

KATHLEEN'S POTATO DISH

Combine 2 boxes of scalloped potatoes prepared according to directions on box with 2 packages of Birdseye Penne & Vegetables in Alfredo Sauce. Cook in crockpot on high for approximately 3 hours. Kathleen H.



CASHEW OATMEAL PATTIES

Mix together in a bowl:

2 c. quick oats

1 medium onion, chopped fine

2 ribs celery, chopped fine

In a blender, place:

2 c. warm water

1 c. cleaned raw cashews

1 Tbsp. McKay's chicken style seasoning

Blend till smooth. Pour into oat mixture.

Add 1 Tbsp. soy sauce or Bragg's liquid aminos

Stir together. Let sit 10-20 minutes. Using a scoop, form into patties.

Fry in a lightly oiled skillet (375 degrees) till golden brown on both sides.

Serve with gravy or use as burgers. Yield: 12-15 large patties or 33-35 slider size patties

Diane B.



OAT PATTIES

	18 patties	36 patties
Water	3 c.	6 c.
Sage	¼ tsp.	½ tsp.
Onion powder	1 tsp.	2 tsp.
Bragg's aminos	½ c.	1 c.
Olive oil	1 ½ tbsp.	¼ c.
Honey	1 ½ tbsp.	¼ c.
Garlic powder	1 ½ tsp.	1 tbsp.
Italian seasoning	1 ½ tbsp.	3 tbsp.
Nutr. Yeast flakes	3 tbsp.	6 tbsp.
Chopped onions	¼ c.	½ c.
Oatmeal	3 c.	6 c.



Place all ingredients except oatmeal in a pan and bring to a boil. Add oatmeal and cook for 5 minutes, stirring occasionally. Place in sprayed 9x13 pan(s) or muffin tins. Bake at 375 degrees for 45 minutes. You may make patties in a prepared skillet using a quart canning ring to form the patties. Fry for several minutes on each side.

MIKE H.

HUMMUS

2 c. cooked garbanzos	3 cloves garlic
1/3 c. garbanzo liquid	1 Tbsp. olive oil
¼ c. tahini	2 tsp. onion powder
3 Tbsp. lemon juice	1 tsp. salt

Mix together in food processor till smooth. Store in refrigerator.

Kathy P.



HOMEMADE CHICKEN-STYLE SEASONING

Combine in blender:

- 1 ½ c. nutritional yeast flakes
- 2 Tbsp. granulated onion powder
- 1 Tbsp. granulated garlic powder
- 1 tsp. dried thyme
- 1 tsp. paprika
- 1 Tbsp. turmeric
- 1 Tbsp. celery salt



Blend till combined. Remove from blender and Add

2 Tbsp. dried parsley, stir together

If desired, may add 1 Tbsp. salt, optional

Store in a tightly closed jar or other container

Dawn H.

OATMEAL PATTIES

- ½ c. chopped walnuts
- 1 Tbsp. soy sauce or Bragg's liquid aminos
- 2 C. quick oats
- ½ tsp. sage
- ¼ tsp. garlic powder
- ½ tsp. thyme
- 2 C. hot water
- 1 tsp. salt
- 1 medium onion, chopped and water saute'ed in microwave
- 2 Tbsp. flour



Mix everything together and let sit for 15-20 minutes. Form into patties and fry in lightly oiled skillet till brown on both sides. Serve with mushroom gravy.

Kathy P.

GARBANZO SPREAD

- 2 c. cooked garbanzos, mashed
- 2 tsp. lemon juice
- ½ tsp. garlic powder
- ½ tsp. salt
- ¼ c. nutritional yeast
- mayo to spreading consistency

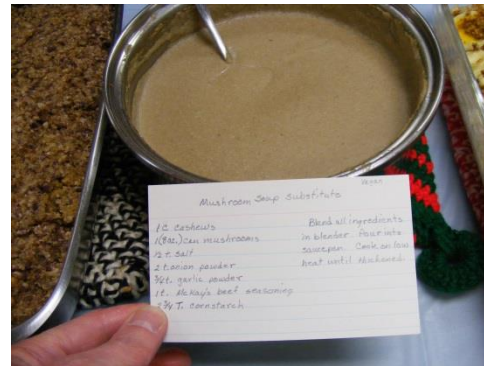


Mix everything together in food processor. Store in fridge to let flavors blend. Optional: can add thinly sliced/ chopped green onion or pepper.

Kathy P.

VEGAN MUSHROOM SOUP SUBSTITUTE

- 1 c. clean raw cashews
 - 1- 8oz. can mushrooms
 - ½ tsp. salt
 - 2 tsp. onion powder
 - ¾ tsp. garlic powder
 - 1 tsp. McKay's beef style seasoning
 - 2 ¾ Tbsp. cornstarch
- Blend all ingredients in blender. Pour into saucepan and cook on low till thickened.
- Anita T.



CASHEW HOLIDAY LOAF

- 3 c. ground raw cashews
- 2 c. vegan burger substitute
- 2 Tbsp. oil
- 1 large onion, chopped
- ½ c. chopped celery
- 1 c. bread crumbs
- ½ tsp. salt
- 1 Tbsp. McKay's chicken style seasoning
- 1 Tbsp. Ener-G egg replacer mixed w/ 2 Tbsp. H2O
- 1 c. soy milk
- 1 Tbsp. Bragg's liquid aminos



Mix all ingredients together. Pour into oiled pan and cover with foil. Set in shallow pan of water. Bake @ 350 degrees for 60 minutes. Uncover and remove from pan of water for the last 10 minutes of baking.

OPTIONAL CHANGES for Cashew Holiday Loaf

May substitute 1Tbsp. ground flaxseed for the Ener-G egg replacer. May omit the salt.

May bake the loaf without putting in pan of water.

Anita T.

BANANA PECAN CUPCAKES

- ½ c. chopped pecans
- 1 ½ c. whole wheat flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- ½ c. sugar
- 1 Tbsp. cornstarch
- 2 Tbsp. soy margarine, melted
- 4 medium ripe bananas
- 1 tsp. vanilla extract



Toast pecans until fragrant in a 350 degree oven, microwave, or in a small skillet on the stovetop. Watch nuts carefully so they don't burn. Combine all dry ingredients in a medium-sized mixing bowl and stir well. In a small mixing bowl, mash the 4 bananas and mix in melted margarine and vanilla. Stir well. Add to dry ingredients and stir just until dry ingredients are moistened. Fold in chopped pecans. Place in 12 prepared muffin cups (either lined with paper liners, or sprayed with no-stick spray). Bake @ 350 degrees for approximately 25 minutes until a knife comes out clean when inserted into the middle of a muffin. Remove from oven and transfer muffins to a cooling rack.

Carol J.

HIGH PROTEIN ENERGY BALLS

Makes 30 balls

- ½ c. almonds
- 1 can garbanzos, drained and rinsed
- ¾ c. natural peanut butter
- ¼ c. honey
- ½ tsp. vanilla
- ¼- ½ c. mini chocolate chips, optional



Line a tray that will fit in your freezer with parchment paper. Set aside.

(Directions for High Protein Energy Balls)

In a food processor, process the almonds until they are fine crumbs.

Add the garbanzos and process until they are fully broken down. Add peanut butter, honey and vanilla and process till mixture is smooth. Remove from food processor and stir in the chocolate chips, if using. Roll the mixture into small balls and place on prepared tray, Freeze for at least 20 minutes before serving. Balls may be stored in the freezer and defrosted for a few minutes before serving, or they can be stored in the refrigerator.

Kathy P.

Barbecue Tofu

16oz extra firm tofu

3/4 c water

2 Tbsp. Braggs Liquid Aminos or Soy Sauce

2 Tbsp. Honey or more to taste

3/4 tsp. Salt

1/2 tsp. garlic powder

1 tsp. Wrights Hickory Seasoning (optional)

1 tsp. paprika

15 oz can of petite diced tomatoes in juice

2 Tbsp. peanut butter or 1/4 cup dry roasted peanuts

1 tsp. onion powder

2 Tbsp. dried onion flakes (or 1 small onion diced and steamed in some of the seasoning salt)

1 Tbsp. dried parsley flakes



1. Cut the tofu in 1/2 inch slices or dice in 1 inch cubes.

2. Combine water, Braggs, honey, salt, garlic powder, hickory seasoning, and paprika in a sauce pan. Add the tofu and bring to a boil and reduce heat and simmer covered for 10 minutes.

3. Drain off the water into a blender container, and gently place the tofu on an oiled or lined cookie sheet. Place on bottom rack of oven and bake at 400f for about 20 minutes, turning after 10 minutes. Or brown on both sides in a skillet.

4. Meanwhile, drain the juice from the diced tomatoes into the blender along with the liquid from simmering the tofu. Add remaining ingredients (except the diced tomatoes, onion, and parsley) and blend till smooth.

5. Place baked tofu in a 9 inch square baking dish, overlapping slightly. Combine blended sauce with diced tomatoes, onions and parsley flakes. Pour over the tofu and bake at 400 degrees for 30 minutes.

Yvonne H.

MARVELOUS MAYO

12.3 oz. silken tofu
 1 ½ tsp. lemon juice
 1 tsp. salt
 Optional, 1 tsp. sweetener
 2/3 c. oil

Blend everything except oil until smooth. Add oil and blend on low until mixed. Refrigerate.
 Dawn H.

CHICKPEA VITAL WHEAT SANDWICH FILLING

Soak dry garbanzos (chickpeas) overnight in enough water to cover 2" over beans. Drain.

Place 1/3 c. washed raw cashews in blender bowl
 Add 1 ½ c. soaked garbanzos
 2 ½ Tbsp. chicken style seasoning
 1 ½ tsp. onion powder
 1 ½ tsp. granulated garlic
 2 tsp. Bragg's Liquid Aminos or soy sauce



Measure 1 c. hot water. Add only enough water to allow blender to blend garbanzos, etc.
 Blend till smooth, adding water as needed (do not exceed the 1 cup).

In a mixing bowl place:

1 2/3 c. vital wheat gluten
 1 ½ tsp. dried parsley flakes
 2 Tbsp. nutritional yeast flakes

Stir well. Pour blender contents over dry ingredients and stir. Lightly knead dough. Divide into 3 portions. Place on sprayed pan. Bake @ 325 degrees for 55-60 minutes till golden brown. Cool. Break into chunks into a food processor. Process till mixture is small pieces. Place in bowl and add mayo, chopped pickles, celery, onions (optional mustard). Chill to allow flavors to meld. Use as sandwich filling.

Dawn H.

SAVORY PATTIES

- 3 c. water
- 1 tsp. Italian seasoning
- 2 c. soaked soybeans (2/3 c. dry)
- 2 Tbsp. soy sauce
- 1 ¼ c. water
- ½ tsp. salt
- 1 1/3 c. quick oats
- 2 tsp. oil
- 1 tsp. onion powder



Soak soybeans overnight in 3 c. water, then drain. Blend soaked soybeans with 1 ¼ c. water until quite fine. Add seasonings and oats. Allow to stand 10 minutes for oats to absorb moisture. Stir again and form patties on sprayed baking sheet. Bake at 350 degrees for 20 minutes. Turn and bake an additional 15-18 minutes. Place in a baking dish and cover patties with sauce (recipe follows)

SAUCE FOR SAVORY PATTIES

- 1 large onion, chopped fine
 - 1 Tbsp. oil
 - 2 cans tomato soup, undiluted
 - ½ tsp. oregano
- Simmer onion in oil. Do not brown. Add tomato soup and oregano. Heat until bubbly. Serve on warm patties.

Dawn H.

VEGAN LEMON BARS



Online Recipe: <http://www.savvyvegetarian.com/vegetarian-recipes/vegan-lemon-bars.php>

Susan W.

BANANA MAPLE MINI MUFFINS

Preheat oven to 325 degrees.

1/3 c. melted coconut oil or olive oil

½ c. maple syrup or honey

1 T. ground flaxseed combined with 3 Tbsp. water in a cup

1 c. mashed bananas

¼ c. water

1 tsp. vanilla

1 ¾ c. whole wheat pastry flour

1 tsp. baking soda

½ tsp. salt

½ tsp. cinnamon

In a mixing bowl, beat oil and maple syrup or honey together. Add flaxseed/water mixture. Stir well. Add mashed bananas, vanilla and water.

In a separate bowl, stir together with a whisk, flour, baking soda, salt and cinnamon. Add dry ingredients to wet ingredients and stir until just combined. It's OK if there are a few lumps.

Place spoonfuls (a #40 scoop works well) of batter in sprayed mini muffin pans. Bake @ 325 degrees for 23-26 minutes, or until a toothpick inserted into muffin comes out clean.

Dawn H.