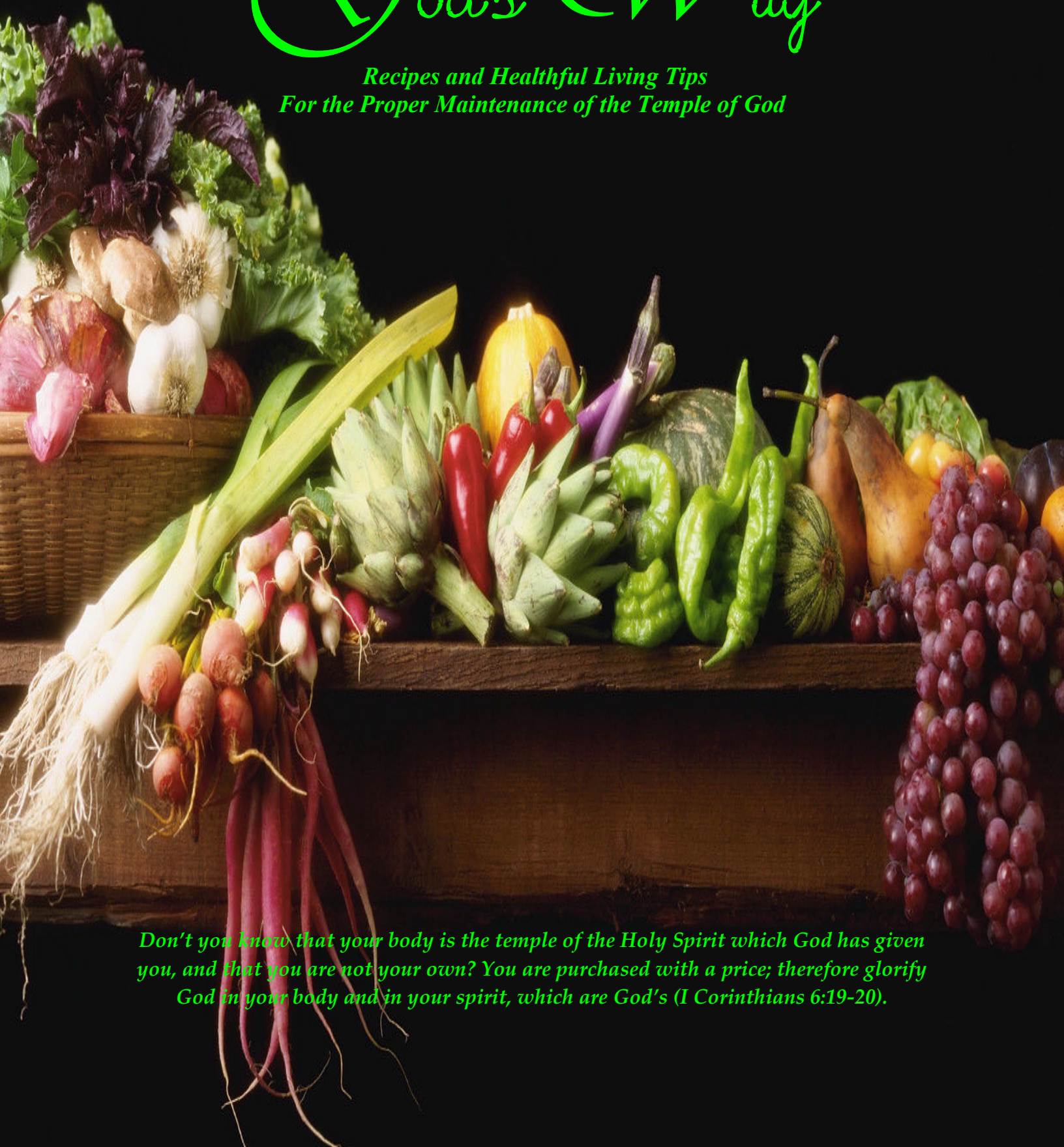


# God's Way

*Recipes and Healthful Living Tips  
For the Proper Maintenance of the Temple of God*



*Don't you know that your body is the temple of the Holy Spirit which God has given you, and that you are not your own? You are purchased with a price; therefore glorify God in your body and in your spirit, which are God's (I Corinthians 6:19-20).*

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Compiled By  
Wanda Brackins and the Ladies of  
Glendale Seventh-day Adventist Church  
On behalf of Women's Ministry

## **Acknowledgements**

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It has been a joy conducting the research, putting my thoughts to paper, and sharing God's dynamic health message. As the information in this book is used to work on building a better bodily temple for the Holy Spirit to dwell, proceeds or donations received from the sale of this book will go to the Glendale Seventh-day Adventist Church building fund.

**Glendale Seventh-Day Adventist Church**  
**1138 Glenwood Avenue**  
**Minneapolis, MN 55405**

# Table of Contents

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## Table of Contents

Introduction.....	6
Vegetarianism.....	10
Wholesome Tips for the Pantry.....	11
Extra Touches.....	12
What's for Breakfast .....	14
Main Dishes.....	15
Beans and Peas.....	26
Vegetables	
▪ Cleaning Vegetables.....	32
▪ Vegetable Recipes.....	33
Soups, Stews, and Salads .....	35
Sandwiches.....	42
Breads.....	45
Desserts	
▪ Affects of Sugar .....	52
▪ Dessert Recipes .....	53
Beverages	
▪ Fruit Juice Mixtures.....	59
▪ Making Beverages Attractive .....	60
▪ Beverage Recipes.....	61
Remember to Drink Water!.....	64
The Healing Properties of Food .....	65
Nature's Medicine Cabinet.....	66
Home Juice Remedies.....	67

Vitamins and Minerals.....	68
Exercise.....	69
Fasting .....	73
Eat Right and Live Longer .....	75
Index.....	76
Sources Used .....	78

## Introduction

Our modern society is plentiful with food, to the extent that people have become enthralled with it as a form of entertainment, and a major aspect of our social life. As we look to food as the center of our entertainment, we have forgotten the importance of a wholesome diet for physical and spiritual rejuvenation. Our fast-paced lifestyle along with modern business and advertising has blurred the relationship of food to our health. Yet, for all our technology and modern methods, we are plagued by a long list of contemporary diseases, many of them fatal, which modern medicine cannot cure. Lung cancer, colon cancer, heart disease, arteriosclerosis, high blood pressure and other illnesses were not prevalent sixty-years ago and are directly linked to our diet and lifestyle (Meyerowitz, pg. 1-2).

Many [people] transgress the laws of health through ignorance and are in need of instruction; but the greater number of people know better (MOH, pg. 62, E.G. White). In a world of dollars and cents, and have it now attitudes, our food is full of growth hormones, preservatives, pesticides, artificial colors and flavors, and other indigestible chemicals that overload our kidneys, bowels, skin, lungs and liver. Pure air, sunlight, rest, exercise, proper diet, the use of water and trust in Divine power – these are the true remedies for all that ails mankind. In taking God at His Word and following the whole Bible as our guide, every truth seeking Christian can be blessed to discover a health message that should not only be followed but also shared with others in our physically and spiritually dying world.

The health message as embraced by Seventh-Day Adventist Christians, directs man back to God's original diet of fruits, nuts and grains. Just as automakers document the recommended maintenance services for your new car in an Owner's Manual, God, our creator has documented in the Bible how to best maintain our health.

A back to basics diet that is void of animal flesh is God's ideal for His perfectly made creation ... mankind. God spoke into existence an abundance of herbs, grains, nuts, beans, fruits and vegetables to be food for us. Before sin entered the world, there was no shedding of blood of any of God's creation. God did not sanction the consumption of meat eating until after the flood when all vegetation was destroyed by the floodwaters. Along with the permission to eat meat, God gave specific guidelines as to the types of meats that could be consumed as well as the proper preparation. As Noah and his family prepared to enter the arc, they took two by two of the unclean animals (those not to be consumed) and seven by seven of the clean animals, which

God would later permit man to consume (Genesis 7:2 However it was never God's intent for man to continue including flesh foods as a part our diet. Leviticus 11:1-47 provides an extensive list of foods that should not be consumed by mankind, including pork and shellfish. These animals that are forbidden for consumption are scavengers, created by God to keep the earth clean. The Bible makes it clear in Genesis 9:4 that consumable meats should have the blood drained, in other words kosher meats. The blood is life and through the blood is carried all manner of diseases that attack the body. Departing from God's original plan of a vegetarian diet has brought nothing but various diseases and death to mankind. The vegetarian diet should progress to exclude the use of milk, eggs and cheese, as disease in animals increases. Every effort should be made to substitute other things that are healthful and palatable (MOH, pg. 179, White).

Eating right directly correlates to longevity, therefore it behooves individuals to eat right and live longer. Eating foods that have health promoting properties go far beyond just nutritional value. For example, eating an apple every day helps to keep cholesterol in check. You can protect your urinary tract and your memory with a daily dose of blueberries. Whole grains, which are the entire seed or kernel from wheat, oats, corn or rye, should be part of your healthy diet. Whole grains are good carbohydrates and are full of natural fiber, protein, vitamins and minerals. Dietary guidelines from the Food and Drug Administration recommend three servings of whole grains a day to help lower cholesterol and reduce the risk of heart disease and type-2 diabetes.

In addition abstaining from unclean foods, the Bible admonishes mankind to refrain from mind-altering substances such as alcohol (Proverbs 20:1). In an attempt to justify the desire to drink alcohol, people have cited the story of the Wedding at Cana, recorded in John 2:1-11, saying that Jesus made and consumed wine. However the water that Jesus turned into wine was the fresh unfermented fruit of the vine. Wine or grape juice in its unfermented state is wholesome and refreshing but once the fermentation process begins, it turns into an intoxicating drink. The Bible makes it clear that fermented wine should not be consumed when it states that, "wine is a mocker and strong drink is raging and whosoever is deceived thereby is not wise" (Proverbs 20:1). Jesus provided no such beverage. Alcoholism has wrecked havoc on many homes, families and communities, resulting in poor health or fatal illnesses. Alcohol is the number one cause of accidents in America, and those whose lives are lost are typically the young and the innocent.

Tobacco [in all its forms] slows up the reflexes and lowers morale” (Bible Readings for the Home, pg. 706). Tobacco is very dangerous because its effects harm the body very slowly, where the user hardly detects any signs of the injurious affects of the poison. Tobacco can affect the nervous system with more power than alcohol. In addition to being harmful to the body, tobacco is expensive at nearly five dollars for a pack of cigarettes; it is offensive and harmful to others and it leaves the user with a foul odor. Studies have proven that second-hand cigarette smoke causes cancer in individuals who are exposed over prolonged periods of time.

The abuse or overuse of prescription drugs is harmful to the body as well, and should be monitored carefully. It goes without saying that the use and sell of illicit drugs should never be a part of the Christian lifestyle. Many ill-advised Christians do not consider the use of caffeine as drug use, but over half of the U.S. population is addicted to the powers of this widely sold drug. Caffeine is a stimulant that has an initial exhilarating effect on the body. It excites the nerves of the stomach, alters the mind with a sudden brain jolt, and speeds up the heart, providing a false sense of energy. Once the short-lived energy boost is gone, the result is a corresponding degree of weakness and listlessness. With the prolonged use of caffeine, the body begins to crave the unnatural high and like illicit drugs, it becomes increasingly difficult to control its use. Caffeine comes in various forms; cola drinks, coffee, chocolate and teas; these drinks seem harmless but the consumption can cause long-term problems. When man is not in control of his mind, it leaves way for Satan to take control, causing dullness where the still small voice of the Holy Spirit cannot be heard.

Freedom from disease is promised if we will diligently hearken to the voice of the Lord thy God, and do those things that are right in His sight, and will give ear to His commandments, and keep all his statutes, “I will put none of these diseases upon thee which I have brought upon the Egyptians: For I am the Lord that heals thee” [Exodus 15:26.]. Jesus lived a life of health. Physically and spiritually, He represented the sacrificial lamb, without spot or blemish. He is our example, in body and soul, of what God designed humanity to be through obedience to His laws. Embracing His example, we should develop a healthy prayer life, eating habits, and a loving, caring service to others. Jesus was a constant worker, weighted down with the love and concern for all mankind. How much better off mankind could be in this sinful world if we would but keep our eyes on Jesus.

It is never too late to change unhealthful spiritual and physical habits. The first step is getting your appetite under subjection and learning to eat to live and not live to eat. Make a



personal commitment today to strive for optimum spiritual and physical health with a NEW  
START:

**N**utrition

**E**xercise

**W**ater

**S**unlight

**T**emperance

**A**ir

**R**est

**T**rust in God

May God richly bless you as you begin your journey to renewed spiritual and physical vigor by getting your temple in order!

## Vegetarianism

*“And God said, behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed: to you is shall be for meat” Genesis 1:29.*

A vegetarian diet is conducive to good health and an excellent way to avoid unnecessary illness. Before we get started, it is helpful to understand what the term “vegetarian” means. “Over 15 million North Americans consider themselves vegetarians.” Of these a third completely eliminate meat, poultry and fish from their diets. The others generally include poultry or fish, but avoid red meat. There are several different types of vegetarians:

- **Vegan** – avoids all animal products, including eggs and other dairy products.
- **Lacto-vegetarians** – consume dairy products but no meats. Approximately 90-95 percent of vegetarians in North America include dairy and/or eggs in their diets.
- **Semi-vegetarians** – eat meat such as poultry and fish but avoid red meats.

Protein is the most important issue concerning the sufficiency of a vegetarian diet. But it is not difficult to get adequate protein in a vegetarian by the use of plant protein, which is just as good as animal protein. Primarily all vegetables, beans, grains, nuts and seeds together contain more than enough protein to sustain growth and the basic needs of body tissue. Vitamin B-12 is also a concern because it cannot be obtained from plants, but is readily available in soy sauce and kelp. Calcium, an essential nutrient, can be found in green leafy vegetables.

Non-vegetarian diets consist of a heavy consumption of meat, and is directly associated with significant health problems. Increased amounts of fat and protein and lack of fiber are linked with cancer, heart disease, arteriosclerosis, diabetes and obesity.

The recipes in this book are designed to help you prepare quick, easy and wholesome vegetarian meals. These vegan and lacto-vegetarian meals substitute soy products and vegetables for meat. Some of the recipes use cheese, milk and eggs and in some of the recipes cheese is optional. Soymilk and egg substitutes can always be used in the place of milk and eggs.

✓ **A well-balanced vegetarian diet is conducive to good health!**

## Wholesome Tips for the Pantry

- Remove all products that contain hydrogenated oils (i.e., most cookies, crackers and breads). Most health food stores carry foods that are free of hydrogenated fats.
- Purchase a variety of nut and seed butters like almond butter, sesame seed butter and cashew butter. Nut butters make a healthy snack when eaten on crackers or raw vegetables.
- Switch to whole grain crackers made without hydrogenated oils. Whole grain crackers make a great snack when combined with almond cheese, pepper jack cheese, soy cheese or nut butters, and are a simple first step to including more whole grains to your diet.
- Buy trail mix and dried fruit instead of chips and other fatty snacks.
- Nuts (almonds, pecans) and seeds.
- Purchase sweets made with unrefined sweeteners.
- Switch from can to frozen or preferably fresh vegetables.
- Discard the black pepper.
- Toss out the white flour.
- Soy flour or whole wheat flour
- Don't purchase instant oatmeal; get the old fashioned, slow cooking, real thing.
- Try Malt-O-Meal, Cream of Wheat and other fiber enriched hot cereals.
- Switch to Total Cereal instead of sugar filled cold cereal.
- Buy brown rice instead of white rice.
- Use whole grain pastas.
- Keep plenty of dry beans on hand (pinto, black beans, lentils, etc.).
- Use honey instead of sugar.
- Use sea salt.
- Healthy Harvest Whole Wheat Pastas
- Replace canola, safflower and vegetable oils with pure olive oil.
- Stock up on caffeine-free herbal teas and toss out the coffee and caffeine teas.
- Use Cayenne liberally, it helps purify the blood.

## Extra Touches

Food should not only taste good, be good for you, it should also look good! The extra touches that you can add to your food are garnishes. A garnish should be decorative but edible. There are many fruits and vegetables that make great looking garnishes. Listed below are a few ideas to help you add color, eye appeal and creativity to your dish.

1. Apples
  - a. Wedges dipped in lemon juice to prevent discoloration
  - b. Slices cut with a round cutter, the center emphasized with a cherry
  - c. Crab apples, raw and cooked
  - d. Red apples, sliced and canned
2. Asparagus tips
3. Avocado slices – with finely chopped parsley on outside edge
4. Artichokes – with red radish slices in between the leaves
5. Green beans – cut in lozenges or arranged in little bundles
6. Beets – sliced, shredded or whole, use with care because of color running in other foods
7. Broccoli – tiny bunches of intense green for pickled vegetable garnish, on the top of tomato slices or as bouquet arrangement with other garnishes (After boiling to a crisp state, cook and transfer to lemon juice to pickle overnight)
8. Carrots – curls, sticks or cooked and cut in circles or julienne
9. Cauliflower roses
10. Celery leaves or curls
11. Cherry tomatoes stuffed with vegetarian chicken-like salad or cottage cheese
12. Cherries – canned, maraschino or sour
13. Chives – cooked or raw, cut or in long strips
14. Cream cheese – cut or molded in shapes or placed around pears with leaf at top and cottage cheese in center
15. Coconut, colored or white
16. Corn – canned real petite ears
17. Cucumbers – grooved with fork and sliced or cut into shapes
18. Fruit kabobs for fruit salads and some desserts

19. Grapefruit flowers – made from grapefruit peel and colored and then nicely arranged in shape of a rose. To do this, take outside off thinly, then peel in one continuous long strip all of a large grapefruit and soak in food coloring; when desired color is obtained, arrange
20. Green mint leaves – on cheesecake, honeydew melon, salad molds
21. Nuts – almond slices and some other nuts might be used in vegetables or on salads or roasts
22. Olives – black, stuffed or sliced thin
23. Oranges – sliced, or cream cheese cups with sliced pineapple, orange flavored kosher gelatin, cream cheese, orange juice and lemon juice with tiny umbrella over the top
24. Parsley
25. Peaches and pears – cut, shaped, colored, and arranged
26. Peppers – green, may be cut, diced, sliced, and arranged with pimento
27. Pineapple – cut in slices, julienned, canned or use fresh, cutting in strips and using tops
28. Tomatoes – wedges, slices, diced, with other vegetables such as olives, pickles, peppers, in arrangements

## What's for Breakfast

It is most important to provide your body with a hearty breakfast. Many people find it difficult to eat a substantial breakfast early in the morning, but in fact breakfast is the most important meal of the day. The word “breakfast” is made up two words “break” and “fast” which literally means, break the fast. That’s right, as you lay resting for six or more hours your body is fasting all night. Therefore when you wake up in the morning it is time to fuel your body with foods that will allow you to perform at your optimum. If you want to continue feeling energetic throughout the day, there is a good motto to remember, taken from *The Seventh-day Diet* which says” Eat breakfast like a king, lunch like a queen, and dinner like a pauper.” The reason is simple, your digestive system works better during the day when you are the most active. As you go about your daily activity, your system can readily digest and empty out the stomach.

Not only is it important when you eat, what you eat is equally as important. A plant based breakfast of whole grains, fresh fruits, nuts and seeds provide a high portion of much needed vitamins and minerals. Eating a good balanced breakfast will eliminate the problem of snacking and compulsive eating. Here is an example of a wholesome breakfast:

1 slice of whole-grain bread

1 teaspoon nut butter or soy butter

1 cup whole-grain cereal or other protein food (try a bowl of original Quaker Oatmeal cooked in apple juice, topped with diced apples, cinnamon, chopped pecans, walnuts, and warm soymilk)

1 orange

1 apple or banana

A glass of soymilk, nut milk, or skim milk

Granola sweetened with dried fruits or fruit juice concentrate is also a good breakfast, especially when added to a bowl of soy yogurt. Have the granola and yogurt in place of the whole-grain cereal and glass of milk.

As a change of pace you may also enjoy whole-grain waffles, tofu scramblers, wheat pancakes or other whole-grain cereals.

# Main Dishes



## **Brown Rice Loaf**

*Margie Laney*

- 1 Cup brown rice
- 2½ Cups cold water
- 1 Large carton small curd cottage cheese
- 1 Medium onion diced
- 2 Eggs
- 1 Package George Washington Broth or (Loma Linda Brown Gravy)

Bring water to a boil, add rice and steam until well cooked. Combine all ingredients together in a large mixing bowl. Pour into an 8 x 8 pan and bake at 350 degrees for 55 minutes.

---

## **Bermuda Curried Chicken**

- |  |  |
|--|--|
| 4 Cups of your favorite veggie chicken | 2 Tablespoons mild curry powder          |
| 2 Tablespoons olive oil                | 2 Tablespoons flour                      |
| 1 Onion, chopped                       | 1 5½-Ounce cans premium coconut milk     |
| 2 Large cloves garlic, chopped         | 2 Cups water, more if desired            |
| 1 Tablespoon minced ginger root        | McKay's Chicken-Style seasoning to taste |

In a heavy skillet, brown the veggie chicken in olive oil. Set to the side. In remaining olive oil, sauté the onions and garlic until golden. Add the ginger root, curry powder and flour; stir well. Slowly stir in the coconut milk and water. Season to taste with McKay's Chicken-Style Seasoning. Add the browned veggie chicken. Cover and simmer for about 20 minutes to allow broth to thicken and flavors to develop. Adjust seasoning if necessary.

Serve with rice.

---

## **Oatmeal Patties**

- |                             |                          |
|-----------------------------|--------------------------|
| 1 cup oatmeal               | ½ teaspoon thyme         |
| ½ cup seasoned bread crumbs | ½ teaspoon summer savory |
| 3 eggs                      | ½ teaspoon salt          |
| 1 onion, chopped            |                          |

Mix all ingredients together. Shape into palm sized patties. Simmer in gravy about 30-minutes.



**Chow – Chow**  
*Liz Brown-Banks*

- |                               |  |
|-------------------------------|--|
| 1 Small cabbage head, chopped | 1½ Cups sugar (can substitute with Splenda or honey) |
| 3 Cups chopped cauliflower    | 2 Tablespoons dry mustard                            |
| 2 Cups chopped onions         | 1 Tablespoon turmeric                                |
| 2 Chopped green tomatoes      | ½ Teaspoon ground ginger                             |
| 2 Cups chopped green peppers  | 2 Teaspoons celery seed                              |
| 1 Teaspoon dried pepper       | 1 Teaspoon mustard seed                              |
| 3 Tablespoons salt            |  |
| 2½ Tablespoons vinegar        |  |

Combine chopped vegetables. Sprinkle with salt and let stand for 4 – 6 hours in a cool place. Drain well. Combine in a separate container with vinegar, sugar, and spices; put on stove and simmer for 10 minutes. Add vegetables and simmer for 10 minutes then bring to a full boil. Put mixture into sterilized jars. Put a little water in a pan and let it boil while putting mixture in jars.

---

**Breaded Vegetable Scallops**

- |                                   |   |
|-----------------------------------|---|
| 1 20-Ounce can vegetable scallops | ¼ Teaspoon seasoned salt                  |
| 1 Cup flour                       | 3 Eggs, beaten                            |
| ½ Teaspoon yeast                  | 2 Tablespoons milk                        |
| ¼ Teaspoon garlic salt            | Olive oil (for frying)                    |
| ½ Teaspoon accent                 | Seasoned breadcrumbs or corn flake crumbs |
| ½ Teaspoon sage                   |   |

Drain off all broth from vegetable scallops. Dip scallops in flour in which various seasonings have been thoroughly mixed; then dip in the eggs which have been beaten with the milk; then roll in bread crumbs. Fry in skillet until golden brown. Serve with tartar sauce or gravy. Serves 6-8

---

**Dumplings**

- |                          |                                       |
|--------------------------|---------------------------------------|
| 1 cup whole wheat flour  | ⅓ cup milk (non-dairy or dairy)       |
| ¼ Teaspoon salt          | 1 Tablespoon vegetable oil (optional) |
| 1 Teaspoon baking powder | ½ Teaspoon dill weed (optional)       |

Mix the flour, baking powder and salt thoroughly. Add the remaining ingredients, stirring lightly just to mix. Using a tablespoon, place small mounds of batter the size of a walnut over the thickened stew. Cover and cook on low heat for 15 minutes without peaking.

## Teriyaki Tofu with Lemon

*Ruby Whisby*

¾ Cup soy sauce	3 15-Ounce blocks of firm tofu, drained & halved horizontally forming 6 slabs
¾ Cup mirin	3 Tablespoons Asian sesame oil
2 Tablespoons sugar (or honey)	3 Tablespoons chopped scallion greens
1½ Teaspoons finely grated lemon zest	1½ Tablespoons toasted sesame seeds
1½ Teaspoons cornstarch	
1½ Tablespoons fresh lemon juice	
Vegetable oil for the grill	

Combine soy sauce, sake, mirin, sugar and lemon zest in a small saucepan and simmer over low heat until fragrant about 5 minutes.

In a small bowl, mix the cornstarch into the lemon juice, stirring to dissolve. Whisk into the soy sauce mixture and bring to a boil, then cook over low heat for 1 minute, stirring constantly. Let the teriyaki sauce cool.

Light a grill. Lightly oil the grate. Pat the tofu dry with paper towels. Place in a shallow baking dish and brush with sesame oil. Grill the tofu over a medium-hot fire for about 6 minutes, basting frequently with the teriyaki sauce, just until heated through and browned. Transfer the tofu to a platter. Drizzle with the remaining sauce, sprinkle with the scallion greens and sesame seeds and serve immediately.

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## Stuffed Peppers

*Wanda Brackins*

4 Large green or red bell peppers	½ Teaspoon oregano leaves
1 Small onion, chopped	½ Teaspoon pepper
½ Teaspoon fresh minced garlic	1 Teaspoon Worcestershire Sauce
1 Tablespoon virgin olive oil	1 Cup cooked brown rice
2 8-Ounce cans tomato sauce	1 Large egg (or EnerG Egg Replacer)
½ Teaspoon sea salt	1 Bag Morning Star Recipe Crumbles
½ Teaspoon basil leaves	

Cut the stems off peppers and par boil peppers for 20 minutes. In vegetable oil, lightly fry Morning Star Recipe Crumbles with onions for 5-8 minutes and drain. Set peppers aside. Mix ingredients (except tomato sauce) together in large bowl until mixed well. Put a small amount of tomato sauce in bottom of 9½ "x 11" casserole dish. Stand peppers upright in a pan or casserole dish and spoon in mixture. Pour remaining tomato sauce over peppers. Bake at 350 degrees for 35 – 40 minutes.

## **Mini Ravioli with Pesto and Cherry Tomatoes**

*YaLonda Johnson*

For pasta:

- 4 Quarts water
- 1 Pound fresh or frozen mini cheese ravioli
- 2 cups cherry tomatoes

For pesto:

- 2 Cups packed fresh basil leaves
- 1 Garlic clove, peeled
- 3 Tablespoons walnuts or pine nuts
- 3 Tablespoons extra virgin olive oil
- 4 Tablespoons grated Parmesan cheese, plus additional for serving
- Salt and pepper to taste

Cook the pasta: Pour the water into a large pot, salt lightly and cover. Bring to a boil over high heat. Add the ravioli, stir to separate and cook according to the directions on the package. One minute before the ravioli are done, stir in the cherry tomatoes. Remove ½ cup of the pasta cooking water and reserve. Drain the ravioli and tomatoes and return to the pot.

While the pasta is cooking, cook the grilled mushrooms.

- 4 Portobello mushrooms
- ¼ Cup balsamic vinaigrette
- Salt and pepper to taste

Preheat a grill, pan or large skillet over medium heat. Remove the stems on the mushrooms and discard. Wipe the mushroom caps clean with paper towels. Brush the tops of the mushroom caps with some of the vinaigrette and place, brushed side down, on the grill, pan or in the skillet. Grill for 6 to 8 minutes, turning halfway during the cooking and brushing with remaining vinaigrette. Transfer the mushrooms to a cutting board and cut them into 1-inch stripes.

Meanwhile, make the pesto: Place the basil, garlic and walnuts in a food processor or blender and process until finely chopped. With the machine running, pour in the olive oil and process until smooth. Add the Parmesan and process until combined. Season with salt and pepper.

Serve: Add the pesto to the ravioli and cherry tomatoes, with some of the reserved pasta cooking liquid to thin the sauce to the desired consistency. Toss well to combine, then ladle into pasta bowls and serve with additional grated Parmesan. Serve the grilled Portobello strips on separate plates with the pasta.

**Italian Lasagna**  
*Micheale Roberts*

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 6 Lasagna noodles                | ½ Cup plain yogurt (Dannon)       |
| 1 Package frozen spinach         | 1 Teaspoon grated Parmesan cheese |
| 1 Cup milk                       | ½ Teaspoon Italian seasoning      |
| 2 Tablespoons cornstarch         | 1 Cup cottage cheese              |
| 1 Tablespoon dried minced onions | 1 Cup shredded mozzarella cheese  |

Preheat oven to 375 degrees. In a large saucepan combine milk, cornstarch and onions. Cook and stir until mixture thickens and is bubbly. Cook and stir 2 minutes longer. Remove from heat. Stir in yogurt. Spread 2 tablespoons of yogurt sauce evenly on the bottom of baking dish. Stir Italian seasoning into the remaining sauce. Place 3 cooked noodles in dish, spread with 1/3 of sauce, layer spinach on top, sprinkle with Parmesan cheese. Layer another 1/3 of sauce, cottage cheese and 1/2 of mozzarella cheese. Place remaining noodles on top of cheese. Layer top with remaining sauce and mozzarella cheese. Bake 30 to 40 minutes or until heated. Let stand 10 minutes before serving.

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**Green Chili Enchiladas**  
*Wanda Brackins*

- |                                  |  |
|----------------------------------|--|
| 12 White corn tortillas          | 1 Small can chopped black olives       |
| 1 Small can diced green chilies  | 1 Cup grated cheddar cheese            |
| ¼ Cup olive oil                  | 1 Cup grated mozzarella cheese         |
| 2 Chopped green onions           | 1 Package Morning Star Recipe Crumbles |
| 2 8-Ounce cans green chili sauce |  |

Spray the bottom of a 9" skillet with olive oil pan spray. Place Morning Star crumbles, green chilies, and black olives in skillet and cooked until well heated and set aside. In a separate skillet, pour a small amount of olive oil in the skillet to coat the bottom. Lightly fry tortillas (just enough to make them easy to fold) no more than 20 seconds on each side. In a medium sized baking dish, place a small amount of crumbles mixture and a small amount of cheese in a tortilla continue until all tortillas are filled. Pour warmed green chili sauce on top of the rolled enchiladas and top with cheese and green onions. Bake the enchiladas in a pre-heated oven at 350 degrees for 30 minutes until hot and the cheese is melted.

*Note: Try substituting the cheeses for equivalent soy or almond cheese.*

## **Broccoli Casserole**

*Margie Laney*

- 1 10-Ounce pack of frozen broccoli (preferably flowerets)
- 1 10-Ounce jar of Cheese Whiz
- 1 Can cream of Campbell's Cream of Celery Soup
- ½ Soup can of milk
- 1 Medium onion
- 1⅓ Cup Minute Rice or Uncle Ben's Brown Rice

Place all ingredients in a baking dish in the oven for 35 minutes at 350 degrees.

---

## **Soy Glazed Tofu with Spinach**

*Ruby Whisby*

- ¼ Cup plus 2 tablespoons soy sauce
- 1½ Tablespoons honey
- 1½ Teaspoons grated fresh ginger
- 2 Small garlic cloves, minced
- ½ Teaspoons Asian sesame oil
- 3 15-ounce packages of firm tofu, drained and halved horizontally
- 4 Scallions, thinly sliced
- 2 10-ounce bags spinach, washed
- 1 Teaspoon cornstarch mixed with 1 tablespoon water

In a small bowl, whisk the soy sauce with the honey, sherry, ginger, garlic and sesame oil. Place 3 of the tofu halves in a glass pie plate and spoon half of the soy mixture on top. Sprinkle with half of the scallions and top with the remaining tofu halves. Pour the remaining soy mixture over the tofu and scatter the remaining scallions on top.

---

## **Cashew Eggplant Bake**

- 2 Cups onion flavored whole-grain cracker crumbs
- 2 Medium-sized eggplants peeled and cut in ¼" slices
- 1 Cup mayonnaise or Vegenaise

Preheat oven to 350 degrees. Place cracker crumbs on a plat or shallow bowl. Coat eggplant slices with mayonnaise, using a knife to spread a thin layer. Dip them in cracker crumbs to coat. Place breaded eggplant slices on lightly oiled baking dishes. Bake 20 minutes, turning after 10 to 12 minutes, until golden brown on each side. Serves 4 - 6

## **Cream Cheese Patties**

*Debra Davis-Moody*

- 1 Package cream cheese
- 1 Egg
- 1 Box cornbread stovetop stuffing
- 1 Can cream of mushroom soup

Preheat oven to 350 degrees. Soften cream cheese. In a large bowl, mix stovetop stuffing, egg and softened cream cheese. Form into patties and brown on both sides. Dilute mushroom soup with water or milk (I prefer Rice Dream) to use as gravy. Place browned patties in a pan and pour soup over them. Bake for 30 – 40 minutes.

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## **Spinach and Rice Casserole**

*Margie Laney*

- 2 Cups cooked brown rice
- 1 Cup grated cheddar cheese \*
- 4 Eggs, beaten
- 4 Tablespoons chopped parsley
- 1 Pound of spinach, hopped
- 4 Tablespoons wheat germ
- 1 Tablespoon oil

Note: Soy cheese may be substituted for cheddar cheese

Preheat oven to 305 degrees. Combine rice, cheese, eggs and parsley. Stir in spinach and pour into an ovenproof casserole dish. Top with wheat germ that has been mixed with oil and bake for 35 minutes. Serves 6 – 8

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## **Glorified Almond Cauliflower**

- 1 Medium-sized head cauliflower
- 1 Cup mayonnaise or Vegenaise
- 1 Cup sliced almonds

Preheat oven to 350 degrees. Steam cauliflower until crisp-tender; about 12 – 15 minutes. Place cauliflower on a 9” pie plate and add a little water to the bottom of the pie plate. Smooth thick coating of mayonnaise or Vegenaise over entire head of cauliflower; cover completely with almond slices. Bake 5 – 10 minutes, just to heat through. Serves 5 – 6

### Lite Spanish Rice

- |                             |   |
|-----------------------------|---|
| 1 Medium onion, chopped     | 2 Cups Uncle Ben's 30-minute brown rice |
| 1 Small green pepper, diced | 4 Cups water                            |
| 1 Clove garlic, minced      | ½ Cup sliced olives                     |
| 1 Cup canned tomatoes       |   |
| 1 Teaspoon salt             |   |

Sauté onion, green pepper and garlic in a skillet in a small amount of water until tender. Add tomatoes, salt, rice, and water. Bring to a boil. Boil rapidly for 5 minutes. Reduce heat, cover and simmer about 25 minutes. Turn heat off and let stand 10 minutes. Add ½ cup sliced olives.

---

### Twice-Baked Potatoes

- 4 Large baking potatoes, baked
- ¼ Cup margarine
- ⅔ Cup milk (or soy milk)
- 2 Tablespoons chopped onion
- ½ Teaspoon salt
- ⅛ Teaspoon ground black pepper
- ¾ Cup shredded sharp cheddar cheese
- Paprika

Cut hot baked potatoes in half. Scoop out insides; reserve shells. In a large bowl, with electric mixer, beat potatoes and spread until creamy. Gradually beat in milk; stir in onion, salt and pepper. Spoon mixture into reserved shells and sprinkle with cheese. Arrange potatoes in a baking dish and bake at 375 degrees for 20 to 25 minutes or until heated throughout. Sprinkle with paprika and serve.

---

### Creamy Scalloped Potatoes

- |  |                                      |
|--|--------------------------------------|
| 1 Cup grated cheese                    | 8 Medium-large potatoes, baked       |
| 2 Teaspoon dried sweet basil           | 1 Bunch green onions, chopped        |
| 1 Teaspoon Vege-sal or ½ teaspoon salt | 1 Red bell pepper, cored and chopped |
| 1 Teaspoon Bakon (optional)            | 1 Cup shredded soy mozzarella        |
| 1 Teaspoon paprika                     |                                      |

Preheat oven to 350 degrees. Blend cheese with basis, coriander, vege-sal or salt, and Bakon seasoning. Peel baked potatoes and place cut slices in lightly oiled baking dish. On top the potatoes layer half the onions, red bell pepper, and seasoned cheese. Repeat layers with the remaining ingredients. Top with soy mozzarella and sprinkle with paprika. Bake 20 minutes

## Meatless Meatloaf

- 4 Eggs, beaten
- 1 Cup finely chopped walnuts
- 1 16-ounce cottage cheese (creamed or small curd)
- 1 Envelope dry onion soup mix
- 2 Tablespoons oil
- 1½ Cups corn flakes

Preheat oven to 350 degrees, grease loaf pan. In large bowl, thoroughly combine ingredients. Spoon into pan and bake 35 – 50 minutes or until knife inserted in center comes out clean. Spread a little ketchup over the top during the last 15 minutes of cooking time.

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## Tofu Loaf

- 1 Medium onion, chopped
- 2 Tablespoons mayonnaise
- 2 Eggs
- 8 Slices of bread
- 1 Package firm Tofu
- ½ Pound shredded cheddar cheese
- ½ Stick of butter
- Soy sauce to taste
- ½ Cup finely chopped celery
- 2 Crushed garlic cloves

Sauté onion, celery and garlic in butter, and set aside. Wash tofu and squeeze out water. Add eggs, mayonnaise, soy sauce, cheese and break (broken in pieces). Then add to tofu. Add sautéed vegetable to the mixture and mix well. Bake at 350 – 375 degrees until firm and lightly brown on top.

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## Haystacks

(A Seventh-Day Adventist favorite)

- Whole-grain corn chips
- Cooked pinto beans
- Cheese (substitute almond or soy cheese)
- Onions, diced, or green onions chopped
- Diced tomatoes
- Green leaf lettuce, shredded
- Fresh spinach, chopped
- Black olives, sliced
- Guacamole

Mound chips on plate; scoop beans on top of chips; spread cheese over beans. Add remaining ingredients in layers. Top with guacamole



A Diet [Better Than] Fit for a King  
Daniel 1:1 – 16

King Nebuchadnezzar of Babylon deployed his army to conquer Jerusalem. When the soldiers invaded the city, they took treasures from the temple and stole many other valuables. The soldiers were also ordered to capture and bring to Babylon, strong, healthy and handsome teenage Hebrew boys to be trained to serve in the king's palace. These boys were not to be average teenagers they were to be the brightest, best, disciplined and well mannered. Among the boys captured were four young men from the tribe of Judah, Daniel, Hananiah, Mishael and Azariah.

When the Hebrew boys were taken to the Babylonian palace, they went through an elaborate training program consisting of language lessons, table etiquettes, entrenched in the Babylonian culture and literature. For the most part, these young men were treated like royalty; they were even given the same food that was served to the king and his court. The training program was scheduled to last for three years, after which time King Nebuchadnezzar would personally examine them and select the ones that excel over the rest to serve in his court.

The first day in the training program went well until it was time to eat. As Hebrews, Daniel and his friends did not eat pork, beef and all of the other meats and rich food that were part of the king's diet. Daniel made a request to the guardian that was over the training program to allow him and his friends Hananiah, Mishael and Azariah to eat only 'pulse' (beans, lentils, peas) and water. The guardian liked Daniel and his friends but was very reluctant to honor their request for fear that they would lose too much weight and look frail and weak. If this happened the guardian could lose his job or possibly his life. After much consideration the guardian consented for Daniel and the other Hebrew boys to go on the diet of beans, vegetables and water for ten days. At the end of the ten days, Daniel and his friends were required to take a physical examination and were found to be stronger and healthier than all the others who were still eating the king's food. In addition, the Bible says, "As these four young men went through their studies, God gave them insight in whatever they learned."

# Beans and Peas



**Beans and Rice**  
*Micheale Roberts*

- |                         |   |
|-------------------------|---|
| 1 Pound dried red beans | 2 Tablespoons margarine (or soy spread) |
| 5 Cups water            | 1 10½-ounce tomato soup                 |
| 1 Bay leaf              | ½ Teaspoon chili powder                 |
| 3 Medium onions         | ½ Teaspoon salt                         |
| 1 Green pepper          | 3 Cups rice                             |

Bring beans, 5 cups water, bay leaf and 1 chopped onion to a boil. Simmer until beans are tender, about 2½ hours. Remove bay leaf. Chop remaining (2) onions and green pepper. Cook in margarine until lightly brown in skillet. Add onions, green pepper, soup, garlic, chili powder, salt and rice to beans. Stir occasionally until rice is done.

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**Doritos Bean Dish**  
*Debra Davis-Moody*

- 4 Cans Brooks chili beans in gravy
- 2 Cans Cream of Celery Soup
- 1 Bag Doritos

Mix the chili beans and cream of celery soup together. In an 8" x 10" pan, grease bottoms and sides and then put a layer of Doritos in the bottom of the pan. Pour mixture over Doritos. Continue to layer as many times as desired or until mixture runs out. Add Doritos on top and bake in a pre-heated 375-degree oven until bubbly.

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**Greek Bean Chowder**

- ½ Pound Greek Beans
- ¾ Cup pure olive oil
- 1 Can tomatoes
- 4 Celery stalks, chopped, leaves included
- 1 Large onion, chopped fine
- 2 Carrots sliced thin
- 2 Quarts water
- Salt to taste

Soak beans overnight and drain off water in the morning. In a large saucepan, bring beans to a boil in water over high flame. Reduce heat and cook for 1½ hour. Then add remaining ingredients and salt to taste. Bring to a boil quickly and reduce heat again and continue cooking for 2 hours or until beans are tender. Serve hot. Serves 4 or 5

## **Lentil, Sesame and Sunflower Burgers**

*Ruby Whisby*

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 4 Ounce brown lentils                | 1 Clove garlic, crushed         |
| 4 Ounce Red lentils                  | 1 Large carrot, grated          |
| 2 Cups water                         | 1 Large onion, grated           |
| 1 Tablespoon miso or yeast extract   | 1 Large potato, grated          |
| 1 Tablespoons soy sauce              | 1/3 Cups sunflower seeds        |
| 1 Egg, beaten                        | 1/3 Cups sesame seeds           |
| 1 Teaspoon dried oregano or marjoram | 1 Cup rolled oats               |
| 1 Teaspoon curry powder (optional)   | 4 Tablespoons whole-wheat flour |
| 1 Tablespoon honey                   |                                 |

Spread the lentils on a tray and pick out any stones. Wash well and drain. Put lentils into a saucepan with the water and bring to a boil. Turn off the heat and soak for 2 hours until the lentils are soft.

Mix the soy sauce, egg, herbs and seasonings together. In a large bowl, combine all the remaining ingredients thoroughly, adding in the egg mixture.

Form the mixture into round patties. Heat the griddle plate of the barbecue, brush with a little oil and cook the burgers over low coal until golden brown for informal eating, serve in hamburger buns with shredded lettuce and mayonnaise. For a knife and fork meal, serve with thickly sliced tomatoes and salads.

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## **Hot & Spicy Green Beans**

*Alan Brass*

- 1½ Pounds Green beans
- 2 Tablespoons virgin olive oil
- 1 Tablespoon chili oil
- 1 Teaspoon red pepper flakes
- 1 Teaspoon sesame seeds

Trim off stems and ends of fresh green beans, wash in cold water and pat dry. Mix olive oil, chili oil and red pepper flakes. Heat in a large fry pan until almost smoky. Add green beans and stir well to coat all sides. Sauté to taste. Sprinkle with sesame seeds and serve hot.

## Bossa Nova Beans

- 1 16-ounce can baked beans
- 1 5-ounce can of chili beans
- 1 8-ounce can of tomato sauce
- 1 Teaspoon ground cumin
- Jack cheese, grated or thinly sliced
- ¼ Teaspoon salt
- ¼ Cup brown sugar, packed
- ¼ Teaspoon garlic salt
- 1 Medium onion, chopped

Combine beans, tomato sauce, onion, brown sugar, salt, garlic salt, and cumin in a ½ quart casserole dish. Bake at 325 degrees for 1 ½ hours or longer until liquid is reduced. Top with cheese and serve when cheese is melted. Serves 8

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## Vegetarian Black Bean Chili

Wanda Brackins

- 1 16-ounce bag black beans
- 1 Package Morning Star Ground Crumbles
- 1 Small onion, chopped
- 1 8-ounce tomato sauce
- 1 12-ounce can Mexican Style chopped tomato
- 2 Tablespoons chili powder
- 1 Tablespoon garlic powder
- 1 Teaspoon Cajun seasoning
- 1 Teaspoon sea salt (or salt to taste)

Soak black beans in quart of cold water, overnight per package directions. Cook beans (preferably in a crock pot on low setting). After beans are cooked add Morning Star Ground Crumbles and all other ingredients and cook over an additional half hour, turning the crock-pot temperature to high.

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## Black Bean Olé

- 3 Cups cooked brown rice
- 3 Cups cooked black beans (soupy)
- 2 Cups chopped tomatoes
- 1½ Cups cheese (or cheese substitute)
- 1 ½ Cups fresh corn kernels
- 1 ½ Cups sliced pitted black olives
- 1 Bunch green onions, chopped
- 2 Cups crushed corn chips

Preheat oven to 350 degrees. Layer ingredients in a 13 x 9 – inch baking dish, in order given. Repeat layering until ingredients run out. Bake for 20 minutes or until bubbly.

## Four Bean Chili with Corn & Chiles

- 1 Onion, chopped
- 1 Garlic, diced
- 1 Jar diced pimento
- 1 Teaspoon cumin
- 3 Teaspoon chili powder
- 2 Teaspoon oregano
- 1 Can each garbanzo beans (drained), kidney beans, lima beans (drained) and black beans
- 1 16-ounce package frozen corn
- 3 Cans chopped tomatoes

Sauté onion and garlic in oil. Add green chilies and pimento and continue to sauté. Add spices, tomatoes and beans and simmer over medium heat.

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## Golden Tofu with Peas

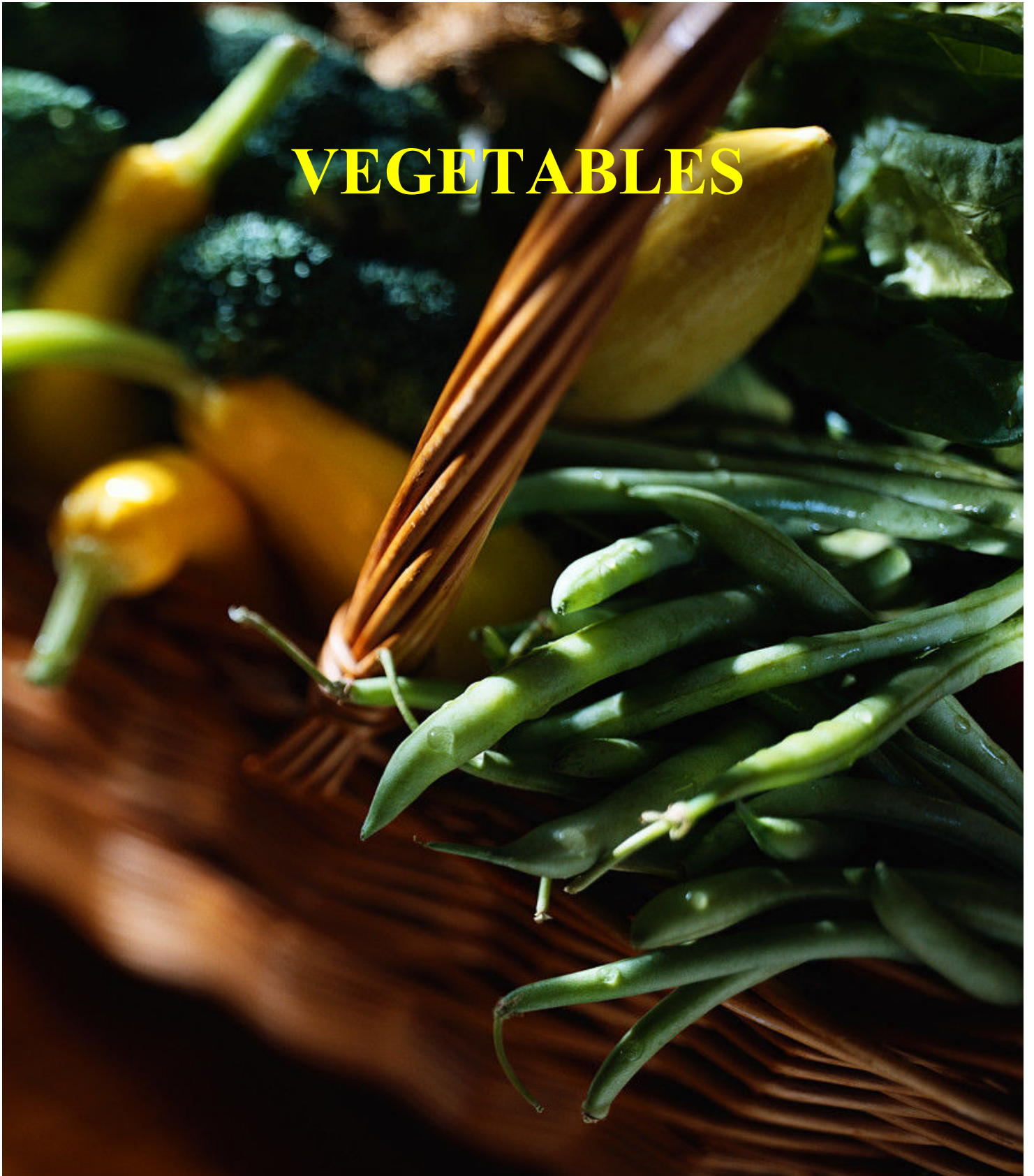
*Ruby Whisby*

- |   |  |
|---|--|
| 2 Tablespoons vegetable oil   | 1 Teaspoon seeded and minced jalapeno        |
| 1 Pound firm tofu – drained, patted dry & cut into $\frac{3}{4}$ inch cubes | 1 Cup coarsely grated plum tomato            |
| $\frac{1}{4}$ Teaspoon cumin seeds  | 1 Cup water                                  |
| 2 Medium shallots, minced   | 1 Teaspoon kosher salt                       |
| 2 Teaspoons finely grated fresh ginger                                      | $\frac{1}{2}$ Teaspoon sugar                 |
| 1 Garlic clove, minced  | $\frac{1}{4}$ Teaspoon freshly ground pepper |
| 1 Teaspoon ground coriander   | 2 Cups fresh or thawed frozen peas           |

In a large nonstick skillet, heat the oil until shimmering. Add the tofu and cook over moderately high heat until browned on the bottom, about 2 minutes. With a spatula, carefully turn the tofu and cook until browned on the other side. With a slotted spoon, transfer the tofu to a plate.

Add the cumin seeds to the skillet and cook over moderately high heat for 10 seconds. Add the shallots and cook, stirring occasionally, until beginning to brown, about 2 minutes. Add the ginger and garlic and stir-fry until fragrant, about 1 minute. Add the coriander and jalapeno to the skillet and stir-fry for 30 seconds longer.

Add the tomato and cook over moderately high heat until thickened. Add the water, salt and sugar, season with pepper and bring to a simmer. Cover and cook over low heat for 5 minutes. Add the tofu and peas, cover and simmer until the peas are just heated through, about 5 minutes. Transfer to a serving bowl and serve with steamed rice.



## Cleaning Vegetables

You will want to make sure the vegetables are not harboring pesticides, parasites or bacteria. By properly washing produce, you can remove some of the agricultural chemicals and virtually all bacteria and parasites, which are present even on organic produce. As strange as it sounds, Clorox is the most effective but controversial washing method.

<b>Washing the Pests Out of Your Produce</b>	
<p><b>Lemon Bath</b> Fill the kitchen sink with cold water and add four tablespoons of salt and the juice of a lemon. Soak the vegetables (or fruits) for ten minutes then rinse under cold water. ¼ cup of white vinegar can be substituted for lemon.</p>	<p><b>Boiling Bath</b> This method is suitable for all but the most fragile vegetables. Dip the vegetables into boiling water for only 5-10 seconds. That's all you need to kill germs. Remove with tongs. This is also a great way to remove waxes on vegetables and fruit.</p>
<p><b>HCL Bath</b> Buy hydrochloric acid from the local druggist and pour one ounce into three quarts of water. This is equivalent of a 1% solution. Soak vegetables (or fruits) for five to ten minutes and rinse.</p>	<p><b>Clorox Bath</b> Use one teaspoon of Clorox bleach per gallon of water. Let the produce sit in the solution for five to ten minutes, then drain and soak again in fresh water for another five minutes. If there is still a Clorox odor after rinsing, rinse once more and let produce air out before eating.</p>

Pick your washing method and enjoy these great vegetable recipes!



**Lena's Tasty Broccoli**  
*Judee Giarrusso*

- 2 Bunches of Broccoli
- 3 Cloves of garlic, sliced
- Salt, pepper, dash of red pepper
- Olive oil

Wash broccoli and remove stems. Put the broccoli in a medium and sprinkle with salt and pepper to taste. Pour olive oil over the entire broccoli and add a sprinkle of red pepper. Make sure there is water in the pan and cook until broccoli is done.

You can serve this as a side dish or add some pasta right in the pan and you have a fantastic main dish!

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**Ethiopian Collard Greens**

- 1 Pound collard greens
- 4 Tablespoons olive oil
- 2 Small red onions, finely chopped
- 1 Clove garlic, crushed
- ½ Teaspoon ginger
- 2 Green chilies, seeded and sliced
- 1 Red bell pepper, sliced
- ¾ Cup vegetable stock

Wash the greens and strip the leaves from the stalks, and steam for 5 minutes until slightly wilted. Set aside to cool, place greens in strainer or colander and press out excess water. Using a large, sharp knife, slice the greens thinly. Heat oil in a saucepan and fry the onions until browned. Add garlic and ginger and stir-fry with onions a few minutes, then add chilies, a little stock, and cook for 2 minutes. Add greens, red pepper and remaining stock. Season with salt and mix well, then over and cook for about 15 minutes.

---

**Boiled Tomatoes**

- 4 Large ripe tomatoes
- ½ Cup or less mayonnaise or Veganaise
- ¼ Cup whole-grain cracker crumbs
- 1½ Teaspoon sweet basil

Wash and core tomatoes and cut in half horizontally. Coat cut side of tomato with thin layer of mayonnaise, then sprinkle with cracker crumbs and basil. Broil tomatoes 4 – 5 minutes, cut side up, until tops are golden brown. Makes 4 servings

## Curried Potatoes and Peas

- ¾ Pounds peeled potatoes cut into bite-sized pieces
- 1½ Teaspoon salt
- 1½ Teaspoon curry powder
- ½ Teaspoon cumin
- ½ Teaspoon ground coriander
- 2 Tablespoons olive oil
- 1 Small yellow onion, chopped small
- 2 Garlic cloves, very finely chopped or mashed
- 1 Cup frozen peas
- ½ Cup coconut milk

Boil potatoes until completely soft. In a separate bowl, combine salt, curry, cumin, and coriander, and set aside. Heat the oil in a skillet at medium-high heat. Then add the onions, and cook until they are translucent. Add the spice mix, as well as the garlic, to the onions and cook for 2 minutes. Add the potatoes and peas. Stir gently for 5 minutes. Add coconut milk and stir until mixture is evenly coated.

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## Coconut Creamed Spinach

- 1 Pound spinach
- ⅔ Cup coconut milk
- ¼ Cup silken tofu
- 2 Tablespoons vegan margarine
- 2 teaspoons ground cumin
- Salt and pepper to taste

Chop the spinach, then steam over boiling water until it is completely wilted. Put the steamed spinach in a colander and press out the excess liquid and set aside. Put coconut milk, silken tofu, and margarine into a food processor and blend until mixture is smooth. Heat the coconut milk mixture in a saucepan and add the spinach, cumin, salt and pepper, and simmer on low to medium heat for 5 minutes, stirring the whole time.

# Soups, Stews, and Salads



## **Chilled Morrish Spinach and Almond Salad**

*Ruby Whisby*

- |                                |                                  |
|--------------------------------|----------------------------------|
| ¼ Cup dried currants           | 1 Teaspoon mild honey            |
| ¼ Cup extra virgin olive oil   | 2 Small shallots, thinly sliced  |
| ½ Teaspoon ground cumin        | ¼ Teaspoon salt                  |
| ½ Teaspoon ground cinnamon     | ¼ Teaspoon freshly ground pepper |
| ½ Teaspoon ground allspice     | ½ Tablespoon vegetable oil       |
| ½ Teaspoon ground nutmeg       | 1 Cup blanched, slivered almonds |
| 2 Tablespoons sherry vinegar   | 1 Pound baby spinach             |
| 1 Tablespoon fresh lemon juice | Pinch of ground cloves           |

In a small bowl, cover the currants with water. Let soak for 5 minutes then drain and return to the bowl. Heat the olive oil in a medium skillet. Add the cumin, cinnamon, allspice, nutmeg and cloves and cook over low heat, stirring frequently, until fragrant, about 30 seconds. Scrape the spice oil into a medium bowl and let cool. Whisk in the vinegar, lemon juice and honey. Add the shallots and the reconstituted currants. Season the dressing with salt and pepper. Wipe out the skillet.

Heat the vegetable oil in the skillet. Add the slivered almonds and cook over moderate heat, stirring constantly, until golden, about 5 minutes. Transfer the almonds to paper towels to drain and then let cool.

Prepare and ice water bath. In a large pot of boiling salted water, blanch the spinach for 10 seconds. Drain and cool in the ice water bath. Drain again and squeeze dry. Gently separate the spinach leaves and add them to the dressing. Add the almonds and toss.

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## **Watergate Salad**

*Wanda Brackins*

- 1 Package Pistachio pudding
- 1 20-ounce can crushed pineapple
- 1 Package chopped walnuts
- 1 16-ounce container of Cool Whip

Mix all ingredients together until the pudding is well blended. Quick, easy and quite tasty.

## **Black-eyed Pea and Arugula Salad**

*Ruby Whisby*

- |  |   |
|--|---|
| 4 Ears of corn, shucked  | 1 Tablespoon balsamic vinegar             |
| 1/3 Cup extra virgin olive oil, plus a little extra for brushing | 2 Red bell peppers cut into 1/4 inch dice |
| Salt and freshly ground pepper                                   | 1/3 Cup finely chopped red onion          |
| Vegetable oil for the grill                                      | 1/3 Cup finely chopped cilantro           |
| 4 Cups fresh or frozen black-eyed peas                           | 2 Jalapenos, seeded and minced            |
| 3 Tablespoons fresh lime juice                                   | 1/2 Pound young arugula                   |

Light a grill. Brush the ears of corn with extra virgin olive oil and season with salt and pepper. Lightly brush the corn over a medium hot fire, turning frequently until lightly charred and almost tender, about 5 minutes. Let cool slightly. Over a bowl, cut the kernels from the cobs.

In a saucepan of boiling salted water, cook the black-eyed peas until tender, about 12 minutes. Drain and refresh under cold water. Drain again and pat dry.

In a large bowl, whisk the 1/3 cups of olive oil with lime juice and balsamic vinegar; season with salt and pepper. Add the grilled corn, black-eyed peas, red bell peppers, onion cilantro and jalapenos and toss well; season generously with salt and pepper. Cover and refrigerate for at least 1 hour or up to 4 hours. Toss the black-eyed pea salad with the arugula and transfer to a platter just before serving.

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## **Sesame Tahini Salad Dressing**

- 1/4 Cup lemon juice
- 1/2 Cup tahini
- 1 Teaspoon Dijon mustard
- 1 – 3 cloves garlic, chopped
- 2 Tablespoons tamari or soy sauce
- 1/2 Teaspoon pepper, or to taste
- 1/2 Cup water

Combine all the ingredients in a blender and puree. You may prefer to add a little water for a thinner dressing. Makes 1 3/4 cups

For a variation, replace half of the tahini with 1/4 cup extra virgin olive or flax seed oil. Another option is to add 1/2 teaspoon oil, 1 tablespoon toasted sesame seeds or 1 tablespoon chopped fresh herbs.

## Herbed Mixed Bean Salad with Peppers

*Ruby Whisby*

- |   |                                 |
|---|---------------------------------|
| 1½ Cups dried speckled beans (soaked overnight)       | ½ Cup coarsely chopped chervil  |
| ½ Cup dried black beans (soaked separately overnight) | ¼ Cup coarsely chopped tarragon |
| 2 Red bell peppers cut into ¼ inch dice               | ½ Cup coarsely chopped cilantro |
| 1 Yellow bell pepper cut into ¼ inch dice             | 4 Teaspoons red wine vinegar    |
| 1 Medium onion, minced                                | 1 Teaspoon Dijon mustard        |
|   | Freshly ground black pepper     |

Drain the beans that have soaking overnight. In a medium saucepan, bring 5 cups of vegetarian vegetable stock, 2½ cups of water and the speckled beans to a simmer over moderate heat. In another saucepan, bring the remaining 3 cups of stock, 1 cup of water and the black beans to a simmer over moderate heat. Cook both kinds of beans separately until tender. Add water when needed to keep the water level ½ inch above the beans. Drain the beans and put them in a large bowl.

While the dried beans are cooking, blanch the shelled fava beans in boiling salted water for 1 minute. Lift them from the boiling water with a slotted spoon, chill them in ice water and drain, pinch the favas of their skins. Combine all ingredients, salt to taste.

---

## Mexican Tortilla Soup

- |                               |                                |
|-------------------------------|--------------------------------|
| 1 Large onion, chopped        | 4 Cups fresh tomatoes, chopped |
| 6 Large garlic cloves, minced | 3 Cups vegetable stock         |
| 2 Tablespoons vegetable oil   | 3 Cups fresh lime juice        |
| 1 Teaspoon ground cumin       | Salt to taste                  |
| ½ Teaspoon dried oregano      | Tortilla chips                 |

In a medium pot, sauté onion and garlic in oil until onion is clear. Add cumin and oregano, and sauté for a few more minutes. Add chopped tomatoes; salt to taste. Cover and cook on low until tomatoes begin to soften, stirring occasionally. Add vegetable stock and simmer covered for about 15 minutes. Add lime juice. Serve in bowls with crumbled tortilla chips.

**Zucchini Stew**  
*Margie Laney*

- 2 20-Ounce cans stewed tomatoes
- 6 Medium size zucchini (sliced) in half moon shapes
- 1 Medium onion diced
- ½ Stick butter or margarine
- 20 Mushrooms (sliced)
- Garlic (optional)

Note: Soy spread can be substituted for butter or margarine.

Simmer zucchini and tomatoes in a large pot. Sauté onions, mushrooms and garlic in butter. When tender, pour ingredients into pot. Cook until zucchini is tender. Serves 4 to 5

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**Egyptian Stew**  
Wanda Brackins

- 2 Tablespoons olive oil
- 1 Cup onion, sliced
- ½ Cup green pepper, sliced
- 2 Cups corn kernels
- 2 Cups lima beans, cooked
- ½ Cup tomatoes, fresh or canned
- 2 Cups zucchini, sliced
- ½ Cup fresh parsley, chopped

Sauté onions and green pepper in oil. Add corn and lima beans. Cook on low heat for 15 minutes. Add tomatoes and zucchini. Cook an additional 15 to 20 minutes. Add parsley just before serving.

---

**Green Sea Soup**

- |                             |   |
|-----------------------------|---|
| 1½ Cups dry split peas      | 1 Stalk celery                          |
| 5 Cups water                | 1 Large carrot, sliced                  |
| 1 – 2 bay leaves            | 1 Leek, sliced (a cup)                  |
| 1 Teaspoon salt             | 1 Teaspoon each-marjoram, basil & cumin |
| 1 – 2 cloves garlic, minced |   |

Combine all ingredients in a large, heavy saucepan or a cast iron Dutch oven. Cover, bring to a boil and simmer for 3 to 4 hours (this develops the flavor). Makes 6 servings

### African Peanut Soup

- |   |   |   |                                     |
|---|---|---|-------------------------------------|
| 1 | Tablespoon peanut oil                   | 1 | Tablespoon balsamic vinegar         |
| 1 | Clove garlic, minced                    | ¼ | Teaspoon cayenne pepper             |
| 1 | 28-Ounce can chopped tomatoes undrained | 2 | Teaspoons kosher salt               |
| 1 | 6-Ounce can tomato paste                | 1 | Cup white rice                      |
| ½ | Cup creamy peanut butter                | 6 | Scallions, chopped                  |
| 4 | Cups vegetable broth                    | ¼ | Cup salted peanuts, roughly chopped |

In a medium saucepan, over medium heat, heat the oil and garlic for one minute. Add the tomatoes, tomato paste, peanut butter, broth, vinegar, cayenne, and salt and whisk to combine. Bring to a boil. Add the rice, reduce to low, cover and cook for 20 minutes. Serve in individual bowls and garnish with the scallions and peanuts.

---

### Duchess Soup

- |   |                              |   |                    |
|---|------------------------------|---|--------------------|
| 4 | Tablespoons butter           | 1 | Cup onions, minced |
| 1 | Cup celery, diced            | 1 | Cup carrots, diced |
| 2 | Tablespoons flour            | 1 | Teaspoon salt      |
| 2 | Cups milk                    | 1 | Cup half and half  |
| ½ | Cup cheddar cheese, shredded |   |                    |

Melt butter in large kettle. Add vegetables and cook until tender but not browned. Stir in flour, salt, milk and half and half. Cook and stir until it boils. Add cheese. Lower heat and simmer 5 minutes. Serves 6

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### Non-Dairy Vegetable Cream Soup

- |       |   |   |                                |
|-------|---|---|--------------------------------|
| 3     | Cups fresh vegetables (carrots, broccoli, etc.) | ¼ | Cups raw cashews               |
| 2 – 3 | Medium potatoes, quartered                      |   | Freshly ground pepper to taste |
| 1     | Cup onions or leeks, chopped                    | ¼ | Cup fresh parsley, chopped     |
| 2     | Cups water or vegetable broth                   | 1 | Teaspoon marjoram or thyme     |
| 2     | Teaspoons light miso or vegetable powder        |   |                                |

Cook vegetables in water until soft. In a food processor, puree the vegetables with all the other ingredients except the parsley. Garnish with parsley. Makes about 5 servings.



### Potato Peel Broth

- |                      |                                 |
|----------------------|---------------------------------|
| 1 Large onion        | Sea Salt                        |
| 2 Carrots            | Peels from 6 – 7 large potatoes |
| 1 Small stalk celery | 1½ Quarts water                 |
| Sprig of parsley     |                                 |
| 1 Clove garlic       |                                 |

Peel the potatoes, after washing them carefully, taking off strips at least ¼” thick. Peel the onion and quarter it, wash the carrots and celery and cut them into large pieces. Put the potato peels and the vegetables into a large pot with 1½ hour or until all the vegetables are very soft. When the peels and vegetables are tender: for a clear broth, simply drain off the liquid and correct the seasoning; for soups where the consistency of a very thin puree is desirable, remove the celery and garlic and press the rest through a sieve until only a dry pulp of peels remains.

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### Quick and Tasty Onion Soup

- |                         |                             |
|-------------------------|-----------------------------|
| 3 Large onions (sliced) | 1 Chopped bell pepper       |
| 1 ½ Quarts water        | 1 Stalk chopped green onion |
| 1 Teaspoon onion powder | Salt and pepper to taste    |
| 1 Teaspoon garlic salt  |                             |

Combine all ingredients together in a large pot, cook in 1 ½ quarts water over medium heat for 30 minutes.

# Sandwiches



## **Cajun Tofu Pocket Sandwich**

*Wanda Brackins*

- |                               |                        |
|-------------------------------|------------------------|
| 1 18-ounce package tofu, firm | Tomatoes               |
| 2 Tablespoons Cajun seasoning | Avocado                |
| 1 Teaspoon sea salt           | Kosher dill pickle     |
| 1 Teaspoon cayenne pepper     | Sliced green olives    |
| ¼ Cup olive oil               | Sliced black olives    |
| Whole-wheat pocket bread      | Red onion sliced       |
| Lettuce                       | Italian salad dressing |

Drain the water from the tofu and slice in 3" wide slices and season on both sides with cayenne pepper, sea salt and Cajun seasoning. Brown tofu on both sides in a pre-heated skillet coated with olive oil. Place cooked tofu in pocket bread and garnish with lettuce, tomato, avocado, pickle slices, olives and dress with Italian salad dressing.

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## **Olive Tapenade**

### **Olive Tapenade**

- 15 Pitted Calamata olives (or any other nice black olive)
- ½ Tablespoon olive oil
- 1 Clove garlic

Put all ingredients into a food processor or blender and blend until somewhat smooth (not too smooth, it should not look like pate).

### **Sandwich**

- 1 Long, narrow, crispy loaf of bread (like a French baguette or Cibatta bread)
- ½ Cup finely chopped red onion
- 3 Vine-ripe tomatoes, sliced
- 1 Roasted red and/or yellow pepper
- 1 Small bunch of arugula, washed
- 1 Small bunch of fresh basil leaves
- 2 Tablespoons balsamic vinegar
- 1½ Tablespoon olive oil

Slice the bread the long way and spread the Olive Tapenade on the bottom layer. Garnish with Arugula, basil leaves, peppers tomatoes, onion and drizzle with vinegar and olive oil.

### **Veggie Chicken Salad**

- |   |                               |
|---|-------------------------------|
| 1 16-Ounce can vegetable broth            | 1 Tablespoon Dijon mustard    |
| 3 Cups texturized vegetable protein (tvp) | 2 Tablespoons Vegenaïse       |
| 1 Stalk celery, diced very small          | 2 Teaspoons dried kelp flakes |
| ¼ Medium onion, diced very small          | Salt and pepper to taste      |
| 1 Dill pickle spear, diced small          |                               |

In a medium-sized saucepan, bring the broth to a boil and add the tvp. Bring the temperature to medium, and cook until nearly all of the liquid is absorbed. Put the tvp in a container and refrigerate until cold.

Add all other ingredients to the tvp, and mix well. This salad is best when served on lightly toasted whole wheat bread.

---

### **Traditional Vegetarian Sandwich**

- |                     |                                    |
|---------------------|------------------------------------|
| Sliced Avocado      | Red onion                          |
| Sliced tomato       | Alfalfa sprouts                    |
| Kosher dill slices  | Oil and Vinegar (Italian dressing) |
| Sliced black olives | Veggie cheese slices               |
| Green olives        |                                    |
| Red leaf lettuce    |                                    |

Slice all ingredients and serve on whole wheat bagels.

---

### **Vegetarian Hamburger**

- Morningstar Prime Griller burgers
- Lettuce
- Tomato
- Avocado
- Kosher dill pickles
- Whole wheat hamburger buns

Bake Morningstar Prime Griller Burgers at 350 degrees for 20 minutes. Thoroughly wash lettuce and tomato. Slice pickle, tomato, and avocado and put on a toasted burger bun. Garnish with Vegenaïse or mayonnaïse.

# Breads



## Mexican Cornbread

*Liz Brown-Banks*

*Treasured recipe from the family vault*

- |                                     |                            |
|-------------------------------------|----------------------------|
| 1 Cup buttermilk                    | 1/3 Cup vegetable oil      |
| 2 Eggs                              | 1 Teaspoon salt            |
| 1 8½-Ounce can of yellow cream corn | 3 Chopped jalapeno peppers |
| 1 Cup chopped onion                 | 1½ Cup corn meal           |
| 1 Cup green bell pepper             | 1 Cup self-rising flour    |
| 2 Cups grated cheddar cheese        |                            |

Mix all ingredients together except for the cheese. In a 2-quart baking pan, pour half of the batter and half of the cheese, then the remaining batter and top with the other half of the cheese. Bake for 30 minutes at 375 degrees.

---

## Pesto Pizza

Wanda Brackins

- |  |   |
|--|---|
| 3 Tablespoons olive oil or vegan Margarine | 1/2 Tablespoon pepper                       |
| 1/2 Cup water                              | 1/2 Zucchini, cut in half and thinly sliced |
| 1 Teaspoon baking powder                   | 1 6-inch x 6-inch slice foccacia bread      |
| 1/2 Cup white flour                        | 2 Tablespoons simple pesto                  |
| 1/2 Tablespoon salt                        | 8 Sun dried tomatoes- julienned             |
|  | 1 Tablespoon capers                         |

Warm the oil or margarine in a frying pan on medium-high heat. In a bowl, mix together water, baking powder, flour, and salt and pepper. Dip the slices of zucchini in the mix and place in pan with hot oil. Fry until crisp, then lay out on paper towels and dab the tops to remove excess oil. Spread the pesto generously on your pizza bottom (the harder the pizza bottom is, the more pesto you should add).

Lay the fried zucchini strips on the pizza evenly then sprinkle with the sun-dried tomato pieces and capers. Add a little ore salt and pepper, and bake in the oven at 375 degrees for 5 minutes or until pizza bottom is a little bit crispy.

## Broccoli Cheese Cornbread

*Wanda Brackins*

- 2 6½ Ounce packages Betty Crocker Corn Muffin Mix
- 4 Eggs
- 1 Cup melted butter or margarine
- 1 Tablespoon honey
- ¼ Cup olive oil
- ½ Bag frozen broccoli flowerettes, thawed
- 1 8-ounce cottage cheese

In a 9” baking dish, heat half of the olive oil in a pre-heated 400-degree. Mix all ingredients together including remaining olive oil and blend well. Pour mixture into hot baking dish and cook for 45 minutes or until fork inserted in the middle comes out clean.

*Note: For vegan recipe substitute the eggs with Energ Egg Replacer; milk with Soy Milk and cottage cheese with soy cottage cheese and soy butter.*

---

## Roti

- 2 Cups all purpose flour
- 1½ Cup whole-wheat pastry flour
- 1 Heaping teaspoon baking powder
- 1 Teaspoon salt
- 2 Tablespoons olive oil
- ½ Cup water

Sift dry ingredients into a bowl. Add oil and enough water to make dough that is not too dry. Let stand for about 30 minutes. Cut dough into eight equal pieces and form into balls. Let dough rest again for about 2 minutes. On a floured board, roll dough balls into 6 – 8 inch disks. Heat a griddle (preferably cast iron) over medium heat. When hot, brush the griddle with oil. Then brush the pastry disks with oil on both sides. Place on hot griddle, and cook until top starts to blister. Flip roti and cook for one minute more on the other side. Serve warm with your favorite curry.

## Whole Rye Bread

- 1¼ Cups warm milk
- ¾ Cup warm water
- 2 Tablespoons butter
- 2 Tablespoons molasses
- 2 Tablespoons honey
- 2 Teaspoons salt
- 2 Packages dry yeast
- 1½ Tablespoons caraway seeds
- 5 Cups rye flour

Mix well together milk, water, butter, molasses, honey, and salt. Keeping the mixture lukewarm, add mix in the dry yeast and caraway seeds. Let stand until yeast starts to bubble a little then add and mix in 2½ cups rye flour. Continue to mix, then again add and mix in well 2½ more cups of rye flour. Unless you have a Kitchen Aid Mixer with a dough hook for bread making you will have to get in with your hands to mix this dough thoroughly.

Yes, it is very sticky and messy but pay no attention to that, the end-result will be worth it. There is very little gluten in rye flour and it must all be developed by mixing.

When mixed, cover with cloth and let stand in warm place to rise to double it bulk, about one hour. Turn onto floured board and knead for at least 5 minutes. Mold into loaves, thus: cut dough into two equal pieces, flatten each piece out and fold over, doing this again and again until when rolled up it will make a “log” the size of the bread pan. Have the pans well greased with shortening – butter burn off and lets the bread stick. When the dough is put in the pan, be sure that the upper surface is smooth and unbroken; for this is to be the top of the loaf and should not have a break which would let the dough break out in a bubble. Let rise again. There is not enough gluten in the dough to hold it up to high.

Bake at 350° for 40 minutes. Remove from oven and brush tops of loaves with butter. Place on cooling rack.

Makes 2 loaves



## Honey Wheat Bread

- |     |                           |                               |  |
|-----|---------------------------|-------------------------------|--|
| 2   | Packages active dry yeast | 1 <sup>3</sup> / <sub>4</sub> | Cups warm water                          |
| 1/2 | Cup warm water            | 4                             | Cups stone-ground whole wheat            |
| 1/3 | Cup honey                 | 3                             | Cups all-purpose or unbleached flour     |
| 1   | Tablespoon salt           |                               | Softened butter, margarine or soy butter |
| 1/4 | Cup vegetable shortening  |                               |  |

Dissolve yeast in 1/2 cup warm water in a larger mixer bowl. Stir in honey, salt, shortening, 1 3/4 cups warm water, and 3 cups of whole-wheat flour. Beat until smooth, about 3 to 4 minutes on high (you can use a bread mixer throughout this process). Stir in the other cup of whole-wheat flour and enough of the all-purpose flour to make the dough easy to handle.

Turn dough onto lightly floured surface; knead until smooth and elastic, about 5-10 minutes. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double, about 1 hour. Grease 2 loaf pans, 9x5x3 or slightly smaller.

Punch down the dough. Divide in half; shape into 2 loaves. Place loaves seam side down in pans. Brush with butter; sprinkle with whole-wheat flour. Let rise until double, about 1 hour. Heat oven to 375 degrees and bake for 40-45 minutes until loaves are deep golden brown and sound hollow when tapped. Remove from pans and cool on a wire rack.

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## Jalapeno Cornbread

- 1 Package corn muffin mix
- 1 Can cream corn
- 1 Can whole kernel corn (drained)
- 1 8-ounce carton sour cream
- 1 Package cheddar cheese (2 cups)
- 1 6-ounce can jalapenos (diced)

Mix all ingredients together and bake for 45 minutes at 350 degrees.

## Popovers

- 1 Cup milk (or soy milk)
- 1 Cup sifted flour (take out 2 tablespoons)
- 1 Tablespoon vegetable oil
- $\frac{3}{4}$  Teaspoon salt
- 2 Eggs

Combine milk, flour, cooking oil and salt. Beat with electric mixer for one minute on high. Add eggs one at a time and slightly mix (20 seconds) after each egg. Grease muffin tins and fill about half way. Bake at 425 degrees for 35 minutes.

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## Sausage Bread

- 2 Loaves frozen bread dough, thawed
- 2 Boxes Morning Star Vegetarian Breakfast links, finely chopped and sautéed
- 2 Cups shredded sharp cheddar cheese
- 2 Cups shredded Monterey jack cheese (or mozzarella)
- 2 Cups chopped fresh mushrooms
- 4 Finely chopped thin green onion stalks

Use paprika, salt, pepper, oregano and basil for sprinkling on the top of the bread. Use cornmeal for sprinkling over the bottom of the 11" x 18" cooking sheet.

Mix the cooled sausage, cheeses, mushrooms and onions. Roll out each bread loaf until it covers a large cookie sheet (approximately 11" x 18"). Grease the cookie sheet and sprinkle lightly with cornmeal. Put one loaf on the sheet, stretching to the edges of the pan. Put the sausage, cheese and mushroom mixture over the bottom loaf. Cover the mixture with the second loaf and roll the bottom bread edge into the top bread loaf, sealing the edges. Insert toothpicks around the edges of the entire loaf to totally seal the sausage bread. Sprinkle the top with paprika, salt, pepper, oregano and basil.

Cover with aluminum foil and let rise for 30 minutes. Bake uncovered at 350 degrees for 30 minutes. Serve hot and slice in 1" or larger sections.

# Desserts



## **Affects of Sugar**

Although desserts are great after meal treats, you should be careful to limit your intake of sugar and white flour. From the Garden of Eden through thousands of years, what we call sugar was unknown to man; white refined sugar did not form part of the human diet. People did have almonds, chestnuts, walnuts and pistachio; apples, figs, grapes, olives and mulberries; barley, wheat, rye and millet; cucumbers, melon, carob and mint; lentils, mustard, milk, honey and a multitude of natural goodies. All of these were brimming with natural sugars. Even ginseng but no man-refined sugar ... man evolved and survived without it.

Kicking sugar and white flour and substituting whole grains, natural fruits in season, is the center of any sensible natural regime. Try a fresh fruit platter for dessert a few hours after your meal. Sugar of all kinds – natural sugars, such as those like honey and fruit (fructose) as well as the refined white sugar (sucrose) – tends to arrest the secretion of gastric juices and have an inhibiting effect on the stomach's natural ability to move. When sugar gets into your system, it gives you a quick high or energy rush, but lets you down fast and hard.

Switching from red meat to fish or chicken or to a vegetarian diet reduces your desire for a sweet concoction at the end of the meal – makes it easier to settle for natural fruit or for no dessert at all. The more vegetable protein used in place of animal protein, the easier it is to forget about sugar and pastries. Try using and combining foods with natural sweetness for your dessert. The chestnut for example has a natural sweetness. It combines beautifully with apples and raisins for tarts and pies. Chestnut flour can be used with whole-wheat pastry flour for crepes, waffles or donuts. When you blend a little daring, imagination and quality ingredients, the results are delicious, sugar-free, natural foods. Once you decide to make this transition, you will be trimmer and healthier, more mentally alert and free of the sugar blues.

Go ahead and have a small amount of dessert but do so sparingly, because the problem with all synthetic sweeteners is that the longer we depend on them, the more difficult it is to appreciate the natural sweetness of food.

Although several of the dessert recipes in this book are prepared using natural ingredients, you should also reduce your sweet intake as much as you can. Bon appetite!

## **Banana Pudding**

*Lynn Gilmer*

- 2 Packages of Mori-Nu brand extra firm Tofu
- 2 Packages of Mori-Nu brand vanilla Instant Pudding Mix
- 1 Package Midel brand Vanilla Snap cookies
- 2 Bananas

Blend tofu and vanilla pudding mix together in a blender until smooth. Set aside. In a square dish, layer vanilla snaps, sliced bananas, and a generous portion of pudding mixture. Keep layering until all of the pudding has been used. Top with a layer of vanilla snaps as garnishment. Chill 6 – 8 hours.

Enjoy a very healthy and nutritious dessert!

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## **Banana Nut Cake**

*Margie Laney*

- ½ Cup of margarine creamed
- ½ Cup of honey
- 1 Teaspoon baking soda
- 3 Average or 2 large ripe bananas
- 1 Cup of walnuts or pecans
- ¾ Cup of raw sugar
- 2 Eggs
- ½ Cup plain yogurt
- 1 Teaspoon vanilla
- 1½ Cup unsifted whole-wheat flour

Mash bananas with a fork and set aside. Cream the margarine and add sugar and eggs together. Gradually add other ingredients. Pour into a 9-inch pan or a loaf pan. Bake at 350 degrees for 50 minutes. Done when toothpick inserted comes out clean.

**Hershey Cake**  
*Liz Banks-Brown*

- 7 Plain Hershey bars (10 ounce size)
- 2 Sticks butter
- 2 Cups sugar
- 2 Teaspoons vanilla
- ¼ Teaspoon salt
- ½ Teaspoon baking soda
- 4 Eggs
- ¾ Cups Hershey chocolate syrup
- 2½ Cups buttermilk

Melt Hershey bars in Hershey chocolate syrup in boiler. Set aside to cool. Place the butter and sugar in a mixing bowl and cream well. Add eggs one at a time and beat well. Add vanilla. Add melted chocolate to creamed mixture. Sift flour, measure, add salt and sift again. Add soda to buttermilk and alternate adding flour and liquid to creamed mixture. Bake in a greased tube pan in 350 degree oven for approximately 1 hour and 15 minutes. Do not open the oven within the hour! Test at the end of an hour (cake will be more moist than other cakes). Allow the cake to cool 15 minutes before removing from pan. Sift confectioner's sugar on top and cover sides, if desired. The Hershey Cake is a dark moist cake that does not require icing.

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**Hawaiian Cake**  
*Margie Laney*

- 2 cups of flour
- 2 teaspoons baking soda
- 1 cup chopped nuts
- 1 20-ounce can crushed pineapple and juice
- 2 cups of sugar
- 3 eggs (beaten)
- 1 cup flaked coconut

Combine flour, sugar and soda; add remaining ingredients, blend well (do not beat). Turn into greased and floured 9 x 13 pan. Bake at 350° for 35 to 40 minutes.

## **Pistachio Cool Whip Pie** *Cherimoya Wright-Irby*

### **Crust**

Crumble 1½ pack of graham crackers. Add ½ cup of butter or margarine and mix together in a pie pan.

### **Filling**

Take ½ package of pistachio pudding, add ¼ cup of water and mix well. Add 8 ounce bowl of Cool Whip and pudding together. Pour filling into graham cracker crust and place in the refrigerator for 2 hours.

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## **Simple Chocolatey Chocolate Cake**

¾ Cup white flour	¼ Cup vegetable oil
¼ Cup cocoa	½ Cup cold water
¼ Teaspoon baking soda	1 Teaspoon vanilla extract
¼ Teaspoon salt	1 Tablespoon vinegar
½ Cup sugar	1 Personal-sized bar of vegan chocolate

Mix all ingredients, except the vegan chocolate bar, together by hand until mixture is smooth. Batter will look liquidly. Pour mixture into round 8-inch cake pan. Break the vegan chocolate bar into chip-sized pieces and sprinkle on top of the cake batter (these pieces will sink into the cake). Bake at 375 degrees for 20 to 30 minutes (stick a toothpick in after 20 minutes and do so every 2 minutes until the cake is done, when the toothpick comes out clean). Let cool.

---

## **Whole Wheat Pie Crust** *Margie Laney*

- ½ cup oil
- 2 cups whole-wheat pastry flour
- 5 tablespoons cold water
- ½ teaspoon salt

Mix oil and water together with a fork until creamy. Add flour and salt and stir with a fork. When well mixed, roll out between two pieces of wax paper.

## Fruit Crisp

- |   |                                     |
|---|-------------------------------------|
| 1 Large (12 ounce) can of apple juice concentrate | 2 Teaspoon coriander powder         |
| ½ Teaspoon salt                                   | ¼ Cup all purpose flour             |
| 2 Teaspoon vanilla                                | 5 Sliced apples                     |
| 1 Cup pitted dates                                | 2 Cups of granola (fruit sweetened) |

Optional for crumb crust topping:

- 1 Cup chopped walnuts or hazelnuts
- 2 Cups of all-purpose flour
- ½ Cup of brown granulated sugar
- ¾ Cup of chilled margarine

Put sliced apples into 9 x 13 inch baking dish until full. Pour mixture over apples and mix well. Bake at 350° until bubbly. Top with fruit sweetened granola and bake for another 10 minutes. (If crumb crust topping is used, bake for 30 minutes total.)

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## Strawberry Snow Cones

*Micheale Roberts*

- 1 package Jell-o (8 serving box) any red flavor (Kosher Jell-o)
- 1 cup pureed strawberries
- ½ cup ice cubes
- ½ cup light corn syrup
- 1 cup boiling water

Stir 1 cup boiling water, stir 2 minutes or until completely dissolved. Add strawberries, ice and syrup. Stir until ice is completely melted. Fill 8 small cups with crushed ice, pour gelatin mixture evenly over ice and serve immediately.

---

## Date Butter

- 1 Cup pitted dates
- ½ Cup boiling water

Place pitted dates in blender. Pour boiling water over dates, cover, and let stand 10 minutes. Note: With some blenders you must be careful while blending hot ingredients. Either let the water cool for longer than 10 minutes, begin blending at low speed, and/or crack the top of a close-fitting lid). Blend until smooth. Makes approximately 1 cup



## **Pineapple Upside Down Cake** *YaLonda Johnson*

### **Heads up:**

A pre-baked sponge cake layer makes this classic dessert very quick  
Fresh pineapple can be substituted for the canned slices called for in this recipe  
Cake can also be made with apples or pears

- 4 Tablespoons butter
- ½ Cup packed light brown sugar
- ¼ Teaspoon ground cinnamon
- 1 8-ounce can sliced pineapple in juice
- 4 Large canned apricot halves
- 1 Round 8 or 9-inch sponge cake layer or and 8-inch round frozen crumb coffee cake
- 1 Pint vanilla ice cream or frozen yogurt (optional)

In an 8 or 9-inch skillet (match cake size), melt the 4 tablespoons butter over medium-high heat. Stir in the ½ cup brown sugar and cook until mixture is bubbly, 1 – 2 minutes. Remove the pan from the heat and sprinkle in the ¼ teaspoon cinnamon.

Drain the can of pineapple, reserving the juice. Arrange 1 pineapple ring in the center of the skillet. Place an apricot half cut side up in the center.

Cut the remaining pineapple rings and apricots in half. Arrange the half rings around the edge of the pan and put a half apricot in the center of each. Drizzle with 2 tablespoons reserved juice. Refrigerate remaining juice for another use.

Invert the cake layer or coffee cake onto the pineapple. Cover the skillet and heat over low heat 3 minutes or until the cake is warmed. Invert the cake layer or coffee cake onto the pineapple. Cover the skillet and heat over low heat 3 minutes, or until the cake is warmed. Invert the cake onto a serving plate. Cut the cake into 6 slices and serve immediately. Top with ice cream, if desired.

### **FYI:**

Use 4 slices peeled and cored fresh pineapple from the produce section in place of the canned pineapple slices in this recipe. Drizzle the fruit with 2 tablespoons of orange or white grape juice or ginger ale if you don't have pineapple juice on hand.

# Beverages



## Fruit Juice Mixtures

You can drink juice anytime of day. Have as much juice as you would like, typically no more than 20 ounces. You should not gorge yourself with juice, just as you would not gorge yourself with food. It is also good to mix your fruit juices together. Here are some wonderful blends:

- ✓ Apple & pear
- ✓ Apple, pear and pineapple
- ✓ Orange & grapefruit
- ✓ Apple & watermelon
- ✓ Apple prune
- ✓ Apple & cranberry
- ✓ Apple & grape

Fruits are cleansing foods. Their water content flushes your digestive tract, your kidneys and purifies the bloodstream. Many fruits, especially citrus, are strong solvents. Lemon is the strongest, followed by lime, pineapple and grapefruit. All of these fruits have a purging effect on the liver and gall bladder. Pineapple has enzymes that help in digestion, and apples are excellent intestinal brooms. Cranberries are excellent diuretic.

Avoid any fruits that are non-juiceable; meaning their pulp is not easily separate from their water. The naturally sweet taste of carrot juice is extremely beneficial in fighting cancer and providing energy. Try mixing carrot juice with other vegetable juices for a nutritious, refreshing drink.

- ✓ Carrot & beet
- ✓ Carrot, beet, green pepper
- ✓ Carrot, beet green pepper, and cucumber
- ✓ Carrot & apple
- ✓ Carrot, apple, alfalfa sprouts
- ✓ Carrot & Apple
- ✓ Carrot & spinach
- ✓ Carrot, sweet potato

It is good to mix carrot juice with other vegetable juices, especially green vegetables, to moderate the sweetness or dilute with water.

### **Making Beverages Attractive**

- Use glassware or a punchbowl whenever possible to beautify the table and make the beverage more appealing. Drinks taste better when served attractively. Glasses should be sparkling clean and chilled. Punchbowls should be chilled before adding cold beverages or heated before adding hot ones to prevent cracking.
- Use drinking straws or bamboo sticks. One or more pineapple chunks, maraschino cherries (red or green), strawberries, melon balls, grapes or other fruit pieces may be skewered on sticks. Toothpicks may be used for small glasses.
- Pineapple spears may be used as stirring sticks
- Cut oranges in circles and float in punchbowl. Orange wedges also make an attractive decoration for the side of the punchbowl.
- Many drinks can be made more attractive by adding ice cream or crushed ice.
- For tomato juice drinks use celery or carrot strips as stirring sticks.
- Cinnamon sticks make great stir sticks for hot apple cider drinks.
- Add a thinly sliced apple wedge to a glass of cold apple juice, or hang the apple wedge on the side of the glass.
- Top off hot chocolate or latte drinks with whipped cream.

## **Lemony Light Cooler**

*Micheale Roberts*

- 3 Cups white grape juice
  - ½ Cup sugar
  - ½ Cup lemon juice
  - 1 Liter club soda, chilled
- Strawberries, plums, peaches or orange slices

In a large pitcher, combine grape juice, sugar and lemon juice. Stir until sugar dissolves. Cover and chill. Just before serving add club soda and fruit. Serves about 7 cups

---

## **Island Fruit Punch**

- 3 Slices pineapple
- 1 Cup pineapple juice
- 2 Slices ripe mango
- 1 Cup guava juice
- ½ Cup orange juice
- 1 Teaspoon lime juice

Place all ingredients into a blender. Fill with crushed ice and blend until smooth. Sweeten to taste. Serve in tall glasses. Garnish with cherries/oranges slices.

---

## **Ginger Tea**

- 1 Large piece of ginger
- 1 Teapot of water
- 1 Bay leaf

Peel ginger and cut into pieces. Add ginger and bay leaf to water. Bring to boil. Reduce heat and simmer for about 10 minutes. Sweeten with honey and serve. (Ginger is known for reducing nausea and settling stomachaches. It is also good for relief from menstrual cramps).

### **Orange, Banana and Pineapple Punch**

- 2 ½ Quarts orange juice
- ½ 6-Ounce can lemon concentrate
- 1 10-Ounce can (1 ¼ cups) pineapple
- 3 Ripe bananas

Blend pineapple juice and bananas in blender. Combine all ingredients. Add enough water and ice to make full measure. Makes one gallon

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### **Apple Cranberry Punch**

Mix equal parts of apple juice and cranberry juice cocktail. Chill and serve.

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### **Honeysuckle Nectar**

For each 8-ounce glass of cold milk, use 1 tablespoon honey and 1 tablespoon of your favorite fruit juice concentrate ... orange, grape, lemonade or limeade. Slowly stir the honey and fruit juice into the milk.

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### **Easy Red Rider**

Add a pinch of salt, a little lemon juice and a few drops of soy sauce and a few drops of onion juice to tomato juice. Serve hot or cold.

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### **Ruby Punch**

- 1 Quart each of cranberry juice and apple juice
- Juice of 1 lemon
- 1 Pint soda water or ginger ale

Makes 20 servings

### **Scrambler**

- 1 6-Ounce can frozen orange juice concentrate
- 1 10-Ounce package frozen strawberries or raspberries
- 4 Cans water
- 1 Teaspoon lemon juice

Place all ingredients in a blender and whip until smooth. Strain and serve over cracked ice.

---

### **Orange Rush**

- 1 Can (12 oz.) frozen, unsweetened orange juice
- 1 Can (12 oz.) frozen unsweetened pineapple juice
- 1 Can (12 oz) frozen unsweetened apple juice
- 2 Medium –sized ripe bananas
- 1 Teaspoon ground coriander

Place thawed juice concentrates in a pitcher or punch bowl and mix with water as directed on the can (for sweeter drink, add less water). Place bananas in blender and add coriander and a cup or two of the mixed juices. Blend until smooth. Add banana mixture to juices, stir and serve.

Makes about 5 quarts

## **Remember to Drink Water!**

The absolute first thing that should go into your mouth upon arising in the morning is water! Drinking a glass of water first thing in the morning, before brushing your teeth, provides your stomach with natural antibodies that help in the digestion of your food throughout the day. Water is a superb solvent and a flushing agent and cleanser for all the other liquids that are working your kidneys, bladder and digestive tract. Water also contains natural electrolytes, which are acids, bases and salts that conduct our bio-electricity through our nervous system. Water is very nourishing providing vital minerals and trace minerals. Water is healthful, as long as it is pure water. In the construction of the human body, God designed it to function at its best when hydrated with pure water. Water helps to cleanse your kidneys, bladder and bloodstream and is a natural chelator. Water also helps to rid the body of cellulite and harmful impurities.

Water or other liquids should be consumed an hour before or after your meal, never during the meal. Drinking liquids with your meal interferes with the body's digestion process. When water is added as part of a weight maintenance or weight loss program, it is a natural appetite suppressant when consumed an hour before mealtime. As weight loss begins, water helps to rid the body of cellulite, fat cells and harmful impurities.

When 6 – 8 glasses of water are consumed daily, the body is able to run like a well-oiled machine. The bowels remain regular, the skin is soft, supple and free of pimples and other blemishes, the eyes are clear and muscles remain flexible. Water replenishes the moisture to the skin that is removed by hard water, detergents, soaps and prolonged exposure to the sun and winds. It may be surprising, but water keeps the mind clear and the body in balance. After a rigorous exercise routine, it is essential to drink 12 – 16 ounces of water to re-hydrate the body of the water that was depleted through the sweat glands.

Much can be said regarding the benefits of a daily water regimen, yet countless people live day after day in a state of mild dehydration. People who experience frequent headaches and muscles cramps are ignoring signals from their body to drink more water. Water is not the most popular drink in the world but it is the most beneficial. Soda and other sweet drinks may taste good but no matter the brand or the flavor, there is no drink on earth that is as good to and for your body as water. Your body will never reap the benefits from any other beverage that water brings.



## **The Healing Properties of Food**

God made fruits and vegetables with many natural healing properties. One easy way to remember the properties that each food contains is by categorizing them by color.

**Red foods** heat the body and speed up the circulation. Examples: Tomatoes, cherries, red cabbage, red peppers, hot peppers, cranberry, watermelon, radish, wheat and rye.

**Orange foods** are anti-spasmodic and excellent for pains and cramps. They strengthen the lungs in polluted environments and promote vitality and mental clarity. Examples: Oranges, carrots, apricots, pumpkin, sesame and pumpkin seeds.

**Yellow foods** are motor stimulants that get you going in the morning. They strengthen nerves, digestion and help constipation. Examples: Lemon, pineapple, grapefruit, apple, peach, banana, papaya, mango, yellow squash and corn.

**Green foods** are blood cleansers, bactericide and natural tranquilizer. Examples: All green leafy vegetables and sprouts, wheat grass, avocado, etc.

**Blue foods** are good for headaches, spiritual and mental work. Examples: Blueberry, plum, grape, parsnip, asparagus, potatoes and nuts.

## Nature's Medicine Cabinet

- **Got a cut and need a clotting agent?**

If you cut yourself shaving or have a small bleeding wound, the herb called horsetail is a great clotting agent. If you apply aloe right after the horsetail, it will leave your skin in the best possible condition. Horsetail can be purchased from any health food store. Boil the herb in 1½ pints of water to ¾ ounces of horsetail. Let it simmer until the liquid boils down to about a pint. Allow the liquid to cool and apply to wound with a cotton ball.

- **Puffy Eyes**

Nothing relieves puffy eyes better than old tea bags (1 – 2 days old) that have been refrigerated. Refrigerate the tea bags for at least an hour and then place them over your eyes for at least five minutes. You should see a noticeable difference right away.

- **Common Cold**

One thumb-sized piece of ginger, chopped into little bits

Two cloves garlic, chopped into little bits

One half-teaspoon cayenne powder

Take all ingredients and put them in a mug of boiling hot water and steep for 5 to 10 minutes. Strain the liquid into a separate mug and drink it slowly.

- **Cancer prevention**

Green tea is one of the healthiest foods on earth. In various studies, it has been demonstrated that green tea can help prevent a number of cancers, especially gastrointestinal cancers such as colon, stomach, pancreatic and intestinal, as well as lung and liver cancer. Studies have also shown that green tea helps to prevent arthritis.

- **High Cholesterol**

Oats (as in good old fashion Quaker Oatmeal) are excellent for controlling and/or lowering cholesterol. A hearty bowl of oatmeal in conjunction with a diet low in saturated fats, plenty of water, exercise and other foods high in fiber are known to lower cholesterol.

## Home Juice Remedies

Before you run out to the drug store to purchase an ineffective over the counter drug try a juice remedy. The right combination of juices is very effective in curing the body of most common ailments.

Ailment	Remedy
Cold fighter	Carrot, lemon, radish, ginger, garlic
Hay fever reliever	Carrot, celery, radish, ginger
Immune booster	Carrot, celery, parsley, garlic
Stress reliever	Carrot, Parsley, Spinach, kale
Headache reliever	Carrot, celery, kale, parsley, broccoli, tomato
Detoxifier	Apple, beet, cucumber, ginger
Antioxidant	Carrot, orange, green pepper, ginger
Cholesterol fighter	Carrot, parsley, spinach, garlic, tamari
Liver cleanser	Carrot, apple, beet, parsley
Gallstones	Lemon
Laxative	Lemon in hot water early morning
Electrolyte balancer	Celery
Digestive	Pineapple, papaya
Arthritis	*Wheat grass. All greens.
Anti-inflammatory remedy	Barley grass juice powder

Wheat grass is another popular juice that is available in juice bars and natural/health food stores. Unlike other juices, wheat grass is taken in one-ounce doses. Wheat grass is one of the finest sources of chlorophyll. If fresh grass juice is not available, it can be purchased in a powder form in most any natural food store. Drinking wheat grass juice is like drinking a fresh green salad. So, what's so special about wheat grass juice? For starters it:

- Purifies and rebuilds the blood
- Cleanses the colon
- Purges the liver
- Neutralizes toxins
- Oxygenates cells
- Heals wounds
- Heals intestinal walls
- Raises enzyme activity
- Chelates
- Increases hemoglobin production
- Cleanses the digestive tract

## Vitamins and Minerals

Vitamins and minerals work best when they come directly from your plate rather than a bottle. Many people, especially vegetarians become concerned with whether they are getting the recommended daily amount of vitamins and iron in their food. The chart below will provide a guide to help ensure that you receive your daily quota.

Nutrient	What it does	How much (RDA recommends)	Best Source	Getting Enough
<b>Vitamin B6, B12</b>	The B complex of vitamins keeps blood, nerves and the immune system working right	1.3 milligrams for B6 and 2.4 micrograms for B12	B6 is in whole grains. Bananas, beans, nuts wheat germ. B12 eggs, dairy, fish	One cup plain yogurt and a banana, one ounce of sunflower seeds along with supplements
<b>Vitamin C</b>	An antioxidant that fights DNA damaging free radicals and helps to maintain a healthy immune system	75 to 200 milligrams	Citrus fruits, juices, strawberries, red and green peppers, kale, Brussels sprouts, broccoli, collards	Just one orange almost gets you to the RDA. Eat 5 servings of fruits and vegetables and you won't be lacking
<b>Calcium</b>	It is essential for bone health, helps prevent osteoporosis	Up to age 50, women need at least 1000 milligrams daily. Over 50 around 1200 take in 500 milligram increments	Legumes and dark green leafy vegetables contain small amounts but dairy products are the most calcium rich	If you don't eat dairy, look for calcium rich soy milk or orange juice
<b>Vitamin D</b>	It enhances calcium absorption. A vitamin D deficiency can lead to osteoporosis	200 IUs for women up to age 50 and 400 to 600 IUs for those over 50	The body produces Vitamin D when exposed to sunlight. Also in fortified foods like milk and cereal	Ten to 15 minutes of sunlight with no sun screen 2 – 3 times a week is usually sufficient
<b>Vitamin E</b>	Major function is as an antioxidant	Generally 22.5 IUs	Avocados, vegetable oil, wheat germ, almonds, most nuts	1 cup of raw broccoli and 2-ounces of almonds or sunflower seeds
<b>Folic Acid</b>	Low intake during pregnancy causes risk of birth defects, deficiency may be a risk factor for some cancers, stroke and heart disease	Generally 400 micrograms	Leafy vegetables, strawberries, wheat germ, broccoli, asparagus, beans, whole grains, cereals	A ¾ cup of fortified cereal contains 100% of what you need. Also a cup of peas, cup of cooked spinach and 5 asparagus meets RDA
<b>Iron</b>	It prevents iron deficiency anemia	18 milligrams	Legumes, fortified grains and cereals	A large spinach salad, bowl of lentil soup and iron rich meat substitute
<b>Vitamin K</b>	It helps maintain healthy blood clotting	No set RDA	Vegetable oils, dark green, leafy vegetables	One cup of raw broccoli or a spinach salad
<b>Magnesium</b>	Maintains muscle and nerve function, controls blood sugar levels, and keeps bones strong	320 milligrams	Whole grain breads, cereals, legumes, spinach, broccoli, nuts, dates, raisins, bananas,	Two slices of whole wheat toast, 3 ounces of almonds and raisins, Halibut, baked potato
<b>Zinc</b>	Supports a healthy immune system	8 milligrams	Nuts	Vegeburger on a whole wheat bun

# Exercise



## **Exercise**

Keep your body running at its best by maintaining an active lifestyle that includes a regular exercise routine. The benefits of exercise, from lower blood pressure to improved mood, are just too great to pass up. Any exercise is better than doing nothing at all. Whatever you do to remain physically active is the best suggestion. However fitness activities are divided in three broad categories: Cardiovascular exercise, anything that makes the heart beat fast. Regardless to how old you are, unless you have a truly unstable condition, getting your heart rate up several times a week is very important. The other two major types of activity, strength training and stability (balance) exercises come into greater play as you age.

Exercise not only helps you look great; it also makes you stronger, both mentally and physically. It's not a matter of looking svelte exercise does remarkable things for your health. For a complete, balanced exercise program you should do four things:

- **Clear your mind**

Clearing your mind reduces muscular tension and relaxes the body, protecting against injuries and enhancing circulation. Making this a regular practice can boost the immune system and may reduce the symptoms of many chronic diseases, including arthritis, diabetes and thyroid disorders.

- **Exercise your heart**

Swim, power walk, cycle, jog, kick box, do aerobics or anything else that significantly increases your heart rate. The benefits of cardiovascular exercise are it trains the heart, lungs and circulatory system to process oxygen and transport it to muscles more efficiently. Aerobic exercise also burns calories and body fat, increases metabolism and lung capacity, reduces blood pressure and the risk of heart disease, helps prevent diabetes, strengthens the immune system and lowers stress levels. You should engage in cardiovascular exercise at least three to five times per week for 20 to 60 minutes. Exercise burns calories, offsetting the calories you take in and helping you lose weight. Heavier people need more energy to move, using more calories per activity.

	Calories Burned per Minute	
	120-lb person	180-lb person
Cycling (10 mph)	5.5	8.2
Dancing/aerobics	7.4	11.1
Hiking	4.5	6.7
Jogging	9.3	13.9
Running	11.4	17.0
Sitting	1.2	1.7
Swimming	7.8	11.6
Tennis	6.0	8.9
Walking (brisk)	6.5	9.7
Weight training	6.6	9.8

- **Build up your muscles**

Lift weights, do calisthenics or any sport that makes you flex muscles repetitively. Strength training makes the body burn more calories even while at rest. Bones become denser and less prone to osteoporosis and injury. Joints are better protected from wear and tear. Strength training reduces arthritic pain, delays muscle loss, builds muscle mass, reduces body fat, increase metabolism and improves glucose tolerance and insulin sensitivity, thus reducing the risk of diabetes. The frequency varies from once a week for strength maintenance to two to three times a week to increase strength and power.

- **Take a break**

The body requires rest to maintain good physical and mental health. Strength training and other strenuous exercises tear down muscle fiber. During periods of rest, muscles repair and rebuild themselves, getting thicker and stronger. Exercise enables the heart to pump with greater ease during times of rest.

A Time Magazine poll concluded that most Americans say they exercise every week.

Here are the exercises they do:

69%	Take a brisk walk	22%	Do aerobic Exercise
35%	Use exercise machines	21%	Swim
32%	Lift weights	18%	Play a sport
30%	Ride a bike	18%	Hike
27%	Jog or run	8%	Play golf
24%	Walk or bike on errands	7%	Bowl
19%	Dance		

Carefully consider your diet, exercise, cultivate good physical, mental and spiritual health and put God first in your life. Study from cause to effect. Cultivate self-control. Keep appetite under the control of reason. Never abuse the stomach by overeating, but do not deprive yourself of the wholesome, palatable food that health demands. And, remember if you are striving to drop a few pounds, never succumb to fad diets; the key is to always burn off more calories than you take in. If you have difficulty motivating yourself to exercise, find a workout partner. If you can't find a partner to exercise with, join a health club, sports team or enlist the support of a family member or friend. It may be difficult staying on an exercise regimen at first but after several months of routine exercise, you will anticipate your workout session as one of the high points of your day. One last thing, for exercise to be effective, it must be sustained and performed a minimum of three times a week, preferably four or five times a week.



## **Fasting**

Although the body requires wholesome food to maintain good health, your digestive system needs an occasional rest. Fasting has an amazing affect on the mind and body; it clears our mind, enabling us to more clearly hear the promptings of the Holy Spirit. Fasting does more than just heal the body it heals the soul. When the body is clean, the mind becomes clear.

The successful and beneficial fasts begin with a desire that comes from deep within and is solidly based in a physical or spiritual need. The predominant motivation for fasting is physical healing. Animals naturally fast when they are sick, and people can benefit much from this practice. Instead of filling the body with medicines that interfere with the body's natural healing mechanism and covering up the symptoms by sublimating the pain, fasting will cleanse the bloodstream, tissues and cells for deep, fundamental healing. Although fasting may not be the ideal approach for everything that ails the body, there is a long list of illnesses that have historically responded well to fasting.

Fasting is mentioned throughout the Bible; Jesus, Moses, and Elijah fasted for up to 40 days. As we commune with God, some of our petitions are most effective only through the medium of fasting in conjunction with our prayers. When the disciples attempted to rid demons from the son of a *certain* man and were unsuccessful, Jesus rebuked the devil and told the disciples "howbeit this kind of goeth not out but by prayer and fasting." As we send up prayers on the behalf of sick it is often necessary to fast in order to petition God for healing. There are over 17 texts in the Bible that specifically refer to fasting for spiritual and physical strength. With fasting, diet is not the issue ... weight is not the issue, rather discipline, spiritual growth and expansion of the mind is everything.

. Fasting is also ideal for conquering appetite. No other method compares with fasting for quick weight loss and detoxification at the same time. Anything that is done to assist in detoxification also assists weight loss. For the most part, obesity indicates that there is a malfunction in metabolism and/or digestion. Unfortunately, there is no diet pill on the market that can treat the endocrine system. Proper fasting improves the overall body system by ridding your body of harmful toxins. Our bodies are equipped with natural healing mechanisms; it automatically seeks health through the process of eliminating poisons and balancing chemistry. Fasting is simple and straightforward: health restored through cleansing.

Excellent spiritual and physical benefits are gained from fasting, but some people should not do it. You should refrain from fasting if you are pregnant, nursing a baby, are critically ill or on long-term medication, have kidney or heart disease, diabetic. In addition, growing children and most elderly people should not fast. For safe measures or if in doubt, consult your doctor before starting a fast. Remember the health benefits of fasting:

1. Fasting initiates rapid weight loss with little or no hunger. Most people are surprised at how little desire for food they have while fasting.
2. Fasting promotes detoxification. As the body breaks down its fat reserves, it mobilizes and eliminates stored toxins.
3. Fasting gives the digestive system a much needed rest. After fasting, both digestion and elimination are invigorated.
4. Fasting promotes the resolving of inflammatory processes, including painful inflammatory syndromes such as rheumatoid arthritis.
5. Fasting quiets allergic reactions, including asthma and hay fever.
6. Fasting promotes the drying up of abnormal fluid accumulations, such as edema in the ankles and legs and swelling in the abdomen.
7. Fasting corrects high blood pressure without drugs. Fasting will reduce blood pressure to a safe range within two weeks or less in the vast majority of cases. And the blood pressure will remain low after the fast if the person eats correctly and lives healthily.
8. Fasting makes it easy to overcome bad habits and addictions. Many people have overcome tobacco and alcohol addictions by fasting, and even drug addictions. Fasting rapidly dissipates the craving for nicotine, alcohol, caffeine, and other drugs.
9. Fasting clears the skin and whitens the eyes. It is common to see skin eruptions clear while fasting, and the whites of the eyes look clear and bright.
10. Fasting restores taste appreciation for wholesome natural foods.
11. Fasting is the perfect gateway to a healthful diet and lifestyle.
12. Fasting actually shrinks the stomach by restoring it to its normal size. People tend to be satisfied with less food after fasting.

Fast periodically and pray without ceasing, as you fervently seek the power of the true and living God for spiritual guidance and physical and mental healing.

## **Eat Right and Live Longer**

*Choosing a diet rich in foods with health-promoting nutrients not only will maintain good health but also can reduce the risk of disease. Are you making the right choices?*

The notion that some foods have health promoting properties that go beyond just nutritional value is something that our Seventh-day Adventist health message has advocated for over 100 years and researchers are still exploring today. One tried and true dietary method for controlling and preventing high blood pressure consists of plenty of fruits, vegetables and whole grains and delivers beneficial levels of fiber, potassium, magnesium and calcium. The diet's food combo has been proven to help reduce cardiovascular risk.

Whether or not you have any health risks, you can't go wrong with fresh, colorful fruits and vegetables full of natural photochemical that have anticancer properties and healthy fiber. Eat an apple a day to help keep cholesterol in check. Protect our urinary tract and your memory with a daily dose of blueberries. For a healthful main course, treat yourself to wild Alaska salmon; it is relatively low inn calories, high in protein and full of heart-healthy omega-3 fatty acids.

Whole grains, the entire seed or kernel from wheat, oats, corn or rye, also should be part of your healthy diet. These foods are packed with fiber, protein, vitamins and minerals. In fact, the new government guidelines recommend three servings of whole grains a day to help lower cholesterol and reduce the risk of heart disease ad type 2 diabetes. Most people eat only one serving because of the low-carb craze, but whole grains are good carbs, full of natural fiber. So go ahead and have a big bowl of whole grain cereal for breakfast, a sandwich on whole grain bread for lunch and popcorn for a snack (*Source: Time Magazine, June 6, 2005, Special advertising section*).

## **INDEX**

### **A**

African Peanut Soup, 39  
Apple Cranberry Punch, 61

### **B**

Banana Nut Cake, 52  
Banana Pudding, 52  
Beans and Rice, 26  
Bermuda Curried Chicken, 15  
Black Bean Ole, 28  
Black-eyed Pea and Arugula Salad, 36  
Boiled Tomatoes, 32  
Bossa Nova Beans, 28  
Breaded Vegetable scallops, 16  
Broccoli Casserole, 20  
Broccoli Cheese Cornbread, 46  
Brown Rice loaf, 15

### **C**

Cajun Tofu Pocket Sandwich, 42  
Cashew Eggplant Bake, 20  
Chow-Chow, 16  
Coconut Creamed Spinach, 33  
Cream Cheese Patties, 21  
Creamy Scalloped Potatoes  
Curried Potatoes and Peas, 33

### **D**

Date Butter, 55  
Doritos Bean Dish, 26  
Dumplings, 16  
Duchess Soup, 40

### **E**

Egyptian Stew, 38  
Ethiopian Collard Greens, 32

### **F**

Four Bean Chili w/Corn & Chiles, 29  
Fruit Crisp, 55

### **G**

Ginger Tea, 60  
Golden Tofu with Peas, 29  
Glorified Almond Cauliflower, 21  
Green Chili Enchiladas, 19  
Greek Bean Chowder, 26  
Green Sea Soup, 38

### **H**

Hawaiian Cake, 53  
Haystacks, 23  
Herbed Mixed Bean Salad w/Peppers, 37  
Hershey Cake, 53  
Honeysuckle Nectar, 61  
Honey Wheat Bread, 48  
Hot & Spicy Green Beans, 27

### **I**

Island Fruit Punch, 60  
Italian Lasagna, 19

### **J**

Jalapeno Cornbread, 48

### **L**

Lemony Light Cooler, 60  
Lena's Tasty Broccoli, 32  
Lentil, Sesame & Sunflower Burgers, 27  
Light Spanish Rice, 22

### **M**

Meatless Meatloaf, 23  
Mexican Cornbread, 45  
Mexican Tortilla Soup, 37  
Mini Ravioli with Pesto & Tomatoes, 18  
Morrish Spinach and Almond Salad, 35

### **N**

Non-Dairy Vegetable Cream Soup, 39

## **O**

Oatmeal Patties, 15  
Olive Tapenade, 42  
Orange, Banana & Pineapple Punch, 61  
Orange Rush, 62

## **P**

Pesto Pizza, 45  
Pineapple Upside Down Cake, 56  
Pistachio Cool Whip Pie, 54  
Popovers, 49  
Potato Peel Broth, 40

## **Q**

Quick and Tasty Onion Soup, 40

## **R**

Roti, 46  
Ruby Punch, 61

## **S**

Sausage Bread, 49  
Scrambler, 62  
Sesame Tahini Salad Dressing, 36  
Simple Chocolatey Chocolate Cake, 54

Soy Glazed Tofu with Spinach, 20  
Spinach and Rice Casserole, 21  
Strawberry Snow Cones, 55  
Stuffed Peppers, 17

## **T**

Teriyaki Tofu with Lemon, 17  
Tofu Loaf, 23  
Traditional Vegetarian Sandwich, 43  
Twice-Baked Potatoes

## **V**

Vegetarian Black Bean Chili, 28  
Vegetarian Hamburger, 43  
Veggie Chicken Salad, 43

## **W**

Watergate Salad, 35  
Whole Wheat Pie Crust, 54  
Whole Rye Bread, 47

## **Z**

Zucchini Stew, 38

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