

HAPPY, HEALTHY HOLIDAYS

Recipes

SMOKY PUMPKIN HUMMUS

CRANBERRY RELISH

HARVEST SALAD WITH CURRIED APPLE

DRESSING

CASHEW CARROT LOAF

SCALLOPED CORN

PUREED BUTTERNUT SQUASH WITH PEAR

DROP BISCUITS WITH FRESH ROSEMARY

PUMPKIN MUFFINS

DUTCH APPLE PIE

ALMOST ALMOND ROCA

OATMEAL RAISIN NUT COOKIES

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L.I.V.E.
Life in Vital Eating



L.I.V.E., Life InVital Eating, is a program designed to help you learn the importance of healthy eating and its effects on your mind, body and spirit. Join us for presentations on nutrition, food tasting, vegan cooking demonstrations and the opportunity to order healthy foods from Country Life through our food Co-op program.

Smoky Pumpkin Hummus

1 can garbanzo beans, (drained-save liquid to add to mix)
1 cup canned pumpkin (not pumpkin pie mix)
4 tbsp roasted tahini (sesame paste)
1 to 2 cloves garlic, pressed
1 tbsp fresh lemon juice
1 tsp ground cumin
Ground chipolte or pimento (smoked paprika), to taste
Salt, to taste

1. In bowl of food processor, combine the garbanzo beans and pumpkin, pulsing until mixture is smooth. Add tahini, garlic, lemon juice and cumin pulsing until smooth. Add salt and smoked paprika (or chipotle powder) to taste.
2. Serve pumpkin hummus in a bowl, drizzle with a little extra virgin olive oil and a sprinkle of paprika (smoked or regular).

Cranberry Relish

12 ounces fresh cranberries
1 navel orange, scrubbed and cut into 8 pieces
2 apples, peeled and cut into 8 pieces
1/3-1/2 cup natural sugar
1/3 cup chopped pecans

Wash the cranberries and remove any stems, bad cranberries, or inedible stuff you find. Put half of the cranberries, orange (unpeeled), and apple into the food processor and pulse to chop coarsely. Some larger pieces are okay, but nothing big enough to choke on. Pour into a bowl and process the other half of the fruit. Put it into a bowl, add the sugar to taste, and mix in the pecans. Refrigerate it for a day or two to allow the flavors to develop.

Harvest Salad with Curried Apple Dressing

Mixed baby greens
 Raw beets, finely shredded or grated
 Carrots, finely shredded or grated
 Celery, finely shredded or grated
 Red onion, sliced in thin rings or strips
 Apple, cut into julienne strips
 Pecans, toasted
 Arrange above ingredients attractively on large serving plate or individual salad plates.
 Drizzle with Curried Apple dressing. Serve.

Curried Apple Dressing

¼ cup apple juice concentrate, thawed
 2 Tbsp lemon juice
 ½ tsp curry powder
 ½ tsp onion powder
 ¼ tsp garlic powder
 ¼ cup canola or vegetable oil
 Mix above ingredients in container with lid. Shake until well combined.

Cashew Carrot Loaf

2 cups cashew nuts, ground
 2 cups raw carrots cut in 1 inch pieces
 1 medium onion, chopped
 1 cup whole wheat bread crumbs
 1/3 cup nutritional yeast flakes (we used a little more)
 1 Tbsp lemon juice
 1/3 cup water or stock from carrots
 ½ tsp garlic powder
 1 Tbsp McKay's chicken seasoning
 1 tsp sage
 1 tsp salt

Cover carrots with water, cook until tender, pour off and save water, then mash the carrots. Mix together all the ingredients and place in a non-stick or Pam-sprayed 2 lb loaf pan, or a non-stick bundt cake pan. Cover with foil and bake at 350 degrees for 1 hour. Remove foil and bake 10 more minutes. Let stand in the loaf pan for at least 10 minutes before turning out.

Serve with mashed potatoes and your favorite gravy.

Adapted from: Best Gourmet Recipes from the Chefs of Five Loaves Deli & Bakery by Neva Bracket, 2002

Scalloped Corn

1 Tbsp light olive oil
1 large onion, chopped
1 large green bell pepper, finely chopped
2 medium firm ripe tomatoes, chopped
1 ½ Tbsp unbleached white flour
¼ tsp paprika
A few grains cayenne pepper
1 cup soy milk
3 cups cooked fresh corn kernels, or thawed frozen kernels
Salt to taste
1 Tbsp non-hydrogenated margarine, melted
1 cup soft whole grain bread crumbs

Preheat oven to 350 degrees

Heat oil in large skillet. Add onion and sauté over medium heat until golden. Add bell pepper and tomatoes and continue to sauté until just softened. Sprinkle in flour, paprika, and cayenne, stirring until well blended. Pour the milk in slowly, stirring constantly. Bring to a simmer, then stir in corn and simmer for another minute or so. Season to taste with salt. Pour mixture into a sprayed oblong baking dish. Toss melted margarine with bread crumbs until evenly coated and distribute the crumbs over the corn mixture. Bake for 25 minutes, or until the crumbs begin to turn crusty. Serve at once.

Pureed Butternut Squash with Pear

2 cups peeled, diced butternut squash (1 medium)
2 cups peeled, diced ripe pears
2 Tbsp water
1 Tbsp sucanat (or brown sugar)
½ tsp cardamom
1 tsp fresh lemon juice

Place squash, pears, water, sucanat, and cardamom in saucepan. Bring to a boil over medium heat. Reduce heat and simmer, 30 minutes, covered, until the squash is soft. Place squash, pears and any liquid along with the lemon juice in a blender or food processor and process until smooth.

Drop Biscuits with Fresh Rosemary

1 2/3 cup whole wheat pastry flour
 1 Tbsp baking powder
 1/2 tsp salt
 1 1/2 tsp fresh rosemary or 3/4 tsp dried
 2/3 cup soy milk
 1/3 cup canola oil

Position a rack in the center of the oven, and preheat to 475° F.
 In a large bowl, mix together the flour, baking powder, salt, and rosemary until combined. Add the milk and oil, and stir just until the dry ingredients are moistened. It will be very sticky and thick, not smooth like cake batter. Use a tablespoon to form walnut-size scoops of batter and another spoon to scrape the batter onto a cookie sheet, spacing the biscuits about 1 1/2 inches apart. Bake until the bottoms are golden brown, about 8 minutes. Serve hot.
 Yield: 24 biscuits

Pumpkin Muffins

Dry Ingredients:	Wet Ingredients:
1 cup whole wheat pastry flour	1 cup canned pumpkin puree
3/4 cup unbleached white flour	1/2 cup applesauce
1/8 teaspoon salt	1/4 cup molasses
1 teaspoon baking soda	2 Tbsp maple syrup
1 teaspoon baking powder	1/4 cup soy milk
1/2 tsp cardamon	1/2 cup sucanat
1 teaspoon nutmeg	2 teaspoons Ener-G egg replacer mixed
1/2 cup chopped walnuts	in 4 tablespoons cold water
1/4 cup raisins	

Preheat oven to 375 degrees.
 Combine all dry ingredients in a large bowl and set aside. Combine all wet ingredients in a medium bowl and mix well until smooth. Pour wet ingredients over dry ingredients and mix well (do not over-mix). Spoon batter into muffin cups. It will fill 12 medium muffin cups. Bake for 30 minutes.

Hints: Use a whisk when mixing the egg replacer with the water and beat until frothy. Then add to the other wet ingredients. Ener-G egg replacer is a flour product, available in natural food stores. It is used for leavening and binding. It does not make anything resembling scrambled eggs. We do not recommend products like Egg Beaters. They are mostly made from egg whites (animal protein) and additives.

Dutch Apple Pie

<p>Filling: 6 cups peeled and sliced cooking apples 1 tsp coriander 1/2 tsp salt 1 tsp vanilla 1/4 cup apple juice concentrate 1/4 cup maple syrup or honey 2 Tbsp fructose (optional – may need more if apple are tart) 3 Tbsp cornstarch dissolved in 1/4 cup water</p>	<p>Crust: 1/2 cup quick oats 1/2 cup whole wheat pastry flour 1 cup raw almonds 1/2 cup unsweetened coconut 1/2 tsp salt 2 – 3 Tbsp water 1/2 cup quick oats 1/4 cup fructose 3 Tbsp soy margarine</p>
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1. Make apple filling by placing all in a kettle except the dissolved cornstarch. Bring to a boil, cover, and simmer for 10 minutes, until apples begin to soften.
2. While apple are simmering, make crust by placing first five crust ingredients in food processor. (oats, flour, almonds, coconut, and salt) Blend with the steel blade for about 2 minutes until fine. Remove 3/4 cup of the mixture from blender and set aside. Add water to remaining crumbs in food processor and process until a soft dough is formed.
3. Place ball of dough between two sheets of place and roll into a circle to fit a 9 inch pie plate. Trim pastry to edge of plate and flute edges.
4. When apple have simmered for 10 minutes, slowly stir in the dissolved cornstarch. Place hot filling in the unbaked pie crust.
5. Place reserved crumbs back in food processor. Add 1/2 cup quick oats and fructose. Whiz a few second to mix together, then add margarine and process until mixture is crumbly. Sprinkle crumb topping over pie.
6. Bake at 350 degrees for about 40 minutes, or until crust and topping are golden brown and filling is bubbling at the edges of the pie.

Adapted from: Seven Secrets Cookbook by Neva & Jim Brackett, 2006.

Almost Almond Roca

1/2 cup orange juice
 3 Tbsp Minute tapioca
 1/4 cup honey
 1 cup dates, simmered in a little water until soft
 1 Tbsp vanilla
 1 cup toasted, finely chopped almonds, plus more for rolling
 1 cup finely chopped walnuts
 1 cup coconut
 3 Tbsp carob powder

Cook first three ingredients together. Blend the dates until smooth and add to cooked mixture along with vanilla. Mix dry ingredients together in large bowl, then add date mixture and mix until well combined. Shape into log pieces and roll in ground almonds. Refrigerate.

Adapted from: Country Kitchen Collection by Phil and Eileen Brewer, 1992.

Oatmeal Raisin Nut Cookies

1/2 cup soy garden margarine
 1/2 cup applesauce
 1/2 cup sugar
 1 ripe banana
 2 Tbsp water
 1 tsp vanilla

Blend above.

Mix in med bowl then add to above
 1 tsp egg replacer (dry)
 3 cups oats
 1 1/2 whole wheat pastry flour
 3/4 tsp coriander
 1/4 tsp nutmeg

Mix then add to above:

3/4 cup carob chips
 3/4 cup raisins or dried cranberries
 1/2 cup almonds
 1 cup walnuts
 1/2 cup coconut

Bake small balls at 375 for 15 min or until lightly browned.