

# Tomato Bruschetta

Prep. Time: 15 minutes

20 servings, 2 Tbs. each

8 Roma tomatoes, diced  
2-3 cloves garlic, minced  
3 T. (6-8) leaves fresh minced basil  
½ t. salt  
2 T. olive oil  
2 t. lemon juice

COMBINE in bowl.  
SERVE on fresh or oven-broiled  
baguette.

# Edamame-Corn Salad

Prep. Time: 15 minutes

Chill Time: 4 hours to overnight

Serves 8

<p>1 (12-oz.) pkg frozen shelled green soybeans 1 (16-oz.) pkg frozen sweet white corn 1 c. jicama, diced ¼" ? c. celery, chopped ½ c. sweet red pepper, diced ? c. green onion, ¼" slices 1 T. minced fresh parsley</p>	<p>THAW corn and soybeans. MIX all ingredients together with dressing. CHILL and SERVE.</p>
<p><b>DRESSING:</b> 5 T. fresh lemon juice 1 T. honey 1½ t. salt ¼ t. garlic powder ¼ t. sweet basil ? t. dried dill weed</p>	<p>COMBINE.</p>

This salad makes a great lunch.  
It is a whole meal in one.

# Easy Ranch Dressing

Prep. Time: 5 minutes

Makes 1½ cups

½ pkg. Mori Nu Tofu, firm  
½ c. Vegenaise  
1½-2½ T. fresh lemon juice\*  
2-3 T. water—to desired thickness  
1 T. Better Than Milk Powder, plain

## Option 1

2 t. (? pkg.) Uncle Dan's  
"Classic Ranch" Dressing Mix

COMBINE in blender, Magic Bullet,  
or mini food processor.  
BLEND until smooth.

ADD Option 1 or 2.  
BLEND to mix.  
CHILL and serve.

## Option 2

½ t. salt, rounded  
½ t. sweetener  
½ t. nutritional yeast flakes  
¼ t. onion powder  
? t. garlic powder  
? t. celery salt  
? t. basil  
? t. marjoram  
? t. dill weed

\*May want to add lemon at the end according to your taste.

# Pepper Island Dressing

Prep. Time: 8-10 minutes

15 servings, 2 Tbs. each

1 c. Vegenaise  
½ pkg. Mori Nu Tofu firm  
¼ c. bottled roasted red peppers  
¼ c. water  
1 envelopes Good Seasons  
Italian Dressing Mix  
1T. Better Than Milk powder, plain  
1 T. fresh lemon juice  
¼ t. dried basil  
¼ t. oregano

COMBINE all ingredients in  
blender.  
WHIZ until smooth.  
CHILL and SERVE.

Use as dressing for Romaine salads.

To make a dip for veggies, omit water  
and increase tofu to  $\frac{3}{4}$  package.

# Broccoli Slaw

Quick

1 bag fresh broccoli slaw, 12 oz.  
½ c. diced celery  
1½ c. cubed soy chicken\*

1 c. Vegenaïse  
1 T. fresh lemon juice  
½ t. VegeSal to taste

\*I prefer Cedar Lake frozen chicken roll

COMBINE together.

ADD enough dressing to moisten nicely.  
CHILL and serve.

The dressing from Winter Vegetable Salad  
in Vital Vittles Cookbook could replace  
the Vegenaïse and seasonings if a  
lower-fat dressing is desired.  
Add VegeSal as needed.

# Stroganoff

Prep Time: 20 minutes

Serves 6

<p>½ med. onion, diced 1 stick celery, diced 5 large mushroom, sliced* 1 T. olive oil</p>	<p>SAUTÉ until onion is clear. POUR into kettle.</p>
<p>*Mushrooms may be replace with another stick of celery</p>	
<p>1½ c. hot water ¾ t. dried parsley pinch (scant) dried dill weed</p>	<p>ADD to kettle. SIMMER <u>covered</u> for ten minutes.</p>
<p>1 c. hot water ¾ c. raw washed cashews 1 T. McKay's Chick Seasoning 1 T. + 1 t. flour 1 T. soy sauce 1 t. yeast flakes ½ t. salt ½ t. onion powder ? t. celery salt</p>	<p>WHILE VEGGIES SIMMER: WHIZ these ingredients in blender until smooth and creamy.</p>
<p>1½ c. diced Cedar Lake frozen Chicken roll or gluten of choice</p>	<p>ADD vegemeat and blended sauce to simmering veggies. STIR AND SIMMER over <u>MEDIUM</u> heat until thickened and bubbly.</p>
<p>½ c. dairy-free sour cream</p>	<p>STIR into thickened sauce. SERVE over noodles, rice or baked potatoes.</p>

This sauce is rich and creamy

# Raisin Pecan Pilaf

12 servings of 2/3 cup each

## Have ready:

3 c. cooked Basmati brown rice\*

1 c. pecan halves or large walnut pieces

1 T. mild olive oil

1 ½ c. minced onion

1 c. julienned carrots

½ c. raisins

2 c. frozen petite peas

½ t. dried basil

1 t. salt

**ROAST** nuts in oven at 275-300° for approximately 15 minutes, check often.

**SET** aside.

**SAUTÉ** in large skillet for 5-7 minutes until slightly tender.

**ADD** these ingredients to sautéed and cook 2-3 minutes.

**STIR** in rice.

**ADD** nuts and serve.

\*for added flavor, cook rice with 1 Tbs. McKay's Chicken Style Seasoning and cut salt to ½ tsp. or less.

Rice and pecans may be prepared ahead.  
Freeze rice in one-cup amounts.