

### Quinoa Salad

4 cups Quinoa, cooked & cooled  
¼ cup Red Onion  
Cilantro & Parsley to taste  
1 Roma Tomato  
1 small can sliced Olives  
½ tsp. Salt  
1 Tbsp. Olive Oil  
1 Tbsp. Lemon Juice  
Mix and serve.

Karen Hackett

### Broccoli Salad

2 Bunches Broccoli flowerets  
2 Apples, chopped  
½ cup Raisins  
1 Small Red Onion, diced  
1/3 cup Pecans, toasted/chopped  
¾ cup mayonnaise  
2 Tbsp. Rice Vinegar  
¼ cup Sugar

Toss first 4 ingredients. Mix mayo, rice vinegar and sugar and toss with veggies. Sprinkle with tossed pecans. (Serves 10)

Carol Jaromin

### Soy Cheese Spread

1 12.5oz. Mori-Nu Silken Tofu, firm  
¼ cup Vegemise  
1/8 tsp. Paprika  
2 Tbsp. Onion, chopped  
2 Tbsp. Green Pepper, chopped  
¼ cup Dill pickle, chopped

Mix all ingredients together well. Yields 2 ½ cups

Karen Hackett

### Molasses Cookies

1 cup Cashews  
1¾ cups Whole wheat Pastry Flour  
1 tsp. Salt  
½ tsp. Ginger  
½ tsp. Cinnamon  
1Tbsp. Ener-G Baking Powder  
¾ cup Turbinado Sugar  
1/3 cup Molasses  
¼ cup Water  
1 tsp. Vanilla  
½ cup Applesauce

Preheat oven to 350°

Place cashews, flour, salt, cinnamon, and ginger in blender or food processor. Blend until nuts are as fine as the flour. This will take awhile, and you may need to stop several times to mix with a spoon, as ingredients tend to stick together and clump up away from the blades.

In a mixing bowl, combine the rest of the ingredients to the flour and nut mixture. Start with baking powder first, and be sure to stir it in thoroughly before adding the rest of the ingredients. The mixture will be very sticky and gooey.

Place mixture by spoonful on a lightly-oiled cookie sheet. Leave room between cookies for them to spread out.

Bake at 350° for 15-20 minutes.

Let cool on cookie sheet before serving. Makes about 20 cookies.

Karen Hackett

### **Sunflower Seed Roast – Sandwich Filling**

1 cup Walnuts, ground  
½ cup bread crumbs  
½ cup Potato, raw, grated  
1 tsp. Salt  
1 cup Soy Milk  
3 Tbsp. Onion, grated  
½ cup Sunflower Seeds, ground  
1 Tbsp. oil

Combine all ingredients, mix well. Pour into loaf pan (for slicing for sandwich) or casserole (for roast entrée). Cover and refig. 8-10 hours or overnight. Bake in a 350° oven for 1 hour. Carol Jaromin

### **Walnut Rice Loaf**

2 cups Whole Wheat Bread Crumbs  
2 cups cooked Brown Rice  
1 cup Walnuts, chopped  
1 Med. Onion, chopped fine  
2 Stalks Celery, chopped fine  
1 Tbsp. Parsley, chopped, (fresh or dried)  
½ tsp. Salt  
1 cup Raw Cashews  
¼ cup Soy Sauce  
¾ cup Water

Combine bread crumbs, rice, walnuts, onions, celery, parsley and salt in a large bowl and mix well.

Place cashews, soy sauce and water into blender and blend until smooth.

Pour blended mixture over loaf mixture and mix thoroughly.

Preheat oven to 350°.

Press mixture into 8x8 lightly oiled baking pan.

Bake for 30 minutes or until top turns to a golden crust. Serves 4-6

Carol Jaromin

### **Mango Coconut Pudding**

1 can (14oz) light Coconut Milk  
1 cup unsweetened Almond Milk  
1 ½ cups fresh, ripe Mango\*, diced small  
¼ cup Chia Seeds, (white or black, white seeds are more visually appealing)  
2 Tbsp. sweetened shredded Coconut  
4 drops liquid Stevia or ¼ tsp. Agave nectar

Combine all ingredients in a glass mixing bowl. Mix well and cover bowl. Refrigerate overnight or at least 5-6 hours. Makes: 4 servings

\* If you use another fruit, such as peaches, nectarines, banana, etc. Make sure that they are ripe and sweet or you will have to adjust your sweetener. Di Ball

### **Tortilla Cheese Casserole**

Combine:

1 16oz. Tomato sauce  
3 Tbs. Mild green chilies, chopped  
¼ cup Water  
5 Green Onions, with tops, chopped  
1 cup Sour Cream  
½ tsp. garlic salt

Other ingredients:

1 6 ½ oz. bag Tortilla chips  
1 8oz. can Vegetarian Beans  
½ lb. Jack Cheese, grated

Arrange half chips in a buttered casserole. Cover with half the beans, then half the tomato sauce mixture, then half the cheese. Repeat ending with cheese. Bake 350° for 30 minutes.

Darlene Stanger

### **Carob Cookies**

1/3 cup Honey  
¼ cup Applesauce  
2 Egg (egg replacer for 2 eggs = 1 Tbs. egg replacer + ¼ cup water)  
1 ¼ cups Whole Wheat Flour  
5 Tbsp. Carob Powder  
1 tsp. Vanilla  
2 Tbsp. Soy Milk

Mix and drop on lightly oiled cookie sheet. Bake 350° for 10 mins.  
Makes 4 dozen small cookies. Kathleen Henning

### **Mock Salmon Spread**

2 cups raw almonds  
1 cup raw carrot pieces  
½ to ¾ cup carrot juice or water  
1 Tbsp. lemon juice  
1 ½ Celery stalks, cut in pieces  
4 Green Onions, chopped or 2 Tbs. dried chives  
1 tsp. each Salt and Paprika  
1 or 2 Tbsp. Wright's Hickory Seasoning or other hickory  
smoked seasoning (optional)

Place almonds, water, lemon juice, and ½ cup of carrot pieces in blender (or food processor). Blend into a puree.

Add remaining ingredients and blend briefly, enough to grind the carrots and celery into a spreadable consistency. Add chives last and blend a few seconds to mix. Refrig. until ready to serve. Good on crackers or in sandwiches. Makes 2 ½ cups Kathleen Henning

### **Pumpkin Oatmeal in a Jar**

#### Single serving – Pint jar

¼ cup Quick Oats  
½ cup Unsweetened Almond Milk  
2 Tbsp. Pumpkin Butter\*  
1 tsp. Chia Seeds  
Pinch Cinnamon  
Pinch Pumpkin pie spice  
2 Tbsp. Craisins (raisins, chopped dried fruit, etc)

Mix all ingredients together in a pint jar. Cover and set in refrig. Overnight. Serve with any type of chopped nuts, pumpkin seeds, sunflower seeds, flaked coconut or fresh fruit. You can add Almond Milk if you like.

#### Family (4) serving – Quart jar

1 cup Quick Oats  
2 cup Unsweetened Almond Milk  
½ cup Pumpkin Butter\*  
1 Tbsp. + 1 tsp. Chia Seeds  
½ tsp. Cinnamon  
½ tsp. Pumpkin pie spice  
½ cup Craisins (raisins, chopped dried fruit, etc)

Mix all ingredients together in a bowl. Pour into quart jar, cover and refrig. overnight. Serve with any type of chopped nuts, pumpkin seeds, sun-flower seeds, flaked coconut, or fresh fruit. You can add Almond Milk if you like. Di Ball

\* Pumpkin Butter – See next page for recipe

### **Pumpkin Butter**

3 ½ cup Pumpkin Puree or 1 29oz. can (not pumpkin pie filling)  
2 tsp. Vanilla Extract  
¾ cup Apple Cider or juice  
1 cup packed Brown Sugar  
2 tsp. Cinnamon  
2 tsp. Pumpkin Pie Spice

Combine all ingredients in a bowl and stir well.

Stove top: Pour into saucepan. Bring mixture to a boil. Reduce heat, and simmer for 30-40 mins. or until thickened. Stir frequently.

Microwave: Make sure your bowl is glass and microwave safe.

Microwave for 5 mins. STIR. Microwave for 5 minutes – STIR.

Microwave for 5 minutes – STIR. Let it sit on the counter and rest for 5 to 10 mins. – STIR. Microwave for 5 mins. – STIR. Microwave for 5 mins. – STIR. It should pull away from the sides of the bowl when you are stirring and come off the spoon, clean. If it is still too wet, microwave for an additional 2 mins. Let cool enough that you can put it into a jar. Store in the refrig. tightly covered. Approx. 25 mins. cooking time. Makes 3 ¾ cups

Di Ball

### **Hawaiian Chickpea Teriyaki**

1 15oz. can chickpeas, drained & rinsed  
¼ cup Teriyaki Sauce  
1 Tbsp. Szechuan sauce or hot sauce (optional)  
1 Tbsp. Raw Sugar (optional)  
2 cups Cooked Brown Rice (or cooked greens)  
Pineapple and/or Mango Salsa  
Combine chickpeas, teriyaki sauce, Szechuan sauce, and sugar in a large frying pan.

Allow to marinate for at least 5 minutes.

Cook over medium heat, stirring regularly, until most of the liquid has absorbed, about 10 minutes.

Spoon over cooked rice and top with salsa. (For a lighter dish, you can substitute cooked greens, such as steamed kale, for the rice.)

Sydnee McNally

### **Peananzo Spread**

Combine in food processor

1 can Garbanzos (including liquid)

1/3 cup Peanut Butter

½ tsp. Lemon Juice

1 Tbsp. Nutritional Yeast Flakes

2 Tbsp. Tomato Paste

¼ tsp. Onion Powder

¼-1/2 tsp. Granulated Garlic

Process until smooth. Place in a bowl and add:

⅔- ¾ cup Black Olives, sliced

Chill and Serve

Dawn Hailey

### **Chocolate-Zucchini Muffins**

1 ¼ cup Whole-Wheat Pastry Flour  
¼ cup Unsweetened cocoa  
1 ¼ tsp. Baking Powder  
¾ tsp. Baking Soda  
½ tsp. Fine Salt  
1 tsp. Ground Cinnamon  
1 Ripe Banana, mashed  
½ cup Unsweetened Applesauce  
½ to 1 cup Raw Sugar  
¼ cup Non-Dairy Milk  
1 tsp. Vanilla Extract  
1 cup Shredded Zucchini  
¼ cup Vegan Chocolate Chips (optional)

Preheat oven to 350°. Grease or spray a muffin tin or paper liners, if using. In a med. bowl, whisk flour, cocoa, baking powder, baking soda, salt, and cinnamon together.

In a large bowl, cream mashed banana with applesauce & sugar then add non-dairy milk, vanilla, zucchini, & chips, if using, stirring to combine.

Add the dry mixture into the wet mixture in 3 to 4 batches, stirring until just combined.

Spoon into muffin cups ¾ full.

Bake for 18 to 25 minutes, or until a toothpick inserted in the center comes out clean.

Transfer to a wire cooling rack.

Sydnee McNally

### **Baba Ghanoush**

2 lbs. Eggplant (2 med or 1 large) whole & unpeeled  
¼ cup Tahini (sesame paste)

¼ cup Fresh Lemon Juice  
1 large Clove Garlic, crushed  
¼ cup Finely Minced Onion  
Salt, if desired, to taste  
Freshly ground black pepper, to taste  
1 Tbsp. oil, preferably olive (optional)  
2 Tbsp. Minced Fresh Parsley

Prick the eggplant in several places with a fork, place it on a baking sheet, and broil it in a preheated broiler for about 20 minutes, turning the vegetable several times so that the skin chars on all sides. Let the eggplant cool.

When the eggplant is cool enough to handle, cut it in half, scrape out the flesh into a bowl, discard the skin, and mash the eggplant with the tahini, lemon juice, garlic, onion, salt, and pepper. Cover the mixture, and refrigerate it.

Before serving, sprinkle the spread with oil, if desired, and minced parsley, and serve it with pita, fresh or toasted, or as a dip for fresh vegetables.

Dawn Hainey

### **Zucchini “Crab” Cakes**

4 cups Shredded Zucchini  
2 cups Seasoned Bread Crumbs  
4 pkt. G. Washington broth mix  
2/3 pkg. Mori Nu Tofu  
4 Tbsp. Vegenaise

Place zucchini, bread crumbs & G. Washington broth mix in bowl. Combine tofu & vegenaise in food processor. Process until smooth.

Add to zucchini mixture. Mix well and form into balls. Roll lightly in additional crumbs. Place on sprayed baking sheet. Flatten slightly. Bake for 20 mins. Turn & bake additional 12-15 mins. Dawn Hainey

### **Everything Minestrone**

1 small Onion, diced  
4 Garlic Cloves, minced  
Line large pan with thin layer of water & sauté for 1 minute  
Add - 1 Tbsp. Italian Seasoning  
Cook until fragrant, about 1 min.  
Add – 3 cups sliced/chopped vegetables  
2 cups water + 2 tsp. McKay's Chicken style seasoning  
1 Tbsp. Lemon Juice  
8 oz. can Tomato Sauce  
14oz. can Diced Tomatoes

Stir together and bring to a boil, then cover. Reduce heat to low. Simmer until vegetables are tender (10-20 mins.)  
Add 1 can White Kidney (cannellini) beans. Continue to cook until thoroughly warm.  
Note – Can add cooked rice and/or pasta as well. Salt to taste and serve.  
Dawn Hainey

### **Oat Nut Burgers**

Place in large pan  
4 cups Water  
½ cup Bragg's Liquid Aminos or soy sauce  
1/3 cup Canola Oil  
½ cup Chopped Walnuts or Pecans  
1 Tbsp. Dried Basil  
2 tsp. Onion pwd.

1 tsp. Bacon Seasoning  
1 tsp. Ground Coriander  
1 tsp. Sage  
2 tsp. Granulated Garlic

Stir well and bring to a boil. Add  
3 cups Quick Oats  
½ cup Old Fashioned Oats  
½ cup TVP

Stir dry ingredients into liquid. Set aside off burner for 5-10 mins. Preheat oven to 350°. Shape mixture into patties and place on sprayed baking sheet. Bake 18 mins. Turn and bake an additional 15 minutes.

Dawn Hainey

### **Emperor's Black Rice Salad with Ginger Dressing**

using Nature's Earthly Choice 100% Whole Grain Black Rice  
2 tsp. Peanut Oil  
1 cup Uncooked Black Rice  
2 cups water  
½ tsp. Salt  
2/3 tsp. cup Roasted Pecans, chopped  
1/3 cup Crasins  
1 Bunch scallions, light & green parts, ¼" long cut on a diagonal  
Favorite Ginger Dressing found in produce dept.

I was unable to find the dressing called for so I made my own.  
2 Tbsp. Peanut oil mix with paste and vinegar.  
1/3 Jar of Spice World Ginger Paste about 3 Tbsp.  
2/3 Bottle of Rice Vinegar – very tart so I added sweetner to tone it down.  
1 tsp. Sweetner of your choice or according to taste.  
1 ½ tsp. Simply Asia – Sweet Ginger Garlic Seasoning  
Salt to taste

Heat the peanut oil in a med. saucepan over med. Heat until the oil simmers. Add the rice and toast it, stirring occasionally for about 2 mins. Add the water and salt. Increase the heat to med. high and bring to a boil, then reduce the heat to med. low and cover. Cook for about 35 mins. or until rice is tender. Remove from heat and allow to cool. Toss the cool rice with the dressing, pecans, cranberries, scallions in a large bowl . Taste and adjust the seasonings as needed. Refrigerate in an airtight container. Serve at room temp.

Janet Stott