

TOP RAMEN SALAD

- 2 Tbsp. toasted almonds
- 2 Tbsp. toasted sesame seeds
- 2 cup shredded cabbage
- 1 pkg. Top Ramen Oriental noodles (uncooked)
- 1 can sliced water chestnuts



TOP RAMEN
SALAD
w/ALMONDS

MARINADE:

- 2 Tbsp. sugar
- 1/2 tsp. pepper
- 3 Tbsp. Japanese wine vinegar or Apple Cider vinegar
- 1/2 cup salad oil
- Seasoning from package of Top Ramen

Mix first five ingredients and add marinade. Refrigerate for five or six hours.

Janice Lincoln

LASAGNA VEGAN

- 3 Bottles Spaghetti Sauce
- 2 Onions - Shredded
- 1Tbsp Italian Seasoning
- 1 Can Sliced Olives
- 1/2 Box Lasagna Noodles – cooked
- SoySation® Cheese Alternative



LASAGNA
VEGAN

Mix sauce including Olives. Put 3-4 cups of sauce in pan. Add cooked noodles, cheese & sauce, then next layer of cooked noodles, cheese & sauce and continue until desired thickness is obtained.

Kathleen Henning

GRANOLA BARS

- 2 Bananas
- 1/2 cup Nut Butter
- 1/2 cup Nuts – roughly chopped
- 1/4 cup Seeds
- 1 cup Oats
- 1/4 cup dried unsweetened fruit
- 1/4 cup Chocolate Chips (Optional)
- 1/2 tsp Cinnamon
- 1/4 cup Coconut – unsweetened shredded



Granola
Bars
Carol Jaromin

1. Heat oven to 350°.
2. Line an 8x8 pan with parchment or spray with oil.
3. Add the oats, chopped nuts, seeds, dried fruit, chocolate, cinnamon and coconut.
4. Stir until everything is well combined. The batter will be wet, but it will still bake.
5. Spread the batter evenly into your prepared pan. Bake for 20-25 minutes. The top should be slightly browned and give a little when pressed.
6. Allow to cool completely before cutting into bars; this is important. Store wrapped tightly in a container or in the fridge.

I added different types of seeds including: chia, pumpkin, sunflower, sesame, poppy and flax. I did add some raisins and dried ginger.

Carol Jaromin

Vegetarian Support Group 4-17-14

BLACK BEAN CHIP & DIP BURGERS

⅔ cup Water

⅓ cup Quinoa – rinsed well

1 can Black Beans – drained well

1 cup Salsa

1 Tortilla Chips – baked & crushed

1-2 Tbsp Reduced Sodium Taco Seasoning



In a small saucepan, bring water to boil. Add Quinoa, reduce heat; simmer covered 12-15 minutes until liquid is absorbed. Remove from heat, fluff with fork.

In large bowl, mash black beans. Add salsa, tortilla chips, taco seasoning and cooked Quinoa. Mix well, shape into patties and either grill or bake in oven @ 350° for 30 minutes, turning twice

The nutrition info per patty, If you make 8 patties: 247 calories, 3g Fat, 700mg Sodium, 0mg Cholesterol, 7g Fiber, 8g Protein

Dawn Hainey

CARROT RICE LOAF

Place in blender:

2 cups Canned Tomatoes

1 box Silken Tofu

½ Onion – small

1 Cup Peanut Butter

2 tsp Seasoned Salt

Blend till smooth.

In mixing bowl place:



1½ cup Brown Rice – cooked

2 cups Carrots – shredded

2 Tbsp dried Parsley

1 cup Grape-Nuts or dry bread crumbs

Stir bowl ingredients together then add blender contents and stir until well mixed.

Pour into sprayed loaf pans and bake at 350° 45-50 minutes or until an inserted toothpick comes out clean. Cool in pan for 10 minutes then remove to cooling rack. Loaf can be served hot or chilled and used as a sandwich filling or it can be spread on crackers

Dawn Hainey

NUT CASSEROLE

(Grandma called it “Sausage”)

2 Cups finely chopped Bread Crumbs

(toasted in low oven heat until dry and light brown)

1 cup Nuts – finely chopped

½ cup Onions – finely chopped

1 ½ cups Boiling Water – to hold mixture together (amount is approximate)

2 heaping Tbsp melted oil that hardens when chilled (we like coconut)

½ tsp. Salt

Sage (fresh or dried) to taste

Mix well, and chill overnight before serving.

Can be shaped into a loaf or served as casserole.



LEMONY BROCCOLI CHOP

- 2 Tbsp. Olive Oil
- 2 cloves Garlic—minced
- 1 14-oz can Chickpeas – drained and rinsed
- 1 lb Broccoli – finely chopped (about 5 cups)
- ½ tsp Kosher Salt
- 2 Tbsp Water
- ¼ tsp Black Pepper – freshly ground
- Grated zest of 2 Lemons
- 1 Tbsp Lemon Juice – freshly squeezed
- 1 Tbsp Tarragon – fresh chopped



1. Place the oil and garlic in a skillet over medium heat. When the garlic starts to sizzle, add the chick peas and stir to coat. Add the broccoli and salt and cook, stirring occasionally, for about 2 minutes, until the broccoli turns bright green. Stir in the water, turn down the heat to medium-low, cover and cook for 5 minutes.

2. Lift the lid and stir, adding 1 tablespoon of water if the broccoli seems dry. Cover; steam for 2 to 3 minutes more, until broccoli is tender. Stir in the pepper, lemon zest, lemon juice and tarragon; add additional salt pepper and lemon juice to taste. Serve hot or at room temperature. Serves 4.

Per serving: 190 calories, 8g Fat, 0 mg Cholesterol, 8g Protein, 23g Carbs, 8g Fiber, 550mg Sodium

Billie Laubey

FRICHIK SANDWICH SPREAD

- 1 12.5oz. Can FriChik (Worthington Foods)
- 1/2 C Mayonnaise (8Tbsp) or 1/2 Vegenaise
- 1/2 C Finely chopped Celery
- 1/2 C Chopped dried Cranberries

Crush FriChik with a fork
Add: Celery and dried Cranberries
Mix together and add: Mayonnaise

NOTE: This is really good with chopped Pecans added, but it does increase the calories



Di Ball