

VSG 111711

Sugar Free Cranberries

- 2 pkg Cranberries
- 1 ½ C Agave Nectar
- 1 c Orange Juice
- 2 tsp Orange ZEST

Bring all to a boil for 10 minutes.

Kathleen Henning

Fruit/Tapioca Salad

- 2 Pkg Tapioca Pudding
- 2 14 oz Chunk Pineapple
- 2 11 oz mandarin oranges
- 2-3 Bananas

Drain Fruit – save juice. Add enough OJ to make 3 cups. Add to pudding – bring to boil until thickens. Cool. Add fruit. Add Bananas just before serving.

Carol Jaromin

Corn Casserole

- 1 15 ½ oz can whole kernel corn, drained
- 1 14 ¾ oz can cream-style corn
- 1 8-oz page corn muffin mix
- 1 c Sour cream
- ½ c melted butter

In a large bowl, stir together the two cans of corn, corn muffin mix, sour cream and butter. Pour into a greased casserole. Bake at 350 degrees for 45 to 60 minutes, or until golden brown. Serves 6-8

Janet Stott

Cinnamon-glazed Baby Carrots

- 2 c. Baby carrots, split lengthwise if very thick
- 1 T. Soft-tub margarine
- 1 T. Brown sugar
- ¼ Tsp. Ground cinnamon
- 1/8 tsp. Salt

1)Place the carrots in a small saucepan. Add just enough water to barely cover the carrots. Cover. Bring to a boil. Reduce heat to medium. Cook for 7-8 minutes, just until the carrots are easily pierced with a sharp knife. 2)While the carrots are cooking, combine margarine, brown sugar, cinnamon, and salt in a small saucepan and melt together over low heat (or put in a microwave-safe bowl and microwave for a few seconds on high power, until margarine is mostly melted). Stir well to combine ingredients. 3)Drain carrots, leaving them in the saucepan. Pour cinnamon mixture over carrots. Cook and stir over medium heat for 2-3 minutes, just until carrots are thoroughly coated and the glaze thickens slightly. Yield: 4 servings. Approx. \$0.75 per serving.

Per serving (1/2 cup):	Calories	67	Total fiber	
	2 g			
	Total fat	3 g	Protein	1 g
	Saturated fat	0.5 g	Carbohydrates	10 g
	Cholesterol	0 mg	Potassium	260 mg
	Sodium	149 mg		

Karen Hackett

Roasted Almonds

- 2 T. Water
- 1 Tsp. Salt
- 4 c. Almonds

Mix together & spread out on a cookie sheet. Put in oven @ 250° for 1-2 hours.

Yvonne Hoover

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Pumpkin Pie

15 oz Pumpkin
1 pkg firm tofu
1 tsp Cinnamon
¼ tsp salt
1 T. Vanilla
½ c. Honey

Blend together in blender until smooth. Pour into ready pie crust.
Bake at 425° for 15 min. then 350° for 40 min.

Yvonne Hoover

Pie Crust

½ c. Whole Wheat Flour
2/3 c. Walnuts
Blend in blender till nuts are finely ground. Place in bowl. Add
¾ tsp. Salt
½ c. quick oats
¼ c. Water

Stir together. Mold into a ball & place between 2 pieces of saran wrap & roll out with a rolling pin. Makes 1 pie crust.

Yvonne Hoover

BULGUR SALAD:

1 Cup of Bulgur
1/4 cup of Olive oil (mix with honey)
4-5 tbs of honey
1/2 - 2/3 cup fresh cilantro (more or less depending on your taste)
1/2 - 2/3 cup fresh mint
3/4 almonds some whole some slivered (add smoked almonds for different flavor)
1/2 cup of dates (cut in half)
1-3 garlic minced fine (depending on your taste)

Cooking instruction:

For every cup of bulgur add 1 cup boiling water, cover with plastic and a towel let sit for 10-15 min
It will appear soupy but will fluff up...Mix ingredients together.
Better if it sits a while in the fridge....so all the flavors combine.

Cristina Badger

Holiday Nut Rice Loaf

Using a food processor, process each of these items separately then place in a large mixing bowl:

4 c. soft whole wheat bread crumbs (process ww bread till it turns to crumbs)

2 c. Nuts (pecans, walnuts, almonds or cashews)

2 c. finely chopped onions

Sprinkle ¼ c. gluten flour over crumb/nut/onion mixture

Add 1 c. cooked brown rice to bowl. Stir together well.

In Blender place:

1 c. tofu (2/3 box Mori Nu tofu)

½ c. water

2-3 cloves garlic

1 T. Bragg's liquid aminos

1 tsp. Kitchen Bouquet

1 ½ tsp. salt

1 T. onion powder

¾-1 tsp. sage or Italian seasoning

Blend till smooth. Pour into the mixing bowl and stir well to combine ingredients. Pack loaf mixture into sprayed loaf pan.

Cover and bake at 350° for 1 hour. Uncover. Bake for an additional 30 minutes. Remove from oven and cool for 10 minutes to allow loaf to firm up before removing loaf from pan. Turn upside down on serving platter.

Dawn Hainey