

ARTHRITIS RELIEF RECIPES

(That EVERYONE can use!)

compiled and adapted and/or created by

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This book is dedicated to my Heavenly Father who has been a constant source of strength and love and who has never let me down, to the Internet rheumatic support group who have been a source of strength, friendship, hope and some of these recipes, to Chris Adlard for maintaining the web site and keeping us all on track and informed, for Dr. Chiu who gives so much to us, to Dr. Joseph Mercola who posted the diet guidelines on the Internet that these recipes have been adapted to, to Henry Scammell, Dr Thomas MacPherson Brown and The Road Back Foundation for the research in rheumatic disease, causes and treatments, and for publishing "*The Arthritis Breakthrough*", but mostly for my family who has tolerated me through the good times AND the bad and for being so patient, supportive and loving, and especially my mother, Beatrice Lindsey, who taught me to never give up, fight for what I believe in, always tell the truth, and do unto others, and for making sure I had whatever I needed to keep my disease under control and for always being there when I need her.

Thank you all!

The recipes used in this book have been adapted to allow rheumatic sufferers eat a diet that offers variety, flavor and mostly quick preparation while closely following (though perhaps not perfectly) the diet guidelines set forth by Dr. Joseph Mercola, a well known Rheumatologist. His lifestyle guidelines can be read at the web site, <http://rheumatic.org>. Hundreds of people have found relief from the pain of arthritis and other diseases through this diet. I was bedridden and in sever pain, looking forward to the day when I would be able to convince my own doctor to let me try the antibiotic therapy written about in "*The Arthritis Breakthrough*" by Henry Scammell with Dr. Thomas MacPherson Brown. Since I was waiting for this therapy, the only other option I had was changing my diet, something I thought I could never do. But the changes were easier than I thought, and brought about amazing relief from pain! I was independent and mobile again! Basically, the most important things are to eliminate all sugar and sweetener from your diet, except for a little raw honey. Stevia is supposed to be okay, but I hated the taste. Next thing to remember is to drink LOTS of water! Roughly half your weight in pounds is how many ounces of water you should be drinking every day. These 2 things are VERY important! Eat LOTS of fresh vegetables, at least 30-50% raw and steamed vegetables are wonderful! Try to have grains, beans or legumes when you eat vegetables so that you get a complete protein from them and the nutrients are better absorbed. Nuts and seeds are good, too. Eliminate dairy products from your diet. These are also big offenders. Some people tolerate cultured dairy products such as cottage cheese or yogurt. Don't eat refined processed stuff or anything that has the words "partially hydrogenated" in the ingredients. Eat whole or minimally processed grains. Skip the red and white potatoes and corn products. Tropical fruits such as bananas and oranges can cause problems, but local fruits such as apples, pears and strawberries are okay. Use only butter or extra light olive oil for cooking. If you have margarine, please throw it away! Buy bottled spring water or put a filter on your faucet for drinking and cooking water. Use a filter that eliminates chlorine, lead and other nasty things that may be lurking in your water. Avoid cereals as they have too much junk, are expensive and highly processed. Grape Nuts and Shredded Wheat are okay. Pasta that is made with white flour should

be avoided. Some people are allergic to wheat or plants of the nightshade family such as tomatoes. Try to avoid these if they adversely affect you. Your only drink should be water, but some herbal teas and a little fresh organic apple juice or vegetable juice are okay. Many people are okay with eggs and white poultry, venison or lamb. Try to buy as much of your food organically grown or raised as possible. Thoroughly wash produce to remove pesticides if you cannot get it organic. There are many ideas about how to start this diet. Some say you should fast on nothing but water for 5 days, then add foods back into your diet one at a time. Some say only drink water and eat one type of vegetable for three days then introduce each new food one at a time. Some say make the changes gradually without fasting. I went cold turkey. I gave up all the things in my diet that Dr. Mercola said to avoid all at once. I enjoyed many new food that I hadn't tried before. That method is may not be for you, especially if you are trying to get your whole family to change with you (and they should! this diet is for ALL people and the energy you feel will shoot through the roof!) It may be easier to stick with it if you change slowly. I was desperate. I am more alert than I have been in years and the weight that I could not lose to before has been falling off. I expect more lasting results than with other diets, because these are permanent diet changes and I enjoy the food. It's not some temporary diet for a fast weight loss. I really enjoy natural foods like never before. God made foods in their best form, man doesn't need to doctor them up to make them taste good! Real salt (not sea salt or table salt) is better for you because it hasn't been chemically altered by high heat processing. Everything listed in the following recipes can be found at grocery stores with better health food sections or your local health food store will most likely have them or get them for you. Many things can be purchased through mail order from businesses such as *Azure Standard*. A breadmaker and tortilla maker are nice to have but not necessary. A blender or food processor are practically a must. A double boiler steamer or rice steamer are invaluable. Glass, porcelain or non-stick cookware are preferred.

About the recipes....

Whenever olive oil is listed, try to use extra light

When it says use non-stick spray, get the kind made with olive oil, not corn oil

Where a recipe calls for spring water, filtered is acceptable

Make extra brown rice when you cook it, so you can use leftovers for recipes and quick meals

Beef and chicken bouillon can be substituted with vegetarian varieties such as George Washington instant broth

For those allergic to wheat, any recipe that uses flour for thickening can be substituted with rice flour and obtain an acceptable result.



MAIN DISHES AND SIDE DISHES

ASIAN TURKEY TENDERLOINS

1/4 c. lemon juice
1 T. grated lemon peel
2 T. red wine vinegar
2 T. soy sauce
1 T. olive oil
1 clove garlic, chopped
1 1/2 lb. turkey tenderloin
salsa

Mix first 6 ingredients in shallow dish. Add turkey. Turn pieces to coat well. Cover and refrigerate 2 hrs, turning pieces a few times in marinade. Heat oven to 350. Bake uncovered turkey pieces in non-stick pan for 35 minutes, brush with drippings from pan after 10 minutes. Serve with salsa.

Serves 6

ASPARAGUS VINAIGRETTE

24 asparagus spears
3 T. balsamic vinegar
2 T. minced red onion
1 t. olive oil
1 clove garlic, minced
1/4 t. black pepper

Put 1 inch water in bottom half of steamer. Bring to a boil. Place asparagus in top half and reduce heat to low. Cover and simmer until tender. Meanwhile, in a small bowl, combine remaining ingredients. Place asparagus on serving platter and sprinkle with vinegar mixture. Serve warm.

Serves

BAKED BEANS

3 c. dry navy beans
2 1/2 quarts spring water
1 c. tomato sauce
1/2 c. chopped dates
1/3 c. chopped onion
1 T. fresh lemon juice (or 2t. concentrate)
2 t. real salt
1/2 t. garlic powder

Soak beans overnight. Drain them and simmer in the 2 1/2 quarts water in large covered stock pot for one hour. Put beans and liquid into crock pot. Process tomato sauce and dates in blender until smooth. Add to beans. Stir in remaining ingredients. Cook covered for about 6-8 hours, stirring occasionally until beans are tender. Add more water if necessary during cooking. This can also be baked covered at 300 degrees for 30 minutes and then 250 degrees for another 6-8 hours if you do not have a crock pot.

Serves 12

BAKED CAULIFLOWER WITH MUSHROOMS

3 C. cauliflower florets (1lb)
1 c. chopped mushrooms (4 oz.)
1/2 c. chopped red onion (1 med)
1 T. olive oil
2 t. lemon juice
2 t. cider vinegar
1/2 t. real salt
1/4 t. pepper
1 t. cloves
1/3 c. chopped green onions

Heat oven to 350. Mix all ingredients except green onions. Spread evenly in non-stick 9 X 13 baking dish. Bake uncovered 40-45 minutes, stir often, until vegetables are tender and golden brown. Sprinkle with green onions.

Serves

BAKED SALMON

4 1-inch salmon steaks (1-1/2 lbs)
1/4 t. real salt
4 sprigs of dill weed
4 slices lemon
4 peppercorns
1/4 c. dry white wine or spring water

Heat oven to 450. Place fish steaks in rectangular ungreased baking dish. Sprinkle with salt. Place dill weed sprig, lemon slice and peppercorn on each. pour wine or water over fish. Bake 20-25 minutes uncovered or until fish flakes easily with fork.

Serves 4

BAKED SWEET POTATO WEDGES

2 T. frozen orange juice concentrate
1 t. onion powder
1/2 t. real salt
1/8 t. ground red pepper
1 lb. sweet potatoes, cut into 1/2" sticks

Preheat oven to 450. Mix first 4 ingredient in mixing bowl. Add potato sticks. Turn to coat. Arrange sticks on cookie sheet covered with foil and sprayed with non-stick spray. Bake 10 minutes, Turn carefully, bake 10 minutes longer.

Serves 4



BAKED TURKEY BREAST

- 1 fresh or frozen turkey breast, thawed
- 1/2 c. apple juice
- 1 t. real salt
- 1/2 t. onion powder
- 1/2 t. thyme
- 1/2 t. sage
- 1/2 t. oregano
- 1/4 t. garlic powder

Thoroughly wash turkey breast with cold water. Place turkey breast side up in baking dish. Mix all dry ingredients. Pour juice over turkey and sprinkle with 1/2 the seasoning mixture. rub remaining seasoning inside and on bottom of breast. Cover with foil, leaving some space between foil and bird. Bake for 20-25 minutes per pound of bird at 325. Uncover and baste at least 3 times during cooking.

BARLEY AND VEGETABLES

1/2 C. uncooked pearl barley
1/2 c. chopped red onion
1/4 c. sliced mushrooms
1/4 c. sliced carrots
1/4 c. chopped green bell peppers
2 t. dill weed
1/4 t. real salt
1/4 t. pepper
1 3/4 c. chicken broth
1/4 c. chopped green onions
1 t. olive oil

Put oil in non-stick skillet. Cook barley over med. heat about 8 minutes or until light brown. Stir in remaining ingredients except green onion. Heat to boiling, reduce heat, cover and simmer about 50 minutes or until vegetables are tender. Sprinkle with green onions.

BARLEY

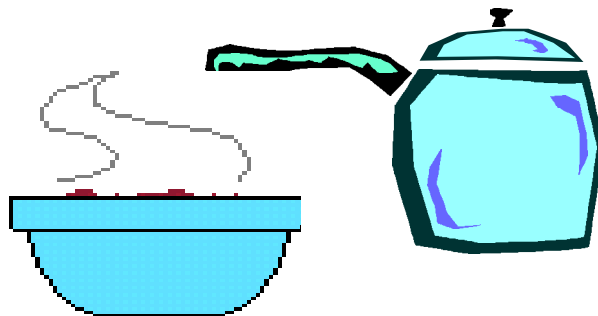
1 chopped onion
1 chopped carrot
1 c. uncooked white beans
1/2 t. prepared mustard
1/2 c. dry split peas
1/4 c. pearl barley
1/2 c. chopped mushrooms
1 c. dry pinto beans
4 c. bouillon or broth
2 T. minced parsley
1/4 c. dry lentils

Soak white and pinto beans overnight. Sauté vegetables in 1 T. broth until tender. Combine all ingredients except lentils, peas and barley in a pot. Bring to boil, reduce heat, cover and simmer 45 minutes. Add lentils, peas and barley, simmer for another hour or until beans are tender. Or put everything in slow cooker on low for 12-14 hrs.

BEANS AND BARLEY

- 1 chopped onion
- 1 chopped carrot
- 1 c. uncooked white beans
- 1/2 t. prepared mustard
- 1/2 c. dry split peas
- 1/4 c. pearl barley
- 1/2 c. chopped mushrooms
- 1 c. dry pinto beans
- 4 c. bouillon or broth
- 2 T. minced parsley
- 1/4 c. dry lentils

Soak white and pinto beans overnight. Sauté vegetables in 1 T. broth until tender. Combine all ingredients except lentils, peas and barley in a pot. Bring to boil, reduce heat, cover and simmer 45 minutes. Add lentils, peas and barley, simmer for another hour or until beans are tender. Or put everything in slow cooker on low for 12-14 hrs.



BLACK BEAN DIP

2 C. Cooked, drained black beans (16oz can)
1 t. ground cumin seed
1/2 t. ground coriander
pinch of cayenne
1 clove garlic, minced
2/3 c. chopped fresh parsley
1 t. olive oil
2 t. lemon juice
real salt to taste

Mash beans with fork in small bowl. Add remaining ingredients and blend thoroughly. You may like to add chopped olives or walnuts. Serve with pita chips or on tortillas or as a sandwich spread.

BREAD STUFFING

1/2 c. chopped celery
1/2 c. chopped onion
6 c. dry whole wheat bread crumbs
2 T. parsley
1 t. sage
1/2 t. sweet basil
1/2 t. onion powder
1/2 t. savory
1/2 t. thyme
1 1/2 c. spring water
2 T. chicken bouillon

Simmer celery and onion in a small amount of water in 2 quart saucepan. Add remaining ingredients except last 2 and mix well. dissolve bouillon in water. Sprinkle water over mixture and toss well. Mixture should be moist. Add a little more water if needed. Put dressing in non-stick casserole dish and bake at 350 degrees for about 45 minutes.

Serves 12

BROWN RICE WITH MUSHROOMS AND PEAS

3 1/2 c. spring water
1 1/2 c. uncooked brown rice
1 T. beef or chicken bouillon
1/2 c. chopped or sliced mushrooms
1/4 c. frozen peas
1 t. fresh or dried dill weed

Combine water and rice and bouillon in pan. Bring to a boil. Reduce heat to very low and continue cooking while covered for another 30 minutes. Add mushrooms, peas and dill. Continue cooking for another 5 minutes uncovered. Remove from heat, fluff with fork and serve.

Serves 6

BUCKWHEAT PATTIES W/MUSHROOM GRAVY

1/2 c. roasted buckwheat groats
1 3/4 c. spring water
3/4 c. dry whole wheat bread crumbs
1/4 c. chopped green onions
1/2 t. seasoned salt
pinch of pepper
2 eggs
mushroom gravy (pg 110)

Heat water to boiling in saucepan. Stir in buckwheat, reduce heat to low. Cover and cook for 10 minutes or until water is absorbed. Stir in remaining ingredients. Turn oven on to broil. Spray broiler pan with non-stick spray or brush with olive oil. Shape mixture into patties. Broil for 5 minutes on each side. Serve topped with hot mushroom gravy.

Serves 6

BULGUR-ALMOND STUFFING

1 1/2 c. uncooked bulgur
2 1/2 c. boiling water
1/2 c. sliced almonds
2/3 c. sliced green onions
1 large tart apple, chopped
1/2 t. thyme
1/2 t. real salt
1/4 t. pepper

Place bulgur in medium size baking dish. Pour in water, cover and let sit for 1 hour. Preheat oven to 350. Stir in remaining ingredients and toss well. bake for 15 minutes. Serve hot.

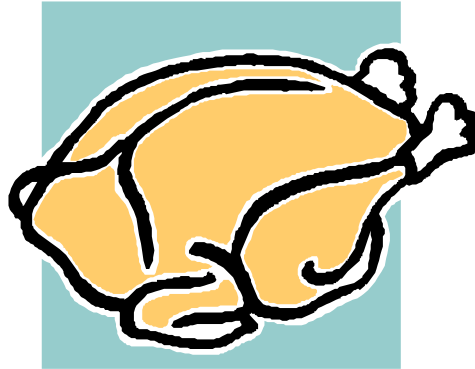
Serves 6

CASHEW RICE AND PEAS

1 c. brown rice
1/2 c. roasted cashew pieces
1/2 c. frozen peas
2 T. butter
1/4 t. turmeric
1/2 t. parsley or dill
1/2 t. real salt
1 3/4 c. spring water

In 1 quart pan, heat rice and butter while stirring for about 3-5 minutes. Add water, seasonings and salt. Bring to a boil, lower heat to low and simmer for 25 minutes. Add peas, cover and cook for additional 5 minutes. Remove from heat. Stir in cashew pieces and serve .

Serves 4



CHICKEN FAJITAS

8 whole wheat tortillas (pg 76)
2 boneless skinless chicken breast
1/4 c. soy sauce, heated
T. olive oil
1 c. black bean dip (pg 19)
shredded lettuce
salsa

Cut chicken into small thin strips about 3 inches long and 1/2 inch thick. Marinade chicken pieces in soy sauce for about 5 minutes. Remove from marinade and sauté pieces in olive oil on medium heat for about 5 minutes. Remove from heat. On each tortilla, spread about 1/4 c. black bean dip. Top with chicken pieces and salsa. Put on baking sheet and heat in warm oven for about 4 minutes. (or heat salsa and bean dip before topping tortillas. Roll up and secure with toothpick. Serve warm.

Serves 4 or 8 depending on your appetite!

CREAMY CHICKEN WITH SPINACH

6 boneless skinless chicken breast halves
1 T. olive oil
1 c. enriched rice milk
1/2 c. spring water
1 T. chicken bouillon granules
1/2 c. chopped onion
7 c. chopped fresh spinach
1/4 t. nutmeg
real salt and pepper to taste

Heat skillet with olive oil and cook chicken pieces on medium heat about 2 minutes on each side. Reduce heat to low. Add milk, water, bouillon and onion. Cook 5 minutes, turning chicken pieces occasionally. Add spinach, Cook 3-4 more minutes until wilted and chicken juices run clear. Remove chicken pieces, keep warm. Increase heat to skillet and cook about 3 more minutes until liquid is nearly all evaporated. Stir in seasoning. Serve with chicken on top of spinach.

CURRIED LENTILS

1 large chopped onion
2 stalks celery chopped w/leaves
2 cloves garlic, minced
1/2 t. real salt
1 c. uncooked lentils
1 carrot chopped
1 apple chopped
1/4 t. anise seed
3 c. spring water
4 c. cooked brown rice

Combine all ingredients except rice in a saucepan. Bring to a boil. Reduce heat and cook until done, about an hour. Serve over hot rice.

Serves 4

DIANE'S CHIMICHANGAS

zucchini
eggplant
onion
green pepper
fresh mushrooms
fresh garlic
jalapeno pepper (optional)
fresh cilantro
whole wheat tortillas
olive oil

Preheat oven to 350. Amount of each needed depends on how many you want to make. Cut all of the vegetables into thin 2 inch long pieces except for the cilantro. Place a sprig of cilantro in the center of each flour tortilla. Layer the other vegetables on top, fold the tortilla up tightly. Place filled tortillas with seam side down on cookie sheet. Brush tops lightly with olive oil. Bake 20-25 minutes. Serve with salsa.

HALIBUT W/ BRAISED VEGETABLES

2 c. chopped onions
1/2 c. tomato juice
1/2 c. apple juice
2 cloves minced garlic
1 c. chopped bell pepper
1 c. canned chick peas (garbanzos)
1/2 c. chopped green onions
2 T. lime juice
1 T. Dijon mustard
1/4 t. celery seed
real salt and pepper to taste
1 1/2 lb. halibut cut into 6 pieces

Heat onions, juices and garlic in 2 qt saucepan to boiling. Reduce heat to med. Cook uncovered for 10 minutes, stir occasionally. Stir in remaining ingredients except fish. Cook uncovered another 8 minutes. Cover and remove from heat. Broil fish pieces in broiler about 10 minutes or until fish flakes with fork. Serve topped with vegetable mixture.

KASHA WITH MUSHROOMS

3 t. olive oil
1 chopped onion
2 c. spring water or soup stock
1 large egg (or 1 egg white)
1 c. kasha (buckwheat groats)
3/4 lb fresh sliced mushrooms
2 T. soy sauce
1 T. chopped fresh dill
dash pepper
1 diced red bell pepper

Sauté onions in 1 T. olive oil over med. heat. Combine egg and kasha in small bowl. Heat water or stock to boiling. Add kasha mixture to onions and stir well for 1-2 minutes until kernels separate and dry. Pour water (or stock) into skillet mixture. Cover and simmer on low about 10 minutes. Sauté mushrooms in 2 T. olive oil. When Kasha is done, add mushrooms and remaining ingredients. Stir well. Serve hot with diced bell peppers.

MARINATED ZUCCHINI

2 medium or 3 small zucchini (1lb)
2 T. olive oil
4 cloves minced garlic
1 T. chopped fresh mint, basil or thyme
1 T. red wine vinegar
dash of real salt

Wash and dry zucchini. Cut them diagonally into long, oval shaped 1/2 inch thick slices. Fry the slices in a large frypan with the olive oil until just golden on each side and tender in the center. Remove slices and drain on paper towels. On low heat in same pan, sauté the garlic until golden. Arrange zucchini on platter and sprinkle with remaining ingredients and garlic. Serve at room temperature.

This recipe also works well with eggplant.

Serves 4

MUSHROOM ARTICHOKE CASSEROLE

3 c. sliced mushrooms
4 T. butter
1/2 c. chopped green onions
2 T. unbleached flour
1/4 c. rice milk
1 t. chicken bouillon granules
1 t. vinegar or lemon juice
1/8 t. nutmeg
10 oz. package frozen artichoke hearts
3/4 c. bread crumbs
1/8 t. real salt
3/4 c. spring water

Sauté mushrooms and onions in 3 T. butter, remove from pan when tender. Blend flour and salt into same pan. Add water, rice milk, vinegar and bouillon. Cook and stir until thickened, add all veggies. Turn into non-stick casserole dish. Melt 1 T. butter, mix with crumbs, sprinkle on casserole. Bake 20 minutes at 350.

OVEN FRIED CHICKEN

1 c. dry bread crumbs
1/2 t. each:
parsley, oregano
marjoram, thyme
rosemary, garlic salt
onion salt, celery salt
ginger, pepper
sage, paprika
basil, dill
1/4 c. melted butter
3 lbs boneless skinless chicken breast halves

Preheat oven to 375. Combine all seasonings with bread crumbs. Rinse and pat dry the chicken pieces. Brush chicken pieces with melted butter and roll in seasoned crumb mixture. Arrange chicken pieces on baking sheet so that pieces do not touch. Drizzle any remaining butter on top. Bake chicken for about 40 minutes or until no longer pink inside. Do not turn pieces while baking.

PIZZA WITH VEGGIES

whole wheat bread dough
mild garden salsa
your choice:
sliced olives
sliced red onions
sliced mushrooms
broccoli flowerettes
green beans
garbanzo beans
sliced peppers
leftover cooked chicken or turkey

Roll bread dough out on floured cookie sheet or pizza pan. You can prebake the crust or go ahead and spread the salsa and your choice of toppings and let rise in a warm oven for about 15 minutes.. Sprinkle edges of crust with garlic salt or sesame seeds. Bake at 375 until crust is golden brown and toppings are heated through, about 20 minutes if you don't pre-bake the crust, 10 minutes if you do. Use "cheese" from pg 112 if desired.

POCKET SANDWICHES

4 whole wheat pitas
fresh greens such as boston lettuce
tomato, thinly sliced
cucumber, thinly sliced
alfalfa sprouts
sesame seeds

cucumber (pg 104) creamy tomato (pg 104) or
honey mustard dressing (pg 106)

Cut pitas in half and open pocket. Layer a little of each filling in pockets, but do not overfill or the pitas will come apart. Drizzle inside pocket with honey mustard, roasted garlic or cucumber dressing.

REFRIED BEANS

1 small onion, chopped
1 clove garlic, minced
2 c. cooked pinto beans
1/2 c. tomato sauce
1/2 t. oregano
1/4 t. cumin
1/2 t. real salt
cilantro to taste

Simmer onion and garlic in a little water until onion is tender. Process all ingredients in a blender to desired consistency using broth from beans as necessary. Bake in nonstick casserole dish for 20-30 minutes in 325 degree oven, or simmer in skillet stirring frequently.

Serves 6

RICE PILAF

1 C. long grain rice
1 T. olive oil
1 1/2 c. chopped onions
1 c. apple juice
1 T. fresh or 1 t. dry thyme
1/4 t. pepper
2 c. spring water
3 t. chicken bouillon granules
10 oz. package frozen peas.
3 T. fresh or 3 t. dry parsley

Heat olive oil and rice in 3 qt saucepan over medium heat until rice is light brown. Stir frequently. Stir in onions, juice thyme and pepper. Continue cooking until liquid has evaporated. Stir in water, peas, parsley and the bouillon. Cover and let simmer on low for 10-15 minutes, until rice is tender. Fluff with fork and serve hot.

Serves 6

ROAST CHICKEN WITH YOGURT SAUCE

3 lbs. skinless chicken breast
1/4 t. ground mustard
1 c. plain non-fat yogurt
1/4 c. lemon juice
1/2 t. real salt
1/2 t. ground cardamom
1/4 t. ground ginger
1/4 t. ground cumin
1/8 t. crushed red pepper
1/4 t. pepper
1 clove garlic, minced
1/4 c. spring water

Blend all ingredients except chicken and water in shallow bowl. Add chicken, turn pieces to coat well. Cover, refrigerate for 12 hours, turning pieces every couple hours. Remove pieces from marinade. Bake at 375 for 20 minutes. Spoon marinade over pieces and bake 15 more min. Remove chicken, mix water into drippings, serve hot with chicken.

SAUTEED KALE

2 t. olive oil
4 c. packed kale leaves
2 t. lemon juice
2 t. spring water
pinch of real salt
pepper to taste

Rinse and pat dry the kale leaves. In large skillet, heat olive oil. Add kale leaves. Cook and stir frequently until kale is tender. Mix lemon juice and water. Sprinkle kale with lemon juice, salt and pepper.

Serves 4

SAUTÉED RED CABBAGE

1 t. olive oil
6 c. shredded red cabbage
2 cloves garlic, minced
1 T. red wine vinegar
1/2 t. caraway seed
1/4 t. real salt

Sauté cabbage and garlic in large skillet with olive oil. Cook over medium high heat, tossing cabbage constantly for about 3 minutes or until cabbage has slightly wilted. Add remaining ingredients, reduce heat to low. Cook uncovered about 10 more minutes until cabbage is tender and flavors are well blended.

Serves 4

STIR FRY DELIGHT

2 c. leftover cooked brown rice
4 c. fresh or frozen broccoli normandy mix
(broccoli, carrots, cauliflower)
1 can chopped or sliced water chestnuts
1 lb boneless skinless chicken breast
1/4 c. soy sauce
1/4 c. water
1 T. unbleached flour
1 T. beef bouillon granules
2 T olive oil

Cut chicken into small strips about 3 inches long and 1/2 inch thick. Sauté pieces in pan with a little of the soy sauce on medium heat about 5 minutes. Add vegetables, water chestnuts and continue to cook while stirring over high heat for another 3-5 minutes. Combine remaining soy, water, bouillon, and flour in bowl. Remove vegetables/chicken from pan. Heat oil in pan and stir fry rice over high heat for about 3 minutes. Stir in vegetables and then the liquid. Stir and cook until sauce thickens.

SPAGHETTI SQUASH WITH PASTA SAUCE

1 medium spaghetti squash
1/4 c. chopped onion
2 cloves minced garlic
1 T. olive oil
1 16 oz. can diced tomatoes
1 t. Italian seasoning
real salt and pepper to taste

Cut squash in half lengthwise. Scoop out seeds. Place squash, cut side down, in baking dish. Prick skin in several places with fork. Bake at 350 for 30-40 minutes or until tender. Meanwhile, cook onion and garlic in hot oil until tender. Stir in remaining ingredients. Bring to boil, then reduce heat and simmer over medium heat, stirring frequently until desired consistency. Using fork, shred squash pulp into strands. Spoon sauce mixture over strands and serve.

SPANISH RICE

1 c. uncooked brown rice
1 3/4 c. spring water
1 1/2 c. diced stewed tomatoes
1 clove garlic
1 bay leaf
1 t. seasoned salt
1/4 t. onion powder
1/4 t. paprika

Lightly brown the rice in dry skillet over medium heat, stirring constantly. Add remaining ingredients and bring to a boil. Reduce heat to low. Cover and simmer for 50 minutes, stirring occasionally. Remove bay leaf and garlic clove before serving.

Serves 6

SPICY KALE

1 chopped onion
1 T. olive oil
1 bunch kale
2 t. vinegar
1/4 t. crushed red pepper
real salt and black pepper to taste

Heat oil in large skillet. Sauté onion on low heat until tender, about 10 minutes. Thoroughly rinse kale leaves and remove stem and any bad parts. Chop kale into small pieces. Add kale to onion and cook covered for about 10 minutes, stirring occasionally until kale is wilted but still bright green. Add remaining ingredients, stir, and serve warm.

Serves 4

SWEET AND SOUR CABBAGE

1 c. chopped onion
3/4 c. chicken broth
1 c. chopped apple
3 c. shredded savoy cabbage
1 c. tomato juice
2 T. cider vinegar
2 T. honey
1/4 t. pepper

Simmer onion and broth in large skillet over medium heat for 2 minutes. Add chopped apple. Cook and stir 7 minutes. Add cabbage. Cook and stir constantly for 1 minute. Reduce heat to low, add remaining ingredients. Cook another 5-7 minutes until cabbage is wilted, stirring occasionally. Remove from heat. Let stand until room temperature before serving.

Serves 6

SWEET POTATO AND SQUASH PANCAKES

1 T. olive oil
2 c. shredded unpeeled sweet potato
1 c. shredded unpeeled yellow squash
1/4 c. finely chopped onion
1 large egg or 2 egg whites
2 T chopped fresh or 1 T. dried chives
1 T. unbleached flour
2 T. lemon juice
1/2 t. real salt
1/4 t. pepper

Heat oven to 200. In non-stick skillet, heat oil. Mix remaining ingredients. Drop mixture into hot skillet, about 1/3 c. for each pancake. Flatten slightly and cook about 5 minutes on each side or until dark brown. Keep warm in oven while cooking remaining pancakes.

Serves 6

TERIYAKI FISH

6 salmon steaks
1/2 c. soy sauce
2 t. grated fresh ginger root
1/2 c. Chinese cooking wine or dry sherry
1 T. honey
2 cloves garlic, minced

Rinse fish steaks and set aside. In a small saucepan, bring soy sauce and ginger to a boil. Strain the ginger out and discard it. In a shallow dish, combine the gingered soy sauce and remaining ingredients. Add fish steaks and turn to coat. Let sit in refrigerator for 30 minutes, turning occasionally. Broil fish on non-stick baking sheet or grill it over hot coal for 5 minutes. Turn and brush with marinade. broil for another 5 minutes or until fish flakes with fork.

Serves 6

TURKEY A-LA-KING

1/4 c. butter
1 c. sliced fresh or 1 4 oz. can mushrooms
1/3 c. unbleached flour
1 3/4 c. rice milk
1 c. chicken broth
2 c. cooked leftover turkey (or chicken)
1/4 c. chopped pimento (optional)
4 pieces whole wheat toast, cut diagonally

In large saucepan, melt the butter and stir in flour, salt and pepper. If using fresh mushrooms, sauté them in butter before adding flour. Add rice milk and broth. Cook and stir continuously over medium heat until thick and bubbly. Add canned mushrooms and meat. Heat thoroughly and serve on top of toast. Sprinkle with parsley for an attractive look.

Serves 4

VEGETABLE FRITTATA

8 beaten eggs or
4 eggs and 1 c. egg substitute
1/2 t. real salt
1/4 t. black pepper
1/4 t. oregano
1 t. olive oil
1 c. chopped onions
1 c. chopped red bell pepper
1 c. sliced mushrooms
1 c. thawed, well drained frozen spinach

In a small bowl, beat eggs and seasonings, set aside. In medium non-stick skillet, heat oil over medium heat and sauté onions, peppers and mushrooms, about 8 minutes. Reduce heat to low, stir in spinach. Stir until heated through, about 2 minutes. Pour egg mixture over veggies mixture. Stir quickly to combine. Cook covered until egg is set, about 10-13 minutes. Loosen edges, invert onto plate, cut and serve.

VEGETABLE MEDLEY

1/2 pound rutabaga, peeled and julienne
1 parsnip, peeled and cut in rounds
2 carrots, peeled and sliced
2 T. vegetable stock
pepper to taste

Steam vegetables until just tender, about 10 minutes. Warm the vegetable stock in a heavy skillet. Add vegetables and toss to coat. When the edges of the vegetables start to brown, remove from heat, sprinkle with pepper and serve.

Serves 6



VEGETARIAN PATTIES

1 c. oatmeal
2 eggs
1/2 c. cottage cheese
1/2 c. peanut butter
1/2 c. whole wheat bread crumbs
1/2 c. leftover cooked rice
1 T. beef bouillon granules
1/2 c. chopped onion
1 T. olive oil
mushroom gravy (pg 110)

Combine all ingredients in mixing bowl. Mix thoroughly. Heat olive oil in non-stick skillet over medium heat. Drop about 1/3 c. mixture into pan for each pattie. Flatten slightly and fry until golden on each side, about 3 minutes. Place patties in non-stick baking dish and cover with mushroom gravy or cream of celery soup. Heat in 325 degree oven until heated through and gravy is bubbly.

Serves 6

WILD RICE & CARROT LOAF

1/2 c. whole buckwheat
1/2 c. uncooked brown rice
1/2 c. uncooked wild rice
4 1/2 c. spring or filtered water
1 T. vegetable or beef bouillon
1 lg. chopped onion
1/2 c. chopped mushrooms
2 med. grated carrots
1/4 c. chopped fresh parsley
2 t. oregano
real salt and pepper to taste

Bring buckwheat, rice, water, and seasoning to a boil. Cover and simmer one hour. Sauté vegetables in 1 T. olive oil until tender. Combine all ingredients, pour into non-stick loaf pan. Bake at 350 degrees for one hour.

Serves 6

WILD RICE STUFFING

1/4 c. wild rice
1/4 c. brown rice
1 1/2 t. chicken bouillon granules
1/8 t. sage
2 c. sliced mushrooms
1/2 c. chopped celery
3 sliced green onions
1/4 c. slivered almonds or pine nuts

Preheat oven to 375. Rinse wild rice with cold water. Combine wild rice, brown rice, bouillon, sage and 1 c. water in medium saucepan. Bring to boil, reduce heat, cover and simmer 45 minutes. Stir in mushrooms, celery and onions. Cook covered over medium heat until vegetables are tender, about 10 minutes. Stir occasionally. Stir in nuts, add 1/4 cup water, transfer to non-stick casserole dish and bake for 25 minutes.

Serves 6

SOUPS AND SALADS



BEAN MEDLEY SOUP

1/4 cup each:
great northern beans
small white beans
kidney beans
black beans
pinto beans
black-eye peas
split peas
barley
lentils
brown rice
1 large can tomatoes
1 large chopped onion
1T.hickory salt or sausage seasoning salt

Soak beans overnight. Drain water. Fill stock pot with beans and 6 cups water. Bring to boil, reduce heat to medium. Add onions. Cook until all bean types are tender. Add tomatoes and seasoning. Simmer until it resembles thick creamy chili. Add more water during cooking if needed, stir often.

BROCCOLI CHICKEN SOUP

1 c. spring water
1 T. lemon juice
2 c. chopped broccoli
1/2 c chopped celery
1/4 c. chopped onion
1 T. butter
1 T. unbleached flour
1 1/4 c. chicken broth
1 1/2 c. cut up cooked chicken or turkey
3/4 c. rice milk

Boil water and lemon juice in 3 quart saucepan. Add vegetables, cover and reduce heat. Simmer about 15 minutes. Put in blender and blend for about 20 seconds. Heat butter in saucepan over low heat. Stir in flour. Cook and stir until smooth. Stir in broth, heat to boiling. Stir constantly. Add vegies mixture and remaining ingredients. Heat thoroughly.

Serves 4

CREAM OF CELERY SOUP

1 lb celery (or asparagus)
3 c. spring water
1 T. butter
2 T. unbleached flour
1 t. chicken bouillon granules
1 t. curry powder
1/2 t. real salt
1/8 t. pepper
1 c. rice milk

Cut celery in half longways, then cut each half into 1 inch pieces. Heat 2 cups of the water and the celery pieces to boiling. Cover, reduce heat and simmer about 10 minutes. Celery pieces should be tender. Process in blender for 30 seconds. Heat margarine until melted in saucepan. Stir in flour and 1 cup water. Boil 1 minute. Stir in celery mixture and remaining ingredients. Boil 1 minute, reduce heat, simmer 10 minutes. Stir in milk. Heat until warm.

CREAM OF SWEET POTATO SOUP

4 cooked sweet potatoes
1 chopped medium onion
1 T. butter
1 T. unbleached flour
2 c. filtered spring water
1 1/2 c. rice milk
real salt and pepper to taste

Sauté chopped onion in 1 T. butter on low heat in medium saucepan until tender. Process sweet potatoes, flour and water in blender until smooth. Combine all ingredients in saucepan. Mix thoroughly. Bring to boil, reduce heat and simmer covered for 10 minutes. Serve warm with fresh crusty whole wheat bread. Sprinkle soup with raisins or chopped walnuts.

Serves 4

EASY MINTED PEA SOUP

3 c. frozen peas
1 1/2 c. spring water
4 t. chopped fresh mint leaves
1/2 t. real salt
black pepper to taste

In medium saucepan, combine peas and 1 1/2 c. of water. Bring to a boil. Reduce heat to low, simmer about 7-8 minutes until peas are tender. Remove from heat. Pour peas with broth into blender, add mint, salt and pepper. Blend until smooth.

Serves 4



FRENCH ONION SOUP

2 t. butter
2 c. thinly sliced onions
4 c. spring water
4 t. beef bouillon
1 t. Worcestershire sauce
1/2 t. parsley
1/4 t. garlic powder
pepper to taste

In large saucepan, melt butter and add onions. Cover and simmer on low heat for about 8 minutes, stirring occasionally. Add remaining ingredients, bring to a boil. Reduce heat and simmer an additional 10 minutes. Serve with toast or toasted sandwiches.

Serves 4-6

SPICY CARROT SOUP

2 1/2 c. thinly sliced carrots
2 c. spring water
2 t. chicken bouillon granules
2 t. minced fresh ginger root
2 cloves garlic, minced
1 t. ground cumin
1/4 t. allspice
1/4 t. black pepper
1/4 t. ground allspice
1 c. rice milk

Combine all ingredients except rice milk in large saucepan. Bring to a boil, reduce heat and simmer for 10 minutes. Transfer all ingredients, including rice milk to a food processor. Puree until smooth. Return mixture to saucepan and heat while stirring for another 2-3 minutes.

VEGETABLE STEW

3 c. spring water
1 c. chopped carrots
1 c. chopped broccoli
1/2 c. chopped onion
1/2 c. frozen peas
1/2 c. chopped red bell pepper
1/2 t. basil
1/2 t. thyme
1 t. parsley
3 T. unbleached flour
real salt and pepper to taste

Heat water, carrots and onion to boiling in a large saucepan. Boil for 3 or minutes until carrots are tender. Lower heat to medium, add remaining ingredients except flour. Simmer uncovered for another 3-5 minutes. Mix flour with about 1/4 c. water. Pour flour mixture in a steady slow stream into the soup while continuously stirring to avoid getting lumps. Continue to simmer another 2-3 minutes until thickened. Season as desired.

WHITE BEAN SOUP

1 t. olive oil
1 clove garlic, minced
12 oz. drained cooked great northern beans
2 T. chopped fresh rosemary
3/4 t. black pepper
1 c. chicken broth (or water and 1 t.
instant chicken bouillon granules)

In medium saucepan, heat oil and sauté garlic over medium heat for 1 minute. Add beans, 1 T. of the rosemary and 1/2 t. of the pepper. Stir to coat. Add broth, bring to a boil. Reduce heat and simmer for 10 minutes. Transfer soup to a blender. Blend for just a few seconds. Return soup to saucepan and heat to desired serving temperature. Serve in bowl with remaining rosemary and pepper sprinkled on top.

Serves 4



CARROT RAISIN SALAD

3 large or 4 medium carrots
1/4 c. plain yogurt
1 T. lemon juice
1 T. honey
1/3 c. raisins

Grate the carrots with the large grater holes. In a small bowl, combine the yogurt, lemon juice and honey. Mix the yogurt dressing with the carrots and raisins. Chill before serving.

Serves 6

CUCUMBER SALAD

2 cucumbers
1/2 red onion
1/2 lemon peel
1/4 c. fresh lemon juice
1/4 c. toasted ground sesame seeds
2 T. spring water
1 t. minced garlic
1/2 t. real salt

Peel and slice cucumbers. Shred onion and lemon peel. Mix with cucumber. Combine remaining ingredients and mix well. Pour over cucumber mixture and toss together. Chill and serve.

Serves 6



GREEN SALAD WITH KIDNEY BEANS

4 oz. cooked drained kidney beans
2 T. minced red onion
2 T. red wine vinegar
2 cloves garlic, minced
1/2 t. prepared mustard
1/4 t. real salt
1/8 t. black pepper
5 c. chopped salad greens

In medium, bowl, combine and thoroughly mix all ingredients except salad greens. Keep chilled. Just before serving, toss bean mixture with greens.

Serves 4

SPICY BEAN AND CUCUMBER SALAD

2 C. cooked chopped frozen green beans
1 c. peeled chopped cucumber
1/2 c. finely chopped red onion
2 T. chopped cilantro
2 T. cider vinegar
1 t. raw honey
1/2 t. real salt
1 1/2 t. minced fresh green chile
or
1/4 t. crushed red pepper

Mix all ingredients. Cover and refrigerate about 2 hours or until chilled through. Toss before serving.

Serves 6

TABOULI SALAD

3/4 c. cracked wheat
1 1/2 c. minced parsley
1/3 c. minced green onions
2 T. fresh or dry mint flakes
1/4 c. olive oil
1/4 c. fresh lemon juice
1 t. real salt
1 c. diced tomatoes

Soak cracked wheat in hot water for 30 minutes. Squeeze dry and put in a large bowl. Cool. Add the remaining ingredients and chill covered for an hour. This will keep for several days.

Serves 6

TOSSED SALAD WITH APPLE CIDER DRESSING

Apple cider dressing (pg 103)
2 c. chopped romaine lettuce
2 c. chopped fresh spinach
1 c. chopped iceberg lettuce
1 c. shredded zucchini
1/2 c. chopped fresh mushrooms
1/4 c. chopped radishes
1/2 c. chopped red bell pepper

Chop all vegetables and store covered in refrigerator. Meanwhile, prepare apple cider dressing in large bowl. Add chopped vegetables and greens. Toss and serve.

Serves 6



WALDORF SALAD

2 c. your favorite apple, chopped
2/3 c. chopped celery
1/2 c. chopped walnuts
honey mustard dressing (pg 106)

Chop the nuts and celery first. Prepare honey mustard dressing if you do not already have it on hand. Chop the apples last to prevent browning before serving. Keep chilled in airtight container until ready to serve. Toss with dressing just before serving.

Serves 4-6



BREADS
AND
BREAKFAST
IDEAS

BROWN BREAD

1 c. plus 2 T. whole wheat flour
1 t. caraway seeds
1 t. baking powder
1/2 t. baking soda
1/2 t. cinnamon
1/8 t. real salt
1/3 c. plus 2 t. plain non-fat yogurt
1 egg, beaten
2 T. honey
1 T. olive oil
1/4 c. spring water

Preheat oven to 375. In medium bowl, first 6 ingredients. In a small bowl, using wire whisk, combine yogurt, egg, honey, oil and 1/4 c. water. Slowly pour wet ingredients into dry while stirring with whisk, just enough to combine ingredients. Pour batter into non-stick 8" baking pan. Bake 20-25 minutes until golden brown and tooth pick inserted in center comes out clean. Serve warm.

MULTIGRAIN MUFFINS

1 large egg or 2 egg whites
1/4 c. olive oil
1 c. rice or nut milk
1/3 c. raw honey
1/2 c. quick oats
1 c. unbleached white flour
3/4 c. whole wheat flour
1/4 c. wheat bran
1/4 t. real salt
1 t. baking soda
1 t. baking powder

Preheat oven to 400. In a large bowl, thoroughly combine all dry ingredients except oats. In another bowl, mix the egg, oil, milk, honey and oats. Stir the wet ingredients into the dry ingredients just until a smooth batter is formed. Spoon batter into non-stick muffin tins or tins with cupcake liners. Bake for 20 minutes. Muffins should be puffed and golden. Serve warm with fruit spread, apple sauce or butter

TORTILLAS

1 1/2 c. whole wheat flour
1 1/2 c. unbleached flour
1 t. real salt
1/2 t. baking powder
1/3 c. olive oil
1 c. warm spring water

This dough may be made in the bread maker or by hand. Combine and thoroughly mix all dry ingredients. Add oil and cut with pastry blender or mix with hands until mixture resembles fine crumbs. Pour water in and mix immediately with fork until dough sticks together. Knead dough on floured surface for about 2 minutes. Wrap in plastic and let dough rest for 20-30 minutes. Divide dough into 10 or 12 equal portions. Roll out on floured surface with rolling pin until flat. On dry non-stick grill or frying pan with med-high heat, cook each tortilla about 1 minute on each side until just starting to brown. Use for burritos or serve warm any way you like. Can be cut and baked to use as chips also.

WHEAT BISCUITS

1/4 c. butter
1 c. unbleached flour
1 c. whole wheat flour
1/4 c. wheat germ
3 t. baking powder
1/2 t. real salt
3/4 c. rice milk (or water)

Heat oven to 450. Combine dry ingredients in large mixing bowl and mix thoroughly. Cut butter into flour mixture with pastry blender, electric mixer or by hand until it resembles fine crumbs. Stir in just enough milk so that mixture forms a ball of dough. Turn dough onto floured surface, Shake a little flour on top and knead dough about 8-10 times. Roll or pat dough to about 3/4 inch thick. Cut biscuits out and place on ungreased baking sheet so that edges just barely touch. Bake about 12 minutes until golden brown. Remove from pan immediately and serve warm.

WHOLE WHEAT MUFFINS

2 c. whole wheat flour
1/2 t. real salt
4 t. baking powder
1/2 c. raw honey
3/4 c. rice or nut milk
2 eggs
1/3 c. olive oil
1/2 c. chopped nuts
berries or dried fruit (optional)

Preheat oven to 425. Mix all ingredients until blended. Drop batter about 1/3 c. each into non-stick muffin pan or use cupcake liners. Bake for 15 minutes.

Makes 15-18 muffins

WHOLE WHEAT BREAD

1 1/2 C. whole wheat flour
1 1/2 c. unbleached flour
3 T. raw honey
1 t. real salt
4 t. melted butter
2 t. rapid rise yeast
1 2/3 c. warm spring water or rice milk

Make in bread machine OR combine all dry ingredients in large mixing bowl. Mix warm water, honey and butter. Pour water and butter into dry ingredients and stir until dough forms a ball. Turn onto floured surface and knead for 8-10 minutes. Let dough rest, covered in a warm place for about 45 minutes. Place dough in non-stick or prepared bread pan or shape into rolls and let rise again until double in size. Bake at 375 for approximately 40 minutes (10 min for rolls) until golden brown on top. Remove from pan immediately. Great served fresh from the oven while crust is crunchy. Makes 1 large loaf.

WHOLESOME MULTI GRAIN BREAD

1 1/2 C. whole wheat flour
1 c. unbleached flour
1/2 c. oat bran
1/2 c. cracked wheat
1 T. raw honey
1 T. olive oil
1 t. real salt
1 1/2 t. rapid rise yeast
1 1/3 c. warm water

Follow instructions for whole wheat bread for mixing and baking. For variety, add 1/2 c. chopped nuts, pumpkin, apple sauce or wheat-berries before adding the liquid ingredients. Roll dough in additional oat bran before placing in pan.

WHEAT-FREE BREAD

2 1/2 c. whole grain brown rice flour
1/2 c. potato starch
3 t. xanthan gum
1 t. real salt
2 T. raw honey
1 T. quick rise yeast
2 eggs
2 T. olive oil
1 t. vinegar
1 3/4 c. very warm spring water

Mix all dry ingredients in a large bowl. Mix wet ingredients in a small bowl or large measuring cup. Stir the wet ingredients into the dry until mixture forms a ball of dough. Turn onto floured surface and knead dough for 10 minutes. Cover and let rise in warm oven (about 100 degrees). Put dough into prepared or non-stick loaf pan and let rise again until doubled. Bake at 375 for about 40 minutes or until golden brown on top.

APPLE-OAT COFFEE CAKE

1 c. unbleached flour
1 c. whole wheat flour
1/2 c. raw honey
1/4 c. soft butter
3/4 c. rice or nut milk
3 t. baking powder
1 t. cinnamon
1/2 t. real salt
1/4 t. nutmeg
1/4 t. allspice
2 egg whites
2 c. chopped peeled apples
1/3 c. chopped nuts

Preheat oven to 350. Beat all ingredients except apples and nuts in large bowl on low speed for 30 seconds. Beat for 2 more minutes on medium speed. Scrape sides often. Stir in apples. Spread batter in 9 inch pan. Sprinkle with nuts and bake for 40 minutes. Serve warm.

BREAKFAST LOAF

1 c. oat bran
2/3 c. raisins
1/2 c. chopped dried figs
1/2 c. honey
2/3 c. rice or nut milk
1 T. butter, melted
2 egg whites
1/2 c. unbleached flour
1 t. ground cinnamon
1/2 t. baking soda
1/2 t. ground ginger
1/4 t. real salt

Heat oven to 350. Combine all ingredients together in a large mixing bowl. Mix by hand thoroughly until well blended. Pour batter into non-stick or prepared loaf pan. Bake 30-40 minutes or until toothpick inserted in center comes out clean. Cool for 5 minutes, loosen sides before turning out of pan. Cool and slice.

BREAKFAST RICE

2 c. hot cooked brown rice
1/2 c. rice milk
2 t. raw honey
1 c. chopped apple
1 t. cinnamon
1/4 t. nutmeg
1/4 c. raisins (optional)

Mix all ingredients except raisins in a medium bowl. Serve in breakfast bowls and sprinkle with raisins or any other fresh fruit or all fruit spread you like.

Serves 2



BUCKWHEAT PANCAKES

2 egg whites
1/2 c. buckwheat flour
1/2 c. rice or nut milk
1 T. raw honey
2 T. olive oil
3 t. baking powder
1/2 t. real salt
1/4 c. wheat germ or wheat bran

Beat eggs until white and foamy. beat in remaining ingredients except wheat germ until smooth. Heat a skillet or griddle to 375 after treating with non-stick spray. Drop about 3-4 T. batter for each pancake onto cooking surface. Cook until puffed and dry at the edges. Sprinkle with wheat germ, flip and cook the other side until golden brown. Serve warm by themselves or with applesauce or fruit.

Makes 8-10 pancakes

RICE WAFFLES

1 3/4 c. spring water
1 c. brown rice (soaked overnight)
1/2 c. nuts or sunflower seeds
1 c. cooked brown rice
1/2 c. spring water
1/3 c. coconut
1 t. vanilla or maple flavoring
1/2 t. real salt

Process first 3 ingredients in blender for about 1 minute. Add remaining ingredients and blend until smooth. Pour batter into pre-heated and non-stick sprayed waffle iron. Bake each waffle until steaming stops, about 10 minutes.

Serves 3

VEGGIES OMELET

Per person:

2 eggs
1 t. butter
2 T. chopped onion
1/4 c. chopped or sliced mushrooms
1 t. chopped green bell pepper
1/4 t. real salt
pepper to taste
1/3 c. salsa

Melt butter in skillet on med-low heat. Sauté onion and peppers and mushrooms. Beat eggs in a small bowl. Remove vegetables from pan and set aside. Pour eggs into skillet and let cook until about half set. Sprinkle with salt and pepper, if desired, and put vegetables on one half of the eggs. Fold other half of eggs over the top. Cook for one minute more, flip omelet and cook for one minute on the other side. Slide omelet onto plate when lightly browned and no more egg is runny. Top with salsa and serve.

CARROT BRAN MUFFINS

1 c. bran flake cereal
1/3 c. rice or nut milk
1 egg, lightly beaten
2 T. olive oil
1 T. lemon juice
1 t. baking powder
1 c. grated carrot
3/4 c. raisins or chopped prunes
1 t. cinnamon
1 c. whole wheat flour
1 c. unsweetened applesauce
1/2 c. unbleached flour
1/2 t. baking soda
2 T. raw honey

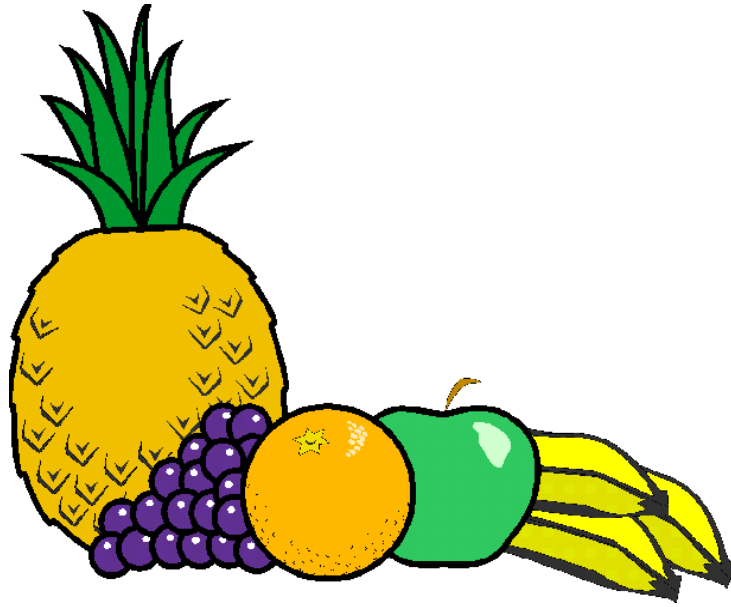
Preheat oven to 400. Combine milk and cereal in a small bowl and set aside. Combine and mix all dry ingredients in a large mixing bowl. Combine wet ingredients in another bowl. Stir cereal mixture with wet ingredients. Make a well in dry ingredients. Pour in wet mixture. Stir until combined. Add carrots and fruit. Spoon into prepared muffin pans and Bake 15 - 20 minutes. or until lightly browned. Remove immediately. Makes one dozen.

FRENCH TOAST

8 slices whole wheat or whole grain bread
4 eggs, beaten
1/2 c. unsweetened applesauce
1 t. cinnamon
1/4 t. nutmeg
1 t. vanilla
1 T. honey

In shallow dish, combine and thoroughly mix all ingredients except bread. Spray grill or skillet with non-stick spray. Dip bread into mixture, turn to coat both sides. Place coated bread onto skillet or grill that has been preheated over medium heat. Cook about 4 minutes on each side to golden brown.

Serves 4



DESSERTS AND SNACKS

BERRIES IN WARM CUSTARD SAUCE

1/2 c. unsweetened apple sauce
4 egg whites
1 t. extra light olive oil
1 t. vanilla
1/4 t. almond extract
2 t. raw honey
2 pints fresh berries

Mix all ingredients except berries in heavy medium saucepan. Heat over low heat, stir constantly until mixture is just warm. Beat mixture on medium speed until mixture is double in volume. Serve immediately over berries.

Serves 8

CANTALOUPE SORBET

1 cantaloupe, peeled and cut into chunks
2 T. raw honey
2 T. lemon juice
fresh mint leaves

Place cantaloupe, honey and juice in blender. Cover and blend. Stop and scrape sides as often as needed, until smooth consistency is obtained. Pour into 9 inch pan. Cover and freeze about 1 - 1 1/2 hours or partially frozen. Spoon mixture back into blender or food processor, cover and blend again. Cover and freeze again about 2 hours. Let stand at room temperature about 10 minutes before spooning dessert into dishes. Garnish with mint leaves.

Variation: use fresh or frozen strawberries or mixed fruit. Also try freezing Rice Dream Organic Vanilla flavored rice milk without the lemon and mint.

Serves 6

CINNAMON ALMOND BUTTER COOKIES

1 3/4 c, unbleached flour
2/3 c. butter, softened
1 t. almond extract
1/8 t. real salt
1/3 c. raw honey
1 egg white, slightly beaten
1/2 t. ground cinnamon
1/3 c. roasted chopped almonds

Preheat oven to 325. Combine first 7 ingredients in mixing bowl and mix with electric mixer on medium until well mixed. Drop by teaspoon onto ungreased cookie sheet. Flatten slightly and sprinkle with chopped almonds. Bake 15 minutes or until golden. Remove and cool on wire rack.

Makes 3 dozen

CRUNCHY PIE CRUST

1/2 c. chopped dates
1/2 c. spring water, hot
1 c. grape nut cereal
3/4 c. quick rolled oats
1/4 t. real salt

Soften dates in hot water. Process them in a blender until smooth. Combine with cereal and oats. Spread mixture into pie pan that has been sprayed with non-stick spray. Bake at 350 for about 10 minutes. Remove from oven. Cool on rack, fill with fresh or prepared fruit. Top with coconut "cream" (pg 101).

PREPARED FRUIT FILLING

3 c. fruit, fresh or frozen
2 T. raw honey
2 T. rice flour

Mix in sauce pan, stir over medium heat until thickened. Cool before filling pie.



FRUIT FILLED COOKIES

1 1/2 c. whole wheat flour
1/4 c. quick rolled oats
1/2 c. wheat germ
1/4 t. baking soda
1/3 c. raw honey
1/2 c. butter, melted
2 c. your favorite fruit, pureed
1 T. raw honey
1 T. rice flour

Mix last three ingredients in small sauce pan. Heat while stirring until thickened. Set aside. Mix dry ingredients together. Mix honey and butter together in a small bowl. Drizzle the butter mixture over the dry ingredients and mix well. Press half the flour mixture into a square 9" non-stick baking pan. spread fruit mixture over top. Crumble remaining flour mixture. Sprinkle with chopped walnuts, if desired. Bake at 350 for 30 minutes. Let cool completely before cutting.

NO WHEAT PIE CRUST

3/4 c. barley or brown rice flour
1/3 c. almond or cashew butter
1/3 t. real salt
3 T. spring water

Mix first 3 ingredients thoroughly. Add water and mix well. Form dough into a ball. Place between 2 layers of plastic wrap or waxed paper. Roll out with rolling pin. Put in ungreased 9" pie pan. Prick with fork and bake at 350 until lightly browned. Can be used for desserts or entrees.

Serves 8

PEPPERY WHEAT CRACKERS

3/4 c. unbleached flour
3/4 c. whole wheat flour
1 1/2 t. raw honey
1/2 t. baking soda
1 t. real salt
1/2 c. rice milk
2 T. olive oil
2 T. melted butter
black pepper
dill weed

Preheat oven to 350. Mix all dry ingredients except pepper, dill and 1/2 the salt. Stir in milk and oil. Shape dough into 6 balls. Roll each ball into a 9 inch square on lightly floured, cloth covered surface. Cut into 2 1/4 inch squares, brush lightly with butter. Sprinkle with mixture of pepper, dill and remaining salt. Place on ungreased baking sheet and bake for 8 to 10 minutes or until crisp and golden brown.

PUMPKIN CUSTARD

1 1/2 c. chopped dates
2 c. spring water
1 c. clean raw cashews
1 T. coriander
1/2 T. cardamom
1 t. vanilla
1/2 t. real salt
1 T. arrowroot
1-16 oz can pumpkin

Preheat oven to 350. Blend first eight ingredients in blender until smooth. Add pumpkin and mix well. Pour into non-stick baking dish or unbaked no-wheat pie crust (pg 97) and bake at 350 for 50 minutes or until toothpick in center comes out clean.

Serves 8

RASPBERRY BREAD PUDDING

4 c. day old whole wheat bread, cubed
1 c. fresh raspberries
1/2 c. raisins
2 1/2 c. rice or nut milk
2 eggs
2 T. raw honey
1 t. vanilla
1 t. cinnamon
1/4 t. nutmeg

Preheat oven to 350. Spray 8" square baking pan with non-stick spray. Mix all ingredients. Let stand for 10 minutes. Spread mixture in pan. Put pan into 13" X 9" pan and fill larger pan halfway with hot water. Bake 25-30 minutes or until nicely browned.

Serves 6

RICE PUDDING

1 c. uncooked rice
3 c. rice or nut milk
2 T. raw honey
2 T. chopped dates or raisins (optional)
1 t. vanilla
1/2 t. cinnamon
1/2 t. cardamom
1/2 c. rice or nut milk

Combine first 7 ingredients and cook on med-high heat in 2 quart saucepan until boiling. Stir occasionally. Reduce heat to medium. Cook another 18 minutes stirring occasionally until rice is tender. If using brown rice, this step will probably take an extra 10 minutes. All rice milk should be absorbed. Cover and let stand for 5 minutes. Stir in 1/2 c. milk and serve warm.

Serves 6

SHARON'S COCONUT "CREAM"

2 c. spring water
1/4 c. unsweetened coconut
1/4 c. whole grain flour (barley is best)
2 T. raw honey
1/4 t. real salt

Liquefy water and coconut in a blender for 1 minute. Add remaining ingredients and mix. Put mixture into a medium sauce pan and heat while stirring over medium heat until thickened. Reduce heat to low, cover and simmer for 10 minutes. Serve hot over cereals and desserts. Serve cold over fruit as a dressing.



DRESSINGS
SAUCES
AND OTHER
GOOD STUFF

APPLE CIDER DRESSING

1/2 c. thawed apple juice concentrate
2 T. chopped fresh parsley
2 T. finely shredded apple
3 T. unflavored low-fat yogurt
3 T. spring water
2 T. cider vinegar
1 T. dijon mustard
1/4 t. real salt
1/8 t. pepper

Mix all ingredients with a wire whisk. Pour into resealable bottle. Keep unused portion refrigerated.



CUCUMBER DRESSING

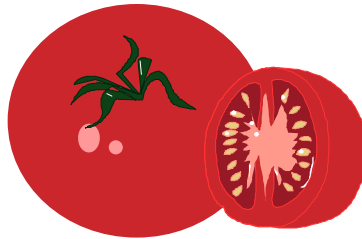
1 peeled cucumber
1/3 c. plain non-fat yogurt
1/2 t. grated lime peel
2 T. chopped fresh cilantro
1 T. lime juice
1/4 t. pepper

Chop cucumber into very fine pieces or process with food processor. Mix all ingredients with a wire whisk. Refrigerate unused portion in resealable container.

CREAMY TOMATO DRESSING

1/4 c. plain non-fat yogurt
1/4 c. tomato juice
3 T. chopped fresh parsley
2 T. red wine vinegar
1/2 t. real salt
1/4 t. pepper

Mix all ingredients. Makes about 1/2 cup of dressing.



FRENCH DRESSING

1/4 c. vinegar
1 t. raw honey
1/4 t. real salt
1/4 t. paprika
1/8 t. dry mustard
1/8 t. garlic powder
6 T. olive oil

Combine all ingredients, blend with wire whisk or electric mixer/blender. Store unused portion in re-sealable bottle in refrigerator.

HONEY MUSTARD DRESSING

2 eggs
1 t. dry mustard
1/2 t. real salt
1/2 t. paprika
speck cayenne
1 T. raw honey
3/4 c. spring water
3 T. vinegar
2 t. unbleached flour

Beat eggs in top of double boiler, add dry ingredients and vinegar, mix and cook until smooth. Cool completely before serving. Store unused portion in covered container in refrigerator for up to 2 weeks.

Makes approx. 1 cup

OIL-FREE HERB DRESSING

1 T. fruit pectin
1/8 t. each:
oregano
basil
thyme
tarragon
savory
dill-weed
1/2 t. raw honey
1/8 t. dry mustard
1/4 c. spring water
1 T. vinegar
1 clove garlic, minced

In a small mixing bowl, combine and mix dry ingredients. Stir in water, vinegar and garlic. Store unused dressing in covered container in refrigerator.

Makes about 1/2 cup

FRESH SALSA

1 1/2 c. finely chopped onion
1 1/2 c. finely chopped tomato
1/4 c. chopped green onion
1/4 c. lemon juice
2 T. chopped fresh cilantro
2 T. vinegar
1 T. olive oil
1 t. soy sauce
1/8 t. cayenne pepper
4 cloves garlic, minced

Mix all ingredients in a glass or plastic bowl. Cover and refrigerate for at least 2 hours. Serve with burritos, chips, over eggs, on chicken, any way you like. May also be served heated.

Makes about 2 1/2 cups

BROWN GRAVY

3 T. whole wheat flour
2 c. spring water
1 t. Worcestershire sauce
1 t. kitchen bouquet, browning sauce
1 t. beef bouillon

Brown the flour in non-stick skillet, stirring constantly. Stir in water slowly. Add remaining ingredients. Simmer for 15 minutes while stirring occasionally until thickened. You may substitute rice or nut milk for the water if desired.

Makes about 2 cups

MUSHROOM GRAVY

2 c. rice or nut milk
2/3 c. spring water
1/3 c. whole wheat flour
1 t. celery salt
1/4 t. onion powder
1/8 t. garlic powder
pinch of turmeric and savory
2/3 c. canned mushroom pieces
1 1/2 t. parsley flakes

Chop mushroom pieces into smaller pieces. Heat milk in medium saucepan to boiling. Process all other ingredients except mushrooms in a blender. Add mixture to heated milk. Stir rapidly with whisk. Stir in mushrooms. Reduce heat and simmer until thickened.

Serves 8

WHITE SAUCE

2 c. hot spring water
1/2 c. clean raw cashews
2 T. arrowroot
2 t. onion powder
1/2 t. real salt

Process cashews with about 1 cup of the hot water in a blender until very smooth. Add remaining ingredients and continue to blend until smooth and creamy. Pour mixture into small sauce pan and simmer over medium heat, stirring constantly, until thickened.

Makes about 2 cups

NON-DAIRY “CHEESE”

2 1/4 c. boiling spring water
1/3 c. Emes Kosher Jel
1 c. clean raw cashews
4 oz jar pimentos
3 T. food yeast flakes
2 T/ fresh lemon juice
2 t. onion powder
2 t. real salt
1 t. paprika
1/4 t. garlic powder

Dissolve jel in boiling water. Process cashews and jel water in blender until smooth. Add remaining ingredients and continue processing until very smooth. Pour into container and refrigerate. Can be sliced when firm. Can be grated for pizza topping if partially frozen first. Melt for topping on steamed vegetables.

Makes 2 1/2 cups

NUT MILK

1 quart spring water
1/2 c. clean raw cashews or macadamia nuts

Process nuts in blender with 1/2 cup of water until very smooth. Add remaining water gradually while blending. Process until very smooth. Put nut milk into resealable container and chill. Shake before serving. For variation, add 4 pitted dates and 1/2 t. vanilla or 1 T. raw honey while processing nuts.

RICE MILK

3 c. spring water
1 c. cooked rice
1 t. vanilla
1/8 t. real salt

Follow same nut milk instructions. Add vanilla and salt while blending .

SAMPLE MENUS

DAY 1

french toast with fresh fruit
bean medley soup and brown bread
baked salmon with steamed mixed vegetables and fresh bread with butter and
garlic salt

waldorf salad for a snack

DAY 2

buckwheat pancakes with applesauce

spaghetti squash with pasta sauce and steamed broccoli and whole grain
bread

Roast chicken with yogurt sauce, marinated zucchini, bulgur almond stuffing

fruit sorbet for a snack

DAY 3

rice waffles with strawberries

Diane's chimichangas with refried beans

vegetarian patties, cashew rice and peas, steamed carrots and whole wheat
bread

baked tortilla chips and black bean dip for snack

DAY 4

large bowl of oatmeal with rice milk, whole wheat toast with cinnamon applesauce

pita pocket sandwich, brown rice and fresh apple

steamed cabbage, kasha with mushrooms, carrot sticks and whole wheat popover

veggie sticks with cucumber dressing for snack

DAY 5

Grape Nuts cereal with raisins and rice milk

vegetable frittata, whole wheat biscuit and fruit spread

teriyaki fish, sweet and sour cabbage, rice pilaf

whole wheat toast with natural peanut butter for snack

DAY 6

breakfast rice, rice milk, carrot bran muffin with butter and honey

burritos, tabouli salad and juice

baked sweet potato, lentil rice soup, peppery wheat crackers

fruit filled cookies for snack

DAY 7

veggie omelet, fresh pear

white bean soup, carrot raisin salad, tortillas

whole wheat vegetable pizza, tossed green salad

rice pudding for snack

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