

TRADITIONAL MACARONI & CHEEZ

2½ cups dry elbow macaroni
2 Tbsp olive oil
½ tsp dry mustard
1¾ cups plain nondairy milk, heated
(I used cashew milk)
½ cup nutritional yeast flakes
Pinch of cayenne
Salt and pepper



Preheat oven to 375°F. oil an 8-inch square baking dish or mist it with nonstick cooking spray and set aside. Cook macaroni according to package directions. Drain well and set aside.

while macaroni is cooking, prepare cheez sauce. Heat oil in a large saucepan. When hot, stir in flour, mustard, and cayenne. Cook and stir 1 minute. Gradually stir in hot milk, a little at a time, whisking constantly. (It will take about 5 to 7 minutes to add the milk. The sauce should continue to bubble as you add the milk; if it doesn't, you are the milk too quickly). If necessary, cook the sauce until it is the consistency of thick cream, about 2 to 4 minutes longer. Remove from heat and stir in nutritional yeast flakes. Season with salt and pepper to taste. Stir in cook macaroni, and mix well.

Transfer to the prepared baking dish. Bake 25 to 30 minutes. Let stand for 5 minutes before serving.

Kathleen H

WILD RICE PILAUF –VEGAN

2 cups Bistro blend brown rice
red rice, red wheat berry, wild rice
Cook as directed
1½ cup onion
1 cup bell pepper
1 Tbsp garlic
1½ (6oz) mushrooms



Mix together and bake for 30 minutes to blend the ingredients. Salt to taste

Karen H

QUINOA

San Francisco blend veggies
Soy Curls
onions
celery
garlic granules
olive oil
McKay's Chicken Seasoning
chopped onion flakes
parsley
corn starch
Bull's Eye BBQ Sauce (original)
Bragg's Liquid Aminos



Soy curls cover (just to top with water) then add 1 tsp garlic granules, 2 Tbsp McKay's Chicken Seasoning, 1 tsp onion flakes. Bragg's Liquid Aminos. (corn starch to make gravy with water)

Anita T

“TURKEY LEGS”

- 1 cup Hi Ho cracker crumbs
- ½ cup chopped nuts (usually walnuts)
- ½ cup Vegeburger
- 1 cup grated cheddar cheese
- 1 onion, chopped
- 2 packages George Washington Broth (dark)



Combine all ingredients and form into drumsticks or patties (if you prefer to work less). You can get sticks at a meat market. If you use sticks, put in center of drumstick. Roll in more cracker crumbs and fry slowly in oil. This recipe would work well for patties or balls.

Serve with tartar sauce.

Steve F

CHICKEN STYLE SEASONING—3ABN

- 2 Tbsp celery salt
- 2 Tbsp onion powder
- 2 Tbsp parsley flakes
- 2 Tbsp turmeric
- ¼ cup salt
- ½ cup garlic powder
- ¼ tsp marjoram
- ¼ tsp savory
- 1 Tbsp Accent (optional)

Mix contents and store in tightly sealed jar.

Dawn H

EGGPLANT ESPAÑOL (LOWER SODIUM VERSION)

- 1 medium eggplant, cubed
- ½ lb fresh mushrooms, sliced
- ½ green pepper, diced
- 1 large onion
- ½ tsp dry minced garlic
- 1 (6 oz) can tomato paste
- ½ tsp oregano
- ½ tsp cumin
- 1 tsp dried basil
- 1 tsp paprika
- 1 bay leaf
- 1 (28 oz) can low sodium tomatoes, cut in pieces



Sauté eggplant, mushrooms, green pepper, onion and garlic in nonstick skillet. Add remaining ingredients and simmer till eggplant is tender and flavors are blended, about 1 hour. Remove and discard bay leaf.

Dawn H

VEGETARIAN LENTIL MEATLOAF (Alissa Brunsfeld)

- 1½ cups French green lentils
- ¾ cup chopped onion
- ½ cup shredded carrot
- ½ cup red bell pepper
- ¼ cup wheat germ
- ½ cup cooked brown rice
- ¾ cup bread crumbs
- ¼ cup crushed flax seed
- ⅔ cup egg whites
- 1 can (6.5 oz) tomato sauce
- 1 Tbsp olive oil
- 2 Tbsp dried thyme
- 1 pinch cayenne (or to taste)
- salt to taste



Directions

1. Measure lentils into a saucepan and fill with enough water to cover them by 1 inch. Bring to a boil and cook until tender, about 45 minutes. Check occasionally and add more water if needed. Drain and set aside to cool
2. Preheat the oven to 375°F grease an 8x4 inch loaf pan.
3. In the bowl of a food processor, combine the onion, carrot, bell pepper and wheat germ. Pulse until finely chopped. Transfer to a bowl. Put the lentils into the food processor and process into a paste. Spoon the lentils into the bowl with the vegetables and mix in the rice, bread crumbs, flax seed, egg whites, tomato sauce and olive oil. Season with thyme, cayenne pepper and salt. Spoon the mixture into the prepared loaf pan.

4. Bake for 45 minutes in the preheated oven, until heated through and browned on the top. Cool slightly before slicing and serving.

Susan W

BETTA BUTTA

- 1½ cup hot cooked cornmeal
- 1 cup boiling water
- ¼ cup raw cashews, rinsed or blanched almonds
- 1 Tbsp lemon juice
- ¼ cup cooked winter squash or carrot (for color)
- 1 tsp salt
- 1 tsp nutritional yeast
- 1 tsp butter flavor



Stir 6 Tbsp cornmeal into ¾ cup cold water. Set aside. Bring ¾ cup water to boil in saucepan. When water is boiling, add cornmeal/water mixture. Stir with a whisk. Turn down heat and cook for 5-7 minutes. Mixture will be stiff so keep stirring it to keep it from burning. Remove from heat and place in blender. Add 1 cup additional boiling water, and rest of ingredients. Blend for several minutes till creamy and smooth. Pour into containers and chill. Betta Butta keeps for 7-10 days under refrigeration.

Nutritional Comparison

Blue Bonnet Stick Margarine	1 Tbsp	100 cal., 11 gm fat, 95 mg sodium
Gold N Soft Light Spread	1 Tbsp	60 cal., 7 gm fat, 95 mg sodium
Fred Meyer Softspread	1 Tbsp	60 cal., 7 gm fat, 110 mg sodium
Betta Butta	1 Tbsp	12 cal., 4 gm fat, 48 mg sodium

Dawn H

TAMALE BAKE

Microwave 1 c. frozen corn for 2 minutes
Place in mixing bowl and add:
1 can low sodium kidney beans,
drained and rinsed
1 cup no salt added diced canned tomatoes
2 Tbsp tomato paste
3 Tbsp water
½ cup corn flakes
1¼ tsp granulated garlic or garlic powder
1 tsp cumin
2 Tbsp dried parsley
Set aside. In separate bowl combine:
2 cups corn bread mix
1 cup water
Spread corn bread mixture in a sprayed 9x9 inch pan.
Pour bean, corn, tomato mixture over corn bread. Bake @350°F for
30-40 minutes - 9 servings. 1 serving = 204 mg sodium.



Dawn H

LOW SODIUM FRENCH DRESSING

Combine all ingredients in blender. Blend till smooth. Pour into
container and store in refrigerator.
2 (8 oz) cans no salt added
tomato sauce
½ cup water
¼ cup lemon juice
¼ cup olive oil



1 t6sp onion powder
½ tsp granulated garlic
1 tsp nutritional yeast
½ tsp Bakon seasoning or a few drops of Wright's Liquid Smoke
1 Tbsp honey
¾ tsp chicken style seasoning
½ tsp paprika
½ tsp dried parsley
¼ tsp Mrs. Dash garlic herb seasoning
Yield: approximately 2 cups

Dawn H

ITALIAN DRESSING

¼ cup lemon juice
¼ cup olive oil
½ cup water
1 Tbsp honey
1 ½ tsp chicken style seasoning
1 tsp dried parsley
2 tsp instant Clear Jel
1. Blend all ingredients except Clear Jel in blender until smooth
2. Sprinkle instant Clear Jel while blending
3. This dressing will thicken as it chills
70 mg sodium per 2 Tbsp serving



Dawn H

VEGAN MOLASSES COOKIES

(Lower fat, sugar and sodium)

- 1¼ cup sugar
- 1 cup oil
- 3 Tbsp water
- ½ cup molasses
- ¼ box silken tofu
- 2 c. unbleached flour
- 2 cup whole wheat pastry flour
- 1 Tbsp + 1 tsp baking soda
- 2 tsp cinnamon
- ½ tsp salt



In a blender place oil, water, molasses and tofu. Blend until smooth then place in mixing bowl. Add sugar. In a separate bowl stir together all dry ingredients...flours, soda, cinnamon and salt.

Add dry ingredients to wet and stir well. Cover and chill dough in refrigerator for at least 30 minutes. Form into small balls, roll in sugar if desired (I did not). Place on ungreased cookie sheet. Bake for 10-12 minutes @375°F. Let cookies cool slightly before removing to cooling racks. When cookies are completely cooled, store in an airtight container.

Dawn H

SOUTHWEST PUMPKIN RICE SOUP

- 2 green onions, chopped
- 1 clove garlic, chopped
- 1 red bell pepper, chopped
- 1 Tbsp olive oil
- 1½ tsp ground cumin
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) 100% pure pumpkin
- 1 can (14.5 oz) diced tomatoes, un-drained
- 3 cups vegetable broth
- Salt and pepper to taste
- 1 cup minute rice, uncooked
- Pinch of cayenne pepper (optional)



In a medium sauce pan over medium heat, sauté onions, garlic and bell peppers in olive oil for 2 minutes. Add cumin, beans, pumpkin, tomatoes and broth. Season with salt and pepper as desired. Bring to a boil, add rice. Reduce heat and simmer 5 minutes, stirring occasionally. Season with cayenne pepper if desired. Serves 6.

Carol J