

Baked Seitan Pepperoni

- 1 1/2 cups vital wheat gluten
- 1/4 cup nutritional yeast
- 1 teaspoon salt
- 2 teaspoons paprika
- 1/4 teaspoons cumin
- 1-2 teaspoons pepper
- 1/2 teaspoons red pepper flakes
- 1/8 teaspoons all-spice
- 3/4 cup cold water
- 5 tablespoons (3 ounces) tomato paste
- 2 tablespoons olive oil
- 2 tablespoons soy sauce
- 1 tablespoon minced garlic



Directions

Preheat oven to 325. In a large mixing bowl mix dry ingredients. Mix the rest of the ingredients (liquid ingredients) in a smaller mixing bowl. Whisk well until mixed.

Add the liquid ingredients to the dry ingredients. Mix well. I start out with a spoon and then switch to my hands. Knead for several minutes.

Form into a log 6 to 10 inches long (depending on desired slice circumference), wrap tightly in foil, twisting ends (I actually ended up wrapping mine more like a burrito). Bake for 90 minutes. Place it on a baking sheet or additional foil if you're worried about leakage.

Unwrap and leave out to cool completely. Wrap in foil or plastic and refrigerate. Slice it to use as you wish. I highly recommend using a bread knife for the slicing. This seems to work best for seitan in my experience.

Kathy P.

Mushroom Steaks

- 4 eggs, beaten
- 4 oz can mushroom, chopped
- 1 1/2 C quick Oats
- 1 lg bay leaf
- 1 lg onion, chopped

- 1/2 t poultry seasoning
- 3 T soy sauce
- 3/4 C liquid
- 2 T flour



Drain mushrooms, save liquid. Boil with bay leaf for 10 minutes. Cool by adding cold water to $\frac{3}{4}$ cup. Mix together all ingredients, adding flour to help thicken. Fry till don. Cover with mushroom soup mixed with water to thin. Bake at 350 for 30-40 minutes.

Vegan option: leave out eggs and increase liquid to $1\frac{1}{4}$ cups. Let it stand a few minutes for the oatmeal to absorb the liquid. Place on cookie sheet and bake at 350 for 15 minutes. Turn over and bake 10 minutes more. Place in pan, cover with thinned mushroom soup and bake.

Kathy P.

Crockpot Chickpea a La King

Blend the following ingredients in blender for 2 minutes, until very smooth. Pour into the sprayed slow cooker.

1 c. water
 $\frac{1}{2}$ c. cleaned raw cashews
 $\frac{2}{3}$ c. quick oats
2 Tbsp. chicken style seasoning
1 tsp. salt
 $\frac{1}{8}$ tsp. turmeric, for color
 $\frac{1}{4}$ tsp. granulated garlic
Rinse the blender out with 2 c. water
Add to the ingredients in the crockpot:
2 c. shredded carrots
2 cans garbanzo beans, drained and rinsed
 $\frac{1}{2}$ c. chopped onion

Cook until carrots are crisp tender ($2\frac{1}{2}$ - 3 hours)

Turn off slow cooker. Add 2 c. frozen peas. Let sit 5-10 minutes. Serve.



Dawn H.

Baked Brown Rice

1 c. brown rice
 $2\frac{1}{2}$ c. water
 $\frac{1}{2}$ tsp. salt

Toast rice in a dry cast iron skillet over medium-high heat, stirring frequently, till rice is light brown and gives off a toasty aroma. Transfer to a sprayed 1 ½ qt baking dish. Add water and salt. Bake, covered, at 350 degrees for 1 hour.

Dawn H.

Tofu Corn Muffins

Stir together in mixing bowl:

- 2 c. corn meal
- 1 c. whole wheat pastry flour
- 1 c. unbleached flour
- 2 Tbsp. sweetener
- 2 Tbsp. non-aluminum baking powder
- 1 ½ tsp. salt
- ½ Tbsp. egg replacer
- 1 Tbsp. ground flaxseed

In blender, blend until smooth

- ½ c. oil
- 1/3 box Mori Nu tofu
- 2 c. soy or other plant "milk"

Stir wet ingredients and dry ingredients together. Fill sprayed or paperlined muffin cups ¾ full with batter. Bake at 400 degrees for 18-20 minutes.

Remove from pan.



Dawn H.

Pasta w/ Kale, Nuts and Cranberries

- 12 oz. pasta (bowties, rotini, etc.)
- 2/3 dried cranberries
- 1 bunch kale
- ¼ -1/2 c. olive oil

- ½ c. sliced almonds or pine nuts
- 4 cloves garlic, peeled and sliced
- 1 tsp. kosher salt or sea salt
- ½ - 1 tsp. freshly ground pepper (optional)
- Parmesan cheese (if desired)



Cook pasta. Bring to boil, turn off heat, cover for 10 minutes, drain and rinse.

Saute' nuts in olive oil about 1 minute. Add garlic and cranberries. Saute' an additional minute. Add chopped kale. Flip often until kale is wilted. Add salt and pepper and pasta. Stir well. Serve with parmesan, if desired.

Note: You may want to pull the kale leaves off the stems, and chop the stems separately and saute' stems with the nuts

Russell & Virginia D

Apple Quinoa Salad w/ Curry Dressing

- $\frac{1}{4}$ c. slivered almonds
- 1 c. quinoa
- 2 c. water
- 1 tsp. honey
- 1 Tbsp. finely chopped shallots
- 1 tsp. curry powder
- $\frac{1}{4}$ tsp. coarse salt
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. olive oil
- Freshly ground pepper (optional)
- 2 Tbsp. dried currants or cherries
- 2 apples, cut into $\frac{1}{4}$ inch-thick slices
- 1 Tbsp. chopped fresh parsley



Toast almonds until fragrant in a 375 degree F. oven, about 7 minutes. Set aside.

Rinse quinoa thoroughly in a fine sieve and drain. Bring the 2 c. of water to a boil in a saucepan. Add quinoa, return to a boil, stir, cover and reduce heat. Simmer until quinoa is tender, but still chewy, about 15 minutes. Fluff quinoa with a fork and let cool.

For the dressing, whisk together honey, shallots, curry powder, salt and lemon juice in a large bowl; season with pepper, if desired. Whisking constantly, add olive oil in a slow stream and whisk until emulsified. Add quinoa, almonds, currants, apples and parsley; toss well.

6 servings Each serving: 220 calories, 8 g. fat, 0 chol., 90 mg. sodium, 33 carb, 4 gm. Fiber, 10 gm. Sugars, 5 gm. protein

Sandy L.