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Vegetarian Persuasion

A
handbook
of recipes
for healthful
living

Based on a no cholesterol, low-fat diet

ACKNOWLEDGEMENT

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INTRODUCTION

Our aim is to educate the public on healthy eating practices with emphasis on simple vegetarian fare, easy to prepare and nutritionally sound. My thanks to the wonderful "Seniors for Health" group of The Canadian Natural Hygiene Society whose enthusiastic commitment helped produce this book. Warm thanks to the many others who contributed recipes. It was a combined effort which brought *The Vegetarian Persuasion* to completion. This title was the inspiration of Susan Aaron. Special thanks to Palmerston Library for allowing us a meeting room. Special thanks also to Sarah Ganci for sketches which appear throughout the book. Thanks too to Jean Rose for editing.

Gladys Aaron, *President*
SENIORS FOR HEALTH

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Special Note —

All blended soups & vegetables, as well as blended fruits, nuts and milks are suitable for seniors and children.

FORWARD

You have probably heard the phrase, “You are what you eat.” Over the years it has been very well documented that the low fiber, high fat, high cholesterol, and very high protein diets of most North American’s today are largely responsible for their terribly high incidence of chronic and degenerative disease, premature disability and death.

For many decades, Natural Hygienists and others have advocated the vegan diet, as the best food for maximum health. This optimum fuel consists of fresh fruits and vegetables, whole grains and limited quantities of legumes and raw, unsalted nuts and seeds. It turns out that these are the same foods that are recommended by study after study in the scientific, medical literature for allowing recovery and prevention of disease.

The senior members of the Canadian Natural Hygiene Society under the direction of Gladys Aaron, have put together in “Vegetarian Persuasion”, numerous mouth watering ways of preparing man’s perfect foods. Most recipes are simple and quick, providing maximal preservation of the nutrient content.

Remember, your body heals itself. Food does not make you well. The idea is to eat a diet that does not hurt you, while at the same time providing all the nutritional requirements for growth and health. These recipes show you how to eat well and enjoy it too.

Ron Cridland, M.D.

GUIDELINES

PRIMARILY, raw vegetables and fruits, fresh and at peak ripeness; nuts and seeds, raw and unsalted.

NO salt or sugar.

NO caffeine, tobacco, or alcohol.

NO meat, poultry, fish, or seafood.

***NO** eggs

NO dairy products.

NO condiments.

NO junk foods

NO tomatoes in bread sandwiches.

DRIED fruits unsulphured and, if possible, organic.

ORGANIC foods when possible.

SAUTÉ vegetables in water only, not oil.

NATURAL herbs as seasoning.

RAW onions in salads optional. Some cooked onions permissible in soups or casseroles.

ONLY FRESH peas in salad.

IF THICKENING is necessary, arrowroot or whole wheat flour, agar-agar, okra

POTATOES well-scrubbed and unpeeled.

COLD pressed oil, but sparingly. Not heated, except for greasing baking dishes.

DISTILLED water or other **purified** water preferred.

FOR SOYAMILK, mix one part soybean powder with four parts water. Blend till smooth.

HERBAL teas as beverages, non caffeinated.

WATER used in sprouting, saved for plants or garden.

POPCORN as a treat, with no salt or oil.

***ASTERISK** marks the few exceptions for special occasions only.

1. FRUIT MEALS

FRUIT SALAD

Ripe, fresh blueberries	Seedless grapes
Mangoes, cut up	2 bananas
Papayas, cut up	1 additional mango

Combine blueberries, mangoes, papayas, and grapes. Quantities will depend on number to be served. Blend the bananas and additional mango and use as a cream for the salad.

FRUIT PLATTER

Kiwi fruit, sliced	Apples, red
Pears, red and yellow	Strawberries
Leaf lettuce	Grapes blue and green

Using a large platter, place the sliced kiwi-fruit around the edge as a border. Arrange the rest of the fruit on lettuce in any way desired, alternating colours. Quantities will depend on number to be served.

FRUIT SALAD

4 bananas, sliced	1-2 papayas with seeds and skin removed
3 - 4 small macIntosh apples,	1 - 2 large additional bananas
¼ cup raisins, presoaked	

Place bananas, apples, and raisins in a bowl. In a blender or food processor make a sauce of the papayas and additional bananas and pour over fruit. Serves 4.

EXOTIC FRUIT SALAD

3 bananas	2 persimons, ripe to soft state
2 apples	½ cup raisins, soaked for ½ hour
2 pears	in warm distilled water

Peel and slice bananas. Peel, core, and cube apples. Peel, core, and slice pears. Mix all fruits well in a large bowl.

Blend persimmons, raisins, and water and add as a thick sauce. Serves 2.

PINEAPPLE PAPAYA BERRY SALAD

2 - 3 leaves Boston or buttercrunch lettuce	2 cups fresh pineapples,
1 small papaya, sliced	½ cup fresh blueberries
	4 strawberries

Arrange lettuce leaves on luncheon plate. In a centre make a mound of pineapple. Arrange blueberries, papaya slices and strawberries around the edges. Serves 1.

APPLE AND RAISIN SLAW

1 pound white cabbage, shredded	4 ounces carrots, grated
2 apples, chopped	1 tbs lemon juice
	2 ounces seedless raisins

Place cabbage in a serving bowl. Mix carrots with cabbage. Sprinkle apple with lemon juice. Add raisins to apple and mix well. Add to cabbage and carrot. Chill for 30 minutes.

FROSTED PEARS

10 dates, pitted and soaked	1 ripe banana
1 tsp fresh lemon juice	Juice of rest of lemon
8 Bartlet pears	Up to ½ cup water

Cream together dates, banana, and tsp of lemon juice. Blend until smooth, adding a little water if necessary. Mixture should form peaks when a spoon is lifted out of it.

Slice pears into ¼-inch thick flats and cut out cores. Dip pears into remaining lemon juice to preserve colour and drip off excess liquid. Arrange attractively on a platter and place a little of the blended mixture on each. Serve immediately. This frosting can be used on other fruits, e.g. peaches, mangoes, and papaya. Serves 16.

FRESH ACID FRUIT SALAD

1 pineapple	1 pint strawberries
3 oranges	¼ cup unsweetened coconut, shredded

Cut up all fruits. In a blender, put some pineapple pieces and a very small amount of water. Blend to make a sauce. Pour over fruit and coconut. Serves 4.

WINTER FRUIT SALAD

1 banana, sliced	1 apple, sliced thinly
1 tbs lemon juice	3 ounces figs or dates, chopped
2 ounces nut kernels, chopped	

Mix banana and apple in a bowl and sprinkle with lemon juice. Mix dates or figs and nuts with them.

NUTTY FRUIT SALAD

1 cup fresh peaches, diced

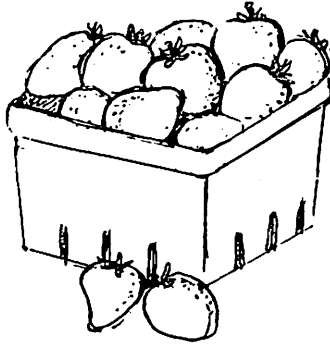
1 kiwi fruit, peeled and diced

$\frac{1}{3}$ cup cashews

$\frac{1}{3}$ cup pecans

2 romaine lettuce leaves

Put nuts in blender with a little water and blend to a thin paste for spreading over fruit. Place each papaya on lettuce leaf. Fill cavities of papayas with other cut-up fruit, adding nut mixture as a topping. Serves 2.



CARAMBOLA-AVOCADO-ORANGE BREAKFAST

1 small carambola (also called
star apple or star fruit)

$\frac{1}{2}$ avocado

1 large orange

lettuce

Spread lettuce leaves on a plate. Cutting on a slant, thinly slice avocado, arrange crescent shapes on top of the lettuce leaves. Cut fruit across into thin star-shaped slices, removing the few seeds. Place stars on top of the crescents of avocado. Peel orange. Squeeze juice from 3 or 4 segments over above. Arrange remaining segments decoratively on plate.

Variations: Add some sliced celery pieces or some other fruits like strawberry halves or kiwi slices. Substitute grapefruit or ugli fruit for orange. (Ugli Fruit is available in Caribbean markets from March to May.) Add 3 or 4 thinly sliced kumquats. Serves 1.

FRUIT NUT SALAD

1 head of lettuce	1 apple, sliced thinly
2 peaches, sliced	1 ounce almonds
Juice of 1 orange	Grated rind of ½ orange
Watercress sprigs	

Arrange lettuce on a dish. Toss apples in orange juice and rind and arrange on the lettuce. Place peach slices on centre of dish and pour remaining juice and rind over the salad. Sprinkle on almonds and garnish with watercress. Serve at once.

STRAWBERRY-ALMOND PIE

almonds	strawberries
distilled water	

Grind almonds in a nut grinder or blender. In a bowl, mix almond meal with just enough distilled water to moisten and line a bowl with a thin layer of a mixture.

Cut up and slightly mash strawberries. Pour over almond crust.

FRUIT SALAD SUPREME

1 large mango, scooped out	1 large mango, cut up
2 very large pears, cubed	3 bananas, sliced
3 apples (Golden Delicious) diced	Coconut

Scoop out one mango and blend with one banana, using a teaspoon of water to make a cream. Pour over the other fruit and sprinkle on coconut. Serves 2. Very filling.

SWISS BREAKFAST

1 apple, unpeeled and grated	$\frac{3}{4}$ cup fresh apple juice
$\frac{1}{2}$ cup rolled oats	2 tbs raisins
2 tbs walnuts, chopped	6 prunes, chopped

Add grated apple to apple juice. Add remaining ingredients and let stand 10 minutes. Serves 2.

ALL-FRUIT JAM

$\frac{1}{2}$ cup red raspberries	$\frac{1}{2}$ cup black raspberries
$\frac{1}{2}$ cup blue berries	1 ripe avocado
2 very ripe bananas	

Mash or blend and keep refrigerated in a covered jar.

RAW BANANA — DATE-NUT SPREAD

1 small or $\frac{1}{2}$ large banana	$\frac{1}{4}$ cup pecans or walnuts
$\frac{1}{4}$ cup pitted dates	

Place ingredients in a blender and process on low speed until smooth. Store in refrigerator. Makes $\frac{3}{4}$ cup.

PRUNE WHIP

$1\frac{1}{2}$ cups soaked prunes	1 tbs lemon juice
$\frac{1}{4}$ cup raisins	$\frac{1}{2}$ tsp lemon rind

Blend raisins and drained prunes with 2 tbs. water. Add lemon juice and rind. Mix and chill.

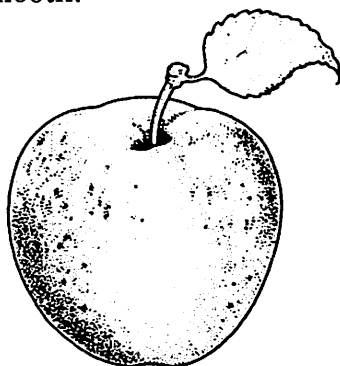
RAW APPLE SAUCE

8 dried figs

½ cup water

3 apples, chopped

Soak figs in water for 24 hours. Blend with apples for 30 seconds or until smooth.



COOKED APPLE SAUCE

2 pounds apples,

¼ cup water

peeled and cored

¼ cup raisins

Cut apples into quarters. Add raisins. Cook over low heat for 12 minutes. Cool and blend. As a variation, peaches, pears, apricots and cherries can be used.

FRESH APPLEBUTTER

1 medium unpeeled apple, chopped

1 tbs fresh apple juice

¼ cup pitted dates

Dash cinnamon (optional)

1 tbs pecans or walnuts

Place ingredients in a blender and process on low speed until smooth. As necessary, stop the blender to scrape down the sides of the jar. Store in refrigerator.

JUST BAKED PEARS

Put as many pears as you require in a baking dish. Add 1 cup of distilled water. Bake in a 400° F. oven till pears are soft. They will turn brown and sweet.

BAKED APPLES A LA GLADYS

Core as many apples as you need right through. Put in baking dish and add about a cup or so of distilled water. Put raisins in every cavity. Bake till apples start opening in 400° oven. Serve hot or cold.

APRICOT MARBLES

1 cup apricots

½ cup nut meats

½ pound coconut

4 tbs lemon juice

Put apricots, nut meats, and coconut through the food grinder or blender. Add lemon juice. Shape into balls and roll in grated nuts. Chill. Makes 1½ dozen.

RAW NUT-DATE-RAISIN JAM

¼ cup pitted dates

¼ cup seedless raisins

¼ cup pecans or walnuts

2 tbs orange juice

Combine ingredients in a blender, processing on low speed until smooth. As necessary, stop the blender to scrape down the sides of the jar. Store in refrigerator.

BANANA MILK

1 banana

1 cup water

Blend until smooth. Serve over fruit or as a creamy beverage to sip.

BANANA MILKSHAKE OR BANANA ICE CREAM

Peel and freeze bananas wrapped in plastic. Blend with 1 cup of water or less for thick shake.

AVOCADO SHAKE

1 quart freshly squeezed
orange juice

1 avocado

Blend together for 10 seconds. This will be very creamy.

TROPICAL SMOOTHY

Papaya, peaches, or mango, banana.
2 tbs water. Blend. Lends itself to many variations.

PINEAPPLE STRAWBERRY SMOOTHY

1 cup strawberries

½ cup pecans

2 cups fresh pineapple cubed

Blend and enjoy. Serves 2 to 3.

PEAR CONSERVE

2 cups diced pears

½ cup raisins

½ cup nut meats

¼ cup pineapple

½ cup carmella

‡

Blend until it forms a thick jam. Put in tightly covered glass jars and refrigerate.

PINEAPPLE JAM

½ cup water

2 cups fresh pineapple

Carmella to taste

4 oz. Ground nuts

4 oz. Sunflower seeds

Blend water and pineapple until smooth. Add carmella, ground nuts, and sunflower seeds until a thick jam forms. Keep refrigerated and use within 2 or 3 days.

NUT AND SOY MILK SHAKES

2 - 3 cups nut or soy milk

1 cup crushed ice

1 cup fresh fruit

Soaked dates

(strawberries)

(optional sweetener)

Flavoring (carob, vanilla)



2. SALADS

CREATIVE SALAD

1/3 Romaine lettuce
1/3 Leaf lettuce
1/3 Spinach
Cucumber slices
Grated carrots
Tomato wedges
Dressing of choice



Variations: Use your creativity. Try grated beets, chicory, escarole, scallions

CHINESE SALAD

1/2 Chinese cabbage
1/4 Mung sprouts
1/4 Watercress
Dressing of choice

Diakon radish
Snow peas
Water chestnuts

CAESAR SALAD

2/3 Romaine lettuce
1/3 Boston lettuce

Croutons (See below)
Red onion, finely sliced

Note: Always roast bread cubes dry in oven, without oil.

GRATED RAINBOW SALAD

1 small beet, coarsely grated	1 small turnip or piece of rutabaga, coarsely grated
1-inch chunk of pumpkin or winter squash, coarsely grated	½ small zucchini, grated
1 tiny shallot (optional)	Alfalfa sprouts
Lettuce	

Lay large lettuce leaf on a plate. In a bowl, combine all vegetables. Make a dressing of juice of ½ lemon, chopped fresh basil, 2½-inch peeled cucumber, and ½ avocado. Blend dressing ingredients in a blender, and toss with bowl of vegetables. Pile vegetables on top of lettuce and top with alfalfa sprouts. Serves 1.

SWEET AND SOUR SALAD

4 medium carrots, grated	4 ounces cucumber, peeled and diced
2 ounces seedless raisins	2 tbs lemon juice
1 tsp olive oil	½ tsp chopped fresh mixed herbs

Put carrots into salad bowl. Mix cucumber with carrots and raisins. Combine lemon juice and oil with herbs and pour over salad. Toss gently.

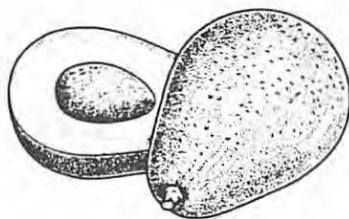
DROP-IN SALAD LUNCH

Leaf lettuce	Ripe olives to garnish
Baked egg plant, peeled, chopped and eaten cold	Bean sprouts
Slices of avocado	Whole wheat bread, 1 or 2 slices
	Tossed grated salad

Arrange on a plate leaf lettuce. Add scoop of egg plant garnished with olives and embrace with avocado slices. Add tossed salad and sprouts. Eat with toasted whole wheat bread.

FIESTA SALAD BOWL

- 4 slices whole wheat bread in ½ inch cubes
- ½ cup celery, sliced
- ½ cup green pepper strips
- 1 cup diced cooked potatoes
- ½ cup ripe olives
- 1 garlic clove, mashed (optional)
- ½ cup thin onion rings
- ½ cup shredded carrots
- Leaf lettuce
- 1 medium avocado



Toast, bread cubes in oven with garlic until they turn golden brown. Lightly mix together the celery, onion rings, green pepper, shredded carrots, and potatoes and add croutons. Line a salad bowl with lettuce and heap vegetable mixture on top. Garnish with olives and avocado.

RAW VEGETABLE SALAD

- | | |
|-------------------------------------|-------------------------------|
| 1 medium carrot, grated | ½ medium white radish, sliced |
| ¼ cup cauliflower, finely cut | 6 green beans, chopped fine |
| ¼ cup fennel, grated | ½ red pepper, sliced |
| ¼ cup celery, grated | 1 asparagus stalk, chopped |
| 1 medium Jerusalem artichoke sliced | ¼ cup sprouted cow peas |
| ¼ cup lentils, precooked. | ¼ cup sprouted mung beans |

Toss and enjoy. May also be served with pumpkin seed butter or cashew nut butter sauce. Serves 2 - 4.

LETTUCE OPEN FACES

4 leaves romaine	2 medium avocados
Juice of ½ lemon	4 radishes, cut into thin rounds
1 tbs fresh basil, chopped	2 green onion, chopped fine

Blend avocados and lemon juice to a paste. Add a little water if necessary. Stir in basil and chopped onion (saving some onion for garnish). Divide mixture into 4 lettuce leaves, spreading lengthwise so that it is cupped in the lettuce. Line radish slices along top and sprinkle with onion garnish. Serves 4.

SPRING SALAD

1 pound spinach or leaf lettuce	6 spring onions, chopped fine
2 tbs oil	2 tbs lemon juice
2 ounces walnuts, chopped	

Tear spinach leaves in large pieces and place in a bowl. Sprinkle onions over spinach. Mix oil lemon juice and pour over vegetables. Toss lightly and sprinkle with walnuts.

TOSSED RAINBOW SALAD

Small head of romaine	8 leaves Boston lettuce
½ grated carrot	6 - 2 inch slivers of raw yellow squash
½ ripe avocado	
6 plum tomatoes	

Break the lettuces into the said bowl. Mound the grated carrot in the centre of the greens. Arrange the squash slivers star fashion around edge of bowl. Between slivers place thin wedges of avocado. Place tomatoes around edge at intervals. Serves 1.

TOSSED GREEN SALAD WITH SESAME SEEDS

4 cups spinach leaves loosely packed ¼ cup alfalfa sprouts
2 cups lettuce leaves loosely packed 1 tbs sesame seeds
½ cup grated zucchini (unpeeled) Choice of dressing (optional)
½ cup thinly grated carrots

Thoroughly wash spinach and lettuce; tear both into large pieces. Combine all vegetables in salad bowl. Sprinkle sesame seeds, add dressing if desired, toss. Serves 4.

SUNBEAM SALAD

1 medium head romaine 2 raw asparagus spears
1 cup red cabbage, thinly sliced ½ carrot, grated
½ small yellow squash

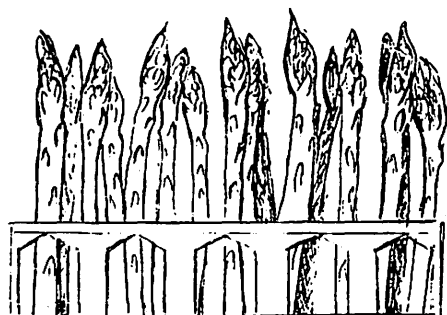
Break romaine into bite-sized pieces. Add vegetables. Toss with favourite dressing. Serves 1.

MARINATED VEGETABLE SALAD

3 cups broccoli flowerets 3 cups cauliflower flowerets
1 medium yellow squash, sliced 1 medium zucchini, sliced
1 bunch green onions, chopped 1 pound mushrooms, sliced
1 red pepper, thinly sliced 1 green pepper, thinly sliced
2 tbs olive oil ⅓ cup lemon juice
1 tsp garlic powder (optional) ¼ cup tamari (optional)

Combine vegetables in a large bowl. Combine oil, lemon juice, garlic, and tamari and pour over salad. Let marinate in refrigerator for at least two hours. Toss lightly several times while marinating. Before serving, drain off excess marinade and reserve for another use. Serves 12.

ASPARAGUS SALAD



- 1 pound fresh asparagus
- ½ red pepper
- Juice of ½ lemon
- 1 tbs parsley, chopped
- Watercress or lettuce leaves
- 2 tbs oil
- 1 tbs fresh tarragon, chopped
- 1 tbs onion, grated

Use raw or steamed asparagus. Arrange water cress or lettuce on plate. Arrange asparagus on watercress. Chop red pepper finely and sprinkle over asparagus. Mix the other ingredients as a seasoning and pour over asparagus. Chill for 30 minutes.

BLENDED SALAD

- | | |
|-----------------------|--------------------------|
| 1 tomato | 6 leaves romaine lettuce |
| ½ green or red pepper | 2 stalks celery |
| 1 small cucumber | Fresh dill and parsley |

Toss and enjoy. May be altered to suit taste.

VEGETABLE MOULD

- | | |
|--------------------------------|------------------------|
| 2 tbs agar agar | 1 tbs lime juice |
| ½ cup chopped celery | 1 cup cold water |
| 2 tbs chopped sweet red pepper | 1 cup shredded cabbage |
| ½ cup shredded carrot | |

Dissolve agar in cold water. Heat slowly to boiling point as it thickens. Chill. Add more water if too thick. Add remaining ingredients. Fold into agar mixture evenly. Spoon into salad mold. Chill. Makes about 3 cups. Serves 8.

BEET SALAD

8 oz. raw grated beet, sliced thinly 1 medium onion, sliced thinly
½ tsp lemon juice 6 tbs nut milk

Put beet into a shallow serving dish. Place onion rings on top of beet. Mix nut milk and lemon juice and pour over the mixture. Serve at once.

STEAMED BEET SALAD

2 large beets, steamed and sliced thin 1 tsp caraway or dill seeds
2 tbs lemon juice 6 tbs boiling water

Crush seeds and pour water over them. Leave until cold and strain. Mix with lemon juice and pour over beets. Allow to stand for 8 hours before serving.

MUSHROOM AND BEAN SPROUT SALAD

6 ounces button mushrooms, sliced thin
2 tbs oil
1 garlic clove, crushed, (optional)
3 ounces mung bean sprouts
4 ounces alfalfa sprouts
Juice of ½ lemon



Mix mushroom, bean sprouts and alfalfa sprouts. Mix oil, lemon juice, and garlic. Pour over salad. Leave to stand for 1 hour before serving.

CORN SALAD, RAW OR STEAMED

Kernels from 2 cobs steamed corn	2 red onions, sliced thinly
1 red pepper, sliced thinly	1 green pepper, sliced thinly
3 tomatoes, sliced	6 leaves lettuce, cut up

Mix all vegetables together. Add dressing of choice. Toss with salad. Cover salad and leave for 1 hour in refrigerator. Stir just before serving. Raw corn may be substituted.

DANDELION SALAD

1 pound dandelion leaves	2 stalks celery, cut in strips
2 tbs oil	Juice of ½ lemon
1 beet, grated	

Wash dandelion leaves and leave to stand in water for a few hours. Drain well and mix with celery and beet. Make a dressing of oil and lemon juice and stir into salad.

EGGPLANT SALAD

1 pound eggplant	2 cloves garlic, peeled and
2 tbs parsley, chopped	chopped (optional)
1 tbs coriander, chopped (optional)	½ tsp cumin
1 onion, chopped	2 tbs oil
1 green pepper, chopped	2 tbs lemon juice

Pierce and bake eggplant in 400°F oven until skin is somewhat black. Let cool. Remove skin. Mash garlic and pulp together. Add parsley, coriander, and cumin. Sauté onion in water until transparent and add green pepper and sauté once more. Add eggplant mixture. Add lemon juice and remove from heat. Chill. Serves 4.

LIGHTLY STEAMED CAULIFLOWER SALAD

- 1 pound cauliflower florets
- 1 small red pepper, sliced fine
- 2 tbs oil
- 2 ounces mild black olives
- 1 medium onion, chopped fine
- 1 tbs lemon juice



Steam cauliflower for 5 minutes. Leave until cold. Sprinkle olives over cauliflower. Add red pepper and onion. Mix oil and lemon juice and sprinkle over contents of bowl. Toss well and chill for 2 hours.

CUCUMBER MINT SALAD

- | | |
|---|-------------------------|
| 1 English cucumber, sliced | ¼ tsp garlic (optional) |
| 2 bunches of radishes, sliced | 1 tbs mint chopped |
| ¼ cup onions, thinly sliced
(optional) | 2 tbs lemon juice |
| | sliced tomatoes |

Combine vegetables and add seasonings. Serves 4.

SURPRISE SALAD

- | | |
|------------------------------|-------------------------------|
| 4 ounces mixed nuts, chopped | 4 celery stalks, chopped fine |
| Chicory or watercress | 2 oranges |
| 12 prunes, soaked and pitted | 2 ounces nuts, crushed |
| 1 tbs parsley, chopped | |

Place mixed nuts in a bowl. Mix in the celery. Arrange chicory or watercress on a plate and place nut-celery mixture on top. Peel oranges and slice. Then cut each slice in half and arrange round the plate. Put prunes on the orange slices. Sprinkle on crushed nuts and parsley.

TOSSED ZUCCHINI AND STRING BEAN SALAD

½ pound green beans in 1-inch pieces	2 green onions, sliced thinly
1 small head of romaine or Boston lettuce	1 small zucchini
1 garlic clove, crushed (optional)	3 tbs oil
	Juice of ½ lemon
	½ cup powdered nuts

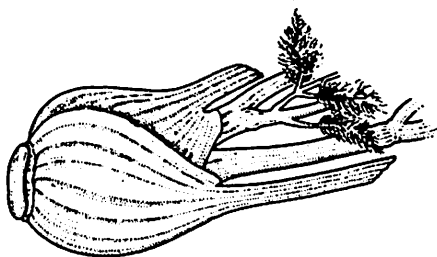
Grate zucchini. Tear lettuce into bite-size pieces, in a large bowl. Mix oil and lemon juice and garlic and toss with lettuce. Add beans, onions, and zucchini and toss again. Sprinkle with nuts. Serves 4

TOMATO BASIL SALAD

6 large tomatoes, sliced	1 small onion, finely chopped
1 tsp chopped basil	1 tsp chopped tarragon
3 tbs lemon juice	2 cloves of garlic, crushed (optional)

Place tomatoes on dish. Top with remaining ingredients. Serves 4.

FENNEL-LEMON SALAD



2 large heads of fennels, finely sliced
2 tbs lemon juice
1 tbs freshly parsley, chopped
2 lemons
2 tbs nut milk

Put fennel into a bowl. Peel one lemon. Chop and mix with fennel. Mix lemon and nut milk and pour over fennel. Toss well. Sprinkle with chopped parsley. Slice the other lemon thinly and arrange round the edge of the dish.

SUNFLOWER SPROUTS

- | | |
|-------------------------------|-------------------------------|
| 1 cup sunflower seeds, hulled | 1 elastic band to hold screen |
| 1 wide-mouthed jar | Water at room temperature |
| 1 screen to cover jar mouth | |

Place seeds in jar and secure screen over mouth of jar with elastic band. Pour at least 2 cups of water over the seeds and leave them soaking for 6 to 8 hours. Drain seeds, rinse with fresh water, and drain again. Leave jar inverted in dish drainer for at least 15 minutes to be sure seeds are well-drained.

Store until sprouted, rinsing twice a day and draining well.

Sunflower seeds can also be grown *unhulled* in a planter tray or a bread pan. Put soil into the tray, spread a thin layer of *unhulled* sunflower seeds over the soil, and cover with a mixture of half soil and half vermiculite. Water and wait. A plant table with fluorescent lighting or a sunny window will produce good results. When the plants are 1-3 inches tall with two leaves, they are ready to eat.

EXOTIC TOMATILLO SALAD

- | | |
|-----------------------------------|------------------------------------|
| 3 medium tomatillos, husked | Dash of oregano |
| Cucumber, peeled and chopped | Parsley |
| 1 small shallot (optional) | ½ small avocado, diced |
| ¼ large red bell pepper, cut fine | ½ small cucumber, peeled and diced |

Slice half a tomatillo and combine in blender with oregano, parsley, and enough cucumber to make a liquid. Add small pieces of avocado, enough to thicken dressing. Blend. Cut remaining tomatillo into small dices. Combine with dressing. Add remaining avocado and toss gently. Serve on bed of lettuce. Serves 1.

AVOCADO ORANGE LUNCH

A tray of quartered avocado with lemon juice and a platter of slices of orange or grapefruit on leaf lettuce, garnished with dill and parsley.

AVOCADO DISH

1 avocado	1 tsp sea dulse, finely chopped
½ cup yellow summer squash, grated	2 tomatoes, diced
Alfalfa sprouts	Cucumber slices
Red pepper slices	

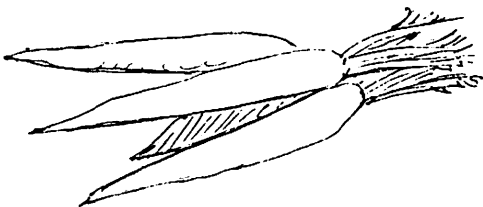
Mash avocado and mix in dulse, squash, and tomatoes. Spread over sprouts and garnish with cucumber and pepper slices.

CARROT APPLE SALAD

½ cup coconut (unsweetened)	½ cup zucchini, grated
2 cups carrot, grated	½ cup raisins
½ cup celery, diced	2 apples (sweet)

Mix together and serve on leaf lettuce. Serves 4.

LETTUCE CARROT AND RAISIN DELIGHT



1 tbs lemon juice (optional)
3 tbs tofu mayonnaise (p.29) or other dressing (optional)
4 large lettuce leaves
3 medium carrots
½ cup unsulphured raisins

Grated carrots and combine in large bowl with raisins. Toss with lemon juice; add tofu mayonnaise. Serve on lettuce. Serve 4.

RAW CARROT SALAD

Carrot
Slivered almonds or chopped
walnuts
Lime or lemon juice
Fresh mint, chopped,
or dry mint crushed



Shred the carrots. Place them in a heap in a serving dish. Pour the juice over the carrots. Cover with mint and almonds or walnuts.

COLESLAW WITH APPLE

2 cups cabbage, finely shredded	1 apple, chopped
2 medium carrots, grated	2 green onions, chopped
½ green pepper, chopped	2 tbs lemon juice
½ red pepper, chopped	¼ tsp dill
6 radishes, sliced (optional)	

Combine cabbage, carrots, peppers, radishes, apple, and onions. Add lemon juice and dill, tossing to mix well. Serves 4

SIMPLE MACARONI SALAD

6 cups cooked macaroni	4 green onions, diced (optional)
1 cup fresh peas	1 cup zucchini, shredded
1 red or green pepper, diced	1 cup carrots, shredded
1 cup chopped celery	⅓ cup fresh dill, finely cut
2 small cucumbers, diced	

Prepare any kind of whole wheat or soya macaroni in advance. All other ingredients are raw. Use avocado dressing or ½ cup of fresh carrot juice if desired. This salad lends itself to improvisation with any pasta or grain. Serves 4-6.

KOHLRABI - RED PEPPER SALAD

½ large red bell pepper	1 medium kohlrabi
½ tsp fresh dill, minced	Juice from 1 lime or ½ lemon
Avocado	lettuce

Dice pepper. Peel kohlrabi and cut in very thin slices, then julienne into thin strips. Combine with pepper. Combine a little mashed avocado with lime or lemon juice to thicken. Toss with kohlrabi and pepper and dill. Serve on a bed of lettuce. Add a few slices from avocado in spokes around salad. Serves 1.

POTATO DILL SALAD

6 potatpes, unpeeled and steamed	½ cup zucchini, grated
1 cup celery, diced	½ cup carrots, grated
1 cup red pepper, diced	Handful of fresh dill, finely cut
5 green onions, finely sliced (optional)	

Cube potatoes and add all ingredients. Use avocado dressing. Garnish with more red pepper and parsley, if desired. Serves 4-6.

ORANGE WATERCRESS SALAD

4 ounces mung bean sprouts	2 celery stalks, chopped fine
1 large carrot, grated	1 cup oranges, cubed
2 ounces cashew nuts	1 tbs sesame seeds
4 tbs oil	2 tbs lemon juice
Watercress or lettuce leaves	

Place bean sprouts in bowl. Add celery and carrots, oranges, nuts, and sesame seeds. Mix oil and lemon juice and pour over the salad. Place the mixture on a bed of watercress or lettuce.

ROMAINE SUBMARINES

- | | |
|--|-------------------------------------|
| 1 large avocado | 1 large tomato, coarsely chopped |
| 1 small cucumber or 2 pickling
cucumber, peeled and chopped | 2 cups mung bean or alfalfa sprouts |
| 1 head Romaine lettuce,
washed and dried | 1 tbs fresh lemon juice |

Scoop pulp from avocado into medium-size bowl. Mash thoroughly with fork. Add tomato, cucumber, and lemon juice. Stir in sprouts. Arrange lettuce around sides of bowl and mound avocado mixture in centre. Place a large spoonful of mixture in lettuce leaf and roll up like a submarine.

VEG-RICE SALAD

- | | |
|--|-----------------------------|
| 4 cups cooked brown short-
grain rice | 2 carrots, grated |
| 1 cup of corn kernels | 1 cup of fresh peas |
| ½ cup fresh dill, cut up fine | 1 cauliflower, cut up small |
| 1 tbs Quick Sip | 1 tbs olive oil (optional) |

Combine all ingredients. Serves 4

TABBOULI SALAD

- | | |
|------------------------------|----------------------------------|
| 2 cups water | 1 cup bulghar |
| 1 cup parsley, chopped | ¼ cup cucumber, chopped finely |
| ¼ cup celery, chopped finely | ¼ cup red pepper, chopped finely |
| ¼ cup lemon juice | 2 tbs tahini |

Bring water to boil and simmer with bulghar, covered, till all water is gone. Cool. Add all other ingredients. Mix thoroughly; refrigerate for an hour or two.

AVOCADO PITA SANDWICH

- | | |
|--------------------------------|-----------------------------|
| ¼ ripe avocado | 1 whole wheat pita |
| ½ cup fresh alfalfa sprouts | ¼ cup pepper, thinly sliced |
| ½ cup lettuce, finely slivered | |

Mash avocado. Fill the inside of the pita with the vegetables in layers. Add avocado on top.

AVOCADO OPEN SANDWICH

- | | |
|----------------------------|----------------------------|
| 2 slices whole grain bread | 2 leaves of lettuce (leaf) |
| ½ cup alfalfa sprouts | ½ avocado, mashed |
| 1 small cucumber, sliced | |

Spread avocado on both slices of bread. Add the other ingredients as topping for 2 open sandwiches.

STUFFED RAW PEPPERS

- | | |
|--|---------------------|
| Red or green peppers,
one for each person | 2 tomatoes, cut up |
| ½ cup celery, finely diced | ½ pepper diced |
| 1 medium avocado, mashed | 1 cup mixed sprouts |

Mix ingredients well with mashed avocado. Cut off tops from peppers and stuff each one. If you like them slightly steamed, put in steamer for 5 minutes



3. DRESSINGS AND SAUCES

HUMMUS

1 tomato, chopped	3 tbs fresh lemon juice
2 cups garbanzo beans, cooked and drained	1 small avocado
Fresh garlic (optional)	$\frac{1}{3}$ cup chopped sweet onion
	3 tbs tahini

Blend all ingredients, adding water as needed.

GUACAMOLE

2 very ripe avocados	1 medium-ripe tomato, peeled, and chopped
2 tbs spanish onion, finely chopped	
1 clove garlic, minced (optional)	2 stalks celery, finely chopped
$\frac{1}{2}$ red pepper, finely cut	1 tbs lime or lemon juice
$\frac{1}{2}$ green pepper, finely cut	Handful of dill, chopped

Halve the avocados, remove pits, and scoop out flesh into a glass or ceramic bowl. Mash with a fork and blend in remaining ingredients. Serves 6

SOUTHERN AVOCADO DIP

1 large avocado	$\frac{1}{2}$ medium onion, finely diced
1 large tomato, halved	1 tsp lemon juice
$\frac{1}{2}$ red pepper, finely chopped	1 tsp vegetable seasoning

Spoon out avocado and mash well. Place one-half of tomato into blender. Add lemon juice and seasoning. Liquefy. Add to mashed avocado and stir well. Add remaining diced tomato and onion. Variations may include cucumber, scallions, parsley, diced celery, dill.

AVOCADO PEAR DIP

1 medium avocado 1 pear, cut into pieces,
2 tsp lemon or orange juice or other fruit

Blend all ingredients.

EXOTIC AVOCADO MAYONNAISE

2 apples, cored Juice of half a lemon
½ cup coconut, grated 1 avocado

Blend for 30 seconds or until smooth.

COLESLAW OR SALAD DRESSING

1 cup tofu mayonnaise ¼ cup finely chopped dill —
½ tsp celery seed cucumber

Mix well and refrigerate

TOFU SOUR CREAM

3 tbs cabbage, very finely grated 2 tbs lemon juice
1 cup tofu 2 tbs oil

Marinate cabbage in lemon juice over night. Blend and add tofu and oil. Blend till creamy and smooth. Store in refrigerator.

PECAN SAUCE FOR VEGETABLES AND FRUITS

1 cup pecans, raw and unsalted 1 cup water or mild
3 tbs mellow white or mellow vegetable stock
barley miso

Combine all ingredients in a blender. This is a great substitute for cheese on broccoli, carrots, cauliflower, or green beans. Makes 1½ cups. For fruits, omit miso.

TOFU MAYONNAISE

- | | |
|-------------------|--------------|
| 1 cup tofu | ¼ cup water |
| 1 tbs lemon juice | 1 tbs tahini |
- Fresh dill, cut small, to taste.

Combine ingredients in a blender or food processor and blend on high speed. This also makes an excellent sauce for vegetables or grain dishes.

APPLE CASHEW DIP

- 1 cup unsweetened raw or cooked apple sauce
1 cup broken cashew nuts



. Blend. Use as dip for vegetables or fruit.

FRENCH DRESSING

- | | |
|-------------------------------|------------------------|
| 6 large tomatoes | 2 green onions chopped |
| ½ pound cashews or other nuts | Handful of dill |

Blend. Store in glass jar and keep refrigerated. Use quickly.

SESAME SALAD DRESSING

- | | |
|--------------------------------|--------------------------------|
| ½ cup sesame tahini | 2 tbs sesame or other seeds |
| 1 apple, cut into small pieces | 1 cup water or vegetable broth |
| 3 tbs lime juice | 2 tsp vegetable seasoning |

Blend all ingredients in blender, first on low speed, then on high for a full minute. If mixture is too thick, add more liquid. If more tartness is desired add more lime juice. Season with fresh dill if desired.

CASHEW DILL TOPPING

2 tbs fresh lemon juice	1 cup of cashews
½ cup distilled water	¼ cup fresh dill

Blend all ingredients, adding more water if needed.

SWEET AND SOUR SAUCE

4 cups water	1½ cups pineapple juice
1½ tbs garlic (optional)	2 tbs tamari
1½ tbs grated beet	1 tsp lemon rind
2 tsp tarragon	1 tsp thyme
½ cup cold water	7 tbs arrowroot flour

Combine in a pot all ingredients except the ½ cup cold water and 7 tbs arrowroot flour. Simmer for 20 minutes. Mix cold water and arrowroot flour and add to simmering mixture, stirring till it becomes thick and clear.

COCONUT SAUCE

1 cup alfalfa sprouts	½ cup lentils sprouts
2 red peppers finely chopped with seeds and core	1 cup coconut, grated
1 tbs parsley, chopped	¼ cup scallions, finely chopped

Blend for 20 seconds at low speed and use on any non-starchy salad.

NUT BUTTER

Most nuts (almonds, cashew, pecan, sweet walnuts), raw and unsalted, may be made into nut butter, just as they are, in a Champion Juicer.

NUT MILK

To make milk, use 1 cup of nuts to 2½ cups of distilled water in a blender or Champion Juicer, adding more water if the mixture is too thick.

HERB BOUQUET

Chop together ¼ cup fresh parsley with 2 green onions, 2 bay leaves, and ½ tsp of basil. Use to flavour soups, sauces, stews or to sprinkle over a salad.

HERB VINEGAR

To 1 cup of lemon juice add, ½ tsp thyme, ½ tsp savory, ½ tsp marjoram, ½ tsp basil, ½ tsp lemon peel, 1 tbs minced green onion, and ½ tsp celery seed. Mix and infuse for 20 days. Strain. Use to flavour soups and sauces.

NO-VINEGAR VINAIGRETTE DRESSING

½ cup fresh lemon juice

½ onion, chopped (optional)

½ cup grapefruit juice

Thyme, basil, dill (to taste)

Blend all ingredients and refrigerate.

SIMPLE WHITE SAUCE FOR VEGETABLES AND GRAINS

2 tbs mellow white miso

1 tbs lemon juice

3 tbs tahini

6 tbs distilled water

Mix ingredients thoroughly in a saucepan. Bring slowly to a simmer, stirring frequently for 1 minute. If too thick, add a little more water.

NO CHEESE SAUCE

4 cups water	1 cup onion
1 cup millet	2 cloves garlic (optional)
1 tsp tarragon	½ cup mochi, grated
½ cup powdered nuts	2 tbs tofu

Combine in a saucepan, water, onion, millet, garlic and tarragon. Simmer covered for 25 minutes. Blend till smooth and creamy. Return to pot and add mochi, nuts, and tofu. Stir well and simmer for 10 minutes.

EGGPLANT SALAD DRESSING

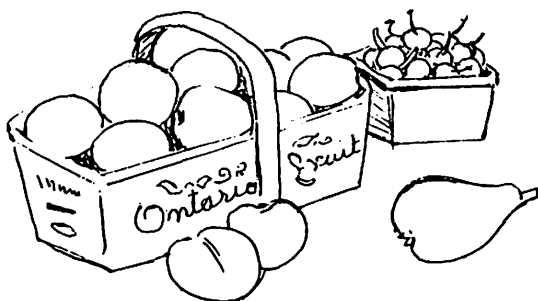
1 medium eggplant	1 tbs fresh sweet marjoram
1 tbs fresh tarragon	½ small clove garlic (optional)

Bake eggplant until soft. Cool and peel. Blend all ingredients in blender, adding 1 tbs water if necessary to make blender activate.

SEED AND NUT SPREAD

¼ cup sunflower seeds	¼ cup water
4 cups pumpkin seeds	¼ cup tahini (sesame butter)
¼ cup almonds	

Grind together seeds and nuts in coffee grinder or blender with water, and store in glass container. Makes 2 cups.



4. COOKED VEGETABLES

VARIATIONS ON A SQUASH THEME

Acorn, Butternut, or Pepper Squash

Cut in half lengthwise and bake in a 350°F oven for 20 minutes. Stuff each half with one of the mixtures below and continue baking until squash is cooked.

- | | |
|--|---|
| 1. cooked rice
grated steamed carrot, onion,
diced and sautéd in water
ginger powder
tamari to taste | 2. cooked millet
onions and celery, diced and
sautéd in water
coriander and thyme
tamari to taste |
| 3. cooked buckwheat
sautéd onions
corn
caraway powder
tamari | 4. tofu (crumbled and sautéd)
steamed peas
tarragon
tahini-miso |

ZUCCHINI STRIPS

- | | |
|------------------------|-------------------------------|
| 3 medium zucchini | Sunflower or sesame seed meal |
| ¼ cup brown rice flour | 3 tbs soymilk |

Cut lightly scraped zucchini lengthwise into eight strips. Roll strips in flour. Dip into milk. Roll in seed meal and bake 10 minutes. Serves 3.

SCALLOPED POTATOES

2 pounds potatoes	1 large onion, chopped
Avocado spread (see below)	¼ tsp grated nutmeg

Place the potatoes in a casserole. Add ⅓ cup water, cover and bake for 45 minutes at 400°F. Stir twice. Drain the potatoes and slice. Arrange a layer of potato slices over the base of a greased gratin dish and sprinkle with onion and avocado spread. Repeat layers until all potatoes, spread, and onion are used. Sprinkle with nutmeg and whole wheat bread crumbs and bake for 30 minutes in 400°F oven. If desired, brown under a broiler at end.

AVOCADO SPREAD

Chop avocado, add water, and green onions or chives, as well as dill, and blend.

SOYA NOODLES WITH VEGETABLES

1 pound soya noodles	½ tsp tamari
1 large onion, diced	½ pound fresh peas
½ pound sugar peas	1 cup shredded cabbage
1 large stalk celery, cut up	½ large green pepper
½ large red pepper	Handful of fresh dill

Break up noodles and boil for about 10 minutes. Drain. Sauté all vegetables in water and add to noodles. As a variation vegetables can be added raw directly to noodles.

CAULIFLOWER SIDE DISH

1 large cauliflower	6 tbs powdered nuts
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Steam flowerets and sprinkle nuts. Serves 6.

PROTEIN DELIGHT

3 red peppers	2 onions, chopped
3 green peppers	6 celery stalks, diced
1/3 cup almonds, blanched	1 cup fresh mushrooms, sliced
1/3 cup pecans, raw	1 tsp oregano
1 cup cashews, raw	

Blend all nuts lightly. Sauté vegetables, except peppers, in water for 5 minutes and add to nut mixture. Cut off tops from peppers, stuff with mixture, and steam for 10 minutes or cut peppers in half, stuff, and either eat raw or bake open-faced for 25 minutes in a 350°F.

BAKED CAULIFLOWER MEDLEY

2½ pounds cauliflower, cut in flowerets	1 cup fresh or frozen corn kernels
2 tbs powdered brazil nuts	1 cup soft whole wheat bread crumbs
	Green pepper sauce (see below)

Steam the cauliflower for 3 minutes and arrange in a baking dish with corn. Pour the green pepper sauce over the vegetables. Sprinkle bread crumbs on top and dot with powdered nuts. Bake in a 350°F oven until tender. Serves 4

GREEN PEPPER SAUCE

2 green peppers, thinly sliced	1 tbs dill
1/2 cup sunflower seeds	1 medium onion, chopped

Blend all ingredients in a blender with a small amount of water.

SWEET POTATO ROLLS

2 cups diced sweet potato	½ cup scallions
1 cup cabbage, grated	leaf lettuce

Steam sweet potato and scallions until tender. Mash and mix with cabbage. Spread over lettuce and make into rolls. Variation: Use winter squash or a mixture of squash and sweet potato. Cabbage may be omitted.

STEWED TOMATOES

8 ripe peeled tomatoes	1 green pepper
1 medium onion	1 tsp basil

Cut vegetables in pieces. Cook over medium heat until soft. Keep refrigerated.

Use over vegetables. This mixture is good over cubed eggplant, and baked in a 450°F oven.

CHARD SPAGHETTI

24 stalks chard	2 large tomatoes
1 small clove garlic (optional)	1 green onion, chopped
1 tbs fresh oregano, chopped fine	1 cup ground nuts

Break chard leaves from stalks and set aside. Cut stalks lengthwise and steam until tender. While chard is cooking, make sauce. Squeeze juice from tomatoes and save. Blend tomatoes and garlic in enough juice to make a thick sauce. By hand, mix in all other ingredients, saving some of the green onion for garnish. Add more tomato juice to thin, if necessary. Divide chard onto two plates. Pour on sauce and garnish with onion. Serve immediately. Note: The chard leaves can be juiced with carrot and celery and added to the left over tomato juice for a nutritious drink.

GLAZED CARROTS

4 cups carrots, diced
2 tbs water
½ cup water
1 tbs apple juice

1 medium onion, diced small
Tamari
1 tsp arrowroot flour

Sauté vegetables in covered skillet with 2 tbs water. Stir add tamari lightly while sautéing. Combine other water, arrowroot, and apple juice. When carrots are tender, add arrowroot mixture and stir till thickened. Simmer one minute and serve.

SUMMER CARROTS WITH PUMPKIN

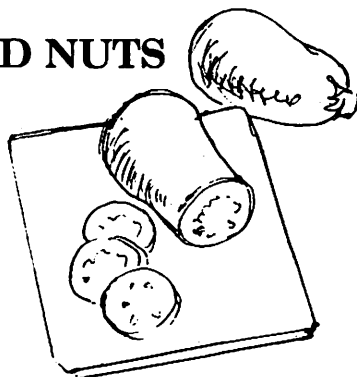
1 pound small carrots, cubed
1 pound pumpkin, cubed

3 tbs water
1½ tsp dill seed and dill leaves

Put the carrots and pumpkin in a pan with water and sauté for about 10 minutes. If necessary add water. Garnish with dill. Can be blended also.

EGGPLANT AND NUTS

1 eggplant
¼ cup safflower oil
Pine nuts or slivered almonds
1 tbs sesame seeds
1 tbs minced onion
1 tbs potato flour



Cut eggplant into ½-inch slices. Place in a shallow oiled baking dish. Bake at 375°F about 15 minutes. Turn once. Combine remaining ingredients except nuts. Spread evenly on eggplant slices. Top with nuts. Broil about 6 inches from the heat until topping is slightly browned. Serves 5 with two slices each.

STUFFED GREEN PEPPERS

3 cups precooked millet	3 cups precooked rice
2 medium onions, diced	10 stalks celery, diced
3 cloves garlic, diced (optional)	1 pound mushrooms, sliced
1 tsp basil	½ tsp oregano
½ tsp thyme	6 peppers
Sauce of choice	

Sauté in water onions, celery, garlic, and mushrooms. Add to grains. Add basil, oregano, and thyme. Stuff each pepper with this mixture. Place upright in casserole dish and pour sauce around them. Cover and bake in a 375°F oven for ¾ hours.

VEGETABLE AND LETTUCE PURÉE

1 cup fresh peas or carrots	6 small leaves of lettuce
½ cup vegetables broth or water	1 tbs ground nuts

Steam peas for 15 minutes and add lettuce for 2 minutes. Blend in blender and add rest of ingredients.

BAKED EGGPLANT

1 medium eggplant	1 tbs minced onion
1 tbs lemon juice	Powered almonds

Cut eggplant into ½-inch slices. Combine powdered almonds, onion and lemon juice. Dip eggplant into mixture, coating both sides. Place in a lightly greased ovenproof casserole. Bake at 400°F for 15 minutes, turning once. Sprinkle more powdered almonds on top. Place under broiler until lightly browned. Serves 5 with two slices each. Variation: Sliced tomato, round of onion and of pepper may be added on each slice.

STUFFED ZUCCHINI

2 zucchini or marrow, 6-inches long
¼ cup peas, fresh or frozen
½ cup whole wheat bread crumbs
¼ tsp parsley flakes
¼ cup carrot, diced
Pinch of garlic powder
¼ cup mushrooms, diced
½ tsp quick-sip
2 tbs powdered brazil nuts



Cut unpeeled zucchini in half lengthwise. Steam for 5 minutes. Scoop out seeds and some of the pulp. Steam pulp, carrots, peas, and garlic until tender. Mix crumbs, mushrooms, seasoning, and parsley flakes together. Add to steamed mixture. Stir well. Stuff zucchini shells. Sprinkle with powdered brazil nuts. Bake in 350°F oven for 20 minutes. Serves 2.

SMORGASBORD POTATOES

1½ pounds small potatoes ⅓ cup chopped dill leaves
Water ⅓ cup chopped parsley

Steam potatoes until done. Chop dill and parsley very fine and mix together. Roll potatoes in mixture. Serves 4.

SPINACH WITH CASHEWS

1½ pounds fresh spinach ½ cup cashew nuts, chopped

Wash the spinach but do not dry. Steam for 1 minute. Pour the spinach into a colander and drain. Transfer to warmed serving dish. Sprinkle with chopped cashew nuts. Serve.

STUFFED MUSHROOMS WITH RADISH ROSES

1 dozen mushroom tops

Tofu/almond dressing

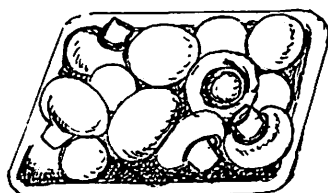
½ cup alfalfa sprouts

Celery sticks

Radish roses

Steam mushroom and stuff with dressing. Serve over sprouts and decorate with celery and radishes.

STEAMED BRUSSEL SPROUTS AND MUSHROOMS



30 brussel sprouts

½ onion, cut up

20 mushrooms

¼ cup lemon juice

Trim sprouts. Steam for 15 minutes. Steam mushrooms separately for 10 minutes. Add onion and lemon to combined vegetables and steam for 5 minutes more. Serves 6

SPINACH IN JACKETS

4 potatoes, about ½ pound each

1½ cups spinach, chopped

Fresh herbs to season

1 garlic clove, crushed (optional)

1 avocado, mashed

Pinch of nutmeg

Prick the potatoes well with a fork and bake for one hour in a 400°F oven. Steam the spinach for 1 minute. Add garlic, avocado, seasonings, and nutmeg to the spinach. Cut the potatoes in half lengthwise and scoop out the flesh. Mix with the spinach. Pile the mixture into the potato shells. Return the potatoes to the baking sheet and brown under a pre-heated broiler. Serves 4.

FLAVORED CARROTS

6 medium carrots, diced 4 medium leeks
2 medium unpeeled potatoes, diced ¼ cup chopped fresh dill

Clean leeks, discarding tough parts. Slice white and tender green parts in half lengthwise. Cut crosswise into ½-inch thick slices.

Place carrots and potatoes in steamer over boiling water. Cover and steam for 5 minutes or until nearly tender-crisp. Add leeks and steam another 5 minutes. Transfer to a warmed serving dish and toss with dill. May be eaten cold. Serves 6.

ZUCCHINI STEW

Place sliced zucchini in sauce pan with tomatoes, onions, okra, green pepper, celery and cook until tender.

POTATO STEW

¼ cup leeks, finely chopped 1 tbs parsley, finely chopped
4 potatoes, diced 1 cup water
1 tbs arrowroot 1 stalk celery, finely chopped
1 large carrot, thinly sliced 1 green pepper, diced

Put all ingredients into a pot and simmer for 40 minutes.

BAKED EGGPLANT PURÉE

1 eggplant 3 green onions, cut fine
¼ green pepper, chopped ¼ red pepper, chopped
2 stalks celery, finely chopped

Pierce eggplant well and bake at 400°F for 1 hour. Peel and mash. Cool. Add other vegetables and serve on lettuce leaf with slice of red pepper and tomato as garnish.

COLOURFUL STEAMED VEGETABLES

1 large butternut squash, cubed 1 pound broad beans, left whole

Steam together for 10 minutes. This is a good colour combination and very tasty. With a large salad, it makes a complete meal.

NO-FAT FRIED ONIONS

5 onions peeled 1 tbs water

Finely chop 1 onion and slice the others. Place chopped onion in a stainless steel pan and set over low heat. Stirring occasionally, cook until caramel-coloured. Add water, sliced onions, then stir until they are mixed well and bottom of pan is cleaned. Cover and let steam 8 minutes over low heat, or until onions are transparent but still have their texture. Serve with salad and baked potatoes for a perfect vegetarian lunch. Serves 4.

EGGPLANT APPETIZER

½ cup sesame seeds	2 tbs lemon juice
1 tbs distilled water	1 small onion, minced
1 medium eggplant	½ green pepper, diced
2 cloves garlic, minced (optional)	Parsley, chopped, to taste

Process sesame seeds with water in a blender until it forms a paste. Bake pierced eggplant in a preheated 400°F oven for 50 minutes. Cool, skin, and mash. Add sesame seed paste, lemon juice, garlic, and green pepper, mixing thoroughly. Sprinkle with onion and parsley and serve with pita bread. Serves 6 to 8.

MUSHROOM SIDEDISH

8 ounces small button mushrooms
 5 tbs water
 1 tsp onion, finely chopped
 5 tbs lemon juice
 1 bay leaf
 Pinch of thyme, coriander, fennel



Simmer all ingredients except mushrooms for 5 minutes. Cut mushrooms or leave whole. Add to saucepan and simmer for 5 more minutes.

LEMONY ASPARAGUS

1 pound asparagus trimmed	2 tbs lemon juice
Slivered almonds	Water

Steam asparagus until still crisp. Mix lemon juice, water and almonds and blend in blender. Pour over asparagus. Sprinkle slivered almonds on top.

ORIENTAL DREAM

2 tbs water	1 small clove garlic, minced (optional)
Fresh ginger, small piece, minced	¼ head cauliflower, cut fine
1 cup diced celery	1 cup fresh or frozen snow peas
1 cup soaked, sliced dried black mushrooms, (or fresh)	1 red pepper, diced
	1 can waterpack sliced water chestnuts
	1 cup mung bean sprouts

Heat water in a heavy stainless steel skillet or a wok. Add ingredients, ending up with snow peas and sprouts. Season lightly with vegetable seasoning or tamari. Serve over rice. Serve with raw green leafy vegetables. Note: Walnuts may be substituted for almonds.

ITALIAN FENNEL AND TOMATO

3 large heads of fennel	2 medium onions, chopped
1 garlic clove, chopped (optional)	1 pound tomatoes, chopped
Juice of 1 lemon	Pinch of thyme

Cut fennel into quarters. Steam for 10 minutes and drain very well. Sauté onions and garlic in water until soft. Add fennel and stir well over low heat. Add tomatoes, and then lemon juice and thyme. Stir well, cover, and simmer for 1 hour.

VEGETABLE DELIGHT

2 cups carrots, grated	2 cups zucchini, grated
2 medium onions, diced	2 cups peas

Sauté onions in water. When they are half cooked, add carrots and zucchini. Add a little water, cover, and simmer. Steam peas. When carrots are tender, add peas. Serve.

As a variation, prepare half the quantity of all ingredients. Boil 3 cups water, add 1 cup elbow noodles, and cook. Drain noodles. Add cooked vegetables and serve.

STRING BEAN PATÉ

String Beans	Almonds
Onions	Mushrooms

Wash and steam string beans. At the same time, steam lots of onions, and mushrooms. When both are tender, place in a wooden bowl and chop finely with a round bladed chopper or use cuisinart. Use a blender to chop almonds. Add almonds to mixture and cool. Serve with raw green leafy vegetables. Note: Walnuts may be substituted for almonds.

CAULIFLOWER-CASHEW DISH

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|----------------------------------|--------------------------------|
| 1 head cauliflower | 2 broccoli stalks with florets |
| 4 ounces fresh cashew nut butter | 4 ounces tofu/almond dressing |
| Alfalfa sprouts | |

Steam the cauliflower and broccoli till tender. Then break them into flowerettes. Place them in a serving dish with alfalfa sprouts and pour nut butter over top of them. Serve with any tofu or nut dressing.

TOFU-EGGPLANT COMBO

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|--------------------------------|---------------------------------|
| 1 eggplant, coarsely diced | 1 tsp sea dulse, finely chopped |
| 6 mushrooms, sliced | ½ cup scallions, finely chopped |
| ½ cup celery, finely chopped | 1 red pepper, coarsely chopped |
| 2 ounces tofu, coarsely mashed | 6 whole okra |

Lightly simmer for 20 minutes all ingredients except the tofu. Spread the 2 ounces of tofu on a platter and spread mixture over it.

SAUTÉED MUSHROOMS

- | | |
|------------------------------------|--------------------------------|
| 4 tbs water | ¼ cup chopped fresh parsley |
| 1 pound mushrooms, sliced | ¼ cup whole wheat bread crumbs |
| 2 cloves garlic, mashed (optional) | 1 tbs brown sesame seeds |
| 1 tbs lemon juice | |

Heat water in a large frying pan. Toss mushrooms in water over high heat until the moisture is evaporated and they are slightly coloured. Mix garlic and parsley and add to mushrooms. Stir about 2 minutes. Combine crumbs and seeds. Stir into mushrooms until well blended and crumbs are slightly toasted. Sprinkle on the lemon juice.

WHITE TURNIP BAKE

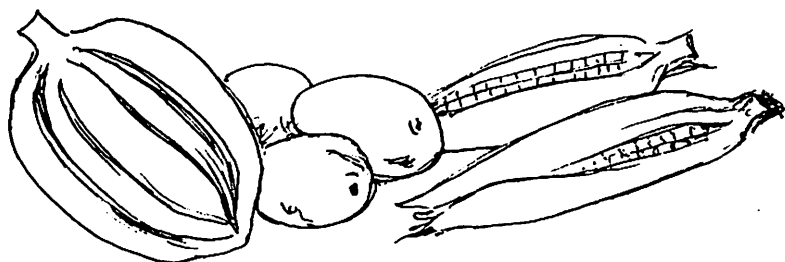
2 cups white turnips, chopped	2 tbs arrowroot
1 cup water	1 tbs molasses
¼ cup ground almonds	

Boil turnips in water until soft. Drain and reserve the liquid. Mash the turnips and add cooking liquid, ground almonds, molasses, and arrowroot and mix well. Preheat oven to 350°F and pour mixture into a greased shallow ovenproof dish. Bake about 30 minutes. Serves 4.

TOMATO GREEN BEAN SIDE DISH

1 pound green beans, trimmed	1 tbs arrowroot
1 small onion, chopped	1 tsp, tamari
2 tsp garlic, minced (optional)	6 tomatoes, diced

Steam green beans for 5 minutes. In a medium sacean, sauté onion (and garlic) in water for about 3 minutes. Stir in arrowroot and tamari, and cook for 1 minute. Add tomatoes and green beans, mixing well. Cook, stirring, over medium heat for about 4 minutes. Serves 4.



5. CASSEROLES

BLACK BEAN ENTREE

2 cups dried rinsed black beans	2 bay leaves
4 cups water (distilled)	¼ tsp oregano
2 large onions, chopped	¼ tsp thyme
1 large green pepper, chopped	3 tbs lemon juice
1 tbs garlic, minced (optional)	½ tsp Quick-sip

Cover beans with distilled water, and soak overnight at room temperature. Drain beans, place in a large saucepan, and add water. Bring to a boil, reduce heat, cover, and simmer 30 minutes. Add all other ingredients except lemon juice, and simmer 1 hour. Check after 40 minutes, adding more water if necessary. Stir in lemon juice and simmer another minute. Before serving, remove bay leaves. Serves 6 to 8.

BAKED LIMA BEANS WITH TOMATOES

1 pound large dry lima beans	1 tsp ground ginger
2 quarts water	¼ cup safflower oil
¼ tsp thyme	½ cup molasses
¼ tsp dried parsley	3 medium tomatoes, chopped

Soak rinsed beans overnight in the water. Bring to a boil and simmer, covered, for 30 minutes. Drain, reserving 1½ cups of liquid. Place beans in a 2½ - 3 quart casserole or bean pot. Mix remaining ingredients including reserved liquid. Pour over beans. Bake at 350°F for 1½ hours or until beans are cooked and liquid is absorbed. Serves 6.

BROCCOLI CASSEROLE

2 bunches broccoli	2 medium onions, sliced
½ pound mushrooms, sliced	3 cloves garlic (optional)
Tamari	Powdered sesame or sunflower seeds

Trim bottom ends of the broccoli. Slice lengthwise so that bottom of the stalks are not thicker than half an inch. Arrange in an oiled casserole dish two layers thick. Sauté onions and mushrooms in water and arrange with slivered garlic evenly on top of the broccoli. Add a half-inch of water and sprinkle with tamari and powdered seeds. Cover and bake for 35 minutes.

This same recipe may be applied to cauliflower in flowerettes, carrots, quartered lengthwise, and brussel sprouts halved, or potatoes in 1-inch cubes and snow peas, whole.

CARROT-PARSNIP CASSEROLE

2 cups grated carrot	1 cup diced onion
2 tsp quick sip	4 tbs parsley, chopped
2 cups parsnips, grated	4 tbs raw tahini

Mix well. Cover and bake 20 minutes in 350°F oven.

YAM CARROT CASSEROLE

3 medium yams or sweet potatoes	¼ tsp cinnamon
½ cup carrot juice	¼ tsp nutmeg
½ cup whole wheat bread crumbs	½ cup grated carrots

Grind the potatoes. Add juice, spices, and carrots. Place in a well-greased casserole. Bake at 325°F uncovered for 1 hour. Sprinkle top with bread crumbs. Serves 4.

GLADYS AARON'S POTATO VEGETABLE KUGEL

5 - 6 potatoes	3 medium onions
6 carrots	2 stalks celery
5 - 6 medium zucchini	1 mashed avocado

Use food processor with grating blade to grate all ingredients and mix well. Place in well-oiled baking dish and bake 45 minutes at 375°F. Cover for first 20 minutes.

LIMA BEAN LOAF

1 cup lima beans	½ cup wheat kernels
4 cups water	1 stalk celery, finely chopped
½ cup scallions, finely chopped	1 red pepper finely chopped
1 tsp sea dulse, finely chopped	(with seeds and core removed)
1 tbs arrowroot	

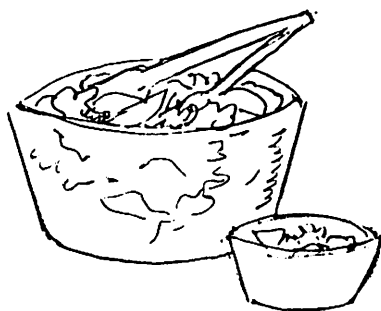
Soak beans and wheat in water for 24 hours. Steam for 15 minutes. Put into baking dish and mix with other ingredients. Bake in a 350°F oven for 30 minutes.

MILLET CASSEROLE

1 cup millet	1 cup mushrooms, sliced
1 cup onion, diced	½ cup celery, diced
⅓ cup green pepper, diced	1 cup carrot, diced
4 cups water	3 tbs tamari
5 cloves garlic, crushed (optional)	2 tbs basil
2 tbs dried parsley	2 tbs oregano

Mix all ingredients in a large casserole and bake slowly in a 250°F oven for 4 hours. For variety, add any other vegetable desired.

BAKED CAULIFLOWER



- 1 large cauliflower, in flowerettes
- ¼ cup gomasio
- 1½ cup water
- 2 cups whole wheat bread crumbs
- 1 cup soy cheese
- ½ cup precooked millet

Steam cauliflower until almost cooked. Mix bread crumbs, soy cheese, and gomasio. Make a sauce of water, and millet in a blender. Grease a casserole dish. Spread half of bread crumb mixture in the casserole. Arrange cauliflower and pour sauce evenly over it. Sprinkle on rest of the crumb mixture. Bake for 20 minutes in a 375°F oven.

SWEET AND SOUR LENTILS

- | | |
|--------------------------------|--|
| 1 pound green/brown lentils | 1 bay leaf |
| 5 cups of water | 2 tsp Vegit (optional) |
| 1 - 2 onions sliced | 2 tbs arrowroot |
| ¼ cup apple juice | ¼ cup lemon juice |
| 1 tsp garlic powder (optional) | 2 - 4 tbs Engevita Yeast
(optional) |
| ½ tsp ginger | 1 tbs tamari |
| ¼ cup carmella | |

Bring lentils to boil in water, with bay leaf and Vegit. Cover tightly and reduce heat. Simmer 30 minutes. Do not drain but discard bayleaf. Meanwhile sauté onions in water until transparent, stir in arrowroot, and gradually add apple and lemon juice. Stir in the other seasonings. Mix the honey and tamari well and stir into sauce. Pour the mixture over lentils in a casserole dish. Bake 30 minutes at 300°F. Sesame seeds may be sprinkled on top.

POTATO CASSEROLE

4 large boiled potatoes
2 large onions, sliced

¼ cup seasoned whole wheat
bread crumbs

Slice the boiled potatoes. Sauté onion in water. Fill oiled casserole, alternating layers of potatoes and onions, with a top layer of potatoes, and sprinkle top with bread crumbs. Bake in a 400°F oven for 30 minutes. Serves 4.

LENTIL LOAF

2 cups cooked lentils (Soak overnight
in distilled water and
precook for ½ hour.)

1 cup cooked brown rice

½ cup chopped green peppers

½ cup chopped onion (if tolerated)

¼ cup chopped celery

½ cup grated carrot

3 tbs minced parsley

½ cup soft whole grain bread crumbs

1 tsp basil

½ tsp oregano

¼ tsp marjoram

Combine all ingredients in large mixing bowl. Turn into lightly oiled casserole dish. Bake in preheated 350°F oven for 45 minutes.

LENTIL CASSEROLE

2 cups brown lentils

2 onions, chopped

3 cups distilled water

6 celery stalks, diced

6 - 8 snow peas

1½ cups grated carrots

1 potato, diced

1 tsp tamari sauce

Boil lentils and onions for 45 minutes. Sauté all other ingredients (except snow peas) in a little water for 10 minutes. Add to cooked lentils. Place in casserole dish, decorate with snow peas. Bake at 300°F for 20 minutes.

LENTIL CASHEW LOAF

1 cup lentils	3 cups water
¼ cup scallions, finely chopped	1 cup mung bean sprouts, chopped coarsely
½ cup chopped cashews	1 cup okra, coarsely chopped
1 stalk celery, finely chopped	1 yellow summer squash, diced

Soak lentils in water for 24 hours. Steam lentils for 10 minutes. Mix in all others ingredients and bake in a 350°F oven for ½ an hour.

CAULIFLOWER CASSEROLE

1 large cauliflower	3 red peppers
4 slices whole wheat bread, toasted	½ cup celery, finely chopped
	¼ cup scallions, finely chopped

Break cauliflower into flowerettes and steam. Blend the peppers, core and seeds included, with the bread which has been broken into crumbs. Place all ingredients in a baking dish, mix well, and bake for ½ an hour at 400°F.

LENTIL AND RICE CASSEROLE

½ cup raw red or brown lentils	¼ cup uncooked rice
1¼ cup vegetable stock	2 tbs onion, chopped

In a skillet, sauté onion in water until lightly cooked. Stir in lentils and rice and continue stirring until they are well mixed. Sauté gently for about a minute. Put in a casserole, pour stock over, and bake uncovered in a 350°F oven for 45 minutes or until liquid is absorbed. Serve with a tossed salad. Make 2 servings.

ZUCCHINI LOAF

1 zucchini, grated	1 onion, chopped
4 medium tomatoes, chopped	1 tbs green pepper, chopped
1 tbs red pepper, chopped	1 clove garlic, chopped (optional)
½ tsp basil	½ tsp oregano
½ tsp parsley	¼ tsp thyme
2 cups whole wheat bread crumbs	¼ cup wheat germ
⅓ tbs arrowroot	¼ cup ground almonds (optional)

Put ¼ cup water into a skillet and heat. Simmer all ingredients, except crumbs, wheat germ, almonds and arrowroot. Add vegetables to dry ingredients and press into an oiled pan. Sprinkle more crumbs on top. Bake in a 400°F oven for three quarters of an hour.

BUTTERNUT SQUASH CASSEROLE

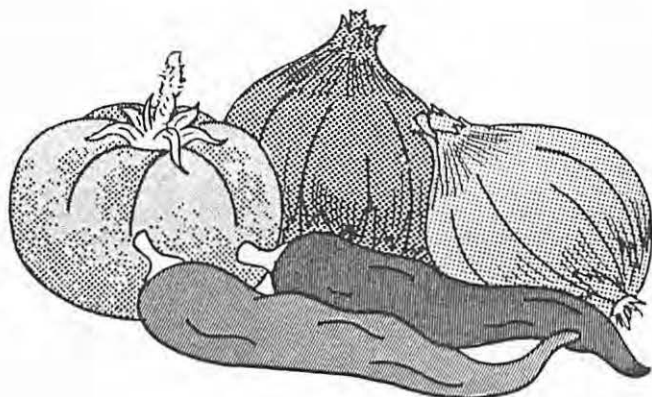
5 cups butternut squash, grated	½ tsp cinnamon
⅓ chopped moist, dried apricots	⅛ tsp nutmeg
1 cup white raisins	½ cup apple juice mixed with 1½ tbs rice or potato flour
2 medium apples, pared, cored and chopped	Chopped sunflower seeds or nuts

Combine squash with apple juice, flour, and seasonings in bowl. Combine apricots, raisins, and apple in another bowl. Put two thirds of the squash mixture into a greased 9-inch casserole. Spread evenly. Top with the fruit mixture. Add remaining squash. Spread evenly. Top with chopped sunflower seeds or nuts. Cover and bake at 400°F for 30 minutes. Serves 12.

ZUCCHINI CASSEROLE

1 onion, diced	1 cup celery, diced
1 clove garlic, minced (optional)	2 zucchini sliced
1 green pepper, diced	3 carrots, grated
½ cup whole wheat bread crumbs	½ cup powdered nuts

Sauté onion, celery, and garlic in water until limp. Add the zucchini, carrots, and green pepper and brown lightly. Place in a casserole and sprinkle with bread crumbs and nuts. Bake in a 350°F oven for 30 minutes. Serves 4.



BARLEY CASSEROLE

1½ cups barley	½ tsp oregano or basil
3½ cups water	wheat germ
1 onion chopped	½ green pepper, chopped

Place all ingredients except wheat germ in covered, oiled baking dish and bake in a 375°F oven for 45 minutes. Remove from oven, and if too dry, add water. Then bake for another 15 minutes. Sprinkle wheat germ on top. Serves 6.

CARROT-LENTIL LOAF

1 cup rinsed lentils	½ cup raw sunflower seeds
3½ cups water	¼ tsp sweet basil
2 cups grated carrots	¼ tsp ground coriander
½ cup chopped celery	1 tbs chopped fresh parsley
¼ cup chopped green pepper	2 tbs brown rice flour
½ cup chopped onion	½ cup vegetable stock
3 tbs water	1 cup cooked brown rice
1 cup cooked green peas (optional)	Sesame seeds
1 cup whole wheat bread crumbs	1 tsp Quick-Sip

Cook lentils in the water until tender, about 1 hour. If water is not absorbed, drain off and retain ½ cup. Sauté carrot, celery, pepper, and onion in water. Mix with the lentils, rice, peas; crumbs, sunflower seeds, herbs, and parsley. Stir flour into the ½ cup liquid. Add Quick-Sip. Combine with lentil mixture. Mix thoroughly. Spoon into a well-greased casserole or loaf pan. Sprinkle generously with sesame seeds. Cover and bake at 350°F for 30 minutes. Uncover and bake 10 minutes longer.

CASHEW LOAF

2 cups raw, unsalted cashews	2 red onions, diced
3 celery stalks, diced	1 tsp tamari sauce
3 cups whole wheat bread crumbs	Water sufficient to dampen mixture
1 red or green pepper, diced	

Sauté onions in water, and add tamari sauce. Place remaining ingredients in a bowl and add onion and tamari. Bake in lightly oiled loaf dish of 1 hour at 350°F.

SOY CASSEROLE

1 cup soybeans	2 parsnips, grated
2 stalks celery chopped	4 tomatoes, diced
3 medium carrots grated	¼ green pepper, chopped
10 mushrooms, sliced	2 tbs tamari
¼ tsp sweet basil	½ onion chopped

Soak soybeans overnight. Discard water. Add 2½ cups water and cook for two hours on medium-low heat. Use 2 cups cooked soybeans in recipe. Sauté the vegetables in water. Add to cooked soybeans. Add remaining ingredients. Blend well. Spoon into a greased casserole. Bake at 350°F for 40 minutes. Serve with a large fresh vegetable salad and fresh peas.

SQUASH CASSEROLE

3 cups cubed butter- nut squash	½ cup fresh apple juice
1 cup diced carrots	½ tsp cinnamon (optional)
	1 cup cubed pears

Combine ingredients and place in an 8 x 8-inch casserole or baking dish. Bake, uncovered, in a preheated 350°F oven for one hour. Serves 4.

ZUCCHINI-RICE CASSEROLE

2 pounds zucchini	1½ cups cooked brown rice
1 large onion, minced	½ tsp thyme
1 cup soy milk (or more)	1 cup nuts, grated

Grate zucchini. Simmer onion in water about 5 minutes. Add zucchini and toss about 2 minutes. Add soymilk. Mix together rice, thyme, and ¾ cup of the nuts. Pour mixture into oiled baking dish. Sprinkle balance of the nuts. Bake at 400°F for 45 minutes. Serves 4.

EGGPLANT CASSEROLE

2 medium eggplants, cut
in ½ inch slices

Spanish Sauce (see below)
1 cup ground cashews

Prepare Spanish Sauce in advance. Broil eggplant slices until barely brown (5 to 10 minutes). In a casserole, put layers of sauce, eggplant slices, and cashews, ending with a final layer of sauce and a light sprinkling of cashews.

Brown under broiler briefly and then bake for 10 minutes in a 375°F oven. The final result should be crumbly, with little or no liquid, and eggplant not mushy. Serves 4.

SPANISH SAUCE

4 - 5 medium tomatoes,
peeled and sliced

1 onion diced

1 red pepper, diced

1 cup homemade tomato sauce
or juice

1 cup celery, diced

1 tbs parsley, chopped

Combine all ingredients and cook gently for 30 minutes. Add up to ¼ cup of water if necessary.

SPINACH LOAF

1 cup cooked brown rice

1 cup celery stalks and
leaves, chopped

2 cups cooked spinach
wheat germ

Chop spinach and add other items. Pour into greased loaf pan. Sprinkle with wheat germ. Bake at 400°F for 30 minutes. Swiss chard can be substituted. Serves 2.

FARMER'S TOAST

2 ears of corn	½ cup hot water
1 tbs arrowroot	2 tbs parsley, chopped
¼ cup scallions, finely chopped	Toasted bread, whole grain

Steam corn and remove kernels. Blend with hot water and other ingredients and spread over toast.

REAPER'S HARVEST

Corn as for Farmer's Toast	Celery and parsley, finely chopped
Potatoes, sliced thin	Celery, carrots, leeks, parsley chopped fine and mixed

Prepare Farmer's Toast recipe. In a baking dish place finely chopped celery and parsley. Then place a layer of sliced potatoes, a layer of mixed celery, carrots, leeks and parsley, followed by another layer of potatoes. Pour Farmer's Toast corn over it all and bake for 1 hour at 350°F.



6. LEGUMES AND TOFU

SOYBEANS

Place dried soybeans in bowl. Cover with water and let stand overnight. One cup of beans will yield 3 cups cooked. Drain beans after soaking, rinse, and cover with 4 cups of water for each cup of beans. Bring to a boil in covered pot. Lower heat and simmer for 2½ hours. Add seasoning.

BAKED SOYBEANS

½ cup green pepper, chopped	¼ cup onion, chopped
Water to sauté vegetables	1 pound cooked soybeans (with cooking water reserved)
¾ cup tomato sauce	6 sliced carrots
½ tsp kelp	

Sauté green pepper and onions in water until tender. Combine soybeans, cooking water, sautéed vegetables, tomato, kelp and carrots in casserole and bake 1½ hours at 350°F stirring occasionally

TOFU FALAFELS

2 cups uncooked brown rice	4 cups water
2 tbs tamari	2 cups ground almonds
2 pounds tofu, mashed	2 cups wheat germ

Cook rice in water (45 minutes). Mix with other ingredients to form into small, flattened patties. Bake or fry on greaseless pan and serve in pitas with cucumber, lettuce, grated carrot, and sprouts.

CHICK PEA, BEAN, OR SEED SPROUTS

1 wide-mouthed jar	2 cups chick peas, rinsed
1 square of cheese cloth large enough to cover jar mouth	Distilled water
	1 elastic band

Place chick peas in jar. Put cloth on top of jar and secure with elastic. Fill jar with distilled water and leave for 8 hours. Drain, rinse well, and drain again. (Save all drained water for plants.) Store jar in refrigerator after first signs of growth. Rinse and drain twice daily. Sprouts take up to a week to grow. Remove cheese cloth and cover jar for storage.

SOY MILK

4 cups water	1 cup soy powder
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Mix and let stand for two hours. Bring to boil in a large pot, stirring constantly. Cool, and strain soy milk through a cheesecloth. Refrigerate. Shake well before serving.

CHICK PEA SALAD

1 pound chick peas	1 medium onion, chopped fine
1 garlic clove, crushed (optional)	3 tbs fresh parsley, chopped
1 tbs lemon juice	

Soak chick peas overnight in cold water. Drain and place in a saucepan, covered with water 2 inches over chick peas. Bring to boil, skim, and simmer for 45 minutes. Mix onion with garlic, oil, and lemon juice. Drain chick peas and toss in dressing. Let stand until cold. Sprinkle with parsley.

GARBONZO (CHICK PEAS) BALLS OR PATTIES

2 cups of chick peas	1 medium onion
1 tsp oregano	½ tsp thyme
½ cup unbleached flour	2 cloves garlic (optional)
2 cups whole wheat bread crumbs	1 cup water

Wash and soak chick peas in a bowl for about two hours. Cook until tender and then drain. Chop and blend vegetables and spices. Slowly add chick peas and continue to blend at medium speed. When all chick peas are smooth, turn into a mixing speed. Add flour and bread crumbs and mix by hand. Roll into balls and place on a greased baking sheet. Bake at a 300°F oven for 20 minutes.

LENTIL OR SPLIT PEA STEW

1 cup lentils or split peas	2 cups water
1 onion	5 stalks celery
4 tomatoes	3 sliced carrots

Soak lentils in water for 2 hours. Add remaining ingredients and cook until lentils are tender. Blend to make sauce.

TOFU DRESSING

6 ounce soft tofu	2 tsp ground coriander
2 cloves garlic, minced (optional)	½ cup finely chopped fresh parsley
4 tbs lemon juice	
1 tbs safflower oil	1 tbs tamari sauce

Process tofu in a blender or food processor until smooth and creamy. Blend in remaining ingredients. Store in a covered jar in refrigerator.

TOFU LOAF

4 cups bulghur	8 cups water
4 pounds tofu	6 - 8 cups whole wheat flour
8 tbs powdered brazil nuts	Sauce of your choice

Boil the water. Add bulghur and simmer with lid ajar for 10 minutes. Meanwhile, mash the tofu and add brazil nuts and sauce. Mix with cooked bulghur and add flour. Put in loaf pan and bake in a 350°F oven for 40 minutes. Serve on sesame seed buns with cucumbers, lettuce. Serves 10.

APPLE TOFU

4 apples	1 tbs fresh lemon juice
½ cup chopped dates	½ cup tofu
chopped nuts	

Core apples and shred. Blend in lemon juice and dates. Fold in tofu. Serve, topped with chopped nuts. Serves 4.

HARICOT BEAN SALAD

8 ounces dried haricot beans	2 medium onions
2 garlic cloves, crushed (optional)	1 bay leaf
Pinch of thyme	2 tsp concentrated tomato purée
Juice of 1 lemon	2 tbs fresh parsley, chopped

Soak beans in water overnight and drain. In a pan, put beans, onion, garlic, bay leaf, thyme, and purée. Add enough boiling water to cover the beans by one inch. Simmer for 2 hours. The water should be absorbed. Stir in lemon juice. Slice the remaining onion thinly and place on top of salad with garnish of parsley.

TOFU WHIP CREAM

1 cup of tofu
3 - 4 tbs water
½ tsp vanilla

1 tbs Carmella
½ tsp lemon juice

Crumble in blender the tofu, add the other ingredients and blend, using water carefully according to required thickness.

TOFU CAROB PUDDING

3 cups water
½ cup carob powder
2 tsp lemon juice

4 tbs agar agar
½ cup Carmella
2 nine ounce cubes of tofu

Simmer in a saucepan for 10 minutes, the water, agar agar, and carob powder. Remove from heat and add Carmella and lemon juice. Blend half the agar mix with 1 cube of tofu. Repeat and pour into bowls. Top with Tofu Whip Cream and chill.

TOFU-STRAWBERRY OR PINEAPPLE PUDDING

4 cups strawberries,
or crushed pineapple

5 tbs agar agar

1 cup water or apple juice

½ cup Carmella

2 nine ounce cubes of tofu

Blend fruit; add ¼ cup water if needed. Pour into a bowl. Boil apple juice, agar agar, and Carmella and simmer approximately 10 minutes. Add blended fruit to agar mixture. Stir. Liquify in blender 1 cube of tofu and half of fruit mixture. Pour pudding into bowls and repeat with another cube of tofu and the remaining mix. Chill.

LEMONY BEANS

1 pound fresh or frozen fava
beans, hulled

Fresh marjoram to taste
1 tbs lemon juice and rind

Boil beans till tender. Beans become tough in texture if overcooked. Season with marjoram and toss with lemon juice and rind.

TOFU DELUXE

1 large cake soft curd tofu
½ cup onion, thinly sliced
¼ green pepper, thinly sliced
1 tsp dill

½ cup mushrooms, thinly sliced
2 tbs celery, finely diced
1 tbs water
1 tbs Quick-Sip

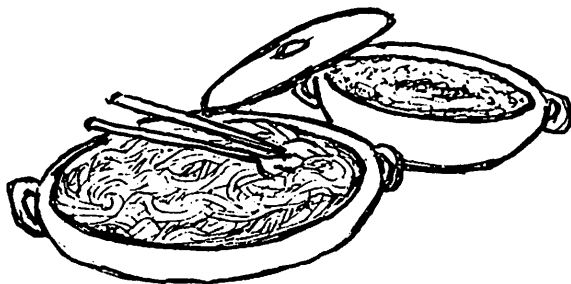
Sauté vegetables in water. Add tofu, crumbled. Heat, tossing gently while heating. Add dill. Add a sauce of your choice.

TOFU ORANGE PUDDING

6 cups fresh orange juice
2 tsp vanilla

6 tbs agar agar
2 nine ounce cubes of tofu

Combine in a saucepan and simmer for 10 minutes the orange juice, agar agar and vanilla. Blend 1 cube at a time with half of the mixture. Pour into bowls. Repeat with other half. Top with mandarin orange slices. Chill.



7. SOUPS

BASIC VEGETABLE BROTH

2 tomatoes, peeled and cut	3 stalks celery diced
1 small zucchini in slices	½ green pepper chopped
1 large carrot diced	1 tbs parsley, chopped
1 medium potato cubed	1 cup green beans sliced
2 parsnips diced	6 - 8 basil leaves
2 medium onions chopped coarsely	

Place all prepared vegetables (except green beans) in a large pot with tight-fitting lid. Cover vegetables with distilled water and add one more cup. Bring to boil. Cook covered 5 minutes. Add green beans and cook covered 5 more minutes. Remove from heat, keep covered, let stand 10 minutes. Pour off the broth and drink or use as a base for vegetarian soups. The discarded vegetables may also be used for soup.

MINISTRONI

½ cup chick peas	½ cup kidney beans
10 cups water	1 cup onion, diced
½ cup carrot, diced	½ cup celery, sliced
½ cup cabbage, chopped	½ cup whole wheat noodles
8 fresh tomatoes	2 cloves garlic (optional)
1 tbs basil or oregano	

Soak peas and beans overnight. Bring water to boil and add drained peas and beans. Simmer covered for 50 minutes. Add other ingredients and simmer till cooked. Partially blend for thicker soup.

ZUCCHINI WATERCRESS AND PEA VICHYSOISE

4 small zucchini, sliced	3½ cups vegetable stock
1 large potato diced	½ cup watercress leaves
1 medium onion, chopped	½ cup raw peas

In saucepan, combine zucchini, potato, onion, and stock. Cover and simmer until vegetables are tender, 10 minutes. In a blender, purée with watercress until smooth. To serve, garnish with fresh peas. Can be served hot or cold. Serves 4.

CREAM OF ASPARAGUS SOUP

1 medium onion, sliced	2 tbs water
24 stalks asparagus	3 cups water
⅓ cup millet, washed	1 cup soy milk

Sauté onion in 2 tbs water until well cooked, in soup pot. Remove 1½ inches from the tip of each asparagus stalk, and cut remaining stalks into 1 inch pieces. Save tips. Add water, chopped asparagus stems and millet to the pot and bring to a boil. Simmer, covered, for 25 minutes. Cool for 10 minutes.

Meanwhile, using a little stock from the soup, boil the asparagus tips but do not overcook. Drain stock back into the soup. Add soymilk to soup. Then, blend the soup, add asparagus tips and reheat.

CUCUMBER TOMATO COOL

1 small cucumber	1 small tomato
Juice of one lemon	2 sprigs of parsley
5 sprigs of watercress	

Blend all ingredients to smooth consistency. Store leftovers in a glass jar.

SWEET BUTTERNUT SOUP

- 2 large butternut squash, diced
- 2 onions
- 3 parsnips, diced
- 8 cups of water



Cook 50 minutes and blend. Gives beautiful orange colour.

CREAM OF MUSHROOM SOUP

- | | |
|-------------------|---|
| 6 cups water | ½ cup millet, washed |
| 1 cup diced onion | ½ tsp savory |
| 1 cup water | ½ tsp chevril |
| ½ tsp thyme | 1 pound mushroom,
diced and sautéed in water |

Bring water and millet to boil and add all ingredients except mushrooms. When soup has cooked, blend with half of mushrooms. Return to pot and add remaining mushrooms. Reheat.

GREEN BEAN DISH

- | | |
|-----------------------------|--------------|
| 1 cup string beans, trimmed | 1 small leek |
| ¼ cup almonds, ground | |

Steam beans and leeks for 20 minutes. Blend with nuts.

RAW TOMATO CUCUMBER SOUP

- | | |
|-------------------------|-------------------|
| 2 tomatoes | 1½ avocados |
| 1 long English cucumber | Handful of chives |

Blend all ingredients. Pour into bowls and serve with a plate of lettuce and celery. Serves 2. As a variation, substitute red pepper for tomatoes.

CORN CHOWDER

6 cups water or vegetables broth	4 cups corn (off cob or frozen)
2 medium onions chopped	1 potato, unpeeled and diced
8 stalks celery, diced	¼ cup cashews

Boil vegetables in covered pot for 30 minutes. Remove 1 cup of vegetables and 2 cups of the broth. Blend this with cashews in a blender at high speed. Return to the pot and slowly reheat. Serves 4

OATMEAL VEGETABLE SOUP

1 large onion, chopped	2 - 4 carrots, sliced
2 stalks chopped celery with leaves	1 large potato, diced
1 large zucchini, sliced	½ cup water to simmer
6 cups vegetable stock or water	½ cup oatmeal

Sauté onions with water in a pot for a few minutes. Add carrots, celery, potato, and zucchini. Cover. Lower heat, and simmer for about 30 minutes. Add stock and bring to boil. Sprinkle in oatmeal. Cover pot, and simmer, till soup is thick and creamy.

BARLEY MUSHROOM SOUP

6 - 7 cups vegetable broth or distilled water or half of each	Parsley root (left whole and removed when cooking is finished)
1½ cups pot barley	2 parsnips, diced
3 small onions	1 cup fresh mushrooms, sliced
6 stalks celery, diced	½ tsp oregano
Handful of fresh dill	

Boil barley for 2½ hours. Add all remaining ingredients. Simmer for 1 hour. Add dill when soup is done. Serves 6.

RUSSIAN BORSCHT RAW OR COOKED

7 - 8 cups water	4 green onions, cut up
3 cups grated beets	1/3 cup fresh dill, cut fine
2 cups green cabbage, shredded	1 cup fresh peas
1 cup red cabbage, shredded	1/3 cup fresh lemon juice

Bring water to boil. Add all ingredients except onions and dill and cook for 15 minutes. Add lemon juice for last minute. Take off heat and add dill and onions. Let cool. May also be eaten raw. Add 1 tbs Tofu Sour Cream to each serving. Serves 7.

EXOTIC VEGETABLE SOUP

1/3 cup frozen or fresh lima beans	1/3 fresh green beans
1/3 cup fresh or frozen peas	1/3 diced carrots
1/3 cup celery, diced	1 small onion, diced (optional)
1/3 cup corn, fresh or frozen	1/3 cup kale, chopped (leaves only)
1/3 cup cauliflower florets	1 medium potato, in 1-inch cubes
2 1/2 cups vegetables broth	3 tsp vegetable powder
Dill weed, if desired	

Heat gradually to a boil. Let simmer until vegetables are tender. Serve with rye crackers spread with avocado, and salad.

CASHEW SOUP WITH BROCCOLI OR CAULIFLOWER

2 - 3 cups cauliflower or broccoli	4 cups water
3 - 4 medium potatoes	2 cups cashews, pulverized
1 - 2 large onions	Dill and caraway
2 - 3 carrots	

Simmer potatoes, onion, carrot for 20 minutes. Add florets and simmer 10 minutes. Add cashews and seasonings. Serves 4.

GREEN GARDEN SOUP



- 2 leeks, sliced
- ½ cup parsley, chopped
- 1 tbs grated ginger
(in a tea ball)
- Tamari to taste
- 8 cups water
- 4 ounces noodles (buckwheat)
- 2 cups greens, chopped
(swiss chard kale, or spinach)
- 1 large carrot, sliced

Boil water and add leeks, noodles, and carrot. Simmer for 15 minutes. Add parsley, greens, and ginger. Simmer for 1 minute more. Add tamari or seasoning of choice.

CRUNCHY CREAMED PEA SOUP

- 1½ cups noodles
- 2 cups fresh peas
- 3 cups water
- 1 tbs miso

Cook noodles in water. When the water stops boiling, stir in miso. Divide raw peas between 2 bowls and pour half of noodles over each. Serve immediately. Serves 2.

VEGETABLE SPLIT PEA SOUP

- 1 cup dried split peas
- 4 cups distilled water
- 3 stalks celery, chopped
- 2 carrots, sliced
- 6 scallions, chopped or
½ cup chopped onions (optional)
- 6 mushrooms, sliced
- 1 tbs tamari (optional)

Place peas in water in a large kettle. Add other vegetables and seasoning. Bring to boil, and simmer until tender (45 to 60 minutes). Serves 7.

AVOCADO SOUP DELIGHT

2 cups vegetable broth	2 cups diced zucchini, green
¼ ripe avocado	beans, young kale leaves, celery
¼ tsp dill	

Bring vegetables, seasoning, and broth slowly to boil and blend. Add avocado and dill. Then liquefy.

CREAMY RAW CARROT SOUP

3 cups fresh carrot juice	1 avocado
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Blend well. Garnish with parsley or sprouts.

BEAN AND VEGETABLE SOUP

1 cup Adzuki beans or kidney beans, soaked overnight	10 cups water
1 cup carrots, diced	1 cup beets, diced
1 cup cabbage, diced	1 cup onion, diced
1 tsp tarragon	4 bay leaves
	1 tsp basil

Bring to a boil water and presoaked beans. Boil for 1 hour. Add vegetables and seasoning. Simmer with a cover for 30 minutes.

RAINBOW OF VEGETABLE JUICE

4 parts carrot	2 parts carrot
2 parts cucumber	2 parts apple
1 stalk celery	2 parts celery
6 parts carrot	3 parts carrot
2 parts celery	1 part broccoli
1 part beet	1 part celery
2 parts parsley	½ part alfalfa sprouts

TRIO BEAN SOUP

½ cup lima beans	½ cup navy beans
½ cup black beans	4 cups water
¼ cup parsley, finely chopped	½ cup celery, finely chopped
1 red pepper, finely chopped	1 tsp dulse, finely chopped
(with seeds and core)	1 potato, diced

Soak beans in water for 24 hours. Using the water, bring to boil and simmer for 90 minutes, adding the remaining ingredients.

CELERY SOUP FOR TWO

2 tbs arrowroot	2 cups water
2 cups celery, finely chopped	½ cup leeks, finely chopped
1 tbs parsley, finely chopped	1 potato, diced
½ cup zucchini squash, chopped	¼ cup broccoli florets.

Put ingredients in a cooking pot and simmer 30 minutes.

CREAM OF CORN AND CAULIFLOWER SOUP

2 cobs of corn	1 small cucumber, peeled and chopped
½ cup cauliflower, chopped fine	3 tsp fresh thyme
1 green onion, chopped fine	¼ cup water
1 tbs shiro miso or Quicksip	

Cut kernels from corn. Place half in a blender and divide the remaining kernels into 2 bowls. Divide the cauliflower between the bowls and add 1 tsp of thyme to each. Put cucumber, water, and remaining thyme as well as miso into blender and liquify with corn. Pour liquid over the contents of the bowls. Sprinkle chopped onion on top. Serves 2.

CREAM OF CELERY SOUP

2 onions, chopped	2 tbs water
7 cups water	6 stalks celery, cut fine
1 tsp basil	3 medium potatoes in 1-inch pieces
1 tbs dried parsley	1 tsp Quick Sip

Sauté onion and water in a heavy soup pot. Add 7 cups of water and bring to a boil. Add other ingredients and simmer till potatoes are cooked. Let cool. Blend soup. Return to pot and bring back to boil. Serve with croutons or chopped parsley, or sprouts.

CAULIFLOWER CREAM SOUP

5 cups vegetable broth	4 stalks celery diced
6 cups cauliflower florets	1½ cups carrots, shredded
1 cup onions diced	1 potato, unpeeled and diced

Boil in covered pot 15 minutes. Cool slightly and blend in small quantities at medium speed. Blend half of the ingredients, for a bulkier soup. Serves 4.

BEAN AND BARLEY SOUP

1 cup navy beans	3 inch strip kombu
½ cup barley, washed	2 medium onions, diced
6 carrots, sliced	1 small rutabaga, diced
Tamari to taste	4 ribs celery, diced, with tops
Fresh dill	

Soak beans and kombu overnight. Drain and combine with barley, onions, carrots, rutabaga, and water just to cover in a large pot. Bring to boil, cover, and simmer for 2 hours, adding water if necessary. When beans are soft, add tamari, celery, and dill. Simmer for 15 minutes. Serves 4.

RAW AVOCADO SOUP

2 avocados
¼ cup scallions, (finely chopped)
1 tbs sea dulse, finely chopped

6 tomatoes
1 tbs parsley, finely chopped

Blend all ingredients for 30 seconds or until creamy smooth.

RAW GREEN LIMA PUREE

½ avocado
1 tbs broth or juice

1 cup fresh OR
½ package of frozen limas

Blend until smooth. If using frozen limas do not refreeze.
Serves 4.

BLENDED VEGETABLE AVOCADO PUREE

¼ avocado
2 tbs raw zucchini, grated

1 tbs raw peas
½ tomato

RAW CORN SOUP FOR TWO

2 cup fresh corn kernels
2 tbs safflower oil

1 cup water
1 tsp sea dulse, finely chopped

Blend all ingredients for 1 minute on a high speed.

8. GRAINS

BASIC BARLEY

2 cups whole barley groats

6 cups water

Bring to boil. Cover, then simmer till all the water is gone. Do not stir. Serves 5.

BASIC BUCKWHEAT OR KASHA

6 cups water

2½ cups whole buckwheat

Boil water, and add buckwheat. Simmer, cook till the kernels are soft and all water is gone.

BASIC BULGHUR

4 cups water

2 cups bulghur

Boil water and add bulghur. Simmer with lid till grain is dry and fluffy. Do not stir. Makes 5 cups.

BASIC MILLET

6 cups water

2 cups hulled millet

Boil water in a 2 quart pot. Add millet and simmer covered for 20 minutes. Stir occasionally.

BASIC RICE

4 cups water

2 cups washed rice

Bring to a boil then simmer. Cover. Do not stir. Simmer till all water is gone (45 minutes).

BASIC WILD RICE

4 parts water

1 part rice (washed)

Boil, then simmer, covered, till all water is gone. Should be fluffy and each granule be split.

KASHA ORIENTAL

6 cups cooked kasha groats

2 cups carrots, cut in matchsticks

1 cup onion, minced

1½ cups tofu, cut into pieces

1 cup fresh peas

2 tbs tamari

Sauté onions and carrots in water for 5 minutes. Add tofu and tamari. Simmer 15 minutes, stirring occasionally. Add cooked groats. Mix thoroughly.

BARLEY AND MILLET

1 cup barley, washed and soaked

3 cups water

1½ cups millet, washed

4½ cups water

Place barley and 3 cups water in a pot and bring to boil. Simmer, covered, for 30 minutes. Add the additional water and millet, bring back to boil and simmer for 30 minutes. Variation: pour into oiled loaf pan and cover. Bake 40 minutes in 350°F oven. Serve hot from the oven or chill and reheat in slices.

RICE BALLS

Rice balls are best made with creamy, well-cooked rice. Season lightly.

Mix well, shape into balls. Place on an oiled tray and bake till browned. May be rolled in sesame seeds or bread crumbs.

BROWN RICE STUFFING

1 cup brown rice	2 cups water
½ cup celery, finely chopped	½ cup scallions, finely chopped
1 tsp sea dulse, chopped	

Soak rice in water for 24 hours. Simmer for 30 minutes, adding other ingredients.

PEPPERS STUFFED WITH RICE

2 red peppers	Brown rice stuffing (above)
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Cut peppers in half, removing core and seeds. Stuff with brown rice. Bake in a 300°F oven for 20 minutes. Serve with a salad of asparagus, okra, and alfalfa sprouts.

MILLET SQUARES AND VEGETABLES

4 cups cooked millet (in squares)	2 onions, diced
1 green pepper, diced	1 cup celery, sliced
2 zucchini, sliced	1 cup carrots, sliced
1 cup mushrooms, halved	

Place millet squares on oiled oven tray and bake till golden. Meanwhile, prepare vegetables, sautéing in water till hot and crisp. Mix vegetables and millet squares. Experiment with other vegetables. Serves 4.

WHIPPED GRAPE PORRIDGE

4 cups grape juice

$\frac{3}{4}$ cup farina

4 tbs raisins

Heat the juice and raisins, add farina, and cook 6 minutes. Beat porridge until it becomes light and airy. Pour into dessert bowls and chill. Serves 4.

SUNFLOWER SEED LOAF

3 cups cooked millet

$2\frac{1}{4}$ mixed seeds

2 tbs agar agar

1 tbs lemon juice

$\frac{1}{2}$ cup walnuts

1 tsp sage

$\frac{1}{2}$ cup beet or carrot, grated

$\frac{1}{4}$ cup diced onion

$\frac{1}{2}$ cup diced celery

$\frac{1}{2}$ cup parsley, chopped

Combine seeds, agar agar, walnuts, lemon juice, and sage. Add vegetables, millet and tamari to taste. Grind mixture. Press into oiled casserole. Loaf should be $2\frac{1}{2}$ inches thick before baking. Cover and bake at 325°F for $1\frac{1}{2}$ hours.

BARLEY PEA AND RYE STEW

$\frac{1}{2}$ cup blackeyed peas

$\frac{1}{4}$ cup barley

3 cups water

$\frac{1}{2}$ cup leek, finely chopped

$\frac{1}{4}$ cup parsley, finely chopped

1 cup celery, finely chopped

1 tsp sea dulse, finely chopped

$\frac{1}{4}$ cup rye

Soak peas, rye, and barley in water for 24 hours. Using same water, simmer for 60 minutes, adding other ingredients.



BAKED BROWN AND WILD RICE

½ cup long grain brown rice	3 tbs wild rice
1 cup kale leaves, chopped	1 stalk celery, finely diced
½ green or red pepper, diced	1 tbs vegetable broth powder
¼ tsp dill, powdered (optional)	1 small white onion, diced (optional)

Place rice in a casserole with cover. Add other ingredients with 1½ cups vegetable broth or water. Place, uncovered, on top of stove and bring to boil. Then, put in 250°F oven, covered, and bake for 2½ hours. Uncover, toss with fork, and bake for 30 minutes longer. Recipe may also be made using brown rice only or millet.

SOUTHERN GRAIN DISH

½ cup blackeyed pea or lima beans	¼ cup barley
¼ cup wheat	3 cups water
½ cup leeks, finely chopped	1 leaf dulse
4 okra, coarsely chopped	

Soak peas or beans with grains for 24 hours in water. Simmer mixture, using same water for 1½ hours. Add other ingredients and simmer for 10 minutes. Serves 2.

BROWN RICE STEW

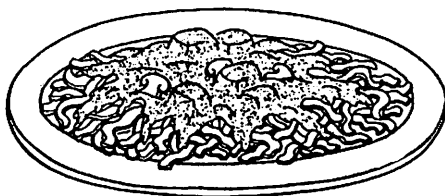
2 cups brown rice	1 onion
1 green pepper	chopped parsley
3 stalks celery	3 sliced carrots
2 cups green beans	Vege-base (optional)
4 cups boiling water	

Combine ingredients in heavy pot. Cook 45 minutes.

FIVE-GRAIN CASSEROLE

¼ cup millet	¼ cup wheat berries
¼ cup barley	¼ cup brown rice
¼ cup buckwheat groats	2½ cups vegetable stock
1 medium onion, chopped	¼ cup celery, diced
1 red pepper, chopped	¼ cup carrot, chopped
⅓ cup spinach or other greens	2 cups tomatoes, chopped
½ cup almonds, chopped	½ tsp summer savory
½ tsp thyme	1 cup grated soy cheese

Cook the grains in vegetable stock for 40 minutes. Drain out any remaining liquid. Spoon mixture into a greased 9" by 12" baking dish. Sauté vegetables, almonds and seasonings in water. Pour over grains. Top with grated soy cheese. Bake for 30 minutes in a 350°F oven. Serves 4.



BASIC GRANOLA

7 cups of oatmeal	1 cup of coconut
1 cup of almonds, sliced	1 cup of dates, sliced
½ cup of ground almonds	

Mix ingredients. Bake in 325°F oven stirring occasionally until slightly brown. Cool. Store in glass jar. Before serving, raisins, wheat germ or sunflower seeds may be added.

9. BREADS

WHOLE WHEAT AND RYE BREAD

1¾ cups warm water

2½ tbs oil

3 tbs molasses

2 cups whole wheat flour

Cornmeal

½ cup warm water

1 tsp honey

2 tbs dry yeast

3 cups rye flour

Warm all bowls and utensils, and have all ingredients at room temperature. In a small bowl, dissolve honey in ½ cup warm water, add yeast and let sit for 10 minutes. Meanwhile, in a large bowl, combine 1¾ cups warm water, oil, molasses. Add to this the dissolved and foamy yeast. Then add the whole wheat flour and beat well by hand or with electric beater for 2 minutes. Add all the rye flour and more whole wheat flour as needed to make dough leave sides of bowl. Turn dough out onto floured surface, and knead well for 15 to 20 minutes, adding more whole wheat flour to prevent dough from sticking. When it is elastic, shape into a ball. Place in greased bowl, turning ball to grease top.

Cover with greased paper and towel. Let rise until doubled. Punch dough down. Knead again for 10 minutes. Cut into 2 pieces. Let rest for 10 minutes. Shape each into round ball. Place on greased pie plates that have been sprinkled with cornmeal. Grease tops very lightly with oil and cover as before. Let rise again until doubled. Bake in a 400°F oven for 15 minutes. Do not open oven door during this time. Reduce heat to 350°F and bake 35 - 45 minutes. Remove bread from pans at once.

PUMPKIN BREAD

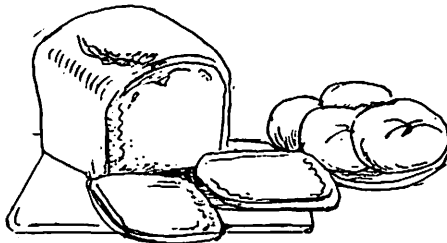
1 cup pumpkin	$\frac{1}{3}$ cup safflower oil
$\frac{1}{2}$ tsp cinnamon	$\frac{1}{2}$ cup honey
$\frac{1}{8}$ tsp nutmeg	$\frac{1}{2}$ cup raisins
$1\frac{2}{3}$ cup whole wheat pastry flour	

Combine pumpkin, oil, and honey. In a separate bowl, combine remaining ingredients. Stir pumpkin mixture into flour mixture and blend well. Pour into a well-greased 8 by 4 inch loaf pan. Bake at 350°F 50 to 60 minutes.

RAISIN BREAD

2½ cups water	1½ tbs honey
1½ tbs dry active yeast	2 cups durham
1 cup raisins	3 tbs oil
$\frac{1}{2}$ cup honey	1 tsp vanilla
1 egg	1 tsp salt (optional)

Warm and dissolve water and 1½ tbs honey and add yeast. Let stand for 10 minutes. Then stir in durham flour and let stand in a warm place for 30 - 60 minutes. Stir down and add the other ingredients except balance of flour. Mix well. Then add flour and knead for 10 minutes. Moisten top of dough and cover. Let rise till double. Knead into a ball and cut into 2 loaves. Knead and shape each loaf and place in oiled bread pans. Let rise till doubled. Bake in a 350°F oven for 45 minutes.



OATMEAL BREAD

1 cup boiling water	1 cup rolled oats
½ cup warm water	1 tbs dry yeast
2 tbs safflower oil	1½ cups whole wheat flour
1 cup unbleached flour	¼ cup raw wheat germ
2 tbs honey	

Pour boiling water over the rolled oats, adding oil and honey. Let stand until lukewarm. Dissolve yeast in warm water until bubbly. Combine flours and wheat germ. Stir yeast mixture into oatmeal. Add half of the flour and blend 100 strokes by hand. Stir in enough more flour to make a medium stiff dough. Knead 10 minutes.

Put in an oiled bowl and cover with a cloth. Let rise in a warm place until doubled. Return dough to board and punch down. Shape into a loaf and place in a greased 8 by 4 inch pan. Cover and let double. Bake at 350°F 60 minutes.

BREAD BUNS

2 tsp dry yeast	¾ cup whole wheat flour
3 tbs warm water	½ tsp brown sugar
3 tbs oil	⅔ cup warm water
1¼ cup unbleached flour	sesame seeds

Dissolve yeast in the warm water. Add sugar and set aside. Combine the remaining ingredients. Add yeast mixture. Stir with a fork until it forms a ball. Knead about 10 minutes. Divide into four equal-sized balls. Flatten to ¼-inch thickness. Let rise in a warm place, covered for 45 minutes. Transfer to a lightly greased baking sheet. Brush the tops lightly with oil. Sprinkle with sesame seeds. Bake at 475°F 12 to 15 minutes, or until puffed and golden.

ZUCCHINI BREAD

$\frac{1}{3}$ cup warm water, orange juice, or soy milk	1 cup unbleached flour
1 tbs safflower oil	2 tbs raw wheat germ
$1\frac{1}{2}$ tbs honey	1 tsp grated orange rind
2 tsp dry yeast	1 tsp cardamom
2 tbs warm water	$\frac{3}{4}$ cup shredded zucchini
$\frac{3}{4}$ cup whole wheat flour	$\frac{1}{2}$ cup raisins

Over medium heat warm the water, orange juice, or soy milk. Add oil and honey. Dissolve yeast in the 2 table-spoons warm water. Let sit 5 minutes. In a large bowl, combine the oil mixture and the yeast. Blend together flours, wheat germ, orange rind, cardamom. Stir about half into the yeast mixture. Stir in zucchini and raisins. Gradually add the remaining flour to make a stiff dough. Knead about 10 minutes and put into a greased bowl. Cover with a cloth and let rise in a warm place until doubled in size (about $1\frac{1}{2}$ hours).

Punch down, shape into a loaf and put into a greased 8 by 4 inch loaf pan. Cover and let rise until doubled (about 45 minutes). Bake at 350°F 45 minutes or until brown.



10. HOLIDAY FARE

RAYMOND'S CHALLAH BREAD

1 tbs raw sugar	1 package dry yeast
1½ cups whole wheat flour	3 tbs oil
3 eggs	½ tsp poppy seed
2 cups unbleached flour	

In bowl combine sugar, yeast, and 1 cup flour. In saucepan heat oil and $\frac{3}{4}$ cup water until very warm. With mixer at low speed, beat liquid into dry ingredients. Beat at medium speed for 2 minutes. Reserve 1 egg yolk. To mixture in bowl, add egg white, 2 eggs, and 1 cup flour. Beat for 2 minutes. Stir in $1\frac{1}{4}$ cups flour. On floured surface knead until smooth and elastic (about 10 minutes) working in about $\frac{1}{4}$ cup flour.

Shape dough into a ball and place in greased bowl, turning dough to grease top. Cover and let rise in warm place until doubled, about 1 hour.

Punch down dough. Turn onto floured surface, cover and let rest 15 minutes. Cut $\frac{2}{3}$ dough into 3 equal pieces and roll each into a 13-inch rope. On greased large cookie sheet, place ropes side by side and braid. Pinch ends to seal. Cut remaining dough into 3 pieces. Roll each into a 14-inch rope and braid as above.

Place small braid along centre top of large braid and tuck ends under to seal and keep braid in place. Cover with towel and let rise until doubled.

Preheat oven to 375°F. In cup beat egg yolk and use to brush loaf. Sprinkle with poppy seeds. Bake for 30 minutes or until golden and loaf sounds hollow when tapped. Cool loaf on rack.

VEG BURGERS

1 cup of cashews	1 green or red pepper, diced
1 cup of pecans	2 celery stalks, finely diced
1 cup of brazil nuts	1 onion, diced
2¾ cups whole wheat crumbs	Handful of dill

Sauté onion with a little water. Grind nuts in blender and add all ingredients. Use enough water to moisten. Make individual patties or spread and bake the whole mixture on oiled pan for 40 minutes at 350°F until crisp.

BANANA PARTY PIE

20 bananas	2 pounds coconut (unsweetened)
2 pounds cooking dates	4 papayas or 5 mangoes or 5
1 pound apricots dried	large persimmons or dried or
	fresh apricots

Soak all dates and apricots in distilled water for one or two hours. If soft dates are used, use less water

Blend the dates and apricots in blender or food processor. Take out of blender and add enough coconut to make spreadable. Spread out onto bottom of dish. This serves as crust. Slice bananas till they are piled three layers high in pyrex dish on top of crust.

In blender or food processor blend 8 bananas and 2 papayas with a small amount of distilled water. Pour this creamy mixture over the sliced bananas and "seal" it with a topping of coconut.

To decorate, use slices of papaya, mango, or persimmon or apricots in an interesting design. Leaves of broccoli are very beautiful and a fresh flower may be added. Serves 15.

Leftover blended dried fruit can be rolled in coconut for a delicious confection.

POTATO PANCAKES

1 pound hot mashed potatoes ½ cup whole wheat flour
Freshly ground nutmeg 1 tbs safflower oil

Mix potatoes and flour and add seasoning. Shape into small, flat cakes. Bake on oiled cookie sheet in 350°F oven at once for 10 minutes on each side. Serves 4.

FESTIVE BREAD

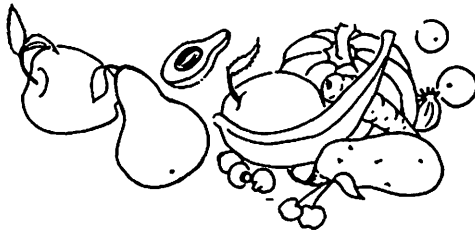
1 cup soy milk 2 cups sifted whole wheat flour
⅓ cup honey 2 - 2½ sifted unbleached flour
⅓ cup safflower oil 1½ tsp ground cardamom
2 tbs dry yeast 1¼ cup combined chopped dates
½ cup warm water raisins, nuts, and seeds

Warm the soy milk. Stir in honey, oil, and transfer to a large mixing bowl. Cool to lukewarm. Dissolve yeast in warm water and stir into milk mixture. Add whole wheat flour and beat vigorously. Cover with a cloth and let rise in a warm place until doubled in bulk (about 30 minutes). Stir down. Add remaining ingredients. The dough should be just stiff enough to handle. Turn out onto a lightly floured board or pastry cloth and knead until smooth and elastic, about 10 minutes. Place in a greased bowl, brush with oil, cover, and let rise until doubled, about 1 hour. Punch down. Knead lightly 1 minute. Form into a round loaf. Place on a large greased baking sheet, cover, and let rise about 1 hour, or until doubled in bulk. Bake at 400°F 10 minutes. Reduce heat to 350°F and bake 40 minutes until lightly browned.

NO-NONSENSE FRUIT CRUMBLE

4 cups of sliced apples, peaches, or blueberries	2 tbs of lemon juice
$\frac{2}{3}$ cup whole wheat flour	$\frac{1}{2}$ tsp cinnamon
$1\frac{1}{2}$ cups rolled oats	$\frac{1}{2}$ cup carmella (optional)
	$\frac{1}{4}$ cup oil

Arrange fruit in casserole. Sprinkle lemon juice and cinnamon on fruit. In a separate bowl, combine flour, carmella, and rolled oats. Cut in oil. Mix until crumbly. Spread over fruit. Bake for 40 minutes at 370°F.



SPECIAL OCCASION LIMA BEAN PIE

1 cup dried lima beans	6 inch strip of kombu, in 4 pieces
5 cups water	2 bay leaves
1 medium onion, in 1" wedges	4 cups leeks, in 1" chunks
1 tbs tarragon	3 tbs water
	Pie dough for full 9" pie

Rinse and soak lima beans and kombu in water, overnight. Rinse beans and kombu twice and put in a pot with the 5 cups of water and bay leaves. Boil for 20 minutes uncovered, skimming for foam. Then simmer till beans are well cooked. Remove bay leaves, and kombu

Sauté leeks and onion in the 3 tbs of water. Cook covered till tender, sprinkle with tamari, and cook uncovered till liquid is gone.

Line pie plate with bottom crust. Mix leeks and beans, adding tarragon. Fill pie shell and add top crust. Bake in a 350°F oven till golden brown.

GLOSSARY

AGAR AGAR: A clear, colourless seaweed which is an excellent jelling agent.

ARROWROOT FLOUR: A nutritious flour made from the beaten roots of a tuberous root used as a thickener.

ADZUKI BEANS: Small, dark, red Japanese beans with a white spot.

CAROB POWDER: Resembles a chocolate or cocoa taste. Use unsweetened.

DULSE: A seaweed, fresh, dried, or powdered. It can be used as a substitute for salt in dressings, soups, etc.

FLAX SEED: Use untreated. It is high in unsaturated fatty acids.

GOMASHIO: Roasted sesame seeds with a pinch of powdered kelp.

HONEY: A natural product from bees. It is twice as sweet as sugar.

KASHA: Whole buckwheat groats, which can be roasted but preferably used plain.

KELP: A seaweed usually eaten in powdered form. Has a salty flavour and is useful in sauces, dressings, and casseroles.

KOMBU: A seaweed which requires a longer soaking and cooking time. Useful in bean dishes, stews, and vegetable dishes.

MALT: A sweetener produced from grains.

NORI: A delicate, tasty seaweed which is harvested and processed into thin sheets.

QUICK-SIP (BERNARD JENSEN): Bouillon or liquid concentrate, good in soups and casseroles.

SOBA: Noodles made of buckwheat flour.

TAMARI: Traditional soy sauce, low sodium

CARAMELLA: FIRST CHOICE AS SWEETENER

1 cup dates, pitted

1 cup water

Soak dates in water for 3 hours. Then blend dates and water well. Refrigerate and use as a natural sweetener in place of sugar, or honey.

POTATO WATER

Peel and chop 2 medium-sized potatoes. Cover with 3 cups of water. Boil until potatoes are soft. Set potatoes aside. Use potato water as a milk substitute or soya milk substitute. Potato water should be used the same day it is made.

TOFU

Tofu is used in milk-free and egg-free recipes. To prepare the tofu, drain and rinse in cold water. Split into two and press out excess moisture with paper towels. If all excess moisture is not removed, the tofu does not work so well. Pat dry.

Tofu is a soybean cake that comes in soft, medium and firm. The soft is best for recipes requiring creaming. The firmer cakes are good when the tofu is to be cut into pieces.

EATING SUGGESTIONS

Breakfast	Fruit
Lunch	Starch meal
Evening	Protein meal

MENU SAMPLES

- | | |
|---------------|--|
| Fruit meals | <ol style="list-style-type: none">1. Orange and grapefruit2. Orange and pineapple3. Grapefruit and apples4. Banana, pear, date, sweet grapes5. Figs, dates, sweet grapes, apples |
| Starch meals | <ol style="list-style-type: none">1. Veg salad, carrots, potatoes, beets2. Veg salad, okra, brown rice, cauliflower3. Veg salad, green squash, fresh corn, asparagus4. Veg salad, squash, okra, whole grain bread5. Veg salad, broccoli, chard, yams |
| Protein meals | <ol style="list-style-type: none">1. Veg salad, green squash, spinach, walnuts2. Veg salad, yellow squash, cabbage, sunflower seeds3. Veg salad, okra, green beans, avocado4. Veg salad, turnip greens, broccoli, cashews5. Veg salad, green squash, green beans, pecans |

After eating a protein meal wait for 4 hours before eating.

After eating a starch meal wait for 3 hours before eating.

After eating a fruit meal wait for 1 hour before eating.

SUGGESTIONS FOR A COMPLETE MEAL

Large vegetable salad with dressing of your choice but with no vinegar, salt, or sugar

Baked or steamed sweet or white potatoes.

Avocado, sliced, or mashed as guacamole.

SPECIAL PROTEIN BRUNCH

1. Grape juice. Fruit salad of pineapple, strawberries, oranges, grapefruit, and coconut.
2. Large fruit platter with slices of pineapple and fresh strawberries in the centre. Cashew nuts.
3. Large vegetable salad of anise, peas, romaine lettuce, Boston lettuce, cucumber, tomatoes, celery, dill, parsley and chives with a dressing of avocado, dill, chives, lemon, and celery blended with a little distilled water. Sunflower seeds.
4. Platter of both raw and cooked broccoli and cauliflower. Large bowl of raw, unsalted nuts such as pecans and cashews as well as pumpkin seeds.

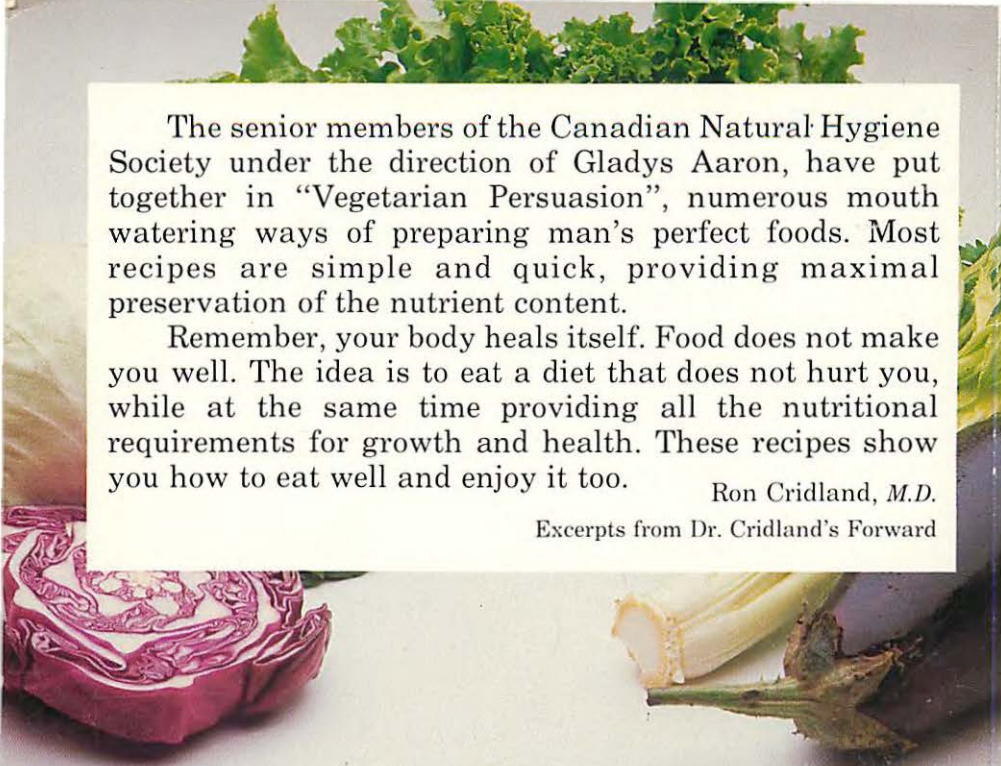
For any information, please send your name and address to

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Health is not just the absence of symptoms; it is the presence of complete vital capacity. The complete vital capacity comes from harboring the forces of life.



The senior members of the Canadian Natural Hygiene Society under the direction of Gladys Aaron, have put together in "Vegetarian Persuasion", numerous mouth watering ways of preparing man's perfect foods. Most recipes are simple and quick, providing maximal preservation of the nutrient content.

Remember, your body heals itself. Food does not make you well. The idea is to eat a diet that does not hurt you, while at the same time providing all the nutritional requirements for growth and health. These recipes show you how to eat well and enjoy it too.

Ron Cridland, *M.D.*

Excerpts from Dr. Cridland's Forward

