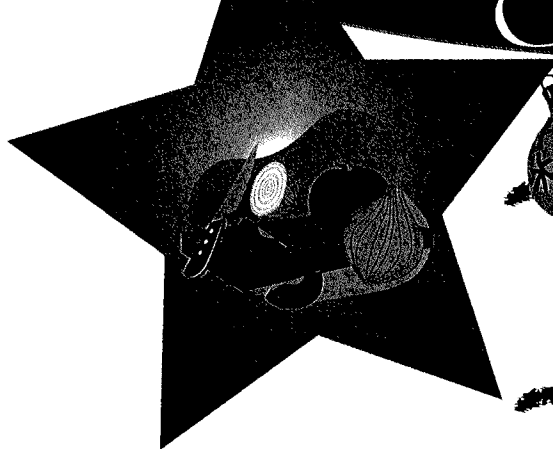


HEALTHY HOLIDAY HOME COOKING



Recipes

BREAKFAST GRANOLA
BUTTER BEAN AND PUMPKIN SEED DIP
SWEET POTATO SOUP
WILD RICE SALAD
FESTIVE APPLE CRANBERRY SALAD WITH
RASPBERRY DRESSING
STUFFED HOLIDAY ROAST
CREAMY GARLIC SMASHED POTATOES
RICH BROWN GRAVY
GREEN BEAN AND MUSHROOM CASSEROLE
WARM PEARS WITH CRANBERRY SPICE SAUCE
AND GINGER CREAM
MAPLE WALNUT PIE OR TARTLETS
RAW CHEESECAKE WITH STRAWBERRY TOPPING
AND CAROB WALNUT CRUST
DATE NUT TORTE
CAROB SNOW BALLS

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 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.

Breakfast Granola

8 Cups regular oats
1 1/3 Cups nuts & seeds (total) you can use pumpkin, sesame, almonds, sunflower, walnuts, pecans etc.
2 C. Bran Flakes
2 C. corn flakes or equivalent (opt)
1/2 C. coconut
1/2 wheat germ (opt.) - I don't use this just to cut down on calories

Mix above in granite 9x13 pan or roaster
meanwhile bring to boil the following
1/2 C applesauce - I switched from oil to cut down the calories
1/2 C. maple syrup
1 C. water
2 T. honey
remove from heat and add
2 teasp vanilla.
pour over dry mixture a little at a time and mixing it in good.
Bake 275 for about 4 hours.
stirring every 20-30 minutes.
Raise temp to cook faster
should be very brown when done.
Then add about 1/2 C. raisins or dried cranberries

Butter Bean & Pumpkin Seed Dip

1 can butter beans
1 garlic cloved, chopped
1/4 cup pumpkin seeds
2 tbs lime juice
2 tbs soy milk
1 tbs flax oil
1 tbs olive oil
salt to taste

Place all ingredients in a food processor or blender and mix to a smooth consistency.
Transfer the dip to a serving bowl and garnish with parsley. Serve with warm pita bread, or wheat crackers.(adapted from *Vegan* by Weston and Bishop)

Sweet Potato Soup

2 Tbsp Olive Oil
2 lb Sweet potatoes, diced
2 Carrots, diced
2 Onions, sliced
2 Garlic cloves, crushed
2 ½ cups vegetable stock
2 tsp cumin
1 ¼ cups orange juice
1 can coconut milk
1 tsp salt
2 tbsp chopped fresh cilantro to garnish

Preparation:

1. Heat the oil in a large pan and add the sweet potatoes, carrot, onions, and garlic. Sauté the vegetables over low heat, stirring constantly for about 5 minutes until softened.
2. Pour in the vegetable stock, orange juice, and cumin and bring to a boil.
3. Reduce the heat to a simmer, cover the pan, and cook the vegetables for 20 minutes or until the sweet potatoes and carrots are tender.
4. Transfer half of the mixture to a blender, and process for 1 minute until pureed. Return the puree to the pan with the rest of the soup.
5. Stir in the coconut milk and simmer for 10 minutes.
6. Serve in warm bowls and garnish with cilantro sprigs and orange rind.

Wild Rice Salad

Salad

2 Cups Cooked or Sprouted Wild Rice
2 Large Red Bell Peppers, diced
2 Whole Carrots, diced
2 Whole Zucchini, diced
2 Whole Stalks of Celery, diced

Dressing

1/4 Cup
Honey or Agave
1/4 Liquid Aminos
1/4 Tbsp lemon Juice
2 Tablespoons
Olive Oil

To make this, combine all the salad ingredients in a large bowl and mix them up by hand. Next combine the dressing ingredients in another bowl and then pour it over the salad. Mix both now really well and then let the salad sit for a few ours or over night.

Festive Apple Cranberry Salad with Raspberry Dressing

Lettuce of choice (I like the mixed baby greens)
Alfalfa or red clover sprouts, if desired
Dried cranberries
Pecans, toasted
Golden delicious apple, sliced into thin wedges
Red onion, sliced in thin rings or strips

Place lettuce in serving bowl or platter, or arrange on individual salad plates. Place a mound of sprouts in the middle of salad. Sprinkle with almonds and pecans. Arrange apple wedges around edge of salad and place a few pieces of red onion on top. Drizzle with raspberry dressing. Serve.

Raspberry Dressing

12 oz frozen raspberries, thawed
¼ cup honey
1 Tbsp lemon juice
½ tsp onion powder
2 Tbsp olive oil

Press raspberries through strainer or food mill to remove seeds. Place raspberry puree, honey, lemon juice, and onion powder in blender container and blend until mixed. With blender running, drizzle in oil until mixture thickens. Keeps in refrigerator about 1 week.

Stuffed Holiday Roast

Makes about 3 lbs.

The combination of tofu and soy or chickpea flour with the gluten makes a seitan that is tender, not rubbery, and which slices easily, even in VERY thin slices. This recipe makes outstanding sandwich material.

DRY MIX:

2 c. pure gluten powder (instant gluten flour; vital wheat gluten)
1/2 c. full-fat soy flour or chickpea flour
1/2 c. nutritional yeast flakes
2 tsp. onion powder
1 tsp. garlic granules

WET MIX:

12 oz .firm to extra-firm tofu
1 and 1/2 c. water
3 T. liquid aminos
1 T. olive oil

BASTING BROTH:

3 c. hot water

1/2 c. "chicken-style" vegetarian broth powder

3 T. olive oil

OPTIONAL: 4-6 cloves garlic, crushed

3/4-1 1/2 tsp. poultry herbs (sage, thyme, rosemary), crushed well

Preheat the oven to 325 degrees F.

Mix the Wet Mix ingredients in food processor until smooth. Add the Dry Mix and process briefly until it forms a ball on blade. Remove and, with wet hands, form into 2 loaves. Divide the dough in half and roll each half out on a damp, clean counter with a wet rolling pin to make a circle 15" across, more or less. Mound about 3 and 1/2 c. stuffing in the middle. Sprinkle the top with roasted (Asian) sesame oil. Fold the dough up around the stuffing in a loaf shape, pinching very well to seal the dough. Smooth into loaf shape and place each loaf in a very well-oiled 9x5" loaf pan.

Mix the Basting broth ingredients in a small bowl and pour about 1/2 a cup over each loaf. Cover each loaf pan with foil and place in the oven.

Bake for 30 minutes, add about half of the remaining Basting broth and bake another 30 minutes, basting the top now and then. Turn the loaves over, carefully loosening around the edges and from the bottom with a small, thin spatula first. Add the remaining Basting Broth and bake about 30 minutes more, basting frequently. The loaves should completely soak up the broth by the end of the cooking time. If they don't, cook until they do. Remove from the pans and serve or let cool. Can be frozen.

Slice this VERY thinly for sandwiches, or you can slice it into 1/4"-thick "cutlets" for scaloppine, into chunks for stews and potpies, slivers for stir-fries, or oblong chunks for "fried chicken", or other "chicken" dishes, browning first in a little oil.

BREAD STUFFING:

Makes about 7 c.

1 T. olive oil

1 large onion, chopped

1 c. celery and tops, chopped

about 3/4 lb. bread cubes or cornbread cubes, or a mixture

about 1 and 1/2 c. vegetarian broth

about 1/2 tsp. EACH of sage, thyme and savory or to taste

OPTIONAL: pinch of dried rosemary

salt and freshly-ground black pepper to taste (you won't need salt if the broth is salted)

To make the stuffing, sauté the onion and celery in a large lightly-oiled or non-stick frying pan in the oil until softened, adding a little broth if necessary to keep from sticking. Remove from heat and add the remaining stuffing ingredients. The bread should be moist. Mix well. Grease loaf or tube pans, or a casserole dish, with Asian sesame oil. Pack in the stuffing. Brush with more sesame oil. Cover with foil. Bake at 325-375 degrees F. for about 1 hour.

Creamy Garlic Smashed Potatoes

4 lbs red skinned potatoes
12 – 18 cloves garlic, according to taste
1 ½ cup vegetable broth
1 pkg silken tofu
1 ½ Tbsp olive oil
salt to taste 2-3 Tbsp finely sliced green onions, optional

Wash potatoes well and remove blemishes. Cut into cubes and place in pot. Cover with water and add about a tsp of salt. Boil potatoes until tender, about 20 minutes. Drain, reserving some of the potato water, then mash potatoes with a potato masher.

Meanwhile, peel garlic and simmer garlic in broth until tender, about 15- 20 minutes. Transfer broth and garlic to blender. Add tofu and olive oil and blend until smooth and creamy. Add the garlic cream mixture to the potatoes and stir until well mixed. Season with salt to taste. Stir in the green onion, if desired.

Rich Brown (Fat Free) Gravy

Makes about 2 and 1/2 c.

2 and 1/2 c. water
1/3 c. unbleached white flour
1/3 c. nutritional yeast flakes

1 ½ tsp chicken style seasoning
2 Tbsp Bragg's liquid aminos
Vege-sal to taste

In a heavy saucepan over high heat, whisk the yeast and flour together until it smells toasty. Off the heat, whisk in the water, chicken style seasoning, and Bragg's. Stir constantly over high heat until it thickens and comes to a boil. Reduce the heat and simmer for 2-5 minutes. Adjust seasonings. This can be made ahead and reheated.

Green Bean and Mushroom Casserole

1 medium onion, chopped
4 oz fresh mushrooms, sliced
1 ½ cups soy milk
2 Tbsp flour
1 Tbsp chicken style seasoning
3 Tbsp Bragg's liquid aminos
16 oz pkg frozen French style green beans, thawed
1 cup crushed corn flakes cereal
1 Tbsp margarine
1 tsp onion powder

Sauté onion and mushrooms in water until soft. Mix soy milk, flour, chicken style seasoning and liquid aminos in blender and blend until smooth. Add to onion/mushroom mixture and cook over medium heat until thickened and bubbly. Add green beans and stir until mixed. Set aside.

Melt margarine in pan. Add corn flakes and onion powder to melted margarine and stir to mix well, until all flakes are coated.

To assemble: Place half the green bean mixture in a sprayed 1 ½ quart casserole dish. Top with half the corn flake mixture, then the rest of the green bean mixture. Bake in a 350 degree oven for about 30 minutes, then sprinkle the rest of the cornflake mixture in a ring around the outside of the dish and return to oven for another 10-15 minutes, or until the center of the dish is bubbling and the top is golden brown.

Warm Pears with Cranberry Spice Sauce and Ginger Cream

8 servings

4 Bartlett Pears

Cut the pears in half and remove core. Place cut side down on baking sheet and place in 150 degree oven for about 45 min to 1 hour.

Cranberry Spice Sauce

1 cup cranberries
½ cup agave syrup
¼ cup maple syrup
2 Tbsp lemon juice
¼ tsp coriander
¼ tsp nutmeg

Whiz sauce ingredients in blender until smooth and well blended. Chill.

Ginger Cream

15 oz can coconut milk
3 Tbsp fructose crystals or sweetener of choice
½ cup soymilk powder
1 tsp vanilla
1 Tbsp fresh grated ginger
1/8 tsp ground clove
1 Tbsp instant clear gel

Place all ingredient except instant clear gel in blender and blend until smooth and creamy. With blender running, add instant clear gel and blend until thickened. Chill.

To serve, place warm pear half on plate or shallow bowl. Drizzle with cranberry sauce, then top with a dollop of ginger cream. (Can also serve with room temperature raw pears, but the flavor of the toppings is somewhat diluted with raw pears because of their high water content)

Maple Walnut Pie or Tartlets

1 pkg firm silken tofu (10.5 oz)
1 cup soy milk
½ cup maple syrup
¾ cup apple juice concentrate
1 tsp maple flavoring
1 tsp vanilla
dash salt
3 Tbsp cornstarch
½ cup toasted walnuts
1 pre-baked pie shell or pre-baked mini tart shells

Blend first 7 ingredients until smooth. Pour into saucepan, add cornstarch, and stir over medium heat until boiling and thickened. When mixture thickens, add walnuts and pour into pie shell or spoon into tart shells. Refrigerate until set. Decorate with maple toasted walnuts and a drizzle of maple syrup.

Maple Toasted Walnuts

Coat about ½ cup walnuts with about 2 Tbsp pure maple syrup. Place on baking sheet and bake at 350 degrees until walnuts are golden brown, about 10 – 15 minutes. Watch closely, they can burn quickly!

Oat Wheat Pie Crust

1 cup whole wheat pastry flour
1 oat flour *
½ tsp salt
1/3 oil
2/3 cup water (or a little less)

Mix dry ingredients together, then add liquids and stir until thoroughly moistened. Roll out between two sheets of plastic wrap on dampened countertop.

* Oat flour can be made by blending rolled or quick oats in a blender.

Raw Cheesecake with Strawberry Topping and Carob Walnut Crust

Carob Walnut Crust

1 ½ cup walnuts
¾ cup coconut
dash salt
3 Tbsp carob powder
1/3 cup soft pitted dates (medjool are nice)
1 -2 Tbsp agave nectar

Place first 4 ingredients in food processor and process until crumbly. Add dates and agave nectar and process until mixture begins to stick together. Press into a pie plate or the bottom of a springform pan.

Cheesecake

3 cups raw cashews, soaked 1 ½ -2 hours
1 cup honey
½ - ¾ cup lemon juice, to taste
½ tsp salt
scant 1 cup coconut oil, melted
1 ½ tsp vanilla

Blend all ingredients in blender until very smooth and creamy. Pour over crust and place in freezer until firm.

Strawberry Topping

1 ½ cup strawberries
½ cup dried pineapple
honey or agave nectar, to taste (optional)

Whiz above ingredients in blender until smooth. Sweeten with honey or agave if needed.

To serve: Remove from freezer and allow to partially thaw. Top with strawberry topping and additional fresh slice strawberries just before serving.

Date Nut Torte

Base of Tort:

- 2 cups raisins
- 2 cups pecans (or you may use walnuts)

Frosting:

- 1 cup dates, pitted and soaked (soak about ½ hour)
- ½ fresh lemon, juiced

For Base:

In a food processor, combine raisins and walnuts and blend until well blended and moist. This will take a few minutes and you may see it forming a ball. Just make sure the raisins come out looking like a fudgey mixture and are not still grainy.

Remove from processor and mold onto a plate in a round circle about 1 ½ inches thick and serve. For candy or for a firmer texture, place in a glass dish and press into dish refrigerate a few hours and then cut into pieces.

For Frosting:

In a food processor, combine dates and lemon juice until smooth and creamy.

Spread the frosting on top of the torte

You may sprinkle with dried coconut if you like.

Carob Snow Balls

- 5 Tbsp nut or almond butter
- 1 cup dates, softened in ½ cup water
- ¾ cup carob chips
- ¾ cup raw sunflower seeds
- 2 cups chopped nuts, pecans or walnuts
- ½ cup dried pineapple bits
- 1 tsp salt
- 1 Tbsp vanilla
- 1 cup grapenuts cereal
- dried coconut

Mix all ingredients (except coconut) by hand. Roll into balls and roll in coconut. Freeze well.

