

Sunday, November 2, 2008

THE **DISEASE PREVENTION DIET:** *The Protein Myth*

Artichoke Dip
Winter Coleslaw
Pear and Toasted Walnut Salad with Cranberry Dressing
Tofu Walnut Balls
Moni's Barbecue Sauce
Hungry Boys Casserole
Holiday Loaf
Mock Chicken Seasoning
Basic Cream Sauce
Pumpkin Cake
Ginger Cookies
Kim's Holiday Fudge



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The Disease Prevention Diet: The Protein Myth

Artichoke Dip

½ cup olive oil, divided
½ cup finely chopped onion
½ cup finely diced red bell pepper
2 cloves garlic minced
1 can artichokes, drained and chopped
½ cup raw cashews
½ cup hot water
2 Tbsp lemon juice
1 tsp liquid aminos (Bragg's)
1 Tbsp nutritional yeast flakes
1 tsp fine sea salt, or to taste
Salt to taste

1. On medium high heat, sauté onions, red bell pepper, chiles and garlic in a tablespoon of oil. When onions have become transparent add in the artichokes and sauté for a few more minutes.
2. In a blender, combine cashews and water and process until smooth. Add in lemon juice, liquid aminos, nutritional yeast and salt, blending well. Slowly add remaining olive oil to blender, blending well until smooth.
3. Add the blended mixture to the skillet, stirring to combine. Cook until artichoke mixture is heated through and somewhat thickened. Transfer to an oven-proof baking dish and place under a broiler for a few minutes until top gets bubbly and lightly browned or preheated 350* oven for 10-15 minutes, or just until lightly browned.
4. Served with sliced and toasted bread of your choice.

*Bread crumb topping option:

Mix ¼ cup seasoned bread crumbs with Tbsp olive oil to produce a mixture that sticks together. Sprinkle over artichoke dip. Add paprika and bake as directed in recipe

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www.everydaydish.tv/index.php?page=recipe&recipe=117

Winter Coleslaw

6 cups shredded red cabbage
½ cup finely chopped red onion
2 apples, shredded
¾ cup dried cranberries
½ cup walnuts, chopped
3 Tbsp lemon juice
3 Tbsp agave
2 Tbsp olive oil
½ tsp celery seed
1 tsp salt

Mix first 5 ingredients in bowl. Whisk remaining ingredients in small bowl and pour over salad. Mix well. Chill 1 – 2 hours before serving.

Pear and Toasted Walnut Salad with Cranberry Dressing

2 Tbsp water
¼ cup orange juice
2 Tbsp lemon juice
½ tsp dry mustard
¼ cup dried cranberries
3 tbs walnut pieces, toasted
2 large ripe pears, sliced
4 – 6 cups mixed salad greens
2 Tbsp dried cranberries

Blend water, orange juice, lemon juice, dry mustard, and ¼ cup cranberries until fairly smooth. Arrange greens, walnuts, pears and remaining cranberries on plate, and drizzle with dressing. Serve.

Tofu Walnut Balls

1 16-oz pkg water packed tofu
½ cup water
2 Tbsp Bragg's liquid aminos
1 Tbsp McKay's Beef-style seasoning
½ tsp ground sage
½ tsp basil
½ tsp onion powder
½ tsp garlic powder
2 cups fresh whole wheat crumbs, packed
½ cup quick oats
¾ cup chopped walnuts
1 Tbsp dried minced onion

Using food processor, combine tofu, water, Bragg's, beef-style seasoning, sage basil, onion and garlic powders, and process until smooth. Set aside.

Mix together remaining ingredients in large bowl. Add tofu mixture and mix until well combined. Allow to stand for 5 minutes before shaping into balls. Preheat oven to 350 degrees. Spread a small amount of oil onto a large baking sheet. Using wet hands or a small ice cream scoop, shape mixture into 1 inch balls, arranging on baking sheet. Bake at 350 degrees for about 30 minutes until lightly browned. (Sometimes I place oven on broil for the last few minutes to brown the top of the meatballs as the bottoms brown faster than the tops) May be used immediately or frozen for use as needed.

Serving ideas: Prepared balls may be arranged in a shallow baking dish and topped with a favorite sweet/our barbecue sauce or brown/mushroom gravy and served with brown rice or whole wheat noodles. May also be added to spaghetti sauce and served with whole wheat pasta.

Adapted from: Amazing Tofu, Country Life Natural Foods, September 14, 2008

Moni's Barbecue Sauce

1/3 cup tomato paste	5 Tbsp honey
2 Tbsp Bragg's liquid aminos	1 Tbsp molasses
1 ½ tsp granulated onion	1 Tbsp olive oil
2 tsp granulated garlic	1 Tbsp sesame oil
3 Tbsp lemon juice	dash cayenne pepper (optional)

Mix all together. If not using for recipe in which it will be heated, heat on stovetop until bubbly.

**** Will need to at least double this recipe to cover tofu walnut balls. Also may need to thin sauce a bit with water to reach desired consistency.*

Hungry Boys Casserole

2 tsp olive oil
1 cup sliced celery
1 cup diced onion
½ cup diced red pepper
2 minced garlic cloves
8 oz sliced mushrooms

Saute above items about 5 minutes then add the following:

12 oz vegetarian meat (Boca crumbles)
6 oz. tomato paste
1 1/3 cups water (aprox)
1 tsp salt
2 tsp molasses
15 oz can vegetarian baked beans
15 oz can chick peas drained

Heat while making the following topping:

Biscuit Topping:

1 ½ cups flour (1/2 ww pastry 1/2 all purpose)
3 Tbsp toasted wheat germ
1 Tbsp baking powder
1 Tbsp sugar
Combine above dry ingredients in med bowl
3 T. oil
2/3 cup soymilk with 2 tsp lemon juice - let stand for 5 minutes
¼ cup sliced green olives
¼ cup slivered almonds

Combine above wet ingredients in small bowl then add to dry ingredients
Knead mixture briefly. Roll into 12 X 8 Rectangle. Sprinkle with olives and almonds.
Roll up starting with the 12" side. Cut into 1" pieces.

Pour bean mixture into 9x13 baking dish that has been sprayed with oil. Top bean mixture with biscuits. Do not touch adjacent biscuits. Bake at 425 degrees for 30 minutes.

Holiday Loaf

Blend in a blender until creamy:

½ cup raw almonds

½ cup water

Pour into bowl. Add and mix well:

4 cups cooked brown rice

5 Tbsp Mock Chicken Seasoning

1 ½ cups ground raw cashews

1 pound water packed tofu, drained and crumbled

1 tsp garlic salt

2 tsp onion salt

¼ cup dried onions

1 ¼ cup nut or soy milk

1 cup quick oats

1 tsp dried parsley flakes

Spoon mixture into a loaf pan that has been coated with cooking spray. Bake at 375 degrees for 1 – 1 ½ hours or until golden. Transfer to a platter by placing the platter upside down on top of the pan and turning both over together. Garnish as desired. Serve topped with gravy, if desired. (May use Basic Cream Sauce – recipe follows)

From: Tasty Vegan Delights, by Gloria Lawson and Debbi Puffer, 2001.

Mock Chicken Seasoning

Mix well in a small bowl:

1 cup nutritional yeast flakes

2 tsp onion powder

1 tsp onion salt

½ tsp sage

½ tsp thyme

½ tsp marjoram

Store in an airtight jar.

3 Tbsp parsley flakes, powdered in coffee grinder or rubbed to powder with hands

1 ½ tsp garlic salt

1 ½ tsp celery salt

¼ tsp savory

From: Tasty Vegan Delights, by Gloria Lawson and Debbi Puffer, 2001.

Basic Cream Sauce

1 cup raw cashew nuts
2 cups water
1 tsp salt or more to taste
1 Tbsp chicken like seasoning (McKay's)
½ tsp garlic powder, optional
2 Tbsp cornstarch or flour
1 ½ cups more water (to be added after blending)

Place all ingredients in blender and blend on high for about 2 minutes, or until silky smooth. Pour into a saucepan. Add the additional 1 ½ cups water to blender container, swish it around, then add to mixture in saucepan. Bring to a boil, stirring constantly as it thickens to keep it from lumping. Remove from heat as soon as it is thick.

Makes 4 cups

From: Seven Secrets Cookbook, by Jim and Neva Brackett, 2006.

Pumpkin Cake

3 Tbsp Grapeseed Oil Vegemise	1 tsp baking powder
½ cup sugar	½ tsp baking soda
1 Tbsp cornstarch	½ tsp cardamom
1 cup canned pumpkin	½ tsp nutmeg
1/3 cup canola oil	¼ tsp ground ginger
1 cup flour (I used ½ cup unbleached white and ½ cup whole wheat pastry flour)	½ tsp ground cloves
	¼ tsp salt

In a medium mixing bowl, combine all ingredients and stir until well mixed. Spray an 8 x 8 inch pan with nonstick cooking spray. Spread batter evenly in pan and bake at 350 degrees for 25 minutes until a knife inserted into the center comes out clean. Remove from oven and drizzle with glaze.

Glaze:

2/3 cup powdered sugar
½ tsp pure almond extract
1 Tbsp water

Mix all ingredients together in small bowl and drizzle over hot pumpkin cake.

*****Recipe may be doubled and baked in a bundt pan. Will need to increase baking time to 35 – 40 minutes.*

From: Cooking for Two with the Micheff Sisters, by Linda Johnson, Brenda Walsh and Cinda Sanner, 2008.

Ginger Cookies

½ cup sugar
¼ cup Soy Margarine softened
¼ cup Canola Oil
¼ cup Crystallized Ginger chopped
1 Tbsp Molasses
1 Tbsp Vanilla
¼ cup Water warm
Combine Above Ingredients

Mix the following dry ingredients then add to the above

2 cups WW Pastry Flour
1 tsp Baking Powder
½ tsp salt

Fold in 1 Cup Chopped Walnuts

Bake 10-12 Min. on greased cookie sheet @ 375 degrees, Store air tight

Frosting:

4 ½ Tbsp Lime Juice
3 cups confectioner's sugar

Don't add the Lime all at once as you may not need that much!

Kim's Holiday Fudge

3 cups Carob Chips - Nonhydrogenated
1 cup Peanut Butter
1 cup Slivered Almonds
1 cup Dried Cranberries
1 cup Rice Crispies
1 tsp. Almond Extract

Spread peanut butter on the bottom and up a little bit on the sides of a microwavable dish. Pour carob chips on top. Microwave 15 seconds at a time, 2-4 times depending on microwave, until the chips start melting. DO NOT OVER MICROWAVE. The chips will continue to melt as you stir. Add the rest of the ingredients. Put in sprayed pan to cool. Store in Fridge. If working on the stove do the same thing. Watch that it does not get too hot or your chips will get HARD.