

Double Corn Pie

Filling: Layer 1 can Worthington's Vege Burger in casserole dish

Sauté: 1 cup celery, 1 cup green peppers, 1 cup chopped onions add to meat mixture.

Add together: 1 can diced tomatoes, 1 tsp. salt, 1 tsp. basil, 1 can whole kernel corn drained. Boil for 2 minutes.

Add to meat and vegetable mixture and stir lightly.

Topping: 1 cup yellow or white corn meal, 4 Tbs. sugar, 2 tsp. baking powder 1/2 tsp. salt, 1 egg, 1/2 cup almond milk, 1/2 cup melted margarine.

Pour over hot mixture in baking dish. Bake in moderate oven 375° for 30 minutes, or until top is golden brown. Janet Stott

Curried Sweet Potatoes with Peas and Garbanzos

3 lb. Sweet potatoes, peeled and sliced

1/2 Onion, sliced

12 oz. bag of frozen Peas

1 can Garbanzos, drained

Water

1 Tbs. Mc Kay's chicken style seasoning

1 Tbs. Curry powder

1/4 tsp. Black Pepper

1/4 cup Brown Sugar

Put sweet potatoes and onion in a pot with 1"-2" of water. Bring to a boil, simmer 5-10 minutes, until sweet potatoes are almost done.

Add peas, garbanzos, and seasonings simmer another 5 minutes, until peas and sweet potatoes are done. If you add more water, it's like soup. With less water, you can serve it over rice like curry.

Lisa Hailey

Tofu Burgers

1 lb. Tofu, mashed or crumbled

1/2 c. Oatmeal, dry

1/2 c. Wheat Germ

2 Tbsp. Onion Powder

2 tsp. dried Parsley Flakes

1 tsp. seasoned Salt

1/2 tsp. Basil

1/2 tsp. Oregano

1/2 tsp. granulated Garlic

Mix all ingredients together well. Using a scoop, form mixture into patties. Flatten on sprayed cookie sheet. Bake at 350° degrees for 20 minutes. Turn and bake an additional 15 minutes. If formed into 8 burgers, each burger contains: 118 calories, 7 gm. protein, 4 gm. fat, 8 gm. CHO

Dawn Hailey

Cranberry Orange Bread

Coarsely chop 2 cups cranberries - Place in bowl.

In blender place:

1/2 box Mori Nu tofu

1 cup Honey

1/2 cup Oil

6 Tbs. Water

1/2 cup Orange juice concentrate

Blend until smooth. Pour blender contents over cranberries. Stir in 2 Tbs. grated orange peel. In a separate bowl sift together:

2 cups unbleached Flour

1/2 tsp. salt

1 tsp. Baking soda

Stir into Flour mixture

1 tsp. non-aluminum Baking Powder

2 cups Whole Wheat Pastry Flour

1 cup chopped toasted Walnuts

Add dry ingredients to wet and stir till evenly moistened. Place in sprayed loaf pans and bake at 325° for 50-55 minutes.

Dawn Hailey

Orange Frosty

In blender place:

6 oz. Orange Juice concentrate 1 cup Milk or substitute
1 cup Water 1 tsp. Vanilla Extract

Blend. As blender is running add 6 to 8 ice cubes one at a time. When mixture is blended smooth serve immediately. Dawn Hainey

Kathleen's One Dish Meal

2 Med. Onions shredded

6 cups Brown Rice

Take 1 cup water and 1 cup soy milk and add 4 Tbs. whole wheat flour plus 2 Tbs. chicken style seasoning. Bring to a boil and add 2 cups cooked garbanzos. Mix with onions and rice and add 2 cups moistened soy curls. Add 1 tsp. Braggs Aminos and 2 tsp. parsley. Mix well and bake 350° degrees for 1 hour.

Tomato Rice Soup with Pasta

Place in a large roaster pan

6-8 cups water	1 pinch Cayenne Pepper
2 cups Cooked brown rice	3 tsp. McKay's Beef Style Instant Broth & Seasoning
4 cups Cooked Macaroni	1 tsp. Mrs. Dash Table Blend Salt free seasoning
6-8 Tbs. Dry Soy granules	1 tsp. Italian Seasoning
1-14.5 oz. Can Carrots	1/2 tsp. Tarragon
1-14.5 oz. Can String Beans	1/8 tsp. Thyme
1-16 oz. Can Kidney Beans	1/8 tsp. Celery Seed
2-14.5 oz. Cans Stewed Tomatoes	1 pinch Savory
1 Diced Onion	1 pinch Rosemary
2 Tsp. Soy Sauce	Makes 4 qts. Mike Hackett
1 tsp. (heaping) Garlic	
1 Tbs. Parsley	

Dal (Red Lentil Soup)

1 cup Red Lentils
4 cups Vegetable Stock or water
1 med. Onion, chopped
1 Stalk Celery, chopped
1 Carrot, sliced or diced
2 Cloves garlic, minced
1 medium Potato, diced
1 Tsp. mild Curry Powder
1 tsp. Salt or to taste
1 tsp. Turmeric

Rinse lentils and combine with the water in a large heavy saucepan. Bring to a boil, then cover and simmer until the lentils are beginning to get tender, about 25 minutes.

Sauté onions and celery in water in oil-spayed pan.

Add vegetables and continue to cook over medium heat for additional 15-20 minutes.

Add curry powder, turmeric and salt to taste.

Serve over brown rice or with whole wheat chapattis or pita bread. Makes 4 servings.

Per 1 1/2 cup: Calories 267, Protein 14.7g, Carbohydrates 51.1g, Fiber 8.7g, Fat 1.5g, Sodium 618 mg.

Dawn Hainey