

Delicious
Dishes



Grandma Rose
Stickle

Tofu Pancakes (adapted from TOFU Cookery by Louise Hagler)

Mix thoroughly together:

2 cups all purpose [gluten free] flour (flour of your choice)

½ cup cornmeal

4 ½ tsp. baking powder

1 tsp. salt

¼ cup coconut sugar (or add ¼ cup honey to wet ingredients)

Gently stir in with only a few strokes:

2-3 cups milk or almond milk (or soy powder that you can take with you with your flour when you travel)

2 Tbsp. oil

Batter will be lumpy. If it is too runny, add flour.

Fold in gently:

½ lb. tofu, drained and well crumbled

Let batter sit while griddle heats. Fry on a lightly oiled griddle and serve.

Serves 4-6 (18 4" pancakes)

Oatmeal Blender Waffles (from Real Food Allerg Free)

Ingredients

- 1 ½ cups milk (1 ¾ cup Substitute, coconut milk and rice milk work well)
- 2 Tbsps oil (Coconut oil is awesome!)
- 1 ½ cups rolled oats (gluten-free, aka uncooked oatmeal)
- 1 Tbsp chia seeds (you could also try 1 Tbsp Ground Flax Seeds or 1 Egg)
- 2 Tbsps maple syrup (Real)
- 1 tsp vanilla (optional)
- 2 tsps baking powder
- 1/2 tsp salt

Instructions

Preheat waffle maker.

Blend on high speed for 3 minutes: milk, oil, oats, chia, maple syrup and vanilla.

The secret to light waffles is that the batter should be thin enough to swirl and make a vortex in the blender. If your batter is not forming a vortex, add a little water or milk substitute. If your batter is too thick, you'll end up with very dense waffles.

Add to blender and blend just until mixed thoroughly: baking powder and salt.

Brush lots of coconut oil onto the waffle iron to ensure your waffle is crispy. Bake on well greased waffle iron until done.

Reheat leftovers on a waffle iron or in a toaster for best results. Microwaves produce soggy waffles.



How to make hot Breakfast Cereal

1. Put 4 cups of water on to boil
2. Add a teaspoon of salt
3. Pour in 2 cups of quick oats (I like the old fashioned oats)
4. Turn it low and just simmer
5. I like to add 6 chopped up dates, or equivalent in raisins or dried currents from **the** garden

Serve this with almond milk (if you prefer, peanut butter), bananas and strawberries.
This serves 5 or 6 people or 2 people for 3 meals (but normally you don't want leftovers.)

Hortopita Pie

Pie Filling

5 cups of mixed greens

Cooking oil

1 cup onion sliced

1-2 garlic cloves, minced

1 leek sliced

Dash of soup stock

6 ounces cheddar cheese crumbled (tofu)

2-3 GREEN Onions, sliced

1.5 chopped dill weed or 1 tablespoon dried

1 tsp lemon zest

1-2 tablespoons mint, chopped

1 teaspoon crumbled red pepper.

Salt and pepper to taste

Bottom Layer of Pie

½ cup all-purpose flour (could be gluten-free flour)

¼ cup olive oil

¼ cup water

½ teaspoon salt.

¼ teaspoon pepper

Top Layer

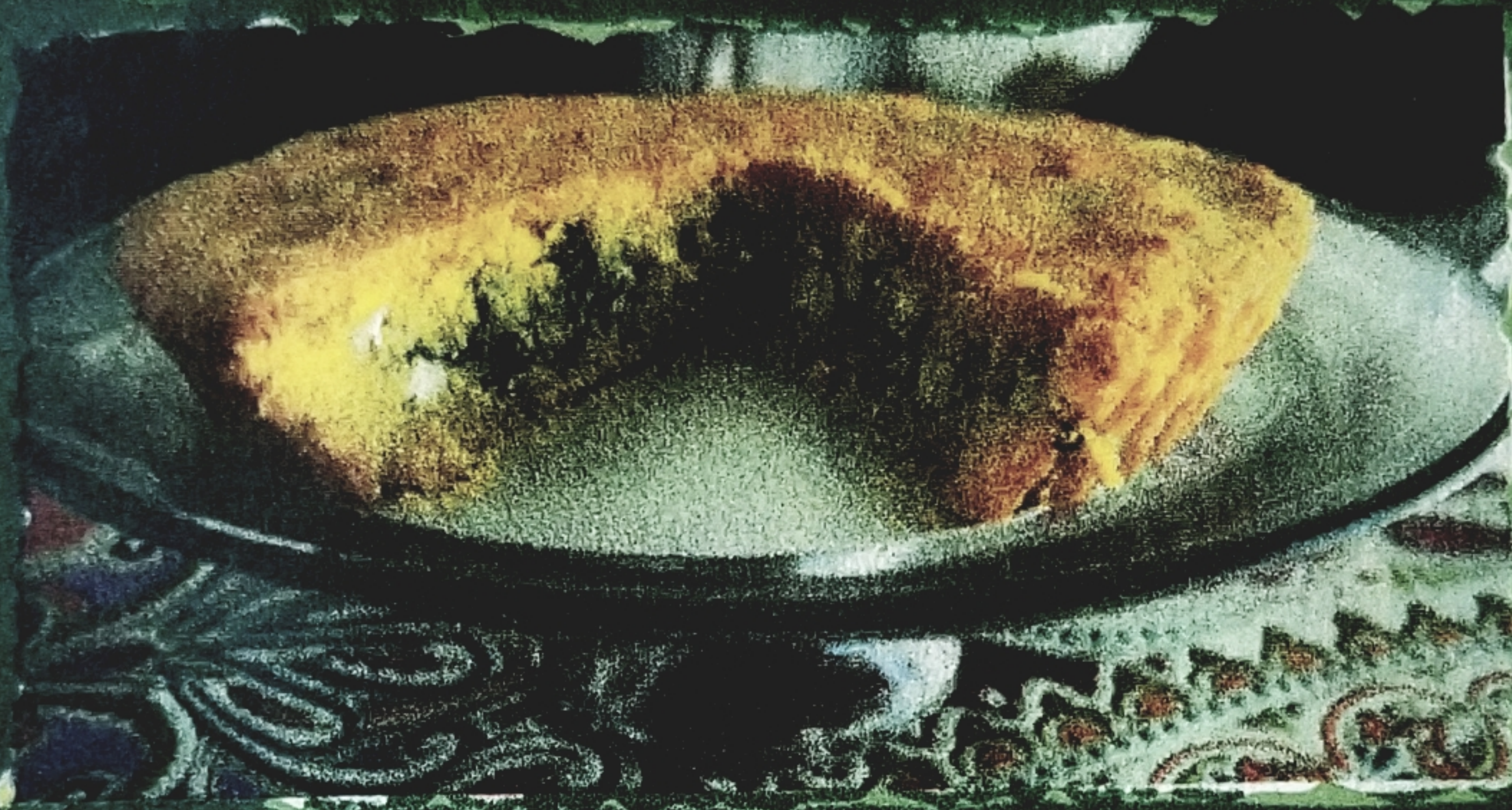
Ingredients: 1.5 cups corn meal

¾ cup water

1/3 cup olive oil

½ teaspoon salt

¼ teaspoon pepper.



Directions:

(Preheat oven to 350 Degrees)

Grease the baking pans or cast iron skillet
or 10 inch 2 inch deep quiche\ tart pans
Or a 10x10 square baking pan.

Make the filling

Saute Onion & garlic until start to wilt. Add chopped vegetable and leeks. Keep the swishchard stems to cook with vegetables. Add the onion mixture, also chopped red peppers . Cool and add fetta cheese .
Make cornbread crust. Place the batter in greased pan. Then layer on the filling. The topping for the pie mix
And spread this crust over the filling, using your hands to make a smooth . Bake 45-60 minutes until golden brown. Let the pie rest for 10-15 minutes before serving.
Slice and enjoy with Greek Yogurt if desired.

Chickpea Flour Omelet

Ingredients

- 1 ¼ cups chick pea flour
- ¼ teaspoon baking powder
- ¼ teaspoon dried turmeric.
- 1 tbsp no salt season or your choice of dried herbs
- 2 Tbsp nutritional yeast,
- 1 ¼ cups water (enough to achieve a pourable consistency)
- 1 Shallot, minced
- ¼ cup chopped mushrooms
- 2 handfuls of baby kale, chopped finely
- Coconut oil spray, optional
- Sea salt, for topping.

Combine chickpea flour, baking powder, dried turmeric, no-salt seasoning or dried Herbs and nutritional yeast in a medium bowl. Stir in minced shallot, chopped mushrooms, and chopped kale. Add water until mixture is pourable and not too thick. Pour batter into the heated oiled skillet. Place a lid on the skillet and heat at medium-low and cook for 3-4 minutes. The omelet should be set before you try to flip it. If the batter sticks use it as scrambled. Serve hot is best.



Toasted Broccoli

Preheat oven to 375°

Chop a head of broccoli (do not rinse, immediately prior to preparing!)

Mince 2-3 cloves of garlic

Put broccoli, garlic, 2 tbsp. olive oil, and a few shakes of salt and pepper in a ziploc bag.

Shake it up!!

Spread out on baking sheet, place on top rack, and bake for about 30 minutes.

Broccoli will be crunchy and delicious! I make this at least 3 times a week and have to control myself once I take it out of the oven, I could eat this alone for dinner.



How to make a vegetable soup

1. Go to the g
2. Pick an onion or chives (I use either)
3. Pick some swiss chard (I use the stalk more)
4. Pick some cabbage and carrots
5. Pick one beet
6. Put in a can of tomato paste (mingles with beet and gives the soup a red color)
7. Cook with a little bit of rice to give filling (I liked it when my mother would put in tapioca)
8. Put in some chopped potatoes since I have potatoes
9. Cut up squash, like zucchini,
10. Put in some red daal to thicken
11. Add some bay leaf, dill and chicken style seasoning (when I use dill I don't put in Indian spices, cumin etc. Dill gives the vegetable soup flavor.)
12. Salt to taste



Cook the daal and rice first, make sure that is starting to soften. Add the vegetables later or cook vegetables separate, just cook a little as you want them soft but still want the texture.

Serve it with a little bit of sour cream (can use tofu sour cream) and crackers.

Feeds at least 10 people or 2 people for 3 meals.

Genesis 1:29

Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

Creamy Asparagus Soup

Ingredients

- 2 cups potatoes, peeled and diced
- 1/2 pound fresh asparagus, cut into 1/4-inch pieces
- 1/2 cup chopped onion
- 2 stalks celery, chopped
- 4 cups water
- 2 tablespoons butter
- 1/2 cup whole-wheat (whole-meal) flour
- 1 1/2 cups fat-free milk
- Lemon zest, to taste
- Cracked black pepper, to taste

Directions

In a large soup pot over high heat, combine the potatoes, asparagus, onions, celery and water. Bring to a boil. Reduce heat, cover and simmer until the vegetables are tender, about 15 minutes. Stir in the butter.

In a small bowl, whisk together the flour and milk. Pour the mixture slowly into the soup pot, stirring constantly. Increase the heat to medium high and continue to stir until the soup thickens, about 5 minutes. Remove from heat. Season with lemon zest and cracked black pepper to taste. Serve in Warmed bowls.

Butternut Squash Soup

- 1-2 Tbsp. Olive oil
- 1 small onion
- 1 Tbsp. Blaney's chicken-like seasoning
- 2 cup. Water
- 1 large potato, peeled and diced
- ½ tsp. Salt, or to taste
- ½ Tsp. Thyme
- 2 cup cooked and mashed squash
- 2 cup water
- 1 c. raw cashews

In a large pot, saute onion in oil or a little water until soft and tender. Add chicken-like seasoning. 2 cups water, potato, salt and thyme. Cook over medium heat until potato is soft. Place mixture in blender and blend until smooth. Return to pot. Now blend the water and cashews in water until creamy. Add cashew milk and squash to pot. Heat over the low temperature stirring occasionally until desired temperature. Serve promptly.

Zucchini Burgers



The burgers are an excellent way to use up your summer zucchini. They are hearty, healthy, and have a wonderful texture. As a bonus, you can easily make these burgers gluten-free by using gluten-free flour and oats.

Ingredients

- 2 cups zucchini, shredded
- 2 tablespoons Bill's Best Chick'nish Seasoning
- 2 teaspoons salt
- 1 cup carrots, shredded
- 1 cup onion, diced
- 1 clove garlic, minced
- ½ cup walnuts (omit if allergic to nuts)
- ½ cup all purpose flour (gluten-free optional)
- ½ cup quick oats
- ¼ cup nutritional yeast flakes

Instructions

1. Mix zucchini with Bill's seasoning and salt. Set this aside.
2. Process the walnuts in a blender or food processor until chopped finely. Then, add the rest of the dry ingredients and blend them together. Set this mixture aside.
3. Combine the carrots, onion, and garlic and blend them. Then, add the dried ingredients to this mixture and blend/process together.
4. Combine the zucchini mixture with everything else in a bowl and hand mix.
5. Form your mixture into patties and cook until golden brown. (You can do this in the oven, baking them for 12 minutes on each side at 375 degrees, or you could brown them in a griddle.)

Ready in about 30 to 45 minutes

Makes 8 - 10 burgers

TOFU MEATBALLS -- shared by Vegan Yumminess :)

Ingredients

- 1 1/2 cup breadcrumbs (I pulsed torn pieces of whole grain bread in my Vitamix blender. If you use pre-processed store-bought crumbs, you may need to add just a little more water at the end.)
- 1 cup whole pecans (finely minced. I pulsed whole pecans in my Vitamix to make 3/4 cup total.)
- 1/3 cup onions (finely chopped)
- 1/4 cup quick oats
- 2 tablespoons nutritional yeast flakes
- 1 teaspoon dried Basil leaves
- 1/4 teaspoon garlic powder
- 1 dash cayenne pepper
- 14oz extra firm tofu (or one brick, crumbled)
- 1/2 teaspoon salt (or to taste)
- 1 1/2 tablespoon soy sauce or Bragg's liquid aminos
- 2 tablespoons water (or more, depending on the type of breadcrumbs that you use.)

Directions

Preheat oven to 350 degrees Fahrenheit.

Place breadcrumbs, pecans, onions, oats, and seasonings in a mixing bowl, and combine until well incorporated. Then, add your crumbled tofu, and remaining ingredients. If you are using pre-processed, store-bought breadcrumbs, you may need to add an extra tablespoon of water. Your mixture should be soft and malleable, but be able to hold together a ball shape.

Form 2 tablespoon sized balls and place on a parchment or Silpat lined (or oil-sprayed) baking sheet. Bake at 350 degrees F for 28-30 minutes, or until balls are a nice golden brown color and aren't mushy on the inside.

Serve hot or at room temperature with marinara or sweet and sour sauce (my favorite). Top with a little vegan mozzarella and basil, if desired. I used Trader Joe's mozzarella style shreds.

Keep leftovers refrigerated. Makes about 24 balls.

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Sweet and Sour Tomato Sauce

Ingredients

- 1 1/2 cup tomato sauce (or pulsed chunky cooked tomatoes)
- 1/2 cup apricot preserves
- 1 tablespoon lemon juice
- 1 1/2 teaspoon cumin
- 1/2 teaspoon salt (or to taste, depending on how salty your cooked tomatoes are)
- 1/2 teaspoon paprika

Directions

Place all ingredients in a small saucepan, and place on medium heat on your stove.

Whisk all ingredients together until well incorporated.

Allow sauce to boil for about 3 minutes, stirring occasionally. Serve with meatballs.



Quinoa Spring Salad

½ cup frozen green peas (plus 2 cups boiling water to soak the peas)

3 cups cooked quinoa (cooled)

¾ - 1 cup peppers, finely chopped

¼ cup green pistachios or toasted pine nuts (could use roasted sunflower seeds)

¼ cup hemp, sesame, etc. seeds

2-4 tbsp Cilantro, parsley or basil, Chopped.

1 c chopped cucumbers

½ cup chopped celery

¼ tsp sea salt

3 1/2 – 4 tsps Lemon juice along with olive oil dressing

In a bowl, soak the frozen peas in the boiling water. Let sit until the peas have warmed through. Drain peas and pat dry. In a large bowl, place all ingredients and mix well. Serve immediately or refrigerate in an airtight container. Makes 5-6 servings

Kale & Quinoa Patties

2 1/2 cups cooked quinoa, cooled

4 cup kale, cleaned, deveined and chopped small

2 large eggs

1 tsp sea salt

1/2 onion chopped small

1/2 cup chives chopped CHICWA, XHOPPWS

1/4 c Parmesan cheese grated. Can use crumbled tofu

1/2 cup parsley

2 cloves garlic minced. 1/2 bread cubes (use gluten free bread)

2 tbsp extra virgin olive oil for frying.

Mix together and shape into patties. May be fried or baked until golden brown.

How To Preserve A Husband (or Wife)

Be careful in your selection; do not choose too young and take only such as have been reared in a good moral climate. Some insist on keeping them in a pickle, while others keep them in hot water; however, this tends to make them sour, hard, and sometimes bitter. Even poor varieties may be made sweet, tender, and good when garnished with patience, sweetened with smiles, and flavored with kisses. Then wrap them in a mantle of love, keep warm with a steady fire of domestic devotion and serve with peaches and cream. When thus prepared, they will keep for years.

Cottage Cheese Loaf

3 c. cottage cheese
5 eggs
1/2 c. milk
1/2 c. nuts chopped
onion, diced

1/4 c. margarine (butter)
1 tsp marmite (vegex)
or soy sauce
4 c. special K cereal
celery, diced

Saute onion and celery. Mix all ingredients together and season as desired. Bake in medium (350) oven for about 40 minutes.

- Corinne Stickle (Wawa)

Watermelon Cake, Yummy



Who says you can't have cake? This looks amazing!!
The pics are self explanatory and to make the "icing" you can use this recipe...

Ingredients:

- 2 cans full fat coconut milk (13.5 oz cans) - unflavored and unsweetened
- 1/3 cup powdered sugar or to taste (I would have to try it with Stevia and see how it turned out to avoid using powdered sugar)
- 1 - 4 Tbsp coconut flour or tapioca flour (add 1 Tbsp at a time)
- 1 Tbsp vanilla extract or to taste

Directions:

Chill the cans of coconut milk overnight in the fridge
Open the cans, drain off the clear liquid and transfer the cream to a chilled bowl, using a rubber spatula to scrape all the cream out of the cans
Beat the thick coconut cream in the chilled bowl with a hand mixer until thick and fluffy

Add the vanilla, then gradually beat in the powdered sugar and coconut or tapioca flour, 1 or 2 Tbsp at a time, testing for flavor and consistency
For flavored whipped cream, add some cinnamon, instant coffee, or cocoa powder (you may want to increase the sugar a bit); or replace the vanilla with almond or coconut extract or a liqueur

Using a rubber spatula, transfer the coconut cream to a covered storage container, and chill for 2 hours until the mixture firms. Serve chilled.

Nutrition Data Per 73g Serving: 174 cal, 16g carb, 12g fat, 8mg sodium, 0g fiber, 1g protein, low Cholesterol, good source of Manganese.

Estimated glycemic load 11

**Don't like the coconut "icing" idea??...Then use plain Greek Yogurt instead of Coconut Milk and Almond Flour in place of the coconut flour...

**Toast your almonds before pressing them on the side, you can toast them in a skillet over medium heat until golden, or toast them in the oven under the broiler...Be sure to let them cool completely before using them on your "cake"



Peanut Butter Chocolate Chip Cookie Bites

NO FLOUR, NO OIL, NO WHITE SUGAR

You won't believe it!!!!!!

Ingredients:

- 1 1/4 cups canned* chickpeas, well-rinsed and patted dry with a paper towel
- 2 teaspoons vanilla extract
- 1/2 cup + 2 tablespoons (165 grams) natural peanut butter (can use PB2 from gym to make healthier, check your labels)
- 1/4 cup (80 grams) honey (agave will do amazing too!)
- 1 teaspoon baking powder**
- a pinch of salt if your peanut butter doesn't have salt in it
- 1/2 cup (90 grams) chocolate (carob) chips

* My can was a 400 gram can, 240 grams without the water, and I used all but a few tablespoons

** If you need grain-free baking powder, you can use 1 part cream of tartar + 1 part baking soda + 2 parts arrowroot.



Directions:

Preheat oven to 350 degrees

Combine all the ingredients, except for the chocolate chips, in a food processor and process until very smooth. Make sure to scrape the sides and the top to get the little chunks of chickpeas and process again until they're combined. Put in the chocolate chips and stir it if you can, or pulse it once or twice. The mixture will be very thick and sticky. With wet hands, form into 1 1/2 Inch balls. Place onto a piece of parchment paper. If you want them to look like normal cookies, press down slightly on the balls. They don't do much rising. Bake for about 10 minutes. Yields about 14 1 1/2" cookie dough balls. Don't even try with regular peanut butter! They'll come out oily. You **MUST** use natural peanut butter.

Blackberry Upside Down Cake (gluten free)

In a cake pan Sprinkle

2 teaspoons melted butter (I use organic soft)

1 ½ teaspoons lemon Zest

A scant ¼ cup organic sugar (I use cocanut sugar)

2 cups of blackberries

In a bowl mix

¾ cup Gluten free flour

½ cup sorghum or almond flour

1 ½ teaspoon backing soda

1 t cinnamon

¼ t salt

In another bowl mix

2 tablesppons soft butter

1/3 cup organic sugar

2 eggs

1 t vanilla

Next alternate flour mixture with

½ cup of whole milk.

Mix well after each addition.

Spoon batter over the berries.

Bake for 40 minutes until toothpick comes out clean.

Cool cake for 5 minutes and then invert on a plate.

Serve with whipped cream



Pumpkin Pie

Crust:

2 cups almond flour
1/4 teaspoon salt
2 tablespoons coconut oil
1 egg

Place flour and salt in food processor and pulse briefly. Add coconut oil and egg and pulse until mixture forms a ball.

Press dough into a 9-inch pie dish.

Filling:

1 1/4 cups raw soaked cashews (from 1/2 hour to 18 hours)
3/4 cup maple syrup or 1 cup soaked dates
2 tsp pumpkin pie spice
1 tsp cinnamon

Blend above ingredients for 5+ minutes, then add 1 can organic pumpkin puree (16 ounces) or 2 cups fresh puree

Blend until smooth.

Pour into crust and smooth top with a spatula.

Bake at 375° for 15 minutes then bake at 350° for half an hour.

Honey Oatmeal & Raisin Scones

- 1 1/2 cups (375 mL) all-purpose flour
- 1/2 cup (125 mL) quick oats
- 1 Tbsp. (15 mL) baking powder
- 1 tsp. (5 mL) ground cinnamon
- 1/4 tsp. (1 mL) salt
- 1/4 cup (50 mL) Becel® Original margarine
- 1/3 cup (75 mL) low-fat plain yogurt
- 3 Tbsp. (45 mL) honey
- 1 egg
- 1 cup (250 mL) golden raisins
- 1 Tbsp. (15 mL) sugar



Preparation

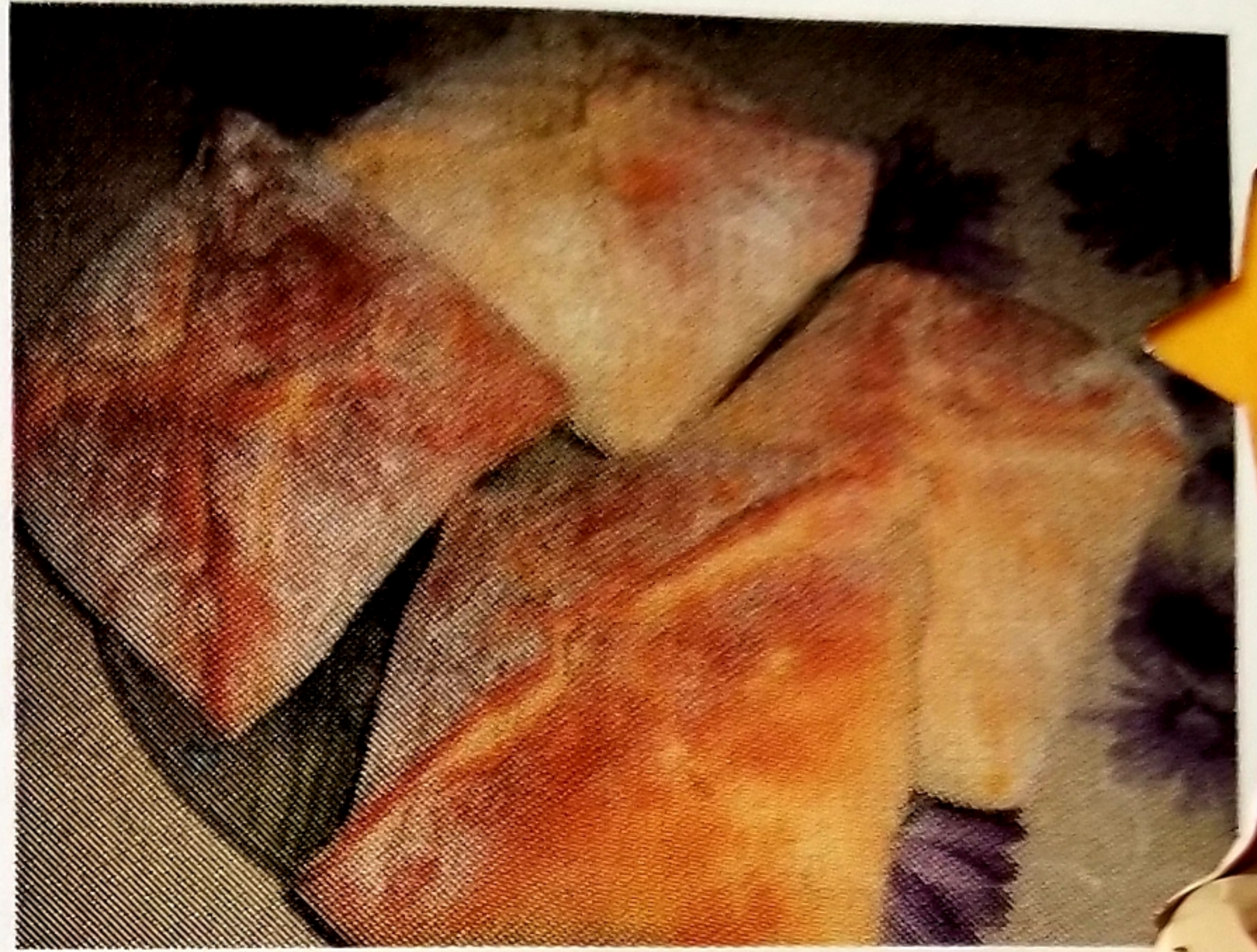
Preheat oven to 425°F (220°C). Spray baking sheets with no-stick cooking spray or line with parchment paper. Combine flour, oats, baking powder, cinnamon and salt in large bowl. Cut in Becel® Original margarine with pastry blender or two knives until mixture is size of coarse crumbs; set aside.

Beat yogurt, honey and egg in small bowl with wire whisk. Stir in raisins. Add egg mixture to flour mixture. Stir with fork until dough holds together; shape into a ball. Roll dough on lightly floured surface to 19 cm circle. Cut into 12 wedges. Arrange wedges 2.5 cm apart on baking sheets, then sprinkle with sugar.

Bake 10 minutes or until lightly golden.

Plachindas

Here is the recipe I promised to pass on. Have fun trying out your own version. -Aunt Alberta



Crust:

1 cup ww flour
1 cup all purpose flour
2 cups quick rolled oats ground into flour in the blender
3 T Veg oil for each cup. I used olive oil and used 3/4 cup
1 t salt

-stir all together with working in the oil before adding the water
1cup cold water added slowly.

May need less or more water depending on the texture-must stick together.

Filling:

6-8 mac apples cut up small-the macintosh apples cook quickly
Add about 1/4 cup of all purpose flour,
1/2 cup of sugar, chopped dates or raisins (don't use too much as the sugar will spill out)
About 1/4 t cinnamon

Roll out crust and cut into a grid making squares, triangles or rectangles.
Mix apple or other mix together and spoon on rolled out crust dough. Pick up opposite corners, squeezing the corners and edges to close the plachinda. Put on cooking sheet and bake at 350 for about 1/2 hour. Enjoy!

From Fasting to Feasting

Fast from emphasis on differences;

Feast on the unity of life.

Fast on despair;

Feast on hope.

Fast on thoughts of illness;

Feast on the healing power of God.

Fast from words that destroy;

Feast on phrases that are encouraging.

Fast from anger;

Feast on patience.

Fast from being negative;

Feast on being positive.

Fast from worry;

Feast on trust.

Fast from complaining;

Feast on appreciation.

Fast from hostility;

Feast on peace-making.

Fast from constant activity;

Feast on slowing down.

Fast from disrespect;

Feast on recognizing the sacred in all life.

Fast from self-concern;

Feast on compassion for others.

By Rose Mattern, Nebraska

O Love That Wilt Not Let Me Go

O Love that wilt not let me go, I rest my weary soul in Thee;
I give Thee back the life I owe,
That in Thine Ocean depths its flow may Richer, fuller be.

O Light that followest all my way, I yield my flickering torch to Thee:
My heart restores its borrowed ray,
That in Thy sunshines's blaze its day may brighter, fairer be.

O Joy that seekest me through pain, I cannot close my heart to Thee;
I trace the rainbow through the rain,
And feel the promise is not vain that morn shall tearless be.

O Cross that liftest up my head, I care not ask to fly from Thee;
I lay in dust life's glory dead,
And from the ground there blossoms red Life that shall endless be.