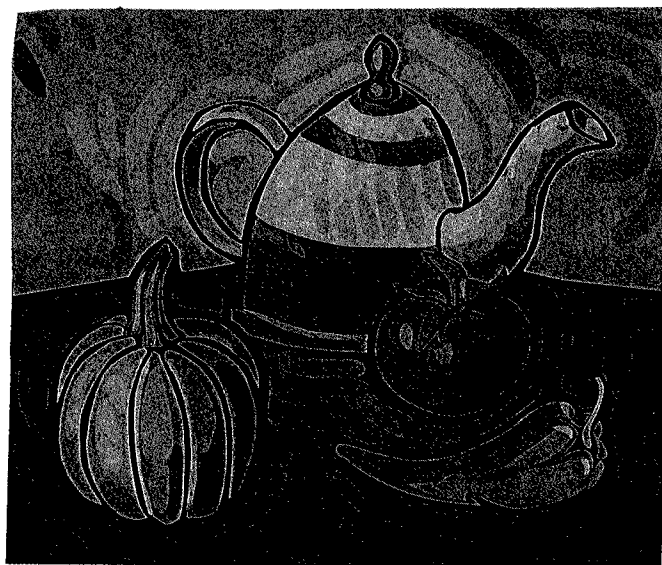


Fun *Fall* Foods

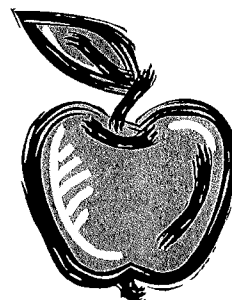


Recipes

Brought to you by:

L. I. V. E.

Life in Vital Eating



L. I. V. E., Life In Vital Eating, is a program designed to help you learn the importance of healthy eating and its effect on your mind, body and spirit. Join us for presentations on nutrition, food tasting, cooking demonstrations and the opportunity to order healthy foods from Country Life through our food Co-op program.

Apple Pancakes

Presented by Celeste

- 1 cup whole wheat flour
- 1 cup all purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- ½ tsp salt
- 2 cups soy milk
- 2 tsp lemon juice
- 1 tsp vanilla
- 1 Tbsp honey
- 1 Tbsp molasses
- 1 Tbsp canola oil
- ½ cup soft tofu (Mori Nu), blended smooth
- 2 cups apples, chopped fine (your favorite)

The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day.
EGW {CD 173.2}

Combine first six ingredients in large mixing bowl. Stir well. Next, combine all other ingredients (except apples) in food processor or blender and blend until smooth. Add liquid ingredients to dry ingredients, stirring until smooth. Fold in apple. Let stand 5 minutes. Spoon about ¼ cup batter for each pancake onto a hot, nonstick griddle or nonstick skillet coated with cooking spray or a small amount of vegetable oil. Turn pancakes when tops are covered with bubbles and edges look cooked. Cook until lightly brown.

Adapted from Peters and Peters, 1997, More Choices for a Healthy Low-Fat You

Cabbage Soup

Sample only, presented by Celeste

- 1 head cabbage (4 - 5 cups chopped or shredded)
- 1 cup chopped onion
- 2 cups sliced carrots
- 5 red potatoes, cubed
- 2 cloves garlic, minced
- 6 - 8 cups water
- 2 - 3 Tbsp chicken style seasoning
- 2 Tbsp dried parsley
- salt to taste

Place all ingredients in a pot and bring to a boil. Simmer, covered, until tender, at least 30 minutes. Adjust seasonings to taste.

Acorn Squash Stuffed with Wild Rice Walnuts and Hickory-Baked Tofu

Sample only, presented by Michael

Ingredients:

- 4 med acorn squash (about 1 1/4 pounds each, see note), cut in half
 - 1/4 tsp salt, plus additional to taste
 - Freshly ground nutmeg
 - 4 tbsp soy butter (divided)
 - 1 1/2 cup uncooked wild rice blend or wild rice
 - 3 1/4 cup vegetable broth
 - 2 cup water
 - 3 tbsp olive oil
 - 1 lrg yellow onion (about 12 ounces)
 - 2 lrg cloves garlic, minced
 - 2 lrg ribs celery, minced
 - 1 lrg carrot, finely chopped
 - 2 tablespoons chopped fresh sage leaves
 - 2 tbsp Liquid Aminos
 - 1 tsp Kitchen Bouquet
 - 2 tablespoons fresh thyme leaves
 - 1/2 cup minced fresh parsley
 - 1 (8-ounce) package hickory-baked tofu, cut into 1/4 inch dice
 - 3/4 cup chopped walnuts or pecans, toasted (see note)
 - 3/4 cup sweetened dried cranberries
- Preheat oven to 350 degrees.

Method:

Cut each squash in half crosswise. Scoop out and discard the seeds and strings. If necessary, trim the top and bottom so the squash will sit level, and place cut side up on a rimmed baking sheet. If the squash is too hard to trim the top and bottom, do it after the squash is cooked.

Sprinkle each half with a little salt and nutmeg to taste. Cut 2 tablespoons of butter into 8 pieces and dot each squash half. Cover the pan with foil and bake until squash is just moist and tender, about 45 minutes.

Meanwhile, combine the rice, broth, 1/4 teaspoon salt and the 2 cups water in a medium saucepan. Bring to a boil over medium-high heat. Reduce the heat to simmer, partially cover and cook, stirring occasionally, until the rice is tender, about 40 minutes. Drain rice if there is still a lot of liquid in the pan.

In a 10 inch saute pan, heat the olive oil over medium heat. Swirl to coat the pan and saute the onion, garlic, celery and carrot until slightly softened, about 3 minutes. Cover the pan, adjust the heat to medium-low and cook the vegetables until crisp-tender, 5 minutes longer. Add the sage, thyme and parsley and saute 1 more minute. Remove from the heat.

In a large bowl, combine the cooked rice, sauteed vegetables, tofu, nuts, **Liquid Aminos**, **Kitchen Bouquet**, and cranberries. Taste and add more salt, and other seasonings, if needed. Mound the rice evenly into each squash half. Cut remaining 2 tablespoons butter into 8 pieces and dot squash halves. Cover the pan with foil and bake until rice mixture is heated through, about 20 minutes.

Make ahead: Make the entire dish ahead, wrap each stuffed squash in foil and refrigerate up to 3 days. Reheat uncovered in the microwave for about 5 minutes, or bake uncovered at 350 degrees for about 20 minutes.

Note: You can also stuff your favorite squash, such as delicata, sweet dumpling or buttercup. If you have stuffing left over, heat and serve as a side dish or use it in stuffed bell peppers.

Note: To toast nuts, heat in a dry skillet over medium heat until they start to brown. Stir occasionally. Be careful not to scorch them.

<http://fooddownunder.com/cgi-bin/recipe.cgi?r=1317>

Harvest Fruit and Nut Salad

Presented by Monika

Romaine lettuce, or mixed greens
Favorite apple, sliced
Dried cranberries
Walnut or pecan pieces

The skillful preparation of food is one of the most essential arts, standing above music teaching or dressmaking. By this I do not mean to discount music teaching or dressmaking, for they are essential. But more important still is the art of preparing food so that it is both healthful and appetizing.
EGW {CD 263.1}

Mix all salad ingredients together or arrange decoratively on individual salad plates.
Serve with lemon poppy seed dressing.

Lemon Poppy Seed Dressing

Presented by Monika

½ cup honey
¼ cup water
¼ cup plus 1 Tbsp lemon juice
2 Tbsp sesame seeds
1 ½ tsp onion powder
½ tsp garlic powder
½ tsp Angostura Worcestershire sauce
¼ tsp paprika
¼ cup canola oil
1 Tbsp poppy seeds

Mix first six ingredients in blender until smooth and well blended. With blender running, slowly drizzle in oil until thoroughly mixed and thickened. Add poppy seeds and blend again briefly. Serve dressing at room temperature. (Is also delicious on spinach salad with strawberries and pecans)

Beet Salad

Sample only, presented by Monika

Raw beets
Favorite apples

Wash and peel beets. Wash and core apples. Grate approximately equal amounts beets and apples. (a food processor works well) Mix together. Chill. Enjoy.

Roasted Fall Veggies

Sample only, presented by Monika

10 cups assorted vegetables of your choice (potatoes, sweet potatoes, onions, carrots, squash, parsnips, beets, brussel sprouts, broccoli, mushrooms, peppers, etc.)

2 Tbsp olive oil

3 Tbsp Bragg's liquid aminos

1 ½ tsp garlic powder

1 tsp Vegesal, or salt of choice

Cup vegetables into chunks and place in large bowl. Drizzle with oil and Braggs. Sprinkle with garlic and salt. Mix well. Place in single layer on jelly roll pan. Bake at 425 degrees for about 30 minutes, stirring occasionally, or until vegetables are nicely browned and tender.

Tofu Special K Loaf

Presented by Monika

2 pkg. firm tofu, crumbled

½ cup margarine

1 lg. onion, chopped

1 cup chopped nuts (walnuts or pecans)

¼ cup nutritional yeast flakes

1 tsp garlic

¼ cup plus 2 Tbsp beef style seasoning

2 Tbsp Bragg's liquid aminos

12 oz. Special K cereal (about 10 cups)

*What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's. I
Corinthians 6:19-20*

Saute onion in margarine. Mix all ingredients in large bowl, adding cereal last. Spread in a 13 x 9 inch baking pan which has been sprayed with cooking spray. Bake at 350 degrees for 1 hour or until browned and crispy.

Greek Bean and Squash Dish

Sample only, presented by Monika

- 1 cup dry black-eyed peas (washed and sorted)
- 1 cup dry lentils (washed and sorted)
- 6 – 8 cups water
- 2 – 3 cloves, garlic, minced
- 1 lg. onion, chopped
- 1 15 oz can chopped tomatoes
- ¼ cup olive oil
- 1 Tbsp salt
- 2 tsp basil
- 2 tsp oregano
- 2 – 4 Tbsp lemon juice, to taste
- 1 butternut squash and/or 1 large sweet potato

*Whether therefore ye eat, or drink, or whatsoever ye do,
do all to the glory of God. I Corinthians 10:31*

Soak black-eyed peas overnight. Drain and rinse black-eyed peas and place beans and all other ingredients, except for squash and/or sweet potato, into large pot. Cook until the beans and lentils are tender, and about half cooked (30 – 45 minutes). Add squash and/or sweet potato and cook until vegetables and beans are tender. If needed, add more water so that the consistency is a little runny. Adjust seasonings. Serve over rice or as a thick stew.

Adapted from Niles Westside SDA Church Cookbook, Savor the Flavor

Scrumptious Pumpkin Bread

Presented by Celeste

- 3 cups whole wheat pastry flour
- 1 cup quick oats
- 1 tsp salt
- 1 tsp baking soda
- 5 tsp baking powder
- ½ tsp allspice
- ½ tsp ground nutmeg
- 6 Tbsp apple butter
- 1 – 1 ½ cup maple syrup, to taste
- 4 Tbsp flax seed and ¾ cup water
- 2/3 cup soymilk
- 1 15 oz can pumpkin
- 1 cup raisins (optional)

- 1 cup chopped walnuts (optional)

Mix all dry ingredients together in large bowl. Put flax seeds, water and pumpkin in a blender and puree. Add the apple butter, maple syrup, and milk to blender and blend a bit more. Add contents of blender to dry ingredients and mix well. Stir in raisins and walnuts, if desired. Pour batter into bread pans sprayed with cooking spray. Bake at 350 degrees for 40 – 50 minutes,

or until done. (when toothpick comes out clean)

<http://vegweb.com/recipes/>

Apple Bread (or Zucchini)

Sample only, presented by Celeste

¾ cup whole wheat pastry flour
¾ cup unbleached white flour
2 tsp baking powder
¼ tsp baking soda
½ tsp salt
½ tsp ginger
1 tsp cinnamon
¼ cup vegetable oil
½ cup maple syrup
¼ cup soy milk
¼ cup apple juice
1 cup grated apple (or zucchini if making zucchini bread)
½ cup walnuts, chopped

Set aside 1 Tbsp of grated apple or zucchini for garnish.

Mix dry ingredients in a large bowl. Whisk wet ingredients in a medium bowl and add to dry. Stir just enough to incorporate all ingredients, then stir in apple or zucchini and nuts.

Transfer mixture to loaf pan and sprinkle remaining apple or zucchini over top for garnish. Bake until golden, about 45 minutes. Allow to cool for about 10 minutes, then turn out and let cool on a wire rack.

Preheat oven to 350 degrees. Spray a standard loaf pan with cooking spray.

<http://www.veganstreet.com/veganliving/recipes028.html>

Apple Dip

Presented by Joan

1 cup tofu (Mori nu)
1 cup natural peanut butter
¾ - 1 cup sucanat
1 tsp vanilla
Soy or nut milk

Blend first 4 ingredients together in food processor or with hand mixer. Add enough milk to achieve desired consistency. Serve as a dip with apple slices.

Apple Sauce

Presented by Monika

Wash Golden Delicious apples. (or apples of your choice)

Cut in chunks, with or without cores.

Place in saucepan with a small amount of water. Bring to a boil and simmer, covered, until apples are almost tender.

Run apples, with skins, through a food mill. Cooked apples without skins can simply be mashed. Sweeten with a little apple juice concentrate, if needed.

