

Breakfast Cake

Serves 9-12

1 c. corn flour, stirred*
2/3 c. white whole-wheat flour
1/3 c. whole-wheat pastry flour
3 T. sugar
2 t. baking powder
1/2 t. salt

COMBINE dry ingredients, mixing well.

*If corn flour is not available, blend cornmeal in blender until fine like flour.

1 1/2 c. soy milk
2 1/2 T. oil
1 t. vanilla

Sucanat
Maple syrup

EMULSIFY liquids together.

COMBINE with dry ingredients to make smooth batter.

POUR into Pam-sprayed 8"x 8" pan.

SPRINKLE with Sucanat.

DRIZZLE with maple syrup.

SPRAY top with food-release spray.

PREHEAT oven to 425°.

PUT cake into oven and **TURN to 350°.**

BAKE 30 minutes or until done in center.

Tofu Frittata

Vital Vittles Cookbook
by Heather Leno

3 med- new red potatoes (1 lb.)

COOK, PEEL & CUT into ½" chunks.

1T. olive oil
1 small onion, chopped
2 cloves garlic, minced
½ sweet red pepper*, chopped
½ sweet yellow pepper*, chopped
3 green onion, ¼" slices

SAUTÉ garlic and onion in oil.
ADD peppers and green onion.
STIR FRY for 1-2 minutes.
ADD potato.
STIR FRY just until peppers are tender- crisp.

16 oz. block regular tofu

RINSE and **DRAIN**.

½ c. water
½ c. raw rinsed cashews
2 T. cornstarch
2 t. yeast flakes
1 T. lemon juice
1 T. McKay's Chicken Seasoning
1½ t. salt
½ t. onion powder
½ t. dried basil
OR 1 T. minced fresh

WHIZ in blender until cashews are smooth as cream.
ADD tofu to blender and blend smooth again--this may require stopping and using a spatula to scrape the sides from time to time.
ADD seasoning on low just to mix, not to blend.
COMBINE with potato mixture.
POUR into well-sprayed 9-inch round casserole.
BAKE 50-60 minutes at 350 degrees, until center feels firm.

Sour Cream Substitute
Salsa

INVERT over serving platter.
Serve with fresh tomato salsa and a dollop of sour cream substitute, opt.

Other vegetables may be substituted for the peppers.

Tofu Egg Salad

Vital Vittles Cookbook
by Heather Leno

1 (1lb.) Firm water-packed
tofu, rinsed and drained
1-2 T. finely minced onion
2 T. Bill's Best Chick Nish
½ t. Vege-Sal Seasoning

COMBINE all.
MASH until consistency of egg salad.

¼ c. Vegenaïse, or as needed

STIR in just enough Vegenaïse to
achieve appropriate flavor.

*The excellence of this spread comes from
these specific brands of seasoning and mayonnaïse,
so it's best to avoid substitutions.*

SCRAMBLED TOFU

By Sally Kelly

½ c. chopped onion
½ c. diced red bell pepper
14 oz. fresh firm tofu, drained and crumbled into not-too-large chunks
1 Tbsp. nutritional yeast flakes
1 tsp. salt
1 tsp. onion powder
¼ tsp. garlic powder
pinch of turmeric - gives a nice yellow color

Place all ingredients in a nonstick skillet and cook on medium temperature. Water will come out of the tofu as it cooks. With a spatula gently turn mixture to distribute seasonings. Water will continue to evaporate as the tofu cooks. Cook about 10 minutes, turning occasionally until the tofu starts to turn light golden brown. Great as leftovers. Keeps for several days refrigerated.

Sausage Patties

Vital Vittles Cookbook

by Heather Leno

makes 24 small patties

2 c. water
½ c. ground raw cashews
¼ c. low-sodium soy sauce
¼ c. nutritional yeast flakes
1 T. tahini
1½ t. onion powder
1½ t. oil
¼ + ⅛ t. garlic powder

Option 1 – dried herbs

¾ t. sage
1 t. basil
¼ t. thyme
¼ t. oregano

Option 2 – fresh herbs

1 T. fresh minced sage
1 T. fresh minced sweet basil
1 t. fresh minced thyme
1 t. fresh minced oregano

2 c. quick oats

COMBINE all ingredients **except oats** in kettle.

BRING to a boil.

STIR in oats.

REMOVE from heat.

COVER with plastic wrap.

LET sit until cool.

SCOOP onto prepared cookie sheet and flatten to ½-inch thick.

BAKE at 325° in preheated oven for 15 minutes.

TURN and **BAKE** for 15 additional minutes.

SERVE with ketchup or gravy for breakfast.

These freeze very well and may be made ahead. When reheating, cover patties with foil so they do not dry out.

Quinoa Salad

The Optimal Diet Cookbook
by Blaney & Diehl

Prep. Time: 25 minutes

8 Servings

1½ c. quinoa
2½ c. water
½ t. garlic powder

WASH quinoa very well under faucet using a fine-mesh colander.
COMBINE with water and garlic.
BRING to boil, **TURN** to low, **COVER** and **SIMMER** 15 minutes or until water is absorbed.
REMOVE from heat and chill.

½ c. green onions, sliced
2 oz. can sliced black olives
1½ c. tomato, diced small
1½ c. cucumber, English, diced small
1½ c. yellow bell peppers

PREPARE vegetables.

Dressing:

1½ T. olive oil
3-4 T. lemon juice (to taste)
1-1½ t. salt (to taste)

COMBINE dressing ingredients.
ADD dressing and vegetables to quinoa.
MARINATE 30 minutes in fridge.

Mashed Potatoes

from Vital Vittles Cookbook by Heather Leno

Serves 4-6

4 medium russets

PEEL & CUBE potatoes.
BOIL until tender.
DRAIN.

While cooking potatoes,

¼ c. slivered almonds*
warm water

PUT almonds in blender.
ADD water to make one cup.
BLEND until smooth and creamy.

*It is not necessary to use the almond milk, but it is delicious in the potatoes and adds richness without the refined fat.

½ t. Jolly Time Buttery Seasoning
or butter seasoning of choice
½ t. Garlic Salt

TAKE hot potatoes.
MASH partially.
ADD seasonings.
ADD almond milk as needed while mashing to make creamy potatoes.

*For special occasions you may
replace almond milk with sour cream substitute,
(using cooking water as needed)
chopped chives, ¼ t. crushed sweet basil,
garlic and salt.*

It's Easy Being Green Smoothie

Ingredients:

16 ounces fresh squeezed OJ (or 3-4 fresh oranges)

2 bunches of Curly Kale (approximately 16 ounces)

2 frozen, ripe bananas

1-2 cups frozen mango

mint leaves to taste (optional)

Preparation:

In high speed blender, blend OJ (or oranges) with Kale. until smooth. Add frozen fruit until completely blended and thick. For a creamsicle taste use half OJ and half unsweetened almond milk.

www.chefajshealthykitchen.com

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Holiday Dressing

by Heather Leno

Serves 8

6 c. dried whole-wheat bread cubes, Approximately 30 slices of fine-grained bread cubed and dried in oven at 275°.

2 T. olive oil
1½ c. onion, finely diced
2 c. celery, finely diced
1 c. mushrooms, sautéed

SAUTÉ until tender crisp.

1 c. vegetable stock
1 T. McKay's Chicken-like Seas.
1 t. Jolly Time Buttery Seasoning*
½ c. water
½ c. raw cashew pieces
1 T. chicken-like seasoning
1 T. nutritional yeast flakes
1 t. onion powder
½ T. parsley
½ t. sage
½ t. marjoram
¼ t. thyme
¼ t. savory
¼ t. garlic

COMBINE broth, water, cashews, and seasonings in blender and whiz until smooth.

*or any butter-flavored salt of choice

1 c. cashew pieces
1 c. diced soy or gluten pieces
1 c. brown rice, opt.
1 c. dried cranberries, opt.

COMBINE all ingredients.
PUT in baking pan.
BAKE covered for 30 minutes and uncovered for 15-30 minutes as needed to brown and firm up.

Edaname-Corn Salad*

Vital Vittles Cookbook
by Heather Leno

serves 8-10

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| 1 (12-oz.) pkg frozen shelled green soybeans | THAW corn and soybeans. |
| 1 (16-oz.) pkg frozen sweet white corn | MIX all ingredients together with dressing. |
| 1 c. jicama, diced ¼-inch | CHILL and SERVE . |
| OR 1 can diced water chestnuts | |
| ⅔ c. celery, chopped | |
| ½ c. sweet red pepper, diced | |
| ⅓ c. green onion, ¼-inch slices | |
| 1 T. minced fresh parsley | |

Dressing

- | | |
|------------------------|-----------------------------------|
| 5 T. fresh lemon juice | COMBINE these ingredients. |
| 1 T. honey | |
| 1½ t. salt | |
| ¼ t. garlic powder | |
| ¼ t. sweet basil | |
| ⅛ t. dried dill weed | |

*This salad makes a great lunch on-the-go.
It is a whole meal in one.*

*This is a variation of Green Soy Salad from Depression the Way Out by Neil Nedley, M.D. Used by permission.

EASY TOFU-SPINACH LASAGNA

by Sally Kelly

1 box Lasagna noodles of choice (will not need all of them)
1 lb. firm tofu, mashed
1 Tbsp. onion powder or granules
1 c. **Cashew Pimiento Cheese Sauce** (see recipe below) (save extra for later)
½ tsp. basil
1 tsp. salt
½ tsp. garlic powder or granules
1 (26-oz) jar spaghetti sauce – may add some salsa to “zest it up”
cooked greens of choice, unsalted & drained (I like to mix two bags—one of spinach and one of turnip, kale, collards or other greens.)

Place tofu in a mixing bowl, mash and add 1 cup of Cashew Pimiento Cheese Sauce (see recipe below), drained cooked greens, plus all the seasonings, and stir well.

Cover bottom of casserole dish with a layer of spaghetti sauce. Then add about ½ cup water to jar of spaghetti sauce, screw lid back on, and shake well to stir water into sauce. Next lay dry lasagna noodles side by side in the casserole dish, leaving about ½-inch space between them as they will expand as they hydrate in the sauce. Cover the lasagna noodles with a thin layer of spaghetti sauce. Then spoon a layer of tofu mixture on top of noodles. Cover this with another layer of spaghetti sauce. Then a layer of dry lasagna noodles. Add more spaghetti sauce, more tofu mixture, more spaghetti sauce, more noodles, etc., until dish is almost full. (If you have more ingredients, make a small dish which can be frozen after cooking.)

Cover with saran wrap and place in refrigerator overnight. (This allows the noodles to hydrate in the spaghetti sauce.) The next day change the plastic wrap to foil and bake at 375° F. for 50 minutes to 1 hour and 10 minutes (depending on how large a dish you prepared). Remove from oven and drizzle cashew pimiento cheese over top and return to oven uncovered for 10 minutes. Remove from oven and allow to sit 15 minutes before serving (makes it easier to serve...doesn't fall apart).

This is excellent for a make-ahead menu or as a leftover. Good in a sack lunch and tastes good even cold.

CASHEW PIMIENTO CHEESE SAUCE

1 c. water	1 tsp. salt
1 c. raw cashew pieces	1 tsp. onion powder
4 oz. Pimientos	dash garlic powder
¼ c. Brewer's yeast (nutritional yeast)	1/8 c. lemon juice

Blend all ingredients in blender until creamy and smooth. Use as is in lasagna and save some for drizzling over top near the end of the baking time.

Easy Ranch Dressing

Vital Vittles Cookbook
by Heather Leno

½ pkg. Mori Nu Tofu, firm
½ c. Veganaise
1½-2½ T. fresh lemon juice*
2-3 T. water—*to desired thickness*
1 T. Better Than Milk Powder, plain

COMBINE in blender, Magic Bullet,
or mini food processor.
BLEND until smooth.

Option 1

2 t. (⅓ pkg.) Uncle Dan's
"Classic Ranch" Dressing Mix

ADD Option 1 or 2.
BLEND to mix.
CHILL and serve.

Option 2

½ t. salt, rounded
½ t. sweetener
½ t. nutritional yeast flakes
¼ t. onion powder
⅛ t. garlic powder
⅛ t. celery salt
⅛ t. basil
⅛ t. marjoram
⅛ t. dill weed

*May want to add lemon at the end according to your taste.

Easy Cranberry Relish (raw)

by Chef AJ

www.ChefAJHealthyKitchen.com.

Ingredients:

One 12 ounces bag of fresh cranberries

2 large peeled oranges (zest included)

dates, to taste

Preparation:

In a food processor fitted with the “S” blade, process all of the ingredients until the desired chunky texture is reached. If you want a sweeter relish, add a bit of date syrup to the mixture. Fresh ginger and lime juice is also a delicious variation.*

**to make date syrup, place dates in a pan and cover with water. Softer dates will break down easier. Once the water boils, let it boil for 5 minutes then put it on a the lowest heat and simmer for 30-60 minutes depending on if your dates are very soft or hard.*

Let the mixture cool. Once cooled add the mixture to a blender and blend until the mixture is very smooth.

You can also purchase date syrup at www.Organicsareforeveryone.com

Cornbread

Vital Vittles Cookbook
by Heather Leno

PREHEAT oven to 425 degrees.

1 c. whole wheat pastry flour
1 c. whole grain cornmeal
2 T. unrefined cane sugar
1 T. golden flaxseed meal
2 t. Rumford's Baking Powder
½ t. salt

COMBINE dry ingredients.

1¼ c. soy milk
2-3 T. mild olive oil

EMULSIFY liquids.
MIX with dry ingredients just enough
to moisten.

FILL Pam-sprayed pans.

BAKE 20 minutes for muffins and
20-25 minutes for 8"x 8" pan.

Corn Pancakes

by Heather Leno

Makes 10 – 5 inch

1 c. white whole-wheat flour
½ c. whole-grain corn flour*
½ c. whole-wheat pastry flour
2 t. Rumford's baking powder
½ t. salt

COMBINE all dry ingredients, mixing well.

*If flour is not available, blend cornmeal in blender until fine.

1²/₃ c. soy milk
½ c. smoothly mashed banana
2 T. mild olive oil

MIX well.
ADD to dry ingredients. *Do not over mix batter or pancakes will not rise as well.*
COOK on preheated griddle or pan with very small amount of cooking oil.
TURN pancakes when bubbles have formed on top.

*For a quick way to mash and measure the banana,
fill a quart measuring cup with the milk,
add banana chunks until liquids reach the 2¹/₄ cup level.
Add oil and blend smooth with hand blender.*

Brown Gravy

Vital Vittles Cookbook
by Heather Leno

1 c. water
2 T. flour
2 T. Better Than Milk powder, Original
2 T. low-sodium soy sauce
5 t. cornstarch
2½ t. McKay's Beef Style Seasoning
½ t. onion powder

DISSOLVE flour, starch and seasonings in water.

1 c. hot water

ADD hot water.
COOK and **STIR** over medium heat until thickened and bubbly.

Zesty Tex-Mex Soup

Vital Vittles Cookbook by Heather Leno

1 large onion, chopped
1 t. olive oil

SAUTÉ using a little water if necessary.

2 cans (15 oz.) black beans
with liquid
1 small pkg. frozen corn
1 can (14 oz.) Mexican Style
chopped tomatoes
1¼ c. hot water
3 bay leaves
2 t. Chicken-like Seasoning
2 t. taco seasoning
1 t. bottled garlic

COMBINE with onions.
SIMMER to blend flavors.
REMOVE bay leaves.
GARNISH with green onion.

*This makes a quick meal.
Serve with baked taco chips
And fresh veggies.*