

Healthy Suppers are Simply Possible

**SIMPLE
SUMMER
SUPPERS**

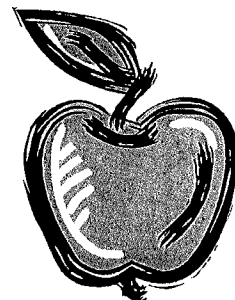


Recipes

Brought to you by:

L.I.V.E.

Life in Vital Eating



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

Nacho Cheese Sauce

Blend in blender until smooth and creamy:

1 cup water
¾ cup raw cashews
3 Tbsp sesame tahini
1 ¼ tsp salt
4 Tbsp nutritional yeast flakes
2 tsp onion powder
1 tsp garlic powder
4 oz. jar pimento, drained
4 Tbsp lemon juice

Pour into saucepan and add:

1 cup salsa

Thicken over medium heat, stirring constantly.
Keeps about one week in refrigerator.

Use as dip for tortilla chips, or as topping for baked potatoes or haystacks.

Nacho Bean Bake

Have available:

1 bag whole grain corn chips
1 recipe Nacho Cheese Sauce

Mix together in bowl:

1- 15 oz can refried beans
1 tsp garlic
! tsp cumin
about ½ a 15 oz can tomato sauce

Mix together in a second bowl:

Rest of can of tomato sauce
1 - 15 can onion and garlic seasoned chopped tomatoes

Spread about ¾ cup tomato mixture in a 9x13 pan. Then layer ingredients as follows: place a layer of corn chips over the sauce, followed by ½ of the refried beans, then ½ of the cheese, then ½ of the remaining tomato sauce. Repeat again with the chips, beans, cheese, and tomato sauce. Sprinkle some crushed corn chips over the top and bake at 325 for 35 minutes, or until hot and bubbly. Garnish with black olives, green onion, or tofu sour cream before serving, if desired

Velvet Cheese

Mix together in small saucepan:
 1/3 cup plus 1 Tbsp Emes Gelatin
 2/3 cup water

Heat over low to medium heat until dissolved.

Meanwhile, blend the following in blender until smooth:

1 cup raw cashews
 2 Tbsp sesame seeds, raw
 ¼ tsp celery seed
 1 ¼ cups water

Then add the following and continue blending until very smooth and creamy:

2 tsp onion powder
 1 ½ tsp garlic powder
 2 tsp salt
 4 Tbsp lemon juice
 4 ox jar pimentos, drained
 1/3 cup nutritional food yeast
 1/3 cup water

Pour into loaf pan sprayed with cooking spray. Cover and refrigerate until firm. Keeps in the refrigerator about one week. Can also be frozen.

Slice for cold sandwiches or grilled cheese sandwiches. Grate onto pizza or casseroles for a cheesy topping. (Grates better if frozen)

Cheesy Summer Squash Medley

1 – 2 Tbsp olive oil
 1 medium onion, sliced into thin rings
 1 green pepper, sliced
 4 cups (approx) zucchini and/or yellow summer squash, sliced
 1 – 2 tomatoes, diced
 1 tsp garlic powder
 salt to taste
 1 cup Velvet Cheese, cubed

Sauté onion and pepper in oil until beginning to soften. Add zucchini and/or yellow squash and continue to sauté, uncovered. Add tomatoes and continue to cook until vegetables are tender but not mushy. Season with garlic powder and salt. Add cheese cubes and cook and stir until cheese is melted. Serve as a side dish, or as an entrée over brown rice or baked potatoes.

Feta Cheese Salad Dressing

Place in small container that has a lid:

- ½ cup firm tofu, crumbled
- ¼ cup lemon juice
- ½ tsp. garlic powder
- 1 tsp. salt

Refrigerate at least 5 hours or overnight.

Blend in blender until smooth:

- 1 ¼ cups water
- 1 cup raw cashews (rinsed)
- 2 cloves fresh garlic
- 1 tsp. salt
- 1 tsp. honey
- 1 tsp. potato starch
- 2 Tbsp. food yeast flakes
- 1 Tbsp. lemon juice
- 1 Tbsp. chopped dried onion

Add tofu mixture to blender ingredients. Mix well.

Serving suggestions:

Good on Greek type salad with romaine lettuce, tomato, cucumbers, red onion and olives.

Drizzle over pita pocket filled with hummus or falafel and veggies.

Try it as a dressing for pasta salad.

Green Goodness Dressing

- ½ cup sesame tahini
- ½ cup water
- ¼ cup plus 2 Tbsp lemon juice
- 1 tsp salt
- 3 Tbsp honey
- 1 ½ tsp garlic powder
- 1 ½ tsp onion powder
- Small bunch parsley – about ½ cup

Blend all ingredients EXCEPT parsley together until smooth and creamy. Add parsley and blend briefly until parsley is finely chopped but not pureed. Pour into jar with lid. Chill. Keeps about one week in refrigerator.

Hummus

1 – 15 oz can garbanzo beans, drained (reserve juice)
 ¼ cup plus 1 Tbsp lemon juice
 1/3 cup sesame tahini
 2 cloves fresh garlic
 ¾ - 1 tsp salt
 Reserved bean juice or olive oil

Mix first 5 ingredients in blender or food processor until smooth. Add bean juice or olive oil to obtain desired consistency. Chill. Serve with pita bread, chips, crackers or veggie dippers. Makes a great sandwich spread as well.

Variations:

Add roasted red peppers, parsley, and basil for an Italian flavor.

Try using roasted garlic instead of raw.

Add corn, mashed black beans and jalapeno for a Southwest flavor.

Be creative, use whatever herbs, additions you like to make your hummus unique.

Gazpacho

4 cups tomato juice
 ¼ cup lemon juice
 2 tsp salt
 2 medium cloves garlic
 ¼ cup olive oil
 2 cups fresh tomatoes, chopped
 1 cup chopped green pepper
 1 cup chopped cucumber
 ¼ cup fresh chopped parsley
 ½ cup finely chopped onion
 2 Tbsp chopped chives or scallion tops

Blend first five ingredients in blender on high for 20 – 30 seconds until creamy. Pour into bowl and add remaining ingredients. Mix together gently. Cover and chill. Serve. A refreshing soup for hot weather.

Makes about 8 cups.

Variations:

Try replacing parsley with cilantro and adding jalapeno for Southwest taste.

Add chopped raw zucchini and basil for an Italian flavor.

Add other favorite vegetables such as celery, corn, or different peppers.

Chilled Raspberry – Peach Soup

Berry soup:

¼ cup fresh orange juice

3 Tbsp fresh lime juice

3/8 cup 100% white grape juice concentrate

4 cups fresh or frozen raspberries, strawberries or blackberries, rinsed and drained

Peach soup:

¼ cup fresh orange juice

3 Tbsp fresh lemon juice

3 Tbp 100% white grape juice concentrate

4 cups fresh peaches, peeled and chopped

Place all ingredients for berry soup in a blender or food processor and process until smooth. Strain out seeds. Cover and chill. Stir before serving.

Blend all ingredients for the peach soup. No need to strain. Cover and chill. Stir before serving.

When ready to serve, pour berry and peach soups into separate pitchers. Hold a pitcher in each hand. Pour soups simultaneously and slowly into a soup bowl. Repeat procedure with remaining bowls. Using the tip of a paring knife, swirl the knife slowly back and forth through the two colors.

Makes 8 one-cup servings.

Fruit Crisp

12 oz frozen apple or white grape-peach juice concentrate

3 tablespoons corn starch

½ tsp coriander

½ tsp cardamom

6 cups fresh or frozen fruit (peaches, blueberries, etc.)

3 tablespoons olive oil

1/3 cup maple syrup

1/3 cup chopped pecans or walnuts

½ cup whole wheat flour

2 cups quick rolled oats

Combine thawed juice concentrate and cornstarch. Whisk together until completely dissolved. Cook until thickened. Stir in coriander, cardamom and fruit. Place the mixture in a 13 x 9 inch pan. Prepare the crumb topping by mixing the oil and honey. Add chopped nuts, flour, and oats. Toss well, coating all dry ingredients with the oil and honey mixture. Sprinkle crumb topping evenly over fruit. Bake at 350 for 30 – 40 minutes, or until topping is golden and the filling is bubbling. Serve warm with whipped topping, if desired.

Serves 10

Nut Milk

1 quart water
2/3 cup raw, clean almonds, cashews or macadamia nuts
2 Tbsp honey OR 4 pitted dates (optional)
¼ tsp salt
½ tsp vanilla (optional)

Process nuts in a blender with about ½ cup of the water until a very smooth paste. Add remaining water gradually while continuing to blend. Process until very smooth. Chill and stir well before serving.

Variation: Blend in fruit, such as a banana or peach.

Pear Milk

2 cups of soy, nut or rice milk
12 – 15 oz canned pears with juice
1 tsp vanilla

Whiz in blender until smooth. Excellent on hot cereal or granola.