

## APPETIZERS

### Bean and Roasted Red Pepper Dip

Serves: 10

1 teaspoon extra-virgin olive oil  
2 tablespoons chopped fresh basil  
2/4 cup thin sliced roasted red bell pepper  
1 cup chopped onion  
15 ounces pinto beans (1 can), drained  
Pita Chips

Heat oil in a medium nonstick skillet over medium heat. Add onion; sauté 4 minutes or until tender. Add basil and beans; cook over low heat 5 minutes, stirring frequently. Partially mash beans. Stir in peppers. Serve with pita chips.

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### Dried Tomato Crostini

Serves: 24

12 dried tomato halves  
2 tablespoons balsamic or red wine vinegar  
1/4 cup finely chopped red onion  
1 tablespoon olive oil  
1 clove garlic, minced  
1 baguette  
1/4 cup boiling water  
1 ripe tomato, chopped  
4 pitted black olives, minced (optional)  
1 1/2 teaspoons minced parsley  
1/2 teaspoon capers, drained & chopped

In a small mixing bowl, combine dried tomatoes, water, and vinegar. Let stand 15-20 minutes to soften tomatoes. Drain. Discard liquid. Cut dried tomatoes into thin strips; return to bowl. Stir in ripe tomato, onion, olives, oil, parsley, garlic, and capers. Season with pepper. Bias-slice bread into 24 pieces about 1/2 inch thick. Place on baking sheet. Bake at 350 for 3-5 minutes or till light brown. Turn over, bake 3-5 minutes more or till light brown. Spoon tomato mixture onto toasted bread and serve immediately.

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### Mushroom Crostini

Serves: 8

1 teaspoon olive oil  
1 cup sliced button mushrooms  
2 teaspoons minced fresh thyme or 1/2 teaspoon dried thyme  
1/2 teaspoon all-purpose flour  
1 clove garlic, minced  
2 1/2 cups sliced crimini mushroom (8 ounces)  
1/4 teaspoon salt  
1/8 teaspoon pepper  
8 slices Italian bread toasted

Heat oil in a medium nonstick skillet over medium heat. Add mushrooms and salt; stir well. Cover and cook 5 minutes. Increase heat to medium-high; add minced thyme, flour, and pepper, and cook for 1 minute, stirring occasionally. Rub cut sides of garlic over bread slices. Spoon 2 tablespoons mushroom mixture onto each bread slice.

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### Spicy Saratoga Chips

Yield: 60

chips

2 large unpeeled baking potatoes	1 tablespoon vegetable oil
1 teaspoon chili powder	1 teaspoon cumin
$\frac{1}{4}$ teaspoon ground red pepper	$\frac{1}{4}$ teaspoon salt
$\frac{1}{8}$ teaspoon pepper	vegetable cooking spray

Cut potatoes in half crosswise. Position a thin slicing disk in food processor. Place 1 potato half, cut side down, in food chute; slice, applying medium pressure with food pusher. Remove potato slices from processor bowl. Pat potato slices dry with a paper towel. Repeat procedure. Combine oil and next 5 ingredients in a large ziplock bag. Place potatoes in bag; seal, and shake well to coat. Place potato slices in a single layer on baking sheets coated with cooking spray. Bake at 450 degrees for 12 minutes or until potatoes are crisp, turn potatoes over and bake an additional 10 minutes or until crisp.

## BREADS

### Banana-Date Loaf

Recipe by: Cindy Klinar

$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup shortening	1 cup mashed bananas
1 tablespoon lemon juice	$1\frac{3}{4}$ cup flour	1 teaspoon baking soda
$\frac{1}{2}$ teaspoon salt	1 cup dates	1 cup nuts

Cream together sugar, shortening, bananas, and lemon juice. Sift together flour, soda, and salt. Add to banana mixture. Add in dates and nuts; bake at 350.

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### Cornbread

Recipe by: Cindy Klinar

1 cup cornmeal	1 cup flour	$\frac{1}{4}$ cup sugar
4 teaspoons baking powder	$\frac{1}{2}$ teaspoon salt	1 cup non-dairy creamer
$\frac{1}{4}$ cup oil		

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### French Wheat Baguettes

Serves: 24

1 package dry yeast	1 teaspoon sugar	$1\frac{1}{2}$ cups warm water, divided
$3\frac{1}{4}$ cups bread flour	1 cup whole-wheat flour	$1\frac{1}{2}$ teaspoons salt
vegetable cooking spray	1 tablespoon cornmeal	

Dissolve yeast and sugar in  $\frac{1}{2}$  cup warm water in a small bowl; let stand 5 minutes. Place bread flour, whole-wheat flour, and salt in food processor and pulse 4 times or until blended. With processor on, slowly add yeast mixture and remaining cup warm water through food chute; process until dough leaves sides of bowl and forms a ball. Process 15 additional seconds. Turn the dough out onto a lightly floured surface, and knead 3 or 4 times. Place the dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place 45 minutes or till doubled in bulk. Punch the dough down, and turn out onto a lightly floured surface; knead 3 or 4 times. Cover and let rest 5 minutes. Divide the dough in half and roll each portion into a 17 X 9-inch rectangle. Roll up each rectangle, starting with a long edge pressing firmly to eliminate air pockets; pinch ends to seal. Place each roll seam side down, in an 18-inch long baguette pan coated with cooking spray and sprinkled with cornmeal. Cover and let rise 45 minutes or till doubled in bulk. Uncover the dough; using a sharp knife, make 6 diagonal slits  $\frac{1}{4}$  inch deep across top of loaves. Spray loaves with water. Bake

at 400 degrees for 25 minutes or until loaves sound hollow when tapped. Remove from pans; cool on wire racks.

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### Herbed Breadsticks

Serves: 6

1 loaf French Bread (8 ounces)    1 tablespoon olive oil    1 clove garlic, halved  
 $\frac{3}{4}$  teaspoon dried oregano     $\frac{3}{4}$  teaspoon dried basil     $\frac{1}{8}$  teaspoon salt

Cut bread in half crosswise and cut each piece in half horizontally. Brush oil evenly over cut sides of bread; rub with garlic. Sprinkle oregano, basil, and salt over bread. Cut each piece of bread lengthwise into 3 sticks. Place breadsticks on a baking sheet; bake at 300 degrees for 25 minutes or until crisp.

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### Lenten Sauerkraut Bread

Recipe by: Angela Skinner

1 27-ounce can sauerkraut    1 16-ounce can sauerkraut  
4 large onions, peeled and diced    salt & pepper to taste  
3 loaves frozen bread dough

Allow bread to thaw several hours before preparing filling. Follow directions on package. Sauté onion in oil on medium heat about 5 minutes or until soft and transparent. Drain sauerkraut, rinse in cold water if you prefer less salt taste. Add sauerkraut to onions, stir until sauerkraut is soft. Roll out dough to 12X8 rectangle. Spread kraut mixture over entire dough; roll up as a nut roll. Let rise on greased cookie sheet or in baking pan. Bake at 350 until golden brown, about 30 minutes. Let cool.

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### Pogaca

Recipe by: St. Innocent Cookbook

2 cups warm water     $\frac{1}{4}$  cup oil    5 to 6 cups flour  
1 teaspoon salt    2 packages dry yeast

Mix oil with warm water and yeast. Stir till dissolved. Add salt and 3 cups of flour and mix well. Add remaining flour one cup at a time, mixing thoroughly. Knead until smooth. Place in oiled bowl, cover, and let rise until double (1-2 hour), keeping out of cold drafts. Punch down and knead again. Let rise a second time. Preheat oven to

375. Punch down again and knead. Using baking sheet or stone, form dough into a round flat loaf. Prick with fork. Place in over and bake for approximately 45 minutes.

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### **Sourdough-Herb Rolls**

Serves: 2

2 sourdough rolls (2 ounces)

1 tablespoon Lenten margarine

1 tablespoon minced fresh basil

2 teaspoons sesame seeds

1/8 teaspoon garlic powder

Cut rolls in half horizontally. Spread margarine over cut sides of rolls, and sprinkle with remaining ingredients. Place rolls on a baking sheet and broil 2 minutes or until golden.

## PASTA

### Japanese Noodles

Serves: 3

1 tablespoon dark sesame oil  
 $\frac{1}{2}$  cup green onions, julienned  
2 tablespoons low-sodium soy sauce

3 cups hot cooked lo mein or vermicelli  
1 teaspoon peeled grated ginger root

Heat oil in a large nonstick skillet over medium-high heat. Add noodles, tossing to coat with oil add green onions and ginger root; saute 3 minutes or till onions are tender. Remove from heat. Add soy sauce and toss well.

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### Linguine with Garlic and Red Pepper Oil

Serves: 6

3 tablespoons olive oil  
4 large cloves garlic, minced  
 $\frac{1}{2}$  cup chopped fresh parsley  
 $\frac{1}{2}$  teaspoon pepper

$\frac{1}{2}$  teaspoon crushed red pepper  
6 cups hot cooked linguine (1 pound uncooked)  
1 teaspoon salt

Heat oil in a large nonstick skillet over medium-high heat. Add red pepper and cook 2 minutes. Add garlic; saute 30 seconds or until garlic is lightly browned. Remove from heat; stir in remaining ingredients.

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### Pasta with Black Beans and Artichoke Hearts

Serves: 6

1 tablespoon olive oil  
 $\frac{3}{4}$  teaspoon dried oregano  
 $\frac{1}{8}$  teaspoon crushed red pepper  
1 clove garlic, minced  
15 ounces black beans, drained  
14 oz can artichoke hearts, drained & quartered

1 cup sliced green onions  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon black pepper  
29 ounces whole tomato, undrained & chopped  
4 cups hot cooked radiatore

Heat oil in a large nonstick skillet over medium heat. Add green onions and saute 6 minutes. Add oregano and next 5 ingredients; cover and simmer 10 minutes. Add beans, cover and simmer an additional 5 minutes. Combine bean mixture, hot cooked pasta, and artichoke hearts in a large bowl; toss well. Serve warm or at room temperature.

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### Pasta with Fresh Tomatoes

Serves: 8

4 cups diced seeded tomato  
3 tablespoons minced green onion  
1 tablespoon olive oil  
 $\frac{1}{4}$  teaspoon salt  
2 cloves garlic, minced

3 tablespoons chopped fresh oregano  
3 tablespoons fresh lemon juice  
1 teaspoon coriander seeds, crushed  
 $\frac{1}{8}$  teaspoon crushed red pepper  
6 cups hot cooked vermicelli

Combine first 9 ingredients in a large bowl and toss well. Add the pasta; toss well. Note: canned tomatoes would make this dish too watery, so use fresh ingredients. Let the salsa sit for a few minutes before mixing it with the pasta. Serve at room temperature.

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### Pasta with Roasted Peppers and Basil

Serves: 6

1 tablespoon vegetable oil  
 $\frac{1}{2}$  teaspoon fennel seed, crushed  
2-14 oz cans whole tomatoes, chopped  
1 pound red peppers, roasted & peeled  
 $\frac{1}{2}$  teaspoon salt  
6  $\frac{1}{2}$  cups cooked penne pasta

2 cups chopped onion  
2 cloves garlic, minced  
1 pound green peppers, roasted & peeled  
1 pound yellow peppers, roasted & peeled  
 $\frac{1}{4}$  teaspoon fresh black pepper  
 $\frac{1}{2}$  cup sliced fresh basil

Heat oil in a large nonstick skillet over medium-low heat. Add onion, fennel, & garlic; cover and cook 10 minutes until tender, stirring occasionally. Cut peppers into julienne strips. Add peppers, salt & pepper, and tomatoes; cook 3 minutes or till heated through. Combine tomato mixture, pasta & basil in large bowl; toss well. (you can sprinkle with fresh parmesan after lent!)

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### Sesame Farfalle Stir Fry

Serves: 3

2 cups uncooked farfalle pasta    3 tablespoons low-sodium soy sauce  
2 teaspoons white wine vinegar    2 teaspoons honey  
1 tablespoon dark sesame oil    1 cup thin red bell pepper strips  
3 tablespoons minced green onion    2 teaspoons minced peeled ginger root  
1 large garlic clove, minced     $\frac{1}{8}$  teaspoon salt  
1 teaspoon sesame seeds, toasted

Cook pasta according to package directions; omitting salt & fat. Drain & set aside. Combine soy sauce, wine vinegar, and honey in a small bowl; stir well and set aside. Heat oil in a large nonstick skillet over high heat. Add pepper, onion, ginger root, and garlic; saute 1 minute. Add pasta, soy sauce mixture, and salt; stir-fry 1 minute. Remove from heat; sprinkle with sesame seeds.

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**Sweet Peppered Pasta**      Recipe by: Ellen & Sam D'Fantis      Serves: 6

7 ounces pasta, cooked & drained	3 tablespoons corn oil
$\frac{1}{2}$ cup finely chopped onion	$\frac{1}{2}$ cup finely chopped red pepper
$\frac{1}{2}$ cup finely chopped yellow pepper	3 large cloves garlic, minced
$\frac{1}{3}$ cup water	2 tablespoons fresh basil
1 vegetable bouillon cube	$\frac{1}{4}$ teaspoon crushed red pepper

In a large skillet, heat oil over medium-high heat. Add onion, peppers, and garlic; cook and stir 4 minutes. Stir in water, basil, bouillon cube, and crushed red pepper. Bring to a boil, stirring occasionally. Reduce heat to low; simmer 4 minutes, stirring occasionally. Spoon over pasta in large bowl; toss well to coat. Serve over assorted salad green, if desired.

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**Teriyaki Vegetables with Ramen Noodles**      Recipe by: Ellen & Sam D'Fantis      Serves 2  
2 cups water      9 ounces frozen teriyaki vegetables      3 oz pkg ramen noodles

Remove vegetables from pouch. In a medium saucepan, bring water and vegetables to a boil. Reduce heat; add ramen noodles and 1 teaspoon of seasoning from packet. Cook 3 minutes or until noodles are tender.

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**Thai Noodles**      Recipe by: Sue Skinner-Kidd

2 packages oriental-flavored ramen noodles	
2 cups frozen vegetables (broccoli, carrots, water chestnuts)	
$\frac{1}{3}$ cup hot water	1 teaspoon sugar
$\frac{1}{4}$ cup peanut butter	$\frac{1}{8}$ teaspoon crushed red pepper
chow mein noodles, optional	

Reserve seasoning packet from noodles. Bring 4 cups water to a boil. Add noodles and vegetables. Cook 3 minutes, stirring occasionally. Meanwhile, whisk together hot water, peanut butter, sugar, red pepper, and seasoning packets in large bowl. Drain noodles and veggies; add to peanut mixture. Toss to coat. Serve warm with chow mein noodles.

Note: when I make this, I don't use frozen veggies. Instead, I stir-fry bamboo Shoots, water chestnuts, green onion, and carrots in spicy oil, then add as directed.

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### **Tomato-Basil Pasta Salad**

Recipe by: Cindy Klinar

Serves: 8

8 ounces uncooked rotini pasta

4 medium tomatoes, diced

$\frac{1}{2}$  cup pitted black olives, sliced

$\frac{1}{4}$  cup red onion, chopped

$\frac{1}{4}$  cup fresh basil, snipped

1 clove garlic, pressed

$\frac{1}{2}$  teaspoon salt

ground black pepper, to taste

2 tablespoons red wine vinegar

Prepare pasta according to package directions and drain. Rinse under cold running water. Place in chilled bowl. Place diced tomatoes, olives, onion, and basil in a bowl. Press garlic over vegetables. Add salt and pepper; mix well. Pour over pasta. In a small bowl, whisk together oil and vinegar; pour over pasta mixture and toss. Cover, chill 30 minutes.

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### **Vegetable Pasta Stir-Fry**

Recipe by: Ellen & Sam D'Fantis

Serves: 6

2 tablespoons olive oil

6 cups cut vegetables (red pepper, carrots, zucchini, celery, peas)

1  $\frac{1}{2}$  teaspoon thyme

$\frac{3}{4}$  teaspoon garlic powder

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon ground black pepper

1 cup cavatelli, cooked & drained

$\frac{1}{2}$  cup vegetable broth

In a large skillet, heat oil over medium-high heat. Add vegetables and seasonings; cook and stir 5 minutes or until vegetables are crisp-tender. Add hot pasta and bouillon. Cook, stirring frequently, until most of liquid is absorbed, about 2 minutes.

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## **SALADS**

## Bell Pepper Slaw

Serves: 6

1 pound thinly sliced green cabbage (4 cups)

2 cups julienned red bell pepper

$\frac{1}{4}$  cup cider vinegar

4 teaspoons sugar

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon celery seeds

$\frac{1}{4}$  teaspoon pepper

Combine all ingredients in a large bowl; toss well. Let stand 15 minutes before serving.

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## Black Bean and Orzo Salad

Serves: 6

3  $\frac{1}{2}$  cups cooked orzo

1 cup chopped red bell pepper

$\frac{1}{2}$  cup chopped purple onion

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

$\frac{1}{4}$  cup chopped fresh basil

15 ounces black beans, drained

$\frac{1}{4}$  cup red wine vinegar

3 tablespoons water

2 tablespoons balsamic vinegar

1 tablespoon olive oil

1  $\frac{1}{2}$  teaspoons sugar

1 teaspoon pepper

$\frac{3}{4}$  teaspoon salt

2 cloves garlic, minced

Combine first 6 ingredients in a large bowl; toss well and set aside. Combine red wine vinegar and next 7 ingredients in a bowl and stir well. Pour over orzo mixture and toss well. Cover and chill.

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## Broccoli Slaw

Recipe by: Teri Cassell

1 package broccoli slaw

1 bunch green onions, chopped

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

$\frac{1}{3}$  cup white vinegar

2 packages ramen oriental noodles

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

1 cup sunflower seeds

Mix together broccoli slaw and green onions in a bowl. In a separate bowl, mix together sugar, vinegar, packets of flavoring from noodles, and oil. Add to bowl of broccoli slaw and mix well. Crush the noodles and keep in a separate bag until ready to serve. Add sunflower seeds. Good Lenten recipe!

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## Cranberry Walnut Salad

Recipe by: Sue Skinner-Kidd

Serves: 8

$\frac{3}{4}$  cup chopped walnuts

2 cups fresh cranberries

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

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

1 cup raspberry vinaigrette dressing  
sliced red onion, optional

2 pounds fresh spinach

Put water and sugar into saucepan, bring to a boil. Add fresh cranberries and return to a boil. Remove from heat. This process blanches the cranberries to they are softened, yet have a slight crunch. Place a colander inside a large bowl in teh sink. Strain hot liquid into bowl and reserve  $\frac{1}{2}$  cup for dressing. Discard excess liquid, saving cranberries. Whisk together vinaigrette and cranberry sugar and chill. Rinse fresh greens, drain, and put into a serving bowl. Pour desired amount of dessaging over the greens. Sprinkle walnuts, blanched cranberries, and sliced red onion (if desired) over salad and toss lightly.

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### Frozen Fruit Salad

Serves: 8

1  $\frac{1}{2}$  cups seedless red grapes, halved  
1  $\frac{1}{2}$  cups grapefruit sections  
1  $\frac{1}{2}$  cups unsweetened pineapple juice  
1/3 cup frozen orange juice concentrate, thawed

1  $\frac{1}{2}$  cups sliced ripe banana  
1  $\frac{1}{2}$  cups cubed fresh pineapple  
 $\frac{1}{4}$  cup water

Combine all ingredients in large bowl. Pour into a 13X9 inch baking dish. Cover & freeze 8 hours or until firm. Let stand at room temperature 1 hour before serving or until slightly thawed.

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### Fruit-and-Honey Spinach Salad

Serves: 6

8 cups loosely packed fresh spinach leaves  
1  $\frac{1}{2}$  cups halved fresh strawberries  
2 tablespoons raspberry white wine vinegar  
2 teaspoons olive oil

2 cups cantaloupe balls  
2 tablespoons seedless raspberry jam  
1 tablespoon honey  
 $\frac{1}{4}$  cup chopped macadamia nuts

Combine spinach, cantaloupe balls, and strawberry halves in a large bowl; toss gently. Combine jam and next 3 ingredients in a small bowl; stir with a wire whisk until blended. Drizzle over spinach mixture and toss well. Sprinkle with nuts.

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### Jicama Mandarin Orange Salad

1/3 cup honey

Recipe by: Sue Skinner-Kidd

$\frac{1}{4}$  teaspoon lime zest

3 tablespoons lime juice	1 $\frac{1}{2}$ teaspoons poppy seeds
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup salad oil
1 package mediterranean salad mix	1 small jicama, peeled & julienned
1 large can mandarin orange, drained	$\frac{1}{2}$ cup macadamia nuts, coarsely chopped
1 star fruit, sliced	

Stir together honey, lime zest, lime juice, poppy seeds, and salt. Beat with electric mixer on med-high speed while gradually adding oil. Continue beating until mixture thickens. Cover, chill. Stir to remix before serving. If thick, let stand at room temperature 30 minutes. Toss remaining ingredients in a large bowl and serve with dressing.

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### **Marinated Vegetable Salad**

Recipe by: Ellen & Sam D'Fantis

1 $\frac{1}{2}$ cups broccoli florets	1 $\frac{1}{2}$ cups cauliflower florets
1 cup cherry tomatoes, halved	1 cup sliced carrots
1 cup sliced celery	$\frac{1}{2}$ cup fat-free Italian dressing

In large bowl, combine all ingredients. Mix well, cover, and refrigerate several hours or overnight, stirring occasionally. Makes 6 cups.

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### **Mixed Greens with Pears & Raspberries**

serves: 6

3 tablespoons raspberry-flavored vinegar	2 tablespoons apple juice
1 tablespoon olive oil	1 tablespoon honey
$\frac{1}{8}$ teaspoon salt	$\frac{1}{8}$ teaspoon pepper
2 cups torn spinach	2 cups torn Boston lettuce
2 cups torn curly endive	2 cups cubed pear
1 cup raspberries	

Combine first 6 ingredients in a small bowl; stir well with wire whisk. Combine spinach, lettuce, endive, pear, and raspberries in a large bowl; toss gently. Divide salad among 6 individual plates and drizzle with dressing.

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### **Pineapple and Strawberries with Mango Sauce**

Serves: 8

2 cups peeled cubed fresh mango	1 tablespoon fresh lime juice
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4 cups fresh pineapple chunks

2 cups sliced fresh strawberries

Position knife blade in food processor bowl; add cubed mango and process until smooth. Combine mango puree and lime juice in a bowl and stir well. Cover and chill. To serve, spoon  $\frac{1}{2}$  cup pineapple chunks into each of 8 dessert compotes and top with  $\frac{1}{4}$  cup sliced strawberries and 2 tablespoons mango mixture.

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### Spiced Peach Salad

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

3 tablespoons vinegar

2 cups water

1 tablespoon whole cloves

4 cinnamon sticks

6 oz peach gelatin

29-ounce can peach halves

In a medium saucepan, combine sugar, vinegar, and water. Tie cloves and cinnamon in a cheesecloth bag; place in saucepan. Bring to a boil. Reduce heat, simmer, uncovered, for 10 minutes. Remove from heat and discard spice bag. Add gelatin; stir until dissolved. Drain peaches, reserving syrup; set peaches aside. Add water to syrup to equal 2 cups. Add to gelatin mixture; stir well. Chill until slightly thickened. Thinly slice peaches; add to gelatin. Pour into a 2-quart glass bowl; chill till firm.

Note: substitute  $\frac{1}{2}$  teaspoon cinnamon and  $\frac{1}{4}$  teaspoon ground cloves for whole; combine with gelatin before adding to sugar mixture.

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### Spinach Couscous Salad

Serves: 8

1 cup vegetable broth

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

$\frac{1}{2}$  cup Italian dressing

2 cups shredded fresh spinach

12 cherry tomatoes, halved

4 ounces sliced water chestnuts

In a saucepan, bring broth to a boil; stir in couscous. Remove from heat. Cover and let stand 5 minutes. Transfer to bowl; add salad dressing. Cover and chill 2-4 hours. Toss couscous with spinach, tomatoes, and water chestnuts. Serve on spinach leaves.

Note: add toasted pine nuts for flavor and protein

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### Spinach Salad

Recipe by: Ellen & Sam D'Fantis

1 bag spinach

cashews

cranberry raisins

1 apple, peeled & chopped

$\frac{1}{3}$  cup cider vinegar

$\frac{1}{3}$  cup olive oil

1/3 cup sugar

Mix together vinegar, oil, and sugar. Mix together spinach, cashews, raisins, and apples in a large bowl. Toss with dressing before serving.

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## SAUCES

### Chunky Herb Tomato Sauce

Serves: 10

1 tablespoon olive oil	1 cup chopped onion	4 cloves garlic, minced
1 $\frac{1}{2}$ teaspoon sugar	$\frac{3}{4}$ teaspoon dried basil	$\frac{1}{2}$ teaspoon dried oregano
$\frac{1}{2}$ teaspoon pepper	1/8 teaspoon salt	
35 ounces plum tomatoes (1 can) undrained		

Heat oil in a large saucepan over medium heat until hot. Add garlic and onion, saute 3 minutes. Add remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Serve over pasta.

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### Fresh Tomato Sauce

Serves: 8

1 tablespoon olive oil	1 cup finely chopped onion
3 cloves garlic, minced	5 $\frac{1}{2}$ cups seeded chopped tomato
$\frac{1}{4}$ cup chopped fresh basil	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon pepper	

Heat oil in a large nonstick skillet over medium heat. Add onion and garlic; saute 3 minutes or until tender. Add tomato and remaining ingredients; stir well and bring to a boil. Reduce heat to medium-low and cook, uncovered, for 10 minutes or until reduced to 4 cups, stirring occasionally.

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### Garden Herb Salsa

Serves: 2

1 $\frac{1}{2}$ cups diced plum tomato	$\frac{1}{2}$ cup diced red bell pepper
$\frac{1}{2}$ cup diced yellow bell pepper	$\frac{1}{4}$ cup minced shallot
$\frac{1}{4}$ cup chopped fresh cilantro	1 tablespoon minced jalapeno pepper
1 tablespoon chopped fresh tarragon	1/8 teaspoon salt
2 tablespoons balsamic or sherry vinegar	2 cloves garlic, crushed

Combine all ingredients in a bowl, and stir well. Cover and chill at least 30 minutes.

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### **Garden Vegetable Sauce for Pasta**

Recipe by: Ellen & Sam D'Fantis

2 tablespoons vegetable oil	1 clove garlic, minced
2 medium zucchini, cut into chunks	1 ½ cups sliced fresh mushrooms
2 medium tomatoes, coarsely chopped	1 cup chili sauce
2 tablespoons chopped fresh parsley	½ teaspoon dried oregano, crushed
¼ teaspoon dried basil, crushed	¼ teaspoon salt
dash pepper	

In a large skillet, heat oil over medium-high heat. Add garlic, cook and stir 1-2 minutes or until lightly browned. Add zucchini and mushrooms; cook and stir 4-5 minutes or until tender. Stir in tomatoes chili sauce, parsley, oregano, basil, salt, and pepper. Reduce heat to low. Simmer, uncovered, 10-15 minutes or until sauce is desired consistency, stirring occasionally. Serve over hot pasta. Makes 4 cups.

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### **Red Bell Pepper Sauce**

Serves: 7

Vegetable cooking spray	2 ¾ cups chopped red bell pepper
¼ cup chopped green onions	1 small clove garlic, minced
¼ cup water	2 tablespoons tomato paste
1/8 teaspoon salt	1/8 teaspoon pepper

Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add bell pepper, green onions, and garlic; saute 7 minutes or until crisp-tender. Add water and remaining ingredients; cook 1 minute. Spoon into food processor and process 20 seconds or until chunky.

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### **Tomato-Basil Pesto**

Serves: 6

1 cup chopped tomato	1 cup firmly packed fresh basil
½ cup firmly packed fresh flat-leaf parsley	2 teaspoons fresh thyme
¼ teaspoon salt	1 clove garlic, minced
2 tablespoons olive oil	

Position knife blade in food processor bowl and add first 6 ingredients. Process until smooth. With processor running, slowly add olive oil through food chute. Process mixture until well-blended. Yield: 1 cup.

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### **Tomato-Mushroom Sauce**

Serves; 2

Vegetable cooking spray	1 teaspoon olive oil
$\frac{1}{2}$ cup sliced fresh mushrooms	$\frac{1}{4}$ cup finely chopped onion
2 cloves garlic, minced	2 tablespoons chopped fresh parsley
$\frac{3}{4}$ teaspoon dried whole basil	$\frac{1}{2}$ teaspoon sugar
$\frac{1}{2}$ teaspoon dried whole oregano	$\frac{1}{8}$ teaspoon salt
29 ounces no-salt-added whole tomatoes, drained and chopped	

Coat a saucepan with cooking spray; add oil, and place over medium heat until hot. Add mushrooms, onion and garlic; saute 3 minutes. Add remaining ingredients; bring to a boil. Reduce heat and simmer, uncovered, 15 minutes, stirring frequently. Serve warm.

## MEATLESS ENTREES

### 5-Bean Chili

3 cups chopped onion	3 cloves garlic, minced	2 tablespoons oil
1 tablespoon chili powder	2 teaspoons oregano	2 teaspoons basil
1 teaspoon cumin	$\frac{1}{2}$ teaspoon cayenne pepper	5-15 oz cans beans
28 oz can diced tomatoes	26 oz can spaghetti sauce	1 cup water

Recipe by: Sue Skinner-Kidd

In Dutch oven, saute chopped onion in oil; add garlic and cook till tender. Add remaining ingredients and simmer 30 minutes.

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### Apple Bean Bake

Recipe by: Ellen & Sam D'Fantis

Serves: 6-8

48 oz great northern beans, drained	4 tablespoons margarine
2 large cooking apples, cubed	$\frac{1}{2}$ cup brown sugar
$\frac{1}{4}$ cup granulated sugar	$\frac{1}{2}$ cup catsup
1 teaspoon cinnamon	1 tablespoon molasses
1 teaspoon salt	

In a large skillet, melt margarine, add apples, and cook until tender. Add sugars; stir and cook until melted. Stir in catsup, cinnamon, molasses, and salt. Add beans and mix well. Pour into 2-qt casserole. Bake at 400 for about an hour.

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### Clam Chowder

Recipe by: Maria Linderman

1-2 tomatoes	1 large onion, chopped	2 cloves garlic, minced
2 stalks celery, chopped	1-2 carrots, chopped	$\frac{3}{4}$ cup chopped parsley
$\frac{1}{2}$ cup chopped red pepper	2 potatoes, cubed	1-2 cans whole baby clams

Saute tomatoes, onion, and garlic in oil. Add celery, parsley, and red pepper. Let cook. Add potatoes. When almost cooked, add clams, cook 1-2 minutes. Add salt and pepper to taste.

Note:  $\frac{1}{2}$  pound scallops or shrimp may be substituted for clams. Excellent with crusty bread and a salad.

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## Curried Chickpeas and Black Beans

Serves: 4

2 teaspoons oil	1 cup chopped onion
1 tablespoon minced peeled ginger	2 teaspoons curry powder
14 $\frac{1}{2}$ oz can diced tomatoes	1/8 teaspoon salt
15 oz black beans, rinsed & drained	15 oz chickpeas, rinsed & drained
1/3 cup chopped fresh parsley	1 tablespoon lemon juice

Heat oil in a large nonstick skillet over medium heat. Add onion and ginger; saute 3 minutes or until tender. Stir in curry powder; cook an additional minute. Add tomatoes; cook 1 minute or until mixture is slightly thickened, stirring occasionally. Add salt, beans, and chickpeas; stir well. Cover, reduce heat, and simmer 5 minutes. Remove from heat; stir in fresh parsley and lemon juice. Serve warm

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## Double Spinach Bake

Recipe by: Barb VanDusen

Serves: 6

8 ounces spinach fettuccine	1 cup fresh sliced mushrooms
1 green onion, finely chopped	1 clove garlic, minced
4 cups fresh spinach, coarsely chopped	1 tablespoon water
15 ounces tofu	$\frac{1}{4}$ cup soy milk
1 egg, beaten	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ teaspoon ground pepper	$\frac{1}{4}$ cup soy cheese

Preheat oven to 350. Cook pasta and drain. Spray skillet with cooking spray. Add mushrooms, green onion, and garlic. Cook & stir until mushrooms are softened. Add spinach and water; cover. Cook until spinach is wilted, about 3 minutes. Combine tofu, soy milk, egg, nutmeg, & pepper in large bowl. Stir in noodles and vegetables; toss to coat. Spray bottom of 1  $\frac{1}{2}$  quart casserole. Spread noodle mixture in bottom. Sprinkle with soy cheese. Bake 25-30 minutes or until knife comes out clean.

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## Grilled Vegetables on Focaccia

Recipe by: Sue Skinner-Kidd

3 tablespoons vegetable oil	3 tablespoons balsamic vinegar
1 teaspoon dried oregano, crushed	2 large red peppers
1 medium eggplant, halved and sliced	2 medium zucchini, halved and sliced
2 focaccia breads	4 ounces soft goat cheese, optional

In small bowl, combine oil, vinegar, and oregano; set aside. Cut peppers in quarters. Remove stems and seeds. Arrange all vegetable on grill rack; brush with oil mixture and grill over med-hot coals until slightly charred. Allow 8-10 minutes for peppers and eggplant; 5-6 for zucchini. Turn occasionally. Cut each focaccia into 2 layers. Brush cut sides with oil mixture. Spread goat cheese over bottoms (optional), top with veggies. Cut into wedges.

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<b>Lenten Quiche</b>	Recipe by: Angela Skinner	Serves; 6
3 cups broccoli	2 tablespoons oil	1 cup chopped onion
3 cloves garlic, minced	1 pound tofu, divided	2 tablespoons lemon juice
1 tablespoon dry mustard	1 teaspoon salt	$\frac{1}{4}$ teaspoon black pepper
1 ready-made pie crust		

Preheat oven to 350. Boil broccoli in 1 inch of water for 5 minutes and drain. Saute onion and garlic in oil. Blend  $\frac{1}{2}$  pound tofu, lemon juice, mustard, salt, and pepper together in food processor or blender until smooth and creamy. Fold in remaining tofu (crumbled), onion, garlic, and broccoli. Place pie crust in greased 9" pie pan. Pour in tofu mixture and bake about 30 minutes. Serve hot.

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<b>Meatless Loaf</b>	Recipe by: Angela Skinner	Serves; 16
3 cups TVP granules	2 $\frac{1}{2}$ cups boiling water	$\frac{1}{4}$ cup ketchup
1 teaspoon basil	$\frac{1}{2}$ cup finely chopped onion	2 tablespoons oil
1 cup instant gluten flour	1 teaspoon salt	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ teaspoon garlic powder	$\frac{1}{2}$ teaspoon oregano	$\frac{1}{2}$ teaspoon marjoram
$\frac{1}{2}$ can finely minced parsley		

In a large bowl, mix TVP granules, boiling water, ketchup, and basil. Let stand for 10 minutes. Saute onion in oil or microwave for 2 minutes on high. Add onions to rehydrated TVP and stir in flour, salt, pepper, garlic powder, oregano, marjoram, and parsley. Lightly oil a loaf or bread pan and pack mixture in tightly, smoothing top. Bake at 300 about 45 minutes. If loaf begins to get too brown on top, cover with foil. After removing from oven, let stand in pan 10 minutes, then run a knife around edges to loosen and turn loaf out onto a platter. Garnish with lemon slices and parsley sprigs if desired.

Notes:  $\frac{3}{4}$  cup unbleached or whole-wheat flour may be substituted for gluten flour.

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**Portobello Sandwich**

Recipe by: Sue Skinner-Kidd

Serves: 1

1 Portobello mushroom cap

1 clove garlic, minced

1/8 teaspoon salt

dash pepper

1/8 teaspoon oil

1 tablespoon sun-dried tomato puree

2 slices whole wheat bread, toasted

1/2 cup roasted red peppers, sliced thinly

1 slice soy cheese, optional

Preheat oven to 350. Place mushroom on baking dish; top with garlic, salt, pepper, and oil. Bake for 30 minutes. Spread tomato puree evenly over bread; top 1 slice with mushroom, peppers, cheese, and remaining bread.

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**Quick Bean Burritos**

Recipe by: Vicki Danko

1 can refried beans

1 jar thick salsa

1 cup cooked rice

1 can enchilada sauce

1 package tortillas

4 green onions, sliced

Mix beans, 1/2 jar salsa, and rice. Spread over tortillas, wrap up, and place in baking dish. Mix enchilada sauce and rest of salsa and pour over tortillas. Sprinkle with sliced green onion and bake at 350 for 20-30 minutes.

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**Spinach Tofu Lasagna**

Recipe by: Angela Skinner

1 box lasagna noodles

2 boxes extra firm tofu

2 pigs frozen chopped spinach

1 onion, chopped fine

1 teaspoon oregano

3 1/2 cups spaghetti sauce

2 tablespoons nutritional yeast (not baking yeast), optional  
salt & pepper to taste

Boil noodles according to package directions. Rinse and set aside. Thaw and rinse spinach, squeezing out excess water. Mash tofu in a large mixing bowl. Mix tofu, spinach, onion, oregano, salt, pepper, and yeast together. Spread a little spaghetti sauce in bottom of a 10X15" casserole. Cover bottom of casserole with one-third of noodles, spread with one-half of tofu mixture and top with one-third of sauce. Continue layering, ending with noodles and sauce. Bake at 350 for 20 minutes or until sauce is bubbly. Serve with a salad and crusty bread.

Note: for stuffed shells instead of lasagna, stuff tofu mixture into parboiled shells or manicotti. Place filled shells in a casserole open side up, cover with sauce, and bake at 350 for 20 minutes.

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### **Spinach, Tomatoes, and Rice**

Recipe by: Cindy Klinar

1  $\frac{1}{2}$  cups onion, chopped

1 tablespoon garlic, minced

1/3 cup bell pepper, chopped

1 tablespoon oil

2 tablespoons corn oil

2 cups spinach

4 cups tomatoes, chopped

2 cups rice, uncooked

4 cups water

$\frac{3}{4}$  cup tomato paste

2 teaspoons salt

Saute the onion, garlic, and bell pepper in oils. Add remaining ingredients and simmer till cooked and of the proper consistency.

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### **Stuffed Cabbage**

Recipe by: Angela Skinner

1 small head cabbage

8 ounces canned tomato sauce

1 small onion, chopped fine

1 medium carrot, chopped fine

1 medium stalk celery, chopped fine

$\frac{1}{4}$  cup vegetable oil

2 cups cooked rice

1 cup croutons

Cut out core and steam cabbage until leaves come apart (in slightly salted water). Set aside. Dilute tomato sauce with about 1  $\frac{1}{2}$  cups water and set aside. Saute onion carrot, and celery in oil until soft; add salt and pepper to taste. Fold rice and croutons into skillet with vegetables. Lay cabbage leaf on your open palm, vein end at wrist. Place spoonful of stuffing in center of leaf, fold over one side of leaf, then fold over vein side (if vein is too thick, trim it). Roll to end of leaf, tuck in other side to lock stuffing in. Place in 2-quart casserole dish. Continue procedure until stuffing is used. Pour tomato sauce over cabbage. Cover and bake about 1 hour at 350.

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### **Tofu with Garlic & Broccoli**

Serves: 4

2 tablespoons oil, divided

10  $\frac{1}{2}$  oz firm tofu, drained & cubed

3 tablespoons low-sodium soy sauce

1 teaspoon sugar

1 teaspoon hoisin sauce

4 sliced peeled gingerroot (1/4" thick)

1  $\frac{1}{4}$  cups water, divided  
4 cloves garlic, minced  
 $\frac{1}{4}$  teaspoon salt

1 tablespoon cornstarch  
12 cups broccoli florets  
4 cloves garlic, minced

Heat 1 tablespoon oil in a large nonstick skillet or wok over medium-high heat until very hot. Add tofu and cook 6 minutes or until browned. Remove from skillet; set aside. Combine soy sauce and next 3 ingredients; stir well and set aside. Combine  $\frac{1}{4}$  cup water and cornstarch; stir well and set aside. Add 1 teaspoon oil to skillet and place over medium-high heat until hot. Add 4 cloves garlic and saute 30 seconds. Add soy sauce mixture and remaining cup of water, cook 2 minutes. Add cornstarch mixture, bring to a boil and cook 1 minute, stirring constantly. Return tofu to skillet and cook for 1 minute or until thoroughly heated, stirring gently. Discard gingerroot. Spoon tofu mixture into a bowl; set aside and keep warm. Wipe skillet dry with a paper towel. Steam broccoli, covered, for 3 minutes or until crisp-tender. Remove from heat; set aside. Heat remaining 2 teaspoons oil in skillet over medium-high heat. Add salt and remaining 4 garlic cloves; saute 1 minute. Add broccoli and saute 2 minutes. To serve, spoon tofu mixture over broccoli.

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### Tomatoes Stuffed with Rice

Recipe by: Angela Skinner

Serves: 4

10 medium tomatoes  
2 tablespoons chopped parsley  
2 tablespoons chopped dill  
1 cup rice  
salt & pepper, to taste  
 $\frac{1}{2}$  cup white wine  
oil

2 onions, finely chopped  
1 clove garlic, chopped  
1 teaspoon oregano  
 $\frac{1}{2}$  cup pine nuts  
2 tablespoons tomato paste  
sugar

Cut tops off tomatoes and set aside; scoop pulp out of tomatoes, chop, and reserve. Saute onions in  $\frac{1}{2}$  cup oil until golden; add tomato pulp, parsley, garlic, dill oregano, rice, pine nuts, salt, and pepper; stir to blend ingredients thoroughly; add tomato paste and wine; cover and simmer 20 minutes. Arrange tomato shells in a casserole or baking pan; sprinkle lightly with salt, pepper, and a dash of sugar. Stuff tomatoes with rice mixture and over with tomato tops. Pour 1 cup oil over tomatoes and pour  $\frac{1}{2}$  cup water into the pan. Sprinkle lightly with more oregano and an extra dash of wine. Bake at 350 for 35 minutes, basting frequently. Serve hot or cold.

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## Vegetable Burritos

Serves: 6

16 ounces canned light red kidney beans, drained  
 $\frac{1}{2}$  teaspoon garlic powder  
6 flour tortillas (7")  
 $\frac{1}{2}$  cup thinly sliced red bell pepper  
 $\frac{1}{2}$  cup thinly sliced green bell pepper  
14  $\frac{1}{2}$  oz whole tomatoes, drained and chopped

1 tablespoon chili powder  
 $\frac{1}{2}$  cup frozen corn, thawed  
cooking spray  
1 cup thinly sliced onion  
1  $\frac{1}{2}$  tablespoons lemon juice  
 $\frac{1}{3}$  cup mild salsa

Drain beans, reserving  $\frac{1}{4}$  cup liquid. Position knife blade in food processor bowl; add beans, reserved bean liquid, chili powder, and garlic powder. Process until smooth. Spoon into a bowl; stir in corn; set aside. Stack tortillas, wrap in damp paper towels and microwave at high for 20 seconds. Spread  $\frac{1}{4}$  cup bean mixture down center of each tortilla; roll up. Place, seam side down, in an 8" square baking dish coated with cooking spray. Cover and bake at 350 for 30 minutes or until heated. Set aside; keep warm. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add onion, peppers, and lemon juice; saute 5 minutes or until crisp-tender. Add salsa and tomatoes; simmer 1 minute. Serve over burritos.

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## Vegetable Chili

Serves: 6

1 teaspoon vegetable oil  
2 large cloves garlic, minced  
1 teaspoon ground cumin  
3 cups chopped tomato  
2 cups chopped zucchini  
 $\frac{1}{4}$  teaspoon salt  
19 ounces cannellini beans or other white beans, drained

1 cup sliced green onion  
1 tablespoon chili powder  
 $\frac{1}{2}$  teaspoon cinnamon  
2 cups chopped yellow squash  
1 cup canned vegetable broth  
 $\frac{1}{4}$  teaspoon pepper

Heat oil in a large saucepan over medium heat. Add green onions and garlic; saute 2 minutes. Add chili powder, cumin, and cinnamon; saute 30 seconds. Add tomato and next 5 ingredients; bring to a boil reduce heat and simmer, uncovered, 20 minutes. Stir in beans; cook 10 minutes or until thoroughly heated.

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## Vegetarian Chili

Recipe by: Maria Linderman

Serves: 6

3 tablespoons vegetable oil  
1 small onion, chopped

1 medium yam, peeled & cubed	1 red bell pepper, cut into strips
1 yellow bell pepper, cut into strips	29-ounce can diced tomatoes
16-ounce can kidney beans	16-ounce can chickpeas
1 tablespoon oregano	1 tablespoon chili powder
1 teaspoon garlic powder	1 teaspoon cumin

Saute onions, yams, and peppers in heated oil 5-6 minutes. Add kidney beans and chickpeas with their liquid, tomatoes, and spices. Bring to a boil; reduce heat and simmer, uncovered, about 25 minutes, stirring occasionally until vegetables are tender.

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## MISCELLANEOUS

### **Baba Ghannooj**

Recipe by: Maria Linderman

1 large eggplant

$\frac{1}{4}$  cup lemon juice`

4 tablespoons tahini

2 cloves garlic

1  $\frac{1}{2}$  teaspoons salt

Remove green leaves, but leave stem on eggplant and bake whole in oven at 350 until soft, about 30 minutes. Let cool. Remove skin while holding stem. Add to blender alternatively with lemon juice and tahini, and puree. Crush garlic with salt and mix into paste. Add to blender and puree all. Adjust salt. Can be chilled. Serve with pita bread. Excellent with sliced tomatoes or tabouleh!

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### **Hummus Bi Tahina**

Serves: 12

30 ounces garbanzo beans, drained

3 small cloves garlic

5 tablespoons tahini

$\frac{1}{4}$  cup fresh lemon juice

3 tablespoons water

Drain beans, reserving  $\frac{1}{4}$  cup liquid and set aside. Position knife blade in food processor bowl. Drop garlic through food chute with processor running and process 3 seconds or until minced. Add beans, reserved liquid, and remaining ingredients; process 3 minutes or until smooth. Yield: 3 cups. Serve with pita bread and/or raw vegetables.

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**Guacamole**

Serves: 4

1  $\frac{1}{2}$  cups diced peeled avocado       $\frac{1}{2}$  cup diced seeded tomato  
 $\frac{1}{4}$  cup finely chopped fresh cilantro       $\frac{1}{4}$  cup finely chopped onion  
2 tablespoons fresh lime juice

Combine all ingredients in a bowl; stir gently. Serve immediately.

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**Lemony Couscous**

Serves: 8

2  $\frac{1}{4}$  cups water      1  $\frac{1}{2}$  cups + 2 tablespoons couscous uncooked  
1 large seeded chopped tomato      1 cup cucumber, peeled & coarsely chopped  
1 cup thinly sliced green onion       $\frac{1}{2}$  cup finely chopped fresh parsley  
 $\frac{1}{4}$  cup finely chopped fresh mint       $\frac{1}{2}$  cup fresh lemon juice  
2 tablespoons water      2 tablespoons olive oil  
1 teaspoon salt      1 teaspoon pepper

Bring water to boil in a medium saucepan; gradually stir in couscous. Remove from heat; let stand, covered, 5 minutes. Fluff with a fork. Combine couscous, tomato, and next 4 ingredients in a large bowl and toss well. Combine lemon juice and next 4 ingredients; stir well with a wire whisk. Pour over couscous mixture; toss well.

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**Pico De Gallo**

Serves: 4

1  $\frac{1}{2}$  cups chopped seeded tomato       $\frac{1}{4}$  cup chopped onion  
2 tablespoons chopped fresh cilantro      1 tablespoon finely chopped serrano pepper

Combine all ingredients in a bowl; stir well. Yield: 1  $\frac{1}{2}$  cups

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**Pierogy Dough**

Recipe by: Cindy Klinar

2 cups flour       $\frac{1}{2}$  teaspoon salt  
8 tablespoons cold water       $\frac{1}{4}$  cup oil

Mix all ingredients and knead well. Dough will be stiff.

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## Potato Gnocchi

1 pound unpeeled red potatoes

1 clove garlic, minced

$\frac{1}{2}$  teaspoon salt

1 teaspoon olive oil

$\frac{3}{4}$  cup all-purpose flour

vegetable cooking spray

Place potatoes in a saucepan; add water to cover. Bring to a boil; partially cover. Cook 40 minutes or until tender. Drain and let cool. Peel potatoes and place in a bowl; mash. Set aside. Heat oil in a small nonstick skillet over medium-high heat. Add garlic, and saute 30 seconds. Add to mashed potato; stir well. Add flour and salt, stirring to form a soft dough. Turn dough out onto a well-floured surface. Divide dough into 4 portions and shape each into a 16-inch-long rope. Cut each rope into 16 pieces; roll each piece into a ball. Drag the tines of a fork through half of each ball, forming a concave shape. Place gnocchi on a baking sheet coated with cooking spray and set aside. Bring 14 cups of water to a boil in a large Dutch oven. Add half of the gnocchi and cook for 1  $\frac{1}{2}$  minutes (do not overcook or they will fall apart). Remove the gnocchi with a slotted spoon and place in a colander to drain; repeat. Serve immediately.

Notes; Basil variation: add  $\frac{1}{3}$  cup finely chopped fresh basil to mashed potato with flour and salt. Spinach variation: add 1  $\frac{1}{2}$  cups finely chopped fresh spinach to mashed potato with flour and salt.

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## Roasted Red Pepper Hummus

2 red peppers, cored and seeded

2 cups cooked chickpeas

1 tablespoon garlic, minced

2 tablespoons oil

1  $\frac{1}{2}$  tablespoons tahini

Place oil and red peppers in casserole dish. Cook at 400 for 15 minutes on one side then flip to other side for another 15 minutes. Meanwhile, mash chickpeas into paste, adding tahini to achieve the consistency you desire. Add garlic to chickpea mixture. Remove peppers from oven. Remove skin if desired. Chop into very small pieces or use a food processor. Add peppers to chickpea mixture. Blend well. Chill.

## SEAFOOD

### Angel Hair Pasta with Sea Scallops

Serves: 4

$\frac{1}{2}$ cup soft bread crumbs	8 ounces angel hair pasta
1 tablespoon +1 teaspoon oil	$\frac{1}{2}$ cup chopped fresh parsley
1 clove garlic, minced	1 teaspoon dried whole basil
$\frac{1}{2}$ teaspoon dried whole oregano	$\frac{1}{4}$ teaspoon salt
1 tablespoon flour	$\frac{1}{4}$ teaspoon pepper
8 ounces clam juice	1 pound fresh sea scallops, cut in $\frac{1}{2}$ " pcs

Place breadcrumbs on a baking sheet. Bake at 375 for 5 minutes or until golden brown; set aside. Cook pasta according to package directions, omitting salt and fat. Drain and rinse under cold running water; drain well. Place in a large bowl; set aside. Heat 1 tablespoon oil in a nonstick skillet over medium heat. Add  $\frac{1}{4}$  cup parsley and next 4 ingredients; sauté 1 minute. Add flour and pepper; cook 1 minute, stirring constantly with a whisk. Gradually add clam juice, stirring constantly. Cook 1 minute or until thickened, stirring constantly pour over pasta; toss well. Set aside and keep warm. Heat remaining 1 teaspoon oil in skillet over medium heat; add scallops and sauté 4 minutes or until scallops are done. Add to pasta mixture; toss gently. Sprinkle with toasted breadcrumbs and remaining parsley. Serve immediately.

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### Couscous Salad with Shrimp

Serves: 4

2 cups water	1 cup couscous, uncooked
1 $\frac{1}{2}$ cups cherry tomato halves	$\frac{1}{2}$ cup finely chopped fresh parsley
8 $\frac{1}{2}$ ounces medium shrimp in water (2 cans), drained	
5 tablespoons fresh lemon juice	3 tablespoons oil
$\frac{1}{2}$ teaspoon grated lemon rind	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{4}$ teaspoon salt	

Bring water to a boil in a medium saucepan; stir in couscous. Remove from heat and let stand, covered, 5 minutes; fluff with a fork. Uncover and let cool 10 minutes. Combine cooked couscous, cherry tomatoes, parsley, and shrimp in a large bowl; toss gently. Combine lemon juice and next 4 ingredients in a bowl; stir with a wire whisk. Add to couscous mixture; toss to coat. Serve chilled or at room temperature.

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## Fettuccine with Shellfish Sauce

Serves: 8

24 large fresh unpeeled shrimp	$\frac{1}{2}$ cup chopped onion
2 cloves garlic, crushed	1 cup dry white wine
29 ounces no-salt-added whole tomatoes, undrained and chopped	
2 tablespoons chopped fresh basil	2 tablespoons chopped fresh parsley
1 teaspoon dried thyme	$\frac{1}{4}$ teaspoon pepper
2 strips orange rind	2 dozen fresh mussels, scrubbed & debearded
1 bay leaf	8 cups hot cooked fettuccine

Peel and devein shrimp; set aside. Coat a large Dutch oven with cooking spray and place over medium-low heat until hot. Add onion and saute for 4 minutes. Add garlic and saute 1 minute. Add wine; bring to a boil and cook 1 minute. Add chopped tomatoes, basil, parsley, thyme, pepper, orange rind, and bay leaf and stir well. Bring to a boil; reduce heat, cover and simmer 5 minutes. Spread mussels, hinged side down, over tomato mixture. Add shrimp; cook, covered, over medium-low heat 3 minutes or until shrimp are done and mussel open. Discard orange rind strips and bay leaf. Combine shellfish sauce and hot fettuccine in a large bowl, and toss gently to coat; spoon into individual shallow bowls.

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## Garlicky Baked Shrimp

Serves: 4

Vegetable cooking spray	1 $\frac{1}{4}$ pounds med shrimp, peeled and deveined
$\frac{1}{2}$ cup dry breadcrumbs	3 tablespoons finely chopped fresh parsley
1 teaspoon grated lemon rind	$\frac{1}{4}$ teaspoon salt
3 cloves garlic, minced	2 tablespoons fresh lemon juice
4 teaspoons oil	

Coat 4 individual gratin dishes with cooking spray. Divide shrimp evenly among dishes; set aside. Combine the breadcrumbs, parsley, lemon rind, salt, and garlic in a bowl; stir in lemon juice and oil. Sprinkle the breadcrumb mixture evenly over shrimp. Place dishes on a baking sheet. Bake at 400 degrees for 13 minutes or until shrimp are done and breadcrumbs are lightly browned.

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## Lemon Parsley Broiled Scallops

Serves: 4

1 pound fresh sea scallops	2 tablespoons fresh lemon juice
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1 tablespoon oil	1 tablespoon water
2 teaspoons minced fresh parsley	1 teaspoon grated lemon rind
$\frac{1}{2}$ teaspoon fresh pepper	2 cloves garlic, minced

Place scallops in a shallow 2  $\frac{1}{2}$  quart baking dish. Combine lemon juice and remaining ingredients; stir well. Pour over scallops; cover and marinate in refrigerator 10 minutes. Broil 5  $\frac{1}{2}$  inches from heat 5 minutes; stir well. Broil an additional 5 minutes or until scallops are done.

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### **Seafood Broccoli Stir-Fry**

1 tablespoon oil  
2 cloves garlic, minced  
14 ounces broccoli  
1 teaspoon grated ginger root  
2 tablespoons soy sauce

Recipe by: Angela Skinner

$\frac{3}{4}$  pound uncooked medium shrimp, shelled/deveined  
 $\frac{1}{4}$  cup water  
1 small onion, chopped  
1 tablespoon cornstarch

Serves: 4

Heat oil in large skillet or wok over medium-high heat until hot. Add shrimp and garlic; cook and stir 5-6 minutes or until shrimp turn pink, stirring constantly. Remove shrimp from skillet; cover to keep warm. In same pan, bring water to boil over medium-high heat. Stir in broccoli, onion, and ginger. Cook and stir 6-8 minutes or until vegetables are crisp-tender. Add warm shrimp. In a small bowl, blend cornstarch and soy sauce. Stir into hot shrimp mixture. Cook, stirring constantly, 1-2 minutes or until glaze has slightly thickened and covers all ingredients. If desired, serve with hot cooked rice or pasta. Note:  $\frac{3}{4}$  pound fresh scallops may be substituted for shrimp. If scallops are large, cut them in half. Cook 4-5 minutes or until they turn opaque. Serve over angel hair pasta. You may want to double the amount of soy sauce and cornstarch.

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### **Seafood -Vegetable Kabobs**

24 medium fresh unpeeled shrimp  
2 teaspoons vegetable oil  
 $\frac{1}{8}$  teaspoon salt  
1 clove garlic, minced  
1 large red bell pepper, sliced  
vegetable cooking spray

1 tablespoon lemon juice  
 $\frac{1}{4}$  teaspoon hot sauce  
 $\frac{1}{8}$  teaspoon pepper

Serves: 4

4 large sea scallops, cut in half horizontally  
1 large yellow squash, halved vertically & sliced

Peel shrimp, leaving tails intact. Combine lemon juice and next 5 ingredients in a bowl; stir well. Add shrimp and scallops, tossing gently to coat. Cover and marinate in refrigerator 30 minutes, stirring occasionally. Remove shrimp and scallops from marinade, reserving marinade. Thread 3 shrimp, 1 scallop half, 2 bell pepper pieces, and 2 squash pieces alternately onto each of 8-10 inch skewers. Coat grill rack with cooking spray and place rack on grill over medium hot coals. Place kebobs on grill rack and cook 4 minutes on each side or until shrimp and scallops are done, basting occasionally with reserved marinade.

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## GRAINS

### Almond-Rice Pilaf

Serves: 4

4 cups hot cooked rice	$\frac{1}{4}$ cup sliced green onions
2 tablespoons sliced almonds, toasted	1 teaspoon low-sodium soy sauce
$\frac{1}{4}$ teaspoon salt	

Combine all ingredients, toss well.

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### Bulgur Pilaf

Serves: 5

Vegetable cooking spray	1 cup chopped onion
1 cup coarsely shredded carrot	1 cup + 10 tablespoons uncooked bulgur
$\frac{1}{2}$ cup currants	$\frac{1}{2}$ teaspoon salt
2 cups water	2 tablespoons pine nuts, toasted

Coat a medium saucepan with cooking spray; place over medium heat until hot. Add onion and carrot; saute 5 minutes or till tender. Add bulgur, currants, and salt; stir well. Add water, bring to a boil. Cover, reduce heat and simmer 10 minutes or until bulgur is tender and liquid is absorbed. Spoon into a bowl; sprinkle with pine nuts.

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### Cranberry Wild Rice Pilaf

Recipe by: Sue Skinner-Kidd

Serves: 6

$\frac{3}{4}$ cup uncooked wild rice	3 cups water	$\frac{1}{2}$ cup pearl barley
$\frac{1}{4}$ cup dried cranberries	$\frac{1}{4}$ cup dried currants	1 tablespoon margarine
$\frac{1}{3}$ cup sliced almonds, toasted		

Rinse and drain rice; place in saucepan. Add water and broil to a boil. Reduce heat; cover and simmer for 10 minutes. Remove from heat; stir in barley, cranberries, currants, and margarine. Spoon into a greased 1  $\frac{1}{2}$ - quart baking dish. Cover and bake at 325 for 55 minutes or until liquid is absorbed and rice is tender. Add almonds and fluff with a fork.

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### **Fruited Wild Rice Salad**

Recipe by: Sue Skinner-Kidd

Serves: 8

$\frac{1}{4}$ cup vegetable oil	$\frac{1}{3}$ cup orange juice	2 tablespoons honey
1 cup uncooked wild rice	2 apples, chopped	juice of 1 lemon
1 cup seedless red grapes, halved		2 tablespoons mint
1 cup pecan halves		

Combine oil, orange juice, & honey for dressing; set aside. Cook rice according to package directions; drain if needed and allow to cool. In a large bowl, toss apples with lemon juice. Add raisins, grapes, mint, and rice. Add dressing and toss. Just before serving, add pecans and toss lightly.

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### **Low-Fat Spanish Rice**

Serves: 3

Vegetable cooking spray	1 cup uncooked instant rice
1 cup chopped onion	$\frac{2}{3}$ cup diced green pepper
$\frac{1}{2}$ teaspoon prepared mustard	$\frac{1}{4}$ teaspoon pepper
14 $\frac{1}{2}$ ounce can whole tomatoes, undrained and chopped	
5 $\frac{1}{2}$ ounce can tomato juice	

Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add rice, onion, and bell pepper; saute 5 minutes. Add remaining ingredients; simmer, uncovered, 5 minutes or until liquid is absorbed.

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### **Mexican Rice**

Serves: 4

1 teaspoon oil	1 cup chopped onion
4 cloves garlic, minced	1 cup uncooked long-grain rice
1 cup water	10 oz can diced tomatoes and green chilies
$\frac{1}{2}$ cup chopped fresh cilantro	

heat oil in a large saucepan over medium heat. Add onion and garlic; saute 4 minutes. Add rice, water, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Remove from heat; stir in cilantro.

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### **Rice Pilaf with Japanese Mushrooms**

Serves: 5

1 cup boiling water	1 oz dried shiitake mushrooms
$\frac{3}{4}$ cup wild rice, uncooked	1 tablespoon dark sesame oil
$\frac{1}{2}$ cup chopped onion	$\frac{2}{4}$ cup long-grain rice, uncooked
3 tablespoons low-sodium soy sauce	5 teaspoons sesame seeds, toasted

Combine water and mushrooms; cover and let stand 20 minutes. Drain, reserving liquid; add water to reserved liquid to yield 3 cups. Discard mushroom stems. Thinly slice mushrooms and set aside. Rinse wild rice in 3 changes of hot water; drain. Heat oil in a saucepan over medium heat until hot. Add mushroom and onion; saute 5 minutes or until tender. Add reserved mushroom liquid; bring to a boil. Stir in wild rice. Cover, reduce heat, and simmer 40 minutes. Stir in long-grain rice; cover and simmer 20 minutes or until tender. Remove from heat; stir in soy sauce. Sprinkle with sesame seeds.

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### **Rice with Sun-Dried Tomatoes and Carrots**

Serves: 6

2 cups vegetable broth	1 cup rice	1 onion, chopped
2 cloves garlic, crushed	2 carrots, sliced thinly	$\frac{1}{4}$ cup sun-dried tomatoes
fennel seed, to taste	vegetable cooking spray	

Cook rice in broth. Soften sun-dried tomatoes by pouring boiling water over and soaking 10-15 minutes; chop. Cook onion, garlic, and carrots until onions are translucent. Add fennel and tomatoes. Stir veggie mixture into rice and serve warm.

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### **Sesame-Rice Timbales**

Serves: 4

2 teaspoons dark sesame oil	2 teaspoons peeled minced gingerroot
$\frac{1}{4}$ teaspoon curry powder	1 clove garlic, minced
4 cups cooked basmati rice	2 teaspoons sesame seeds, toasted
$\frac{1}{2}$ teaspoon salt	$\frac{1}{8}$ teaspoon pepper
vegetable cooking spray	

Heat oil in a small nonstick skillet over medium-high heat. Add gingerroot, curry powder, and garlic, and saute 1 minute. Combine gingerroot mixture, rice, sesame seeds, salt & pepper in a bowl; stir well. Divide rice mixture evenly among 4-10 ounce custard cups coated with cooking spray, pressing firmly with the back of a spoon.

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### Spinach Rice

Recipe by: Angela Skinner

Serves: 5

1 pound spinach

1 onion, chopped

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

1  $\frac{1}{2}$  cups water

$\frac{2}{3}$  cup rice

1 tablespoon chopped dill

salt and pepper, to taste

juice of 2 lemons

Saute onions in oil till soft. Wash spinach several times; drain well and chop. Add to onion, and simmer slowly until almost cooked. Add water, bring to boiling point, and stir in rice and seasonings. Cover and simmer for 15 minutes, or until rice is soft and liquid is absorbed. Add lemon juice before removing rice from heat.

Notes; 2 boxes of frozen chopped spinach can be substituted for fresh. For tomato flavor; omit lemon juice and add  $\frac{1}{2}$  cup tomato sauce to onions. Continue as directed.

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### Tabbouleh

Serves: 6

1  $\frac{1}{4}$  cups bulgur, uncooked

1  $\frac{1}{4}$  cups boiling water

2 cups diced tomatoes

1 cup peeled, seeded, diced cucumber

$\frac{3}{4}$  cup chopped fresh parsley

$\frac{1}{2}$  cup diced yellow pepper

$\frac{1}{2}$  cup sliced green onions

2 tablespoons chopped fresh mint

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  cup fresh lemon juice

2 tablespoons oil

Combine bulgur and boiling water in large bowl; stir well. Let stand 30 minutes or until water is absorbed. Add tomato and remaining ingredients; toss. Serve at room temperature or chilled.

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### Tomato-Sauced Leeks with Couscous

Serves: 4

1 tablespoon minced fresh cilantro

$\frac{1}{4}$  teaspoon ground cumin

$\frac{1}{8}$  teaspoon salt

$\frac{1}{4}$  teaspoon crushed red pepper

14.5 oz stewed tomatoes, undrained and chopped

1  $\frac{3}{4}$  pounds leeks (4 med)

1 cup water

1 cup hot couscous

Combine first 5 ingredients in a medium saucepan; bring to a boil. Reduce heat and simmer, uncovered, 40 minutes or until reduced to 1 cup; set aside and keep warm. Remove roots, outer leaves, and tops from leeks, leaving 1  $\frac{1}{2}$  to 2 inches of dark leaves. Slice in half lengthwise to within 1 inch of bulb end; rinse under cold water and set aside. Bring water to a boil in a large skillet; add the leeks. Cover and cook 15 minutes or until tender; drain. Cut through the bulb end of each leek, separating it into 2 halves. To serve, spoon  $\frac{1}{4}$  cup couscous onto each of 4 serving plates. Place 2 leek halves on top of the couscous mixture and top each with  $\frac{1}{4}$  cup tomato mixture. Serve warm.

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### **Tomatoes and Rice**

Recipe by: Angela Skinner

Serves: 6

1 medium onion, chopped

1 medium green pepper, diced

1 cup uncooked long grain rice

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

2  $\frac{1}{2}$  cups fresh or canned tomatoes

1 teaspoon salt

1 teaspoon paprika

$\frac{1}{2}$  teaspoon pepper

Saute onion, pepper, and rice in oil. Cook and stir over medium heat until golden brown. Add tomatoes, paprika, salt, and pepper, and stir. Cover tightly and lower heat. Simmer for 20 minutes or until liquid is absorbed.

## SIDE DISHES

### Barbecued Potatoes

Serves: 3

4 medium round red potatoes                       $\frac{1}{4}$  cup water  
 $\frac{1}{2}$  cup chopped onion                                  3 tablespoons barbecue sauce

Cut potatoes into 1" chunks. Combine potatoes and water in a 2-quart casserole. Cover and microwave on high for 7 minutes, stirring after 3  $\frac{1}{2}$  minutes. Add onion, cover and microwave at high for 3 minutes or until vegetables are tender. Stir in barbecue sauce; cover and microwave on high for 2 minutes.

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### Fried Mashed Potato Balls

Recipe by: Cindy Klinar

3 tablespoons cornstarch                               $\frac{1}{4}$  cup water  
2 cups hot mashed potatoes                         $\frac{1}{4}$  teaspoon onion powder  
 $\frac{1}{4}$  teaspoon garlic powder                            1 teaspoon baking powder  
 $\frac{1}{4}$  teaspoon salt    1/8 teaspoon cayenne pepper

Dissolve cornstarch in (cold) water. Add remaining ingredients and mix well. Form into balls and fry in oil until brown. Drain on paper-towel lined colander.

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### Fruit-Filled Acorn Squash

Serves: 2

1 medium acorn squash (1 pound)                2 ounces dried apricot halves  
1 tablespoon raisins                                  2 tablespoons apricot preserves  
1 teaspoon water                                      dash salt  
1 tablespoon sliced almonds, toasted

Cut squash in half lengthwise; discard seeds and membrane. Place squash, cut side down, in a vegetable steamer; arrange apricots around squash. Place steamer over boiling water in a Dutch oven. Cover and steam 15 minutes or until squash is crisp-tender. Coarsely chop apricots. Combine chopped apricots, raisins, and next 3 ingredients. Spoon evenly into each squash half. Cover and steam 5 minutes or until squash is tender. Sprinkle with toasted almonds.

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**Herb-Roasted Potatoes Poupon**      Recipe by Ellen & Sam D'Fantis      Serves: 4  
1/3 cup Grey Poupon Dijon Mustard      2 tablespoons olive oil  
1 clove garlic, chopped      1/2 teaspoon Italian seasoning  
6 medium red skin potatoes, cut into chunks

Mix first 4 ingredients in a small bowl. Place potatoes in a lightly greased 13X9" baking pan or on shallow baking sheet; toss with mustard mixture. Bake at 425 for 35-40 minutes, or until potatoes are fork-tender, stirring occasionally.

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**Macedonian Beans**      Recipe by: Cindy Klinar      Serves: 4  
3 cans great northern beans      1 onion, chopped  
1 pepper, chopped      2 cloves garlic, minced  
2 ounces tomato suace      2 tablespoons oil  
mint, paprika, salt, & pepper to taste

Heat oil in pan and saute onion, pepper, and garlic. Season with paprika, pepper, and salt. Add 2 ounces (1/4 of a small can) of tomato sauce and heat through. Season with mint and parsley (fresh if available). Place beans in casserole. Add mixture from pan and mix. Bake in 325 degree oven for 20-30 minutes.

Note: hot pepper adds flavor!

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**Onion-Roasted Potatoes**      Recipe by Ellen & Sam D'Fantis      Serves: 4  
1 envelope Lipton onion soup mix      4 medium potatoes, cut in large chunks  
1/3 cup olive oil

Toss all ingredients until potatoes are evenly coated. Arrange potatoes in roasting pan. Bake, uncovered, at 450 degrees, stirring occasionally, 40 minutes or until tender and golden brown. Garnish with chopped parsley.

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**Savory Grits**      Serves: 4  
4 cups water      1 cup quick-cooking grits      1/2 cup minced green onion  
1/4 teaspoon salt      dash ground red pepper

Bring water to a boil in a medium saucepan; stir in remaining ingredients. Reduce heat and simmer, uncovered, 7 minutes or until thickened, stirring frequently.

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### Sweet Potatoes

Serves: 8

8 medium sweet potatoes	1 $\frac{1}{4}$ cups packed brown sugar	$\frac{1}{2}$ cup apple juice
$\frac{1}{2}$ cup water	$\frac{1}{2}$ cup raisins	$\frac{1}{4}$ cup margarine

Cook and peel potatoes; allow to cool. Slice and place in a greased 2  $\frac{1}{2}$ -quart baking dish. In a small saucepan, combine remaining ingredients; bring to a boil; stirring frequently. Pour over potatoes. Bake, uncovered, at 350 for 45 minutes, basting occasionally.

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### Tropical Sweet Potatoes

Serves: 8

4 large sweet potatoes	8 ounces crushed pineapple, undrained
6 tablespoons melted margarine, divided	$\frac{3}{4}$ teaspoon salt
pinch pepper	$\frac{1}{2}$ cup crushed saltines
2 tablespoons brown sugar	pinch ground cloves

In a large saucepan, cover sweet potatoes with water; bring to a boil. Reduce heat; cover and simmer 30 minutes or until tender. Drain and cool. Peel potatoes and place in a mixing bowl; mash. Add pineapple, 2 tablespoons margarine, salt, and pepper; mix well. Transfer to greased 2-quart baking dish. Combine saltines, brown sugar, cloves, and remaining butter; sprinkle over potatoes. Bake, uncovered, at 375 for 30 minutes.

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### Twice-Baked Sweet Potatoes with Raisins and Pineapple

Serves: 8

4 small sweet potatoes	$\frac{1}{2}$ cup golden raisins
2 tablespoons brown sugar	$\frac{1}{4}$ teaspoon cinnamon
8 ounces unsweetened crushed pineapple, drained	2 tablespoons chopped pecans

Place potatoes on a baking sheet. Bake at 400 degrees for 1 hour or until done. Let cool 15 minutes. Cut each potato in half lengthwise; carefully scoop pulp into a bowl; leaving shells intact. Mash pulp, stir in raisins, sugar, cinnamon, and pineapple. Scoop into shells; sprinkle with pecans. Bake at 400 degrees for 15 minutes or until thoroughly heated.

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## SOUPS & STEWS

### Basic Vegetable Stock

Serves: 10

14 cups water  
 $\frac{1}{2}$  cup coarsely chopped fresh parsley  
3 large carrots, quartered  
1 large parsnip, quartered  
1 bay leaf  
1 cup coarsely chopped celery leaves  
 $\frac{1}{4}$  teaspoon black peppercorns  
3 large stalks celery, quartered  
1 large onion, quartered

Combine all ingredients in an 8-quart Dutch oven or stock pot; bring to a boil. Partially cover, reduce heat, and simmer 2 hours. Strain into a large bowl; discard solids. Cover and chill. Yield; 2  $\frac{1}{2}$  quarts.

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### Black Bean Soup

Serves: 3

3 cups dried black beans  
1 teaspoon salt  
1 cup chopped onion  
2 teaspoons dried basil  
1 teaspoon black pepper  
 $\frac{1}{4}$  teaspoon ground red pepper  
1 bay leaf  
10 cups water  
1 cup chopped celery  
1 cup sliced carrot  
2 teaspoons dried oregano  
 $\frac{1}{2}$  teaspoon ground cumin  
4 cloves garlic, minced  
11 ounces vacuum-packed white corn  
29 ounces canned whole tomatoes, undrained and chopped  
8 ounces no-salt-added tomato sauce

Sort & wash beans; place in a large Dutch oven or stockpot. Add 10 cups water and salt and bring to a boil; cook 1 minute. Remove from heat; cover and let stand 1 hour (Do not drain beans). Add celery, onion, carrot, basil, oregano, black pepper, cumin, red pepper, garlic, and bay leaf. Bring to a boil; cover, reduce heat, and simmer 1  $\frac{1}{2}$  hours or until beans are tender. Add tomatoes, corn, and tomato sauce; stir well. Bring to a boil; reduce heat and simmer, uncovered, 30 minutes, Discard bay leaf.

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### Garlic Gazpacho

Serves: 6

1 cup coarsely chopped yellow pepper 1 cup coarsely chopped seeded peeled cucumber

$\frac{1}{4}$ cup sherry vinegar	1 teaspoon olive oil
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon black pepper
$\frac{1}{8}$ teaspoon ground red pepper	2 $\frac{1}{4}$ pounds plum tomatoes, halved
6 cloves garlic	4 ice cubes

Place all ingredients in food processor or blender and process until smooth. Pour into a large bowl, cover and chill.

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### **Greek Lentil Soup**

Recipe by: Angela Skinner

Serves: 8

2 cups dried lentils	4 cups cold water	1 cup chopped onion
1 clove garlic, chopped	4 cups vegetable broth	$\frac{1}{4}$ teaspoon black pepper
2 tablespoons vinegar	$\frac{1}{2}$ cup chopped celery	2 cans stewed tomatoes
1 bay leaf	1 cup chopped carrots	3 tablespoons parsley
$\frac{1}{2}$ teaspoon oregano		

Wash lentils and drain well. Combine lentils with all other ingredients except the vinegar. Bring to a boil. Lower heat and simmer for 2 hours, covered. Add vinegar and simmer for 30 minutes. Remove bay leaf and serve.

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### **Hearty Vegetable Soup**

Recipe by: Angela Skinner

Serves: 4

1 teaspoon oil	1 clove garlic, finely minced
$\frac{1}{2}$ medium onion, slivered	4 small redskin potatoes, cubed
1 $\frac{1}{2}$ cups carrots, cut in $\frac{1}{2}$ " pieces	$\frac{3}{4}$ cups fresh mushrooms, quartered
3 medium zucchini, cut in $\frac{1}{2}$ pieces	3 stalks celery, cut in $\frac{1}{2}$ pieces
16 ounce can diced tomatoes	2-16 ounce cans vegetable broth
1 large bay leaf	$\frac{1}{2}$ teaspoon thyme, crushed
$\frac{1}{4}$ teaspoon freshly ground black pepper	

Heat oil in large heavy saucepan over medium heat. Add onion and garlic, saute until brown. Be careful not to burn garlic. Add vegetables, broth, bay leaf, thyme, and pepper. Cover and simmer 45 minutes or until vegetables are tender.

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### **Lenten Vegetable Soup**

Recipe by: Ellen & Sam D'Fantis

Serves: 2

1 medium onion, chopped	4 potatoes, cubed
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3 carrots, sliced  
½ green pepper, chopped  
2 tablespoons fresh parsley, chopped  
2 bay leaves  
salt & pepper to taste

½ stalk celery (with leaves), chopped  
½ head cabbage, chopped  
1 can green beans, drained  
1 small can v-8 vegetable juice

Use 5-quart soup pot, lightly coated in vegetable oil to saute onions until slightly wilted. Add all vegetables to pot and cover with water (1" from top of pot). Add V-8 juice, bay leaves, and salt & pepper. Simmer over med-low heat until veggies are tender (about 60 minutes).

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### **Macedonian Bean Soup**

Recipe by: Cindy Klinar

Serves: 4

1 pound great northern beans, washed  
2 long peppers  
2 cloves garlic, chopped  
2 ounces tomato sauce  
2 tablespoons oil

1 large onion, chopped  
1 stalk celery, chopped  
1 cup chopped leeks, optional  
2 tablespoons flour  
1 package chopped spinach, optional

Prepare beans; Method 1: soak beans overnight and rinse through. Method 2: Place washed beans in pot with 2 inches of water. Boil and drain after 5 minutes. Fill pot with water after placing prepared beans in bottoms. Add ½ of chopped onion, whole peppers, chopped celery, and garlic. Cook for 30 minutes. Fry the other half of the onion and leek in oil. Season with paprika, salt, and pepper. Add flour and btown. Stir in tomato sauce and ¾ cups of cold water to make the mixture soupy. Add to pot at the half-hour mark. Spinach may also be added at this time. Cook soup for 3 hours (or 1 ½ hours if you soaked the beans), adding hot water as needed. Remove the peppers, chop up and return to soup. Season with parsley and mint if desired.

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### **Mediterranean Stew**

Recipe by: Barb VanDusen

Serves: 6

1 medium butternut squash, peeled & cubed  
2 cups unpeeled eggplant, cut in 1" cubes  
2 cups sliced zucchini  
10-oz package frozen cut okra  
1 cup chopped onion  
1 medium carrot, thinly sliced

1 can chickpeas, rinsed & drained  
8 ounce can tomato sauce  
1 medium tomato, chopped  
½ cup reduced sodium vegetable broth

1/3 cup raisins  
1/2 teaspoon ground cumin  
1/4 teaspoon ground red pepper  
1/4 teaspoon paprika  
6 cups hot cooked couscous  
1 clove garlic, minced  
1/2 teaspoon ground turmeric  
1/4 teaspoon ground cinnamon

Combine all ingredients except couscous and parsley in a slow cooker; mix well. Cover and cook on low 8-9 hours or until vegetables are crisp-tender. Serve over couscous. Garnish with parsley, if desired.

Notes: rice may be substituted for couscous.

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### Mexican Gazpacho

Serves: 5

1 1/4 cups chopped peeled cucumber, divided  
2 tablespoons chopped onion  
1 tablespoon white vinegar  
1/4 teaspoon salt  
1/4-1/2 teaspoon hot sauce  
14 1/2 ounces no-salt-added whole tomatoes  
1/2 cup chopped green pepper  
1 tablespoon seeded jalapeno  
1/2 teaspoon sugar  
1/4 teaspoon dried oregano  
1 clove garlic, halved  
3/4 cup water

Place 1 cup cucumber and next 10 ingredients in a food processor and process until mixture is pureed,. Pour into a bowl; stir in water. Cover and chill. Serve with 1 tablespoon remaining cucumber.

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### Split Pea Soup

Recipe by: Cindy Klinar

3 cups dry split peas  
2 teaspoons salt  
1 cup minced celery  
2 cups chopped carrots  
1/2 teaspoon dry mustard  
1 cup chopped tomato  
5-8 cups water  
2 tablespoons oil  
2 cloves garlic, minced  
1/4 cup dry red wine (or red wine vinegar)  
1/4 teaspoon thyme  
1/2 cup chopped parsley  
1 bay leaf  
1 cup minced onion  
1 small potato, thinly sliced  
3 tablespoons vinegar

Place peas, water, bay leaf, and salt in a pot, simmer covered 3-4 hours, then remove bay leaf. Saute onion, celery, garlic, potato, and carrots in oil. Add water to steam, then add to soup. 15 minutes before serving, add in wine or vinegar, mustard, and

thyme. If you used wine, add vinegar, tomatoes, and parsley just before serving (otherwise, omit vinegar).

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### Two-Tomato Soup with Barley

Serves: 4

2 teaspoons olive oil	2 cups sliced mushrooms
$\frac{1}{2}$ cup chopped onion	3 cups water
2 tablespoons diced sun-dried tomato, packed without oil	
1 teaspoon brown sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ teaspoon hot sauce	$\frac{1}{8}$ teaspoon ground allspice
$\frac{1}{8}$ teaspoon pepper	14 $\frac{1}{2}$ oz can whole tomatoes, undrained, chopped
$\frac{1}{3}$ cup uncooked quick-cooking barley	

Heat oil in a large saucepan over medium-high heat. Add mushrooms and onion and saute 4 minutes or until tender. Add water and next 7 ingredients; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Add barley; cover and cook 10 minutes or until barley is tender.

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## VEGETABLES

### Artichokes Stuffed in the Yemenite Style

Serves: 6

10 ounces artichokes (6 med)	1 lemon, halved
3 $\frac{1}{2}$ tablespoons lemon juice	$\frac{1}{4}$ cup vegetable stock or water
1 tablespoon olive oil	1 cup minced onion
1 clove garlic, minced	3 cups chopped zucchini
1 cup chopped tomato	$\frac{1}{2}$ cup chopped fresh parsley
2 tablespoons chopped red bell pepper	1 tablespoon balsamic vinegar
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon pepper

Wash artichokes by plunging them up and down in cold water. Cut off stem end of each artichoke; trim away about one-fourth of each leaf (tip). Rub the top of each artichoke and trimmed edges of leaves with cut lemon to prevent discoloration. Arrange the artichokes, stem ends down, in a large Dutch oven; cover with water, and add the lemon juice. Bring to a boil, cover, reduce heat, and simmer for 30 minutes or until a leaf near the center of each artichoke pulls out easily. Drain and set aside. Combine vegetable stock and oil in a nonstick skillet; place over medium heat until hot.

Add onion and garlic; saute 3 minutes. Add zucchini, tomato, parsley, and bell pepper; cook 13 minutes or until tender, stirring occasionally. Remove from heat; stir in salt and pepper. Scrape out fuzzy thistle center (choke) from each artichoke with a spoon and discard. Spoon  $\frac{1}{2}$  cup vegetable mixture into center of each artichoke and serve immediately.

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### Broccoli with Dijon Vinaigrette

Serves: 8

2 pounds fresh broccoli	4 teaspoons olive oil
$\frac{1}{4}$ cup finely chopped green onion	$\frac{1}{2}$ teaspoon dried tarragon
$\frac{1}{2}$ teaspoon dry mustard	3 cloves garlic, minced
2 tablespoons red wine vinegar	2 tablespoons water
1 tablespoon Dijon mustard	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{8}$ teaspoon salt	

Steam the broccoli spears, covered, 6 minutes or until crisp-tender. Drain, place in a serving bowl. Heat olive oil in a small saucepan over medium heat. Add green onions and next 3 ingredients and saute for 3 minutes. Remove from heat and add vinegar and next 4 ingredients, stirring with a wire whisk until blended. Drizzle over broccoli, tossing gently to coat.

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### Broccoli with Orange Sauce

Serves: 4

2 oranges	8 cups broccoli florets	1 tablespoon margarine
2 teaspoons minced garlic	$\frac{1}{4}$ teaspoon salt	$\frac{1}{8}$ teaspoon pepper

Grate 2 tablespoons rind and squeeze  $\frac{1}{2}$  cup of juice from oranges; set aside. Steam broccoli, covered, 10 minutes or until crisp-tender. Melt margarine in a small skillet over medium heat. Add garlic and saute 1 minute. Add orange rind, juice, salt, and pepper; bring to a boil. Reduce heat and simmer, uncovered, for 2 minutes. Pour over broccoli and toss well.

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### Garlic-Marinated Carrots

Serves: 5

2 tablespoons white wine vinegar	1 tablespoon olive oil
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon pepper
5 cups coarsely shredded carrot	4 cloves garlic, crushed or thin sliced

1 bay leaf

Combine first 4 ingredients in a large bowl; stir well with a wire whisk. Add remaining ingredients; toss well to coat. Cover and chill at least 8 hours. Discard bay leaf.

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### Honey-Glazed Acorn Squash

Serves: 4

2 medium acorn squash (each 1 pound)       $\frac{1}{4}$  cup honey  
1 tablespoon lemon juice                       $\frac{1}{4}$  teaspoon ground cardamom

Cut each squash in half lengthwise and discard seeds and membrane. Combine remaining ingredients and spoon into shells. Place in an 11X7X2" baking dish. Cover dish, and bake at 350 for 1 hour and 10 minutes, basting occasionally. Uncover and bake an additional 5 minutes or until the squash is tender.

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### Refried Beans

Serves: 10

1 pound dried pinto or black beans      5 cups water  
 $\frac{3}{4}$  cup chopped onion                      2 cloves garlic, chopped  
1 tablespoon chili powder                      1 tablespoon ground cumin  
 $\frac{1}{2}$  teaspoon pepper                               $\frac{1}{4}$  teaspoon salt

Sort and wash beans; place in a large Dutch oven . cover with water to 2 inches above beans and bring to a boil; cook 2 minutes. Remove from heat; cover and let stand 1 hour. Drain beans and return to pan. Add 5 cups waer, onion, and garlic; bring to a boil. Cover, reduce heat, and simmer 2 hours or until tender. Drain beans in a colander over a bowl, reserving 1  $\frac{1}{2}$  cups liquid. Combine reserved liquid, chili powder, cuming, pepper, and salt in pan. Add half of beans and mash. Stir in remaining beans cook over medium-low heat 5 minutes or until thickened, stirring occasionally.

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### Roasted Pepper

Serves: 6

3 medium red bell peppers                      3 medium yellow bell peppers  
2 tablespoons balsamic vinegar       $\frac{1}{4}$  teaspoon salt

Cut peppers in half lengthwise and discard seeds and membranes. Place pepper halves, skin side up, on a foil-lined baking sheet, and flatten with palm of hand. Broil

for 2 minutes or until blackened and charred. Place the peppers in a ziplock bag and seal; let stand for 15 minutes. Peel and discard skins. Cut into strips. Combine peppers, vinegar, and salt into a bowl and toss well.

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### **Roasted Summer Squash**

Serves: 4

2 cup thinly sliced yellow squash

$\frac{1}{2}$  teaspoon vegetable oil

$\frac{1}{4}$  teaspoon paprika

$\frac{1}{8}$  teaspoon salt

$\frac{1}{8}$  teaspoon garlic powder

$\frac{1}{8}$  teaspoon ground red pepper

vegetable cooking spray

Combine first 6 ingredients in a large ziplock bag; seal and shake to coat squash. Place squash on a baking sheet coated with cooking spray. Bake at 450 degrees for 20 minutes, turning after 10.

## DESSERTS

### Applesauce-Pineapple Cake

Recipe by: Angela Skinner

$\frac{1}{2}$ cup shortening	1 cup water	1 cup applesauce
$\frac{1}{2}$ cup crushed pineapple, drained	1 $\frac{1}{2}$ teaspoons baking soda	1 teaspoon vanilla
$\frac{1}{2}$ cup chopped nuts	$\frac{1}{4}$ teaspoon salt	2 cups sifted flour
$\frac{1}{2}$ teaspoon baking powder		

Cream together shortening and sugar. Combine applesauce, pineapple, soda, and vanilla; add to mixture. Fold in nuts. Combine flour, salt, and baking powder; add to mixture. Mix well and turn into greased 8x8x2 cake pan. Bake at 350 for 45 minutes. Sprinkle with powdered sugar when cool, if desired.

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### Banana Cake

Serves: 12

2 cups all-purpose flour	$\frac{3}{4}$ cup firmly packed brown sugar	1 teaspoon baking powder
1 teaspoon baking soda	$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup chopped pecans
1 cup mashed ripe banana (4 med)		$\frac{1}{4}$ cup honey
$\frac{1}{4}$ vegetable oil	vegetable cooking spray	

Combine flour, brown sugar, baking powder, baking soda, & salt in a large bowl; stir well. Add pecans and toss well. Make a well in center of mixture. Combine banana, honey, and oil; stir well. Add to dry ingredients, stirring just until moistened. Spoon batter into a 6-cup bundt pan coated with cooking spray. Bake at 350 degrees for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes and remove from pan. Cool completely on wire rack.

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### Basic Applesauce Cake

Recipe by: Cindy Klinar

$\frac{1}{2}$ cup Lenten shortening	1 cup sugar	1 $\frac{1}{2}$ cups applesauce
1 $\frac{1}{2}$ teaspoons baking soda	$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla
2 cups sifted flour	$\frac{1}{2}$ teaspoon baking powder	

Cream together shortening and sugar. Combine applesauce, soda, and vanilla and add to shortening mixture. Don't be concerned if mixture separates. It will blend as

ingredients are added. Add flour, baking powder, and salt. Mix well and turn into greased 8x8x2 cake pan. Bake for 45 minutes at 350. Glaze if desired.

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### **Carrot Cake**

1 cup sugar	$\frac{1}{2}$ cup oil	Recipe by: Cindy Klinar
2 teaspoons baking powder	1 $\frac{1}{4}$ teaspoon baking soda	1 $\frac{1}{2}$ cups flour
1 cup grated carrots	$\frac{1}{2}$ cup nuts	1 teaspoon cinnamon
		$\frac{1}{2}$ cup hot water

Heat oven to 350. Mix sugar, oil, & water. Add sifted dry ingredients & carrots. Add nuts & blend well. Turn into an oiled 8  $\frac{1}{2}$  x 4  $\frac{1}{2}$  x 2  $\frac{1}{2}$  inch loaf pan. Bake for 55-60 minutes. Cover with foil for first 20 minutes of baking to reduce cracking.

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### **Cherry-Apple Turnovers**

Serves: 6

1 $\frac{1}{4}$ cups frozen dark sweet cherries	1 med apple, peeled & coarsely chopped
sugar, to taste	1/8 teaspoon almond extract
dash ground nutmeg	6 sheets frozen phyllo pastry, thawed
butter-flavor cooking spray	$\frac{1}{2}$ teaspoon cornstarch
2 tablespoons sliced almonds, toasted	1 teaspoon powdered sugar

Position knife blade in food processor bowl; add cherries and apple. Pulse 4 times or until finely chopped; spoon into a bowl. Add sugar, almonds extract, and nutmeg; stir well, and let stand 15 minutes. Press through a sieve, reserving  $\frac{1}{4}$  cup plus 2 tablespoons juice. Set aside. Working with 1 phyllo sheet at a time, cut each sheet lengthwise into 4 strips; lightly each with cooking spray. Stack 2 strips on top of each other. Spoon 1 tablespoon cherry-apple mixture onto one end of each stack; fold the left bottom corner over mixture, forming a triangle. Keep folding back and forth into a triangle to the end. Repeat with remaining ingredients. Place the triangles, seam side down, on a baking sheet; lightly spray tops with cooking spray. Bake at 400 degrees for 15 minutes or until golden. Combine reserved juice and cornstarch in a small saucepan; stir well. Bring to a boil, and cook 1 minute, stirring constantly. Spoon sauce over turnovers; sprinkle with almonds and powdered sugar. Serve warm or at room temperature.

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### **Cinnamon Teacakes**

Recipe by: Maria Linderman

1 cup Lenten margarine, softened  
2  $\frac{1}{4}$  cups flour  
 $\frac{1}{4}$  teaspoon salt

1  $\frac{1}{2}$  cups confectioner's sugar  
1 teaspoon cinnamon  
1 teaspoon vanilla

At medium speed, beat margarine until light and fluffy. Then, at low speed, blend in  $\frac{1}{2}$  cup sugar, all of the flour,  $\frac{1}{2}$  teaspoon salt, and vanilla (dough will be stiff). Chill 30 minutes. Roll dough into 1" balls. Place 2 inches apart on greased cookie sheets. Bake at 400 degrees for 9-10 minutes or until delicately golden brown. On waxed paper, combine remaining sugar and cinnamon. Roll hot cookies in this mixture. Cool.

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### Cinnamon Thins

1 cup Crisco  
 $\frac{1}{4}$  cup applesauce

1 cup powdered sugar  
1 tablespoon vanilla

Recipe by: St. Innocent Cookbook

$\frac{1}{2}$  teaspoon salt  
2  $\frac{1}{2}$  cups flour, sifted

Cream shortening. Add salt, and cream together with powdered sugar, added gradually. Add applesauce and vanilla. Blend in flour gradually. Shape scant teaspoons into balls. Place on ungreased cookie sheets. Flatten to  $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick with bottom of glass dipped in sugar. Bake 15-18 minutes in 325 degree oven. Roll warm cookies in mixture of  $\frac{1}{2}$  cup sugar and 1  $\frac{1}{2}$  teaspoons cinnamon.

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### Critter Crunch

3 tablespoons brown sugar  
1 teaspoon ground cinnamon  
1 cup honey teddy grahams  
1 cup cheerios  
1 cup mini wheats w/ raisins

3 tablespoons Lenten stick margarine  
1 cup animal crackers  
1 cup crispix  
1 cup tiny unsalted pretzels

Serves: 7

Combine sugar and margarine in a small bowl. Microwave on high for 1 minute or until margarine melts and sugar dissolves; stir in cinnamon. Combine remaining ingredients in a 13 x 9 inch baking dish; drizzle with margarine mixture, tossing gently to coat. Bake at 350 degrees for 20 minutes, stirring occasionally. Cool completely; store in an airtight container.

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### Date-Nut Crispy Chews

Recipe by: Angela Skinner

$\frac{1}{2}$  stick Lenten margarine                      1 scant cup sugar                      1 cup chopped nuts  
8 ounces sugar-coated chopped dates                      2  $\frac{2}{3}$  cups rice krispies

Melt margarine in 2-qt pan. Add dates & sugar. Cook till it starts to bubble (5-6 minutes). Add nuts before removing from heat. Add rice krispies. Press into 9 x 13 inch baking pan. Cool till able to cut into squares. Roll in powdered sugar if desired.

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### **Fresh Fruit with Strawberry Sauce**

Serves: 4

1 cup frozen unsweetened whole strawberries, thawed  
2 teaspoons sugar                       $\frac{1}{4}$  teaspoon grated orange rind  
6 oranges, in sections                      1 cup kiwi, peeled & cubed

Place the first 3 ingredients in a blender and process until smooth; set aside. To serve, spoon  $\frac{1}{2}$  cup orange sections and  $\frac{1}{4}$  cup kiwi into each of 4 small bowls; top each serving with 3 tablespoons sauce.

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### **Gingerbread**

3  $\frac{1}{2}$  cups all-purpose flour                      3 cups whole-wheat flour  
2 teaspoons ground ginger                      1 teaspoon ground cinnamon  
 $\frac{1}{2}$  teaspoon salt                       $\frac{1}{2}$  teaspoon ground nutmeg  
1  $\frac{3}{4}$  cups molasses                       $\frac{3}{4}$  cup vegetable oil  
vegetable cooking spray

Combine flours, ginger, cinnamon, salt, & nutmeg in a large bowl; add molasses and oil, stirring until well-blended (dough will be stiff). Knead dough 10 times. Coat a cookie mold with cooking spray. Press dough into mold, using about 4 ounces for an 8 inch cookie mold or 1 ounce for a 4 inch cookie mold. Trim excess dough, turn out cookies onto baking sheet coated with cooking spray; carefully remove mold. Bake at 350 degrees for 12 minutes. Carefully remove cookies from baking sheets and let cool on wire racks. Yield: 14 large or 56 small cookies.

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### **Glazed Fresh-Apple Cookies**

Recipe by: St. Innocent Cookbook

2 cups flour, sifted                      1 teaspoon baking soda  
 $\frac{1}{2}$  cup soft Lenten shortening                      1  $\frac{1}{3}$  cups packed brown sugar

$\frac{1}{2}$ teaspoon salt	1 teaspoon cinnamon
1 teaspoon cloves	$\frac{1}{2}$ teaspoon nutmeg
1 cup apple, finely chopped	1 cup finely chopped nuts, optional
1 cup raisins	$\frac{1}{2}$ cup water or apple juice

Sift flour with soda. Mix shortening, brown sugar, salt, spices, and  $\frac{1}{4}$  cup water/apple juice until well-blended. Stir in  $\frac{1}{2}$  of flour mixture, then nuts, apple, and raisins. Blend in remaining  $\frac{1}{4}$  cup liquid, then rest of flour mixture. Drop rounded tablespoons of batter on greased cookie sheets, 2 inches apart. Bake 11-14 minutes in a 400-degree oven. While still hot, spread with vanilla glaze.

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### **Vanilla Glaze**

1 tablespoon Crisco	$\frac{1}{4}$ teaspoon vanilla
$\frac{1}{8}$ teaspoon salt	2 $\frac{1}{2}$ tablespoons water or juice

Blend all ingredients in a small bowl. Spread on any warm cake or cookie.

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### **Heath Bar Cookies** Recipe by: Angela Skinner, from Fredericka Mathewes-Green

1 box saltine crackers	1 cup brown sugar
1 cup non-dairy margarine	1 $\frac{1}{2}$ cups semisweet chocolate chips

Preheat oven to 350. Line a baking sheet with foil and cover it wall-to-wall with saltine crackers. In a small saucepan, melt margarine and brown sugar together and boil 3 minutes (to soft-ball stage). Pour over saltines and spread with spatula. Place in oven and bake just 5 minutes. Sprinkle chocolate chips over the top of the hot crackers. Wait 1 minute. Spread evenly over the top with a spatula. Let cool. When at room temperature, top will still be gooey, so wait a little longer until it firms up, then peel off foil and break into squares.

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### **Honey-Glazed Pineapple**

Serves: 6

1 fresh pineapple, peeled & cored	2 tablespoons honey
1 tablespoon margarine	1 $\frac{1}{2}$ teaspoons minced fresh mint

Cut pineapple lengthwise into 12 spears. Arrange spears on a broiler pan, and set aside. Combine honey and margarine in a small saucepan; place over low heat, and cook until margarine melts. Brush honey mixture evenly over one side of spears. Broil 3 inches from heat 7 minutes. Turn spears over; brush evenly with remaining honey mixture. Broil an additional 7 minutes; sprinkle with minced mint. Cut each spear crosswise into 3 pieces. Garnish with mint sprigs, if desired

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### **Lenten Nut Cake**

Recipe by: Angela Skinner

2 cups sifted flour  
1 teaspoon cinnamon  
 $\frac{3}{4}$  cup orange juice  
1 teaspoon vanilla

3 teaspoons baking powder  
 $\frac{1}{2}$  cup sugar  
1 cup chopped nuts

$\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  cup vegetable oil  
 $\frac{3}{4}$  cup golden raisins

Combine ingredients in order given (left-to-right, then down). Batter will be thick. Place evenly into 10" round greased and floured baking pan. Bake at 350 for about 30 minutes or until golden brown. Cool. Sprinkle with powdered sugar.

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### **Lenten Oatmeal Drop Cookies**

Recipe by: Ellen & Sam D'Fantis

2 heaping cups rolled oats  
 $\frac{1}{2}$  cup packed brown sugar  
1 cup applesauce  
 $\frac{1}{4}$  teaspoon vanilla  
powdered sugar

$\frac{3}{4}$  cup all-purpose flour  
 $\frac{1}{2}$  teaspoon round cinnamon  
3 tablespoons maple syrup  
1 teaspoon baking powder

Heat oven to 350. Lightly grease a cookie sheet (spray works best). Put dry ingredients in a bowl, mix well. Mix applesauce, syrup, and vanilla in a small pot. Warm on stove (do not boil). Make hole in center of dry ingredients and pour warm applesauce mix in; blend together well with wooden spoon; mixture will be thick and sticky. Using a tablespoon, scoop up some dough and drop on baking sheet, space  $\frac{1}{2}$ " apart. Bake 12-15 minutes or until lightly browned on top (don't overcook). Let cool on pan. Sprinkle powdered sugar over, if desired, and serve.

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### **Lenten Paximadia**

Recipe by: Angela Skinner

1  $\frac{1}{2}$  cups sugar

1  $\frac{1}{2}$  cups vegetable oil

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

6 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon ground cloves

1 teaspoon baking soda  
 $\frac{1}{2}$  cup orange juice

1 teaspoon vanilla  
5-6 cups flour

Beat oil, shortening, and sugar together. Then add all other ingredients. Mold on cookie sheets to resemble meat loaf about 3 inches apart. They spread when baked. Bake at 350 for 30 minutes. Let cool for 5 minutes—you must do this or they break. Cut and turn on sides and return to oven for about 5 minute more or until nicely browned.

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### Maple-Glazed Apple Tart

Serves: 8

1 teaspoon dry yeast

1 tablespoon maple syrup

$\frac{1}{2}$  cup warm water

$1\frac{1}{2}$  cups bread flour

1 teaspoon salt

1 tablespoon walnut or vegetable oil

vegetable cooking spray

1 pound granny smith apples, peeled, cored, & thinly sliced

$\frac{1}{4}$  cup chopped walnuts

$\frac{1}{2}$  cup maple syrup

Dissolve yeast and 1 tablespoon of syrup in warm water in a small bowl and let stand 10 minutes. Combine flour and salt in food processor. With processor on, slowly add yeast mixture and  $2\frac{1}{2}$  teaspoons oil through food chute; process until dough leaves sides of bowl and forms a ball. Turn dough out onto a lightly floured surface and knead lightly 4 times. Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85 degrees), 45 minutes or until doubled in bulk. Punch dough down; turn out onto a lightly floured surface. Roll dough into a 12" circle; place on a baking sheet coated with cooking spray. Brush dough with remaining oil; let dough rise 30 minutes or until puffy. Arrange apple slices, overlapping, in a circular pattern over dough. Bake at 425 degrees for 10 minutes. Sprinkle walnuts over apple slices and bake an additional 10 minutes. Remove from oven; set aside. Place  $\frac{1}{2}$  cup of syrup in a small, heavy saucepan, and cook over medium-high heat until the syrup reaches thread stage (230 degrees). Remove from the heat and let the syrup cool slightly (about 1 minute). Drizzle over apples, serve warm.

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### Oatmeal Fudgies

3 cups Mother's oats

1 teaspoon vanilla

1 cup nuts, chopped

2 cups sugar

Recipe by Ellen & Sam D'Fantis

$\frac{1}{2}$  cup peanut butter

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

$\frac{1}{2}$  cup Lenten oleo

3 tablespoons cocoa

Mix the oats, vanilla, peanut butter, and nuts. Cook the sugar, oleo, water, and cocoa in a saucepan. Boil and cook 1 minute. Remove from heat and add to dry ingredients. Drop onto waxed paper with teaspoon. Makes 4 dozen.

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### **Peach Crisp**

Serves: 2

1 cup peeled sliced fresh peaches	2 teaspoons sugar	vegetable cooking spray
2 tablespoons quick-cooking oats	2 tablespoons flour	1 tablespoon brown sugar
2 teaspoons chopped almonds	1 tablespoon stick margarine, cut in small pieces	
$\frac{3}{4}$ teaspoon almond extract		

Combine peaches and sugar in a small bowl, and toss well. Divide mixture evenly between 2 (10 ounce) custard cups coated with cooking spray. Combine oats and next 3 ingredients; stir well. Cut in margarine with a pastry blender until mixture resembles coarse meal; stir in almond extract. Sprinkle evenly over peach mixture. Bake at 375 degrees for 30 minutes or until tops are lightly browned and bubbly.

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### **Peanut-Jelly Bars**

Recipe by: Angela Skinner

$\frac{3}{4}$ cup Lenten margarine	1 cup packed brown sugar	1 $\frac{1}{2}$ cups flour
1 teaspoon salt	$\frac{1}{2}$ teaspoon baking soda	1 $\frac{1}{2}$ cups oats (regular or quick)
$\frac{1}{2}$ cup chopped nuts	10 ounces grape jelly	

Cream margarine and sugar until light and fluffy. Combine flour, salt, and soda—add to margarine mixture and mix well. Stir in oats and nuts. Press half of crumb mixture onto bottom of greased 9X13 pan. Spread with jelly, leaving  $\frac{1}{2}$ " border all around. Cover with remaining crumb mixture and press down lightly. Bake at 350 degrees for 25 minutes. Cool completely before cutting into bars.

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### **Pineapple Bars**

Recipe by Ellen & Sam D'Fantis

$\frac{3}{4}$ cup Lenten shortening, softened	1 cup brown sugar
1 $\frac{3}{4}$ cups sifted flour	$\frac{1}{2}$ teaspoon salt
1 $\frac{3}{4}$ cups sifted flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon baking soda	1 $\frac{1}{2}$ cups rolled oats

### Filling:

1 large can crushed pineapple  
1 cup sugar

3 tablespoons cornstarch or tapioca  
2 teaspoons lemon juice

Mix shortening with sugar; add dry ingredients, then oats. Press half mixture into greased 9X13" pan. Boil filling ingredients just until mixture thickens. Cool thoroughly. Spread filling on crust. Pat on remaining crumbs. Bake at 400 for 20-30 minutes. Cut into bars

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### Poor Man's Cake

2  $\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  teaspoon salt  
2 teaspoons baking powder  
2 tablespoons vinegar

2 cups sugar  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{2}{3}$  cup oil  
2 cups cold water

Recipe by: Cindy Klinar  
 $\frac{3}{4}$  cup cocoa  
2 teaspoons baking soda  
2 teaspoons vanilla

Bake at 350, 30-35 minutes.

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### Pumpkin Pie "Cream"

16 ounces canned pumpkin (not pumpkin pie)  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon ground ginger  
8 ounces original Cool Whip

$\frac{3}{4}$  cup sugar  
1 teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon ground cloves

Recipe by Angela Skinner

Mix all ingredients together in order given. Chill.

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### Raisin Pie

2 cups raisins  
2 tablespoons flour  
2 cups flour

2 cups boiling water  
3 tablespoons lemon juice  
 $\frac{2}{3}$  cup shortening

Recipe by Vi Borota  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup nuts, optional  
 $\frac{1}{2}$  teaspoon salt

Make pie crust: mix flour and salt together. Cut shortening in with pastry blender until mixture resembles meal. Sprinkle with cold water, a tablespoon at a time. Mix lightly with fork until the flour is moistened. Divide dough in half; roll one half to fit 9" pie pan. Make filling: cook raisins in boiling water until tender, about 5 minutes.

Mix flour and sugar together and stir into raisins. Cook on low heat, stirring constantly. Boil 1 minute. Remove from heat. Stir in lemon juice and nuts. Pour into pastry shell. Roll out remaining half of dough and cover; fluting edges to seal in juices. Prick with fork. Bake at 425 degrees for 30-40 minutes.

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### **Sweet Broiled Pineapple**

2 strips lime rind	2 tablespoons brown sugar
2 tablespoons flaked sweet coconut	6 spears fresh pineapple

Position knife blade in food processor bowl. With processor running, drop rind through food chute. Process until rind is minced. With processor running, add sugar and coconut through food chute; process until coconut is minced. Spoon mixture into a shallow dish. Dredge one side of each pineapple spear in the coconut mixture. Arrange spears, coated side up, on a foil-lined baking sheet. Broil 3 inches from heat 3 minutes or until golden. Serve warm.

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### **Wacky Lenten Cake**

3 cups flour	2 cups sugar	2 teaspoons soda
1 teaspoon salt	6 tablespoons cocoa	10 tablespoons oil
2 teaspoons vinegar	2 teaspoons vanilla	2 cups cold water

Recipe by: Ellen & Sam D'Fantis

Sift all dry ingredients into a large bowl, then add remaining ingredients. Mix well, but do not beat. Bake at 350 degrees for 45-55 minutes in a greased 9X13" pan. Cool, sprinkle with powdered sugar when cooled. If using a large cookie sheet, bake approximately 30 minutes.