



Simply Good

RECIPES AND MORE

from

C.C.C.T.

**CENTER FOR CHIROPRACTIC
AND
CONSERVATIVE THERAPY, INC.**

4310 LICHAU ROAD
PENNGROVE, CA 94951

(707) 792-2325



- ★ No Added Salt
- ★ Vitamin-Rich
- ★ Mineral-Rich
- ★ High in Fiber
- ★ No Chemicals
- ★ No Refined Sugar or Flour
- ★ No Oils
- ★ Low-in-Fat
- ★ No Cholesterol
- ★ No Meats
- ★ No Dairy Products

ALL RECIPES are made exclusively from whole, natural, protein-sufficient foods — fresh fruits and vegetables, raw nuts and seeds, whole grains and legumes.



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Get Well ★ Stay Well, America!

ISBN 0-941701-15-8



About The Center

The Center for Chiropractic and Conservative Therapy was founded in 1984 by Doctor Alan Goldhamer and Doctor Jennifer Marano. The Center offers an alternative approach to the restoration and maintenance of optimum health.

The Center is located on two beautiful acres in a lovely country setting in Northern California, about one hour north of San Francisco and ten minutes south of Santa Rosa.

The Center offers traditional, out-patient examinations and treatment, as well as in-patient care in our residential care program that specializes in the supervision of therapeutic fasting and in dietary and lifestyle modification.

The Center staff includes four doctors of chiropractic. We offer a comprehensive program of manipulation, physical therapy, exercise, and body use instruction, as well as individualized diet and lifestyle instruction.

If you would like to know more about the Center and/or receive our complimentary newsletter, just call or write:

**The Center for
Chiropractic and Conservative Therapy
4310 Lichau Road
Penngrove, California 94951
Phone: (707) 792 - 2325**



Foreword

This book has been prepared by the Center for Chiropractic and Conservative Therapy, a healthcare facility offering a residential program designed to help people regain and maintain optimum health.

We operate on the premise that optimum health is not merely the absence of obvious illness. We believe that an important part of healthful living involves insuring that the requirements of health are ideally provided. These requirements include Diet, Environment, Activity, and Psychology — which we have given the acronym of "DEAP." This book, of course, focuses on the "D" part of this acronym — "Diet," while the requirements of Environment, Activity, and Psychology are subjects that are covered in our *CCCT Tape Library*, along with Diet.

A healthful diet will provide the body with all of the raw materials that are needed to promote health. These include water, vitamins, minerals, fiber, protein, fat, and carbohydrates.

A healthful diet will also avoid, as much as possible, any dietary stress factors that can compromise health, such as excessive fat.

We offer recipes that are *Simply Good*.

The Center is grateful to its talented cooks who are responsible for the development of most of the *Simply Good* recipes.



Introduction

The scientific literature supports the concept that a healthful diet should be low in fat and high in vitamins, minerals, fiber, and water — with the majority of energy derived from complex carbohydrates, such as are found in fruits, vegetables, and whole grains and legumes.

All of the recipes in this book avoid the use of animal products — including meat, fish, fowl, eggs, and dairy products — and also all oils of any kind. We have excluded refined carbohydrates — including sugar, honey, syrups, and any other concentrated sweeteners. Nor do we use any refined grains, such as white flour or white rice. And we do not use any artificial colors, flavors, or preservatives. Added salt has also been excluded.

You will find that all the *Simply Good* recipes are made exclusively from whole, natural foods: fresh fruits and vegetables, raw nuts and seeds, whole grains and legumes. When fresh foods such as peas or corn cannot be found in season, we do recommend frozen as a second-best choice. And although we do call for tomato paste or tomato sauce in some recipes, you are encouraged to use fresh tomatoes or our recipe for Marinara Sauce provided. If you must resort to canned foods, we recommend that you choose the "No Added Salt" products now readily available. Finally, when a recipe calls for "water," we recommend purified and/or distilled.

Simple meals that avoid the use of strong spices, salt, and condiments help to minimize the tendency to overeat. For that reason alone, our "simply good" recipes have avoided their use. Any or all of the seasonings listed in the recipes are optional.

Also, do assume that all foods have been cleaned, peeled, cored, pitted, etc. before using.

These recipes are combinations of whole, natural foods intended to ease the transition to a more healthful way of eating — and prepared to taste . . . *Simply Good!*

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Main Courses

Vegetable • Rice Casserole

Preparation Time: 30 minutes

Baking Time: 25 minutes

3 cups brown rice, cooked
1 cup peas
2 cups carrots, diced
1 cup celery, diced
2 cups green beans, sliced
1 cup corn kernels
1 teaspoon thyme
2 cups vegetable stock

- **Combine rice, vegetables, and seasonings in a medium-sized mixing bowl.**
- **Place the mix in a covered casserole dish or loaf pan.** (It will take less time to cook in a covered dish.)
- **Pour vegetable stock over the rice and vegetables until it just barely covers them.**
- **Bake at 350 degrees for 25 minutes or until the carrots are tender.**

1 Potato • 2 Potato Casserole

Preparation Time: 10 minutes

Cooking Time: 1 hour

6 red potatoes, diced
2 medium-sized yams, peeled and diced
1 cup celery juice (about 4 stalks of celery)
1 cup carrot juice (about 4 carrots)
1 Tablespoon dry mustard
1 Tablespoon dry sage
1/3 cup nuts, finely ground (optional)

- **Combine all the ingredients. Pour the ingredients into an 8" x 11" casserole dish.**
- **Cover the dish with foil, and bake at 400 degrees for one hour.**





Lentil • Potato Patties

Preparation Time: 25 minutes

Cooking Time: 5 minutes per patty

- 2 cups potatoes, mashed**
- 2 cups lentils, cooked**
- 1 teaspoon thyme**
- 1 teaspoon marjoram**
- 1 cup pumpkin seeds, ground (optional)**
- 1/2 cup parsley, minced**

- **Mash the lentils and potatoes with a hand mixer or in a food processor with the plastic “S” blade. Do not whip until smooth. Leave the mix chunky.**
- **Add remaining ingredients, and mix just until it is combined. Shape lentil-potato mixture into patties.**
- **In a non-stick skillet over medium-high heat, brown the patties for approximately 4 to 5 minutes or until they are golden brown.**

Lentil • Herb Stew

Preparation Time: 20 minutes

Cooking Time: 1 hour

- 5 cups water**
- 2 cups lentils**
- 6 oz. tomato paste (or 4 fresh tomatoes)**
- 2 carrots, sliced thin**
- 2 stalks celery, diced**
- 1 green pepper, diced**
- 1 teaspoon each: oregano, basil, and marjoram**

- **Combine all the ingredients in a large pot. Then mix thoroughly, cover, and simmer for one hour.**

Variations:

- **Add 1 & 1/2 cups Marinara Sauce in place of the tomato paste. (See page 53.)**
- **Add one clove minced garlic and/or one medium onion (diced) before cooking.**



Lentils with Vegetables

Preparation Time: 30 minutes

Cooking Time: 30 to 45 minutes

2 cups dry lentils

4 to 6 cups distilled water

2 carrots, diced

2 stalks celery, diced

2 medium tomatoes, diced

**Small amount of green onion, leek, or chives, diced
(if desired)**

Oregano or other herbs to taste

- In a large kettle, bring 4 cups of water to a boil. Add the lentils and remaining ingredients, cover, and turn the heat to a low setting.
- Allow the lentils to cook for approximately 30 minutes. Check the water level frequently. It may be necessary to add water as the lentils swell.

Serving Suggestions:

- Serve with brown rice.
- Serve over a baked potato.
- Serve on corn tortillas which have been crisped in an oven. Alfalfa sprouts, avocado, and fresh tomato may be layered on top to make a tostada.



Garbanzo Bean Loaf

Preparation Time: 30 minutes

Cooking Time: 35 minutes

4 cups cooked and blended garbanzo beans (See page 37.)

2 cups brown rice, cooked

2 cups tomato sauce

1 Tablespoon dry mustard

1 cup carrots, grated

Juice of 1/2 lemon

- **Combine bean paste and rice in mixing bowl. Mix.**
- **Add tomato sauce, mustard, carrot, and lemon juice. Mix thoroughly.**
- **Turn the mix into an oblong baking dish, and bake it at 350 degrees for approximately 35 minutes. (If the top begins to brown too quickly, cover the loaf.)**

Variation: Add 1 & 1/2 teaspoons garlic powder when adding seasonings.

Black-Eyed Peas

Preparation Time: 25 minutes

Cooking Time: 1 & 1/2 hours

2 cups peas, soaked overnight

3 & 1/2 cups water or vegetable stock

1/2 teaspoon thyme

1/4 teaspoon marjoram

1 cup sweet potato or yam, diced

1 cup celery, diced

1 cup carrots, diced

1/2 cup parsley, chopped

1 medium potato, diced

1/2 teaspoon celery seed

- **Place peas and liquid in a covered pot with the vegetables and seasonings.**
- **Cover the pot, and cook it on the stovetop over low heat. Stir occasionally until done.**

Garbanzo Croquettes

Preparation Time: 15 minutes

Cooking Time: 35 minutes

1 & 1/2 cups cooked, blended garbanzo beans

2 & 1/2 cups whole grain rice, cooked

1 cup bread crumbs

1/4 cup garbanzo bean broth

1/2 teaspoon celery seed

1/2 cup chopped pecans (optional)

1 Tablespoon onion powder

1/2 teaspoon poultry seasoning

- **Mix all the ingredients well, and form the mix into patties.**
- **Roll the patties in corn meal.**
- **Bake at 375 degrees for 35 minutes.**



Millet • Barley Loaf

Preparation Time: 20 minutes

Cooking Time: 1 hour

1 cup cooked millet

1 cup cooked barley

1/2 cup ground cashews (optional)

1/2 cup raw oats

1/8 teaspoon cumin

1/2 cup tomato sauce

1/2 cup water

1 Tablespoon onion powder

1/2 teaspoon celery seed

1/4 teaspoon thyme

- **Mix all the ingredients well. Put the mix into a non-stick pan lined with raw oats or wax paper.**
- **Bake at 350 degrees for one hour.**



Enchiladas #1

Preparation Time: 25 minutes

Cooking Time: 20 minutes

8 to 9 cups Enchilada Sauce (See page 57.)

12 corn tortillas

3 to 4 cups whole grain rice, cooked

- Heat the tortillas in a toaster oven or non-stick skillet until they are soft enough to roll up without breaking.

- Dip the tortillas in the Enchilada Sauce, coating both sides. Prepare each tortilla on its plate, using the following 3 steps:

#1 — Put approximately 2 heaping Tablespoons of rice on each tortilla, making a strip of rice along the center.

#2 — Take the bottom edge of each tortilla, and place it over the rice. Continue to roll up each tortilla, making rice-filled tubes.

#3 — In an oblong or square baking dish, pour in just enough sauce to cover the bottom of the pan. Place the enchiladas side by side in the pan, saving the rest of the sauce to pour over the individual servings. (Do not push the enchiladas too closely together, or it will be difficult to remove them separately from the pan.) Next, pour in just enough sauce to cover the enchiladas.

- Bake at 350 degrees for 20 minutes.
- Before serving, pour the remaining heated sauce over each individual serving.

Variations:

- Serve with avocado slices.
- Serve with Tangy Avocado Dressing. (See page 55.)

Enchiladas #2

Preparation Time: 35 minutes

Cooking Time: 20 minutes

8 to 9 cups Enchilada Sauce (See page 57.)

12 corn tortillas

2 cups rice

2 cups cooked beans or bean paste (See page 37.)

- **Assemble Enchiladas #2 the same as in Enchiladas #1.** (See page 14.) **But for this recipe, substitute one heaping Tablespoon of rice for 1 heaping Tablespoon of beans.**
- **Place 1 Tablespoon of rice along center of tortilla.**
- **Place 1 Tablespoon of beans next to the rice so you have one strip of beans and one strip of rice.**
- **Roll up as directed in Enchiladas #1.**

Variation: Clean and cut 2 red or green peppers (or one of each) into thin (1/8 inch) slices, and place the slices alongside the rice. Roll up into enchiladas, and prepare as in Enchiladas #1.



Lima Beans

Preparation Time: 20 minutes

Cooking Time: 1 & 1/2 hours

2 cups lima beans

8 cups vegetable stock or water

1 cup celery, diced

2 yams, peeled and diced

1 teaspoon thyme

1 teaspoon savory

1/4 cup parsley, chopped

- **In a large pot, bring the beans and stock to a boil.**
- **Reduce the heat to a simmer. Add all the remaining ingredients. Cook covered 1 & 1/2 hours or until the beans are tender.**



Green Gravy and Mashed Potatoes

Preparation Time: 15 minutes

Cooking Time: 30 minutes

2 carrots, peeled and chopped coarsely
2 stalks celery, chopped coarsely
1 bunch spinach
2 medium-sized tomatoes
1 Tablespoon basil
1 teaspoon garlic powder
4 or 5 potatoes, peeled and quartered

- Hold out the potatoes. In a blender or food processor, purée all the ingredients to a fine blend.
- Transfer this blended "green gravy" into a heated saucepan. Cook on low heat for about 15 minutes or until the gravy is heated through.
- Put the potatoes into a separate saucepan with just enough water to cover them. Simmer 30 minutes or until the potatoes are tender. Drain and whip the potatoes with an electric beater until they are smooth.
- Serve the mashed potatoes with the gravy.

Chick Pea Loaf

Preparation Time: 20 minutes

Cooking Time: 30 minutes

3 cups cooked garbanzo beans
1 cup chopped celery
1/4 cup chopped onion
1 cup bread crumbs
1/3 cup tomato paste
1/2 cup cooked grain
1/2 cup ground nuts (optional)
1 teaspoon sage
2 Tablespoons parsley

- Mash all the ingredients except the parsley. Turn the mix into a 9" x 5" x 3" loaf pan.
- Bake at 350 degrees for 30 minutes. Toss once while cooking.
- Before serving, add parsley. Toss again.

Sweet Potato Corn Casserole

Preparation Time: 30 minutes

Baking Time: 30 to 35 minutes

6 cups sweet potato or yams, peeled and chopped

3 cups corn kernels

3/4 cup apple juice

3/4 cup almonds, coarsely ground (optional)

1/4 teaspoon cinnamon

1/4 teaspoon ginger

1/2 cup parsley, chopped

- Place sweet potatoes, corn, and almonds in a covered casserole dish. Toss to mix the ingredients, and sprinkle with ginger and cinnamon.
- Pour the apple juice over top the casserole mix, and toss it again.
- Cover the dish. Place it in the oven at 350 degrees for 30 to 35 minutes or until the sweet potatoes are tender.
- Toss once while cooking and again before serving with parsley, being careful not to mash the potatoes.



Dilled Carrot Cutlets

Preparation Time: 15 minutes

Cooking Time: 20 minutes

2 cups white beans, cooked and drained

2 carrots, grated

1/4 cup chopped cashews (optional)

2 Tablespoons dill weed

1/3 cup cooked grain or flour

- Mash all the ingredients together. Shape the mix into "cutlets."
- Bake the cutlets at 350 degrees for 10 minutes on each side.



Spring Rolls

Preparation Time: 45 minutes

Baking Time: 8 minutes

2 cups bean sprouts
1/2 cup apple juice
1/2 cup celery juice
1 clove garlic, minced
1 cup wild rice, cooked
1 cup brown rice, cooked
1/2 cup pine nuts (optional)
10 large, red chard leaves
1/2 cup celery juice
1 Tablespoon chopped cilantro

- Sauté the bean sprouts and garlic in celery and apple juice and cilantro for 10 minutes.
- Add the remaining ingredients to the sprouts and juice, and mix this stuffing until the ingredients are evenly distributed throughout.
- Cut out the central core of the chard. Steam the chard leaves until they are just barely wilted. (This will give you 10 wrapping pieces.)
- Pour in just enough celery juice to cover the bottom of the pan.
- Prepare the rolls, place them in the pan, and brush each roll with water.

To Assemble: Lay a chard leaf on the cutting board. Place approximately 2 large Tablespoons of mixture on the lower section of the chard leaf. Fold the bottom edge of the chard over the mixture. Tightly roll up the chard leaf to create a filled, closed tube. Place rolls side by side in a shallow loaf pan.

Comment: This is a lovely dish. To keep it lovely, it is important that the chard leaves are not overcooked; or they will lose the bright red color of the veins and deep green of the leaves.



Butternut Corn Hot Pot

Preparation Time: 40 minutes

Cooking Time: 20 minutes

- 4 cobs young, sweet corn**
- 1 to 1 to 1 & 1/2 pounds butternut squash**
- 3 medium carrots**
- 1 pound fresh peas in the pod**
- 2 Tablespoons chopped chives or green onions**
- 4 to 6 ounces fresh mushrooms, diced**
- 1/2 teaspoon ground sage**

- **Preheat the oven to 300 degrees.**
- **Steam the corn cobs until the kernels are tender (about 15 minutes). Remove the corn from the heat. Steam the squash, carrots, and peas in their pods.**
- **Meanwhile, cut the corn kernels from the cobs. Take care to remove the entire kernel, especially the tiny germ at the head. Put the kernels in a small bowl, and mix them with the chives.**
- **As the other vegetables become just tender, remove them from the steamer.**

Sauté the mushrooms and sage in 1 to 2 Tablespoons of water for 5 minutes. (The chives or green onions are optional here.)

- **Cut the skin from the squash; and dice or slice it, as preferred. Slice the carrots, and remove the peas from their pods.**
- **Place layers of vegetables into a casserole dish, with the corn mixture forming a center layer and the mushroom mixture poured over top.**
- **Cover the casserole dish, and put it in the oven until the casserole is thoroughly heated through (about 15 minutes).**



Shepherd's Pie

Preparation Time: 30 minutes

Cooking Time: 30 to 40 minutes

7 to 8 potatoes, peeled and quartered

1 & 1/2 cups celery, diced

1 cup mushrooms, sliced

3 cups com kernels or 4 ears fresh

2 cups carrots, sliced or diced

1/2 teaspoon thyme

1/2 teaspoon marjoram

1 & 1/2 cups nut milk (See page 92.)

3 Tablespoons fresh basil (or 1 Tablespoon dry)

1 clove garlic

- Place celery, mushrooms, corn, and carrots in a baking dish. Toss.
- Place 1 cup of nut milk in a blender with the garlic and basil. Blend.
- Pour the nut milk mixture over the vegetables. Bake at 350 degrees for 30 to 40 minutes or until the potatoes are tender.
- While the vegetables are baking, steam and mash 7 or 8 potatoes with the reserved 1/2 cup of nut milk.
- Add thyme and marjoram. Mix this "mashed potato topping" thoroughly, and arrange it by the spoonful on top of the vegetables until they are completely covered.
- Turn the oven to broil. Brown the potato topping until it is golden brown.

Optional:

- Sprinkle the potato topping with paprika.
- Serve with Green Gravy when the pie is ready to be served. (See page 16.)



Home Style Stew

Preparation Time: 20 to 25 minutes

Cooking Time: 2 hours

6 cups vegetable stock

6 potatoes, with peels scrubbed and quartered

1/2 cup black bean paste (See page 37.)

1/2 cup tomato paste

1 teaspoon thyme

1/4 teaspoon marjoram

1/4 teaspoon sage

1 cup carrots, diced

1 cup celery, sliced

1 cup fresh corn kernels

- Place the stock in a medium soup pot. Blend in the tomato paste and black beans until mix is smooth.
- Add herbs and 3 potatoes. Simmer for 1 hour.
- Remove the potatoes, and place them in a blender with 1 cup of stock. Blend the potatoes until they are smooth, and stir the blend into the stock to thicken it.
- Add the vegetables. Simmer the stew until tender.

Variation: For a stronger flavor, add 1 clove of minced garlic and/or 1 medium onion, diced.

Potato • Beet Harvest Casserole

Preparation Time: 30 minutes

Cooking Time: 1 hour

3 red potatoes, washed and sliced 1/8" to 1/4" thick

6 beets, peeled and sliced 1/8" thick

1/2 medium-sized red onion, peeled and french cut.

(Cut onion in half, starting from bottom stem. Lay the onion on its flat side, and make slices about 1/8" thick.)

2 tart apples, peeled, cored, and sliced 1/8" thick

1 Tablespoon ground fennel seed

1 Tablespoon celery seed

1/2 cup apple cider vinegar

- Combine all the ingredients in a casserole dish. Bake the dish covered in 350 degree oven for 1 hour.
- Stir the casserole 2 or 3 times during cooking.



Vegetable • Nut Casserole

Preparation Time: 30 minutes

Cooking Time: 30 minutes

1/4 medium green cabbage, coarsely chopped
1/4 medium red cabbage, coarsely chopped
1/2 small cauliflower, broken into flowerets
2 medium carrots, thinly sliced
1 large pepper, preferably red, cored, and diced
2 medium Jerusalem artichokes, halved and sliced
6 to 8 ounces ground seeds or nuts (optional)

- Preheat the oven to 175 degrees.
- Wash all the vegetables, and place them in a large casserole dish, and mix the ingredients well.
- Cover the dish, and place it in the oven. Cook the casserole until it is just tender. (This will take about 30 minutes, slightly longer if a deep dish is used.)
- Serve hot.

Lentil • Spinach Stew

Preparation Time: 25 minutes

Cooking Time: 1 & 1/2 hours

8 cups stock or water
3 cups lentils, uncooked
1 bunch spinach
1/2 cup pumpkin seeds (optional)
4 tomatoes, diced
1 Tablespoon dry basil
1/2 teaspoon oregano
1 teaspoon garlic powder (optional)

- Combine all the ingredients into a 3-quart pot.
- Bring the contents to a boil for 2 to 3 minutes.
- Reduce the heat, and simmer the pot for 1 & 1/2 hours.
- When the lentils are cooked, transfer 1/3 of the lentil mixture to a blender or into the bowl of a food processor. Purée this mixture, and then return it to the remaining the lentils.

Vegetarian Tacos

Preparation Time: 25 minutes

1 head whole lettuce leaves

(Boston, Romaine, Bibb, or Leaf)

1 creamy-ripe avocado, cut into strips

3 tomatoes, diced

(Add lemon juice if tomatoes are not tasty.)

2 cups alfalfa sprouts

1/2 bunch cilantro, minced

1 cup Vegetarian Taco Sauce (See recipe below.)

- Wash the lettuce, and spin it dry.
- Place enough lettuce for one serving on a plate. Fill the center of the leaves lengthwise with strips of sprouts, avocado, tomato, and cilantro.
- Spoon on Vegetarian Taco Sauce featured below to make a generous serving.
- Fold each side of the lettuce leaf over, and eat the taco with your hands.



Vegetarian Taco Sauce

Preparation Time: 15 minutes

5 tomatoes, quartered

1/2 cup grapefruit juice

1 Tablespoon lemon juice

2 stalks celery

1/2 cup shelled pecans (optional)

- In a food processor or a blender, process all the ingredients until a smooth sauce results.
- Pour the sauce in covered container, and chill.



Stuffed Bell Peppers

Preparation Time: 35 minutes

Cooking Time: 45 minutes

6 red bell peppers, topped and seeded
5 cups vegetable stock or water
1 & 1/4 cups brown rice
1 & 1/4 cups millet
1/2 cup celery, chopped fine
2 cups corn kernels (Or use 3 ears of corn.)
1 Tablespoon dried basil
1 teaspoon oregano
1 clove garlic, minced
2 cups tomato sauce (See page 51.)

- **Boil the stock in a 2-quart saucepan. To boiling stock, add the rice, millet, celery, corn, and herbs.**
- **Cover the pan. Simmer until bell pepper stuffing is tender and liquid is absorbed, about 30 minutes.**
- **Fill the peppers with the rice mixture. Then place the peppers in a baking dish. Spoon the tomato sauce over the peppers. Return tops to the peppers.**
- **Bake in 350 degree oven for 45 minutes.**

Succotash Lima Bean Stew

Preparation Time: 30 minutes

Cooking Time: 1 hour

2 cups dried baby lima beans
6 cups water
3 cups corn
2 cups celery, diced
1 & 1/2 cups rice milk
2 Tablespoons tarragon
1 Tablespoon garlic powder

- **Place the lima beans and water in a large pot.**
- **Bring the pot to a boil for 1 minute. Remove the stew from the heat, cover, and let sit 1 hour.**
- **Return the pot to the heat, and add the remaining ingredients. Cook 1 hour.**



Lasagna

Preparation Time: 30 minutes

Cooking Time: 45 to 60 minutes

6 to 8 cups Marinara Sauce (See page 54.)

12 lasagna noodle strips (raw)

1 large bunch spinach

1 small eggplant or 3 zucchini

3/4 to 1 cup water (depending on how thick the sauce is)

In a large baking dish, layer the following:

4 raw lasagna strips

sliced eggplant or zucchini

2 cups sauce

4 lasagna strips

raw spinach leaves

2 cups sauce

4 lasagna strips

2 to 4 cups sauce

- **Add water along the sides of the baking dish.**
- **Cover the dish with foil, and bake at 350 degrees for approximately 1 hour.** (Check after 45 minute to see if there is still enough moisture to finish cooking the lasagna noodles.)

Sweet Yam Casserole

Preparation Time: 20 minutes

Cooking Time: 30 minutes

4 or 5 large yams, peeled and sliced 1/4" thick

1/2 cup raisins

1/2 cup walnuts, coarsely chopped (optional)

2 teaspoons nutmeg

1 cup apple juice

- **In an 8" x 11" casserole dish, layer the yams, raisins, nuts, and nutmeg.**
- **Repeat with a second layer. Then pour the apple juice over the layers.**
- **Cover the casserole with foil paper, and bake it in a preheated oven at 350 degrees for 30 minutes.**



Potato Pie

Preparation Time: 20 minutes

Cooking Time: 1 hour

4 large potatoes, with peelings on and scrubbed

1 cup rice milk (See page 92.)

2 cups whole wheat flour or ground oats

2 cups chopped mustard greens or chard

2 green onions, sliced thin

1 teaspoon garlic powder

1 & 1/2 cups mushrooms, sliced thin

1 red bell pepper, diced

- Preheat the oven to 375 degrees.
- In a food processor with shredding blade or with hand grater, shred the potatoes; and rinse them under cold water.
- Mix the garlic and flour in the nut milk. Press 1/2 of the potato mixture into a 9" x 13" baking dish.
- Layer the vegetables. Begin with greens, then layer on the onions, mushrooms, and bell peppers.
- Sprinkle the remaining shredded potatoes over all the vegetables. Cover the pie with foil, and bake it in a preheated oven for 1 hour at 375 degrees.

Variation: Use your own choice of vegetables for the center of the pie.



Eggplant Parmigiana

Preparation Time: 20 minutes

Cooking Time: 35 minutes

2 medium eggplants
8 ounces cashews or bread crumbs
3 medium tomatoes
2 stalks celery
1 red (or green) bell pepper

- **Peel the eggplants, and slice them 3/4 inch thick.**
- **Grind the cashews in a blender or nut and seed grinder. Place the ground mix in a bowl, and set it aside.**
- **Make fresh tomato sauce or Marinara Sauce.**
- **Slice the tomatoes in circular slices, and dice the celery and bell pepper.**
- **Place the eggplant slices into a 9" x 13" casserole dish. Layer on the sliced tomatoes, diced celery and bell pepper, and ground cashews.**
- **Add another layer of sliced and diced veggies and ground cashews. Cover the parmigiana with foil, and bake it at 375 degrees for 30 minutes.**
- **Remove the foil, and broil the parmigiana about 5 minutes.**



Eggplant with Tomato Sauce

Preparation Time: 30 minutes

Cooking Time: 35 minutes

1 eggplant, diced
10 to 12 large, ripe tomatoes
(or 12 ounces tomato paste)
1 large bell pepper, diced
8 to 10 mushrooms, sliced
Small amount green onion, leek, or chives (optional)
Basil and/or oregano to taste

- Cut the tomatoes into a large saucepan over low heat. Cover and heat the pan for 3 to 5 minutes until the tomatoes begin to soften. Add the bell pepper, mushrooms, onion, herbs, and diced eggplant.
- The sauce should be the consistency of a thick soup. It may be necessary to add a small amount of water or a few tomatoes or a little tomato paste in order to get the desired consistency.
- Cook over low heat for approximately 30 minutes. Cooking time may vary, depending on the size of the eggplant chunks and on the low temperature setting.
- Stir frequently while cooking.

Serving Suggestions:

- Serve with brown rice or any other preferred whole grain.
- Serve over baked potatoes.



Ratatouille

Preparation Time: 20 minutes

Cooking Time: 1 hour

- 1/2 cup water or vegetable stock**
- 1 cup eggplant, peeled and cubed**
- 2 cups tomatoes, diced**
- 1 clove garlic, minced (optional)**
- 1 teaspoon fresh oregano (or 1/2 tsp. dried oregano)**
- 1 Tablespoon fresh basil (or 1/2 tsp. dried basil)**
- 1 cup celery, diced**
- 1 cup green pepper, diced**
- 1 cup red pepper, diced**
- 2/3 cup zucchini, thinly sliced**
- 2/3 cup mushrooms, thinly sliced**

- In a skillet, sauté the eggplant, tomatoes, garlic, and herbs together in the stock or water until the eggplant is about 1/4 tender. Add the other vegetables.
- Cook the ingredients until they are almost done, about 20 minutes.

Ratatouille Sauce:

- 1 cup tomato sauce**
 - 1 Tablespoon frozen apple juice concentrate**
 - 1 Tablespoon lemon juice**
 - 1 Tablespoon cornstarch**
- Using a wire whisk, thoroughly combine all of the sauce ingredients.
 - Pour the sauce over the vegetables. Mix well.
 - Cook covered, until the ratatouille is just slightly thickened, about 30 minutes.



Spaghetti Squash "Pasta"

Preparation Time: 30 minutes

Cooking Time: 1 hour

1 large spaghetti squash (about 5 pounds)
8 sprigs parsley

Spaghetti Squash Pasta Sauce:

2 twenty-nine ounce cans tomato sauce (or fresh-made tomato sauce)
4 cups water
1 clove garlic, minced (optional)
1 & 1/2 teaspoons oregano
1 & 1/2 teaspoons basil

- **Combine all the sauce ingredients into a large saucepan. Bring the sauce to a boil. Then reduce the heat, and simmer it uncovered for at least 30 minutes.**
- **Cut the squash in half with a heavy knife. (The squash can be cut crosswise or lengthwise; cutting it lengthwise produces longer strands.) Remove the seeds, and discard them. Place the squash halves, cut side down, into non-stick baking dishes.**
- **Bake at 350 degrees for one hour or until the squash halves are "fork-tender."**
- **Remove the halves from the oven. Using a fork, pull the cooked squash in strands from the skin.**
- **Put one cup of the "spaghetti" on each plate. Pour 3/4 cup of the Pasta Sauce over each serving. (The sauce should be hot.)**



Stuffed Spaghetti Squash

Preparation Time: 45 minutes

Cooking Time: 40 minutes

1 large spaghetti squash, cut lengthwise and seeds removed

2 cups cooked millet or brown rice

1 small zucchini, shredded

2 medium tomatoes

1 clove garlic, minced (optional)

3 Tablespoons cilantro, chopped

1 teaspoon oregano

1 Tablespoon basil

- Cook the spaghetti squash by steaming it for 45 minutes. Meanwhile, mix together all the remaining ingredients.
- When the squash is tender, remove it from the steamer. Cool the squash until it is easy to handle.
- Using a fork, carefully start from the wide side of the squash, pulling the fork through the squash. Repeat until all of the meat is taken out of the shells. (The result will look similar to spaghetti.) Take care to keep the squash shells well-intact.
- Combine the spaghetti squash strands with the zucchini mixture, and stuff this combination into the shells of the spaghetti squash.
- Bake this recipe uncovered in an oven preheated to 375 degrees for 40 minutes.
- Serve with Green Gravy. (See page 16.)



Veggie Calzone

Preparation Time: 1 hour

Cooking Time: 30 to 40 minutes

- **Prepare Whole Wheat Pizza Crust.** (See page 69.)
- **Prepare Marinara Sauce while the crust is rising.** (See page 54.)

Sauté the following:

- 1 cup water
- 1 yellow onion (optional)
- 2 cloves garlic, minced
- 3 to 4 Tablespoons basil, chopped fresh
- 1/2 teaspoon Italian spices
- 1 bunch spinach, chopped
- 1 cup broccoli, chopped
- 1/2 cup cauliflower, chopped
- 1/2 cup zucchini, chopped

- When the veggies are cooked but not mushy, add 2 chopped, fresh tomatoes and 1/2 cup Marinara Sauce. The sauce should be thick.
- Drain the excess water off if necessary before adding tomato and Marinara Sauce.
- When the crust is ready, divide up the dough into 6 to 8 pieces. Roll the dough pieces into balls. Pat or roll out one at a time.
- Fill the pizza crust with the prepared filling, and pinch it closed. Lay it on its side, like a turnover. Bake at 350 degrees for 30 to 40 minutes.
- Heat up the remaining Marinara Sauce, and pour it over the cooked calzone, and serve.



Italian Polenta Sauté

Preparation Time: 10 minutes

Cooling Time: 30 minutes

Topping Preparation Time: 20 minutes

Cooking Time: 25 minutes

Crust Ingredients:

4 cups water

1 cup polenta

1/2 teaspoon tarragon

1/2 teaspoon basil

1 & 1/2 teaspoons garlic powder

- **Bring the water to a boil, and add the crust ingredients.**
- **Stir constantly while the kettle is boiling, until the mixture is thick, about 10 minutes.**
- **Pour the crust ingredients into a 9" x 13" pan. Let the pan cool in the refrigerator.**

Topping Ingredients:

2 medium cloves garlic

3 cups mushrooms, sliced

2 cups water

3 small zucchini, chopped

1/2 small eggplant, chopped

4 tomatoes, chopped

- **Sauté the garlic, mushrooms, and water.**
- **Add the zucchini and eggplant to the sauté, and cook them lightly on medium heat.**
- **Add approximately 3/4 of the chopped tomatoes.**
- **In a blender, purée the remaining 1/4 of the chopped tomatoes and 1/2 cup water. Add this blend to the sauté.**
- **Pour this topping over the cooled crust.**



Bean a la Mexicana Pie

Preparation Time: 45 minutes

Cooking Time: 40 minutes

- 2 cups black beans, cooked**
- 1 & 1/2 cups black-eyed peas, cooked**
- 2 & 1/2 cups vegetable stock or water**
- 2 teaspoons garlic, minced**
- 1/2 teaspoon oregano**
- 2 Tablespoons basil**
- 1/2 teaspoon sage**
- 2 Tablespoons cumin**
- 3 Tablespoons cilantro, minced**
- 6 ounces tomato paste**
- 1/2 cup red pepper, minced**

1st Layer:

- **Prepare Polenta into a 9" pie dish. (See page 33.)**

2nd Layer:

- **Combine the peas, one cup of stock, half of all the herbs, all the cilantro, and the red peppers. Cook over low heat for 20 minutes.**
- **Layer this combination on top of the Polenta.**

3rd Layer:

- **Combine the beans and the remaining ingredients. Cook over low heat for 20 minutes.**
- **Purée the beans in a processor with a steel "S" blade until the beans are smooth.**
- **Layer the beans on top of the peas.**
- **Garnish with cilantro leaves and corn kernels.**
- **Serve the pie while it is still warm.**

Optional:

- 1 onion, minced**
- 1 long and mild green chile, diced**



Stir-Fry

Preparation Time: 15 minutes

Stir Fry Time: 5 minutes

Prepare Sweet and Sour Sauce. (See page 55.)

Vegetables for Stir-Fry:

3 or 4 heads of baby bok choy, chopped

2 stalks celery, sliced thin

1 & 1/2 cups red cabbage, sliced thin

1 cup mushrooms, sliced thin

2 cups bean sprouts

1 & 1/2 to 2 cups snow peas, stemmed

- **Pour the prepared Sweet and Sour Sauce into a large, heated skillet.**
- **When the sauce is boiling, toss in the bok choy, celery, cabbage, and mushrooms. Sauté 3 to 4 minutes.**
- **Add the add remaining ingredients. Sauté just until peas are bright green. Vegetables in a stir-fry should have a crunchy texture.**
- **Garnish with roasted red peppers.**



Appetizers

Eggplant Paté

Preparation Time: 30 minutes

Baking Time: 30 minutes

1 medium eggplant
3/4 cup raw sesame seeds, ground
Juice of 1/4 to 1/2 of a lemon
1/2 cup parsley, chopped

- Pierce the eggplant with a fork in 7 or 8 places to allow the steam to escape when it bakes. Place the eggplant on a baking sheet, and bake it at 350 degrees for 30 minutes. After baking, allow the eggplant to cool.
- While the eggplant is cooling, place the sesame seeds in a nut grinder. Grind the seeds as fine as possible.
- When the eggplant is cool, remove the skin. Mash the pulp until it is smooth.
- Combine the pulp, sesame seeds, lemon juice, and parsley. Mix these paté ingredients until they are evenly distributed.
- Serve the paté as a spread or a dip.

Variations:

- Add 1 clove garlic, minced.
- For a richer paté, use more sesame seeds.



Bean Paste

Preparation Time: 10 minutes

2 cups garbanzos, cooked and mashed
(Other beans may be used in this recipe.)

The "mashing" can be done a number of ways:

#1 — In a bowl, hand-mash the beans with a potato masher until the beans are smooth.

#2 — In a food processor, process the beans with a blending blade until they are smooth.

#3 — In a Champion Juicer, replace the sieve plate with the homogenizing plate; and push the beans through.

Comments:

- Method #3 is preferred for optimum consistency.
- These 3 methods of making Bean Paste work with any beans.
- If a thinner consistency is desired, the food processor works well. You may want to add a little stock or water while blending.

Garbanzo Spread

Preparation Time: 10 minutes

2 cups mashed beans
2 Tablespoons onion
1 teaspoon basil
1 teaspoon oregano
1 teaspoon cumin
1 teaspoon garlic powder (or 1 minced clove of garlic)
1 Tablespoon parsley
1 Tablespoon lemon juice or apple cider vinegar
1 Tablespoon ground sesame seeds.

- Blend all the ingredients together in a food processor with the "S" blade or blender until they make a smooth spread.



Stuffed Mushrooms

Preparation Time: 30 minutes

Baking Time: 10 to 15 minutes

- 1 & 1/2 dozen large mushroom caps**
- 2 cups fresh shitake mushrooms and mushroom stems, chopped or dry soak in warm water for 30 minutes. (If dried shitake mushrooms are used, soak them according to the package directions.)**
- 1/2 cup celery juice**
- 1/2 cup apple juice**
- 1 Tablespoon basil leaves, minced**
- 1/2 cup bread crumbs from whole grain bread**
- 1/2 cup whole pine nuts (optional)**

- **Sauté the chopped mushroom pieces in celery and apple juice for 15 minutes. Drain off the juice, and set it aside.**
- **Add basil and bread crumbs to the mushrooms. Mix until the ingredients are evenly distributed. Pile up as much of the mixture as possible in each mushroom cap, without the caps overflowing with stuffing.**
- **Pour the sautéed juice into a shallow loaf pan. Place the caps in the pan, and cover the pan with a lid.**
- **Bake at 350 degrees for 10 to 15 minutes or until mushroom caps are tender.**

Variations:

- **1 clove minced garlic may be used in sautéing mushrooms.**
- **1/2 cup minced onion may be substituted for 1/2 cup of the mushrooms.**



Humus (Garbanzo Bean Spread)

Preparation Time: 20 minutes

Cooking Time: 2 & 1/2 hours

2 cups garbanzo paste

1/2 cup sesame seeds, ground

Juice of 1 lemon

1 teaspoon cumin, ground

1 to 2 teaspoons paprika (optional)

- Soak garbanzo beans overnight in enough water to cover them. Or bring the beans to a boil for one minute, also in enough water to cover them.
- Cover the beans, and set them aside for one or more hours.
- Drain the beans, and cover them again with fresh water. Cook over medium heat for 2 & 1/2 hours or until tender.
- In food processor with the steel “S” blade or blender, process until the beans are smooth.
- Grind the sesame seeds in a grinder until they become a paste. Add the seeds to the beans, and process until the spread is well combined.
- Add the remaining ingredients. Mix thoroughly.

Comment: Humus is a marvelous filling or spread, and the taste can be easily changed by altering the seasonings.

Variations:

- 1 clove garlic, mashed
- 1/4 cup fresh cilantro, minced



Mock Dolmadas

Preparation Time: 45 minutes

Baking Time: 8 minutes

2 cups brown rice, cooked
1 cup wild rice, cooked
1/2 cup parsley, chopped
1/4 cup minced basil
1/2 cup pine nuts (optional)
1/4 cup lemon juice
10 large chard leaves
2 cups mushrooms, chopped
1/4 cup celery juice
1/4 cup apple juice

- **Combine the celery and apple juice in a saucepan. Sauté the mushrooms in the juice for 15 minutes.**
- **Combine the mushrooms and juice with remaining ingredients, except the chard.**
- **Assemble the Mock Dolmadas just as directed in the recipe for Spring Rolls. (See page 18.)**



Tofu Spread

Preparation Time: 10 minutes

6 ounces tub tofu
1 Tablespoon chopped onion
1/4 cup tomato paste
1/4 cup whole grain rice, cooked
1 Tablespoon parsley
1 Tablespoon lemon juice
1 teaspoon cumin
1 clove garlic

- **Blend all the ingredients together in a food processor with an “S” blade, or blend the ingredients in a blender until a smooth spread results.**

Sweet and Sour Mushrooms

Preparation Time: 20 minutes

Cooking Time: 20 minutes

- 6 cups sliced mushrooms**
- 2 & 1/2 cups apple juice**
- 1 teaspoon fresh ginger, peeled and minced**
- 3 Tablespoons corn starch**
- 3 to 4 Tablespoons water**

- Place the mushrooms in a large, non-stick skillet.
- Add the ginger and apple juice.
- Simmer over low heat for 20 minutes. To thicken the sauce, place the corn starch in a small bowl. Slowly add water while stirring constantly until the cornstarch is dissolved. (This should give a thin paste.) Add the paste to the mushrooms while stirring. Simmer over low heat to thicken.
- Serve over a bed of brown rice.

Variations:

- Add one cup of almonds or cashews to the mushrooms.
- Serve over wild rice.



Tofu • Spinach Dip

Preparation Time: 10 minutes

- 10 ounces tofu**
- 1 cup cooked spinach**
- 1 Tablespoon lemon juice**
- 2 Tablespoons green onion, chopped**
- 1 teaspoon garlic powder**

- In a food processor, combine all the ingredients. Using a steel “S” blade, purée the mixture until it is smooth. (Or use a blender to make a dip consistency.)
- Serve the dip with fresh vegetables, or use it as a sandwich spread.



Salads

Vegetable Salad

Any or all of the following ingredients can be included in whatever proportions you desire:

Grated carrot

Grated beet root (raw)

Grated or diced jicama root

Cabbage (grated or sliced)

Lettuce, cut to bite-sized pieces

Alfalfa (or other) sprouts

Red, green, or yellow bell pepper

Celery, sliced

Cucumber, sliced

Tomato, chopped

Avocado (optional)

Raw broccoli or cauliflower, cut into small flowerets

Raw sweet peas or snow peas

Serving Suggestions: Serve with orange, lime, grapefruit, or lemon wedges or with a natural salad dressing.

Individual Salad Bowls

Preparation Time: 10 minutes

Medium-sized pieces of lettuce (2 or 3 varieties)

Cut-up red cabbage

Sliced, sweet red bell pepper

Sliced celery

Quartered tomatoes

And your choice of the following: sliced, young, tender zucchini or summer squash; a few small broccoli flowerets; a few snow peas or young, tender green peas

- Garnish with: pignolia nuts, sunflower seeds, and/or alfalfa sprouts
- Serve with lemon juice or a blended avocado dressing.

Eggplant Salad

Preparation Time: 20 minutes

Cooking Time: 5 minutes

1 eggplant, peeled and diced into bite-sized chunks
3 to 4 tomatoes, diced
1 stalk celery, sliced thin
1 avocado, chopped coarsely (optional)
Lettuce or sprouts

- Place the eggplant on a steamer in a pan with about 1 & 1/2 inches of water in it.
- With the lid on the pan, start it steaming on high heat. Then lower the heat, and steam the eggplant for about 5 minutes.
- Place the steamed eggplant in a large bowl with the tomatoes, celery and avocado. Toss lightly.

Serving Suggestions:

- Serve with cold salsa.
- A diced avocado may be added to make this a main-course meal.
- Serve on beds of lettuce on plates or in bowls lined with lettuce or sprouts.



Green Bean Salad

Preparation Time: 10 minutes

Cooking Time: 2 to 3 minutes

2 pounds green beans, cut into 1 or 2 inch pieces and blanched (See page 44.)
Juice of 1 lemon
2 cloves garlic, finely minced
1/4 bunch parsley, minced
Pinch of basil

- Combine the beans with all the other ingredients.
- Chill and serve.



Cauliflower Salad

Preparation Time: 20 minutes

- 1 cauliflower, cut into flowerets
- 1 carrot, thinly sliced
- 1 green pepper, diced
- 1/2 cup lemon juice (or juice of 1 lemon)
- 1 clove garlic, minced (optional)
- 1/2 bunch parsley, minced
- 3 green onions, thinly sliced

- Blanch the cauliflower, carrots, and peppers about 2 to 3 minutes.
- Drain and rinse the vegetables under cold water. Then transfer them to a salad bowl.
- Combine the lemon juice (or vinegar), the garlic, parsley, and green onions. Pour over the vegetables, tossing gently to distribute dressing.
- Chill and serve.

Notes on How to Blanch Vegetables: To blanch vegetables, boil about 4 inches of water in a 3-quart pot. Add the vegetables to be blanched to the boiling water. Boil 1 to 3 minutes, depending on the fragility of the vegetable. Drain the vegetables; then place them in ice water just long enough to cool. Remove the vegetables from the water, and drain them well.

Spinach • Orange Salad

Preparation Time: 30 minutes

- 2 bunches spinach
- 2 oranges, in sections
- 1 Tablespoon Orange Zest ("Orange Zest" is the very outermost, colored part of the orange peel, scraped or very lightly peeled.)
- 1/4 cup sesame seeds
- 1 red bell pepper, seeded and diced

- Combine all the ingredients into a large salad bowl.
- Refrigerate the salad until it is chilled.



Sprouted Lentil Salad

Preparation Time: 15 minutes

For Sprouted Lentil Salad: 4 cups lentil sprouts

For Sprouted Lentil Salad Sauce:

2 Tablespoons lemon juice

1 medium tomato

2 stalks celery

1 medium avocado

- **Pour sprouted lentils into salad bowls.**
- **Put the lemon juice and quartered tomatoes into a blender and liquify.**
- **Cut the celery into sixths, and gradually add them through the opening in the blender lid while the blender is running on high speed.**
- **Quarter and peel the avocado, and add it to the running blender. Liquify this sauce until it is smooth and creamy.**
- **Pour this sauce over the lentil sprouts, mix well, and serve.**

Rice Salad

Preparation Time: 30 minutes

6 cups cooked, long-grain basmati brown rice (cold)

3 cups steamed corn kernels (cold)

1 cup celery, diced

1 cup carrot, diced

3 Tablespoons fresh basil, chopped fine

2 teaspoons cumin

2 teaspoons garlic powder

2 Tablespoons mild white wine vinegar

- **Combine all ingredients in a large salad bowl, and serve.**



Chinese Cabbage Salad

Preparation Time: 15 minutes

8 leaves Chinese cabbage
2 red bell peppers
2 avocados
1 pint cherry tomatoes (or 3 regular tomatoes, diced)
1 grapefruit

- **Wash and dry the Chinese cabbage. Cut up four of the leaves, and place them in a large mixing bowl. Place the remaining four leaves on two dinner plates.**
- **Dice the red bell peppers. Quarter, peel, and dice the avocados. (Or halve the avocados, and scoop out the flesh with a teaspoon.)**
- **Place the diced peppers and avocados, along with all the tomatoes, into the mixing bowl with the cut-up cabbage.**
- **Juice the grapefruit, and pour the juice over the salad. Stir well, and place a dollop of salad on each of the four Chinese cabbage leaves on the dinner plates.**

***Serving Suggestion:* Serve the remaining salad in bowls.**



Sweet Carrot Salad

Preparation Time: 25 minutes

6 carrots, thinly sliced and steamed 5 minutes
2 apples, peeled and diced
1 Tablespoon frozen apple juice concentrate
Juice of 1 lemon
1/2 teaspoon cinnanon
1/2 cup raisins

- **Mix all the ingredients, and chill the salad before serving.**



Nutty Broccoli Salad

Preparation Time: 20 to 25 minutes

- 1 bunch broccoli, cut into small flowerets, blanched**
(See page 44 for "How to Blanch Vegetables.")
- 2 stalks celery, sliced thin**
- 10 cherry tomatoes, halved**
- 1/4 cup pine nuts**
- 1/4 cup pecans, chopped coarsely**
- 3 Tablespoons lemon juice**

- Place all ingredients in a large bowl, and mix well.

Serving Suggestions:

- Alfalfa and other sprouts can be placed on top of each serving, if desired.
- This salad can be eaten "As Is." Or it can be served with a plateful of washed, whole lettuce leaves as a "lettuce sandwich" filling.



Holiday Fruit Salad

Preparation Time: 30 minutes

- 4 ripe pears, cored and diced**
- 3 stalks celery, minced**
- 1 jicama, peeled and diced same size as pear dices**
- 1 cup spiced walnuts**
- 1/2 cup pineapple juice**
- Garnish with Belgium endive**

- Toss all the ingredients until they are just mixed.
- Arrange the festive salad on a serving dish with endive as a border.



Citrus Pasta Salad

Preparation Time: 30 minutes

- 1 twelve ounce package of penne pasta**
- 6 ounces tofu**
- 2 Tablespoons fresh dill (or 1 TBS. dry dill)**
- 2 Tablespoons fresh chives (or 1 TBS. dry chives)**
- 1 Tablespoon each of lemon, lime juice, & orange juice**
- 1 Tablespoon Orange Zest**
- 1 nine ounce package of artichoke hearts**
- 1 small cucumber**

- **Cook the pasta as directed on the package.**

Citrus Pasta Salad Dressing:

- **Mix the tofu with the dill, chives, juices, and Orange Zest in processor or blender. Set aside.**
- **In small saucepan, simmer the artichoke hearts in 1/2 cup water until just heated through. Drain and cool.**
- **Cut the cucumber in julienne strips (1/8" wide and 1 to 2" long).**
- **Toss the cooked and cooled pasta with the tofu mix, artichokes, and cucumber.**
- **Chill for at least one hour, and serve.**



Artichokes with Fresh Tomato Sauce

Preparation Time: 30 minutes

Cooking Time: 45 minutes

4 medium artichokes

1 lemon, sliced

2 Tablespoons chopped onions (optional)

6 cups chopped tomatoes (or 8 to 10 peeled tomatoes)

1/2 cup chopped parsley

1/4 cup lemon juice

1 teaspoon basil

1/2 teaspoon rosemary

- **Rinse the artichokes. Cut off the stems close to the base, and cut 1 inch off the tops. Steam in a large pot, by bringing 2 inches of water to a boil and adding the lemon slices and artichokes. Cover, turn down the heat, and simmer 25 to 30 minutes or until tender. Remove the artichokes from the pot, and turn them upside down to drain.**

- **Place the onion, garlic, and a few Tablespoons of water in a large skillet, and sauté the vegetables until they are soft. If the tomatoes are to be peeled, plunge them briefly in boiling water; and then skin them. Stir in the chopped tomatoes and the remaining ingredients. Simmer over low heat 15 minutes. Stir occasionally.**

- **Place the artichokes on individual serving dishes, and spoon the tomato sauce around them. To eat, pull off leaf, dip into sauce, and draw the fleshy portion off between the teeth. Discard the remainder of the leaf. When you reach the center, remove the fuzzy section; and eat the artichoke heart with sauce.**

***Variation:* To make "artichoke bowls" to hold the tomato sauce, remove the center leaves. Spread the artichokes open carefully. The fuzzy choke can be pulled out a little at a time. Use a teaspoon to remove the last bits. (A serrated spoon works best.) If desired, the bowls may be used to hold salads, soups, or other sauces, or to hold dips for party buffets.**



Asparagus Salad

Preparation Time: 30 minutes

- 2 pounds asparagus**
- 4 ounces raw pumpkin "pepitas" seeds**
(or substitute chopped almonds)
- 4 leaves romaine lettuce**
- 2 large or 4 small tomatoes**
- 2 stalks celery**
- 1 large or 2 small stalks bok choy**
- 1 grapefruit (optional)**

- **Asparagus may be used either raw or cooked** (or a combination of the two). **If you use it raw, use only the tasty, tender tips** (or as much of the asparagus stalk as you like raw). **If you use the asparagus cooked, cut off the very tough and discolored bottom ends of the stalks, and steam the tender ends for 2 to 3 minutes. Take care not to overcook the asparagus.**
- **Cut up asparagus in one-inch pieces, and place the pieces in a large mixing bowl along with pumpkin seeds** (or chopped almonds).
- **Wash, dry, and cut or break up the romaine lettuce into the bowl. Add sliced celery, sliced bok choy, and cut-up tomatoes.** (If the tomatoes are not very tasty, you may wish to halve and juice a grapefruit and add the juice to your salad.)
- **Toss the ingredients thoroughly. Then remove 1/3 of this mixture. Chop it well, and return it to the salad bowl. This will give your salad its own dressing.**



Dressings and Sauces

Tarragon Dressing

Preparation Time: 10 minutes

- 2 Tablespoons dry tarragon**
- 1 Tablespoon Dijon mustard**
- 1 cup apple juice**
- 1 teaspoon garlic, minced**
- 1/4 cup balsamic or apple cider vinegar**

- **Combine all the ingredients in a blender. Process until just combined — do not over-blend.**
- **Refrigerate at least 2 hours before serving.**



Tomato Sauce

Preparation Time: 10 minutes

Cooking Time: 30 minutes

- 1 twelve ounce can tomato paste**
- 1 & 1/2 cups water, more or less for desired thickness**
- 1 clove garlic, minced**
- 1/2 onion, diced**
- 2 Tablespoons Italian herb mix**

- **Combine all the ingredients in a saucepan. Cook over medium-low heat for 30 minutes.**
- **Use over pasta, grains, and as a tomato sauce for pizza.**





Kiwi Dressing

Preparation Time: 10 minutes

4 to 5 kiwis, peeled
1/2 cup apple juice concentrate
1/2 teaspoon Dijon mustard

- Place all the ingredients in a food processor or blender. Process until the kiwis are puréed.
- Serve over a green salad or a fruit salad.



Gazpacho Dressing

Preparation Time: 10 minutes

3 tomatoes, quartered
1 Tablespoon onion, minced
2 stalks celery
1 cucumber, peeled
1 Tablespoon dill
1 grapefruit, juiced
1 lemon, juiced

- Combine all the ingredients in a food processor or a blender. Process until smooth.
- Chill and serve.



Italian Vegetable Sauce

Preparation Time: 25 minutes

Cooking Time: 1 hour

- 1 eighteen ounce can tomato paste**
- 1 & 1/2 cans water**
- 2 cups celery, diced**
- 1 cup carrots, diced**
- 1 to 2 cups mushrooms, sliced**
- 1 & 1/2 teaspoons oregano**
- 1 & 1/2 teaspoons basil**

- **Blend the tomato paste and water in a large saucepan.**
- **Add celery, carrots, mushrooms, and seasonings.**
- **Simmer over low heat for one hour.**
- **Serve over pasta, cooked potato, or grain.**

Variations:

- **Add 1 clove garlic, minced or pressed, and/or 1 medium onion, diced.**
- **In place of water, use 3 cups celery stock. (See page 94.)**



Raisin • Apple Chutney

Preparation Time: 20 minutes

Cooking Time: 40 minutes

- 3 apples, peeled and diced**
- 1/2 cup raisins**
- 1 cup celery, minced**
- 1 Tablespoon tarragon**
- 1/4 balsamic or apple cider vinegar**
- 1 Tablespoon lemon juice**
- 1 teaspoon ground ginger**

- **Combine all the ingredients in a small saucepan. Cook uncovered on low heat for 40 minutes.**





Marinara Sauce

Preparation Time: 15 minutes

Cooking Time: 30 minutes

- 1 eighteen ounce can tomato paste**
- 1/2 cup apple juice**
- 1 & 1/2 cans water**
- 1 & 1/2 teaspoons oregano**
- 1 & 1/2 teaspoons basil**
- 1 teaspoon tarragon**

- In a large saucepan blend the tomato paste, apple juice, and water with a whisk or spoon.
- Add the seasonings. Cover the pot. Simmer over low heat for 30 minutes.

Variations:

- 1 cup green pepper, chopped fine**
- 1 onion, chopped fine**
- 1 clove garlic, minced or pressed**
- (Any combination of these ingredients may be added with the seasonings.)

Pecan Dressing or Pecan Dip

Preparation Time: 15 minutes

- 2 ounces pecans, minced**
- 3 fresh tomatoes, quartered**
- 1 green onion, minced**
- 1/2 cup celery juice**
- 1 teaspoon chervil**

- Combine all the ingredients in a food processor or a blender. Process until smooth.
- Use as a dressing for vegetable salads or as a dip with vegetables such as celery, broccoli, lettuce leaves, cauliflower, and so on.



Sweet and Sour Sauce

Preparation Time: 20 minutes

Cooking Time: 10 minutes

- 4 cups mushrooms, sliced**
- 3 green apples, juiced**
- 1 clove garlic**
- 2 Tablespoons fresh ginger, minced**
- 1 teaspoon lemon juice or apple cider vinegar**
- 3 Tablespoons sesame seeds (optional)**
- 1 Tablespoon Orange Zest**
- 2 Tablespoons corn starch**

- **In a large skillet, place the mushrooms, apple juice, garlic, ginger, lemon juice, sesame seeds, and the Orange Zest.**
- **Simmer over low heat until the mushrooms are done.**
- **Thicken with cornstarch by adding a little bit at a time while stirring.**

Guacamole

— or —

Tangy Avocado Dressing

Preparation Time: 10 minutes

- 2 medium avocados, diced**
- 1 Tablespoon fresh lemon juice**
- 1 Tablespoon fresh chives, chopped**
- 1 Tablespoon fresh cilantro, chopped**
- 1 teaspoon red onion, minced (optional)**

- **Put all the ingredients into a shallow mixing bowl, and mash them until smooth.**
- **Serve with a large salad.**





Barbecue Sauce

Preparation Time: 10 minutes

Cooking Time: 1 hour

- 1 twelve ounce can tomato paste**
- 2 cups apple juice**
- 1/2 cup apple cider vinegar**
- 2 Tablespoons mustard, dry or prepared**
- 1 Tablespoon shallots, minced**
- 1 teaspoon garlic, minced**
(or 1 Tablespoon garlic powder)
- 1 Tablespoon ground cinnamon**
- 3 whole star anise**

- **Combine all the ingredients in a heavy-bottom saucepan. Cook covered one hour over medium-low heat, stirring occasionally.**
- **Remove anise before serving.**

Helpful Hints:

- **Double or triple this sauce. It will keep covered and refrigerated for 2 to 3 weeks.**
- **For added spice, use 1 Tablespoon horseradish.**
- **Whole star anise can be found in the spice area of your grocery store.**

Chard Sauce

Preparation Time: 15 minutes

Cooking Time: 30 minutes

- 1 bunch chard, stemmed**
- 2 red bell peppers, seeded and chopped coarsely**
- 1/2 cup ground almonds**
- 1 cup vegetable stock or water**
- 2 Tablespoons dried basil (or 1/3 cup fresh basil)**
- 1 Tablespoon garlic powder**

- **Place all the ingredients in a blender or a food processor. Purée until very smooth.**
- **Pour mixture into a heated skillet, and simmer for 30 minutes.**



Enchilada Sauce

Preparation Time: 15 minutes

Cooking Time: 30 minutes

1 eighteen ounce can tomato paste

2 cans water

1 cup celery, minced

1 & 1/2 teaspoons cumin

1 teaspoon coriander

1/2 teaspoon dry mustard

- **Blend the tomato paste and water together in a large saucepan.**
- **Add the remaining ingredients. Cover and simmer for 30 minutes, stirring occasionally.**

Variations:

- **Add 1 clove garlic, minced or pressed, and/or 1 medium onion, diced.**
- **In place of water, use 3 & 1/2 cups celery stock.**

Mushroom Sage Gravy

Preparation Time: 20 minutes

Cooking Time: 20 minutes

4 cups mushrooms, sliced

1/2 cup apple juice

1 teaspoon sage

1 cup rice milk (See page 92.)

2 Tablespoons cornstarch or arrowroot

- **Place the mushrooms in a frying pan with the apple juice and sage. Sauté over low heat for approximately 20 minutes.**
- **Sprinkle in cornstarch while stirring. (This should make a thick paste.)**
- **Slowly add rice milk. Stir to avoid lumps.**

Serving Suggestions:

- **Serve over a bed or whole grain rice**
- **Serve with baked potatoes**



Side Dishes

Baked Vegetables

- Potatoes, yams, winter squash, or pumpkins may be baked in an oven heated from 375 to 400 degrees for one hour.
- Potatoes and yams should be pricked with a fork before baking to allow steam to escape while they are baking.
- Yams and squash may be wrapped in aluminum foil to prevent them from dripping in the oven.
- Test the baking vegetables periodically with a fork to determine if they are done. The baking time varies with the size of the vegetables and temperature of the oven.
- Squashes may be cut into smaller pieces to shorten their cooking time.



Steamed Vegetables

- Place a stainless steel steamer basket into a large saucepan, and add water to within 1/4 inch of the bottom of the basket. Wash and cut the vegetables into desired sizes, and place them in the steamer basket. Bring the water to a boil, and allow the vegetables to cook.
- Check the vegetables frequently with a fork. Remove them promptly when they are done to avoid over-cooking.
- It is best to put the firmer vegetables which require longer cooking time (corn, carrots, etc.) in first and add less dense vegetables later, if you wish to have all of the vegetables done at the same time.



Burgers

Preparation Time: 20 minutes

Cooking Time: 10 minutes

2 cups lentils, cooked
2 cups barley, cooked
1 & 1/2 cups ground oats
1 Tablespoon ground cumin
1 Tablespoon basil
1 teaspoon oregano
1/2 cup water
1/4 cup tomato paste
whole oats

- **Mix all the ingredients, reserving the whole oats, until the burger mix is thoroughly combined.**
- **Transfer 3/4 of the mixture to the food processor, and use a steel "S" blade. Or use an electric mixer. Process until the mixture is a smooth mash.**
- **Add the remaining 1/4 of the lentil mixture to the mash. Mix just until combined.**
- **Shape the mixture into patties. This should yield about 18 patties. Using a non-stick sheet pan (or wax paper), arrange the patties 1/2 inch apart. Sprinkle the burgers with whole oats.**
- **Bake at 350 degrees for 10 minutes.**

Blanched Garlic

Preparation Time: 5 minutes

Cooking Time: 1 minute

2 cups water
1 head garlic, skinned

- **In a small saucepan, bring the water to a boil. Put the garlic in and boil it for 1 minute.**
- **Remove the blanched garlic from the water, and cool it.**

(This process will take the sharp edge off the taste.)



Corn Pasta

Preparation Time: 6 minutes

Cooking Time: 3 minutes

1 cup corn pasta
4 cups water

- **Bring the water to a boil. Add the pasta. Stir with a wooden or plastic spoon about 3 to 5 minutes to avoid sticking.**
- **Drain and rinse with cold water.**
- **Serve with basil sauce or Marinara Sauce. (See page 54.)**

Comments:

- **Corn pasta tends to stick together, so it is best to mix it with the sauce immediately after rinsing.**
- **To prevent the pasta from becoming mushy, it is essential to cook the pasta very "al dente."**



Corn Bread

Preparation Time: 15 minutes

Cooking Time: 30 minutes

2 cups cornmeal
1 cup oatmeal, ground
4 teaspoons baking powder
1 cup apple juice
1/2 cup apple sauce

- **Combine all the ingredients. Mix just until the dry ingredients are moist.**
- **Pour into an 8" x 8" baking dish lined with wax paper.**
- **Bake at 375 degrees for 30 minutes.**



Chinese Vegetables

Preparation Time: 30 minutes

Cooking Time: 30 minutes

1/2 cup water or vegetable stock or apple juice

4 cups bok choy, chopped

4 cups bean sprouts

1/2 cup snow peas

2 tomatoes, quartered

1/2 to 1 teaspoon powdered ginger

1/2 teaspoon garlic powder (optional)

1/2 teaspoon onion powder (optional)

1 slice ginger (the size of a quarter), minced

- Heat the water or stock in a large skillet. Add the bok choy. Cook over moderate heat, stirring occasionally.
- After about 5 minutes, add the bean sprouts, snow peas, tomatoes, and seasonings.
- Continue to cook, stirring as necessary, until the vegetables are tender.

Fresh Herb Rice

Preparation Time: 10 minutes

Cooking Time: 40 minutes

2 cups stock or water

1 cup rice

1/2 cup parsley, chopped

1/2 cup basil, chopped

1/4 cup lemon juice

- Bring the stock or water to a boil. Add all the remaining ingredients, cover, and simmer 30 to 40 minutes.

Variation:

- One-half cilantro bunch or 1/2 cup fresh dill may be substituted for basil.
- One-half cup pine nuts, sunflower seeds, pumpkin seeds, or sesame seeds may be added.



Garden Vegetable Mix

Preparation Time: 10 minutes

Cooking Time: 20 minutes

2 large stalks broccoli

(chop stems and cut heads into flowerets)

2 carrots, sliced

2 tomatoes, quartered

2 stalks celery, sliced

1 green pepper, sliced in rings

1/4 head cauliflower, cut into flowerets

12 green beans, broken in half & with ends removed

1/2 bunch parsley, minced

Juice of 1/2 lemon (optional)

- Bring 3 cups of water to boil in a large pot. Lower the heat.
- Place all the ingredients, except the lemon juice, in a pot.
- Simmer over low heat for about 15 minutes. Drain and serve.
- If desired, add the lemon juice before serving.

Note: This preparation results in very tender vegetables and a relatively large amount of left-over cooking liquid, which may be enjoyed as a broth or reserved for use in other recipes as a vegetable stock.

Baked French Fries

Preparation Time: 10 minutes

Cooking Time: 30 to 40 minutes

Potatoes, preferably organic

- Preheat the oven to 450 degrees.
- Scrub the potatoes. Then slice them into the desired size and shape. Place the "fries" on a cookie sheet. Bake 30 to 40 minutes, depending on size of the potato slices.

Variation: Sprinkle the potatoes with garlic powder.



Black Beans

Preparation Time: 10 minutes

Cooking time: 2 to 3 hours

- 2 cups black beans**
- 4 cups water**
- 1 twelve ounce can tomato paste**
- 1 teaspoon cumin**
- 1 teaspoon coriander**
- 1 teaspoon oregano**
- 1 cup celery, chopped**

- **Soak the beans for at least 4 hours. Drain and place the beans in a medium-sized pot with a lid.**
- **Add water, and blend in the tomato paste.**
- **Add the celery and seasonings. Place the cover on the pot, and simmer over low heat for 2 to 3 hours.**

Comment: This dish can stand alone; or it can be served with rice, tortillas, and/or guacamole.

Variations:

- **One-half cup of raisin syrup gives a little different and especially tasty flavor.**
- **In place of 4 cups water, use 4 cups of celery stock.** (See page 94.)



Barley Burgers

Preparation Time: 30 minutes

Cooking Time: 20 minutes

2 cups barley, cooked
2 teaspoons onion powder
(or 1 chopped onion)
1/2 cup ground walnuts or pumpkin seeds (optional)
1/4 cup grated, raw potato
1/4 cup minced green pepper
1/4 teaspoon thyme
bread crumbs

- **Mix all ingredients.**
- **Shape the burger mix into patties.**
- **Bake at 350 degrees for 10 minutes on each side.**



Carrot Loaf

Preparation Time: 30 minutes

Cooking Time: 45 minutes

3 cups grated carrots
2 cups cooked grain (rice, millet, barley, or lentils)
1/2 cup chopped nuts (optional)
1 cup vegetable broth
1/2 cup peas
1 Tablespoon chervil

- **Mix all the ingredients.**
- **Turn the mix into a casserole dish.**
- **Bake at 350 degrees for 45 minutes.**



Yam-Stuffed Oranges

Preparation Time: 15 minutes

Baking Time: 45 to 60 minutes

Second Baking Time: 20 minutes

5 large, sweet yams or sweet potatoes

1/2 to 3/4 cup fresh orange juice

1/4 rounded teaspoon nutmeg

1/2 rounded teaspoon cinnamon

1/2 to 3/4 cup walnuts, coarsely chopped (optional)

- **Bake the yams in their skins at 400 degrees for 45 to 60 minutes or until soft in center.**
- **Put all the ingredients in a food processor with a plastic blade or in a blender.**
- **Purée the mixture, adding enough orange juice to make it the consistency of mashed potatoes.**
- **Place the yam stuffing into orange halves that have been fully juiced and cleaned out.**
- **Bake at 350 degrees until the stuffed oranges have been heated through (approximately 20 minutes).**
- **Serve hot or cold.**

Notes:

- **Use a pastry gun to place the yam stuffing into the empty orange shells to give the dish a more festive look.**
- **This tastes very much like pumpkin pie, so it may be put into a pie shell and served for dessert.**
- **This may be made the day before and baked just before serving.**



Polenta

Preparation Time: 10 minutes

Cooking Time: 20 minutes

6 cups vegetable stock or water

2 cups polenta

1/4 cup raw pumpkin seed, ground (optional)

1 teaspoon garlic powder (optional)

- In a heavy 2-quart saucepan, heat stock or water to a boil. Reduce heat.
- Add the remaining ingredients.
- On low heat, constantly stir mixture for about 20 minutes.

Variations:

- Pour polenta mixture in bowl, and serve with your favorite sauce.
- Pour mixture in a mold or 8" x 8" baking dish. Refrigerate until set.
- Remove from the refrigerator, and place in broiler until just heated through. Serve with sauce.

Home Fries

Preparation Time: 10 minutes

Cooking Time: 20 minutes

6 to 8 potatoes, baked or steamed, and cooled

- Slice the potatoes into 1/4 inch slices. Place them in Silverstone cookware or in a non-stick pan over medium heat.
- Turn the "fries" with a spatula every 5 minutes until the potatoes are a golden brown. If the potatoes are not browning, let them sit a little longer between the turnings.

Variation: Before cooking, sprinkle with dried herbs and paprika.



Potato Pancakes

Preparation Time: 25 minutes

Cooking Time: 50 minutes

- 3 potatoes, cleaned and chopped fine**
- 2 cups cooked brown rice**
- 3 Tablespoons scallions, minced**
- 1 teaspoon garlic powder**
- 1 cup oats, finely ground**

- **Combine all the ingredients in a large mixing bowl. Mix well.**
- **With a large spoon or by hand, scoop out approximately 1/2 of the mix at a time. Shape the mix into 3" diameter pancakes. Continue until batter is finished.**
- **In a heated, non-stick skillet, over medium-low heat, place as many cakes as possible. Make sure all cakes are flat in the pan. Cook 25 minutes. Check to be sure they are not burning.**
- **Turn and cook an additional 25 minutes. Remove from pan, and start another batch. Reserve prepared cakes in warm oven.**
- **Serve with Apple • Raisin Chutney. (See page 53.)**

Easy method: Mix all the ingredients in a mixing bowl. Mix well. Transfer to a 9" x 13" baking dish, and cook covered in 375 degree oven for 45 minutes.

Brown Rice with Mushrooms and Herbs

Preparation Time: 10 minutes

Cooking Time: 30 to 40 minutes

- 5 cups water or vegetable stock**
- 2 & 1/2 cups brown rice**
- 4 Tablespoons Shitake mushrooms**
- 1/2 teaspoon thyme**
- 1 teaspoon sage**

- **Bring water or stock to a boil.**
- **Add the remaining ingredients.**
- **Cover and simmer 30 to 40 minutes.**



Italian Cauliflower Mix

Preparation Time: 30 minutes

Cooking Time: 10 minutes

- 1 head cauliflower, broken into flowerets**
- 1 clove garlic, mashed (optional)**
- 1 yellow squash, cut into 1/2 inch strips**
- 1 red bell pepper, sliced**
- 3 tomatoes, cut into wedges**
- 1/2 teaspoon oregano (fresh, if available)**
- 1/2 teaspoon basil (fresh, if available)**
- 1/2 cup green peas**

- **Precook the cauliflower in a covered steamer basket or in a pot with a little water, until it is partially cooked but still firm. Drain the cauliflower, and reserve the cooking liquid.**
- **In a large skillet, with a few tablespoons of water, sauté the garlic, oregano, and basil for one minute.**
- **Add the cauliflower and a few tablespoons of the reserved cooking liquid, and stir-fry the cauliflower for two minutes.**
- **Add the squash, peppers, and a few more tablespoons of the reserved cooking liquid, if necessary. Stir-fry for two more minutes.**
- **Add the tomatoes and about 1/2 cup of the reserved cooking liquid. Cover and steam for two minutes.**
- **Remove the cover, add the peas, and cook for 3 to 4 minutes or until the vegetables are tender.**



Whole Wheat Pizza Crust

Preparation Time: 20 minutes

Cooking Time: 1 & 1/2 hours

1 Tablespoon active dry yeast

1 & 1/4 cups warm water, sweetened with 1/2 cup raisins (In a small saucepan, cook raisins with water on medium-low heat for about 25 minutes. Remove the raisins, and use the sweet water.)

1/3 cup almonds, finely ground

3 cups whole wheat pastry flour

- Dissolve the yeast in the sweetened water. Let the yeast rest 5 to 10 minutes. By this time, bubbles will have formed on the surface.
- Add the ground almonds to the yeast mixture. Gradually add flour, using more or less than 3 cups. Dough should not be too heavy. Knead no less than 10 minutes. Dough may be sticky. Use a small amount of flour just to keep your hands from being too sticky. Set to rise, covered in a warm — not hot — place for 1 to 1 & 1/2 hours.
- Roll out the dough 1/4 inch thick on a 12" pizza pan sprinkled with corn meal. Allow the crust to rise again for approximately 1/2 hour. Spread the pizza crust with Marinara Sauce and assorted vegetables, such as mushrooms, bell peppers, zucchini, and so on. Bake at 375 degrees for about 20 minutes.

New Potatoes Roasted with Pumpkin Seeds

Preparation Time: 10 minutes

Cooking Time: 45 minutes

4 to 6 potatoes

1/2 cup raw pumpkin seeds, ground fine

3/4 cup water

- Cut the potatoes in eighths with a wedge cut. Place the wedges on the cookie sheet.
- Combine the seeds and water, and pour them over the potatoes.
- Bake in preheated 375 degree oven for 45 minutes.



Spinach • Herb Rice

Preparation Time: 20 minutes

Cooking Time: 45 minutes

4 cups water
2 cups rice
3 to 4 cups mushrooms, sliced
1/2 bunch spinach, chopped
1/2 red bell pepper, diced
1/2 teaspoon garlic powder (or fresh)
1/2 teaspoon basil
1/4 teaspoon oregano

- **Bring the water to a boil. Add all the ingredients, except the rice. Simmer for 3 to 5 minutes.**
- **Add the rice. Cover and simmer on low heat for 30 to 45 minutes.**



Baked Tomatoes

Preparation Time: 10 minutes

Cooking Time: 15 to 20 minutes

3 large tomatoes, halved
2 Tablespoons dried parsley
2 Tablespoons minced chives (optional)
1 Tablespoon basil
2 Tablespoons grated almonds
1/2 cup apple juice

- **Place the halved tomatoes cut side up in a shallow, non-stick baking pan.**
- **Sprinkle the parsley, chives, basil, almonds, and orange juice over the tomatoes.**
- **Bake at 325 degrees until tender, about 15 to 20 minutes.**



Soups

Broccoli • Chard Soup

Preparation Time: 30 minutes

Cooking Time: 30 to 40 minutes

- 1 bunch broccoli, stemmed and chopped coarsely**
- 1 bunch chard, stemmed and chopped coarsely**
- 2 cups cooked brown rice**
- 8 cups vegetable stock or water**
- 2 shallots, minced**
- 1 Tablespoon minced garlic**
(or 1 & 1/2 teaspoons garlic powder)
- 1 & 1/2 Tablespoon dry tarragon leaves**
- 1/4 cup sesame seeds (for garnish)**

- **Combine all the ingredients into a large pot. Cover. Cook over medium heat about 30 to 40 minutes or until the vegetables are tender.**
- **In a food processor with a steel “S” blade or with an electric mixer, process 2/3 of the soup until it is smooth.**
- **Return the blended soup to the large pot. Reheat the soup for serving.**
- **Garnish each serving with sesame seeds.**

Variation: Do not process any of the soup.



Carrot • Orange Soup

Preparation Time: 20 minutes

Cooking time: 1 to 2 hours

- 8 cups vegetable stock or water**
- 6 carrots, peeled and grated** (Use the julienne blade of a food processor or hand-julienne-cut the carrots.)
- 4 oranges, juiced**
- 2 Tablespoons Orange Zest**
- 1 yellow onion, peeled and french cut** (Cut onion in half, starting from root to stem. Lay onion on flat side, and slice it into 1/8" slices.)
- 2 Tablespoons tarragon**
- 1 teaspoon ground ginger**
- 1 teaspoon ground white pepper** (optional)

- **Combine all the ingredients into a large soup pot. Cook over medium-low heat for at least one hour to bring out the seasonings — but no longer.**
- **Serve cold if desired.**



Quick Lentil Soup

Preparation Time: 20 minutes

Cooking Time: 1 hour

- 10 cups vegetable stock or water**
- 4 cups raw lentils**
- 1/2 cup tomato paste**
- 1 bunch spinach, chopped**
- 1 bunch chard, chopped**
- 1 roasted red pepper, seeded and minced**
- 1 clove garlic, minced**
- 1 Tablespoon Italian herbs**

- **Combine all the ingredients in a large saucepan. Cook over medium-low heat for one hour or more. By this time, the lentils will be tender; and the seasonings will have cooked into the soup.**



Minestrone Dinner Soup

Preparation Time: 40 minutes

Cooking Time: About 3 hours

- 10 cups stock or water**
- 1 cup kidney beans, dry**
- 1 cup garbanzo beans, dry**
- 1 cup carrots, diced**
- 1 cup celery, diced**
- 1/2 cup green onions, diced**
- 3 cups tomatoes, peeled and diced**
- 1 bunch spinach, chopped**
- 2 Tablespoons Italian herbs**
- 1 Tablespoon garlic powder**
- 1 cup whole wheat pasta or corn pasta**

- Place the washed beans in a large pot with 10 cups of stock. Bring to a boil, and continue to boil for 2 minutes.
- Reduce the heat and simmer 1 and 1/2 to 2 hours.
- Add carrots, celery, tomatoes, spinach, herbs, and garlic. Cover and simmer 45 minutes.
- Add pasta. Boil 10 minutes longer.

Potato • Yam Bisque

Preparation Time: 25 minutes

Cooking Time: 20 minutes

- 8 cups celery stock (See page 94.)**
- 3 yams, peeled and chopped**
- 5 large potatoes, peeled and chopped**
- 1 teaspoon thyme**
- 1 teaspoon nutmeg**
- 1/4 cup parsley, chopped**

- Simmer yams and potatoes in the stock, along with the herbs, until both yams and potatoes are tender.
- Remove the yams and potatoes from the stock, and blend them in a food processor or blender.
- Stir the processed mixture into the stock until the bisque is smooth, and add parsley.





Split Pea Soup

Preparation Time: 30 minutes

Cooking Time: 1 hour

- 2 cups split peas**
- 7 cups vegetable stock**
- 1 butter nut squash (or yam), peeled and chopped coarsely**
- 2 large potatoes, diced medium**
- 2 large carrots, diced medium**
- 2 stalks celery, diced medium**
- 1 teaspoon garlic powder**
- 1/8 teaspoon nutmeg**

- **Simmer all the ingredients until the peas are tender (one hour).**
- **Purée 1/3 of the mixture, and return it to the pot.**
- **Simmer to desired temperature, and serve.**

Variations: Use red potatoes; or use fresh corn or fresh garlic.



Cream of Tomato Soup

Preparation Time: 15 minutes

Cooking Time: 45 minutes to 1 hour

- 3 cups vegetable stock**
- 4 cups tomato purée**
- 3 or 4 potatoes, peeled and chopped**
- 1 & 1/2 cups celery, diced**
- 1 & 1/2 Tablespoon dill**
- 1/2 cup parsley, chopped**

- **In a large pot, combine all ingredients. Cover and simmer 45 minutes to one hour.**
- **Strain the soup, reserving the liquid. Purée the solids in a food processor or blender until smooth. Return the blend to the strained liquid, and simmer just until hot enough to serve.**



Tomato Harvest Soup

Preparation Time: 25 minutes

Cooking Time: 1 to 2 hours

6 cups vegetable stock

2 thirty-two ounce cans tomatoes, peeled and chopped (not puréed)

2 fennel bulbs, french cut

(Cut each bulb in half, starting from the root to the stem. Lay the bulb on its flat side and slice about 1/8" slices lengthwise.)

1 red onion, peeled (A french cut is optional.)

2 cloves garlic, minced

2 cups white grape juice

• **Combine all the ingredients in a large pot. Cook over medium-low heat for one to two hours.**



Winter Soup

Preparation Time: 30 minutes

Cooking Time: 1 & 1/2 hours

2 quarts vegetable stock

1 & 1/2 cups dry lentils

1/2 cup dry split peas

2 turnips, shredded

2 carrots, shredded

4 tomatoes, puréed

1 cup celery, diced

1 Tablespoon dry basil

1 Tablespoon dry sage

1 clove garlic, minced

• **Rinse the lentils and peas.**

• **In a 3 quart pot, combine all the ingredients. Cook on medium low heat for 1 & 1/2 hours.**



Sweet Potato Soup

Preparation time: 25 minutes

Cooking time: 30 to 45 minutes

6 cups yams or sweet potatoes, peeled and chopped

4 to 5 cups water

2 teaspoons tarragon

1 cup celery, diced

2 cups corn

- Place the yams, water, celery, and seasonings in a covered soup pot. Simmer over low heat until the yams are tender.
- Remove the celery and yams from the stock. Blend.
- Add the corn kernels to the stock. Cook for another 10 minutes.
- Stir the yams into the stock until the soup is smooth.
- Garnish with parsley.

Comment: The thickness of the soup depends on the ratio of water to yams.

Variation: For a richer flavor, cook the yams in a celery stock.



Red Purée Soup

Preparation Time: 20 minutes

Cooking Time: 45 minutes

3 quarts of stock

6 red potatoes, washed and chopped

7 or 8 red bell peppers, with seeds removed and chopped

2 cloves garlic, minced

- **In a large soup pot, combine all the ingredients. Cook about 45 minutes or until the potatoes and peppers are tender.**
- **Strain the soup, reserving the liquid.**
- **Add the soup solids to the food processor or blender, and purée them until they are very smooth.**
- **Transfer the blend back to the strained liquid. Heat on low, just until hot.**
- **Garnish with parsley and thin slices of red pepper.**



Desserts

Apple Jack Bread

Preparation Time: 35 minutes

Cooking Time: 1 hour

5 apples — peeled, quartered, and cored

1 cup raisins

1 cup water

1 Tablespoon lemon juice

1 Tablespoon ground cinnamon

1 teaspoon ground nutmeg

1/2 teaspoon ground clove

1 cup oats, finely ground*

(*Oats and almonds can be ground in blender or processed with a steel "S" blade.)

1 cup whole wheat flour

1/2 cup almonds, finely ground*

1 teaspoon baking soda

1 Tablespoon baking powder

- Preheat the oven to 350 degrees.
- In a 1 to 2 quart saucepan, combine apples, raisins, water, lemon, and spices.
- Cook over medium heat until the apples are tender and the liquid is reduced by half.
- Set aside until cooled.
- Combine the remaining dry ingredients in separate mixing bowl. Then combine the dry mixture with the cooled apple mixture.
- Pour the batter into an 8 inch, non-stick loaf pan. Bake in a preheated oven for about 1 hour.



Dessert Ideas

Fruit Pudding

In a blender, combine bananas with any other sweet or sub-acid fruit. Serve immediately, or keep very cold until served.

Apricot • Prune Whip

Soak overnight dried apricots with dried and pitted prunes. Blend the next day with the soaking water. Serve plain or with sliced bananas.

Raw Applesauce

Wash, quarter, and core sweet, juicy apples with their skins on. Put in the blender a few pieces at a time with a small amount of apple or lemon juice. Other fruits may be combined with the apples. This sauce should be prepared immediately before serving, to keep the color and flavor; or it should be kept very cold until it is served.

Frozen Seedless Grapes

Serve with toothpicks as handles or as ice cubes for fruit juice.

Frozen Fruit Juice Popsicles

— and —

Frozen Fruit Juice Cubes

Use miniature ice cube trays to make miniature popsicles, using toothpicks for handles. Or use standard ice cube trays and popsicle handles to make standard "popsicles cubes." Or purchase home-make popsicle kits now available. Frozen Fruit Juice Cubes can also be prepared to chill a fruit juice recipe.



Apple Pie

Preparation Time: 30 minutes

Cooking Time: 1 hour

- 1 Whole Wheat Pastry Crust (See below.)**
- 7 to 8 tart apples, peeled & cored & sliced 1/4" thick**
- 2 teaspoons cinnamon**
- 1 teaspoon nutmeg**
- 1 cup apple juice**
- 2 Tablespoons arrow root**

- Mix thoroughly all the ingredients together.
- Pour the apple pie filling into a prepared pie shell.
- Bake at 375 degrees, covered with foil, for 1 hour.
- Remove the foil. Brown the crust 5 minutes at 400 degrees.



Whole Wheat Pastry Crust

Preparation Time: 15 minutes

- 1 cup almonds, ground to a paste**
- 2 cups whole wheat pastry flour**
- 1/2 cup cold apple juice or white grape juice**

- In a bowl or food processor with a plastic "S" blade, combine the nuts and flour.
- While the processor is on, add the juice by the tablespoonful.
- Stop the processor when the dough comes together in a ball. Do not over-process.
- Wrap the dough in plastic. Refrigerate at least one hour.
- Roll out, on a floured surface, enough crust for one pie with 8 strips over the top.

Variation: Use finely ground oats in place of wheat.



Stuffed Baked Apples

Preparation Time: 35 minutes

Cooking Time: 1 to 1 & 1/2 hours

6 apples, cored *

(*To core, cut a cone shape in the center of the apple. Do not go through the bottom. Then carefully pull out the cone with the tip of the knife.)

1 cup almonds, minced (optional)

1 cup rolled oats, chopped fine

2 teaspoons cinnamon

1 teaspoon nutmeg

1/2 teaspoon ground ginger

1 cup pitted dates

1 cup water or apple juice

1/4 cup maple syrup

- Preheat the oven to 350 degrees.
- Mix the almonds, oats, cinnamon, nutmeg and ginger in bowl. Set aside.
- Combine the dates and water (or apple juice) in small saucepan. Simmer the mixture for 1/2 hour or until the liquid is reduced by half.
- Combine all ingredients, except the syrup.
- Place the apples in an appropriate-sized baking dish. Fill it with the almond and date mixture.
- Drizzle the maple syrup evenly over each apple. Place the uncovered dish in an oven for one hour or until the apples are tender.



Date • Coconut Pie

Preparation Time: 35 minutes

Chilling Time: 3 hours

1 & 1/2 cups coconut, fresh-grated, for the crust
1/3 cup water (or fruit juice)
3 large bananas
2/3 cup pitted dates
2/3 cup coconut, for the topping
1/3 cup pitted dates, sliced

- **Moisten the fresh-grated coconut with a bit of water, and pat the mix into the pie plate for crust.**
- **Chill the crust for an hour or so.**
- **Blend the bananas and the 2/3 cup pitted dates in as little water as possible. This mixture should be quite thick. Pour the pie filling into the crust.**
- **Top the pie with the 2/3 cup shredded coconut and the 1/3 cup of sliced dates.**
- **Chill for at least 2 hours.**

Frozen Banana Delight

Preparation Time: 10 minutes

- **Peel ripe bananas. Place them in a single layer in plastic bags, secure with "twisties," and freeze overnight (or several hours).**
- **At least 15 minutes before making this delightful dessert, assemble the Champion Juicer parts so the blank or "homogenizer" (not the screen) is in place. Put the assembled parts and the juicer blade in the freezer so that the first banana you put through the juicer won't come out melted.**
- **Make this dessert immediately before eating it. (Do not store this dessert in the freezer.) Put the juicer blade and its attachment on the juicer, and place a bowl at the end of the attachment.**
- **Remove the frozen bananas from the freezer, break the bananas in half, and feed them through juicer. Out comes a rich, creamy, frozen custard.**



Apple Sauce

Preparation Time: 15 minutes
Cooking Time: 20 to 25 minutes

6 apples: peeled, quartered, and seeded
1 cup water
2 Tablespoons lemon juice

- In a heavy-bottomed saucepan, combine all the ingredients. Cover and cook over low heat about 20 to 25 minutes.
- Remove from heat.
- With a whisk or electric beater, beat the mix until the apples are smooth.

Variations: Cook the apples with raisins, minced mint, cinnamon and/or nutmeg.

Oatmeal • Raisin • Spice Cookies

Preparation Time: 15 minutes
Cooking Time: 10 minutes

1 cup whole wheat pastry flour
2 cups whole oats
2 teaspoons baking powder
1/2 teaspoon baking soda
2 apples, peeled and puréed
1 oz. ground almonds
2 cups apple juice
1/2 cup raisins
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon allspice

- Preheat the oven to 350 degrees.
- Mix all the dry ingredients, including the raisins, until they are well-combined. Add the apples and juice mix until the dry ingredients are just moist.
- On a non-stick sheet pan, arrange the cookies by tablespoons full, about 1/2 inch apart.
- Bake in a preheated oven for 10 minutes.



Fig Bars

Preparation Time: 25 minutes

Cooking Time: 40 minutes

Crust:

- 2 & 1/2 cups whole oats**
- 2 cups apple sauce**
- 2 cups whole wheat pastry flour**
- 2 teaspoons cinnamon**
- 1 teas[oon nutmeg**
- 1 Tablespoon baking powder**
- 1 teaspoon baking soda**

- Sift together the flour, cinnamon, nutmeg, baking powder, and soda.
- Add the oats and apple sauce to the flour mixture. Mix well, and set these crust ingredients aside.

Filling:

- 3 cups figs, stemmed**
- 1 Tablespoon lemon juice**

- Combine the figs and juice in a saucepan. Cook over low heat until the figs are tender and until the mixture begins to thicken.
- Remove the figs from the heat. Transfer the filling to a food processor, using a steel "S" blade; or use a blender. Blend until the filling is well-puréed.
- Press 2/3 of the crust into the botton of a 9" x 13" baking dish.
- Pour all of the fig filling into the crust.
- Take the remaining 1/3 of the crust, and spread it over the fig filling.
- Bake uncovered in a preheated oven at 350 degrees for 40 minutes.



No Wheat Bars

Preparation Time: 15 minutes

Cooking Time: 10 minutes

1 cup ground, rolled oats

2 very ripe bananas

3/4 cup peach or plum juice (from juice extractor) **or**

3/4 cup apple juice concentrate (1/2 cup concentrate to 1/4 cup water)

- **Combine the bananas and the juice.**
- **Add just enough rolled oats to make the mix the consistency of oatmeal cookies.**
- **Press the mix into a no-stick, rectangular baking dish.**
- **Bake at 350 degrees for 10 minutes**

Variations: Use sunflower seeds, ground nuts, or raisins.

Strawberry • Banana • Nut Bread

Preparation Time: 20 minutes

Cooking Time: 1 hour

3 pints fresh strawberry

1/2 cup ground almonds

2 & 1/2 cups ground oats

3/4 cup wheat flour

1/2 teaspoon cinnamon

1/4 teaspoon allspice

2 & 1/2 teaspoons baking powder

3 bananas, mashed

- **Extract the strawberries in a juicer to yield 1 to 1 & 1/2 cups strawberry juice.**
- **In a food processor, blend together all the ingredients, just until the dry ingredients are moistened.**
- **Pour the blend into a loaf pan with corn meal sprinkled onto the bottom so the blend won't stick.**
- **Sprinkle oats on top, and bake at 375 degrees for one hour.**
- **The bread will be very moist in the center when it is finished.**



Banana • Date Cookies

Preparation Time: 30 minutes

Cooking Time: 8 to 10 minutes

4 cups oats, finely ground

1/4 teaspoon baking soda

1 teaspoon baking powder

1 teaspoon cinnamon

1/2 teaspoon nutmeg

1 & 1/2 cups pitted dates

2 cups water

4 bananas

Whole oats — just enough to sprinkle over sheet pan

- In a small saucepan, combine the dates and water. Simmer for 30 minutes. Then remove from the heat.
- Combine all the dry ingredients, mix well, and set aside.
- Let the dates are cool. Mash the bananas, but leave them chunky.
- When the dates are completely cooled, combine all the ingredients and mix them until all the dry ingredients are just moistened. Be sure not to overmix the dough.
- Sprinkle the cookie sheet with whole oats. Place the dough, a tablespoonful at a time, onto the prepared cookie sheet.
- Bake at 375 degrees for 8 to 10 minutes. The cookies will be moist when they are done.



Peach Crumble

Preparation Time: 30 minutes

Cooking Time: 30 to 35 minutes

Crust:

1 cup almonds, ground finely

1/2 cup whole oats

1/2 teaspoon cinnamon

1/2 teaspoon nutmeg

1/2 cup apple juice

- **Mix together all the crust ingredients.**
- **Press this mixture into the bottom and sides of an 8 or 9 inch pie dish.**
- **Chill the crust while preparing the filling.**

Filling:

6 to 8 peaches, peeled and chopped coarsely

1/3 cup apple juice

1/2 cup oats

1/2 cup almonds, ground finely

1/2 teaspoon cinnamon

1/2 teaspoon nutmeg

- **Mix all the filling ingredients just until they are well-combined.**
- **Pour the filling over the chilled crust.**
- **Bake at 350 degrees for 30 to 35 minutes.**



And More

Growing Sprouts

The following method works well for sprouting mung beans, garbanzo, lentils, whole dried peas, alfalfa seeds, and others.

- Soak one Tablespoon of seeds or 1/3 cup of beans in one quart of tepid water overnight. In the morning, drain and rinse seeds.
- Place the drained seeds or beans in a quart jar, and cover it with a dampened washcloth or a piece of nylon screening or cheesecloth. Fasten the end with a rubber band.
- Turn the jar upside down so it can continue to drain. Then lay the jar on its side: this allows the sprouts "to breathe" through the open end.
- Continue to rinse and drain the seeds or beans twice a day for three to five days. Then take the sprouts, and put them in a colander. Drain well and refrigerate.
- Rinse the sprouts before serving.

Juices and Champion Juicer

Juices are best prepared fresh, using a Champion Juicer. Champion Juicers are available from the Center.



Storage

With fresh produce for one week:

Lettuce: Pull out the core, and remove any old leaves. Do not cut the leaves, or they will discolor. Rinse the leaves once or twice in cold, clean water. Spin dry in a lettuce spinner. Store in a covered, plastic container in the refrigerator.

Other Vegetables: Don't rinse or peel any of the other vegetables until they are ready to be eaten. Store in a vegetable hydrator in the refrigerator.

Most fruit: Can be left at room temperature unless it is too ripe. Ripe fruit should be refrigerated.

Breads: Will stay fresher if stored in the freezer until ready to be used. This also applies to nuts, oats, tortillas, and dry fruits.

Grains: Should be stored in covered containers in the refrigerator or freezer.

Legumes: Can be stored in covered containers at room temperature.

HINTS:

1. To keep baked goods from sticking, sprinkle the baking dish with ground oats or corn meal. Also, line the bottom of the pan with wax paper.
2. When cooking grains, use a little less water than called for.
3. Large batches of food such as casseroles, soups, and even grains can be made ahead of time and frozen.
4. Plan a menu for the week.
5. Over-ripe bananas can be used for smoothies.



Preparation of Legumes (Beans, Peas, and Lentils)

All plants that fix nitrogen from the soil are considered to be legumes. Beans, peas, lentils, and alfalfa sprouts are legumes. All these can be sprouted. All have been discussed in the sprouting section on page 88.

The legumes utilized in this book are lentils, split peas, pinto beans, garbanzo beans, black beans, kidney beans, navy beans, butter beans, and black-eyed peas. There are many more wonderful varieties of edible legumes.

STORAGE: Store in containers with tight-fitting lids in a cool, dark place.

COOKING TECHNIQUE:

- Beans should be soaked overnight or for at least 4 hours. Place beans in a bowl, and cover them well with water. The beans will absorb the water, so it is important that the bowl be large enough for this expansion.
- Pour off the remaining water. Place in a pot with a tight-fitting lid. Add the prescribed amount of water, and simmer the specified time listed in table below.

Legume (1 cup)	Water	Cooking
Lentils*	3 cups	45 minutes
Split peas *	3 cups	1 hour
Pinto beans	3 cups	2 hours
Garbanzo beans	4 cups	3 hours
Black beans	4 cups	3 hours
Kidney beans	3 cups	2 hours
Butter beans	3 cups	2 hours
Black-Eyed Peas	3 cups	1 hour
Navy Beans	3 cups	3 hours

* Do not need to be soaked. Should be picked over.



Grain Preparation

Rinse the grain in cool water. Drain. Bring water to a boil. Slowly add the grain. Stir. Let the water come to a boil again. Reduce the temperature to low heat. Cover with a lid, and cook until water is absorbed. Avoid over-stirring to avoid gumminess.

Grain (1 cup)	Stock or Water (cups)	Time (min.)	Yield (cups)
Brown rice	2	60	3
Barley	3	60	3 & 1/2
Buckwheat (kasha)	2	15	2 & 1/2
Bulgur	2	15	2 & 1/2
Cornmeal (polenta)*	4	20	3
Millet	3	45	3 & 1/2
Rye	2	60	2

***Do not cover. Do stir constantly.**

For a fluffier grain, let the cooked grains remain in the covered pot for 15 minutes before serving.





Nut Milk

Preparation Time: 10 minutes

2 oz. almonds, ground fine & 1 cup water

- **First grind the almonds as fine as possible. Then place the ground almonds in a blender with the water. Run the blender at high speed for a few minutes.**
- **Strain the resulting liquid through a very fine strainer.**

***Variation:* If blanched almonds are used, the liquid does not need to be strained.**

Salsa

Preparation Time: 40 minutes

6 medium-ripe tomatoes, diced
1 red onion, minced
2 dry Ancho chiles, seeded and minced (optional)
1 mild green chile, minced (optional)
1 clove garlic, minced
1 bunch cilantro, chopped fine
1/2 cup balsamic vinegar
1 Tablespoon cumin
1 teaspoon oregano

- **Mix all the ingredients together in a large bowl until they are well-combined.**
- **Cover and refrigerate for at least two hours.**
- **Serve with raw vegetables, corn tortillas, or as a salad dressing.**

Rice Milk

Preparation Time: 10 minutes

1 cup cooked brown rice
2 cups water

- **Purée the rice and water in a blender or processor.**
- **Strain the liquid through a very fine strainer.**



Sandwich Fillers

#1 — Pistachio Spread with tomato slices and cucumbers

Preparation Time: 10 minutes

- 1 cup pistachio nuts
- 1 shallot, minced fine
- 1/4 cup fresh chopped basil

- In a blender or food processor, with the steel “S” blade, finely chop the nuts.
- Add shallots and basil. Process until well-blended.

Serving Suggestion: Best served red potato slices which have been baked and are served cold.

#2 — Avocado, tomatoes, natural mustard, and sprouts. (*Sunflower sprouts are best.*)

#3 — Roast red bell pepper, roast garlic, tahini, and red leaf lettuce.

#4 — Garbanzo Bean Loaf, mustard, and sprouts.

#5 — Banana, sprouts, and almond butter.



Raisin Syrup • Date Syrup

Preparation Time: 10 minutes

- 1 cup raisins (or 1 cup chopped dates)
- 1 cup water

- Soak the raisins (or dates) in water for 1 hour. Place them in a blender, and blend until they are smooth.
- Place the blend in a jar with a tight-fitting lid. Store in the refrigerator.





Vegetable Stock

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Depending on the freezer space available, you can make as much stock as you like.

Use enough water to cover the amount of vegetables you use. Avoid cabbage, broccoli, cauliflower, and brussel sprouts. These vegetables can overpower the flavor of the stock.

Basic ingredients are carrots, celery, onion, garlic, tomatoes, and bay leaves.

Using a large, covered pot, cook over medium heat about 30 minutes. Strain the stock immediately, cool, and refrigerate.



Roasted Red Bell Peppers

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Preheat the oven to broil. Place the pepper or peppers 4" to 6" from the heat. Turn to roast both sides of the peppers. Broil until the peppers are black. This will take about 15 minutes. Remove the peppers from the oven, and place them in a plastic bag. Refrigerate the roasted peppers until they are cool enough to handle. Remove them from the bag, peel, and remove the peppers' seeds. Use roasted bell peppers in casseroles, soups, salads; or use roasted peppers as a garnish.



Nutritional Breakdown for A Vegetarian Menu

On the following pages are the detailed nutritional breakdowns of a variety of vegetarian menus at various caloric levels. These are merely examples designed to demonstrate the abundant nutrient content of whole, natural foods.

On the pages following these nutritional breakdowns are Recommended Daily Allowances (RDAs) for a Child, an Adult Male, and an Adult Female.

Below are examples of salads to illustrate what is listed on the following pages as "Large Salad" or "Small Salad."

Small Salad

	Serving Portion	Amount
Lettuce, Romaine, Raw, Shred	1 cup	56 GM
Carrot, Raw, Shredded, Scraped	1/2 cup	55 GM
Alfalfa Seeds, Sprouted, Raw	1/2 cup	16.5 GM
Peppers, Sweet, Raw	1	74 GM
Tomato, Raw, Red, Ripe	1	135 GM

Large Salad

	Serving Portion	Amount
Lettuce, Romaine, Raw, Shred	2 cups	112 GM
Carrot, Raw, Shred, Scraped	1 cup	110 GM
Alfalfa Seeds, Sprouted, Raw	1 cup	33 GM
Peppers, Sweet, Raw	1	74 GM
Tomato, Raw, Red, Ripe	1	135 GM



Nutritional Breakdown for A Day's Diet of 1,009 Calories

	Serving Portion	Amount
Oatmeal, Cooked	2 cups	468 GM
Raisins, Seedless	3 Tablespoons	27.2 GM
Salad, Small	1 serving	337 GM
Nuts, Almonds, Raw	1 ounce	28.4 GM
Broccoli, Steamed	2 cups	310 GM
Kale, Steamed	2 cups	260 GM
Potato, Baked	1.5	234 GM

NUTRIENT VALUES

KCALORIES	1009 KC	FAT	22.82 GM
PROTEIN	41.17 GM	LINOLEIC FA	5.498 GM
TRYPTOPHAN	520.9 MG	SATURATED FA	2.787 GM
THREONINE	1455 MG	OLEIC FA	11.22 GM
ISOLEUCINE	1792 MG	POLY FAT	6.551 GM
LEUCINE	2612 MG	MONO FAT	11.53 GM
LYSINE	1909 MG	CHOLESTEROL	0 MG
METHIONINE	529.3 MG	ALCOH	0 GM
CYSTINE	630.9 MG	CAFFEINE	0 MG
PHENYL-ANINE	1815 MG	CARBOHYDRATE	176.9 GM
TYROSINE	1247 MG	SUGAR	44.29 GM
VALINE	2100 MG	FIBER-CRUDE	11.35 GM
HISTIDINE	852.6 MG	FIBER-DIET	42 GM
VITAMIN A	42,454 IU	SODIUM	1 48.3 MG
THIAMIN	1.521 MG	MANGANESE	6.053 MG
RIBOFLAVIN	1.428 MG	SELENIUM	.007 MG
NIACIN	10.72 MG	COPPER	1.956 MG
VITAMIN B6	2.14 MG	CHROMIUM	.1 51 MG
FOLAC IN	419.4 UG	MOLYBDENUM	5.76 UG
PANTO ACID	3.941 MG	MAGNESIUM	538 MG
VITAMIN C	469.7 MG	POTASSIUM	3442 MG
VIT. E/AT	37.72 MG	PHOSPHORUS	973.7 MG
CALCIUM	736.8 MG	VITAMIN K	736.4 UG
IRON	14.09 MG	ASH	1 2.61 GM

Protein: 15% Carbohydrate: 66% Fat: 19% Alcohol: 0%

Nutritional Breakdown for A Day's Diet of 1,212 Calories

	Serving Portion	Amount
Watermelon, Raw	3 pounds	1360.8 GM
Salad, Small	1 serving	337 GM
Seeds, Pumpkin/Squash, Raw	1 ounce	28.4 GM
Salad, Large	1 serving	464 GM
Bananas, Raw	2	228 GM
Dates, Natural, Dried, Whole	10	83 GM

NUTRIENT VALUES

KCALORIES	1212 KC	FAT	22.44 GM
PROTEIN	29.17 GM	LINOLEIC FA	6.899 GM
TRYPTOPHAN	353.8 MG	SATURATED FA	3.189 GM
THREONINE	1095 MG	OLEIC FA	4.232 GM
ISOLEUCINE	1135 MG	POLY FAT	7.198 GM
LEUCINE	1582 MG	MONO FAT	4.314 GM
LYSINE	2007 MG	CHOLESTEROL	0 MG
METHIONINE	369.2 MG	ALCOHOL	0 GM
CYSTINE	284.8 MG	CAFFEINE	0 MG
PHENYL-ANINE	948.5 MG	CARBOHYDRATE	258.5 GM
TYROSINE	695.4 MG	SUGAR	205 GM
VALINE	1346 MG	FIBER-CRUDE	14.34 GM
HISTIDINE	625.2 MG	FIBER-DIET	29.33 GM
VITAMIN A	59,739 IU	SODIUM	128.6 MG
THIAMIN	1.969 MG	MANGANESE	1.933 MG
RIBOFLAVIN	1.196 MG	SELENIUM	.016 MG
NIACIN	11.17 MG	COPPER	1.802 MG
VITAMIN B6	24.08 MG	CHROMIUM	.13 MG
FOLACIN	400.9 UG	MOLYBDENUM	17.26 UG
PANTO-ACID	5.39 MG	MAGNESIUM	488.7 MG
VITAMIN C	443.6 MG	POTASSIUM	5109 MG
VIT. E/AT	3.856 MG	PHOSPHORUS	803.9 MG
CALCIUM	307.7 MG	VITAMIN K	293 UG
IRON	14.5 MG	ASH	13.64 GM

Protein: 9% Carbohydrate: 76% Fat: 15% Alcohol: 0%



Nutritional Breakdown for A Day's Diet of 1,510 Calories

	Serving Portion	Amount
Orange Juice, Raw	11 ounces	311.8 GM
Bananas, Raw, Peeled	3	342 GM
Grapes, Raw, American type	2 cups	184 GM
Celery, Pascal, Raw, Stalk	3 pieces	120 GM
Salad, Small	1 serving	337 GM
Avocado, Raw	1/2	86.5 GM
Salad, Small	1 serving	337 GM
Broccoli Steamed	2 cups	310 GM
Collards Steamed	2 cups	380 GM
Brown Rice, Long, Cooked, Hot	2 cups	390 GM

NUTRIENT VALUES

KCALORIES	1510 K	FAT	23.78 GM
PROTEIN	40.45 GM	LINOLEIC FA	3.031 GM
TRYPTOPHAN	403.3 MG	SATURATED FA	3.437 GM
THREONINE	1361 MG	OLEIC FA	9.657 GM
ISOLEUCINE	1538 MG	POLY FAT	3.782 GM
LEUCINE	2389 MG	MONO FAT	10.23 GM
LYSINE	1759 MG	CHOLESTE ROL	0 MG
METHIONINE	537.3 MG	ALCOHOL	0 GM
CYSTINE	303.1 MG	CAFFEINE	0 MG
PHENYL-ANINE	1395 MG	CARBOHYDRATE	314.9 GM
TYROSINE	620.6 MG	SUGAR	136.2 GM
VALINE	1971 MG	FIBER-CRUDE	16.79 GM
HISTIDINE	716.8 MG	FIBER-DIET	59.16 GM
VITAMIN A	52,078 I U	SODIUM	301 MG
THIAMIN	1.931 MG	MANGANESE	4.682 MG
RIBOFLAVIN	1.985 MG	SELENIUM	.164 MG
NIACIN	18.34 MG	COPPER	2.072 MG
VITAMIN B6	3.891 MG	CHROMIUM	.186 MG
FOLACIN	777.7 UG	MOLYBDENUM	13.52 UG
PANTOIC ACID	4.692 MG	MAGNESIUM	504 MG
VITAMIN C	713.8 MG	POTASSIUM	5857 MG
VIT. E/AT	11.46 MG	PHOSPHORUS	603.3 MG
CALCIUM	934.5 MG	VITAMIN K	834 UG
IRON	16.09 MG	ASH	16.12 GM

Protein: 10% Carbohydrate: 77% Fat: 13% Alcohol: 0%

Nutritional Breakdown for A Day's Diet of 2,006 Calories

	Serving Portion	Amount
Cereal, Oatmeal, Cooked	3 cups	702 GM
Brown Rice, Long, Cooked, Hot	4 cups	780 GM
Broccoli, Steamed	2 cups	310 GM
Potato, Baked	3	468 GM
Salad, Large	1 serving	464 GM

NUTRIENT VALUES

KCALORIES	2006 KC	FAT	14.62 GM
PROTEIN	62.02 GM	LINOLEIC FA	3.365 GM
TRYPTOPHAN	744 MG	SATURATED FA	1.751 GM
THREONINE	2254 MG	OLEIC FA	2.5 GM
ISOLEUCINE	2750 MG	POLY FAT	4.155 GM
LEUCINE	4385 MG	MONO FAT	2.688 GM
LYSINE	2832 MG	CHOLESTEROL	0 MG
METHIONINE	960 MG	ALCOHOL	0 GM
CYSTINE	686 MG	CAFFEINE	0 MG
PHENYL-ANINE	2825 MG	CARBOHYDRATE	417 GM
TYROSINE	1292 MG	SUGAR	30.7 GM
VALINE	3630 MG	FIBER-CRUDE	10.68 GM
HISTIDINE	852 MG	FIBER-DIET	64.55 GM
VITAMIN A	40,200 IU	SODIUM	119 MG
THIAMIN	2.628 MG	MANGANESE	6.099 MG
RIBOFLAVIN	1.37 MG	SELENIUM	.31 MG
NIACIN	23.48 MG	COPPER	1.883 MG
VITAMIN B6	2.52 MG	CHROMIUM	.199 MG
FOLACIN	487.6 UG	MOLYBDENUM	11.5 UG
PANTO-ACID	5.635 MG	MAGNESIUM	530 MG
VITAMIN C	412 MG	POTASSIUM	4386 MG
VIT. E/AT	1 9.33 MG	PHOSPHORUS	1084 MG
CALCIUM	624 MG	VITAMIN K	824.7 UG
IRON	1 7.61 MG	ASH	1 3.01 GM

Protein: 12% Carbohydrate: 81% Fat: 6% Alcohol: 0%



Nutritional Breakdown for A Day's Diet of 2,010 Calories

	Serving Portion	Amount
Cereal, Rice, Puffed, Plain	4.1 ounces	116.2 GM
Bananas, Raw, Peeled	2	228 GM
Orange Juice, Raw	14 ounces	396.9 GM
Salad, Large	1 serving	464 GM
Avocado, Raw, California	1/2	86.5 GM
Broccoli, Steamed	3 cups	465 GM
Collards, Steamed	2 cups	380 GM
Brown Rice, Long, Cooked, Hot	3 cups	585 GM

NUTRIENT VALUES

KCALORIES	2010 KC	FAT	24.49 GM
PROTEIN	53.22 GM	LINOLEIC FA	2.556 GM
TRYPTOPHAN	566.9 MG	SATURATED FA	3.134 GM
THREONINE	1938 MG	OLEIC FA	9.574 GM
ISOLEUCINE	2229 MG	POLY FAT	3.379 GM
LEUCINE	3440 MG	MONO FAT	10.13 GM
LYSINE	2327 MG	CHOLESTEROL	0 MG
METHIONINE	825.6 MG	ALCOHOL	0 GM
CYSTINE	393.7 MG	CAFFEINE	0 MG
PHENYL-ANINE	1967 MG	CARBOHYDRATE	414.9 GM
TYROSINE	1053 MG	SUGAR	94.98 GM
VALINE	2849 MG	FIBER-CRUDE	14.48 GM
HISTIDINE	850.4 MG	FIBER-DIET	63.55 GM
VITAMIN A	52,227 IU	SODIUM	195.7 MG
THIAMIN	2.086 MG	MANGANESE	4.909 MG
RIBOFLAVIN	2.102 MG	SELENIUM	.245 MG
NIACIN	23.38 MG	COPPER	2.01 1 MG
VITAMIN B6	3.247 MG	CHROMIUM	.159 MG
FOLACIN	892.5 UG	MOLYBDENUM	227.4 UG
PANTO-ACID	4.802 MG	MAGNESIUM	550.1 MG
VITAMIN C	71 3.1 MG	POTASSIUM	5008 MG
VIT. E/AT	11.36 MG	PHOSPHORUS	692 MG
CALCIUM	1066 MG	VITAMIN K	1116 UG
IRON	17.3 MG	ASH	14.58 GM

Protein: 10% Carbohydrate: 79% Fat: 11% Alcohol: 0%

100



Nutritional Breakdown for A Day's Diet of 2,460 Calories

	Serving Portion	Amount
Oranges, Raw, All Varieties	2	262 GM
Strawberries, Raw, Whole	1 cup	149 GM
Pineapple, Raw, Diced	2 cups	310 GM
Nuts, Almonds, Raw	3 ounces	85.1 GM
Celery, Pascal, Raw, Stalk	3 pieces	120 GM
Salad, Small	1 serving	337 GM
Broccoli, Raw, Steamed	3 cups	465 GM
Potato, Baked	2	312 GM
Salad, Small	1 serving	337 GM
Beans, Snap, Green, Steamed	2 cups	250 GM
Corn, Kernels from 1 ear	2 ears	154 GM
Kale, Steamed	2 cups	260 GM
Brown Rice, Long, Cooked, Hot	3 cups	585 GM

NUTRIENT VALUES

KCALORIES	2460 KC	FAT	57.57 GM
PROTEIN	79.49 GM	LINOLEIC FA	1 1.7 GM
TRYPTOPHAN	973.2 MG	SATURATED FA	5.562 GM
THREONINE	2909 MG	OLEIC FA	29.55 GM
ISOLEUCINE	3351 MG	POLY FAT	13.62 GM
LEUCINE	5391 MG	MONO FAT	30.1 1 GM
LYSINE	3598 MG	CHOLESTEROL	0 MG
METHIONINE	1090 MG	ALCOHOL	0 MG
CYSTINE	759.2 MG	CAFFEINE	0 MG
PHENYL-ANINE	8419 MG	CARBOHYDRATE	450.3 GM
TYROSINE	1869 MG	SUGAR	115.9 GM
VALINE	4201 MG	FIBER-CRUDE	25.55 GM
HISTIDINE	1400 MG	FIBER-DIET	106.2 GM
VITAMIN A	66,116 IU	SODIUM	348.4 MG
THIAMIN	3.185 MG	MANGANESE	12.2 MG
RIBOFLAVIN	8.113 MG	SELENIUM	.25 MG
NIACIN	30.94 MG	COPPER	3.559 MG
VITAMIN B6	3.636 MG	CHROMIUM	.323 MG
FOLACIN	965.9 UG	MOLYBDENUM	198.5 UG
PANTO-ACID	8.075 MG	MAGNESIUM	949.9 MG
VITAMIN C	1026 MG	POTASSIUM	7653 MG
VIT. E/AT	51.86 MG	PHOSPHORUS	1472 MG
CALCIUM	1446 MG	VITAMIN K	1917 UG
IRON	26.73 MG	ASH	23.71 GM

Protein: 12% Carbohydrate: 68% Fat: 20% Alcohol: 0%



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Recommended Daily Allowance for A Child

CALORIES	1700 KC	THREONINE	559 MG
PROTEIN	30 GM	ISOLEUCINE	559 MG
SODIUM	900 MG	LEUCINE	838 MG
POTASSIUM	1550 MG	LYSINE	878 MG
MAGNESIUM	200 MG	METHIONINE	220 MG
IRON	10 MG	CYSTINE	220 MG
ZINC	10 MG	PHENYL-ANINE	220 MG
VITAMIN A	2500 IU	TYROSINE	220 MG
VITAMIN D	400 IU	VALINE	499 MG
VITAMIN C	45 MG	COPPER	1.75 MG
THIAMIN	.9 MG	MANGANESE	1.75 MG
RIBOFLAVIN	1 MG	IODINE	90 UG
NIACIN	11 MG	FLUORIDE	1750 UG
VITAMIN B6	1.3 MG	MOLYBDENUM	105 UG
FOLACIN	200 UG	VITAMIN K	30 UG
VITAMIN B12	2.5 UG	SELENIUM	.075 MG
PANTO-ACID	3.5 MG	BIOTIN	85 UG
CALCIUM	800 MG	CHLORIDE	1400 MG
PHOSPHORUS	800 MG	CHROMIUM	.075 MG
TRYPTOPHAN	79.8 MG	VITAMIN E/AT	6 MG

Recommended Daily Allowance for An Adult Male

CALORIES	2700 KC	THREONINE	559 MG
PROTEIN	56 GM	ISOLEUCINE	838 MG
SODIUM	2200 MG	LEUCINE	1117 MG
POTASSIUM	3750 MG	LYSINE	838 MG
MAGNESIUM	350 MG	METHIONINE	349 MG
IRON	10 MG	CYSTINE	349 MG
ZINC	15 MG	PHENYL-ANINE	559 MG
VITAMIN A	5000 IU	TYROSINE	559 MG
VITAMIN D	200 IU	VALINE	978 MG
VITAMIN C	60 MG	COPPER	2.5 MG
THIAMIN	1.4 MG	MANGANESE	3.75 MG
RIBOFLAVIN	1.6 MG	IODINE	150 UG
NIACIN	1.8 MG	FLUORIDE	2750 UG
VITAMIN B6	2.2 MG	MOLYBDENUM	325 UG
FOLACIN	400 UG	VITAMIN K	105 UG
VITAMIN B12	3 UG	SELENIUM	.125 MG
PANTO-ACID	5.5 MG	BIOTIN	150 UG
CALCIUM	800 MG	CHLORIDE	3400 MG
PHOSPHORUS	800 MG	CHROMIUM	.125 MG
TRYPTOPHAN	210 MG	VITAMIN E/AT	10 MG

Recommended Daily Allowance for An Adult Female

CALORIES	2000 KC	THREONINE	435 MG
PROTEIN	44 GM	ISOLEUCINE	653 MG
SODIUM	2200 MG	LEUCINE	871 MG
POTASSIUM	3750 MG	LYSINE	653 MG
MAGNESIUM	300 MG	METHIONINE	272 MG
IRON	18 MG	CYSTINE	272 MG
ZINC	15 MG	PHENYL-ANINE	435 MG
VITAMIN A	4000 IU	TYROSINE	435 MG
VITAMIN D	200 IU	VALINE	762 MG
VITAMIN C	60 MG	COPPER	2.5 MG
THIAMIN	1 MG	MANGANESE	3.75 MG
RIBOFLAVIN	1.2 MG	IODINE	150 UG
NIACIN	13MG	FLUORIDE	2750 UG
VITAMIN B6	2 MG	MOLYBDENUM	325 UG
FOLACIN	400 UG	VITAMIN K	105 UG
VITAMIN B12	3 UG	SELENIUM	.125 MG
PANTO-ACID	5.5 MG	BIOTIN	150 UG
CALCIUM	800 MG	CHLORIDE	3400 MG
PHOSPHORUS	800 MG	CHROMIUM	.125 MG
TRYPTOPHAN	163 MG	VITAMIN E/AT	8 MG



Recommended Daily Allowance for A Lactating Female

CALORIES	2500 KC:	THREONINE	435 MG
PROTEIN	64 GM:	ISOLEUCINE	653 MG
SODIUM	2200 MC:	LEUCINE	871 MG
POTASSIUM	3750 MG:	LYSINE	653 MG
MAGNESIUM	450 MG:	METHIONINE	272 MG
IRON	18 MG:	CYSTINE	272 MG
ZINC	25 MG:	PHENYL-AN INE	435 MG
VITAMIN A	6000 IU:	TYROSINE	435 MG
VITAMIN D	400 IU:	VALINE	762 MG
VITAMIN C	100 MG:	COPPER	2.5 MG
THIAMIN	1.5 MG:	MANGANESE	3.75 MG
RIBOFLAVIN	1.7 MG:	IODINE	200 UG
NIACIN	18 MG:	FLUORIDE	2750 UG
VITAMIN B6	2.5 MG:	MOLYBDENUM	325 UG
FOLACIN	500 UG:	VITAMIN K	105 UG
VITAMIN B12	4 UG:	SELENIUM	.125 MG
PANTO-ACID	5.5 MG:	BIOTIN	150 UG
CALCIUM	1200 MG:	CHLORIDE	3400 MG
PHOSPHORUS	1200 MG:	CHROMIUM	.125 MG
TRYPTOPHAN	163 MG:	VITAMIN E/AT	11 MG

Recommended Daily Allowance for A Pregnant Female

CALORIES	2300KC:	THREONINE	435 MG
PROTEIN	74 GM:	ISOLEUCINE	653 MG
SODIUM	2200 MG:	LEUCINE	871 MG
POTASSIUM	3750 MG:	LYSINE	653 MG
MAGNESIUM	450 MG:	METHIONINE	272 MG
IRON	1 8MG:	CYSTINE	272 MG
ZINC	20 MG:	PHENYL-ANINE	435 MG
VITAMIN A	5000 IU:	TYROSINE	435 MG
VITAMIN D	400 IU:	VALINE	762 MG
VITAMIN C	80 MG:	COPPER	2.5 MG
THIAMIN	1.4 MG:	MANGANESE	3.75 MG
RIBOFLAVIN	1.5 MG:	IODINE	1 75 UG
NIACIN	15 MG:	FLUORIDE	2750 UG
VITAMIN B6	2.6 MG:	MOLYBDENUM	325 UG
FOLACIN	800 UG:	VITAMIN K	105 UG
VITAMIN B12	4 UG:	SELENIUM	.125 MG
PANTO-ACID	5.5 MG:	BIOTIN	150 UG
CALCIUM	1200 MG:	CHLORIDE	3400 MG
PHOSPHORUS	1200 MG:	CHROMIUM	.125 MG
TRYPTOPHAN	163 MG:	VITAMIN E/AT	10 MG

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Fourth Printing

ISBN 0-941701-15-8

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