

### HASH BROWN POTATOES

4-5 cup (26 oz) shredded potatoes

Use dry pan – (no oil)

Cook 10 minutes

Turn over in one unit (do not stir).

Cook another 10 minutes.



Kathleen H

### CHICKPEA A LA KING

Microwave or water “sauté” 1 medium onion, chopped.

Blend until smooth:

3 cups water or garbanzo liquid

¼ cup flour

½ cup cashews

2 ½ Tbsp chicken-style seasoning

4 tsp sesame seeds



When smooth pour in saucepan, cook till thickened then add:

1 (4-oz) can mushrooms

Onion (see above)

1 ½ cup frozen green peas

2 lg pimientos, diced

2 cups cooked garbanzos

Heat through, stirring carefully to keep from scorching. Serve over brown rice or whole-wheat noodles

Dawn H

### NO SUGAR CROCK-POT APPLE BUTTER

Fill crock-pot with washed, cored, chopped apple pieces. Put small amount of apple juice over apples  
Add cinnamon, nutmeg, cloves, vanilla

Stir everything together well.



Cook on low for 10 hours. Use immersion blender to blend apples till smooth. Continue to cook with lid partially off to allow liquid to evaporate. When apple butter is the consistency you like, remove from crock-pot Cool and place in containers. Freeze for long term storage.

Dawn H

### LENTIL STEW

- 2 cups lentils
- 1 Tbsp oil
- 9 cups water
- 1 clove garlic, minced
- 1 onion, chopped
- Pinch dill seed
- 2 tsp salt
- ¾ cup raw elbow macaroni
- 1 cup beef-style TVP granules
- 3 carrots, sliced
- 1 qt canned tomatoes



Place all ingredients except macaroni and carrots in a large pan. Cook 2 hours or till done. Add raw macaroni and carrots and cook 30 minutes more. Yields 11 cups.

Dawn H

### BAKED BROWN RICE

- 1 cup brown rice
- ½ tsp salt
- 2 ½ cups water



Toast rice in a dry cast-iron skillet over medium-high heat, stirring frequently, until rice is light brown and gives off a toasty aroma. Transfer rice to a 1½ quart baking dish. Add water and salt. Bake covered at 350° F for 1 hour. Yield: 4 cups.

Dawn H

### APPLE BREAD

- In mixing bowl place:
- 2 cups shredded apples
  - 3 Tbsp brown sugar

Blend together till smooth:

- ¼ box Mori Nu tofu
- 1/3 cup + 1 Tbsp canola oil
- ¼ cup honey
- 2 Tbsp apple juice concentrate
- ½ cup water

Pour blender contents into bowl with apples. Stir together well.



In a separate bowl sift together:

- 2 cups unbleached all purpose flour
- ½ Tbsp Ener G egg replacer
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp cloves
- ¾ tsp salt
- 1 tsp non-aluminum baking powder
- 1 tsp baking soda

Combine wet and dry ingredients. Put into sprayed baking pans (makes 3 small loaves). Bake @350° F for 45 minutes. Remove from pans and place on cooling racks.

Dawn H

## WHOLE GRAIN TABBOULEH

6 servings

Here's a twist on the traditional Middle Eastern Tabbouleh that uses whole grains or bulgur. The whole grains make this salad chewier and more filling than a typical tabbouleh. I especially like to prepare this dish with kamut, a large golden grain with lots of character and a buttery taste. You'll also get good results with wheat berries, brown rice, barley or any combination of your favorite grains.



3 cups cooked whole grains (such as kamut, wheat berries or brown rice)  
2 cups seeded and diced plum tomatoes  
2 cups peeled, seeded and diced cucumber  
1 cup finely chopped fresh parsley  
½ cup chopped red onion  
? cup finely chopped fresh mint or 1 to 2 tsp. dried  
3 Tbs. roasted garlic oil, or 3 Tbs. plain olive oil plus 2 to 3 small Cloves garlic, mined  
3 to 5 Tbs. fresh lemon juice.  
Salt and freshly ground black pepper to taste

In a large bowl, combine grains, tomatoes, cucumber, parsley, onion and mint. Drizzle oil and 3 Tbs. lemon juice over the mixture while you stir. Add salt, pepper and additional lemon juice if necessary to give salad a nice pucker edge.  
Sue W

## SQUASH CRUMBLE

### Filling

3 Tbs. brown sugar  
1 Tbs. corn starch  
Pinch of salt  
½ tsp. cinnamon  
¼ tsp. nutmeg  
1 butternut squash (about 2 pounds)  
Peeled cored & cut into small chunks  
3 baking apple (i.e. Granny Smith)  
Peeled, cored & cut into small chunks



### Topping

1 cup all-purpose flour  
½ cup sugar  
1/2 tsp. cinnamon  
Pinch of salt  
5 Tbs. Butter, cold  
½ cup pecans (substitute any nuts you prefer, or leave them out entirely)

Heat oven to 350°

Coat a 9x13 baking dish with cooking spray.

**To make the filling**, in a small bowl mix together the brown sugar, corn starch, salt, cinnamon & nutmeg. Set aside.

Bring a large pot of water to a boil and add the squash and cook for 5 to 6 minutes, or until just tender.

Drain thoroughly. In a large bowl, mix the squash and the apples. Add the brown sugar mixture, toss well and transfer to baking dish.

**SQUASH CRUMBLE (continued)**

**To make the topping.** In a food processor combine the flour, sugar, cinnamon and salt. Add the butter and pulse just until the mixture resembles coarse crumbs. Add the pecans and pulse to chop and combine. Sprinkle the topping evenly over the apple and squash.

Bake for 45 minutes, or until squash and apples are tender.