

Kale Slaw Salad

- 1 Large carrot - grated
- Fake bacon bits equal to one slice of bacon
- 1 Head of kale – stems removed and thinly sliced
- ½ Orange - juiced
- ½ Lemon - juiced
- 1 Tbsp. of olive oil
- ½ Red onion – thinly sliced
- 1 Rounded tablespoon vegan mayonnaise
- Salt and freshly ground pepper



Place kale in salad bowl. Toss with the carrot, orange juice, lemon juice and salt rubbing acid into kale. Let the kale sit while you shock the onion. Prepare a large bowl of ice water and a saucepan of boiling water. Place the thinly sliced onion in boiling water for 15 to 30 seconds. Then shock them in cold water, stopping the cooking immediately. Drain water and blot with paper towel. Add onion, fake bacon bits, olive oil, salt and pepper and toss well. Add the vegan mayonnaise and mix well. Refrigerate until ready to serve. Salad can be made several hours in advance. Serves 4 or more.

Susan Williamson

Apple Crisp

- 4 Medium apples, unpeeled, cored and thinly sliced
- 2 Tbsp. Fresh lemon juice
- ½ cup + 2 Tsp sugar
- ½ cup Brown rice flour
- 1 tsp. Ground cinnamon
- ½ tsp. Salt
- ¼ cup Veggie shortening or butter softened



Pre heat oven to 400°
Lightly oil 8” square baking dish

In large bowl, toss apples with lemon juice and 2 Tablespoons sugar. Transfer to prepared dish. In medium bowl, combine the ½ cup sugar, flour, cinnamon, and salt. With a fork or fingers work the shortening into dry ingredients until mixture resembles coarse meal. Sprinkle the topping evenly over the apples.

Cover tightly and bake for 25 mins. Uncover and bake for 5-10 mins or until top is golden.

Serve warm or room temp. You can also cover and refrigerate to serve later chilled.

Sydnee McNally

Golden Macaroons

- 1 ¼ cup grated raw carrots, packed
- ¼ cup water
- ⅓ cup honey
- 1 tsp. Almond or vanilla extract
- 2 cups Coconut
- ⅓ cup Oat flour
- ⅓ cup Whole-wheat pastry flour
- ½ tsp. Salt



Mix all ingredients together. Let sit 10 minutes. Firmly pack dough into a tablespoon, and then place on an oiled cookie sheet. Bake at 325° for 30 mins.

Dawn Hainey

Chickpea Spread

- 2 15oz. Cans chickpeas (garbanzos) drained & rinsed
- ½ cup Vegemise
- 1 Red pepper, finely chopped
- 2 Carrots, peeled and grated
- 2 Stalks celery, washed and finely chopped
- ½ cup Almonds, chopped fine
- 1 Tbsp. Mustard (optional)
- Salt to taste
- 2 Tbsp. Fresh herbs (I used chives)



Place chickpeas in food processor. Pulse about 5 X. Don't puree, just want chickpeas to flake. Combine all ingredients. Mix well (Dawn Hainey)

Zucchini Cake (No dairy milk or eggs)

- Place in large mixing bowl:
- 2 cups Shredded zucchini
 - ⅓ cup Canola oil
 - ¾ cup Honey
 - 1 tsp. Vanilla



In liquid measuring cup place 1 Tbsp. lemon juice. Add soy milk to ½ cup mark. Let set 5 minutes. Then add to zucchini mixture.

In separate bowl sift together:

- 1 ½ unbleached flour ----- (or use all)
- 2 Tbsp. Carob powder ----- carob or
- 2 Tbsp. Cocoa ----- all cocoa)
- ½ tsp. Non-aluminum baking powder
- 1 tsp Baking soda
- ½ tsp. Cinnamon
- ½ tsp. Cloves
- 1 Tbsp. Ener-G Egg Replacer

Stir in 1 cup whole-wheat pastry flour. Add dry ingredients to wet. Stir well. Pour into sprayed 9x13 pan. Sprinkle with chips if desired. Bake @ 325° for 40 mins.

Dawn Hainey

Zucchini Patties

Eggless Egg Salad

Use a Food Processor on the next five ingredients

- 12.3 oz. Box extra firm tofu, drained
- 3 Tbsp. Applesauce
- 2 Tbsp. Lemon juice
- 1 ½ tsp. Agave nectar
- 1 tsp. Salt



- 2 15oz. Firm tofu (not silken), crumbled
- 2 Tbsp. Nutritional yeast
- 2 Tbsp. Prepared mustard
- ½ tsp. Garlic powder
- ½ tsp. Turmeric
- 1 cup Chopped celery
- ½ cup Chopped onions
- ¼ cup Fresh herbs such as dill
- Salt to taste

Mix together

Kathleen Henning

- 2 cups Zucchini, coarsely grated
- 1 cup Bread crumbs
- ½ cup Tofu, blended
- 1 ½ tsp. Seasoning salt
- 1 tsp. Parsley
- 1 tsp. Oregano
- 1 tsp. Mrs. Dash
- 1 tsp. Garlic Powder
- 1 tsp. Onion Powder
- 2 Tbsp. Vegenaise or other soy mayonnaise or low-fat mayonnaise



In bowl combine all ingredients together. Mix thoroughly. Form into golf ball-size balls. Place balls in nonstick skillet and pat them to form a thick patty. Brown on both sides. Serve with tartar sauce or sweet and sour sauce or ketchup.

Karen Hackett

Zucchini "Crab" Cakes

- 2 cups Zucchini, coarsely grated
- 1 cup seasoned bread crumbs
- 2 packets G. Washington broth – veggie broth
- ½ cup Soft tofu, blended or 2 eggs or ½ cup egg substitute
- 2 Tbsp. Low-fat mayonnaise or soy mayonnaise



In medium bowl combine all ingredients together. Mix thoroughly. Form into golf ball-size balls and roll lightly in additional crumbs. In nonstick skillet over medium-high temperature, place a small amount of oil. Place "crab" cake balls in skillet and pat balls lightly with a spoon to form a thick patty. Lightly brown both sides. Serve with tartar sauce or sweet and sour sauce. Bake @ 400° until brown.

Sydnee McNally

Vegan Zucchini Bread

Place in large bowl:

- 4 cups grated zucchini
- 1 ¼ cup sugar or other sweetener

Process in food processor until smooth:

- ½ box Mori Nu tofu
- Slowly drizzle in while processor is running
- ¼ cup water

- 1 ¼ cup Canola oil
- 1 Tbsp. Vanilla

When mixture is smooth and creamy, pour over zucchini & sugar, stir together.

In separate bowl sift together:

- 3 cups Unbleached flour
- 2 tsp. Aluminum free baking powder
- 1 tsp. Baking soda
- 1 tsp. Salt
- 1 ½ tsp. Cinnamon
- 1 Tbsp. Ener-G Egg replacer

Stir in 3 cups whole-wheat pastry flour. Mix dry ingredients with wet ingredients and stir well. Place in PAM sprayed baking pans and bake @ 350° until toothpick inserted in center of loaf comes out clean. Small loaves take approximately 50 mins.

Dawn Hailey



Aslene's Oatmeal Apple Jems

- 1 ½ cup Quick oats
- 1 ½ cup Whole-wheat flour (I used brown rice)
- 1 tsp. Baking powder
- ¼ tsp. Baking soda
- 1 ½ tsp. Cinnamon
- ½ tsp. Salt
- ¼ Brown sugar

Mix together first:

- 1 cup Raisins (I left them out)
- 1 ½ Cored chopped apple
- ¼ cup Honey
- ½ cup Applesauce
- ⅓ cup Water
- ¼ cup Flaxseed Jell



Sydnee McNalley