

Smoky Mac-N-Cheese

FOR THE PASTA

2 tsp. sea salt

1 lb. elbow macaroni

To make the pasta, bring a large pot of water and the salt to a boil over high heat. Add the macaroni and cook according to the package instructions. Drain and set aside.



1 Tbsp. Canola oil

3 oz. smoked tofu (minced to roughly resemble bacon bits)

1 lg. onion

2 tsp. minced garlic

2 Tbsp. fresh thyme leaves

Sea salt and ground pepper to taste

In a medium sauté pan heat the oil over medium heat. Add the tofu and cook until crispy – 2 to 4 minutes. Put the onion, garlic and thyme leaves in the same pot and cook for about 5 minutes, or until the onion is soft. Season to taste with sea salt and pepper. Set aside.

FOR THE SAUCE:

3 Cups unsweetened soy milk

4-6 sprigs of fresh thyme

4 garlic cloves

3 Tbsp. unsalted vegan buttery spread (like Earth Balance)

3 Tbsp. flour

1 Cup Savory Soy Cream (see below)

Sea salt and ground pepper to taste

5 Cups shredded vegan mozzarella or cheddar cheese (Daiya brand)

2 tsp. crushed red pepper flakes (I used half of this for the recipe I did and it was still hot – maybe just a pinch or two?)

½ Cup panko bread crumbs

To make the sauce, in a small saucepan over medium heat, heat the milk with the thyme and garlic until hot but not boiling, about 7 minutes. Strain out the solids using a fine mesh sieve and set the milk aside. Melt the buttery spread in a deep sauté pan or Dutch oven over medium-low heat. Whisk in the flour and cook for about 1 minutes stirring constantly. Make sure the roux doesn't darken; turn down the heat if it's in danger of browning. Whisk the milk into the roux. Continue to whisk over medium-low heat until the roux is smooth – about 1 minute more. Stir in the soy cream until it is thoroughly incorporated, about 1 minute. Season to taste with salt and pepper, and remove from heat. Add the cooked macaroni, 4 cups of grated cheese, and the red pepper flakes, and fold together until the macaroni is coated. Scrape the mac into a large baking dish (or two small ones). Sprinkle the remaining 1 cup of cheese and the tofu-onion mixture over the top, then dust with the panko. Bake until the mac is bubbling in the center, crispy on top and heated through – about 30 min.

FOR THE SAVORY SOY CREAM: (make ahead)

Place 1 Cup unsweetened soy milk in a powerful blender (like Vitamix) with the machine running drizzle 1 ½ to 2 Cups Canola oil until the sound changes and it is firm. Remove and place in a bowl – quickly whisk in minced garlic or garlic salt to taste along with 1 ½ Tbsp Apple Cider Vinegar. (This is an awesome mayonnaise/spread that you can keep in the refrig for up to 7 days.) Doug Sharp

Grilled Cheeze Sandwiches

- 1 ½ Cup water
- ½ Cup pimiento pieces, drained
- ½ Cup quick-cooking rolled oats
- ½ Cup raw cashew pieces
- ¼ Cup nutritional yeast flakes
- 3 Tbsp. fresh lemon juice
- 2 Tbsp. arrowroot or cornstarch
- 1 Tbsp. Tahini
- 2 tsp. onion granules
- 1 tsp. salt
- 1 clove garlic, chopped, ½ tsp. or ¼ tsp garlic granules
- ½ tsp. ground dill weed
- ¼ tsp. mustard powder
- ¼ tsp. paprika
- Pinch of cayenne pepper



16 slices whole grain bread

2 fresh, ripe tomatoes, sliced (optional)

Place all the ingredients except the bread and tomatoes in a blender, and process until the mixture is completely smooth. Pour into a saucepan and bring to a boil, stirring constantly. Reduce the heat to low, and continue to cook, stirring constantly until very thick and smooth.

Spread the cheeze on your favorite whole grain bread, top with a tomato slice, if desired, cover with a second slice of bread, and place on a tray under the broiler for 1-2 minutes on each side until lightly browned, watching closely so the bread does not burn. If desired,

spread the top slice of bread with brown or yellow mustard after broiling.

To serve as open-faced sandwiches, first toast the bread slices then cover with the hot cheese spread. Finally, top each serving with thinly sliced red onion and sprigs of fresh parsley or watercress.

Leftover cheese can be stored in the refig for several days.

Grilled cheese 670 Cal / 26 gm. Protein / 40 gm. CHO / 46 gm. Fat

Dawn Hainey



Two Minute Tomato Soup

- 1 Cup canned, rinsed white beans
- 28 oz. Fireroasted tomatoes or 1 qt. Home canned tomatoes
- ½ Cup nutritional yeast
- ½ -1 tsp. Chili Powder
- 1 ½ Cup water
- 1 tsp. McKay's chicken style seasoning

Blend beans with small amount of canned tomatoes until beans are totally smooth. Add nutritional yeast, chili powder, McKay's and the rest of tomatoes. Add 1 ½ cups water at end. Heat in microwave.

Serve

Dawn Hainey

Dawn's Vegan Banana Bread



Blend in blender until smooth:

- 1 12.3 oz. box Mori-Nu tofu
- 1 Cup canola or olive oil
- ¼ Cup water
- 1 Tbsp. + 1 tsp. butterscotch or caramel syrup or 2 tsp. butterscotch extract

Pour blender contents into large mixing bowl

Add 4 cups mashed bananas

- 2 Cups sugar (can substitute 1 ½ cup honey. If using honey eliminate ¼ cup water in blender ingredients) Stir well

In separate large mixing bowl sift together:

- 6 Cups unbleached flour
- 2 tsp. non-aluminum baking powder
- 2 tsp. baking soda
- 1 ½ tsp. salt
- 1 Tbsp. + 1 tsp. Ener-G egg replacer

Stir in 2 cups whole wheat pastry flour

Add dry ingredients to wet ingredients. Stir well. Place batter into non-stick sprayed pans. Bake at 350 degrees for 45 minutes for 5 3¼" X 3" pans, 60 minutes for larger pans. Yield: 7 loaves 5 ¾" X 3"

Note: I have decreased the oil to ¾ cup and increased the whole wheat flour to 3 cups (decreasing the unbleached flour to 5 cups). The bread is acceptable, but not as moist. The bread freezes well when wrapped adequately to protect from freezer burn.

Dawn Hainey

Lisa's Chili



- 3 15oz. cans of beans, drained and rinsed (I used pinto, black, & kidney)
- 1 15oz. can of fire-roasted diced tomatoes
- 1 12oz. bag of frozen chopped bell peppers and onions (aka fajita vegetable mix)
- 1 12oz. bag corn
- 1 Cup water
- 1 Tbsp. minced garlic
- 1 Tbsp. McKay's chicken style seasoning
- 1 tsp. cumin
- 1 tsp. chili powder
- 2 tsp. onion powder

Dump it all in a pot and simmer 10-15 minutes, or put it in the crockpot on high for approx. 3 hours.

Yields 6, 1.5 cup servings

191 cal, 0.6 g fat, 40.7 g carbohydrate, 12.9 g fiber, 12.9 g protein
32.8% Vitamin C, 14.6% Iron (Don't know the sodium amount)

Lisa Hainey

COTTAGE CHEESE PATTIES

- 2 beaten eggs
- 1 cup Italian style bread crumbs
- 1 cup uncooked rolled oats
- 1 cup cottage cheese
- 1 grated medium onion
- 1 tsp. salt
- 1/3 tsp. chicken style seasoning
- 2 Tbsp. melted butter
- Oil



Mix all ingredients (except oil). Form into small to medium sized patties. Lightly coat skillet with oil and brown patties approx 20 minutes. Can be frozen.

Carol Jaromin

HONEY ROASTED BUTTERNUT SQUASH WITH APPLES & PECANS

- 1 lb. butternut squash, cubed
- 1 medium apple, peeled, cored & cubed
- 3 Tbsp. butter, melted
- 3 Tbsp. honey
- 1/4 cup pecans, finely chopped
- 1/2 tsp. each of nutmeg & cinnamon



Preheat oven to 400°. Place cubed squash and apple in 8 X 8 baking dish. Add 2 Tbsp. water and roast uncovered, stirring occasionally for 20 minutes or until almost cooked through. Meanwhile, in a small bowl, combine next 5 ingredients. Remove squash from oven, and pour honey mix over squash. Stir lightly to coat. Return to oven for additional 10 minutes, or until cooked through. Remove from oven and serve.

Carol Jaromin

SALAD MACARONI (Vegan)

- 16 oz. Salad macaroni
- 1/8 tsp. garlic salt
- 1/8 tsp. sea salt
- 1/8 tsp. Table blend Mrs. Dash salt free seasoning
- 1/3 cup dill pickles
- 1/3 cup green onion
- 1/4 celery
- 1 can (4.25 oz.) chopped olive
- 3/4 cup vegenaïse



Cook macaroni according to package. Stir all ingredients together. Allow flavors time to meld in refrigerator before serving.

Karen Hackett

SUNSHINE FRUIT DESSERT

- 1 Whole fresh pineapple, cut in chunks
- 3 bananas, sliced
- 1/2 pint fresh strawberries, sliced
- 3/4 cup fresh blueberries
- 1 can Minute maid frozen orange juice concentrate
- 2 tsp. nutmeg



Mix all the ingredients together lightly in a serving bowl and chill.

Kathleen Henning

ENGLISH CHEDDAR

- 1 ½ cups plain, unsweetened soymilk, no additives
- ½ cup organic refined coconut oil
- ¼ cup tapioca flour
- ¼ cup nutritional yeast
- 4 ½ tsp kappa carrageenan
- 1 T apple cider vinegar
- 1 T tomato paste
- 1 tsp sea salt or kosher salt
- 1 tsp onion powder
- ½ tsp dry ground mustard



Make sure soymilk is at room temperature.

Remove lid from the jar of coconut oil and place jar in microwave. Heat until the solid oil liquefies, about 30 to 60 seconds (this will depend upon the solidity of the coconut oil). Or you can place the jar in about an inch of simmering water and melt the oil in the same manner. Measure 1/2 cup and pour into blender.

Add the soymilk and remaining ingredients to the blender and process on low speed until smooth, stopping to scrape down the side of the blender as necessary with a rubber/silicone spatula.

Transfer the mixture to a sauce pan and cook over medium-low heat, slowly and continuously stirring with a flexible rubber/silicone spatula and scraping the side and bottom of the saucepan as necessary. Increase stirring speed as the mixture thicken and begins to form curds. Stir vigorously until the mixture becomes very thick, smooth and glossy (if using non-stick cookware, the cheese should pull away from the sides of the pan).

Now quickly transfer the melted cheese to the container but do not attempt to smooth the surface (it will be too sticky); let the cheese settle on its own, or rap the container sharply on your work surface to help the cheese settle. Let cheese cool at room temperature for about 20 minutes. Cover with plastic wrap, making sure the wrap comes in contact with the surface of the cheese and refrigerate for a minimum of 6 hours or until completely chilled and very firm.

When the cheese has been completely chilled and firmed, invert the container and tap sharply to remove (if necessary, carefully run a table knife around the inside perimeter to loosen). Wrap the cheese snugly in a paper towel and then wrap tightly in plastic wrap or seal in a zip-loc bag. Refrigerate for 24 hours. The paper towel will absorb any moisture released from the cheese during refrigeration and contribute to a firmer, drier texture.

Remove the paper towel and slice or shred as needed. Store the cheese in the refrigerator wrapped in a dry paper towel then plastic wrap or a zip-loc bag (squeeze out as much air as possible before sealing). Replace the paper towel every few days.

Where to find unusual ingredients:

Kappa carrageenan – www.modernistpantry.com

White miso paste - Hagggen's

Tapioca flour – Bulk bin – Winco \$1.24 lb.

Plain, unsweetened soymilk - Walmart

Kathy Patrick

Pico de Gallo

4-6 Roma tomatoes (depends on size)

½ lg. Sweet onion

¼ Small head of cabbage

1 Bunch Cilantro

2 Small lemons (1 large)

3 Thin skinned limes

Lawrey's Seasoning Salt



Chop Roma tomatoes into small pieces, put into medium size glass bowl. Chop ½ onion into small pieces...add to tomatoes. Slice ¼ of a small cabbage, fine. Then chop until very fine. Add to tomatoes. Thoroughly rinse and shake dry 1 bunch of fresh cilantro. Chop fine, and add to mixture. Blend with a fork until well mixed

Juice lemons and limes, saving the pulp...throw away the seeds. Pour juices and pulp over the bowl, mix thoroughly. Store covered in refrigerator until ready to serve.

Before serving generously sprinkle Lawrey's Seasoning Salt over the top. Mix again. Serve with corn chips.

Di Ball

SPANISH RICE (serves 4-5)



1. Rinse one to two cups California Calrose rice in cool water by first adding rice to sauce pan and covering with water to just over rice and pour off the water without losing the rice, do this 2-3 times until water is clear (1 Cup rice should be enough).
2. Add 1 ¼ cup water for each cup rice. Add a little vegetable oil to water and rice to keep rice from sticking.
3. Bring to slow boil stirring at first to incorporate rice and water together, turn down and simmer 15 to 20 minutes covered (watch to prevent boiling over).
4. Stir together in sauce pan ½ of 24 oz. jar of Ragu Super Chunky spaghetti sauce, a drained 4 oz. can of sliced mushrooms, a drained 14 oz. can of organic stewed tomatoes, only cut the tomatoes into bite size or a little larger than bite size pieces, 4-5 oz. of V-8 vegetable juice and the liquid off the stewed tomatoes if need more liquid.
5. Bring the veggie ingredients to a low boil stirring occasionally and then turn down and simmer 15 to 20 minutes and stir occasionally.
6. Add 1 cup cooked rice or more depending on preference of drier or wetter Spanish rice and combine.
7. Serve with toasted garlic bread, a green salad, vegetable and or sliced avocado (suggestion).

Sonja Clements

VEGETARIAN SPLIT-PEA SOUP

- 1lb. dried split peas (2 ¼ cups)
- 1 onion, chopped
- 2 celery ribs, chopped
- 2 carrots, peeled, chopped
- 1 potato, peeled, chopped
- 2 tsp. crushed garlic
- 7 cups hot water
- 2 bay leaves
- ½ cup chopped parsley or 1Tbsp. dried
- ¼ tsp. dried oregano leaves
- ¼ tsp. salt and pepper to taste
- 1 tsp. Mc Kay's Seasoning salt
- Chopped parsley for garnish



In a slow cooker, combine all ingredients. Cover and cook on LOW 7 to 8 hours. Remove bay leaves at end of cooking time.

If you like a smother consistency, puree in a blender or food processor fitted with a metal blade.

Serve soup in individual bowls. Garnish with chopped parsley.

Dawn Hainey

GARBANZO NUTS



These easy to make garbanzo nuts are a popular substitute for high-fat nuts at parties and a nutritious solution for both brown bag lunches and after-school snack. In fact, they are so simple to prepare the even young children can do it with just a little supervision. And, of course, if the kids make them they are much more likely to want to eat them!

- 32 oz. canned garbanzo beans, drained
- Onion and or garlic powder to taste

Preheat the oven to 350°F.

Spread the drained beans in a single layer on a non-stick baking sheet. Sprinkle them lightly with onion or garlic powder, or a combination of both. Bake for 50 to 60 minutes. Stirring occasionally, or until the beans are browned and crisp. Store in a tightly covered container. Takes longer than 60 minutes to really crisp.

227 Cal/4g fat/0 chol/18mg. sod/46 oz. carb/15 g pro/

MEXICAN VEGETABLE SOUP WITH TORTILLA CHIPS

2 Tbsp. vegetable or extra-virgin olive oil

1 onion, finely chopped

4 garlic cloves, finely chopped

¼ - 1/2 tsp. ground cumin

1 carrot, sliced

1 waxy potato, sliced

1 ½ cup diced fresh or canned tomatoes

1 zucchini, diced

½ small cabbage, diced

4 cups vegetable or chicken stock or water

1 ear of corn, kernels cut off or 3 oz. canned corn

10 green beans, topped & tailed then cut into bite size lengths

Salt & pepper

Limes for squeezing

Fresh cilantro

Low salt chips



1. Heat the oil in a heavy based pot. Add onions & garlic, cook for a few minutes until softened, then sprinkle in the cumin & chili. Stir in the carrot, potato, tomatoes, zucchini, & cabbage, cook for 2 min, stirring occasionally.

2. Pour in the stock. Cover & cook over medium heat for about 20 min. until veggies are cooked & tender.

3. Add extra water if necessary, then stir in the corn & green beans & cook a further 5-10 mins or until the beans are tender. Season with salt & pepper to taste, bearing in mind that the tortilla chips may be salty.

4. Ladle the soup into bowls & sprinkle each portion with fresh cilantro. Top with salsa & add tortilla chips & a wedge of lime.

5. Serve at once.

Cheryl Floyd

SPANAKOPITA

Spinach and Feta Phyllo Triangles

Makes 30 pastries

Active time: 45 mins. Start to finish: 1 ½ hr.

1 stick (1/2 cup) plus 1 Tbsp. unsalted butter

1 lb. baby spinach

½ lb. feta, crumbled (scant 2 cups)

½ tsp. freshly grated nutmeg

10 (17-by 12 inchs) phyllo sheets, thawed if frozen



Bake triangles in middle of oven until golden brown, 20 to 25 minutes, then transfer to a rack to cool slightly.

Cook's notes: Pastry triangles can be formed, but not baked, 3 days ahead. Arrange in 1 layer in heavy-duty sealed plastic bags, then freeze. Bake frozen pastries (do not thaw) in same manner as above.

Susan Williamson

Melt 1 Tbsp. butter in a 12 inch heavy skillet over moderate heat, then cook spinach, stirring, until wilted and tender, about 4 minutes. Remove from heat and cool, about 10 minutes. Squeeze handfuls of spinach to remove as much liquid as possible, then coarsely chop. Transfer to a bowl and stir in feta, nutmeg, ½ tsp salt, and ½ tsp. pepper.

Preheat oven to 375° F.

Melt remaining 1 stick butter in a small saucepan, then cool.

Cover phyllo stack with 2 overlapping sheets of plastic wrap and then a dampened kitchen towel.

Take 1 phyllo sheet from stack and arrange on a work surface with a long side nearest you (keeping remaining sheets covered) and brush with some butter. Top with another phyllo sheet and brush with more butter. Cut buttered phyllo stack crosswise into 6 (roughly 12 by 2 ¾ inch) strips.

Put heaping tsp. of filling near 1 corner of a strip on end nearest you, then fold corner of phyllo over to enclose filling and form a triangle.

Continue folding strip (like a flag), maintaining triangle shape. Put triangle, seam side down, on a large baking sheet and brush top with butter. Make more triangles in same manner, using all of phyllo.