

Potato and Broccoli Casserole

2 lbs. small white potatoes, halved (larger ones quartered)

1-1/2 c chopped broccoli florets

½ c finely chopped onion

½ c part-skim ricotta cheese or cottage cheese

¾ t dill weed

½ t salt

¼ t white pepper or black pepper

1 c sour cream, reduced fat OK

1 c shredded sharp cheddar cheese, DIVIDED

Garlic powder to taste (optional)

Smoked paprika (optional)



Directions

Preheat oven to 375 degrees F. Lightly grease/spray an 11" x 7" baking dish.

Place potatoes in a large saucepan; cover with salted water. Bring to a boil; reduce heat and simmer 20 minutes or until tender.

Drain potatoes in a colander over a bowl, reserving 1 c cooking liquid.

Return potatoes and reserved 1 c liquid to saucepan. Mash with a potato masher until just slightly chunky.

Add chopped broccoli, onion, ricotta, dill, salt, pepper, sour cream and ½ c only of the cheese to saucepan; stir until blended well.

Spoon mixture into the prepared 11 x 7 baking dish coated with cooking spray; bake at 375 degrees F for 35 minutes.

If desired, sprinkle with smoked paprika before sprinkling with cheese.

Sprinkle with remaining ½ c cheddar cheese, bake an additional 5-7 minutes or until cheese melts.

Bobbi K.

Vegetarian Sweet Potato Casserole

4 c sliced sweet potato

½ c chopped onion

Vegetarian burger

1 c nutritional yeast

Substitute for 2 eggs

¾ c almond milk

¼ c butter, melted

1 t salt

Ground black pepper to taste

2 T butter



1 Preheat oven to 400 deg. F

2 Place sweet potato and onion in a large skillet over medium heat. Pour in a small amount of water. Cover, and cook until sweet potato is tender, about 5 min. Drain well, and place in a large bowl.

3 In a medium bowl, mix together vegetarian burger and cheese. Stir half of the vegeburger mixture into the cooked squash and onions. In a small bowl, mix together egg replacer and milk, then add to sweet potato mixture. Stir in ¼ c melted butter and season with salt and pepper. Spread into a 9x13 inch baking dish. Sprinkle with remaining vegeburger mixture, and dot with 2 T butter.

4 Bake in preheated oven for 25 minutes, or until lightly browned.

Sue W.

Veggie Support Chili

2 c. dry pinto beans – sort , wash and soak overnight OR: bring to a boil and soak for an hour

Add: 1/2 c. TVP and approximately 1 cup water .

1/2 onion, diced

1/2 Tbsp. Gebhardt's chili powder

1 - 28 oz. cans tomato sauce

1- 6 oz. cans tomato paste

Cook for 2 hours or till the beans are tender

Kathleen H.



Vanilla Crazy Cake

Ingredients:

- 1 ½ c. all-purpose flour
- 1 c. sugar
- 1 tsp. baking soda
- ½ tsp. salt
- 1 tsp. white vinegar
- 6 Tbsp. oil
- 1 c. water
- 1 ½ tsp. vanilla extract



1. Preheat oven to 350 degrees. Mix the flour, sugar, baking soda, and salt in a greased 8 in. square or round pan.
2. Make 3 depressions in the dry ingredients-2 small and 1 large. Pour the vinegar and vanilla in each of the 2 smaller depressions, and the oil in the large one.
3. Pour water over the entire surface and mix till smooth.
4. Bake on the middle rack of the oven @ 350 degrees for 35 minutes. Cool, then top with your favorite topping.
5. I used SO DELICIOUS (dairy free) cocowhip coconut whipped topping & sliced strawberries. Fold sliced strawberries into cocowhip and spread on cake.

Teresa W.

CROCKPOT SCALLOPED POTATOES

In blender place:

- ¾ c. washed raw cashews
- ½ c. quick oats (can use regular or gluten free)
- 4 Tbsp. McKay's chicken style seasoning
- 1 ½ Tbsp. onion powder
- 1 ½ tsp. granulated garlic
- ¼ tsp. turmeric
- 3 Tbsp. oil
- 3 Tbsp. Lemon juice
- 1 c. hot water

Blend till completely smooth, several minutes. Pour into 2 qt. pitcher.

Rinse blender with additional 2 1/3 c. water. Stir sauce together.

Prepare 10 c. peeled, thinly sliced potatoes.

In no-stick sprayed 6 qt. crockpot, layer potatoes and pour sauce over each layer. Depending on your crockpot, cook 3 – 3 ½ hours on high. Check doneness of potatoes by inserting knife into center of crockpot.



ONION DILL DIP

In blender place:

- 1/3 c. raw cashews, washed or toasted
- 1/3 c. water
- 1 box Mori Nu firm tofu
- 3 Tbsp lemon juice
- ¼ tsp. salt
- 2 ½ tsp. onion powder
- ¾ tsp. granulated garlic

Blend till smooth. Stir In:

2 tsp. dill weed

Per 2 Tbsp. 46 calories, 3.8 gm. Protein, sodium 100 mg.



10-20-2016 VSG

EASY TOFU LOAF

1 pkg. (14-16 oz.) water pack tofu, frozen and thawed
Squeeze liquid out of tofu and crumble into a mixing bowl.

Add 1c. grapenuts and 1 Tbsp. dried parsley to tofu

In blender place:

½ large onion or 1 small onion, cut into chunks

3 Tbsp. nutritional yeast flakes

1 ½ Tbsp. cornstarch

1 tsp. poultry seasoning

1 Tbsp. Ener-G egg replacer

1 tsp. granulated garlic

1 tsp. onion powder

1 Tbsp. ground flaxseed

2 Tbsp. Bragg's liquid aminos

½ c. soy milk

Briefly blend contents till onions are finely chopped. Pour blender contents over tofu/grapenuts mixture.

Stir well. Place in no-stick sprayed 9"X9" pan and bake @ 350 degrees for 1 hour.

Per 3" square 106 calories, 6 grams protein, 0 cholesterol



BBQ Sweet Potato Tater Tot Casserole

Ingredients:

Veggie Burger (Simple Truth Vegan Meatless Crumbles from Fred Meyer)

1 diced green pepper

1 onion, diced

2 cloves garlic, minced

Bullseye original BBQ sauce

2 bags sweet potato tater tots or sweet potato fries

Instructions:

1. In a bowl mix veggie burger, pepper, onion, garlic and BBQ sauce (use enough BBQ sauce to coat everything well).
2. Place a layer of tots on bottom of baking pan.
3. Spread burger mixture over tots.
4. Place rest of tots over burger mixture.
5. Bake @ 400 degrees till lightly browned or follow baking instructions on tater tots.

Teresa W.

