.

Add basil and salt. Keep warm on low until ready to serve. 20 minutes before serving add the coconut milk and stir.

VEGETABLE CHILI

2 c chopped onions
2 c chopped red &/or green peppers
2 c chopped carrots
4 c sliced mushrooms
2 cans diced tomatoes
2 cans tomato sauce
2 cans baked beans
2 cans kidney beans, drained and rinsed
4 cans kernel corn
2 t. oregano or Italian seasoning
2 t. basil
2 t. cumin
2 T chili powder

Combine all ingredients in a large pot. Bring to a boil, then reduce heat to low. Cook 30 minutes, stirring frequently until vegetables are tender.

SOUP



MAIN DISHES

COMMON HUNGER SENSATIONS

- Thinking about food more than usual.
 - Feeling light-headed.
 - Headache.
 - Salivating.
 - Feeling empty.
- Hearing or feeling rumbling, gurgling, or gnawing in stomach.
 - Shaky.
 - Hangry!
 - Feeling low energy.
- Food becomes more appetizing.
 - Difficulty concentrating.

BBQ CHICKEN DRUMSTICKS

Chicken drumsticks

½ c ketchup

1 T mustard

1 T Worcestershire sauce

½ c brown sugar

1 T lemon juice

Preheat oven to 425°F.

Combine ketchup, mustard, brown sugar, Worcestershire sauce, and lemon juice.

Arrange chicken on parchment covered baking dish. Cover with sauce.

Bake, uncovered for 35-45 minutes.

MAIN DISHES

BBQ SAUSAGES

3 T brown sugar

3 T vinegar

½ t. Dry mustard

½ c catsup

¾ c water

1 T Worcestershire sauce

1 c finely diced celery

1 c finely diced onion

1 lb breakfast sausages

Poke sausages all over with a fork. Boil sausages for 30 minutes. Drain well.

Put in slow cooker insert.

Mix remaining ingredients and pour over sausages.

Cook on high 2-3 hours or simmer longer.

MAIN DISHES

CHILI

2 lbs ground beef
2 cans diced tomatoes
1 can tomato paste
2 cans kidney beans, rinsed and drained
2 medium onions
1 green pepper
2 cloves garlic
3 T Chili powder
½ t. Cumin
1 c water
Salt and pepper to taste

Brown ground beef with onions. Drain excess oil.

Put all ingredients except water in a slow cooked and mix. Pour water over top. Do not stir in.

Cook on low 8-10 hours or longer.

GROUND BEEF STUFFED PASTA SHELLS

24 jumbo shells, cooked per pkg directions, cooled, (about 2 pkgs)

1 recipe Quick Chunky Tomato Sauce

1½ lb lean ground beef

1 c mozzarella, diced small (1/4-inch dice)

¾ c plain breadcrumbs

¼ c grated parmesan cheese

4 eggs

½ c finely chopped onion

2 cloves garlic, minced

2 t salt

½ t pepper

4 T chopped fresh parsley -OR- 2 tbs dried parsley

2 T milk

Extra parmesan cheese for topping

1 c shredded mozzarella for topping

Preheat oven to 350°F. Pour about ¼ c of the sauce in the bottom of a 13 x 9-inch baking dish.

Mix all filling ingredients in a large bowl. Divide into 24 equal portions (should be about the size of a ping pong ball)

Stuff the shells tightly with the portions of meat filling. Place the filled shells in the prepared pan.

Top with remaining sauce, then sprinkle the extra parmesan cheese and shredded mozzarella on top.

Cover with foil and bake for 60-75 minutes.

NOTES

A large jar of prepared chunky pasta sauce may be substituted. If you make my sauce recipe, add an 8 oz can of tomato sauce, if desired, to extend sauce quantity.

BLACK BEAN ENCHILADAS

2 c enchilada sauce (recipe below)
2 T olive oil
1 c red onion
1 red pepper
1 bunch broccoli (&/or cauliflower)
1 t cumin
¼ t cinnamon
5 oz spinach (~ 5 c packed) (I use 1 bag)
1 can black beans
1 can kernel corn
2 c shredded cheddar
8 soft tortillas (or as needed to fill pan)

Enchilada Sauce

3 T olive oil
3T flour (I use whole wheat)
1 T chili powder
1 t. cumin
½ t. Garlic powder
¼ t. Oregano
¼ t. Salt
Pinch of cinnamon
2 T tomato paste
2 c vegetable broth
1 t. Apple cider vinegar

Sauté onion in olive oil until translucent (5-7 minutes). Add broccoli and pepper, stir and reduce heat. Cover and cook, stirring occasionally for 8-9 minutes until broccoli is bright green. Add cumin and cook 30 seconds. Add spinach, a handful at a time, stirring until wilted.

Remove from heat and add beans, corn, ¼ - ½ c cheese and 2T enchilada sauce. Season with Salt & Pepper as required.

Spread ¼ c enchilada sauce in the bottom of a greased 9" x 13" pan. Put ½ c of enchilada filling on a soft tortilla, and wrap tightly, placing seam side down on bottom of pan. When all are wrapped and placed in pan, drizzle remaining enchilada sauce over top and sprinkle with remaining grated cheese.

Bake, uncovered, at 400°F for 20 minutes, until heated through. Serve with extra grated cheese, enchilada sauce, sour cream and salsa. Also good to serve with brown rice or Mexican fried rice.

Enchilada Sauce

Combine flour and spices. Warm oil, pour in flour/spice mixture, whisking constantly for ~ 1 minute. Whisk in tomato paste, then slowly pour in vegetable stock. Cook, whisking often, 5-7 minutes until sauce has thickened slightly. Remove from heat and whisk in vinegar, and season with freshly ground black pepper. Double this recipe to have extra sauce when eating the enchiladas.

CHEESY STUFFED PASTA SHELLS

12 large shells, cooked per pkg directions, cooled, (about 1 pkg)

4 c cottage cheese

¾ c shredded mozzarella cheese

½ c parmesan cheese

2 eggs, beaten slightly

1 package spinach, finely chopped

1 t garlic powder

1 t oregano

1 t parsley

1 t. Italian seasoning

3 c vegan marinara sauce

1 c shredded mozzarella cheese

¼ c parmesan cheese

Cook shells according to package directions. Place in cold water to stop cooking. Drain.

Mix together cottage cheese, mozzarella cheese, ½ c Parmesan cheese, eggs, and garlic powder. Rub the dried herbs in the palms of your hands to pulverize them, and stir into the cheese mixture. Stuff mixture into the shells.

Spread ¼ c of spaghetti sauce in the bottom of a 15 x 10 inch pan. Place shells open side up, and close together in pan. Spread remaining sauce over top, and sprinkle with remaining ¼ c Parmesan cheese.

Bake at 350° F for 25 to 35 minutes, or until bubbly. Let stand 10 minutes before serving.

CHEESY LASAGNA

Olive oil
1 onion, diced small
2 c mushrooms, diced small
1 small zucchini, diced small
1 red bell pepper, diced small
3 cloves garlic, minced
1 t salt
½ t thyme
½ t oregano
1 package spinach
2 large jars or marinara sauce (or homemade)
15 cooked lasagna noodles
2 c cottage cheese
2 eggs
3 c shredded mozzarella cheese
Parmesan cheese

Preheat oven to 400°F. Heat 1 T olive oil and sauté onion until they turn translucent. Add mushrooms and cook until they have release all their liquid and it has evaporated. Add zucchini and bell pepper. Cook until all are softened.

Add 1 t olive oil, garlic, salt and spices. Stir until garlic is fragrant and just starting to turn golden. Stir in vegetables. Sprinkle ½ of the bag of spinach over the vegetables and stir until it is wilted. Remove from heat.

Combine cottage cheese, the other ½ of the spinach, eggs and ½ c parmesan cheese. Mix well.

Spread a thin layer of marinara sauce in the bottom of a 9" x 13" baking pan. (when I use the larger pan I use 21 noodles)

Lay a layer of lasagna noodles over the marinara sauce. Spread ½ of the cottage cheese mixture over the noodles, then ½ of the vegetables, some marinara sauce and grated mozza.

Repeat layer

Top with a final layer of noodles and the remaining marinara sauce. Sprinkle grated mozzarella cheese and parmesan cheese over the top.

Cover tightly with foil and bake for 1 hour.

Remove from oven and let it cool on a wire rack for at least 15 minutes before serving.

Leftovers will keep for a week in the refrigerator or 3 months in the freezer.

**I have substituted small diced sweet potato for zucchini and it was very good.

MAIN DISHES

CHICKEN CASSEROLE

2 T minced garlic
1 large onion, finely diced
3 large tomatoes, diced
1 t. Paprika
1 t. Salt
¼ t. pepper
6 skinless, boneless chicken breast halves
3 medium carrots cut into 2" lengths
2 medium potatoes, cut into 2" lengths
1 medium green pepper, cut into 2" lengths
1 T olive oil
½ c water

Set crock pot to high and heat oil. Sauté garlic for 5 minutes or until lightly browned.

Add onion and sauté for another 5-10 minutes, or until soft and translucent.

Add tomatoes and continue sautéing for another 5 minutes.

Place chicken on top of tomato mixture. Season with paprika, pepper and salt.

Place carrots, then potatoes, then green pepper over top of chicken. Pour water over top.

Cook on low for 7-9 hours or until chicken is cooked.

CHICKEN CHILI

4 large chicken breasts, diced
(uncooked)

3 cans diced tomatoes

2 cans red kidney beans, drained &
rinsed

2 cans white kidney beans, drained &
rinsed

3 c frozen spinach

2 c frozen white corn

1 green pepper, diced

1 red pepper, diced

4 cloves garlic

3 T Chili powder

2 t. Cumin

1 t oregano

2 t Salt

1 t pepper

Pinch cayenne, OPT

2 lge onions, diced

2 T butter

1 t olive oil

Toppings: sour cream, grated cheese,
chopped green onions

Put uncooked, diced chicken breast in slow cooker. Add tomatoes, kidney beans, spinach, corn, peppers, garlic, chili powder, cumin, oregano, salt and pepper (& cayenne if using), in a slow cooker.

Heat butter and olive oil. Add onions and sauté until translucent. Add to slow cooker. Mix well.

Cook on high 2 hours, then turn to low and cook for 2-4 hours or until ready to serve.

Serve with sour cream, grated cheese, chopped green onions and buns.

MAIN DISHES

CHICKEN LASAGNA

Whole Wheat Lasagna noodles
(3 layers, I used 21)

2 T cornstarch

1 can evaporated milk

2 c chicken broth

1 can tomato sauce (8 oz)

½ c grated Parmesan Cheese

2 garlic cloves, minced

2 t. Dijon mustard

½ t basil

¼ t. Nutmeg

1½ c finely chopped onions

2 c sliced mushrooms

2 c cooked chicken breast, diced

24 cherry tomatoes, thinly sliced

2 c shredded mozzarella cheese

1 large container cottage cheese

2 eggs

½ c parmesan cheese

1-2 boxes frozen spinach, thawed and
drained

Paprika

Cook noodles according to package directions.

In a large saucepan, combine cornstarch and milk, whisk until smooth. Whisk in broth, tomato sauce, parmesan cheese, garlic, mustard, basil, and nutmeg. Bring to a boil over medium heat, stirring. Stir and cook for 2 minutes until thick. Remove from heat. Reserve ¼ c sauce. Reserve 1 c sauce for later. Stir Chicken, tomatoes, mushrooms and onions into remaining sauce.

Combine cottage cheese, parmesan cheese, eggs and spinach.

Drain lasagna noodles. Spread ¼ sauce into a greased 13"X9"x2" baking dish. (I use the larger one)

Layer 7 noodles into the bottom of the lasagna pan and cover with ½ of the sauce mixture. Place another layer of noodles.

Carefully spoon the spinach-cottage cheese mixture in a layer over the noodles. Cover with remaining sauce. Top with remaining noodles. Spread the reserved 1 c of sauce over the noodles. Sprinkle the shredded mozzarella cheese on top. Shake a bit of paprika over the top.

Layers: ¼ c sauce, noodles, ½ sauce, noodles, cottage cheese, ½ sauce, noodles, 1 c sauce, mozzarella

Cover and refrigerate until ready to cook.

Remove from refrigerator 30 minute before cooking.

Bake at 350°F for 45-50 minutes until bubbly. Let stand for 15 minutes before cutting.

CHICKEN STEW

1 c onion, diced
2 c potato, diced
2 c carrots, sliced
1 c shredded cabbage
½ c celery, sliced
3½ lbs boneless skinless chicken thighs
2 c chicken broth
10 oz can cream of mushroom soup
1 t. Thyme
1½ t. Salt
1 t. Pepper
2 bay leaves
¼ c chicken broth
¼ c corn starch
1 c frozen peas

Layer the first 6 ingredients, IN ORDER, in a 5-7 litre slow cooker.

Combine chicken broth, soup, thyme, salt, and pepper. Pour over chicken. Add Bay leaves.

Cover and cook on low for 9-10 hours or high for 4½ - 5 hours. DO NOT STIR

Combine ¼ c chicken broth and ¼ c corn starch. Remove bay leaves Add corn starch mixture to slow cooker, stir and then add peas.

Stir and cook on high 20 additional minutes until thickened and peas are cooked.

Serves 14

CHUNKY PASTA SAUCE

1 (28 oz) can diced tomatoes (undrained)

¾ c tomato paste

½ c chopped onion

2 cloves garlic, minced

2 T olive oil (extra-virgin preferred)

6-8 large fresh basil leaves, coarsely
chopped or chiffonade (thin shredded) -
OR- 2 tsp dried

1 T fresh oregano leaves -OR- 1 tsp
dried

2 T brown sugar

1 t salt

¼ t pepper

Heat a large saucepan over medium heat. Add oil.

Cook the onion and garlic until fragrant; about 3 minutes

Add the tomato paste and cook, stirring frequently, until the tomato paste changes color from bright red to a brick red color (this is the secret to getting great flavor).

Stir in the can of undrained tomatoes, the brown sugar, the herbs and the salt & pepper.

Bring all this to a boil, then cover, reduce heat to low and simmer for 10-15 minutes.

Freezes well, so double and triple batches can be made.

CLASSIC LASAGNA

½ lb (250 g) lasagna noodles
1 pkg chopped spinach, thawed and drained
2 c shredded mozzarella cheese
¼ c grated parmesan cheese

Meat Filling:

1 lb ground beef
1 onion, chopped
1 carrot, finely diced
1 celery, finely diced
4 cloves garlic, minced
1½ t. dried oregano
1½ t. dried basil
1 - 796 ml can diced tomatoes, undrained
1 398 ml can tomato sauce
¼ t. pepper

Cheese Filling:

2 eggs
¼ t. pepper
¼ tsp nutmeg
2 c (500 ml) cottage cheese
1 c shredded mozzarella cheese
½ c grated parmesan cheese

Preheat oven to 375°F (190°C).

Meat Filling:

In Dutch oven, cook beef over medium-high heat, breaking up with back of spoon, for about 5 minutes or until no longer pink; remove to plate. Drain excess oil.

Cook onion, carrot, celery, garlic, oregano, and basil, stirring, until softened, 3 to 5 minutes. Add tomatoes, tomato sauce and meat; bring to boil. Reduce heat and simmer, stirring often, for 20 to 25 minutes or until thickened. Add pepper.

Cheese Filling:

In bowl, beat together eggs, pepper and nutmeg. Blend in cottage cheese, mozzarella and Parmesan.

In large pot of boiling salted water, cook noodles for 6 to 8 minutes or until almost tender. Drain and place in cold water. Arrange in single layer on damp tea towel.

Spread 1 c of the meat filling as base in greased 13- x 9-inch (3 L) baking dish. Top with one-third of the noodles in single layer; spread with one-third of the remaining meat filling. Spread with half of the cheese filling, then half of the spinach. Starting with noodles, repeat layers once.

Top with remaining noodles; spread with remaining meat filling. Sprinkle with mozzarella and Parmesan. Cover loosely with foil; bake for 20 minutes. Uncover and bake for 20 to 25 minutes or until bubbly and heated through. Let stand for 10 minutes before serving.

Serves: 8

MAIN DISHES

COCKTAIL MEATBALLS

1 lb lean ground beef

1 egg

2 T water

½ c bread crumbs

3 T minced onion

1 tin cranberry sauce

¾ c chili sauce

1 T brown sugar

1½ t. Lemon juice

Combine beef, egg, water, bread crumbs and onion. Roll into small meatballs. Bake at 350°F 20-25 minutes.

In slow cooker or saucepan over low heat, blend cranberry sauce, chili sauce, brown sugar and lemon juice.

Add meatballs and simmer 1 hour before serving.

COD Au GRATIN

For lge pan 10"x15" or 9"x13" For 9"x9" pan

3 lbs cod fillets, cubed	1½ lb cod fillets
1 c butter	½ c butter
1 c flour	½ c flour
4 c milk or cream	2 c milk or cream
¼ c Dijon mustard	2T Dijon mustard
½ t lemon extract or 2 t lemon zest	¼ t. lemon extract or 1 t lemon zest
1 c parmesan cheese	½ c parmesan cheese
3 t dill	1½ t dill
3 c shredded mild cheese	1½ c cheese
2 c bread crumbs	1 c bread crumbs
2 T olive oil	1 T olive oil
2 c finely diced onion	1 c finely diced onion
Salt & pepper to taste	

Melt butter in saucepan. Add flour and cook 2 minutes. Slowly pour milk/cream in and mix to a roux, whisking constantly. Lower heat and cook until sauce has thickened. Add lemon zest/extract, dill, mustard and salt & pepper. Remove from heat and mix in parmesan cheese and diced onion.

Arrange cod chunks in a single layer in a greased baking pan.

Pour sauce over cod in pan.

Mix bread crumbs and olive oil until well blended.

Sprinkle grated cheese over cod/sauce, then top with bread crumb mixture.

Bake at 350°F for ~45 minutes or until cod is cooked and top is brown and bubbly.

MAIN DISHES

CRISP & TENDER CHICKEN THIGHS

Bone in chicken thighs with skin

¼ t. Garlic salt

¼ t. Onion salt

¼ t. Paprika

¼ t. Oregano

¼ t. Thyme

¼ t. Black pepper

Combine seasonings.

Preheat oven to 350°F.

Line baking sheet with parchment paper. Arrange thighs on prepared sheet. Sprinkle with spice mixture.

Bake in preheated oven for about 1 hour or until skin is crispy, thighs are no longer pink at the bone and juices run clear.

You can test with a meat thermometer in the thickest part of the thigh – should be 165°F or 74°C.

CURRIED VEGETABLE & CHICKPEA STEW

Serves 8 to 10

- 1 t. olive oil
- 1 large onion, diced
- 2 medium red or yellow potatoes, diced
- 1 T kosher salt
- 1 T curry powder
- 1 T brown sugar
- 1 T ginger, peeled and grated
- 3 garlic cloves, minced
- 1/8 t. cayenne pepper, optional
- 2 c vegetable broth
- 2 cans chickpeas, drained and rinsed
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 medium cauliflower, cut into bite-sized florets
- 1 (28-ounce) can diced tomatoes with their juices
- 1/4 t. black pepper
- 1 (10-ounce) bag baby spinach
- 1 c coconut milk

Heat the oil in a skillet over medium heat. Sauté the onion with one teaspoon of salt until translucent, about 5 minutes. Add the potatoes and another teaspoon of salt, and sauté until just translucent around the edges.

Stir in the curry, brown sugar, ginger, garlic, and cayenne and cook until fragrant, about 30 seconds. Pour in 1/4 c of broth and scrape up any toasty bits from the bottom of the pan. Transfer this onion-potato mixture into the bowl of a 6-quart or larger slow cooker.

To the slow cooker, add the rest of the broth, chickpeas, bell pepper, cauliflower, tomatoes with their juices, pepper, and final teaspoon of salt. Stir to combine. The liquid should come about halfway up the sides of the bowl; add more broth as necessary. Cover and cook for 4 hours on HIGH.

Stir in the spinach and coconut milk. Cover with lid for a few more minutes to allow the spinach to wilt. Taste and correct the salt and other seasonings as needed.

Serve on its own or over couscous, Israeli couscous, or orzo pasta.

Recipe Notes:

Dutch-oven version: Instead of cooking in a slow cooker, simmer the stew in a large Dutch oven or soup pot over low heat on the stovetop or in a 350°F oven for 45 to 60 minutes, or until the potatoes are tender. Add the spinach and coconut milk and stir until the spinach has wilted. Taste and add more seasonings if needed.

MAIN DISHES

EASY BEEF STROGANOFF

8 oz fresh mushrooms, sliced

1 onion, diced

¼ c butter or margarine

2 lbs ground beef

¼ c flour

2 t. Garlic powder

2 c beef broth

1 c sour cream

2 T Worcestershire sauce

Fry onions and mushrooms in butter until tender. Remove from pan.

Fry ground beef in same pan. Add flour and garlic powder and mix, and then add broth. Stir until combined.

Add mushrooms, onions, sour cream and Worcestershire sauce.

Heat and serve over egg noodles.

MAIN DISHES

JAPANESE CHICKEN

3 lbs chicken, cut up

3 T soya sauce

3 T water

1 c brown sugar

½ c vinegar

Bake chicken in oven until done.

Mix together soya sauce, water, brown sugar and vinegar.

Place chicken in a shallow pan and cover with sauce.

Bake at 300°F for 45 minutes.

MAIN DISHES

LEMON BUTTER FISH FILLETS

½ c butter

1 lemon juiced (~3T)

1 t. Salt

1 t. Lemon pepper

½ t. Parsley

3 cloves garlic, minced

6 cod fillets. (or other white meat fish)

2 T lemon pepper

Dill weed

Melt butter, mix in lemon juice, parsley, salt, pepper and garlic. Bring to a boil, cook and stir about 10 minutes until thickened.

Put fillets in a single layer on a parchment covered shallow baking sheet. Brush with butter mixture.

Bake 15-20 minutes at 350°F, covered with foil.

LENTIL WALNUT LOAF

(from Oh She Glows cookbook)

1 c uncooked green lentils (2½ c cooked)

1 c walnuts, shelled, finely chopped

3 T ground flaxseed

1 t olive oil

3 cloves garlic

2 c onion, finely copped

Salt for seasoning

Pepper for seasoning

1 c finely chopped celery

1 c grated carrot

1/3 c grated peeled sweet apple

1/3 c raisins

1/2 c gluten free oat flour

1/2 c quick oats

1 t thyme

1 t oregano

1/4 t red pepper flakes (opt)

Balsamic-Apple Glaze:

1/4 c ketchup

2 T applesauce

2 T balsamic vinegar**

1 T maple syrup

Cook lentils according to package instructions, or use canned. Process cooked lentils in a food processor, pulsing a few seconds at a time, onto a coarse paste. Leave some lentils intact for texture. Set aside.

Preheat oven to 325°F. Spread walnuts on a rimmed baking sheet and toast them in the oven for 9-11 minutes. Set aside.

Raise oven to 350°F. Line a 9" x 5" loaf pan with parchment paper, letting the paper fold over the edges to use as a handle when cooked.

Heat oil, add garlic and onion and sauté for 5 minutes or until the onions are translucent. Season with salt and pepper. Add the celery, carrot, apple and raisins. Sauté another 5 minutes.

Carefully stir in the lentils, flaxseed, walnuts, oat flour, oats, thyme, oregano, 1 t salt, 1/4 t pepper and red pepper flakes. Stir until well combined.

Press lentil mixture firmly into prepared loaf pan. If desired use a pastry roller to smooth out and compact the mixture.

In a small bowl, whisk together ketchup, applesauce, balsamic vinegar and maple syrup until well combined. Spread glaze over the loaf with a spoon or pastry brush.

Bake, uncovered, for 50-60 minutes, until the edges are lightly browned.

Cool in loaf pan for 10 minutes. Slide a butter knife around the edge of the loaf and gently lift it out using the parchment paper. Place loaf with parchment paper on a wire rack and cool for 30 minutes before slicing. If the loaf is sliced while warm it will crumble, but holds together nicely when cooled.

MAIN DISHES

MAPLE SOYA GLAZED SALMON

1 lb salmon fillets

2 T maple syrup

2 T soya sauce

1 t. Minced garlic

1 t. Minced ginger

Place frozen fillets in a single layer on a parchment covered backing pan.

Combine remaining ingredients and brush evenly over fillets.

Bake at 450°F for about 20 minutes, or until fillets flakes with a fork. Baste occasionally.

Serves 4

MEATBALLS

2 lbs ground beef

1 c bread crumbs

¾ c BBQ sauce

2 eggs

¼ c parmesan cheese

Preheat oven to 400°F.

Combine all ingredients and mix well.
Form into 1" diameter balls.

Place on parchment lined baking sheet.
**

Bake at 400°F for ~20 minutes.

**Meatballs can be frozen on parchment lined baking sheets before cooking. When frozen place into Ziploc bags.

MAIN DISHES

MEATLOAF

2 lbs ground beef

2 c sliced celery

2 c grated carrot

2 onions, diced

½ c diced mushrooms

4 eggs

1½ c bread crumbs

3 cloves garlic, minced

1 T horseradish

1 T Worcestershire sauce

1 T A1 sauce

1 T HP sauce

Preheat oven to 350°F.

Combine all ingredients and form a loaf.

Bake for 1½ - 1¾ hours

MAIN DISHES

MUSHROOM STROGANOFF

¼ c sour cream

¼ c plain yogurt

1 t Dijon mustard

2 T fresh dill or 2 t dried dill

⅛ t salt

⅛ t pepper

1¼ lbs fresh mushrooms, sliced

2 T butter or margarine

2 T minced onion

2 T flour

¼ c vegetable broth

In a small bowl stir together sour cream, yogurt, mustard, dill, salt & pepper.

In a large skillet melt butter or margarine. Add mushrooms and onions. Cook until onions are translucent and mushrooms have lost their moisture and are browned.

Stir in flour and mix well.

Pour in vegetable broth and stir until the pan is deglazed. Bring to a boil, stirring continuously.

Stir in sour cream mixture. Cook until heated through.

MAIN DISHES

PRAIRIE STEW

2 lbs beef

3 T flour

½ t. salt

¼ t. pepper

2 T margarine or olive oil

1 large onion

1 carton beef broth

2 potatoes

2 carrots

3 c diced turnip

Bay Leaf

Herbs such as basil, marjoram, garlic etc.

Toss beef with flour, salt and pepper.

Melt margarine in a saucepan. Add beef and onion. Sauté over medium heat for ~ 4 minutes until meat is no longer pink.

Pour in broth and bring to a boil, stirring.

Add the rest of the ingredients and put in slow cooker. Cook on high 2 hours or on low 4-6 hours.

SHEPHERD'S PIE

2 lbs potatoes
¼ c butter
½ c Half & Half cream
1 t salt
¼ t pepper
2 T olive oil
1 T butter
1 large onion, diced
2 c sliced mushrooms
2 cloves garlic, minced
2 lbs ground beef
1 c beef broth
1 T Worcestershire sauce
Seasonings – your choice, 1 t each
parsley, thyme, basil, rosemary,
marjoram, salt
½ t pepper
2 T flour
2 T tomato paste
Vegetables: 1 c each:
 Thinly sliced carrots
 Frozen peas
 Frozen or canned corn
½ c melted butter

Preheat oven to 400°F.

Peel and cut potatoes, and boil in salted water until tender. Drain and mash with ¼ c butter, cream, salt and pepper. Set aside.

Heat butter and olive oil in a large skillet. Add onions, garlic and mushrooms and cook until tender.

Add ground beef and cook until well browned. Stir in flour and stir until well blended.

Add seasonings of your choice, pepper, Worcestershire sauce, tomato paste and broth. Cook and stir until slightly thickened.

Add more beef broth if too thick, or beef broth and flour mixed together if too thin, to achieve the desired thickness. Stir in peas, carrots and corn.

Spray a 9" x 13" baking dish (or equivalent sized dish) with cooking spray.

Spread the meat mixture in the pan, smoothing.

Top carefully with the mashed potatoes, in an even layer. Run a fork across the potatoes to make ridges, and then pour melted butter evenly over potato layer. (At this point it can be covered with plastic wrap or foil and refrigerated to bake later.)

Bake, uncovered, in 350°F oven for 30 – 60 minutes until vegetables are tender; it is hot and bubbly and slightly browned. (If making ahead you will need to bake a little longer, 45 minutes – 1 ¼ hours.)

Let sit for 15 minutes before serving.

BEEF TACOS

6 lbs ground beef

**1½ c hot water

**1 c taco seasoning

Sour Cream

Shredded Lettuce

Grated Cheese

Salsa

Diced Tomatoes

Soft Tortillas

Grate cheese, shred Lettuce, and dice Tomatoes.

Combine hot water and taco seasoning. Set aside. (this step is for the bulk taco seasoning I use, follow package directions when using seasoning of your choice.)

Fry up ground beef until completely cooked. Drain well or rinse off grease. Add water/taco seasoning mixture and mix well.

Serve immediately with soft tortillas or hard taco shells, sour cream and salsa.

If serving later, transfer cheese, lettuce, tomatoes and beef to bowls, cover and label each and refrigerate until ready to serve). Heat up taco meat and serve as above.)

TUNA NOODLE CASSEROLE

3 c uncooked noodles

1 can tuna, drained

½ c mayonnaise

¼ c diced green pepper

Cheddar cheese

⅓ c minced onion

1 t salt

1 can cream of mushroom soup

1 c milk

Cook noodles.

Mix with tuna, mayo, pepper, onion and salt.

Blend milk with soup and heat.

Add noodle mixture and place in a greased 2 qt. Casserole dish

Bake, uncovered, 20-30 minutes at 425°F

VEGAN MARINARA SAUCE

Serves 12, ~ ½ c each

2 T olive oil

2-3 large cloves garlic, minced (~2 T)

2 – 793 ml cans crushed or diced tomatoes

1 t. Oregano

1 T coconut sugar or maple syrup

¾ t. salt

½ c freshly chopped basil

1-3 T nutritional yeast

3-4 T tomato paste

Heat olive oil over medium heat. Stir in garlic and sauté 1 minute.

Add tomatoes, oregano, sugar or syrup and salt. Bring to a high simmer over medium heat. Reduce to low and simmer, uncovered for 30 minutes, stirring occasionally.

Add basil and stir. Cook 5 minutes.

Add nutritional yeast and tomato paste.

Store leftovers in the refrigerator for up to 1 week or freeze.

I use this with Cheese and Spinach stuffed jumbo shells or any other place you use pasta or marinara sauce.



SIDES

**“LISTEN TO YOUR BODY
WHEN POSSIBLE.
WITH FOOD YOU CAN
SATISFY YOUR HUNGER, CRAVING,
AND HEART.”**

BAKED LOADED LEFTOVER MASHED POTATOES

4 c mashed potato

6 green onions, sliced

½ c sour cream

1 t. Onion powder

¼ t. Pepper

4 slices bacon, fried crisp & crumbled

½ c grated cheese

Mix potatoes, onion, onion powder and sour cream. Spread in a greased baking dish. Sprinkle with bacon and cheese.

Bake for ~20 minutes at 350°F.

SIDES

BAKED PASTA & CHEESE

1 lb pasta
¼ c butter
3 c grated cheddar
¾ lb cubed mozzarella
1 can evaporated milk
1½ c Half & Half cream

Cook pasta until al dente, drain.

Combine cooked pasta, butter and cheeses.

Place in a greased casserole dish.

Combine evaporated milk and cream.
*(**at this point you can stop, refrigerate the pasta and milk separately, and cook later)*

Pour milk mixture over pasta and mix.

Bake at 350°F for 1 – 1½ hours

***To cook later, combine the pasta and milk, mix well, and bake at 350°F for 1 – ½ hours*

SIDES

BAKED POTATO WEDGES

Potatoes

Olive Oil

Your choice of seasonings:

Garlic Powder

Onion powder

Basil

Oregano

Marjoram

Thyme

Dill

Lemon pepper

Black pepper

Salt

Seasoning salt

Parsley

Lemon juice

Parmesan cheese

(or any seasonings of your choice)

Wash and cut potatoes into wedges.
Place in a large bowl.

Drizzle with olive oil , sprinkle with
seasonings/herbs of your choice.

Mix well.

Pour onto a parchment covered baking
pan.

Bake at 400°F for 30-45 minutes until
cooked through and crispy brown.

NOTE – I use this same recipe for oven
baked potatoes, I just cut into squares
instead of wedges.

SIDES

CHEESY SCALLOPED POTATOES

5 potatoes, thinly sliced
2 onions, thinly sliced
3 T. butter
3 T. all-purpose flour
1½ c Whole milk or half & half
1 tsp. dry mustard
1 tsp. salt
½ tsp. ground black pepper
1½ c sharp cheddar cheese, shredded
4 oz. cream cheese, cubed

Preheat oven to 350°F. Grease a 2 quart casserole dish; set aside.

In a medium saucepan over medium-low heat, melt butter. Stir in flour, and cook for 1 minute. Add milk, and whisk to combine. Stir in mustard, salt, pepper, and thyme.

Cook until milk thickens (it will be the consistency of a cream soup), stirring occasionally.

Reduce heat to low, and stir in cheeses until melted.

Slice potatoes 1/8" thick – use a mandolin to get all the slices the same thickness. Do the same for the onions. Boil a pot of water and add potato slices and cook for 5-10 minutes, until potatoes start to soften but are not cooked. Remove from heat and drain.

Sauté onions in butter until partially cooked.

Place 1/3 of the sliced potatoes in prepared casserole dish. Cover with half of the sliced onions

Pour 1/3 cup of cheese sauce over potatoes.

Repeat layer with another 1/3 of the potatoes, the remainder of the onions and 1/3 of the sauce, ending with a layer of potatoes and sauce.

Layers: Potatoes-onion-sauce-potato-onions-sauce-potatoes-sauce

Cover and bake for about 60 minutes.

SIDES

GREEK SPINACH PIE

T soft butter
1 pkg cream cheese
1 pkg frozen chopped spinach
4 eggs, beaten
¼ t salt
¼ t pepper
¼ t garlic powder
1 c grated cheese

Cream butter and cream cheese until smooth. Add spinach, eggs and seasonings. Mix well. Add cheese and mix.

Pour into a greased 8"x8" casserole dish.

Bake at 350°F for ~45 minutes.

SIDES

OVEN BAKED MEXICAN RICE

1 medium onion, chopped

2 c tomato sauce

½ c cooking oil

3 c rice

2 t Vegetable bouillon

2 t salt

1 T paprika

1 T garlic powder

4 c vegetable broth or water

1½ t cumin

¾ t chili

Preheat oven to 350°F.

Combine all ingredients and mix so that everything is fully combined.

Cover tightly with aluminum foil, or a tight fitting lid - or both.

Gently place in oven and let it cook for 1½ - 2 hours.

Remove carefully from oven and let it rest for about 5 minutes. Then carefully remove aluminum paper. Fluff rice with a fork and mix evenly. Serve warm

SIDES

ROASTED SUMMER SQUASH

6 c diced Zucchini

½ c diced yellow squash

1 T. Olive oil

1 t. Garlic powder

1 t. Salt

1 t. pepper

Preheat oven to 450°F. Grease roasting pan with olive oil. Add squash, drizzle with olive oil. Mix with a spoon until evenly coated. Add spiced and mix well.

Bake 15-20 minutes stirring once until squash is tender.

SIDES

ROOT VEGETABLE FRIES

Potato

Rutabaga/Turnip

Sweet Potato/Yam

Carrots

Beets (may want to do these separately)

Olive oil

Pepper

Lemon pepper

Parsley

Dried dill weed

Dried basil

Celery seed

Seasoning salt

Julienne all vegetables. Place in a large bowl.

Drizzle with olive oil. Mix until vegetables are coated. Sprinkle seasonings over top and mix again.

Place on parchment lined baking sheet. Bake at 400°F until tender – ½ - 1 hour.

SIDES

SALSA BEANS

1 T olive oil
1 onion, diced
2 cloves garlic, minced
1 c diced celery &.or bell peppers
2 – 540 ml cans black beans, rinsed and drained
1½ T cumin
1 t. Paprika
1 t. Chili powder
1 c salsa

Heat olive oil over medium heat. Stir in onion, garlic and celery. Cook until tender. Stir in beans. Mix in spices and Salsa

SIDES

SANDY'S VEGETABLE AND QUINOA PILAF

1¹/₃ c jasmine rice

1 c orzo

½ c quinoa

1 onion, diced

3 carrots, finely diced

½ red pepper, diced

½ green pepper, diced

3 stalks celery, diced

10 mushrooms, sliced (or 1-2 cans mushrooms, drained)

4½ c chicken or vegetable broth

Olive oil

Brown (toast) orzo in a small amount of olive oil. When toasted, add rice and onion and sauté for 2 minutes.

Remove from pan to a large casserole dish.

Cook carrots in the same pan in a small amount of olive oil until tender-crisp. Add to rice mixture.

Sauté mushrooms in same pan with a small amount of olive oil and/or butter for ~4 minutes and add to rice mixture.

Sauté celery and peppers for 2 minutes in same pan. Add to casserole along with quinoa and mix.

Refrigerate until ready to cook

To cook: Add 4½ c chicken or vegetable broth and stir. Cover and bake at 350°F for 1 hour or until rice/quinoa/orzo is tender and liquid is absorbed.

SIDES

SAVORY BEAN CASSEROLE

2 T vegetable oil
2 vegetable bouillon cubes, crumbled
2 medium onions, chopped
2 apples, peeled and grated
2 medium carrots, grated
3 T tomato paste
1¼ c water
2 T white wine vinegar (or apple cider vinegar)
1 T dried mustard
1 t oregano
1 t cumin
2 t brown sugar
S & P to taste
3 c cooked red kidney beans

Heat oil in a non-stick pan; add bouillon, onions, apples and carrots. Sauté for 5 minutes stirring continuously.

Mix tomato paste with the water and add to vegetable mixture along with the rest of the ingredients EXCEPT beans.

Stir well, cover and simmer for 2 minutes.

Add beans and mix. Spoon into a greased oven-proof casserole dish.

Cover and cook @ 350°F for 35-40 minutes.

Check after 20 minutes and add more water if necessary.

SIDES

SPINACH & MUSHROOM CASSEROLE

2 T butter

1 lb mushrooms, sliced

2 onions, sliced

1 packages spinach

2 c grated cheese

Sauté mushrooms and onions in butter until mushrooms are golden and onions are translucent.

Layer one package of spinach on the bottom of a greased casserole dish. Cover with the mushroom-onion mixture. Top with remaining spinach and sprinkle with grated cheese.

Bake at 350°F for 30-60 minutes.

SIDES

SPINACH BALLS

Serves: 10 (makes about 2 dozen)

2 (10 ounce) boxes frozen spinach,
drained well

¾ c melted butter

1 small onion, finely chopped

4 eggs

½ c fresh grated parmesan cheese

½ t garlic salt

¼ t pepper

2 c seasoned bread crumbs

In a large bowl, combine all ingredients until well mixed.

Roll into 2 inch, walnut-sized balls. (if this is difficult, refrigerate a bit until firmer)

Chill in the refrigerator for 2 hours.

Place on an ungreased cookie sheet and bake at 350°F for 20 minutes.

Can be frozen – take out of freezer and thaw before cooking.

I serve this with spaghetti & vegan marinara sauce for a vegetarian version of spaghetti & meatballs.

NOTE: to make a vegetarian version substitute margarine for butter and nutritional yeast for the parmesan cheese.

SIDES

SPINACH DIP (cold)

1 box frozen chopped spinach, thawed and drained well

(I have used finely chopped fresh spinach)

2 c sour cream (1 500 ml container)

1 c mayonnaise

1 package Knorr Vegetable Soup Mix

1 tin water chestnuts, finely diced

2-3 green onions, finely sliced

Mix it all together. Cover and refrigerate until serving.

May serve in a bread bowl with bread cubes and other dippers such as crackers and tortilla chips

**for added protein you can also add a softened brick of cream cheese to the mixture.

SIDES

SPINACH DIP (hot)

2 boxes frozen chopped spinach, thawed and drained well

1 brick cream cheese

~300g Feta Cheese

1 – 2 c parmesan Cheese

Combine it all and put in oven until it is soft enough to stir and combine all ingredients.

May serve in a bread bowl with bread cubes and other dippers such as crackers and tortilla chips

SIDES



SALADS

“INNER WISDOM”

What does my body need right now? What am I craving – sweet, salty, crunchy, bitter, juicy etc.? How hungry/full am I?”

“OUTER WISDOM”

When was the last time I ate? When will I get to eat next? Do I need a routine? Did I include a variety of foods?

AMISH COLESLAW

1 medium head cabbage, cored and shredded

1 medium onion, finely chopped

3 carrots, coarsely shredded

½ c sugar

1 c vinegar

1 t. salt

1 t. celery seed

1 t. sugar

1 t. prepared mustard

½ c oil

Combine cabbage, onion carrots and ½ c sugar.

In a saucepan add vinegar, salt, celery seed, 1 t. sugar, prepared mustard and oil. Bring to a boil and boil 3 minutes.

Cool completely and pour over coleslaw. Toss to coat and refrigerate overnight.

BEAN SALAD

1 can kidney beans, rinsed and drained

1 can black beans, rinsed and drained
(or any other type of beans you wish)

1 can green beans, drained

1 can wax beans, drained

1 c diced celery

1 c diced green pepper

½ c white vinegar

¼ c oil

½ c sugar

1 t. salt

Shake together vinegar, oil, sugar and salt until well combined.

Mix together beans and vegetables. Pour vinegar mixture over and mix. Refrigerate overnight (or at least 2 hours) for best results.

Note: Any kind of beans will work in this

BLACK BEAN & COUSCOUS SALAD

1 c uncooked couscous

1¼ c chicken broth

1 red pepper, diced

8 green onions diced

1 can black beans

1 c frozen corn

Dressing:

3 T olive oil

3 T lime juice

3 cloves garlic, minced

1 t. red wine vinegar

½ t. cumin

¼ c fresh cilantro (opt.)

Boil chicken broth and then add couscous. Stir, cover and remove from heat.

Combine pepper, onion, beans and corn with cooked couscous.

Whisk together oil, juice garlic, cumin and red wine vinegar. Pour over couscous and vegetables and mix.

Sprinkle salad with chopped cilantro if using. **can just have chopped cilantro on the side for those who do not like it

Cover and refrigerate until served.

BLACK BEAN SALAD

- 1 can black beans, rinsed and drained
- 2 cans kernel corn, drained
- 8 green onions, sliced
- 2 jalapeno peppers, seeded and minced
- 1 green pepper, diced
- 1 c chick peas
- 1 small jar pimentos
- 3 tomatoes, seeded and chopped
- 1 c chopped fresh cilantro**
- 1 lime, juiced
- ½ c Italian dressing
- ½ t. garlic salt

In a large bowl, combine all but the garlic salt and mix well. Season with garlic salt. Toss and refrigerate.

** If you don't like cilantro, you can substitute:

- Italian, curly leaf or flat leaf parsley (add a bit of lemon juice & ground coriander to resemble the cilantro flavor)
- Fresh mint leaves (half the amount) and a small amount of balsamic vinegar
- Fresh basil leaves
- Celery leaf

SALADS

BROCCOLI & CABBAGE SALAD

2 c chopped cabbage

2 c chopped broccoli

½ c diced red onion

½ c diced celery

½ c dried cranberries (or grapes)

½ c pistachios (or toasted slivered almonds)

½ c pumpkin seeds

Dressing:

¾ c miracle whip

1 T vinegar

Combine dressing ingredients and mix well.

Add all other ingredients to a large bowl. Add dressing and mix well.

BROCCOLI SALAD

2-3 bunches of broccoli, washed & chopped

1 small red onion, finely diced

6 slices bacon, fried crisp and crumbled (OPT)

1 c red grapes, sliced in half

1 c sunflower seeds

1 c pumpkin seeds

Combine dressing ingredients and mix well.

Add all other ingredients to a large bowl. Add dressing and mix well.

Dressing:

1 c mayonnaise

2 T vinegar

¼ c sugar

CHICKEN SALAD

2 c cooked diced chicken

1 stalk celery, finely diced

1 green onion, thinly sliced

½ c mayonnaise

1 T lemon juice

½ c blanched almonds

Mix all together and refrigerate until ready to serve.

COUSCOUS SALAD

2 c uncooked couscous

3 c chicken broth

1 c red pepper, diced

2 c green onion diced

2 c cucumber, diced

1 can chickpeas

Dressing:

¼ c olive oil

6 T lemon juice

2-6 cloves garlic, minced

1 t. dry mustard

½ t. pepper

Dried parsley

Dried mint

Boil chicken broth and then add couscous. Stir, cover and remove from heat.

Combine pepper, onion, cucumber and chickpeas with cooked couscous.

Whisk together oil, juice garlic, mustard and pepper. Pour over couscous and vegetables and mix.

Sprinkle salad with dried parsley and mint.

Cover and refrigerate until served.

CRANBERRY COUSCOUS SALAD

1½ c chicken or vegetable broth

½ c dried cranberries

1 t. ground cinnamon

¼ t. ground cumin

1 c uncooked couscous

¼ c vegetable oil

2 T rice vinegar

½ c sliced almonds, toasted

⅓c chopped green onion

2 T chopped fresh mint

Combine broth, cranberries, cinnamon, and cumin in a medium saucepan. Bring to a boil.

Remove broth from heat and stir in couscous. Cover and let stand for 5-7 minutes. Fluff with a fork and set aside to cool slightly, uncovered.

Whisk oil and vinegar together; pour over couscous. Add remaining ingredients and toss well.

Serve either chilled or at room temperature.

CRANBERRY QUINOA SALAD

$\frac{2}{3}$ c dried cranberries

Juice of $\frac{1}{2}$ orange

1 T olive oil

1 small onion, finely chopped

1 c uncooked quinoa, rinsed and well drained

2 c chicken broth

1 T orange zest

1 t. salt

$\frac{2}{3}$ c coarsely chopped pecans

Combine cranberries and orange juice and set aside.

Heat olive oil and cook onion until soft. Add quinoa and stir, cook 1 minute. Add broth, zest, salt. Bring to a boil, reduce heat and simmer 10-15 minutes until liquid is absorbed. Fluff with a fork.

Stir in cranberries and pecans. Remove from heat. Serve immediately or cover and refrigerate until serving.

HONEY LIME APPLE SLAW

1½ T honey

1½ T fresh lime juice

2 T avocado or olive oil

1½ T seasoned rice vinegar

½ t salt

2 large jalapeños - cut in half moons
(OPT)

1 medium bell pepper - red, orange,
yellow or a combination of colors

1 very large Granny smith apple
(preferred) but pink lady adds a delicious
tart flavor, too

2 green onions

7 ½ c finely sliced cabbage

Finely slice the cabbage and cold water
rinse. Drain well or send through a salad
spinner; set aside, until needed.

In a salad bowl, prepare the vinaigrette;
mix together the honey, rice vinegar, oil,
lime juice and salt. Whisk together until
smooth and saucy, set aside.

Core and thin slice the apple; add to the
vinaigrette, coat all slices to prevent
browning.

Chop the green onions, jalapeños and
bell pepper. Add to the apples, stir to
coat ingredients.

Add the well drained cabbage. Toss to
coat.

Chill at least 1 hour or long enough for all
ingredients to incorporate.

JAPANESE CABBAGE SALAD

½ c toasted, slivered almonds

2 T toasted sesame seeds

12 oz fresh bean sprouts

2 green onions, sliced

1 medium cabbage, shredded

2 c sliced mushrooms

¼ c sunflower seeds

¼ c pumpkin seeds

2 packages Ichiban noodles

Dressing:

½ c oil

4 T soya sauce

3 T vinegar

1 T sugar

1 t. salt

Seasoning package from ichiban noodles

Toast almonds and sesame seeds in pan 5 minutes in 350°F oven.

Put cabbage and sprouts in a large bowl, then add mushrooms, onion, sunflower seeds, almonds and sesame seeds.

Combine both of the dried noodles together in a separate bowl.

Dressing: Combine seasoning package, oil, soya sauce, vinegar and sugar. Add more soya sauce if needed. Stir in salt and pepper to taste. Put in covered container.

Before serving mix dressing and pour over cabbage mixture.

Sprinkle with dried noodles.

PASTA SALAD

4 c uncooked pasta
1 c mayonnaise or Miracle Whip
¼ c vinegar
2 T honey (omit if using Miracle Whip)
2½ T prepared yellow mustard
1 ½ t. salt
½ t. pepper
1 large onion, diced
2 stalks celery, diced
1 green pepper, diced
¼ c coarsely grated carrot

Boil pasta about 8 minutes, or per package directions. Drain and rinse under cold water, and drain again.

Combine mayonnaise and vinegar, honey, mustard, salt and pepper.

Combine pasta and vegetables. Pour mayonnaise mixture over pasta and vegetables and mix well. Refrigerate overnight before serving.

POTATO SALAD

1 – 2 lbs cooked potatoes
1 c coleslaw dressing
1 c mayonnaise
½ c Miracle Whip
2 T prepared yellow mustard
1½ t. salt
½ t. pepper
1 large onion, minced
1 stalk celery, finely diced
½ - 1 c sliced radishes
OPT:
Diced hard boiled eggs
Diced sweet mixed or B & B pickles
1 – 2 T sweet pickle juice
1 green or red pepper, finely diced

Wash, peel and dice potatoes into desired size. Boil potatoes until tender. Drain and cool.

Transfer to a large bowl. Add remaining ingredients and any of the optional ingredients.

Mix well, refrigerate for 2 hours or until ready to serve.

QUICK BEET PICKLES

1 lb beets, boiled (~ 3 c sliced)
**I have used canned beets for this

½ c white wine vinegar

¼ c sugar

½ t. salt

2 whole cloves

4 whole peppercorns

1 small cinnamon stick

Combine vinegar, sugar salt, cloves, peppercorns and cinnamon stick in a saucepan. Bring to a boil and boil 5 minutes. Remove from heat and add sliced beets.

Cover and refrigerate for up to 1 week.

SALADS

QUICK PICKLED ONIONS

1 medium red onion

½ t. Sugar

½ t. Salt

¾ c rice, white wine, or apple cider
vinegar

Flavorings (optional):

1 small clove of garlic, halved

5 black peppercorns

5 allspice berries

3 small springs of thyme

1 small dried chili

Put 2 or 3 c water on to boil in a kettle.

Peel and thinly slice the onion into approximately 1¼" moons or slices. Peel and cut the garlic clove in half.

In the container you will be using to store the onions, add the sugar, salt, vinegar, and flavorings. Stir to dissolve.

Place the onions in the sieve and place the sieve in the sink. Slowly pour the boiling water over the onions and let them drain.

Add the onions to the jar and stir gently to evenly distribute the flavorings.

The onions will be ready in about 30 minutes, but are better after a few hours.

Store in the refrigerator. They will keep for several weeks, but are best in the first week.

SALADS

QUINOA & BLACK BEAN SALAD

1 c uncooked quinoa
1 (14oz) can black beans, drained and rinsed
1 red pepper, chopped
¼ c fresh Cilantro or parsley, finely chopped
2 Green Onions, chopped
1 c fresh or canned corn

For the dressing:

4-5 T of fresh lime juice (Juice from 2 small limes)
½ t. kosher salt, or to taste
½ t. freshly ground black pepper
1 garlic clove, minced
¼ c fresh Cilantro, finely chopped
¼ c extra virgin olive oil
½ t. ground cumin, or more to taste

Cook 1 c quinoa according to package directions.

While quinoa is cooking, prepare the chopped vegetables and whisk together the dressing.

Allow quinoa to cool after cooking for about 5 minutes. Fluff with a fork. Add the beans and vegetables and toss well.

Drizzle dressing over salad and toss well with salt and pepper to taste.

Bring salad to room temperature before serving, if desired.

Keeps fresh, refrigerated in a sealed container for 1-2 days.

Makes about 5 c.

QUINOA VEGETABLE SALAD

1 t. oil
1 T minced garlic
¼ c diced onion
2½ c chicken broth
2 t. salt
¼ t. pepper
2 c quinoa
¾ c diced tomato
¾ c diced carrot
½ c diced red pepper
½ c diced celery
½ c diced cucumber
½ c corn
1 t dried mint leaves
1 t dried parsley
2 T olive oil
½ c balsamic vinegar

Sauté garlic and onion in oil until tender. Add broth and salt and pepper. Bring to a boil and add quinoa.

Reduce heat and simmer about 20 minutes. Drain and add to large bowl. Refrigerate until cold.

Add remaining vegetables and mix.

Season with cilantro and mint. Add salt and pepper to taste.

Drizzle with 2 T olive oil and ½ c balsamic vinegar.

Gently stir to mix and refrigerate until serving.

TUNA SALAD

2 cans tuna, drained

1 stalk celery, finely diced

1 green onion, thinly sliced

½ c mayonnaise

1 T lemon juice

1 T pickle relish

Mix all together and refrigerate until ready to serve.

SALADS