

Quinoa Salad

4 c. Quinoa, cooked & cooled
¼ c. Red Onion
Cilantro & Parsley to taste
1 Roma Tomato
1 Small can sliced Olives
½ tsp Salt
1 T. Olive Oil
1 T. Lemon Juice

Mix and serve.

Karen Hackett

Zucchini Bread

3 Eggs, beaten
1 c. Cooking oil
2 c. Sugar or (1 c white & 1 ¼ c brown)
2 c. Grated zucchini
2 tsp Vanilla (or to taste)
3 c. Flour
1 tsp Soda
½ tsp Baking powder
1 tsp Salt (or 1 ¼ tsp)
1 tsp Cinnamon
½ c. Chopped nuts (or 1 cup)

Preheat oven to 325°. Grease and flour two loaf pans. Beat eggs, then add oil, sugar, grated zucchini and vanilla, cream together. Sift and measure out 3 cups flour, then sift together flour, soda, baking powder, salt and cinnamon. Add sifted ingredients to creamed mixture and mix until thoroughly blended. Add chopped nuts. Bake in two prepared (greased and floured) loaf pans at 325° for one hour.

Sue Williamson

One Dish Chicken and Rice Bake

1 can Mushroom or celery soup
1 c. Water
¾ c. Uncooked regular long grain rice
¼ tsp. Paprika
1 Can Fri-Chik, sliced

In 2 qt. shallow baking dish mix soup, water, rice and seasonings. Place Fri-Chik slices in rice mixture. Cover and bake at 375° for 45 minutes or until rice is tender.

Darlene Stanger

Sweet Potatoes Fries

3 c. Sweet Potatoes Fries
2 T. Olive oil
1 T. Lime juice
1 Clove garlic minced
½ tsp Red pepper flakes
¼ tsp Cayenne pepper
1 tsp Chili powder
1 T Spicy brown mustard
¼ tsp Black pepper

Cut sweet potatoes into fries - I buy ones already cut. In a large bowl stir together all spices and oils and lime juice and mustard. Add potatoes and stir until evenly coated. Arrange fries in a single layer on a large baking sheet. Bake twenty minutes in a 400° oven, then turn fries over and bake for 10 more minutes until crispy and browned.

Carol Jaromin

Banana Bread

¼ c. Non-dairy milk
 ¼ tsp Lemon juice
 4 or 5 Spotted or browning bananas
 ½ c. Dark brown sugar
 ½ c. Raw sugar
 1 tsp Ground cinnamon
 ½ tsp Ground nutmeg
 2 c. Whole-wheat flour
 1 tsp Baking soda
 ½ tsp Baking powder
 1 tsp Vanilla extract
 2 T Pure maple syrup

Preheat oven to 350°. Grease or spray a standard 8-inch loaf pan and set aside. Whisk the non-dairy milk and lemon juice together until bubbly and set aside. Cream bananas with sugars by hand using a spatula or in a food processor until smooth and creamy; set aside. In a large bowl, whisk spices, flour, baking soda and baking powder together. Add milk-lemon juice and banana mixture, as well as all remaining ingredients, to the flour mixture and stir until just combined. Pour into loaf pan, using a spatula to evenly distribute and smooth out the top. Make a tent over the pan with a large piece of aluminum foil. Bake for 45 minutes to 1 hour, or until a toothpick inserted in the center comes out clean.

Debbie Hulse

Tofu Mayo Debbie Hulse

1 12.3 oz. pkg silken tofu, firm
 1 T Lemon juice, fresh
 ¾ tsp Onion powder
 ½ tsp Garlic powder

½ tsp Salt
 1-2 T Sugar

Chicken-like seasoning to taste. Blend until smooth.
Oatmeal Bread

2 ¼ c. Water, divided
 5/8 c. Applesauce
 ½ c. Agave or Honey
 2 ½ T Yeast, (use 2 T yeast at 5000ft. or above)
 6 ½ c. Whole wheat flour
 1 T Salt
 1 c. Rolled oats
 ¼ c. Gluten flour
 ¼ c. Soy flour

In a small sauce pan bring to boil 1-½ cups of the 2-¼ cups water. Remove from the heat and stir in the rolled oats. Let stand for 20 minutes.

Place remaining ¾ cup of water in mixing bowl. Add the yeast, applesauce, and honey. (Be sure that the ingredients are warm). Allow yeast to work while the oats sit for 20 minutes.

Stir oats salt and flours into the yeast mixture and knead adding w/w flour as needed to make slightly sticky dough (Or the texture that you like for bread dough)

Let rise until double. Punch down and shape into 2 loaves and place in bread pans. Let rise until double.

Bake at 350° for 45-50 minutes.

Debbie Hulse

Golden Sauce

¾ c. Potato, cooked	1 tsp. Salt
½ c. Carrot, cooked	1 T. Lemon juice
1 1/3 c. Water	2 T. Yeast flakes
2 T. Nuts or seeds	1 tsp. Instant Clear Jel

Blend smooth all ingredients. Heat and serve over vegetables, rice, pasta, or as an open face sandwich.

Dawn Hainey

New York Burgers

- 1 Can Black beans, rinsed & drained**
- 1 Can Tomatoes with zesty mild chilies, drained**
- 1 Clove of garlic, minced or pressed, or 1 tsp garlic powder**
- 1 tsp Onion powder**
- 2 Green onions, chopped**
- 1 c. Carrots, chopped**
- 1 c. Parsley or cilantro**
- 2 c. Quick rolled oats**

Preheat oven to 350°. Process the first seven ingredients using an immersion or regular blender or food processor. Remove contents to a large bowl, and stir in oats. Form into 8 patties on a parchment lined cookie sheet. Bake 20 minutes and then flip patties and bake another 20 minutes.

Debbie Hulse

Stir-N- Roll Pastry

8" or 9" Two Crust Pie

- 2 c. Whole wheat pastry flour**
- 1 tsp Salt**
- 7 T. Canola Oil**
- 5 T. Soy or nut milk**

Mix flour and salt. Pour oil and milk into one measuring cup (but don't stir). Pour into flour. Stir well. Press into ball. Divide in halves.

Roll one half between waxed papers until 12" circle. Peel off top sheet of waxed paper. Turn over into pie pan. Ease pastry to fit. Add filling. Repeat same procedure with top crust. Seal edges.

Make 3-4 slits in top. Bake according to specific recipe directions.

Dawn Hainey

Apple Pie

- 6 Med (7 C) Apples**
- 6 oz. Apple juice concentrate, Froz. Unsweetened**
- 6 oz. Water**
- 4 T. Cornstarch**
- ½ c. Water, cold**
- ¾ tsp. Cinnamon**
- 1/8 tsp. Salt**

Peel and slice apples. Set aside. Bring water and apple juice to boil and add sliced apples. Cook until half done. Dissolve cornstarch in water and add to above mixture. Cook until thickened. Add salt. Place pie dough in 9" pie tin. Fill with apple filling and cover with pie dough. Bake at 375° for 40-45 minutes or until done.

Dawn Hainey

Millet - Peanut Butter Puffs

Mix well in a bowl.

- 3 c. Cooked millet**
- 1/3 c. Peanut butter**
- 2 T. Dried onion granules or dried minced onion**
- 1 tsp. Garlic salt**
- ¼ tsp. Sage**
- ¼ tsp. Thyme**

Wet hands and shape mixture into small patties. Bake @ 350 degrees for 25-30 minutes or coat a nonstick frying pan with cooking spray & fry patties over medium-low heat. Serve with Thousand Island Dressing.

Dawn Hainey

season to taste. Heat tortillas one at a time on a rack over steaming water (about 20 sec.) Place 1/3 cup of mixture in tortilla. Fold the edges together so they meet in the middle, then roll it up. Serve with salsa and guacamole.

Lisa Hainey

Millet Butter

Blend in a blender until creamy

1/4 c. Raw cashews, washed

1/4 c. Water

Add and continue blending until creamy

1 tsp. Salt

1 c. plus 2 T. hot cooked millet

1/2 c. plus 2 T. water

1 T. Virgin olive oil

1 tsp. Cooked carrot or squash (for color)

Store in refrigerator.

Dawn Hainey

Vegan Breakfast Burritos

1/2 Onion

1 lb. Bag frozen O'Brien hash brown potatoes

6 oz. Soy chorizo

1 tsp. Minced garlic

Cumin to taste, salt to taste

12 Large tortillas

Sauté onion with olive oil in a large skillet. Add potatoes, chorizo, garlic and cook until potatoes are done (approx 10 mins)

Double Corn Pie

1 1/2 lb. Burger

1 1/2 c. Chopped celery

1 lg. Chopped onion

1 tsp. Salt

1 tsp. Basil

Bake filling for 10 minutes

1 Can Whole kernel corn

1 Green pepper

1 lg. Can tomato sauce

1/2 c. Salsa

1 Can (about 1#) tomatoes

Topping:

1 c. Yellow or white corn meal

4 T. Flour

1 T. Sugar

1 egg

4 T. Melted butter

2 tsp. baking powder

1 tsp. Salt

1/2 c. Milk

Brown burger in small amount of oil. Transfer to casserole dish add tomatoes, sauce, and salsa, add kernel corn and celery. Sauté onions until translucent, sauté green peppers. Add to casserole stir lightly to mix. (1) Make topping: combine corn meal, flour, sugar, baking powder and salt. (2) Beat egg with milk: stir into flour mixture just until blended: stir in melted butter. Pour over hot mixture in baking dish. Bake in moderate oven at 400° or until top is golden brown approx. 40 minutes.

Janet Stott

Tofu Turkey Loaf

1 Med onion, minced 2 c. Panko bread crumbs
2 Cloves garlic, chopped 1 tsp. Sage
½ c. chopped celery ½ tsp. Basil
½ c. Water (for sautéing) 1 tsp. Thyme
14 oz. Package of tofu (approx.)
1 c. Shredded carrots 1 tsp. Powdered Mustard
2 c. Special K 2 T. Chicken style seasoning

Cook the celery, onion & garlic in water . Add other ingredients
& bake at 375 degrees for 1 hour. Kathleen Henning