

Overnight Oats: Peanut Butter Banana or Vanilla Mixed Berry

Gluten Free Option

Serves 2



INGREDIENTS

Peanut Butter Banana Overnight Oats:

- 1 ripe banana, mashed
- ½ cup rolled oats (may use certified gluten-free oats to make gluten free)
- 1 Tbs maple syrup
- 2 Tbs unsalted creamy peanut butter
- ⅓ cup almond milk
- 6-8 banana slices
- 2 Tbs chopped peanuts

Vanilla Mixed Berry Overnight Oats:

- ½ cup rolled oats (may use certified gluten-free oats to make gluten free)
- ¼ cup Silk plain or vanilla yogurt
- 1 Tbs maple syrup
- ¼ tsp pure vanilla extract
- ⅓ cup almond milk
- 2 strawberries, halved
- 5 blueberries
- 2 raspberries
- 2 blackberries
- 3 Tbs whole toasted almonds

INSTRUCTIONS

In a medium-size bowl, mash banana. Transfer mashed banana to a 16-ounce canning jar. Add oats, syrup, peanut butter, and almond milk. Mix lightly with a small spoon or spatula. Add banana slices and peanuts, then screw on lid. Refrigerate overnight.

In a canning jar, add oats, yogurt, syrup, vanilla, and almond milk. Mix lightly with a small spoon or spatula. Add berries and almonds, then screw on lid. Refrigerate overnight.

NUTRITION INFORMATION

Peanut Butter Banana

Serving Size: 8.4 oz.

Calories	488
Total Fat	19g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	0mg
Sodium	118mg
Total Carbohydrates	72g
Dietary Fiber	9g
Sugars	29g
Protein	15g

Vanilla Mixed Berry

Serving Size: 7.3 oz.

Calories	415
Total Fat	8.5g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	50mg
Total Carbohydrates	24g
Dietary Fiber	4g
Sugars	8g
Protein	9g

TIP

Refrigerating overnight "cooks" the oatmeal.

Overnight Oats: Chocolate Strawberry or Carrot Cake

Serves 2

INGREDIENTS

Chocolate Strawberry Overnight Oats:

- ½ cup rolled oats
- 1 Tbs maple syrup
- 1½ Tbs cocoa powder
- ¼ tsp pure vanilla extract
- ½ cup almond milk
- 3 strawberries, halved
- 1 Tbs carob chips

Carrot Cake Overnight Oats:

- 1 small carrot, shredded
- ½ cup rolled oats
- 1 Tbs maple syrup
- 2 Tbs unsweetened coconut, shredded
- ¼ cup Silk plain yogurt
- Dash of cinnamon
- ½ cup almond milk
- 2 Tbs raisins
- 1 Tbs pecans, chopped

INSTRUCTIONS

In a canning jar, add oats, maple syrup, cocoa powder, vanilla, and almond milk. Stir to combine. Add strawberries and carob chips, then screw on lid. Refrigerate overnight.

In a canning jar, add shredded carrot, oats, maple syrup, shredded coconut, yogurt, cinnamon, and almond milk. Stir to combine, then screw on lid. Refrigerate overnight.



Put down the remote and go for a walk.

NUTRITION INFORMATION

Chocolate Strawberry

Serving Size: 5 oz.

Calories	229
Total Fat	9g
Saturated Fat	3.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	48mg
Total Carbohydrates	51g
Dietary Fiber	7g
Sugars	19g
Protein	8.5g

Carrot Cake

Serving Size: 6.4 oz.

Calories	320
Total Fat	12g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	0mg
Sodium	72mg
Total Carbohydrates	42g
Dietary Fiber	7g
Sugars	12.5g
Protein	12.5g

Sunrise Granola Uncle Rudy's Favorite

Gluten Free Option

Serves 20



INGREDIENTS

- 8 cups regular oats (may use certified gluten-free oats to make gluten free)
- ¼ cup raw sunflower seeds
- 1 cup walnut pieces
- 1 cup pecan pieces
- 1 cup coconut
- 1 tsp vanilla
- 1 cup maple syrup
- ¼ cup oil

INSTRUCTIONS

Preheat oven to 225° F. Combine oats and nuts in a large bowl. In a separate bowl, combine coconut, vanilla, maple syrup, and oil. Then pour liquid mixture over oats and nuts and mix well. Spread out onto a large cookie sheet (11 ½ inches x 17 ¼ inches). Bake for 1 hour and 10–15 minutes, or until dry. Once done baking, turn off oven and leave granola in oven until oven cools. This helps it dry out without further browning. Store in a covered container.

Note:

This recipe can easily be halved if desired.

NUTRITION INFORMATION

Serving Size: 2.3 oz.

Calories	282
Total Fat	13.5g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	0mg
Sodium	16mg
Total Carbohydrates	36g
Dietary Fiber	4g
Sugars	12g
Protein	9g

OPTIONS

Try the granola frozen. Freezing seems to make the flavors more distinct.

Tangy French Toast

Serves 9

Gluten Free Option



INGREDIENTS

- 2 cups water
- ½ can orange juice concentrate
- ½ cup dates
- ½ cup raw cashews
- 1 Tbs vanilla
- 9 bread slices (may use gluten-free bread)

INSTRUCTIONS

Blend the first five ingredients until smooth and creamy. Pour into a shallow dish (pie dish). Dip each slice of bread in the batter. Place coated bread on a hot, nonstick griddle and cook until golden brown on both sides. Serve with maple syrup or your choice of fresh fruit.



Quote

Jesus said to them, "Come and have breakfast." None of the disciples ventured to question Him, "Who are You?" knowing that it was the Lord.

- John 21:12

NUTRITION INFORMATION

Serving Size: 1 slice (5,6 oz.)

Calories	303
Total Fat	10g
Saturated Fat	.2g
Trans Fat	0g
Cholesterol	0mg
Sodium	336mg
Total Carbohydrates	44g
Dietary Fiber	5g
Sugars	15g
Protein	10g

Sweet Potato And Black Bean Breakfast Burritos

Serves 6



INGREDIENTS

- 1 sweet potato, cubed
- 2 Tbs olive oil
- 1 tsp chili powder
- ½ tsp garlic powder
- ½ tsp paprika
- ½ tsp salt
- ¼ tsp pepper
- ¼ tsp cumin
- ¼ tsp cayenne powder, optional
- 1 can (15.5-oz.) black beans, drained and rinsed
- 1 cup salsa, divided
- 6 tortillas, soft taco size

INSTRUCTIONS

Preheat the oven to 400° F. In a medium bowl, mix together sweet potato cubes, olive oil, chili powder, garlic powder, paprika, salt, pepper, cumin, and cayenne powder. Spread out sweet potato mixture in an even layer onto a baking sheet. Bake for 25 minutes. When sweet potatoes are done, pour black beans onto the hot baking sheet and mix them together. Assemble the burrito by pouring ½ cup sweet potato and black bean filling into the middle of a tortilla. Evenly pour 1 tablespoon of salsa on top of sweet potato mixture, then roll the tortilla into a burrito. Once all burritos are assembled, heat a large skillet over medium-high heat. When the pan is hot, place each burrito into skillet, seam down. Brown for 1–2 minutes, then flip burritos and brown for another 1–2 minutes. Serve with salsa and cilantro.

NUTRITION INFORMATION

Serving Size: 1 burrito (4.3 oz.)

Calories	221
Total Fat	8g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	983mg
Total Carbohydrates	33g
Dietary Fiber	2g
Sugars	3g
Protein	5g



Quote

Do not be wise in your own eyes; Fear the Lord and depart from evil. It will be health to your flesh, And strength to your bones.

- Proverbs 3:7, 8

Breakfast Dish Casserole

Serves 24



INGREDIENTS

- 1 small bag tater tots
- 1 small bag frozen shredded potatoes
- 2 blocks tofu, scrambled
- 2 packages country gravy mix, mixed with 5 cups soy milk
- 1 frozen pie crust shell (thawed) or Pastry Pie Crust recipe (see page 112)
- 6-8 meatless sausage links (see pages 144, 145)

INSTRUCTIONS

Preheat oven to 350° F. Prepare scrambled tofu. Prepare gravy, keeping it slightly runny. Combine tofu and gravy, then fold in tater tots, shredded potatoes, and sausage. (If needed, add extra milk to make mixture super moist, not dry.) Place potato and tofu mixture on the bottom of the dish. Place pie crust on top of potato and tofu mixture. Bake for one hour until crust is slightly browned. Do not cover.

NUTRITION INFORMATION

Serving Size: 1 slice (4.6 oz.)

Calories	157
Total Fat	6.5g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	692mg
Total Carbohydrates	12g
Dietary Fiber	2g
Sugars	3g
Protein	6g

Quote

Children are not a distraction from more important work. They are the most important work.

— Dr. John Trainer

OPTIONS

This recipe can easily be cut in half. This is a large family dish. Try using crumbled Loma Linda Linketts instead of sausages.



Chocolate-Not Smoothie

Gluten Free Serves 2

INGREDIENTS

8 ice cubes
1 cup soy, coconut, or almond milk (see page 143)
2 heaping Tbs carob powder
2 Tbs maple syrup (large squirt)
½ frozen banana (optional)

INSTRUCTIONS

Mix all ingredients in blender until smooth. Enjoy!

NUTRITION INFORMATION

Serving Size: 10.7 oz.

Calories	181
Total Fat	2g
Saturated Fat	0.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	76mg
Total Carbohydrates	39g
Dietary Fiber	2g
Sugars	20g
Protein	4g

Morning Blueberry Muffin Smoothie

INGREDIENTS

1 ½ cups non-dairy milk (see page 143)
½ cup blueberries
2 Tbs regular oats (may use certified gluten-free oats to make gluten free)
1 tsp vanilla extract
1 Tbs vanilla soy protein powder
1 Tbs chia seeds

INSTRUCTIONS

The night before, combine all ingredients except blueberries in a glass or plastic container. Stir to combine and place in refrigerator. In the morning, pour contents of container into blender, add blueberries, and blend until smooth.

NUTRITION INFORMATION

Serving Size: 8.7 oz.

Calories	200
Total Fat	5.5g
Saturated Fat	0.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	219mg
Total Carbohydrates	28.5g
Dietary Fiber	6g
Sugars	18.5g
Protein	11g

Serves 2

Gluten Free Option

Sensational Strawberry Smoothie

Gluten Free Serves 2

INGREDIENTS

1 cup water
½ frozen banana
½ cup frozen strawberries
1 Tbs honey (or maple syrup)
6 ice cubes

INSTRUCTIONS

Mix all ingredients in blender until smooth. Enjoy!

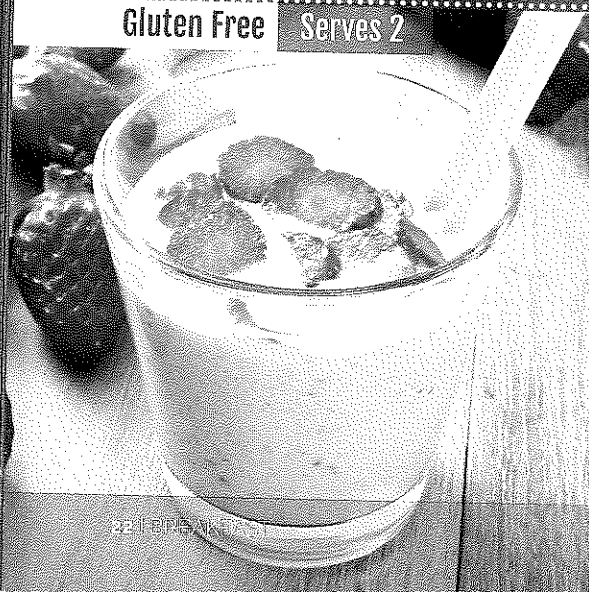
NUTRITION INFORMATION

Serving Size: 10.6 oz.

Calories	78
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	6mg
Total Carbohydrates	20.5g
Dietary Fiber	2g
Sugars	14.5g
Protein	0.5g

Quote

You will never win if you never begin.
— Helen Rowland



Walnut Raspberry Salad

Gluten Free

Serves 8



INGREDIENTS

- 4 cups salad greens
- 1 cup fresh raspberries
- 1 can mandarin oranges, drained
- 1 cup walnut pieces
- ¼ cup raspberry salad dressing (see instructions below)

Raspberry Dressing:

Serves 12

- 1 cup frozen or fresh raspberries
- ½ cup apple juice concentrate and 2 tsp cornstarch, dissolved in ½ cup water
- 1 Tbs lemon juice
- 2 Tbs agave nectar (or honey)
- 1 tsp salt
- 1 ½ tsp dried basil

INSTRUCTIONS

In a large bowl, toss together the salad greens, fresh raspberries, mandarin oranges, and walnut pieces.

Add dressing and serve.

Heat and mash the berries and strain through a sieve to remove seeds. Pour juice into a saucepan with remaining ingredients and stir while bringing to a boil. Chill before serving.

NUTRITION INFORMATION

Serving Size: 3.5 oz.

Calories	101
Total Fat	7g
Saturated Fat	0.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	71mg
Total Carbohydrates	8.5g
Dietary Fiber	2.5g
Sugars	5.5g
Protein	2.5g

OPTIONS

Try adding other fruits such as strawberries, apples or kiwi for taste variety.

Quinoa Salad

Gluten Free Serves 12



INGREDIENTS

- 1 cup quinoa
- 2 cups water
- 1 cup cucumbers, cut into ¼-inch cubes
- 1 small red onion, cut into ¼-inch cubes
- 1 large tomato, diced
- 1 avocado, peeled (optional)
- ½ cup fresh parsley leaves, chopped
- ½ cup fresh mint leaves, chopped
- 1 8-oz. can sliced olives
- 1 15-oz. can garbanzo beans, drained
- Endive lettuce spears (optional)

Dressing:

- ½ cup extra-virgin olive oil
- ¼ cup apple cider vinegar
- 1 lemon, juiced
- 1 ½ tsp salt

INSTRUCTIONS

Bring quinoa and liquid to a boil in a medium saucepan. Reduce heat to low, cover and simmer until tender and most of the liquid has been absorbed (approximately 15–20 minutes). Fluff with a fork. Transfer quinoa to a large bowl. Add vegetables, herbs, and garbanzo beans to quinoa. Stir to combine ingredients. In a separate bowl, mix olive oil, vinegar, lemon juice, and salt. Pour dressing over quinoa mixture and toss well. Spoon finished salad mix onto endive spears, if desired, or enjoy as is.

NUTRITION INFORMATION

Serving Size: 6.1 oz.

Calories	196
Total Fat	14g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	0mg
Sodium	703mg
Total Carbohydrates	15g
Dietary Fiber	3.5g
Sugars	2.5g
Protein	4g

Quote

Why do you spend money for what is not bread, And your wages for what does not satisfy? Listen carefully to Me, and eat what is good.

And let your soul delight itself in abundance.

- Isaiah 55:2

Chipotle Honey Mustard

Gluten Free Serves 6



INGREDIENTS

- 3 Tbs yellow mustard
- 3 Tbs Dijon mustard
- 3 Tbs Vegemaise (see page 143)
- 3 Tbs agave nectar (or honey)
- 1–3 chipotle peppers (to your taste)

INSTRUCTIONS

Using a blender or food processor, blend all ingredients. Blend in the amount of peppers to match the amount of heat desired. Makes a great condiment or burger topping.

NUTRITION INFORMATION

Serving Size: 1.7 oz.

Calories	71
Total Fat	3g
Saturated Fat	0.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	232mg
Total Carbohydrates	11g
Dietary Fiber	1g
Sugars	10g
Protein	1g

Cajun Sauce

Serves 8 Gluten Free

INGREDIENTS

- ½ cup Vegemaise (see page 143)
- 1 tsp fresh lemon juice
- 1 tsp chipotle pepper in adobo sauce
- ¼ tsp Cajun seasoning
- ¾ tsp cayenne pepper, to taste
- Dash of salt

INSTRUCTIONS

Mix ingredients together until well blended. Use on your favorite bun with shredded lettuce and sliced avocados and other favorite toppings.

NUTRITION INFORMATION

Serving Size: 0.5 oz.

Calories	49
Total Fat	5g
Saturated Fat	0.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	145mg
Total Carbohydrates	0.5g
Dietary Fiber	0.5g
Sugars	0g
Protein	1g

TIP

Make your burger sandwich gluten-free by using gluten-free buns or wrapping burger patties in big lettuce leaves.



Falafel Burgers

Serves 20 **Gluten Free**



INGREDIENTS

- 1 lb. bag garbanzo beans, soaked overnight
- 1 small onion, chopped
- ¼ cup fresh parsley, chopped
- 3-4 cloves garlic
- 2 Tbs gluten-free flour or chickpea flour
- 1¾ tsp salt
- 2 tsp cumin
- 1 tsp ground coriander
- ¼ tsp cayenne pepper (optional)
- Pinch ground cardamom
- Vegetable oil for frying (grapeseed, canola, and peanut oil are recommended)

INSTRUCTIONS

Blend half of the garbanzo beans in a food processor until they look a little larger than grains of sand. Empty into a large mixing bowl. Pour second half of the beans, along with the rest of the ingredients, into the food processor and blend until the same consistency. (You may have to scrape down the sides with a spatula in between pulsing.) Pour into large mixing bowl with the first half and mix thoroughly. If desired, let sit in refrigerator for an hour before shaping into burgers. Fry over medium-high heat in a pan with ¼ inch of oil. Flip burgers once the bottom is golden brown. When both sides are well browned, remove from oil onto a plate with paper towels to soak up excess oil. Serve with favorite burger toppings or freeze for later use.

NUTRITION INFORMATION

Serving Size: 1 burger (2.2 oz.)

Calories	232
Total Fat	8.5g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	0mg
Sodium	421mg
Total Carbohydrates	31g
Dietary Fiber	6g
Sugars	5g
Protein	10g

TIP

Place your onions in the freezer for five minutes before slicing them. No more tears!

Cajun Chickpea Sweet Potato Burgers

Serves 8

Gluten Free Option

INGREDIENTS

- 1 sweet potato (cooked) or 1 cup sweet potato puree
- 2 cups chickpeas, drained (canned or cooked from dry)
- 1½ cups whole oats (may use certified gluten-free oats to make gluten free)
- ½ cup onion, diced
- ½ cup red pepper, diced
- ¼ cup celery, diced
- 2 garlic cloves, minced
- Ener-G Egg Replacer for 1 egg
- 1 Tbs Cajun seasoning
- ¼ tsp garlic powder
- Pinch of salt
- 1 tsp Mrs. Dash
- Oil to fry burgers

INSTRUCTIONS

Blend whole oats in a food processor until finely ground, like flour. Put in a separate bowl. Remove skin of cooked sweet potato and put in food processor or blender. Puree sweet potato and chickpeas together. Add the blended mixture to the oat flour. Sauté onion, pepper, and celery in a little oil (or water) until tender. Add minced garlic. Combine all ingredients and mix well. Form into patties and fry on both sides. Serve with Cajun Sauce (see page 42).

NUTRITION INFORMATION

Serving Size: 1 burger (2 oz.)

Calories	137
Total Fat	5g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	38mg
Total Carbohydrates	18g
Dietary Fiber	4g
Sugars	2g
Protein	10g

OPTION

After frying, let patties cool before putting in resealable baggies and placing in freezer. Pull out and reheat as needed.

Black Bean Veggie Burgers

Gluten Free Option

Serves 6

INGREDIENTS

2 (15–15.5 ounce) cans black beans, or
3 cups cooked black beans
½ cup onion, diced
½ cup red bell pepper, chopped
1 small jalapeno, chopped (or 2 Tbs of
sliced jalapenos from can)
2 garlic cloves, minced
2 Tbs extra virgin olive oil
½ tsp garlic powder
¼ tsp salt
Small pinch of cayenne pepper
1 cup old fashioned rolled oats (may
use certified gluten-free oats to make
gluten free)

INSTRUCTIONS

In large skillet, sauté onion, peppers, garlic,
and jalapenos in olive oil. Blend oats in food
processor until fine, then remove to a separate
bowl. Place black beans in food processor. Pulse
several times. (If you want some whole beans in
the burgers, reserve some out before blending.)
Add the sautéed items and all seasonings to the
processor and pulse until mostly fine. Remove
mixture and place in a large bowl. Fold in reserved
whole beans and then stir in the blended oats
(oat flour). Form mixture into burger-sized patties.
Add a little more water or more oat flour as
needed. Heat skillet and add small amount
of oil, then add your burgers. Cook until
well browned on the underside, then flip
gently. Remove burgers from heat to let
cool slightly. Serve burgers as is, or on buns
with desired toppings, such as ketchup,
mayonnaise, Chipotle Honey Mustard or
Cajun Sauce (see page 42), onions, lettuce,
sliced cheese, and tomatoes. Try with
sliced zucchini, mushrooms, avocados, or
MorningStar Farms Veggie Bacon Strips.

NUTRITION INFORMATION

Serving Size: 1 burger (4 oz.)

Calories	231
Total Fat	7g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	235mg
Total Carbohydrates	34g
Dietary Fiber	8.5g
Sugars	1g
Protein	10g

OPTION

These burgers freeze well and can even be crumbled over a salad when thawed.

Sloppy Joes

Serves 8



INGREDIENTS

- 1 package meatless ground burger (see page 144-145 for options)
- 1 Tbs minced onion, soaked in hot water, or 1 small onion, diced
- 1 cup ketchup
- 2 Tbs brown sugar or coconut sugar
- 2 Tbs oil
- 2 small (6-oz) cans Italian tomato paste

INSTRUCTIONS

In large skillet, add oil and sauté onions until browned along with burger crumbles. Add ketchup, sugar, and tomato paste. Serve over toasted multigrain bread or whole-grain buns.

TIP

The trick to making hard brown sugar soft again is to place a slice of soft bread in the package. It only takes a few hours.

NUTRITION INFORMATION

Serving Size: 5 oz

Calories	233
Total Fat	9.5g
Saturated Fat	1.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	275mg
Total Carbohydrates	24g
Dietary Fiber	3.5g
Sugars	14.5g
Protein	15g

Zucchini Wedges & Sweet Potato Wedges

Serves 6



INGREDIENTS

Zucchini wedges:

3 large zucchinis
Ener-G Egg Replacer for 2 eggs
2 cups breadcrumbs
1 tsp red pepper flakes
1 tsp salt

INSTRUCTIONS

Preheat oven to 350° F. Slice the ends off of each zucchini, then slice them in half and into wedges. In a bowl, mix breadcrumbs, red pepper flakes, and salt. Follow directions for Ener-G Egg Replacer for the equivalent of 2 eggs. Dip each wedge into the "egg" mixture, then the breadcrumb mixture. Place on a baking sheet, skin side down. Bake 15-20 minutes.

NUTRITION INFORMATION

Serving Size: 3.2 oz.

Calories	96
Total Fat	4g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	448mg
Total Carbohydrates	13g
Dietary Fiber	1g
Sugars	2g
Protein	3g

Gluten Free

INGREDIENTS

Sweet potato wedges:

3 medium-sized sweet potatoes
 $\frac{1}{2}$ cup olive oil
1 tsp salt
2 Tbs fresh rosemary, finely chopped

INSTRUCTIONS

Preheat oven to 400° F. Thoroughly wash sweet potatoes. Slice in half, then into wedges. Toss wedges in olive oil and seasonings. Place on a baking sheet, skin side down, and bake 30-40 minutes.

NUTRITION INFORMATION

Serving Size: 3.1 oz.

Calories	98
Total Fat	4.5g
Saturated Fat	.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	408mg
Total Carbohydrates	13.5g
Dietary Fiber	2g
Sugars	4g
Protein	1g

Brown Gravy

Serves 32



INGREDIENTS

- ¾ cup unbleached white flour
- 8 cups water
- 1 small onion, chopped
- 2 Tbs McKay's beef-style seasoning
- ½ teaspoon salt
- ½ cup Bragg's liquid aminos (or soy sauce)
- ½ cup oil

INSTRUCTIONS

Brown the flour in a skillet. In a separate bowl, mix the next 6 ingredients. Blend in with the browned flour, stirring constantly to keep away lumps. Cook until thickened.

NUTRITION INFORMATION

Serving Size: 2.7 oz.

Calories	56
Total Fat	3.5g
Saturated Fat	0.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	210mg
Total Carbohydrates	5g
Dietary Fiber	0.5g
Sugars	0.5g
Protein	1g

Notes:

Recipe can easily be halved.

INGREDIENTS

- 1 cup white flour
- ½ cup oil
- 6 cups water
- 1 Tbs Bragg's liquid aminos (or soy sauce)
- 3 Tbs McKay's Chicken Style Seasoning

INSTRUCTIONS

Mix oil and flour until smooth. Add water and Bragg's or soy sauce. Then add McKay's seasoning. Cook until thickened, stirring constantly.

NUTRITION INFORMATION

Serving Size: 2.5 oz.

Calories	61
Total Fat	4.5g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	31mg
Total Carbohydrates	4g
Dietary Fiber	0g
Sugars	0g
Protein	0.5g

Quote

But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.

- Daniel 1:8

Chicken Gravy

Serves 24





Special K Loaf

Serves 10

Gluten Free Option

INGREDIENTS

1 package (12.3-oz.) extra firm tofu, packed in water
1 tsp onion powder
1 tsp garlic powder
1 stalk celery, finely chopped (optional)
Ener-G Egg Replacer to equal 6 eggs
1 ½ cups pecans or walnuts, chopped
1 Tbs McKay's Beef (or Chicken) Style Seasoning
4 cups Special K cereal (may use gluten-free Special K cereal to make gluten free)
2 Tbs soy butter, softened (see page 143)
1 cup soy or nut milk

INSTRUCTIONS

Preheat oven to 350° F. Mix all ingredients together and pour into a greased baking dish. Cover with foil and bake for 1 hour.

OPTIONS

Can be served with Brown Gravy or Chicken Gravy recipe (see page 64) or other condiments.

NUTRITION INFORMATION

Serving Size: 1 slice (3 oz.)

Calories	178
Total Fat	10.5g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	182mg
Total Carbohydrates	14.5g
Dietary Fiber	1.5g
Sugars	3g
Protein	10.5g

Twice-Baked Potatoes

Gluten Free

Serves 8



INGREDIENTS

- 4 large baking potatoes
- ¼ cup vegan sour cream (see page 143)
- ½ cup soy milk
- ¼ cup shredded vegan cheddar cheese (or a cheese sauce recipe on page 141)
- 2 Tbs vegan margarine
- 2 Tbs soy bacon bits
- Salt to taste
- 2 Tbs sliced chives

INSTRUCTIONS

Preheat oven to 400° F. Bake potatoes for 1 hour, or until tender. When potatoes are done, remove from oven and lower the temperature to 375° F. Allow potatoes to cool slightly, then cut out a wedge approximately ¼ the size of the potato from the top. Scoop the potato filling into a bowl. Add the vegan sour cream, soy milk, vegan cheese, margarine, and vegan bacon bits to the potato filling and mash the filling or use a hand mixer to blend. Season with salt to taste. Spoon the mixture into the potato skins. Top each with chives and bake for another 15 minutes.

NUTRITION INFORMATION

Serving Size: 1/2 potato

Calories	200
Total Fat	4.5g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	116mg
Total Carbohydrates	34g
Dietary Fiber	3.5g
Sugars	2g
Protein	3g

OPTIONS

Turn this recipe into a potato bar by adding broccoli and other vegetables.

Haystacks

Serves 12 | Gluten Free



INGREDIENTS

- 1 bag corn chips or regular tortilla chips
- 1 large can vegetarian refried beans
- 1 large can chili beans (mild or hot)

Optional Toppings:

- Shredded lettuce
- Tomatoes, chopped
- Onions, diced
- Green or red bell peppers, chopped
- Black or green olives, sliced
- Nacho Cheese Sauce recipe (see page 141)
- Guacamole recipe (see page 74)
- Fiesta Salsa recipe (see page 74)
- Sour Cream recipe (see page 139)

INSTRUCTIONS

In a large pot, mix the two cans of beans together and heat.

To assemble the haystacks:

- Lightly crumble chips on plate.
- Top chips with the heated beans.
- Add desired toppings in the order preferred.

NUTRITION INFORMATION

Serving Size: 4.7 oz. (plain)

Calories	112
Total Fat	9.5g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	687mg
Total Carbohydrates	40g
Dietary Fiber	6g
Sugars	3.5g
Protein	11.5g

TIP

To speed the ripening process for tomatoes, place them in a brown paper bag in a dark area. The tomatoes will ripen overnight. This also works on avocados and bananas.

Mexican Stuffed Shells

Serves 15



INGREDIENTS

- 30 jumbo pasta shells
- 1 large can enchilada sauce
- 1 package meatless chicken strips, diced or shredded (see pages 144–145 for options)
- 1 small tub Tofutti cream cheese
- 3 Tbs hot sauce (or to taste)

INSTRUCTIONS

Preheat oven to 350° F. In large skillet, melt cream cheese with hot sauce and “chicken.” Let cool. In a large pot, boil jumbo shells according to package directions then rinse with cool water. Stuff shells with the mixture. Cover the bottom of the casserole dish with enchilada sauce. Place the stuffed shells on top of the sauce and pour remaining sauce on top. Cover with foil and bake for approximately 40 minutes.

NUTRITION INFORMATION

Serving Size: 2 shells (7 oz)

Calories	185
Total Fat	3.5g
Saturated Fat	0.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	697mg
Total Carbohydrates	24g
Dietary Fiber	4g
Sugars	2.5g
Protein	8g

TIP

Place a wooden spoon over your pot to keep it from boiling over.

Spinach Manicotti

Serves 10



INGREDIENTS

- 8 oz. firm tofu, crumbled
- ½ cup Spinach Dip recipe (see page 59)
- 1 tsp salt
- ½ tsp dried basil
- 1 Tbs dried onion flakes
- 1 tsp lemon juice
- 5 oz. chopped frozen spinach, thawed and drained
- 1 package manicotti pasta, cooked
- ½ Simple Tomato Sauce recipe (see page 48)
- 8 oz. vegan mozzarella cheese for topping (see page 143)
- Fresh basil for topping (optional)

INSTRUCTIONS

Preheat oven to 350° F. Combine first 7 ingredients and mix in small bowl. Stuff into manicotti tubes, cover with Simple Tomato Sauce recipe (see page 48) and bake for 45 minutes. Remove from oven and add vegan mozzarella. Bake for an additional 10–15 minutes until lightly brown on top.

Notes:

The Spinach Manicotti filling is also good for making lasagna.

NUTRITION INFORMATION

Serving Size: 1 piece (4.4 oz.)

Calories	181
Total Fat	6g
Saturated Fat	6g
Trans Fat	0.5g
Cholesterol	0mg
Sodium	410mg
Total Carbohydrates	21g
Dietary Fiber	3g
Sugars	6g
Protein	7g



It is extraordinary how music sends one back into memories of the past. It is the same with smells in the kitchen.

Italian Stuffed Shells

Serves 12



INGREDIENTS

- 2 packages extra firm tofu (Mori-Nu)
- 1 Tbs onion powder
- 1 Tbs garlic powder
- 2 Tbs Italian seasoning
- 2 Tbs oregano
- 1 cup dairy-free cheese (see page 143)
- 25 jumbo pasta shells
- 1 24-oz. jar pasta sauce

INSTRUCTIONS

Preheat oven to 350° F. Cook pasta shells according to package directions and rinse with cold water. In a mixing bowl, smash tofu with fork. Add seasonings and cheese and mix well. Carefully fill each shell with the tofu mixture. Spread a small amount of the sauce on the bottom of a 9 x 12 baking dish, just enough to cover it. Place shells in dish and top with remaining sauce. Bake for approximately 45 minutes.

OPTIONS

Add your favorite crumbled meatless sausage to mixture before baking.

NUTRITION INFORMATION

Serving Size: 2 shells (7 oz.)

Calories	144
Total Fat	3g
Saturated Fat	0.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	710mg
Total Carbohydrates	21g
Dietary Fiber	4g
Sugars	6g
Protein	35g

Quote

But when you give a feast, invite the poor, the maimed, the lame, the blind. And you will be blessed, because they cannot repay you; for you shall be repaid at the resurrection of the just.

- Luke 14: 13, 14

Restaurant Style Mexican Rice

Gluten Free

Serves 8



INGREDIENTS

- 1 clove garlic, crushed
- 1 cup long grain white rice
- 3 Tbs olive oil
- ½ cup onions, diced
- ½ cup red or green bell pepper, diced
- ½ cup tomato puree
- 2 cups water
- 2 tsp McKay's Chicken Style Seasoning

INSTRUCTIONS

Pour oil into a pot on medium-high heat. Add rice and keep stirring until rice is slightly browned. Add garlic, onions, and peppers and stir quickly for 30 seconds. Mix McKay's seasoning with the water and pour all liquid ingredients into pot and bring to a boil stirring occasionally. Once the water reaches the top of the rice, cover the pot, turn heat to low, and simmer for 20 minutes. Fluff the rice, then cover for another 10 minutes. Serve hot.

NUTRITION INFORMATION

Serving Size: 4.2 oz.

Calories	143
Total Fat	5.5g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	237mg
Total Carbohydrates	21g
Dietary Fiber	1g
Sugars	1.5g
Protein	2.5g



Happy Marriage is
not 50-50%...it's
100-100%.

Chickpea Flour Veggie Frittatas

Serves 14 | Gluten Free

INGREDIENTS

3 cups assorted chopped veggies (broccoli, corn, bell pepper, zucchini, spinach)
½ cup green onion, thinly sliced
2 Tbs olive oil, plus additional oil for brushing muffin tins
2 cups chickpea (garbanzo bean) flour
¼ cup nutritional yeast
1 tsp baking powder
1 tsp salt
½ tsp black pepper

Note:

Chickpea flour is made from ground up dried chickpeas (garbanzos). When mixed with water and used in lieu of eggs in recipes, it cooks up egg-like and custardy.

INSTRUCTIONS

Preheat oven to 400° F. Combine chickpea flour, nutritional yeast, baking powder, salt, and pepper in a bowl with 2 ½ cups water. Whisk to combine and set aside while preparing veggies. Heat olive oil over medium-high heat in a skillet. Add all veggies to skillet (except green onions) and cook until veggies begin to soften and brown, approximately 7 minutes. Add green onions to skillet and cook 2 minutes more. Season with salt and pepper to taste and remove from heat.

Brush a standard size muffin tin and one smaller, 6-muffin tin with olive oil (recipe makes exactly 14 frittatas). Divide veggie mixture between muffin cups by the heaping tablespoon. Using a ¼ cup measure, fill cups with chickpea batter. Use a spoon to gently stir each cup to ensure the batter gets under the veggies.

Bake for 30–35 minutes, or until a toothpick inserted in center comes out clean and frittatas are beginning to brown on top. Remove from oven and allow to cool for 10 minutes (this allows the batter to set) before removing from tin and cooling on a rack. Depending on your muffin tin, you may have to use a knife or offset spatula to gently loosen sides of frittatas before removing from tin.

Serve warm, or allow to cool completely before storing in the refrigerator for up to 5 days. Frittatas can be reheated in the microwave but are best when warmed in the oven or toaster oven at 400°F for 10 minutes.

NUTRITION INFORMATION

Serving Size: 1 piece (2.2 oz.)

Calories	132
Total Fat	3.5g
Saturated Fat	0.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	452mg
Total Carbohydrates	16.5g
Dietary Fiber	2.5g
Sugars	3.5g
Protein	5.5g

TIP

Freeze summer vegetables to enjoy year round. Create a "stew bag" by combining corn, carrots, celery, onion, broccoli, tomatoes, and potatoes for hearty winter stews and soups.