

Veggie Nuggets

Ingredients:

- 4 c. cubed eggplant, peeled
- 1 c. zucchini, chopped
- ½ c. carrots, chopped
- ½ c. onion, chopped
- ½ t. salt
- 3 c. water
- ½ c. fresh bread crumbs
- ½ c. quick oats
- ¼ c. wheat germ
- ¼ c. pecans, chopped
- ¼ c. nutritional yeast
- ½ t. salt
- ½ t. basil
- ½ t. sage
- ½ t. vegetarian chicken seasoning
- ¼ t. garlic powder

Instructions:

1. Bring vegetables to a boil in 3 c. water and ½ t. salt. Reduce heat, cover and cook for about 10 minutes. Remove from heat, drain and mash with potato masher and fork.
2. Stir in all remaining ingredients.
3. Form into nuggets and fry in a little olive oil.

*Did You Know?

Whfoods.com (The World's Healthiest Foods)

Eggplants belong to the nightshade family of vegetables, which also includes tomatoes, bell peppers and potatoes. They grow in a manner much like tomatoes, hanging from the vines of a plant that grows several feet in height.

Choose eggplants that are firm and heavy for their size. Their skin should be smooth and shiny, and their color, whether it be purple, white or green, should be vivid. They should be free of discoloration, scars, and bruises, which usually indicate that the flesh beneath has become damaged and possibly decayed.

Coconut Fried Rice

Ingredients:

- 1 c. rice
- 1 c. water
- 1 c. lite coconut milk
- 1-2 garlic cloves, minced
- ½ t. vegetarian chicken seasoning
- ¼ t. salt
- 1 Bay leaf
- ½ c. onion, chopped
- ½ c. carrots, chopped
- ½ c. frozen peas
- ½ c. water
- 1 t. vegetarian chicken seasoning
- Natural Soy Sauce, Coriander and Salt to taste

Instructions:

1. Rinse rice in fine strainer and bring to boil with water, lite coconut milk, garlic cloves, vegetarian chicken seasoning, salt and bay leaf. Reduce heat, cover and cook for 45 minutes (brown rice) until liquid is absorbed.
2. Cook onions and carrots in ½ c. water and 1 t. vegetarian chicken seasoning. Add peas when done cooking just to defrost.
3. Stir fry rice in large frying pan with a small amount of olive oil then add veggies.
4. Season with natural soy sauce, coriander, salt to taste and any of your favorite seasonings.
5. Top with gravy, (**Country Gravy**, cooking class #3), *pan-fried tofu, slivered almonds, fresh pineapple and/or fresh green onions.

*Pan-fried Tofu

To make *pan-fried tofu: cut tofu into squares. Season with salt and **Sensational Seasoning** (class #2) and fry in a small amount of olive oil until golden brown.

Natural Soy Sauce *adapted from Something Better, A Natural Foods Cookbook*

To 1 1/2 c. water add 3/4 t. salt, 1 t. molasses, 10 uncooked black beans, 1 garlic clove and any other leftover vegetables you may have like carrots, onions, broccoli, celery or spinach. Bring to a boil. Reduce heat and boil gently, uncovered, for 30 minutes. Strain out the veggies and use the broth as a natural soy sauce. Keep refrigerated. Freeze in small containers for future use. Since this isn't as salty as regular soy sauce, adjust the salt in recipe to your taste. Much healthier and a tasty alternative to soy sauce!



Honey Spelt Sunflower Bread

Ingredients

- 1 $\frac{1}{4}$ c. warm water
- 3 t. rapid rise yeast
- 2 T. honey
- 2 c. whole grain spelt flour
- 1 $\frac{1}{4}$ c. white spelt flour
- 2 T. vital wheat gluten flour
- 1 t. salt
- $\frac{1}{2}$ c. raw sunflower seeds, chopped

Instructions

1. Stir yeast and honey in warm water and let rest a few minutes.
2. Add remaining ingredients and knead for a few minutes, adding more flour if needed.
3. Let rise until double (about 30 minutes).
4. Shape into 2 round loaves and place on parchment-lined tray. Let rise another 30 minutes. With a serrated knife, lightly score an "X" in the top of each loaf, to allow for expansion when baking.
5. Bake at 350° for 30 minutes.

Notes:

To make toasted cheese bread, take desired amount of **Vegan Cheddar Cheese** (cooking class #7) mash and add chopped tomatoes, olives and onions. Butter some **Honey Spelt Sunflower Bread** with vegan margarine and spread a layer of cheese mixture on top. Broil for a few minutes until bread is toasted and cheese begins to melt. Top with sliced avocados and **Vegan Parmesan Cheese** (cooking class #2) if desired, and enjoy!

Did You Know? Whfoods.com (The World's Healthiest Foods)

Sunflower seeds are an excellent source of vitamin E, the body's primary fat-soluble antioxidant. Vitamin E travels throughout the body neutralizing free radicals that would otherwise damage fat-containing structures and molecules, such as cell membranes, brain cells, and cholesterol. By protecting these cellular and molecular components, vitamin E has significant anti-inflammatory effects that result in the reduction of symptoms in asthma, osteoarthritis, and rheumatoid arthritis, conditions where free radicals and inflammation play a big role. Vitamin E has also been shown to reduce the risk of colon cancer, help decrease the severity and frequency of hot flashes in women going through menopause, and help reduce the development of diabetic complications.

Berry Crisp

Berry Ingredients:

- 4 c. fresh or frozen mixed berries (if using frozen, thaw first)
- 3 T. organic cane sugar
- 2 T. Minute Tapioca
- Pinch of orange zest and lemon zest

Topping Ingredients:

- 1/3 c. white spelt flour
- 1/3 c. old-fashioned oats
- 1/4 c. coconut sugar
- 2 T. vegan margarine

Instructions:

1. Mix all berry ingredients and place in large pie plate.
2. Mix dry ingredients for topping and work in margarine with hands.
3. Sprinkle on top of berries.
4. Bake at 375° for 40 minutes. Serve with coconut whipped cream if desired.

Did You Know? Nutritionfacts.org

Berries offer potential protection against cancer, a boost to the immune system, and a guard for the liver and brain. Berries may also boost our levels of natural killer cells, a type of white blood cell that's a vital member of the immune system's rapid-response team against virus-infected and cancerous cells. Results from studies show that simply eating a handful of berries every day may slow our brain's aging by more than two years.

Coconut Whipped Cream

Place a can of full-fat coconut milk in the refrigerator overnight. Remove only the hardened, white portion from top of can. Add 2 T. agave nectar and a pinch of vanilla and lemon powder. Beat with an electric mixer until smooth like whipped cream.