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Vegetarian Recipes

**A Bridge from the
Meat - Sugar - Starch Diet**

to

A Vegetarian; Natural Food Diet

By Neva Hite

Index

DEDICATION	1
MEALTIME BLESSING	2
RECIPE FOR HAPPINESS	3
SPOONSFULL OF WIT AND WISDOM.	4, 5, 6
PREFACE	7, 8
MISCELLANEOUS	9
Soy Milk	10
Basic Cream Sauce.	10
Pizza Surprise	11
Tomato Sauce.	11
Toasted Open-Face Sandwich	12
Sauerkraut	12
Whole Grain Cereal	13
Rice Stuffing	14
SOUPS	16
Navy Bean Soup	17
Vegetable Soup.	17
Lentil Soup	18
"Raw" Vegetable Soup.	18
Split Pea Soup	19
Potato Soup	19
Corn Chowder	20
SALADS	21
Carrot Salad	22
Carrot-Zucchini Salad.	22
Spinach Salad	22
Raw Zucchini Salad	23
Onion-Tomato Salad	23
Avocado-Cucumber Salad	23
Favorite Onion "Salad"	24
Apple-Cranberry Salad	24
Easy Carrot Salad	24
Overnight Vegetable Salad.	25
Pineapple-Banana Salad	25
Hot Tuna Salad.	26
Tuna Salad.	27
Kraut Salad	27
Raw Vegetable Salad	28
Red Beet-Onion Salad	29
Cucumbers.	29
Cucumber-Cheese Ring.	30
Kidney Bean Salad.	30
Green Pea Salad	31
Red Beet Salad	31
Apple Salad	31
Endive Salad.	31
VEGETABLES AND CASSEROLES.	33
Italian Rice and Beans	34
Confetti Succotash	34
Green Beans and Tuna	35
Escalloped Corn	35
Vegetable Patties.	35
Tuna and Rice Casserole and Variations.	36, 37
Tuna-Zucchini	37
Potatoes	38

Potatoes in Cheese Sauce	38
Spaghetti Squash.	38
Kidney Bean and Spaghetti Casserole	39
Corn-Soybean Casserole	40
Vegetarian Chili	40
Broccoli-Green Lima Casserole.	41
Garlic Broccoli	41
Crunchy Green Beans.	42
Baked Beans.	42
Vegetable-Rice Casserole.	42
BREADS AND MUFFINS.	44
Oat-Bran Muffins.	45
Carrot-Corn Muffins.	45
Easy Refrigerator Rolls.	46
Sesame Crackers	46
Whole Wheat Bread	47
All Bran Muffins	48
Spicy Yeast Bread	48
FISH AND EGG DISHES	50
Puffy Omlet	51
Poached Omlet	51
Tuna "Stroganoff"	51
Salmon and Rice Stuffing	52
Salmon Loaf.	52
Tuna Loaf	53
Tuna-Stuffed Potatoes	53
Baked Fish.	54
DESSERTS	56
Creamy Rice-Pineapple Dessert	56
Creamy Pumpkin Custard	56
Plain Custard	57
Pie Crust	57
Victory Icing	58
Fresh Strawberry Pie	58
Molasses-Raisin Cookies	58
Yummy Raisin Pie.	59
Cream Cheese Topping.	59
Rice and Apple Pudding	60
Rice-Custard Pudding.	60
Cinnamon-Coconut Bars.	61
Apple Cake	62
Molasses-Date Cupcakes	62
PARTY CONFECTIONS	64
Carob Candy	64
Date Treats	64
Fruit Candy	64
Carob-Nut Candy	64
BREAKFAST SUGGESTIONS	65

DEDICATION

This book is dedicated to the two people who gave so much of themselves to bring the Coptic teaching to us:

To Master Hamid Bey, by whom I was first introduced into Coptic, and whose friendship and lessons over the years have been a constant source of inspiration, knowledge and encouragement.

To Master Kurt Stanley, whose loving guidance, counseling, instruction and understanding were my continued assistance in a long climb to better health and a fuller life . . . spiritually, mentally, physically and emotionally. I feel that his special instruction in diet and nutrition, taking us step by step into a more natural way of good body chemistry, was a large contributing factor in that climb.

He taught us to obey the "law of the flesh" as well as the Law of the Spirit.

In loving memory and grateful appreciation to these two wonderful Souls, I am sharing some of the things that have helped me. I pray that you also reap benefits.

*Love and Blessings,
Neva Hite*

Psalm 92:1

“It is a good thing to give thanks unto the Lord”

MEALTIME BLESSING

Heavenly Father, we thank Thee for this food. Vibrate in us that degree of Cosmic Energy which will transform this substance into a perfect physical body and create the highest mental and Spiritual expression.

This we ask in the name of the Christ.

Amen

RECIPE FOR HAPPINESS

Take 365 days - trim off all the old memories of hate and discord. Wash thoroughly and soak in plenty of love and courage.

Cook only one day at a time. Be sure the fire is hot with enthusiasm, and your kettle is bright with hope.

Season each kettleful generously with kindness, tolerance, patience, good humor and love.

Add a good measure of sincerity and willingness. Serve with smiles, praise and joy.

Doesn't that sound "delicious"? Try it! It is very filling.

To a recipe for speeches - add shortening.

To a recipe for marriage - add sweetening.

SPOONSFULL OF WIT AND WISDOM

A true friend knows you as you are, understands where you've been, accepts what you are striving to become, gently invites you to grow, and is still your friend.

* * * * *

"Don't waste \$10.00 worth of energy on a 10¢ irritation"—
Hamid Bey

* * * * *

Master Stanley—"Do you pray?—You should"

* * * * *

I walk with God
He knows the way
He holds my hand
I cannot stray.

* * * * *

Psalm 91:1

He that dwelleth in the secret place of the most High, shall abide under the shadow of the Almighty.

* * * * *

Master Stanley—"God has given us a precious gift, beautifully wrapped, and we have never yet unwrapped it"

* * * * *

From "The Aquarian Gospel" by Levi—"All things are thought; all life is thought activity Lo, God is Thought
and Thought is God"

* * * * *

I John 4:8

“God is Love”

* * * * *

Hamid Bey—“A violinist playing on only one string thinks he has found what other violinists are looking for”

* * * * *

What you are speaks so loudly, I can't hear what you are saying.

* * * * *

The mother of virtue had a difficult labor.

* * * * *

To love is to be non-judgemental.

* * * * *

Master Stanley—“Love dwells in the heart, God is in the beat of the heart.”

* * * * *

Hamid Bey—“Force is evil, Power comes from love and is capable of all.”

* * * * *

Do not count your time so closely that if you happen to stub your toe, you will be late.

* * * * *

Emerson—"The creation of a thousand forests is in one acorn"

* * * * *

So if you are feeling discouraged, down hearted and blue
Don't forget the mighty oak was once a nut like you.

* * * * *

Time wounds all heels.

* * * * *

Sometimes society is shocked by the use of common sense.

PREFACE

If you seek to follow a perfect or near perfect diet, then it is quite simple, and there would be little need for a recipe book.

For the best choices in food, we suggest using foods in as near the natural state as possible—fruits fresh, raw and unsweetened; vegetables fresh and raw, or in some cases lightly cooked; raw nuts, whole grains, and leaving out meats, fish, dairy foods, refined sugars and starches, all processed foods and salt.

This book is designed to provide healthful menus as well as tasty and interesting menus.

We as Coptics worship in the Spirit of Truth, and we recognize that we still live in our likes and dislikes, to a certain degree. Also, in some cases, the life style does not permit totally wise choices in food.

Ben Franklin expressed the opinion that even though it may not be possible to attain perfection in this lifetime, the striving for it is necessary and good.

We feel this book will afford you many tasty dishes, guidelines to nutrition and natural food menus.

We, as Coptics, understand why we should not eat meat, so no meat recipes are listed. There are recipes using some of the ocean fishes, for those who want to eat fish, and very good vegetable protein dishes.

You will find some things included in a few recipes that are not totally acceptable in a natural food diet, such as cream cheese, for example. And we know it is best to use fresh fruits in various combinations without the addition of sugar or gelatin. But these are compromises to put variety in the diet—variety that is fun, tasty and nourishing.

Once you develop a taste for the natural foods—whole grains and whole grain products—fresh raw fruits and vegetables and nuts—and this book is designed to help you do just that—you will no longer enjoy over cooked foods, processed foods, sugar, salt, meats, etc.

As a result you will enjoy better health!

Even some so called "health foods" are highly processed. Some of the soy bean products that are made to taste like meat

are a texturized protein product that has gone through a process similar to the production of rayon and nylon.

Anyway, if you eat those foods that taste like meat, you are clinging to the desire for meat and are not intellectually accepting the reasons for not eating meat. The carnal desire for it remains.

Allow your Soul desires to guide you.

This book is for you.

So if your taste requires more salt in the lightly salted dishes, more or less lemon juice in the salad dressings and in some cases, the addition of honey to salad dressings or a seasoning salt, please make the alteration.

If you wish to **add or omit** onion, green pepper, herb seasonings, garlic, etc. to some of the recipes, please do so.

Where I have indicated the use of a vegetable soup base, you may choose to use a seasoning salt instead in some of the recipes.

I use Barth's various vegetable soup bases, which contain no salt, yet add a salty taste. There are other good brands as well.

In any case, we want the results to be pleasing to you.

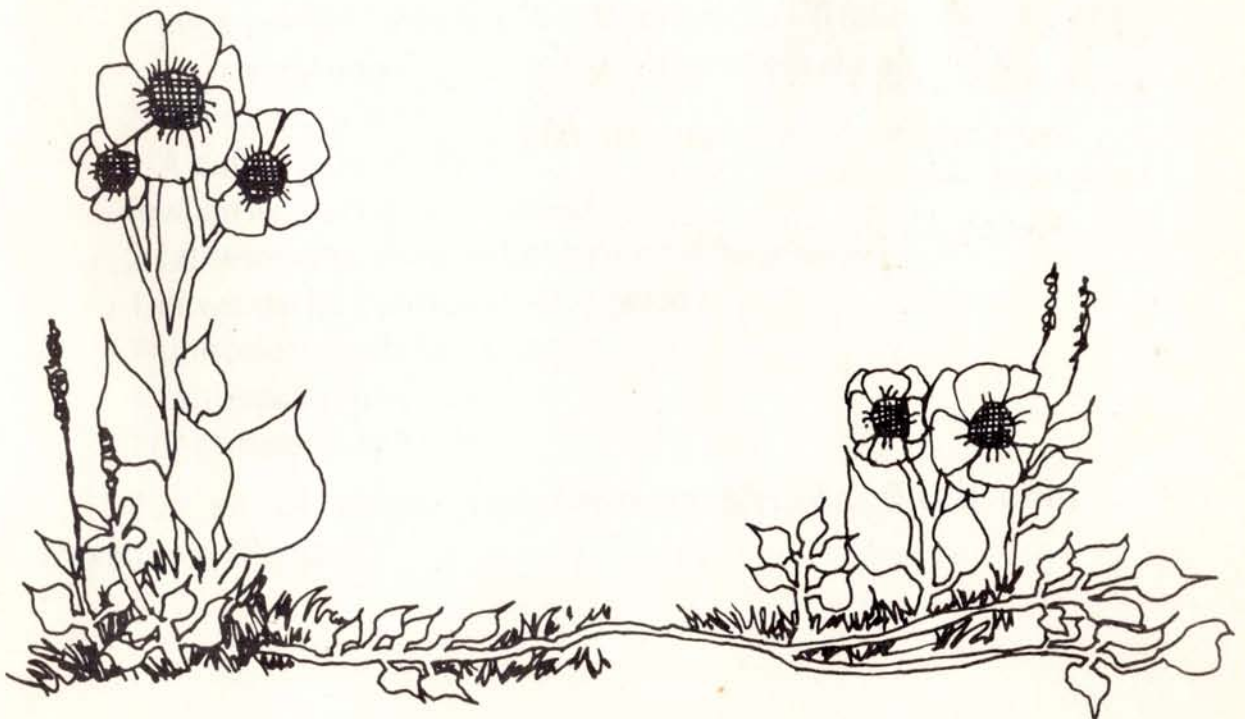
Because most of us have a sweet tooth, several dessert recipes are listed. Honey is used, and most of them are not very sweet—yet very tasty. They contain nourishing ingredients and are a good compliment to your meal.

We assume that you know the basics of cooking and food preparation, and that you will use your own imagination to adjust recipes according to your taste preferences.

So—put on a clean apron; take a bowl and spoon from the cupboard and get busy!

Happy-Healthful Eating!

Miscellaneous



SOY MILK

1/2 cup Soy Powder
2 cups water

Place water in top of double boiler. Slowly stir in soy powder. Let set for about 1/2 hour. Then cook over boiling water for about 45 minutes.

Blend at a high speed for 3 or 4 minutes. This makes it smooth.

Cool and refrigerate. It will keep well in the refrigerator for three or four days.

Use in most recipes just as you would use regular cow's milk.

BASIC CREAM SAUCE

2 cups soy milk—(preceding recipe)
2 tablespoons butter
3 tablespoons whole wheat flour
1/2 teaspoon season salt

Melt butter in saucepan. Stir in flour and salt. Slowly stir in soy milk, continue to stir and cook over low heat until boiled and thickened. Use in recipes calling for white sauce. Keep refrigerated if not using immediately.

PIZZA SURPRISE

3 cups cooked brown rice

2 eggs—beaten

1/2 cup grated cheese

Combine rice, eggs and cheese. Press firmly into a 12" pizza pan or two 9" pie pans, spreading evenly. Bake at 400° for 15 to 20 minutes.

Make following sauce:

2 cups tomato sauce—(prepared sauce or use recipe in this book)

1/2 teaspoon oregano

1/2 teaspoon basil

1/2 teaspoon garlic salt or 1 small clove of fresh garlic—
chopped fine

Combine all ingredients and spread evenly over rice crust.

Over tomato sauce, spread evenly:

1 cup grated cheese—cheddar or mozzarella

2 tablespoons grated parmesan cheese

Bake 10 minutes longer—400°. Cut in wedges—serve hot.

You will be surprised. You will like it!

TOMATO SAUCE

4 cups peeled, chopped fresh tomatoes—(Italian plum tomato is very good for this, but others will do all right)

2 tablespoons green pepper

1/4 cup chopped onion

few sprigs parsley—chopped

2 tablespoons chopped celery or celery leaves

1 clove garlic (optional—but good)

1 teaspoon fresh hot pepper

1 tablespoon olive oil

1/2 teaspoon sea salt

Put all of above ingredients in blender. Blend until well mixed and blended.

Pour into sauce pan—add one bay leaf—and slowly simmer—stirring often, until desired thickness is obtained.

Remove bay leaf. Add 1/2 teaspoon basil and 1/2 teaspoon oregano.

Use in any recipe calling for tomato sauce.

Can be frozen for later use.

TOASTED OPEN-FACE SANDWICH

1 medium cucumber

2 cups shredded cheese—(if possible use a cheese with no preservatives or chemicals added)

2 tablespoons minced onion

1/2 cup yogurt

1/4 teaspoon oregano (optional—but good)

6 slices of whole wheat or other whole grain bread

6 tomato slices

Peel cucumber thinly. Remove large seeds and chop fine. Mix with cheese, onion, yogurt and oregano.

Lightly toast both sides of bread. Spread butter on one side. Place a tomato slice on each slice. Top with 1/4 cup cheese mixture. Spread out to near edge of bread. Place under broiler until cheese is melted. Serve hot.

SAUERKRAUT

Pick the hottest week of the summer to make sauerkraut—but don't let that stop you from reading on!

Have ready—sterilized quart glass canning jars; zinc lids and rubber jar rings—also sterilized.

Select quite solid heads of cabbage.

Trim and wash.

Using regular slaw cutter, shred cabbage.

Pack cut cabbage in the jars. (If, by chance, you sliced the end of a finger—don't worry about it—the finger will heal, and the kraut will be O.K. too).

Pack as tightly as you can with a spoon, but not extremely tight. Fill and seal one jar at a time until you are familiar with procedure.

Fill jar to within about **one inch** of the top with cabbage. Add 1 teaspoon sea salt. Pour **boiling** water over cabbage to cover it, run a table knife along inside sides of jar and up and down through the cabbage until it appears that **all** air bubbles are out. You may then need to add more boiling water to fill enough to cover cabbage. But leave about 1/2" to 1 inch space at top.

Put lid on and seal immediately. Turn until lid is on **tightly**, but do not exert a lot of pressure so that lid is on extremely tight.

Now, in order for it to "work" or ferment, it needs to be kept at a temperature averaging about 80° or **more**, for a week or ten days.

An outside building—garage or whatever, that gets the sun and holds the heat is good. An outside building is good for another reason—if it "works" properly it will "ooze" out around the lids a little and have an unpleasant smell. The lids may even bulge on top a little. (I have never had a can explode.)

At the end of the time, when it seems to have stopped fermenting, store in cool dark place. Or refrigerate until cool weather.

This usually makes very delicious sauerkraut. If it hasn't showed signs of fermenting, it probably isn't good. It should be white when finished, but maybe not always so.

It may sound complicated, but it really isn't. Once in a while a jar won't do what it is supposed to do—and I never know why!

But aren't many life experiences life that! If at first you don't succeed—try again!

WHOLE GRAIN CEREAL

1/4 cup whole wheat kernels

1/4 cup whole rye kernels

1/4 cup whole barley

1/4 cup whole oat kernels

4 cups boiling water

Grind grains in blender to rather fine consistency—or coarse to medium fine, if you desire.

Place in top part of double boiler—slowly stir in just enough warm water to make a thin paste. Then slowly stir in boiling water—stir for a few minutes—off and on—cover and let set overnight or until cooled.

Then **reheat** in double boiler over boiling water, and cook for about 1/2 hour, or until grain is tender. If ground fine, it may not need any further cooking—just reheating.

Serve with “plumped” raisins or any combination of soaked, dried fruits. (See following directions for preparing dried fruits.)

This whole grain cereal is also delicious added to any vegetable soup—lentil soup, split pea soup, bean soup or even freshly cooked green peas.

Served along with a green salad, it makes a complete protein meal—rich in minerals and vitamins.

AND VERY TASTY!

To the four grains listed above, you may also add buckwheat, brown rice or some other whole grain (except corn—it doesn't tenderize well). But be sure to increase the amount of boiling water accordingly.

To Prepare Dried Fruit—

Raisins, figs, apricots, prunes, etc. Use only un-sulfured dried fruit—and organically grown if possible.

Rinse fruit—place in jar or bowl and cover with boiling water. Apricots seem to absorb more water than most fruits so cover generously with the boiling water.

Cover and let set until cool. Refrigerate. Do not cook.

RICE STUFFING

Combine 3/4 cups uncooked brown rice
2 1/2 cups water

Cook rice until tender. Rice is very easily cooked in a double boiler.

Stir into cooked rice:

1 beaten egg

1/8 teaspoon ground sage

about 1/4 cup vegetable soup base (the brand of your choice)

1 small onion—chopped

1/2 cup finely diced celery

Mix well.

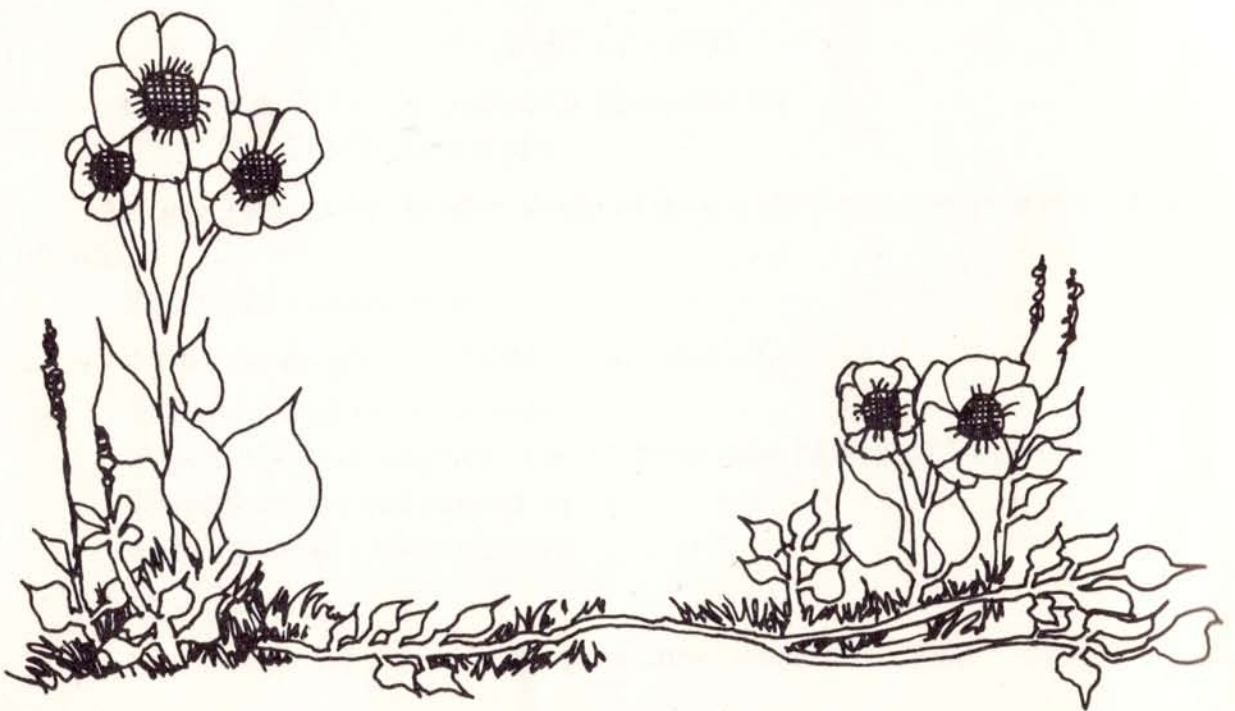
Use in any way you would use any bread stuffing.

It is good as a stuffing for whole fish—to bake. Also can be used as a compliment to tuna or salmon loaf.

Very nourishing and tasty.

See "Salmon with Rice Stuffing" elsewhere in this book.

Soups





NAVY BEAN SOUP

For those fasting days

1 gallon water
1/2 tsp. sea salt
1 navy bean

Soak the bean overnight in the water. Boil til bean is tender. Add the salt.

If too rich, remove the bean, and serve.
AND SMILE AWHILE!



Proverbs 17:22

“A merry heart doeth good like a medicine”

VEGETABLE SOUP

3 quarts boiling water
1 to 2 tsp. sea salt if desired
2 cups diced raw potatoes
2 cups diced onions
2 cups diced carrots
2 cups diced green beans

Simmer covered only until vegetables are tender, but not soft.

Add:

2 cups cooked navy beans or cooked pinto beans
2 cups cooked whole barley

Simmer slowly for about 15 minutes.

Whirl in blender until smooth the following:

(This is the secret of the delightful taste treat of this soup)

3 large ripe tomatoes, peeled
1 or 2 cloves of garlic
1/4 cup chopped fresh basil leaves or 1 tbs. dried basil
1/3 cup olive oil

Add cooked vegetables and simmer about 1 minute. Just before serving stir in 3 tbs. chopped fresh parsley.

LENTIL SOUP

2 cups dry lentils
5 cups water
1/2 cup dry barley

Soak lentils and barley overnight in the water.

Add 1 bay leaf, bring to boil and simmer until tender—approximately 2 hours. Or this can be cooked in the top of a double boiler—over boiling water.

In 1/4 cup olive oil, saute: 1 medium onion, chopped fine and 1 stalk celery, chopped fine. Add to lentils.

Grate or shred fine—one medium carrot. Add to lentils along with:

1 clove garlic—chopped fine (optional)
1 cup cooked tomatoes
Few sprigs parsley—chopped
1/4 tsp. oregano

Vegetable soup base or vegetable seasoning salt to suit your taste

Heat entire mixture to boiling point—remove bay leaf—cover and remove from burner.

Serve hot, along with a large raw vegetable salad.

This makes a good protein meal and furnishes plenty of vitamins and minerals.

Tasty Too!

“RAW” VEGETABLE SOUP

Let your imagination go to work! You can have as many different taste delights with this soup as you can imagine combinations.

The secret is to grate or shred the raw vegetables very fine, and to have a boiling hot “broth” made from a good soup base—a non-meat soup base, of course.

For example:

Raw carrots, celery, onion, cabbage, spinach, green pepper and some potatoes.

Shred very fine, or grate carrots, potatoes and cabbage. Chop very fine the celery, onion, spinach and green pepper.

Make a broth—about twice the amount of vegetables—from a vegetable soup base. Bring to a boiling point and add vegetables. Stir and heat to near boiling—but do not let it boil. Serve immediately.

For an added taste treat, and for further nutritional value, add cooked beans of any kind and/or cooked grain, such as barley or the cereal combination listed in this book.

Any combination of raw vegetables may be used—also small pieces of raw tomato, minced garlic and perhaps a dash of oregano add a different and pleasing flavor.

Make the soup “soupy” or thick, whichever pleases you best.

Interesting and delightful!

SPLIT PEA SOUP

1 cup dry green split peas
4 cups water

Soak peas overnight. Cook til soft. If you like a very smooth pea soup, blend and return to cooking pan.

Add:

1/4 cup finely diced celery and 1 tbs. minced onion which
have been pauted in 1 tbs. olive oil
1 small carrot—shred fine
1 tbs. finely chopped green pepper (optional)
1/2 cup cooked barley or a combination of cooked grains
Approximately 1/4 cup soup base, or enough to season the
soup well

Heat and serve.

This will make a nice thick soup. If you like it not so thick, add more water—and seasoning.

A hearty, delicious wintertime soup.

POTATO SOUP

Use the following ingredients in whatever amounts that serve your needs and tastes. Approximate amounts are suggested:

Diced baked potatoes — 3 cups
Diced celery — 1/2 cup

Chopped onion – 1/4 to 1/2 cup

Butter – 1 tbs.

Water – 4 cups

Sea salt, vegetable seasoning or vegetable soup base to suit
taste

Condensed milk – 1/8 to 1/4 cup

Saute onion and celery in the butter til tender. Combine
with diced potatoes, water and seasoning.

Heat to boiling point. The flavor improves if this is allowed
to set for awhile, or even refrigerated and reheated when ready
to serve.

When ready to serve, heat to the boiling point—do not
boil—slowly stir in the condensed milk.

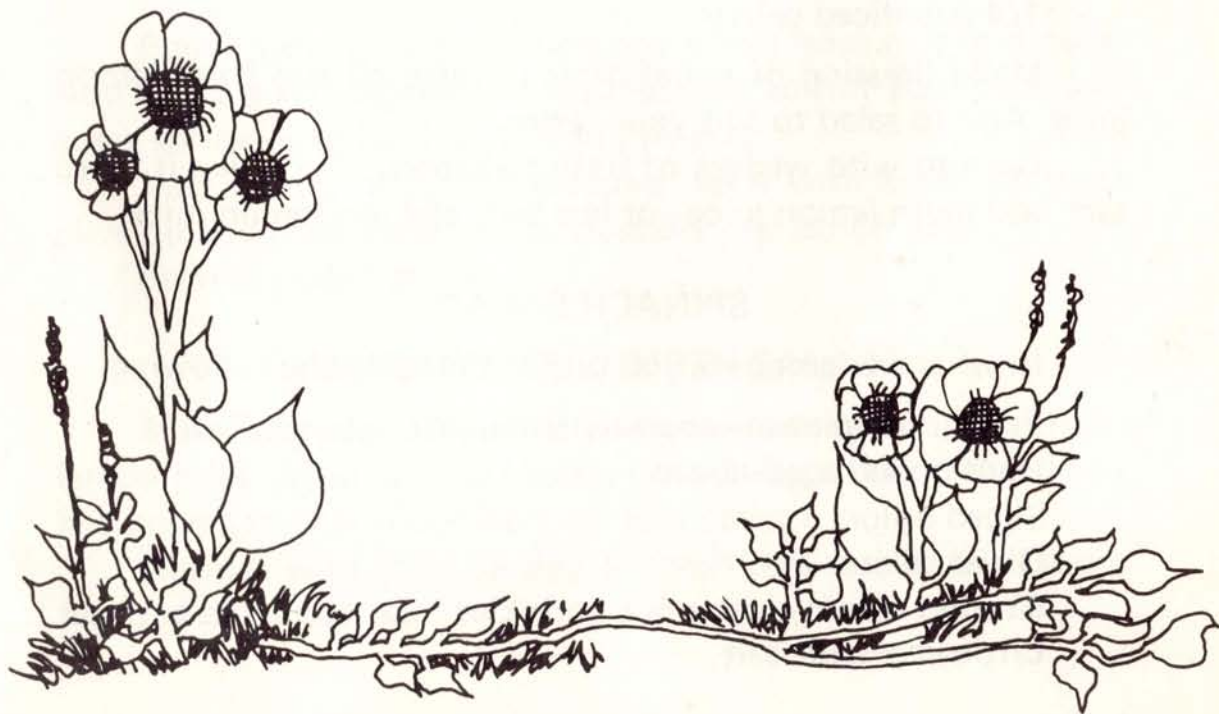
Serve immediately.

CORN CHOWDER

Use preceeding recipe for potato soup, substituting about
1 cup sweet corn (freshly cut from the cob or frozen corn) for
1 cup of potatoes.

Adjust amount of liquid to your liking.

Salads



CARROT SALAD

- 1 1/2 cups canned or heated pineapple juice (gelatin will not set in fresh pineapple)
- 1 envelope unflavored gelatin
- 1/2 cup crushed pineapple—well drained
- 1 tsp. fresh lemon juice
- 1 cup finely shredded carrot—or more
- 2 tsp. honey—optional—honey not really needed

Put gelatin in 1/2 cup of the pineapple juice. Set in boiling or near boiling water til gelatin is dissolved. Stir slowly into remaining pineapple juice.

Add pineapple and shredded carrot.

Pour into your choice of mold.

If you like, 1/4 to 1/2 cup fine, unsweetened coconut can be sprinkled on top. Finely ground almonds also can be used.

Refrigerate until set.

Variation: Soak 1/4 cup seedless raisins in 1/2 cup boiling water. When cool and plump, add to carrot salad. But if you also use the liquid, decrease the pineapple juice accordingly.

CARROT—ZUCCHINI SALAD

- 1 cup shredded raw carrot
- 1 cup shredded raw zucchini
- 1 small onion—diced—or small clove of garlic
- 1/4 cup diced celery

Make dressing of equal parts of olive oil and fresh lemon juice. Add to salad to suit your tastes.

Garnish with wedges of fresh tomatoes. If you like it more tart, add more lemon juice—or less tart, add less lemon juice.

SPINACH SALAD

In whatever amounts you prefer, combine the following:

- Fresh raw spinach—coarsely chopped
- Hard boiled eggs—diced
- Sliced onion
- Diced celery
- Ground cumin—just a few sprinkles
- Little vegetable salt

Toss with olive oil—lemon juice dressing as described. (Equal parts olive oil and lemon juice).

RAW ZUCCHINI SALAD

- 3 zucchini—approximately 7" long—sliced thin, with peel on
- 10 radishes (approximately) sliced
- 2 tomatoes—cut in thin wedges
- 4 green onions—chopped—green tops included
- 1/3 cup olive oil
- 3 tbs. fresh lemon juice
- 1/2 tsp. dry oregano
- 1 tbs. chopped (fresh) parsley
- 1 clove garlic—crushed (optional)

Combine vegetables in a bowl. Blend (in blender) all dressing ingredients. Pour over vegetables and stir.

Refrigerate several hours. Serve in bed of lettuce and garnish with parsley.

Hints: Try adding diced raw zucchini to your favorite potato salad.

If you have problems digesting raw cucumbers, try substituting raw zucchini in fresh cucumber salads.

ONION—TOMATO SALAD

Equal parts of sliced onion and sliced fresh ripe tomatoes. Add diced green pepper and fresh parsley to suit your taste and a few sprinkles of basil, cumin and thyme.

Toss gently with the dressing made with equal parts of olive oil and fresh lemon juice; possibly less lemon juice.

Serve on salad greens.

AVOCADO—CUCUMBER SALAD

Mash avocado, mix with the equal parts olive oil and fresh lemon juice dressing. Add diced onion and stir it into sliced raw cucumbers so that cucumbers are well coated.

Garnish with little parsley or fresh ripe tomatoes or just a few dashes of paprika.

FAVORITE ONION "SALAD"

Use large, sweet onions if possible.

Slice onions very thin.

Mix equal parts of fresh lemon juice and olive oil—enough to completely cover the onions. Pour over sliced onions, cover tightly and refrigerate. Before serving, stir well.

This is a good addition to most any raw vegetable salad. Also a very tasty accompaniment to baked potatoes and salmon or tuna loaf.

Note: Hamid Bey has said that equal parts of lemon juice and olive oil help to stimulate proper functioning of glands. Master Stanley said that the above onion—lemon juice—olive oil combination served to strengthen heart muscles.

APPLE—CRANBERRY SALAD

1 3/4 cup bottled cranberry juice

1 envelope unflavored gelatin (Knox or other)

Soften gelatin in 1/4 cup of the juice, using heat-proof cup. Set in little boiling water until gelatin is dissolved.

Stir in remaining juice. Cool.

Add:

1 large or 2 small oranges—diced

2 large apples (Red Delicious apples are nice for this) diced

1/4 cup chopped nuts—your choice—almonds—pecans—walnuts—or a combination

Chill til set.

EASY CARROT SALAD

Combine following ingredients in whatever proportions suit your tastes:

Finely shredded carrots—approximately 2 cups

Crushed, unsweetened pineapple—approximately 1/2 cup

Soaked raisins—approximately 1/3 cup

Little fresh lemon juice—approximately 1 tsp.

Mix well and chill. This makes a nice accompaniment to any of the bean dishes.

OVERNIGHT VEGETABLE SALAD

- 1 lb. fresh spinach—wash, drain and spread on dish towel to further dry
- 1/4 head of lettuce—wash and dry same as spinach
- 1 cup diced celery
- 1 small onion—sliced
- 4 hard cooked eggs
- 4 oz. cheese—shredded (use a good organically produced cheese if possible)
- 1 1/2 cup fresh peas that have been tenderized by boiling for 1/2 to 1 minute, and cooled or a pkg. frozen peas—as is—rinsed and well drained.
- 1 cup mayonaise (Marzetti Blendaise or your favorite health food mayonaise)
- 1 tbs. fresh lemon juice

In large salad bowl—or flat bottom casserole, layer above ingredients as follows:

- head lettuce—torn to bite size pieces
- spinach—coarsely cut-up
- onion
- celery
- hard cooked eggs—sliced
- peas
- mayonaise—lightly spread over top of all—mixing in the lemon juice as you spread.
- Top with shredded cheese.
- Garnish with chopped parsley an/or paprika.
- Cover tightly—refrigerate for 24 hours.
- Serve as is.

PINEAPPLE—BANANA SALAD

- 1 3/4 cup canned, unsweetened pineapple juice
- 1 envelope unflavored gelatin

Dissolve gelatin in 1/4 cup of the juice (in heat-proof cup) by setting in boiling water.

Stir slowly into remaining juice. (Fresh, raw pineapple or pineapple juice will not set gelatin so it must be heated)

Add:

1 cup crushed, unsweetened pineapple—**well drained**

2 bananas—ripened to brown fleck stage—sliced

Top with chopped raw almonds.

Chill til set.

To replace sweetened, artificially flavored and colored gelatins for any fruit salads, use 1 3/4 to 1 cup of any fruit juice and an unflavored gelatin. Soften gelatin in part of the juice, dissolve by setting cup of softened gelatin in boiling water and stir into remainder of room temperature juice. Add fruit and chill.

HOT TUNA SALAD

1-6 1/2 oz. can tuna—preferably water-packed

2 hard cooked eggs—diced

1/4 cup diced celery

1 tbs. diced onion

About 10 sliced black olives (optional)

1 to 2 tbs. fresh lemon juice

1 tbs. olive oil—if water-packed tuna is used

1 tbs. mayonaise—your choice

little chopped parsley

Drain tuna well; cut into quite small pieces.

Add remaining ingredients and toss lightly.

Place in casserole; top with about 1/4 cup shredded white cheddar cheese (produced naturally—no preservatives etc. if possible),

Bake in 350° oven **only** til hot and “bubbly”.

Garnish with fresh parsley and serve immediately.

Served with baked potato and a large raw green vegetable salad, this makes a very hearty and nourishing meal. And satisfying.

P.S. An equal amount of shrimp or crab meat may be substituted for the tuna in this salad.

TUNA SALAD

- 1-6 1/2 oz. can tuna—water-packed preferred
- 2 hard cooked eggs—chopped
- 1/4 cup diced celery
- 1 tbs. diced onion
- 1 small clove fresh garlic—chopped fine (optional)
- 1 to 2 tbs. fresh lemon juice
- 1 tbs. olive oil—if water-packed tuna is used
- 1 tbs. finely cut parsley

Drain tuna—cut in small pieces. Toss lightly with remaining ingredients. Serve on generous helping of salad greens.

or

Stuff whole green peppers and serve with fresh tomato garnish.

or

Pile on large thick slices of fresh tomato.

Serve with steamed green beans or a baked potato—or served alone makes a hearty lunch.

KRAUT SALAD

Approximately 1 1/2 cup saurkraut—a good health food variety or make your own (recipe elsewhere in this book)

- 1 cup (more if you like) fresh bean sprouts
- 2/3 cup diced celery
- 1/4 cup diced green peppers
- 1 tbs. finely cut parsley
- 1/3 cup sliced onion
- 1/4 tsp. celery seed
- 1/8 tsp. ground cumin (optional)
- Dash of sweet basil
- 1/8 to 1/4 cup fresh lemon juice and 1/4 cup olive oil

Combine all ingredients, mix well and refrigerate at least 24 hours.

Garnish with fresh, raw tomato wedges (if available) and serve.

RAW VEGETABLE SALAD

At least one meal a day should consist largely of a big, raw vegetable salad.

Start with any combination of the various salad greens:

Lettuce—dark green varieties are best. Red leaf lettuce is also good, and colorful

Kale

Spinach

Endive

Mustard—in small amounts

Parsley

Beet tops—when very tender

Add any or all of the following:

Radishes

Carrots

Raw potatoes (yes, raw potatoes!)—but grate them into a little lemon juice and olive oil—to prevent darkening—stir well

Raw red beet—grated fine

Celery

Raw Jerusalem artichokes (treat as raw potatoes)

Raw onion and/or

Raw garlic—use either or both as much as possible in any salad

Raw parsnips

Cauliflower

Cabbage—red or green

Cucumbers—in season

Raw sweet potatoes or yams (they add a nice flavor) —grate fine

Raw green peas or green beans

Or any other vegetable that is raw, available and to your liking—not forgetting good ol' raw zucchini

Cut, slice grate, shred or break vegetables—whatever you choose.

Toss lightly—or layer in bowl, with a dressing of equal parts fresh lemon juice and olive oil, or your own favorite dressing.

Add a few dashes of Kelp or a little salad seasoning if you like.

Now add your imagination!

To make a total, hearty meal-in-one, add well-drained red kidney beans—or a few cooked green lima beans—or slices of hard cooked egg—or chunks of tuna or cheese. Or, best of all—serve it with ground raw almonds—or chopped or whole raw almonds.

A perfect balanced protein meal.

Or serve with baked fish—a baked potato or baked squash—or other steamed vegetables.

Very Tasty—Very Nourishing—YUMMY!

RED BEET—ONION SALAD

Use young, tender raw red beets.

Peel off tough outer skin. Slice very thin.

Combine with an equal amount of thinly sliced raw onion.

Make the dressing of equal amounts of fresh lemon juice and olive oil. Mix with beets and onion—press down so dressing covers the vegetables. Cover and refrigerate about 24 hours before serving.

This can be served with fish—very tasty—or baked potato—or spooned on top of a tossed green salad.

A new taste treat!

CUCUMBERS

Fresh cucumbers—in season (avoid using them out of season) are a delicacy.

Peel thinly—or if free of pesticides—use with skin on.

Slice them and add to the relish tray along with other raw vegetables.

Slice cucumbers and onions. Mix with a little yogurt or sour cream and a little fresh lemon juice. Fresh dill, dill seed, or a dash of ground cumin also add a nice flavor.

The dressing of equal parts fresh lemon juice and olive oil mixed with sliced cucumbers (and onions if you like—and I do) is a tasty way of serving them.

Dice cucumbers—mix with a **little** Marzetti slaw dressing—layer in large salad bowl or individual salad bowls with slices of

ripe tomato. Top with sprigs of parsley.

For a special company salad try:

CUCUMBER—CHEESE RING

1 envelope unsweetened gelatin

1/2 cup cold water

2 medium cucumbers, peeled very thinly, and grated,
scrape out any large seeds

2 cups small curd cottage cheese

1/2 cup yogurt

2 tbs. fresh lemon juice

About 1 tbs. chopped onion

2/3 cup finely cut celery

1/2 raw, green pepper diced—optional

Soften gelatin in cold water, in heat proof cup. Set in boiling water til gelatin is dissolved.

Put cottage cheese, yogurt and lemon juice in blender. Blend til smooth. Add gelatin, mix well. Add grated cucumber, onion, green pepper and celery.

Mix well **with spatula** and pour into oiled ring mold. Chill til set.

Unmold onto a bed of lettuce. Garnish with fresh tomato wedges.

Very Pretty! Very Tasty!

KIDNEY BEAN SALAD

1 15 oz. can of red kidney beans

1 hard cooked egg—sliced

1 tbs. finely cut parsley

1/4 cup diced celery

1/2 cup diced fresh cucumber or raw zucchini

1 tbs. chopped onion

1 tbs. chopped green pepper (optional)

2 or 3 tbs. fresh lemon juice

2 tbs. olive oil

Any of the following seasonings may be added if you like:

Fresh dill or dill seed

Ground cumin

Basil or fresh garlic and a little vegetable salt

Drain and rinse kidney beans—drain again. (If you cook your own, save the juice for soups)

Add remaining ingredients, mix and refrigerate til ready to serve.

GREEN PEA SALAD

Follow above recipe for kidney bean salad, substituting 2 cups green peas for kidney beans.

Add 1/3 cup blanched peanuts.

Mix well. Refrigerate til ready to serve.

RED BEET SALAD

Use preceding recipe for kidney bean salad, substituting 2 cups diced red beets that have been tenderized—but not cooked til soft.

Add 1 tsp. honey and possibly little more fresh lemon juice.

Mix well, chill in refrigerator til ready to serve.

To improve the flavor, refrigerate at least 24 hours.

APPLE SALAD

4 large or 6 small apples—Jonathan apples, or Jonathan and Red Delicious or any apples in season and available

1/3 cup finely diced celery

1/4 cup chopped nuts (more if you like)

1/3 cup grapes—halved and seeds removed

1/4 cup unsweetened pineapple juice—mixed well with 1 tbs. mayonaise (mayonaise optional)

Peel apples very thinly and dice.

Add remaining ingredients. Stir well and refrigerate til ready to serve.

ENDIVE SALAD

1 salad bowl of chopped, raw endive or approximately 2 qt.

1/4 cup olive oil

1 tbs. fresh lemon juice—more if you like it more tart

1 egg

1 small onion or one or two green onions—using green tops also—chopped

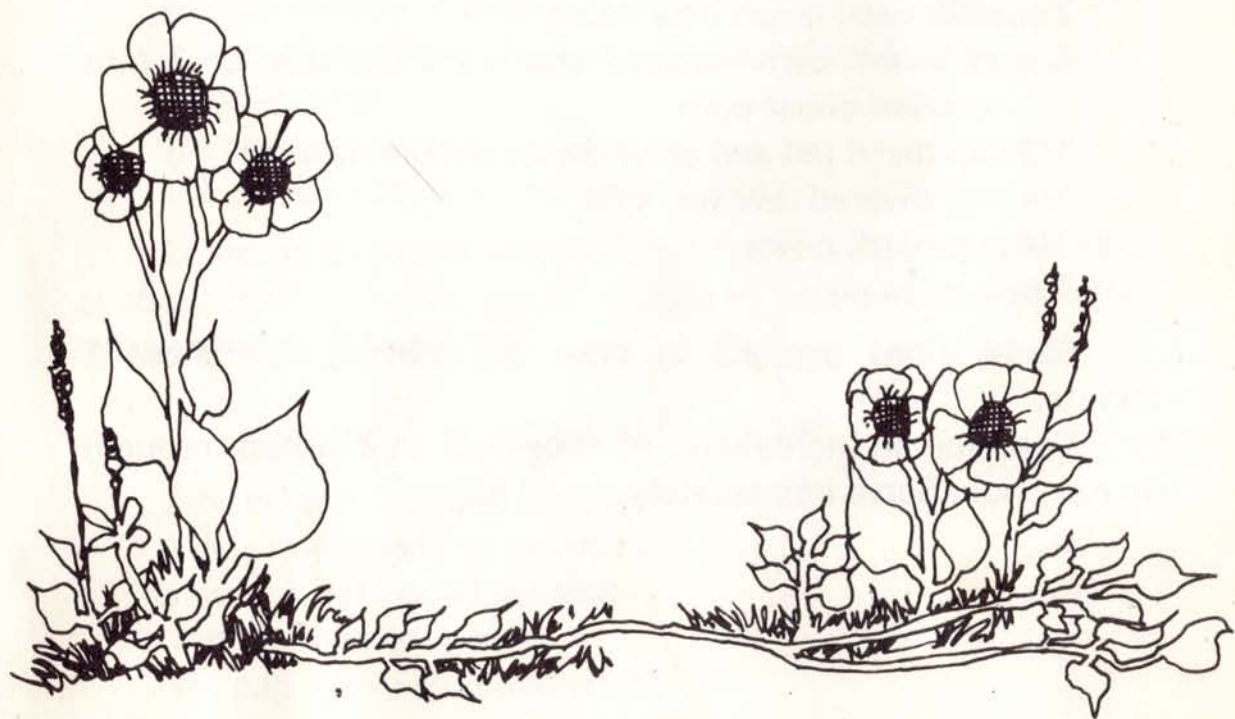
1/8 to 1/4 tsp. vegetable salt

In a large pan put the olive oil, lemon juice, egg and salt. Cook over low heat—stirring constantly until egg is cooked.

Stir in the endive and onion and continue stirring over low heat til endive is wilted a **little**, but not hot.

Return to salad bowl and serve immediately.

Vegetables and Casseroles



ITALIAN RICE AND BEANS

2 cups cooked kidney beans (or pinto beans)

4 cups cooked brown rice

In 3 tbs. olive oil (more if needed) saute:

1 large onion—diced

2 stalks celery—diced

1/2 green pepper—diced (optional)

Add:

2 or 3 large peeled tomatoes—chopped—or 1 1/2 to 2 cups
cooked tomatoes

1/4 tsp. oregano

About 1/4 cup of a good vegetable soup base (even an
unsalted soup base will usually take the place of salt,
but if salt is desired, add sparingly)

Drain the beans so only a little juice remains on them.

Mix all ingredients well, turn into an oiled casserole, top
with your favorite cheese. A mild cheddar adds a nice flavor
(cheese optional).

Bake in moderate oven only til hot and bubbling.

CONFETTI SUCCOTASH

2 cups cooked green lima beans

4 ears sweet corn—cooked and cut from cob—or 1 pint
cooked sweet corn

1/3 cup diced red and green sweet pepper, mixed

1/4 cup slivered raw almonds

1/4 cup black olives

1 tbs. olive oil

Saute diced peppers in olive oil, stirring, for about 1
minute.

Combine all ingredients. Heat only til well heated through,
do not cook. Serve immediately.

GREEN BEANS AND TUNA

Use the amounts of the following that best suit your needs and tastes:

Fresh green beans—cleaned, cut and steamed or tenderized.

Do not over cook— they should be tender but
"chewy"

Tuna—water packed is best—drained and cut in fine pieces

Sliced onion sauted in little olive oil

Sliced almonds

Soup base for seasoning

Mix, heat (do not cook it more) and serve immediately.
Or this can be prepared, put in casserole dish, refrigerated, then heat in oven just before serving.

For added nourishment—and a hearty meal-in-one—some cooked brown rice may also be added to this recipe.

ESCALLOPED CORN

In my opinion, corn is at its best fresh from the garden—steamed or tenderized a few minutes in boiling water OR eaten raw—as is—or mixed in salads—TRY IT! YOU'LL LIKE IT! Next best is fresh home frozen corn.

But for variety in your vegetarian menu, try escalloped corn.

Approximately 2 cups creamstyle corn—or fresh or frozen corn cut from the cob with its own juice

1 egg—beaten

1/4 cup wheat germ

1/4 cup shredded cheese—your choice of cheese

Combine all ingredients. Turn into oiled casserole and bake at about 300° until set or bubbling and slightly browned, approximately 30 minutes.

VEGETABLE PATTIES

2 cups raw shredded potato

1 cup raw shredded carrot

1 cup raw chopped spinach

1 medium onion—diced

1/4 cup finely chopped celery

Mushrooms
Shredded cheese

35

1 TSP SOY SAUCE

7 min ON

HORIZONTALLY
GRILL

GARLIC

4 tbs. soya flour

2 tbs. wheat germ

1 tsp. kelp or other vegetable salt + Pepper

3 eggs—beaten

Combine all ingredients and mix well. Drop patties of about 1/4 cup each into little cooking oil in frying pan and flatten slightly (olive oil preferred). Cook at medium heat, uncovered til browned. Turn and brown the other side. Serve at once.

As you can see, this will make several servings—so you may want to cut the recipe in half—or whatever meets your need.

In half a recipe, two small eggs or one large would probably do all right. You judge the consistency.

TUNA AND RICE CASSEROLE

And Variations

3 cups cooked brown rice (rice should be quite moist)

1-6 1/2 or 7 oz. can tuna—water-packed preferred

1 small onion—sliced (more onion if you like)

2 to 3 tbs. olive oil

1/2 cup diced celery

1 tbs. green pepper—optional if you don't care for green pepper

Drain tuna—chop in small pieces and combine with onion, celery, green pepper (if you included the green pepper) and olive oil. Cook, stirring constantly, until tuna is browned a little.

Mix with rice. Turn into casserole and bake at about 350° only til well heated and a little browned.

Variations—Sliced and browned mushrooms may also be added to this recipe.

or

Slivered raw almonds.

or

Your choice of any freshly tenderized chinese vegetables—or well drained canned chinese vegetables.

or

Tenderized fresh green peas—or frozen peas may even be

substituted for the tuna or added to.

or

A few tenderized green beans.

or

Whatever else sounds good to you.

Serve with a large, raw green vegetable salad and you have a very satisfying meal.

Delicious!

or

Stuff whole green peppers with any of these tuna—rice combinations, cover and bake until peppers are tender. Lay a thin piece of cheese over top of each pepper when ready to serve.

I'm hungry! How about you?

TUNA—ZUCCHINI

1-6 1/2 or 7 oz. can tuna—water-packed preferred

4 cups (packed in) raw zucchini sliced very thin (slice on slaw cutter)

2 tbs. olive oil, or butter

1 medium onion, sliced thin

Drain tuna, cut in small pieces. Put tuna, oil and onion in large frying pan. Cook, while stirring til lightly browned.

Distribute raw sliced zucchini over top of tuna mixture. Cover and cook on low heat for about 5 minutes. Stir and continue cooking **only** til all is well heated through and zucchini is tenderized, but not cooked soft.

Each ingredient compliments the other; it is a very tasty main dish.

POTATOES

Potatoes are very nutritious when properly prepared, one of the more easily digested starches, and not high in calories.

To get the most benefit from it, cut a raw, well scrubbed potato into your raw vegetable salad.

Most of the nutrients are just under the skin, so use the skin whenever possible.

However, baked or steamed potatoes (skin scrubbed well) are very healthful and make a nice compliment to most any vegetable meal—or fish meal.

To save time and energy—your's as well as that of the power company—when you bake potatoes, bake several more than needed for that one meal. When cooled they can be refrigerated and used later in potato soup (see soups in this book), potatoes in cheese sauce (recipe to follow) and are **delicious** is potato salad.

Frying potatoes is not a healthful way to serve them.

Adults would do better to eat more potatoes, properly prepared, and to eat less of the grain products. Children need both.

POTATOES IN CHEESE SAUCE

Approximately 2 1/2 cups sliced baked potatoes

1 1/2 to 2 cups basic cream sauce—recipe in this book

2/3 cup shredded cheese

Combine ingredients, mix well. Turn into buttered casserole. Sprinkle wheat germ over the top.

Bake in 350° oven only til bubbling—approximately 30 minutes. Cover to start cooking—uncover to allow top to brown in the last 5 to 10 minutes of baking.

If you do not want to heat up the oven, this could be heated in the top part of a double boiler, and served in warmed casserole. Sprinkle top with parsley flakes or paprika.

SPAGHETTI SQUASH

If you have not been introduced to spaghetti squash, you are missing a real taste treat and a good way to put variety in your meals.

To prepare squash for use in various ways:

Place squash in large container of boiling water. Boil for about 20 to 30 minutes, or til skin pops open. Remove from water, and when cool enough to handle, cut in half and scoop the insides out—discarding seeds. The meat of the squash can be picked apart easily, so that it is the consistency of spaghetti, except that it will be rather “crisp” and chewy, not soft.

It can be used in any way you use spaghetti.

Try the following:

KIDNEY BEAN AND SPAGHETTI CASSEROLE

2 cups kidney beans—drained well (or pinto beans)

2 cups spaghetti squash

2 cups cooked or fresh tomatoes

1/4 tsp. oregano

1/4 cup chopped onion

1/4 cup diced celery

1 tbs. chopped green pepper (optional)

2 tbs. olive oil

1/2 cup grated cheddar cheese—or other cheese of your choice

Combine onion, celery, green pepper in olive oil and cook over low heat for about one minute.

Add to remaining ingredients—except cheese—mix well and place in oiled baking dish.* Top with grated cheese.

Bake at about 300° only til well heated and a little browned.

*If it seems that it needs more moisture—add more tomatoes before turning into baking dish.

Serve this with a big raw vegetable salad and rice pudding—listed in this book—and you have a complete protein meal.

And Very Tasty!

In Salads—Try spaghetti squash in any of the salads that you might ordinarily use macaroni or spaghetti.

CORN—SOYBEAN CASSEROLE

1 cup dry green soy beans* see end of recipe
2 cups water

Rinse soybeans and soak in water overnight. Cook in top of double boiler—or on slow burner, for about 1 1/2 hours—possibly less if cooking on burner. Soybeans do not get soft, but tender and “chewy”.

Drain beans (save juice) and add to the beans:

1 cup fresh sweet corn, cut from cob, or 1 cup canned or frozen corn, drained

1 cup fresh, chopped tomatoes (or cooked tomatoes)

1 tsp honey

1/2 clove fresh garlic—chopped fine

1/4 tsp basil

1/4 cup wheat germ

1/4 cup juice drained from beans

Mix well and place in buttered casserole.

Over the top, sprinkle 1/4 to 1/3 cup of shredded cheese.

Bake at about 350° for about 30 minutes or til hot and “bubbly” and **slightly** browned.

*Canned green soybeans may be used—or yellow soybeans (canned or freshly cooked). Also fresh cooked or frozen green limas may be used.

When cooking your own save extra juice for soup stock.

VEGETARIAN CHILI

2 15 oz. cans red kidney beans (or pinto) or 2 1/2 cups home cooked beans

1 1/2 cup chopped raw tomato or cooked tomatoes

2 tbs. olive oil

1 small onion—chopped

1/4 cup diced celery

1 tbs. diced green pepper (optional)

1 tbs. chopped fresh parsley

1/4 tsp oregano

2 tsp soup base

1/8 cup soy granules

Drain beans. If you have cooked your own, save the juice for soup stock. In the olive oil, saute the onion, celery and green pepper (if you have used it).

Mix all ingredients together well. Simmer slowly for about 1/2 hour. Add more tomato if you need it.

If you like chili powder, add to suit your taste.

This can be prepared ahead and refrigerated. It is very good re-heated.

Serve with a carrot salad and possibly a rice dessert. This makes a very well balanced meal.

And SO GOOD!

BROCCOLI-GREEN LIMA CASSEROLE

2 cups broccoli—that has been steamed a little, but is still rather crisp

2 cups cooked green lima beans—drained

1 cup basic cream sauce—recipe in this book

1/2 cup chopped mushrooms—drained

1 tbs. chopped onion

1 tsp. soup base or about 1/4 tsp. vegetable seasoning salt

Mix all ingredients well and turn into buttered baking dish.

Sprinkle little wheat germ over the top and bake at 350° only til hot and bubbling—do not over bake.

GARLIC BROCCOLI

Approximately 3 cups steamed broccoli or 2 10 oz. pkg. frozen broccoli

1 small clove garlic

1/4 cup olive oil

2 tsp. lemon juice

1/3 cup sliced pitted ripe olives

1/4 cup chopped almonds

Crush garlic into the olive oil; add to hot broccoli. Stir in remaining ingredients and serve.

Really very tasty!

CRUNCHY GREEN BEANS

Approximately 2 lb. fresh green beans or 2 9 oz. pkg.
frozen green beans

1/2 cup diced celery

1/4 cup sliced onion

1/2 cup slivered or chopped almonds

2 tbs. olive oil

Approximately 1/4 cup vegetable soup base

Clean and cut green beans. Steam or tenderize til tender but not soft. Stir onion and celery into olive oil and cook—covered—for about 1 minute.

Combine all ingredients. Heat and serve.

BAKED BEANS

1 cup dry navy beans—rinse and soak overnight in-

2 cups water (beans cook tender much better in soft water than in hard water)

Cook til tender.

Place in blender—1 cup chopped fresh, peeled tomatoes, 1 stalk celery or a few celery leaves, 1/2 small onion, 1 tbs. chopped green or red pepper (pepper optional), 1/8 cup black-strap molasses (or dark unsulfured molasses), 1 tbs. honey, 1 tbs. lemon juice, 1/8 to 1/4 tsp. catsup spice.

Blend well. Add to cooked beans. Mix and turn into buttered casserole.

Bake at about 350° only til bubbling and to consistency to suit you. Do not let them bake down dry.

They will bake in a fairly short time, depending on depth of casserole.

Serve with a raw carrot salad and corn meal muffins (carrot salad and corn meal muffin recipes in this book)

This makes a balanced protein meal.

Good Eating!

VEGETABLE—RICE CASSEROLE

3 cups cooked brown rice

1/2 lb. fresh mushrooms—sliced, or 1 small can mushrooms—drained

1/2 cup chopped green onion (or other onion)

1/2 cup chopped celery

3/4 cup grated raw carrots

4 tbs. olive oil

2 cups tomato sauce (recipe in this book or use a prepared sauce)

1/4 tsp. sea salt (optional)

1/2 cup grated cheese

Saute mushrooms, onions and celery in olive oil til tender. Add to cooked rice. Stir in grated carrots, tomato sauce and salt. Mix well.

Turn into oiled casserole. Sprinkle grated cheese over top.

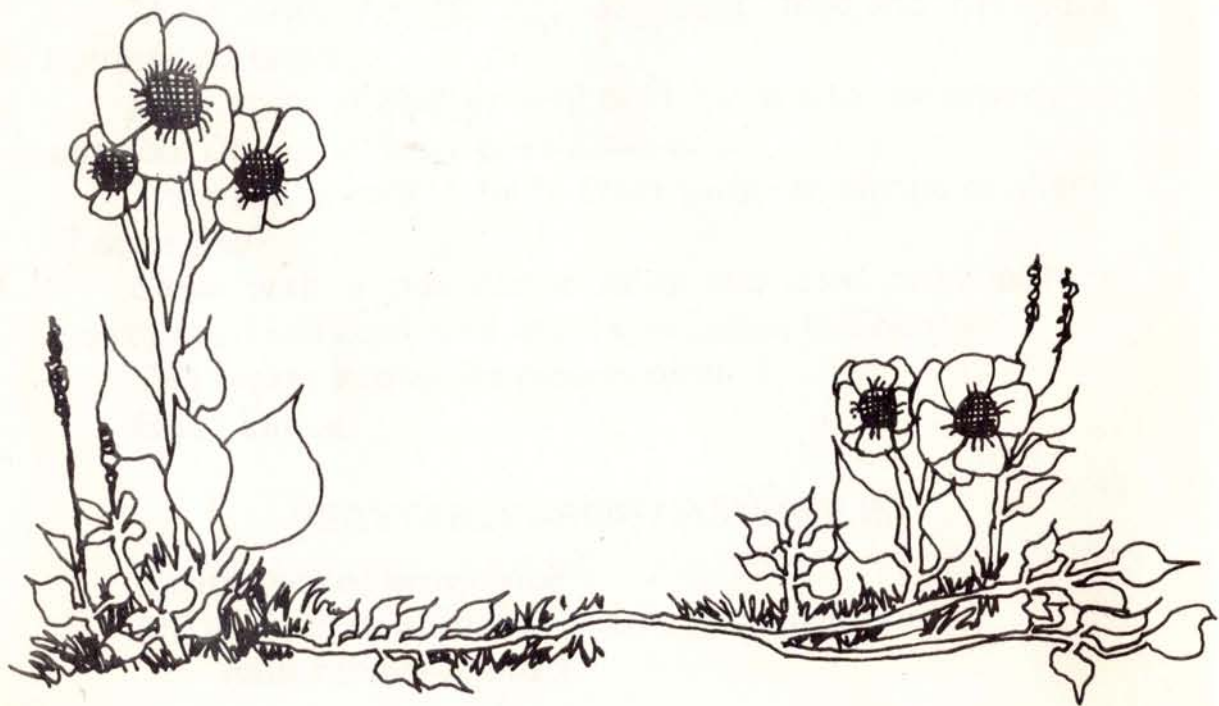
Bake at about 350° only til bubbling and lightly browned.*

Serve with a large raw vegetable salad; it makes a complete meal. Or a steamed green vegetable could be served also.

Baked custard for dessert would be a nice addition to the meal.

*If you would rather not use the oven, this can be heated in a large skillet—stirring constantly. Top with cheese and stir it in just before serving.

Breads and Muffins



Basically, it is best to stay with yeast breads, but muffins are a nice taste treat, and have wholesome ingredients, if so designed.

OAT-BRAN MUFFINS

Yield-12 muffins

- 2 tbs. olive oil or sesame oil
- 1/8 to 1/4 cup honey
- 1 egg—beaten til fluffy
- 1 cup sour milk (can be made by adding 2 tsp. lemon juice to 1 cup—less 2 tsp.—sweet milk)
- 1/2 cup whole wheat flour
- 1/2 cup oat flour (can be made by blending oatmeal)
- 1 cup natural all bran (put the all bran in the blender to reduce to finer texture if desired)
- 1/4 tsp. sea salt
- 3/4 tsp. baking powder
- 1/2 tsp. baking soda
- 1 tsp. cinnamon (optional)
- 1/2 cup raisins (optional)

Place sour milk in bowl, add soda and stir. Add oil, honey, beaten egg. Add flour, all bran, salt, baking powder, cinnamon and raisins which have been blended together. Stir gently, only enough to mix all ingredients. Place in greased muffin tins; bake at 375°, 15 to 20 minutes or til done.

CARROT-CORN MUFFINS

- 1 cup shredded raw carrots (about 2 large)
- 1 cup fine yellow corn meal or corn flour
- 1 cup whole wheat flour
- 1 cup milk
- 2 eggs—beaten til fluffy
- 2 tbs. olive oil or sesame oil
- 2 tsp. baking powder
- 1/4 tsp. salt (sea salt preferred)
- 1/4 tsp. salt (sea salt preferred)

Combine carrots and corn meal. Heat milk to boiling and add. Cool. Then add beaten eggs and oil. Mix together flour, baking powder and salt. Blend carefully into carrot mixture—stirring only enough to blend well.

Spoon into greased muffin tins and bake at 400° F. approximately 20 minutes, or til done.

Very Good.

EASY REFRIGERATOR ROLLS (Whole Wheat)

Yields approximately 24 rolls

Mix together in large bowl:

2 cups warm water

2 pkgs. dry yeast

1/3 cup honey

1/4 cup oil (olive—sesame or your favorite)

1 beaten egg

1/2 tsp. sea salt

When yeast is softened, add honey, oil, egg and salt and stir well.

With spoon, gradually stir in 3 cups whole wheat flour—stir well til quite smooth.

With hand work in about 3 or 3 1/2 cups more of whole wheat flour—using whatever makes the dough handle well, but not too stiff. (Different flours vary in consistency, so exact amounts cannot be stated) Work dough til all is well blended.

Place in oiled bowl (large), rub top with oil, cover with damp cloth and plastic. Refrigerate.

When ready to bake—within 24 to 48 hours—punch dough down—make into individual rolls, place in oiled cupcake tins—let rise in warm place about 1 or 1 1/2 hours or til double in bulk.

Bake at 400° about 12 to 15 minutes. Can also be made into small loaves for bread.

SESAME CRACKERS

1 cup whole wheat flour

1/2 tsp. baking powder

1/2 tsp. baking soda

1/4 tsp. sea salt

Mix above ingredients well. Add:

1/2 cup water

1 tbs. olive oil or sesame oil

Mix well and let stand 10 to 15 minutes. Roll out on floured 12" by 16" baking sheet.

Sprinkle sesame seeds over top of dough and roll to press seeds into dough.

Score deeply in 2" squares.

Prick each square through with fork.

Bake 20 to 25 minutes at 350° or til crisp and **lightly** browned.

WHOLE WHEAT BREAD

Read entire recipe before starting to mix.

1 pkg. dry yeast

1 cup water

1 tbs. honey

2 tbs. oil

1/2 tsp. salt

3 cups whole wheat flour (approximately)

Combine yeast, salt, honey and 1 cup of the flour in large bowl.

Add hot tap water and beat with electric mixer 2 minutes.

Add oil and blend with mixer.

Add 1 cup more of flour and continue beating with mixer until elastic or stir with a spoon.

Stir in some of remaining flour and knead 5 minutes or until smooth. Add flour as necessary to handle well.

Put in greased bowl, cover and refrigerate overnight.

When ready to bake, knead down again, form into loaf—or loaves and place in well oiled baking pan.

Let rise in warm place until double in bulk. Perhaps 1 hour—more or less.

Bake at 300° for about 50 minutes.

ALL BRAN MUFFINS

- 1 1/2 cup natural all bran
- 1 cup whole wheat flour
- 1/2 cup seedless raisins
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1 egg, beaten
- 3/4 cup sour milk or 3/4 cup—less 2 tsp. sweet milk and 2
tsp. lemon juice
- 2 tbs. blackstrap molasses
- 1/4 cup honey
- 2 tbs. oil

Mix together the bran, flour, raisins, and baking powder.

Dissolve the soda in the sour milk.

Add remaining ingredients to milk and mix well.

Add liquid mixture to dry ingredients and stir only til well blended.

Spoon into oiled muffin tins and bake in preheated 400° oven about 15 minutes, or until inserted toothpick comes out clean and they spring back to the touch. Makes 12.

SPICY YEAST BREAD

- 1/2 cup milk
- 2 tbs. olive oil (or other cooking oil)
- 1 1/2 tbs. grated orange peel (optional)
- 1/2 tsp. sea salt
- 1/4 cup blackstrap molasses (or unsulfured dark molasses)
- 3 1/2 cup whole wheat flour
- 3/4 tsp. cinnamon
- 1/2 tsp. ginger
- 1/8 tsp. cloves
- 3/4 cup warm water
- 1 pkg. dry yeast
- 1 egg

Heat milk in heavy sauce pan. Add oil, orange peel, salt and molasses. Stir until mixed. Cool to lukewarm.

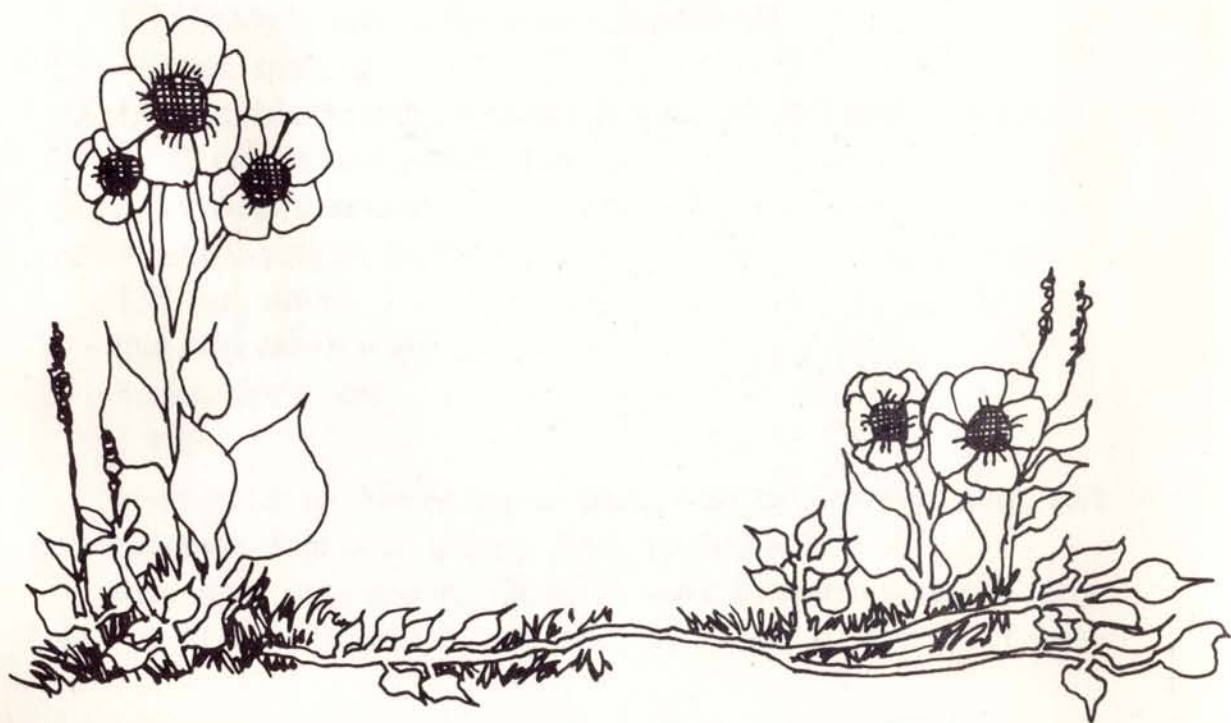
Mix flour and spices. Dissolve yeast in warm water in large bowl. Add milk mixture, egg and two cups of the flour mix-

ture. Blend at low speed with electric mixer for about 2 minutes. Add remaining flour and stir until well mixed.

Cover and let rise in warm place until doubled in bulk—about 45 minutes. Stir down. Put in well greased 9" x 5" loaf pan. Cover and let rise til doubled—about 40 minutes. Bake about 45 minutes at 375° F.

Note: This bread is equally nice made without the spices and orange peel. Seedless raisins may be added if desired.

Fish and Egg Dishes



PUFFY OMLET

4 eggs—separated
1/4 cup water
1/4 to 1/2 tsp. sea salt

Beat egg yolks and water til light yellow.

Have ready:

2 tbs. butter or olive oil heated in a 10 inch skillet. Sides and bottom coated.

Beat egg whites and salt til very stiff. Gently fold yolks into whites. Pour into hot skillet.

Bake at 350° about 20 minutes, or until knife inserted in center comes clean. Serve hot.

Length of baking time depends on size of skillet.

Variations: Slightly cook 1/4 cup each of onion and/or green pepper in oil before adding egg mixture.

Arrange pieces of cooked shrimp or tuna in hot oil before adding egg mixture.

Sprinkle about 1/2 cup shredded cheddar cheese over hot omlet before serving.

POACHED OMLET

2 eggs
2 tbs. water
1/8 tsp. sea salt

Mix in blender til fluffy. Pour into oiled 8" pie dish and set in larger pan containing little water. Heat til water boils, cover and cook slowly til egg is set.

This could be cooked in top of double boiler.

Variations: Add chopped onion and/or green pepper to eggs in last few seconds of blending.

You may also want to add your favorite herb seasoning Cumin, basil or little dill add zest to eggs.

TUNA "STROGANOFF"

1-6 1/2 oz. can tuna—drained (water-packed preferred)
1 cup diced celery
1/4 cup diced onion

- 1 tbs. butter or oil
- 1/2 cup sliced mushrooms—fresh or canned, but if you use canned, drain them
- 1 cup basic cream sauce (recipe in this book)
- 1/3 cup yogurt
- Little vegetable salt—if desired

Cut drained tuna in chunks.

In covered pan cook onion, celery and mushrooms in butter til celery is tender, but not soft. Combine with tuna.

Add cream sauce and heat slowly, while stirring.

Just before serving, add yogurt and heat, but do not let boil.

Serve over cooked brown rice, or it is very tasty served over a quartered baked potato.

SALMON AND RICE STUFFING

- 1 1 lb. can red salmon
- 1/2 cup wheat germ
- 1 egg—beaten
- 1/2 cup water or tomato juice
- 1 tbs. chopped onion

Empty salmon in bowl, remove dark skin and break into small pieces.

Add remaining ingredients. Mix well.

Oil a flat baking dish—approximate size—9" x 13".

Arrange rice stuffing (recipe listed under miscellaneous in this book) around outside edges of dish.

Fill in center with salmon mixture.

Bake at about 350° 45 to 60 minutes or until baked through and slightly browned. If it seems to be drying out too much, cover to finish baking.

Served with a raw vegetable salad and possibly a steamed vegetable such as green peas or green beans, you have a complete and satisfying meal.

SALMON LOAF

- 1 1 lb. can red salmon
- 1/2 cup wheat germ

1 egg—beaten (or 2 eggs for a more moist loaf)

1/2 cup cheese—cut in about 1/4" cubes (optional)

Mushrooms - fresh
Empty can of salmon into bowl. Remove any dark skin clinging to salmon. Break salmon into small pieces.

Add: beaten egg, wheat germ and cheese. Mix well. Place in oiled baking dish. Cover. *use 8x3 glass loaf pan*

Bake at 350° for about 15 minutes—then remove cover and continue baking until set up in center and little browned.

This is especially good served with baked potato, a big raw vegetable salad and "Favorite Onion Salad" listed with salads or Red Beet and Onion Salad.

If you enjoy eating fish—you will like this!

Try It!

TUNA LOAF

1 6 1/2 or 7 oz. can tuna—water packed preferred

1/4 cup wheat germ

1/4 cup chopped onion

1/4 cup chopped celery

1 tbs. chopped parsley

1 tbs. olive oil

1/4 cup tomato juice

1 egg—beaten

Drain tuna—cut into small pieces.

Add remaining ingredients and mix well. Turn into loaf dish and pack in evenly.

Bake at 350° for about 30 minutes or until done.

If you like the flavor of sage, add 1/8 tsp. ground sage to the tuna mixture, along with the other ingredients.

TUNA—STUFFED POTATOES

4 large potatoes—baked and hot

1/2 cup shredded cheese (optional)

1/4 cup chopped onion

1-6 1/2 oz. can tuna—water-packed preferred

2 tbs. olive oil—or butter

1/2 cup soy milk—or water

Drain tuna, cut into small pieces. Add onion and cook in the olive oil til tuna is slightly browned. Set aside.

Cut baked potatoes in half, scoop potato into bowl and reserve shells of potato skin. Add soy milk—or water and beat with electric mixer til smooth. Stir in the tuna mixture and mix well.

Spoon into potato skin shells. Place in baking dish and sprinkle cheese over top of each potato. Bake at 350° to 375° only til well heated—about 15 minutes.

Remove to serving platter and garnish with fresh parsley.

BAKED FISH

Select a good quality fresh ocean fish, or frozen ocean fish.

Arrange pieces of fish in flat oiled baking dish. Put about 1 tsp. olive oil on each piece of fish.

Lay a slice of onion on each piece of fish and sprinkle wheat germ generously over all.

Bake at 400° until it flakes easily with a fork, from 20 to 30 minutes (or more) depending upon the thickness of the pieces.

Serve with baked potato, a large raw vegetable salad and possibly a steamed vegetable.

Tuna Salad — In Salad Section

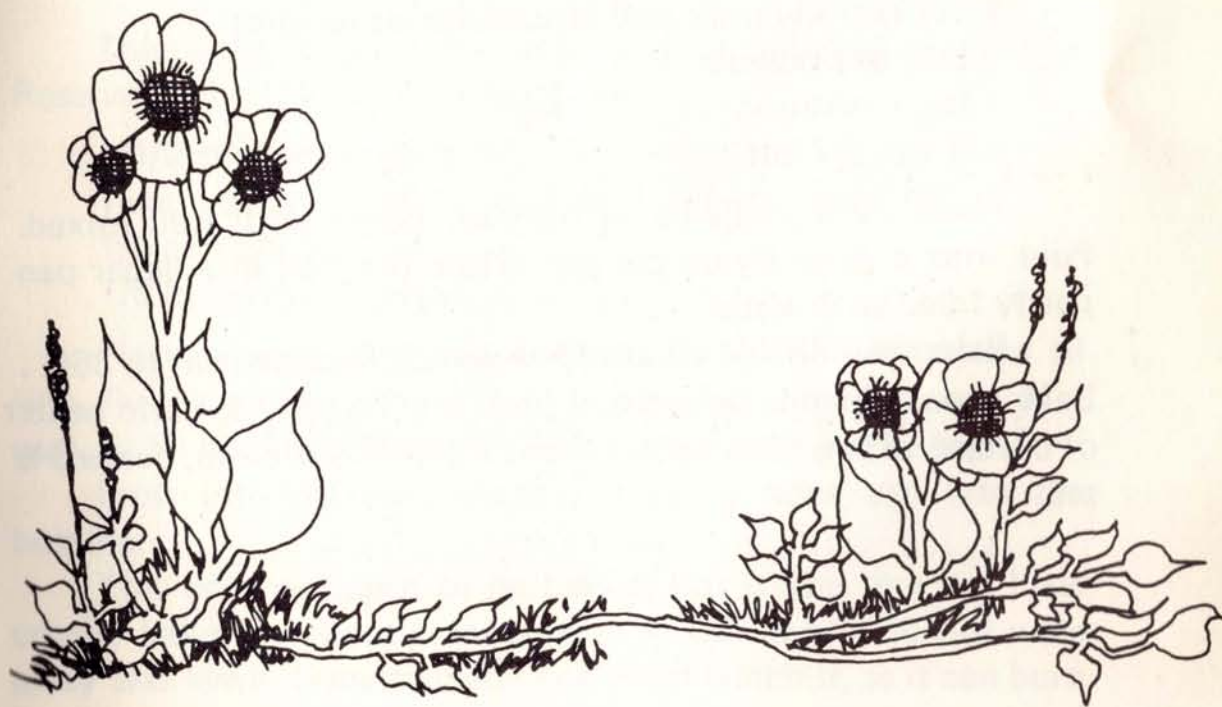
Hot Tuna Salad — In Salad Section

Tuna and Rice — See "Vegetables and Casseroles"

Tuna and Zucchini — See "Vegetables and Casseroles"

Tuna and Green Beans — See "Vegetables and Casseroles"

Desserts



CREAMY RICE—PINEAPPLE DESSERT

- 2 cups cooked brown rice
- 1/4 cup honey
- 6 oz. cream cheese
- 1 cup crushed unsweetened pineapple—well drained
- 3/4 cup pineapple juice—unsweetened (not fresh or frozen because it won't set gelatin)
- 1 envelope unflavored gelatin
- 1/4 cup slivered or ground raw almonds (optional)

Put cooked rice, 1/2 cup of the pineapple juice, the honey and cream cheese in the blender. Blend til well mixed and smooth—possibly 1 minute.

Soften gelatin in 1/4 cup pineapple juice and dissolve by setting in boiling water. Blend into rice mixture. Stir in the pineapple. Turn into serving dish or mold. Sprinkle almonds over the top.

Chill til set. Keep refrigerated.

CREAMY PUMPKIN CUSTARD

- 1 3/4 cup cooked pumpkin
- 1/4 cup raisins
- 1/4 cup honey
- 2 tbs. blackstrap molasses
- 2 eggs
- 1 1/4 cup soy milk (see Miscellaneous recipes)
- 1 tbs. soy powder
- 1 tsp. cinnamon
- 1/8 tsp. sea salt

Place all ingredients in blender. Blend until well mixed. Pour into a large Pyrex pie pan. Place this pan in a larger pan partly filled with water.

Bake at 450° for about 15 minutes. Reduce heat to 350 . Bake about 45 minutes more or until set. To test—cut into center of custard with a table knife. If knife comes out clean, custard is set.

PLAIN CUSTARD

2 cups soy milk

3 eggs

1/4 cup honey (if you like it rather sweet, and you may,
use 1/3 cup honey)

1 tsp. vanilla

1/4 tsp. nutmeg (optional) or 1/2 tsp. cinnamon

1/8 tsp. sea salt

Place soy milk in double boiler to heat to steaming point.

Put eggs, honey, flavorings and salt in blender. Blend til eggs are beaten and blended with honey. Slowly add hot soy milk while running blender at slow speed. Then blend well—higher speed—for two to three minutes.

Pour immediately into glass baking dish and place that dish in a larger one partly filled with hot water.

Bake at 400° for about 15 minutes and then reduce heat to 350° . Bake til set—when an inserted table knife comes out clean.

Raisins, dates and/or fine coconut may be added to custard before baking.

But it is delicious plain.

PIE CRUST

For 9" pie pan

This crust is good for any kind of unbaked pie filling. Reserve about 1/4 cup for top of pie.

1 1/2 cup wheat germ

1 cup coconut—fine or medium fine—unsweetened

1/4 cup honey

1/8 lb. butter—melted

Place wheat germ and coconut in blender and blend til fine. Put in a mixing bowl, add honey and melted butter. Mix well, til all is blended together, using a fork or your fingers.

Press into pie pan, shaping it along sides and into the bottom.

This does not need to be baked. But if you like it a little crispy, bake for about 5 minutes in a 300° oven. Do not walk away and leave it unattended. You must watch it, as it can burn

easily. It will look a little "bubbly" and perhaps brown. Remove from oven. Cool.

VICTORY ICING

- 1 egg white
- 1/3 cup honey
- 1/8 tsp. cream of tartar
- 1/2 tsp. vanilla

Put all ingredients in top of double boiler. Beat well with electric mixer. Set over boiling water in bottom part of double boiler. Leave on burner, keep water boiling and **CONTINUE TO BEAT—Constantly**, until icing is cooked. It will have fluffed up and peak slightly when beaters are lifted. (This takes patience and a good arm!)

Spread while still hot—or if using for cake, continue beating to cool it a little.

This icing can be used for that special birthday cake—or for fresh strawberry pie, which follows.

FRESH STRAWBERRY PIE

- 1 9" pie shell (using wheat germ—coconut crust recipe in this book)
- 1 qt. fresh strawberries (or enough to fill pie shell to rounding full)

Clean, stem and drain berries. Chill. Pile into shell, top with Victory Icing. Serve immediately. If the full amount of icing seems like too much—making it too rich, use only as much as you want. Store remainder in refrigerator for future use.

MOLASSES—RAISIN COOKIES

Yields 3 to 4 dozen

Blend well:

- 1 egg
- 1/2 cup oil (olive oil or sesame are good)
- 1/3 cup honey
- 1/3 cup blackstrap molasses
- 1/4 cup buttermilk or sour milk *

Combine:

2 1/4 cup whole wheat flour

1 tsp. baking soda

1/8 tsp. salt

1 tsp. cinnamon

1 3/4 cup seedless raisins

Stir into liquid mixture (oil, honey, etc.). Drop on greased cookie sheet.

Bake approximately 10 minutes at 350°—or until done.

*1/4 cup sweet milk with 1 tsp. lemon juice will substitute for the sour milk—or 1/4 cup yogurt can be used.

YUMMY RAISIN PIE

1 cup seedless raisins (packed in cup)

1 envelope unflavored gelatin

1/2 cup cold water

1 1/2 cup boiling water

1/2 tsp. grated lemon rind

1 9" pie shell of wheat germ—coconut recipe elsewhere in
in this book

Pour boiling water over raisins and let set til cool.

When cooled, put half the raisins and the juice in a blender and mix until well blended.

Return to the rest of the raisins.

Soften gelatin in cold water, set in boiling water til dissolved. Add to raisin mixture and stir well.

Stir in grated lemon rind.

Chill in refrigerator til set.

Spoon into pie shell and smooth out. If you have reserved any of the crumb mixture of the pie crust, sprinkle on top.

Keep refrigerated til ready to serve.

To make this "Yummy Raisin Pie" even more yummy, use the following topping:

CREAM CHEESE TOPPING

4 oz. cream cheese—room temperature

2 tbs. honey

1/2 tsp. vanilla

2 tbs. of orange or pineapple juice

Put all ingredients in mixing bowl. Blend together with spoon then whip with electric beater til creamy smooth.

Store in refrigerator til ready to spread on top of pie—or if you want to make it ahead, it can be frozen and thawed when ready to use.

To make this pie a little different and even more “Yummy”—I think—slice ripe bananas over top of pie before adding topping. Spread cream cheese topping carefully over bananas. Garnish with raw almonds (chopped) or crumb mixture.

If you have a sweet tooth, yet enjoy wholesome, nourishing natural foods—you must try this.

YUMMY DESSERT!

RICE AND APPLE PUDDING

1/2 cup brown rice

1 3/4 cup water

Cook rice in the usual manner. Rice will cook nicely in the top of a double boiler with no need to be concerned about sticking.

To cooked rice add:

1/8 cup honey

1/2 tsp. cinnamon

1/2 cup seedless raisins

1 large cooking apple, shredded or chopped very fine

Mix all ingredients and put in buttered baking dish. Sprinkle 1/4 cup fine unsweetened coconut over the top and bake at 350° only til bubbling and a little browned.

Serve warm or cooled.

Different and Delightful!

RICE—CUSTARD PUDDING

2 cups hot soy milk

3 eggs

1/2 cup honey

1 tsp. vanilla (for variety, maple or almond flavoring may be used)

1/4 tsp. nutmeg

1/2 tsp. cinnamon

1/8 tsp. sea salt

1 cup cooked rice

Put eggs in blender and beat until fluffy. Add honey, spices, salt and vanilla.

Beat well and while blender is running on slow speed, slowly add hot soy milk and blend well.

Stir in the cooked rice.

1/2 cup seedless raisins may also be added.

Pour immediately into glass baking dish and set that dish in larger one that is partly filled with hot water.

Bake at 400° for about 15 minutes, then reduce heat to 350°. Bake til set—when an inserted knife comes out clean.

This is not just a dessert, it is a nice protein compliment for a vegetable meal, also.

Fills that remaining empty spot and satisfies your sweet tooth.

TRY IT!

CINNAMON—COCONUT BARS

“Soft like cake”

2 eggs—beaten

1/3 cup honey

3 tbs. olive oil or sesame oil—sesame oil gives a butter flavor

1/2 cup whole wheat flour

1/8 tsp. salt

1/4 tsp. baking soda

1 tsp. cinnamon

1/2 tsp. vanilla

1 tbs. soy grits or granules

1 tbs. soy powder

1/2 cup fine coconut*

Combine eggs, honey, oil and vanilla. Mix thoroughly all the dry ingredients **except** coconut.

Add to egg—honey mixture and stir until well blended.

Oil an 8" baking pan. Coat the bottom of the pan with 1/2

of the coconut, pour in batter and sprinkle remaining coconut evenly over top of batter.

Bake at 350° for approximately 30 minutes, or until top springs back when touched or inserted tooth pick comes out clean.

Cool before cutting.

A nourishing treat—and not very sweet.

*Sesame seeds may be substituted for coconut.

APPLE CAKE

1/4 cup sesame oil or butter

1/3 cup honey

1 tsp. vanilla

1 egg—beaten

1 cup whole wheat flour

1 tsp. baking soda

1/4 tsp. sea salt

1 tsp. cinnamon

3 cup finely chopped apple—measured loosely in cup

1/2 cup chopped nuts

Cream together until well blended, the oil or butter, honey and vanilla.

Add beaten egg.

Thoroughly mix and blend together flour, baking soda, salt and cinnamon.

Add to liquid mixture, and mix together well.

Stir in apples and nuts. Place in greased square cake pan. Bake 35 to 40 minutes at 350° , or til center springs back when lightly touched, or tooth pick inserted in center comes out clean.

This can also be frozen for later use.

No icing needed.

MOLASSES—DATE CUPCAKES

1 1/3 cup sesame oil

3/4 cup honey

4 eggs—beaten

1 cup unsulphured molasses

1 cup buttermilk or sour milk
3 1/2 unsifted whole wheat flour
2 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. salt
1 cup chopped dates (or raisins)

Beat together oil, honey and molasses. Add beaten eggs.
Dissolve soda in milk and add to above mixture.

Stir in flour, spices, salt and dates (or raisins). Stir only
til well blended.

Spoon into paper-lined muffin tins—filling about 2/3 full.

Bake in preheated 350° oven for about 20 to 25 minutes,
or when an inserted toothpick comes out clean, and top
springs back to the touch. Makes about 3 dozen.

These are rather sweet and rich; no icing is needed.

PARTY CONFECTIONS

CAROB CANDY

- 1/2 cup carob powder
- 1/4 cup honey
- 1/2 cup peanut butter
- 1/2 cup sesame seeds
- 1/2 cup wheat germ
- Fine coconut or chopped nuts

Combine all ingredients and mix well.

Form into 1" balls, roll in coconut or chopped nuts.

DATE TREATS

Stuff pitted dates with one of the following:

Peanut butter—then dip top in fine coconut

Walnut meats

Ground almonds, cashews or other nuts

Equal parts of chopped raisins and fine coconut, mixed well

FRUIT CANDY

- 1 cup dried apricots (unsulfured)
- 1 cup dried figs
- 1 cup seedless raisins
- 1/2 cup pitted dates
- 1 cup finely ground almonds or other nuts
- 1/2 cup orange juice
- Fine coconut (optional)

Rinse fruits in water and store in tightly covered jar overnight to soften.

Put fruits through grinder and mix in nuts and orange juice. Mix well. Form into small balls and dip in fine coconut, or can be served without the coconut.

CAROB-NUT CANDY

- 1/4 lb. chunk carob
- 1 1/3 cup to 1 1/2 cup finely ground nuts—almonds or a combination of nuts—your choice

Melt carob in top of double boiler—over boiling water. Stir in ground nuts. Press into buttered dish. Chill—cut in squares. Whole raisins or roasted soybeans maybe coated the the same way.

BREAKFAST SUGGESTIONS

Whole grain cereal with fruit—or without (preceding recipe)

Sliced ripe bananas and soaked seedless raisins (refer to preceding description, "Prepare Dried Fruit")

Put soaked raisins and juice in blender and blend just til raisins are well broken. Pour over sliced bananas.

If you like, top with a little wheat germ or ground almonds.

If you need a more hearty breakfast, include whole wheat toast or a bran muffin.

Figs, apricots—almonds and/or wheat germ.

Use 2 parts unsulfured apricots, 1 part figs.

Rinse and pour boiling water over all to well cover. Let set overnight or til cold.

Use as is, or put in blender and blend only til fruit is well broken up.

Sprinkle ground almonds and/or wheat germ over top.

Hard cooked or poached eggs, fresh grape fruit or other citrus fruit.

Sliced ripe bananas and apricots—prepared the same as the raisins.

Any fresh fruit in season or combination of fresh fruit.

Ripe cantalope—cut in half and about 1/4 cup wheat germ mixed into center of melon. Let wheat germ soak up a few

minutes before eating.

Fresh apple juice, pineapple juice, or most any other fruit juice with wheat germ soaked in it is very delicious and filling.

Whole grain oatmeal, cooked and served with soaked raisins—and perhaps a little honey—is very tasty.

