

# **NATIVE AMERICAN HEALTH RECIPES \***

**BY**

**CRUZ H. ACEVEDO JR., Ph.D.**

\* Recipes by Cruz H. Acevedo Jr. in his Doctoral Dissertation (August 23, 1983) and work on the Elderhealth Project: Four Worlds Development Project, University of Lethbridge, Lethbridge Alberta

\*\*These recipes have been updated and revised in November 1996 and updated in March 2000 to new findings and research that is better suited to Native populations using these recipes.

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# TABLE OF CONTENTS

TO TREATMENT DIRECTORS, ELDERHEALTH COORDINATORS SUMMER CAMP SPORTS TRAINING PROGRAM COORDINATORS .....	6
RECOMENDED FOOD SUPPLIES .....	7
CANNED PRODUCTS .....	8
TO PERSONS PREPARING THE FOOD AND MENUS .....	9
TO THE CHIEF COOK .....	10
A THREE WEEK RECOMMENDED NATIVE AMERICAN HEALTH MENU .....	11
WEEK ONE .....	12
WEEK TWO .....	19
WEEK THREE .....	26
FOOD MENUS:	
CARROT-FRUIT SALAD .....	34
CARROT RICE CASSEROLE .....	35
CEREAL MEALS .....	36
CHICKEN (ROASTING INSTRUCTIONS) .....	37
CHICKEN SALAD STUFFED TOMATOES .....	38
CHICKEN RICE AND VEGETABLE CASSEROLE .....	39
CHILE RELLANOS .....	40
CHINESE STYLE BROCCOLI AND MUSHROOMS .....	41
EGGPLANT TOMATO CASSEROLE .....	42
EGG SALAD SANDWICH .....	43
ENCHILADAS DE POLLO (CHICKEN) .....	44
FRIED RICE .....	46
FRUITED MILLET CEREAL .....	47
GARDEN VEGETABLES WITH BROWN RICE .....	48
GLAZED CARROTS .....	49
GREEN BEANS .....	50
GREEN AND GRAIN MEATBALLS .....	51

GREEN BEANS AND MUSHROOMS .....	52
HEALTHIEST BREAKFAST CEREAL .....	53
HERBED WILD RICE AND BROWN RICE .....	54
ITALIAN TOMATO SAUCE FOR PASTAS .....	55
LASAGNA AL FORNO .....	56
LENTIL LOAF .....	57
LIGHT CHEESE SAUCE .....	58
MANITOBA WILD RICE .....	59
MEATLESS MEATBALLS .....	60
MEATLOAF WITH SHREDDED VEGETABLES .....	61
MEXICAN SAUCE FOR RELLENOS, HUEVOS RANCHEROS, & OMELETTE .....	62
MIXED VEGETABLES AND MUSHROOMS .....	63
MOCK REFRIED BEANS .....	64
MOOSE STEW (BUFFALO, ELK, VENISON, CARIBOO, ETC .....	65
OATMEAL BREAD .....	66
POTATO, MUSHROOM, AND SPINACH CASSEROLE .....	67
QUESADILLAS .....	68
QUICHE- CRUSTLESS: MUSHROOM AND SPINACH .....	69
RABBIT (ROASTING INSTRUCTIONS .....	70
RICE AND VEGETABLES “A LA MEXICANA .....	71
SALSA .....	72
SCRAMBLED EGGS .....	73
SPINACH FETTUCINE IN ZUCCHINI/MUSHROOM SAUCE .....	74
STRINGBEAN AND MUSHROOM QUICHE .....	75
STUFFED BAKED POTATOES BROCCOLI AND CHEESE .....	76
STUFFED BAKED POTATOES WITH VEGETABLES .....	77
TANGY CHEESE SAUCE .....	78
TAMALE PIE .....	79
TORTILLA AND SQUASH CASSEROLE .....	80

TUNA AND BROWN RICE CASSEROLE .....	81
TURKEY, CHICKEN, AND GAME HENS - ROASTING INSTRUCTIONS .....	82
VEGIE BURGERS .....	83
VEGETABLE "CHILI" CON CARNE .....	84
VEGETABLE CRUSTLESS QUICHE .....	85
ZUCCHINI AND TOMATO CASSEROLE .....	86
ZUCCHINI .....	87

## DESSERTS

APPLE BRAN MUFFINS .....	89
APPLE CAKE .....	90
APPLESAUCE AND CARROT CAKE .....	91
BANANA BREAD .....	92
BAKED APPLES .....	93
BERRY TOPPING .....	94
CREPES .....	95
CREPE FILLING .....	96
IDEAL APPLE CRISP .....	97
LEMON CHEESE CAKE .....	98
STAWBERRY, BANANA YOGURT CHEESE PIE .....	99
THREE GRAIN PUDDING .....	100

## DRESSING:

AVOCADO .....	102
FRENCH .....	103
SESAME .....	104
RANCH STYLE .....	105
VINAIGRETTE .....	106

## SOUPS:

AMERICA'S ABORIGINAL SOUP .....	108
ASPARAGUS SOUP .....	109

BEAN STOCK, VEGETABLE SOUP .....	110
BLACK BEAN SOUP .....	111
BLACK BEAN AND RICE SOUP .....	112
CARROT-LEEK SOUP .....	113
CHICKEN VEGETABLE SOUP .....	114
CORN CHOWDER .....	115
COSIDO (A MEXICAN PEASANT SOUP .....	116
GARLIC POTATO LEEK SOUP .....	117
CREAMED BROCCOLI SOUP .....	118
CREAMY CAULIFLOWER SOUP .....	119
CREAMY FISH CHOWDER .....	120
GREEN PEA SOUP .....	121
LENTIL AND SPIT PEA SOUP .....	122
PINTO BEAN SOUP .....	123
POTATO, MUSHROOM SOUP .....	124
POTATO, MUSHROOM, AND ZUCCHINI SOUP .....	125
POTATO, VEGETABLE, AND BEAN SOUP .....	126
SWEET POTATO AND VEGETABLE SOUP .....	127
TOFU AND SNOW PEA SOUP .....	128
TOMATO SOUP .....	129
TRINITY SOUP .....	130
TURKEY VEGETABLE SOUP .....	131
VEGETABLE BARLEY SOUP .....	132
ZUCCHINI, TOMATO, AND BARLEY SOUP .....	133
WEIGHT LOSS INSTRUCTIONS .....	134

THREE-WEEK MENU WORKSHEETS MAY BE DOWNLOADED FROM THE FOLLOWING WEB SITE:  
<http://www.ncidc.org/foodnut.htm>

**To: Treatment Directors; Elderhealth Program Directors;  
Youth Summer Camp Sports Program Coordinators  
& Chief Cooks.**

**From: Cruz H. Acevedo Jr., Ph.D.  
Four Worlds Development Project  
University of Lethbridge**

**In the modernization of food processing, today we are indeed consuming upwards of several thousand chemicals. These are designed to make food look good; be preserved for long periods of time (indefinitely in some cases); to retard oxidation and spoilage, and mostly to enhance the taste needs of modern people. Sadly as our tastes change (higher salt and sugar intakes), the food industry adjusts their food processing. Today catsup contains approximately 28 percent sugar; cherry jell contains up to 82 percent sugar, ETC.**

**Additionally many of the chemicals used are questionable for human consumption. The truth is that we should eat our aboriginal foods when ever possible. As an example Native Americans have a high rate of allergies and medical problems cause by Milk and Wheat (lactose & gluten). Yet, these food are wonderful for some people.**

**Finally a simple good rule: is “IF YOU CAN’T PRONOUNCE IT, DON’T EAT IT”.**

## **THE FOLLOWING FOOD SUPPLIES ARE RECOMMENDED:**

### **MEATS:**

**Moose meat /Caribou / Elk / Venison / Buffalo /or lean Beef roast  
Chicken (fresh)  
Turkey (fresh)  
Fish (salmon or white fish-fresh if possible)**

### **VEGETABLES:**

**Broccoli, Carrots, Cabbage, Zucchini, Potatoes, Green Peppers, small fresh  
Green Onions, Yellow Onions, fresh Garlic, fresh Parsley, Leeks, fresh  
Mushrooms, fresh Tomatoes, Leafy Lettuce, a few head Lettuce, Yams or  
Sweet Potatoes, Winter Squash, Celery; the following can be frozen : Green  
Beans, mixed Vegetables, Peas, & Corn.**

### **GRAINS:**

**Pinto Beans or Red Beans, Kidney Beans, Black beans, Pot Barley, Oat  
Grouts (whole Oat grain), whole Brown Rice, Millet (buy at health food  
stores), Wild Rice, Sunny Boy Cereal, Red River Cereal.**

### **DAIRY PRODUCTS:**

**Whole Non-Fat (skinned Milk) Milk- not low fat or 2%.  
Low fat cheese such as mozzarella or farmer cheese.  
low Fat or Non-Fat Yogurt (may be flavored with Vanilla extract and a little  
Raw Honey). \*  
Instant non-fat milk powder.**

### **MISCELLANEOUS:**

**Whole Wheat Pastry flour  
Cornstarch (commercial pre-cooked powder)  
Canola Oil  
Virgin Olive Oil (can use Pure Olive Oil if Virgin is not found)  
Pure Butter, Canola Oil Margarine  
Honey (raw unpasteurized, unfiltered Honey)  
Ranch Style Dressing Powder.**

## **CANNED PRODUCTS:**

**Stewed Tomatoes, Tomato Sauce, Crushed Tomatoes, Unsweetened Crushed Pineapple, Whole Canned Green Chiles ( “Ortega” or “Los Paseos” brand are most easily available).**

## **DRINKS:**

**The best drink is spring water, it is the healing fluid of the body. If you are going to serve Coffee than serve only Decaffeinated Coffee (served at Breakfast only). Fruit Juices are okay in limited amounts like Pure Unsweetened Apple Juice, Pure Grapefruit Juice, Pure Orange Juice, and a variety of Herbal teas (no regular tea).Do not serve Tang, or other pre-mixed juice powders.**

## **SPICES NEEDED:**

**Salt, Salt Substitute, Whole Black Peppercorns for graining in hand grinder, Oregano, Cummins, Bay Leafs, Chili Powder, Pure Garlic Powder (FRESH GARLIC IS PREFERABLE).**

**Strongly recommend that a salt substitute such as INDO ( a natural meat tenderizer) be used, it contains no chemical additives. Also, Vegit & Veg-Sal, they are a natural herbal mixture with very little salt. Gayelor-Hauser modern food products, Milwaukee, WI, produce them. and can be ordered through your food wholesale**

## **TO THE PERSONS PREPARING THE FOOD AND MENUS:**

**It is important that the following chemicals be avoided.**

- 1. Monosodium Glutamate (MSG)**
- 2. BHA/BHT**
- 3. Propyl Gallate**
- 4. Sodium Nitrite**
- 5. Sulfiting Agents**
- 6. Artificial colorings**

**Since many food bases i.e. soup, gravies, etc. contain these chemical we need to make our own bases. There are some commercial food bases that do not contain the above chemicals, these are fine for using.**

**Finally, I am sure that we can learn from each other, and I hope you'll feel comfortable in making suggestions and recommendations on how we can improve the menus.**

**Cruz H. Acevedo Jr., Ph.D.**

**Prevention coordinator**

**Four World Development Project**

**The University of Lethbridge**

**Now**

**Director: Healing Body, Mind & Spirit Institute**

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**TO THE CHIEF COOK, for a completely balance and highly nutritious salad, please use these ingredients for the Salad Bar.**

### **SALAD BAR INGREDIENTS**

- 1. Leafy green lettuce (may be varied)**
- 2. Fresh diced/sliced tomatoes**
- 3. Diced green peppers**
- 4. Sliced red onions**
- 5. Fresh sliced mushrooms**
- 6. Alfalfa sprouts (can be rotated)**
- 7. Bean sprouts**
- 8. Grated fresh raw carrots**
- 9. Grated fresh raw beets**
- 10. Thin slice Celery**

#### **Dressing:**

**All low fat dressings. See recipes in “Elderhealth Menus”. There are some commercial NON FAT dressings that are fairly good. Check the contents, if oil or sugar are within the first 3 ingredients, it is too high in calories. Be sure that there is no MSG, BHA, and BHT.**

## **A THREE WEEK TREATMENT CENTER HEALTH MENU**

## **Week One**

### **SUNDAY**

#### **BREAKFAST**

Oatmeal with raisins  
1 Slice of 7 grain bread (no butter, jam, etc)  
May use “I can’t believe it’s not butter” spray  
Fresh Fruit (Banana)  
Fruit Juice (Pure - Apple, Orange, Grapefruit)  
Vanilla Yogurt (low-fat, plain without fruit)  
Herbal Tea, Non-Fat milk or Decade Coffee

**MID MORNING SNACK:** Fruit, Herbal Teas

#### **LUNCH**

Salad Bar with low fat Dressings  
Meatloaf #61  
Mashed potatoes (do not peel, use Red Potatoes)  
Non- fat gravy  
Green beans #50  
1 Slice Rye Bread  
Herbal Teas, Non-Fat milk, Water

**SNACK:** Fruit - Banana/Apple/Orange

#### **DINNER**

Salad Bar  
Soup: Black Bean Soup #111  
Stuffed Baked Potato with Veggies #77  
Light Cheese Sauce #58  
Herbal Teas, water

**EVENING:** Fruit, No coffee at night

## **MONDAY**

### **BREAKFAST**

**Scrambled eggs #73**  
**Apple bran muffins #89**  
**Prune Juice**  
**Decafe coffee, Non Fat milk, Herbal Teas**

**SNACK: Fruit, Herbal Teas**

### **LUNCH**

**Salad Bar and low calorie dressings**  
**Lentil and Split Pea Soup #122**  
**Moose, other Game Meat or lean Beef Roast Stew #65**  
**Brussels Sprouts**  
**Herbal Tea, Non Fat milk, or Water**

**SNACK: Fruit, Herbal Teas**

### **DINNER**

**Salad Bar and low calorie dressings**  
**Soup: Creamy Cauliflower #119**  
**Zucchini #87**  
**Baked Yellow Squash**  
**Herbal Teas and water**

**EVENING SNACK: Apple**

## TUESDAY

### BREAKFAST

Sunny Boy cereal  
Oatmeal Bread #66  
Berries  
Yogurt (Vanilla, non-fat)  
Juice (Apple/Orange/Grapefruit)  
Herbal Tea, Non Fat Milk, or Decaffeinated Coffee

SNACK: Fresh Fruit

### LUNCH

Salad Bar  
Soup: Creamy Broccoli #118  
Salmon (poached with Dill Sauce)  
Herbed Wild Rice with Brown Rice #54  
Green Beans & Mushrooms #52  
Herbal Tea, Non-Fat milk or Water

SNACK: Fruit

### DINNER

Salad Bar  
Soup: Aboriginal Soup #108  
1 Slice Whole Wheat (seven grain) Bread  
Fruit Juices  
Applesauce/Carrot Cake #91  
Herbal Tea, Water

SNACK: Fruit

## WEDNESDAY

### BREAKFAST

Oat/Barley Cereal cooked with Raisins  
Yogurt (Vanilla flavor, non-fat)  
Berries  
Juice (Apple, Orange, Grapefruit)  
1/2 Grapefruit  
Herbal Tea, Non Fat Milk, or Decaffeinated Coffee

SNACK: Fruit

### LUNCH

Salad Bar  
Roasted Chicken #37  
Soup: Sweet Potato/Vegetable #127  
Sweet Peas & Mushrooms  
1 Slice of 7- grain bread  
Herbal Tea, Non Fat Milk, or Water

SNACK: Fruit

### DINNER

Salad Bar  
Pinto Bean Soup (can substitute red beans) #123  
Broccoli (steamed)  
Cauliflower (steamed)  
Red Potatoes (steamed)  
Tangy Cheese Sauce #78  
Herbal Tea, Water

SNACK: Fruit

## THURSDAY

### BREAKFAST

Poached Eggs (2 each person)  
1 slice 7-Grain Bread  
Mellon (or fresh fruit available)  
Juice (Apple, Orange, Grapefruit)  
Herbal Tea, Non-Fat milk, or decaffeinated coffee

SNACK: Fruit

### LUNCH

Salad Bar  
Chicken Enchiladas #44  
Mock Refried Beans #64  
Herbal Teas, Non-Fat Milk, and Water

SNACK: Fruit

### DINNER

Salad Bar  
Carrot - Leek Soup #113  
Lentil Loaf #57  
Banana Bread #92  
Herbal Teas, Water

SNACK: Fruit

## **FRIDAY**

### **BREAKFAST**

**Fruited Millet Cereal #47**  
**Yogurt**  
**Berries**  
**Melons (or banana)**  
**Juice (Apple, Orange, Grapefruit)**  
**Herbal Tea, Non Fat milk, Decaffeinated Coffee**

**SNACK: Fruit**

### **LUNCH**

**Salad Bar**  
**Corn Chowder Soup #115**  
**Baked Halibut**  
**Mixed Vegetables & Mushrooms #63**  
**Herbal Tea Non-Fat milk, Water**

**SNACK: Fruit**

### **DINNER**

**Salad Bar**  
**Soup: Cosido (A Mexican Peasant Soup) #116**  
**Apple Bran Muffins #89**  
**Herbal Teas, Water**

**SNACK: Fruit**

## **SATURDAY**

### **BREAKFAST**

**Red River Cereal with Raisins  
Berries  
Vanilla Yogurt  
Fruit Juice  
Herbal Tea, Non-fat milk, Decaffeinated Coffee**

**MID MORNING SNACK: Fresh fruit & herbal tea**

### **LUNCH**

**Salad Bar  
Creamy cauliflower soup #119  
1 Slice of 7-Grain Bread  
Herbal teas, Non-fat milk or Water**

**LATE AFTERNOON SNACK: Fresh fruit & Herbal Teas**

### **DINNER**

**Salad Bar  
Roasted Turkey (Roast at low heat [275 degrees F.])  
Green Beans #50  
Baked Yams  
Herbal teas, or Water**

**SNACK: Fruit**

## **Week Two**

### **SUNDAY**

#### **BREAKFAST**

**Cold Cereals: Corn Flakes, Special K, Grapenuts (no cereals with sugar, honey, fruits, or BHA & BHT)  
Melons (or fresh Grapefruit)  
Juice  
Herbal Tea, Non-Fat milk or decaffeinated coffee**

**SNACK: Fruit**

#### **LUNCH**

**Salad Bar  
Garlic potato-leek Soup #117  
Leftovers  
Herbal Tea, Non-Fat milk or Water**

**SNACK: Fruit**

#### **DINNER**

**Salad Bar  
Leftovers  
Apple Cake #90  
Herbal Teas**

**SNACK: Fruit**

## **MONDAY**

### **BREAKFAST**

**Scrambled Eggs #73**  
**Apple Bran Muffins #89**  
**Fresh Melon**  
**Non- Fat milk or decaffeinated coffee**

**SNACK: Fruit**

### **LUNCH**

**Salad Bar**  
**Green & Grain Meatballs #51**  
**Italian Tomato Sauce for Pastas #55**  
**Spaghetti (preferred is Spinach or Vegetable Pasta)**  
**Green Beans and Mushrooms #52**  
**Herbal Teas, Non-Fat milk, Water**

**SNACK: Fruit**

### **DINNER**

**Salad**  
**Garden vegetables with brown rice #48**  
**Oatmeal bread #66**  
**Lemon Cheese Cake #98**  
**Herbal Teas**

**SNACK: Fresh fruit, Herbal Tea**

## TUESDAY

### BREAKFAST

Healthiest Breakfast Cereal #53  
Berries/Yogurt  
Fruit Juices  
Herbal Tea

SNACK: Fruit

### LUNCH

Salad Bar  
Vegetables “Chili con Carne (meat)” #84  
Corn Bread (Laurel’s Kitchen Cookbook page 81)  
Herbal Teas or Non-Fat milk

SNACK: Fruit

### DINNER

Salad Bar  
Chicken Vegetable Soup #114  
Vegetable Crust less Quiche #85  
Herbal Teas

SNACK: Baked Apple (cold or hot) #93

## **WEDNESDAY**

### **BREAKFAST**

**Oatmeal with Raisins  
Berries/Yogurt  
Apple Bran muffin #89  
Herbal Teas, Non-Fat milk, or Decaffeinated Coffee**

**SNACK: Fruit**

### **LUNCH**

**Salad Bar  
Black Bean soup #111  
Tuna and Brown Rice Casserole #81  
Mixed Vegetables with Mushrooms #63  
Herbal Teas, or Non-Fat milk**

**SNACK: Fruit**

### **DINNER**

**Salad Bar  
Vegetable Barley Soup #132  
Tamale Pie #79  
Herbal Teas**

**SNACK: Lemon Cheese Cake #98**

## THURSDAY

### BREAKFAST

Omelets with mushrooms and cheese  
Grapefruit (1/2 each)  
Rye Bread (1 slice toasted)  
Fruit juice, Non-Fat milk, or Decaffeinated Coffee

SNACK: Fruit

### LUNCH

Salad Bar  
Turkey (roasted)  
Mashed potatoes (do not peel)  
Low Fat Gravy  
Green Beans & Mushrooms #52  
Carrot-Fruit Salad #34

SNACK: Fruit

### DINNER

Salad Bar  
Soup: Asparagus #112  
Stuffed Baked Potatoes with Broccoli & Cheese #76  
Strawberry Banana Yogurt Cheese Pie #99  
Herbal Tea

## **FRIDAY**

### **BREAKFAST**

**Red River Cereal  
1 Banana  
Berries  
Vanilla Yogurt  
Apple Bran Muffin #89  
Herbal Teas, Non-Fat Milk, or Decaffeinated Coffee Fruit Juices**

**SNACK: Fruit**

### **LUNCH**

**Salad Bar  
Poached White Fish  
Soup: Tomato #129  
Mixed Vegetables  
Boiled Red Potatoes  
Light cheese sauce #58  
Herbal Teas, or Non-Fat milk**

**SNACK: Fruit**

### **DINNER**

**Salad Bar  
Chicken Stir Fried Rice (use Fried Rice #46)  
Soup: Potato Mushroom #124  
Baked Apple #93**

**SNACK: Fruit**

## **SATURDAY**

### **BREAKFAST**

**Sunny Boy Cereal with Raisins and a Banana  
Vanilla Yogurt  
Juice (Apple/Orange/Grapefruit)  
Herbal Tea, Non-Fat milk or decaffeinated coffee**

**SNACK: Fruit**

### **LUNCH**

**Salad Bar  
Zucchini/Tomato/Barley Soup #133  
Spinach/Mushrooms in lean ground round (beef)  
Baked Yam**

**SNACK: Fruit**

### **DINNER**

**Salad Bar  
Leftovers from week with  
Apple cake #90  
Herbal Teas**

**SNACK: Fresh Fruit**

## **Week Three**

### **SUNDAY**

#### **BREAKFAST**

**Sunny Boy Cereal  
Berries and a Banana  
Vanilla Yogurt  
Herbal Tea, Non-Fat Milk, or Decaffeinated Coffee**

**SNACK: Fruit**

#### **LUNCH**

**Salad Bar  
Soup: Creamed Broccoli #118  
Chicken Stuffed Tomatoes #38 or  
Leftovers from week  
Herbal Tea, Non-Fat Milk, Water**

**SNACK: Fruit**

#### **DINNER**

**Salad Bar  
Soup: Potato Mushroom #124  
Stuffed Potatoes with Broccoli & Cheese #76 or  
Leftovers from week**

**SNACK: Fruits and leftover desserts**

## **MONDAY**

### **BREAKFAST**

**Poached Eggs (2 each)**

**Fresh Fruit**

**2 Slices of Rye or 7-Grain Bread**

**Fruit Juice, Herbal Tea, Non Fat Milk, or Decaffeinated Coffee**

**SNACK: Fruit and Herbal Tea**

### **LUNCH**

**Salad Bar**

**Soup: Bean with Vegetables #110**

**Chicken, Rice, and Vegetable Casserole #39**

**Herbal Tea, Non-Fat Milk, Water**

**SNACK: Fruit**

### **DINNER**

**Salad Bar**

**Soup: Green Pea #121**

**Tuna and Brown Rice Casserole #81**

**Ideal Apple Crisp #97**

**SNACK: Fruit**

## TUESDAY

### BREAKFAST

Oatmeal with Raisins and a Banana  
Vanilla Yogurt  
Apple Bran Muffins #89  
Herbal Tea, Non-Fat Milk, or Decaffeinated Coffee

**SNACK:** Herbal Tea and a Fruit

### LUNCH

Salad Bar  
Soup: Garlic Potato-Leek #117  
Green and Grain Meatballs #51  
Italian Tomato Sauce for Pastas #55  
Spaghetti (Spinach)

**SNACK:** Fruit, Herbal Tea

### DINNER

Salad Bar  
Soup: Vegetable Barley #132  
Oatmeal Bread #69  
Three-Grain Pudding #100

**SNACK:** Fruit

## **WEDNESDAY**

### **BREAKFAST**

**Red River Cereal  
Vanilla Yogurt  
Berries  
1 Slice of 7- Grain Bread  
Herbal Tea, Non-Fat Milk, or Decaffeinated Coffee**

**SNACK: Fruit, Herbal Tea**

### **LUNCH**

**Salad Bar  
Roast Turkey  
Mashed Potatoes (do not peel)  
Peas and Carrots  
Low Fat Gravy  
Herbal Tea, Non-Fat Milk, Water**

**SNACK: Fruit**

### **DINNER**

**Salad Bar  
Soup: Creamy Fish Chowder #120  
Rice and Vegetables "A La-Mexicana" #71  
Apple Cake #90  
Herbal Tea, Water**

**SNACK: Fruit**

## THURSDAY

### BREAKFAST

Healthiest Cereal #52

Vanilla Yogurt

Banana

Oatmeal Bread #66

Herbal Tea, Non-Fat Milk, or Decaffeinated Coffee

SNACK: Fruit

### LUNCH

Salad Bar

Vegetable "Chili con Carne" #84

Corn Bread (Laurel's Kitchen Cookbook p 81)

SNACK: Fruit

### DINNER

Salad Bar

Soup: Sweet Potato and Vegetables #127

Stuffed Potatoes & Vegetables #77

Light Cheese Sauce #58

Applesauce Carrot Cake #91

Herbal Tea, Water

SNACK: Fruit

## **FRIDAY**

### **BREAKFAST**

**Scrambled Eggs #73**

**Prunes**

**Apple Bran Muffins #89**

**Herbal Tea, Non-Fat Milk, or Decaffeinated Coffee**

**SNACK: Fruit**

### **LUNCH**

**Salad Bar**

**Soup: Creamed Broccoli #118**

**Lasagna #56**

**Herbal Tea, Non-Fat Milk, Water**

**SNACK: Fruit**

### **DINNER**

**Salad Bar**

**Soup: Tofu and Snow Peas #128**

**Fried Rice #46**

**Stir Fried Vegetables with skinless Chicken**

**Strawberry Banana Yogurt Cheese Pie #99**

**Herbal Tea, Non-Fat Milk**

**SNACK: Fruit**

## **SATURDAY**

### **BREAKFAST**

**Sunny Boy Cereal with Raisins  
Berries  
Vanilla Yogurt  
1 Slice of 7- Grain Bread  
Herbal Tea, Non-Fat Milk, or Decaffeinated Coffee**

**SNACK: Fruit**

### **LUNCH**

**Salad Bar  
Soup: Trinity #130  
Egg Salad Sandwich or  
Leftovers from week  
Herbal Tea, Non Fat Milk, Water**

**SNACK: Fruit**

### **DINNER**

**Salad Bar  
Meatloaf & Shredded Vegetables #61 or  
Leftovers from week  
Applesauce and Carrot Cake #91**

**SNACK: Fruit**

**RECIPES ARE INCLUDED FOR MOST DISHES, AND THE PAGE NUMBER FOLLOWS THE RECIPE.**

**ADDITIONAL RECIPES ARE ALSO INCLUDED FOR YOUR DISCRETION. PLEASE FEEL FREE TO SUBSTITUTE WHEN EVER YOU CANNOT OBTAIN NEEDED INGREDIENTS. IF, YOU DO SUBSTITUTE, MAKE SURE YOU DO NOT USE PRODUCTS THAT CONTAIN HARMFUL CHEMICAL(S) LISTED ABOVE.**

**PARTICIPANTS WILL REQUEST ADDITIONAL ITEMS, i.e. BUTTER FOR THEIR MUFFINS OR BREAD - DO NOT GIVE IT TO THEM. REMEMBER THAT THEY ARE PHYSICALLY TROUBLED BECAUSE OF THEIR POOR EATING HABITS, YOU ARE HELPING THEM BY INSURING THAT THEY STAY ON THIS SCHEDULED MEAL MENU.**

# CARROT-FRUIT SALAD

## Ingredients

- 1 8 oz. can unsweetened crushed pineapple, juice-packed
- 4 c. grated carrots
- 2 small oranges, cut in chunks
- 1/2 c. chopped dates (about 8 dates)

## Dressing:

- 1 1/2 c. non-fat yogurt
- 1/4 c. frozen orange-juice concentrate
- 2 tsp. poppy seeds
- 1 tsp. lemon juice
- 1/4 tsp. nutmeg

1. Drain the pineapple well, pressing with a fork to remove excess-juice, and combine with the carrots, oranges, and dates in a large bowl.
2. In a separate bowl, stir the dressing ingredients together; add to the carrots and fruits. Toss thoroughly to coat the salad ingredients with the dressing.

**Yield: about 5 cups.**

# CARROT RICE CASSEROLE

## Ingredients

1 c.	Cooked Brown Rice
2 c.	Grated Carrot
6 tbsp	Minced Green Onion and Tops
1/2 c.	Grated Hoop or Farmer Cheese
3	Fertile Eggs
1/4 c.	Minced Parsley
1 tsp.	Leaf Marjoram

This is a very light meal, but hearty enough for a main dish. It is economical and low in calories.

1. Take 1 cup of cooked short grain brown rice and mix with onions, grated carrots, grated low fat style cheese and spices.
2. Beat eggs and mix into mixture.
3. Pour into a shallow baking dish and bake in a 350 pre-heated oven for 30-35 minutes.

This makes 6 servings.

## CEREAL MEALS

### Ingredients

1/3 c. Buckwheat  
1/2 c. Non-Fat Powder Milk  
1-1/2 tbsp Raisins  
1 c. Water

OR

1/4 c. Millet  
1/2 c. Non-Fat Powder Milk  
1/2 tbsp Raisins  
1/2 Banana  
1 c. Water

OR

1/4 c. Oat groats  
1-1/2 tbsp Raisins  
1/2 Banana  
3-1/2 oz. Non-fat Milk

These wonderful cereals are a complete food and high in protein. Millet and Buckwheat are the king of cereal.

**MILLET CEREAL:** Rinse millet in warm water and drain. Place in a pan with the water and powder milk. Heat mixture to a boil. Cover pan, reduce heat and simmer at the lowest heat. After 10 minutes remove from heat and let stand for 30 minutes. Serve with non-fat milk and fresh fruit.

**BUCKWHEAT CEREAL:** Bring water to a boil. Stir in the buckwheat slowly, stirring as you pour. Cook for 2-3 minutes. Turn heat to low and simmer for 5 minutes. Remove from the stove and let stand another 10 minutes. Serve with non fat milk or yogurt with fresh fruit.

# CHICKEN

1. **Roast (whole) in roaster-cover with foil.**
2. **Cook in 275o for 3 hours. Check in 2 1/2 hours. If legs move easily then leave uncover for browning**
3. **When done cut them into 4 to 6 serving pieces each.**

# CHICKEN SALAD STUFFED TOMATOES

## Ingredients

### Dressing:

- 1 c. Non-fat yogurt
- 2 Hard-boiled eggs (discard yolks)
- 1 1/2 tbsp. Soy sauce
- 1 1/2 tsp. Curry powder
- 1 tsp. Ground ginger
- 1 c. Cottage cheese, 1 % fat (by weight) maximum

### Stuffing:

- 2 c. Diced cooked chicken breast
- 1 c. Sliced canned water chestnuts, drained
- 1 c. Diced celery
- 1 c. Green or red seedless grapes
- 1/2 c. finely chopped onions
  
- 6 lg. Ripe whole tomatoes
- 6 lg. Lettuce leaves

1. Place the dressing ingredients in a blender and blend until smooth.
2. Combine the chicken, water chestnuts, celery, grapes, and onions in a bowl.
3. Add 1 cup dressing and toss lightly to coat the salad well. Chill.
4. Cut each tomato at the stem end into eight equal wedges, leaving the bottom quarter of the tomato intact; pull segments apart gently.
5. Just before serving, fill the center of each tomato with the chicken filling.

# CHICKEN, RICE AND VEGETABLE CASSEROLE

## Ingredients

1- 3/4 lb	Organically Grown Chicken
1- 1/2 c.	Long grain Brown Rice
1	Large Onion
8	Cloves of Garlic
1	Bell Pepper(red or green)
1 lb.	Mushrooms
1	Bunch of Small Green Onions
1 c.	Fresh Peas (may use frozen peas)
1/2	Bunch of Parsley or Cilantro (Coriander)
5	Medium Tomatoes

1. Remove skin from chicken and cut up into small pieces. Place in 2 quarts. spring water and simmer until tender. When done remove fat from stock and set aside.
2. Sauté onions, garlic, bell pepper and mushrooms in a little chicken fat & stock.
3. Combine all other ingredients and add 4-1/2 cups of defatted chicken stock, cover and cook at lowest heat possible until the liquid is absorbed. You can spice for your taste with home- made salsa, or any other spice of your choice except black or white pepper. This does not need salt.

# CHILE RELLENOS

## Ingredients

- 7** Fresh Green Chilies or (1 can whole green chilies, Ortega)
- 7 oz.** Hoop, Farmer or other low fat cheese
- 7** Fresh Chicken eggs

- 1.** If you can buy fresh green California chilies broil them 2" from the heating element, turning often until all sides are blistered. Wrap in damp towel for 5 minutes. Peel skins. Canned whole green chilies can be substituted. Make a small slit in each Chile and stuff with one oz. of cheese.
- 2.** For each pepper use 1 egg. Separate egg whites and beat until very stiff. Beat yolks until light yellow and add 1 tsp. whole wheat flour per egg. for low-fat diets eliminate yolks. You can use egg-beater.
- 3.** Heat a cured cast iron or Teflon pan. Lay a strip of batter the length of Chile. When batter is set lay the Chile on top and cover with batter. Turn and cook each side for approximately 3 minutes. You may serve plain or cover with ranchero sauce. To keep warm place in covered pan in the oven at lowest temperature setting.

**One Chile is one serving.**

# CHINESE STYLE BROCCOLI & MUSHROOMS

## Ingredients

2-3 tbsp	Defatted Stock or White Wine
1 tbsp	Tamari (low sodium soy sauce)
1	Clove Garlic
2	Slices Fresh Ginger
2 tbsp.	Sherry or water
7 oz.	Fresh Broccoli
8 oz.	Fresh Mushrooms
1/4	Onion (diced into large pieces)

## GRAVY:

1 tsp.	Corn Starch or Arrowroot
1 tsp.	Tamari (low sodium soy sauce)
1/2 c.	Water of vegetable or Chicken Stock

1. Separate broccoli flowers and stalks. Cut into bite size pieces. Strip outer fiber from large stalks; cut stalk diagonally into pieces 1/3 inch thick.
2. Heat first 5 ingredients in a Wok or heavy cast iron pan.
3. Add onions and broccoli stalks and sauté for 3 minutes.
4. Add mushrooms and broccoli flowerets and sauté 2 minutes.
5. Add gravy and stir until thickened.

Serve immediately. Be sure you use a low sodium Tamari sauce.

This makes 5 servings.

# EGGPLANT TOMATO CASSEROLE

## Ingredients

2 c.	Diced Eggplant
2	Eggs
1 tbsp.	Butter
3 tbsp.	Chopped Onions
1/2 c.	Dry Bread Crumbs
2 Lg.	Tomato's
2 oz.	Cheddar Cheese (low-fat)
1/4 c.	Parmesan Cheese

1. Peel and slice eggplant. Place slices in a covered pan with 1/4 cup water or vegetable stock, cook until tender.
2. Mash drained eggplant and mix with beaten eggs, bread crumbs and onions.
3. Butter a shallow baking dish. Cover the bottom with half the tomatoes (sliced). Spoon in all of the eggplant mixture and spread evenly. Arrange the remaining tomatoes on top and sprinkle with cheeses.
4. Bake at 375 degrees for 45 minutes. Serve immediately.

Makes 6 servings.

## **EGG SALAD SANDWICH**

### **Ingredients**

<b>2</b>	<b>Eggs (hard boiled, mashed)</b>
<b>2 oz.</b>	<b>Yogurt (skimmed milk)</b>
<b>1/2 tsp.</b>	<b>Chile or Mustard</b>
<b>1/2</b>	<b>Small Whole Wheat Pita Bread (unleavened)</b>
<b>1</b>	<b>Small Green Onion (chopped)</b>
<b>1 Lg.</b>	<b>Mushroom (sliced)</b>
<b>1 oz.</b>	<b>Alfalfa Sprouts</b>
<b>1 Lg.</b>	<b>Tomato (sliced)</b>

**This is an example of utilizing natural foods (yogurt) in place of the traditional mayonnaise and coming out with a delicious sandwich that is very low in fat content and remains a high quality protein.**

- 1. Cook eggs until hard-boiled, remove egg yolk and give to your pet. Dice all ingredients (finely) and mix with the yogurt. Add natural spice of your choice. Refrigerate for at least 2 hours for aging.**

**Instead of pita bread you may use any natural grain bread made without fat or sugar—e.g. EZEKIEL 4:09, BIBLICAL BREAD, or PRITIKIN BREAD, or OTHER LOW-FAT HIGH FIBER BREAD (“ORO-WHEAT” BAKERY MAKES SEVERAL).**

**Makes two servings.**

## **ENCHILADAS DE POLLO (chicken)**

### **SAUCE:**

- 2 Medium onions**
- 3 Cloves of garlic, minced**
- 2 Tablespoons virgin-olive oil**
- 3 28 ounce cans of tomato sauce**
- 2 Quarts. of chicken broth (use the de-fatted\* broth from chickens)**
- 2 Teaspoons oregano leaves**
- 1/2 Teaspoon ground cumin**
- 1/4 Cup chili powder**
- 1/4 Cup cornstarch (may slowly be increased to obtain a fairly thick consistency)**
- 1 Teaspoon salt**
- 1 Teaspoon fresh ground pepper**
- 2 Tablespoons of fresh lime or lemon juice**

**\* To de-fat the chicken broth place it in the freezer until the fat coagulates on top of the broth, then you throw away the fat.**

- 1. Sauté onions, garlic in oil until soft**
- 2. Add all ingredients, except cornstarch, and simmer for 25 minutes. Add cornstarch (mix well in water before adding to sauce) to the sauce and simmer until a thick consistency.**

### **FILLING:**

- 1 Whole chicken**
  - 1 Large onion, diced**
  - 3 Large stalks of celery with leaves, diced**
  - 2 Carrots diced**
  - 1 Large can of diced green chilies**
- 1. Cut up chicken into separate pieces (legs, thighs, wings)**
  - 2. Simmer all ingredients in 64 ounces of water, until chicken is tender, allow to cool off and remove bones and skin. Shred or dice chicken and set aside for filling**

## **CHICKEN ENCHILADAS CONTINUED**

### **OTHER NEEDED INGREDIENTS:**

- 2 Dozen fresh corn tortillas (may use frozen if you allow them to thaw out in refrigerator)**
- 1 Pound of grated low-fat mozzarella cheese**

### **ASSEMBLING THE ENCHILADAS**

- 1. To assembled dip each tortilla in the heated sauce, barely enough to make them pliable.(if you dip them too long they will fall apart).**
- 2. Lay pliable tortilla on a cookie sheet (be careful, as the tortilla will be very hot) and filled with 2 tablespoons of chicken filling.**
- 3. Roll up and place on square cookie sheet, so that each one is rolled up against each other.**
- 4. When all are done ladle sauce on top and sprinkle cheese on top.**
- 5. Bake in a preheated 350 degree oven for 15-20 minutes, or until the cheese has melted and beginning to bubble.**

**FILLINGS CAN BE MADE WITH LEAN ROAST BEEF, FISH, SHRIMP, GAME MEATS, OR FOWL.**

## **FRIED RICE**

### **Ingredients**

- 1 tsp. Grated fresh ginger or**
- 1/2 tsp. Ground ginger**
- 1/2 tsp. Dry mustard**
- 1 c. Carrots, chopped in small strips**
- 1 c. Onions, coarsely chopped**
- 1 c. Broccoli, chopped in small strips**
- 1 tbsp. Soy sauce**
- 2 c. Cooked long-grain brown rice**
- 1/2 c. Chopped cooked chicken (optional)**
- 1/3 c. Raisins (optional)**
- 1/3 c. Sliced canned water chestnuts (optional)**

- 1. Mix the ginger and mustard with 1/2 c. water, and heat the mixture to boiling in a large skillet.**
- 2. Add the vegetables, and stir-fry over moderate heat until tender, about 10-15 minutes.**
- 3. Add the soy sauce and rice, mix well, and heat thoroughly, stirring as needed.**
- 4. Stir in the chicken, raisins, and water chestnuts, if used, while the rice is heating.**

**Makes 4 servings**

## FRUITED MILLET CEREAL

**1 cup Millet**  
**3 cups Water**  
**1/2 cup Raisins**  
**1 Apple diced**  
**2 tbsp Grated Orange Peel**  
**3 tbsp Frozen - Pineapple Juice Concentrate**  
**1 tsp Vanilla Extract**  
**2 tsp Cinnamon**  
**1/2 tsp Nut Meg**

- 1. Cook millet and water in double boiler. Add raisins, apple, and orange peel. Set over boiling water and cook, covered, over medium heat for about 40 minutes or until all water has been absorbed.**
- 2. Remove from heat and add juice concentrate vanilla, cinnamon, and nutmeg.**

## **GARDEN VEGETABLES WITH BROWN RICE**

### **Ingredients**

<b>2</b>	<b>Medium potatoes (sliced)</b>
<b>1</b>	<b>Medium carrot (sliced)</b>
<b>1/2 lb.</b>	<b>Fresh string beans</b>
<b>1/2</b>	<b>Medium onion</b>
<b>1</b>	<b>Medium zucchini squash</b>
<b>1 Lg.</b>	<b>Stalk of celery</b>
<b>2</b>	<b>Medium tomatoes</b>
<b>1/4</b>	<b>Bell Pepper</b>
<b>1/2 c.</b>	<b>Brown rice</b>
<b>3</b>	<b>Cloves garlic</b>

- 1. Dice all vegetables and place in a covered saucepan with 5 cups spring water or stock.**
- 2. Bring to a boil and reduce heat to low. Add rice (whole brown rice) and spices of your choice. I use a dash of light salt, cilantro (coriander), thyme, sweet basil, marjoram, and 1/4 cup of salsa. You may substitute other grains such as barley, millet, etc. Simmer until the rice is done.**

**This soup is wonderful for weight reduction. It is high in vitamins, minerals, and is low in calories and economical to make.**

## **GLAZED CARROTS**

- 5**           Cups (8 medium) carrots (sliced thin)
- 1/4**         Cup frozen apple juice concentrate
- 1**           Tablespoon grated orange rind
- 1**           Tablespoon corn starch
- 1**           Teaspoon ground ginger

- 1.**   Place carrots in steamer over 1 1/2 cups of boiling water in a saucepan. Cook in medium heat until tender.
- 2.**   Reserve cooking water from carrots.
- 3.**   Combine apple juice, orange rind, cornstarch and ginger in another saucepan; mix until smooth; stir in carrot water. Cook stirring constantly, until mixture is thick.
- 4.**   Add carrots stirring well to coat with sauce.

**Makes 6 servings**

**Calories: 65/serving**

## **GREEN BEANS**

- 1 Lb. green beans (cut bit size)**
- 1 Cup spring water**
- 1 Small onion (chopped)**
- 3 Tomatoes**
- 1 Bay leaf**
- 1/4 Bunch parsley (3-4 tablespoons dry parsley)**
- 1 Clove garlic**
- 1 Teaspoon virgin olive oil**
- Dash salt**
- 1 Cup water or stock**

- 1. Sauté onion and garlic in olive oil.**
- 2. Add all ingredients together and cook in a covered stainless steel or Pyrex dish at low heat until beans are BARELY tender.**

**Serves 4-6 people.**

# GREEN AND GRAIN MEATBALLS

## MEATBALLS:

- 1 1/2 Pounds lean ground beef
- 1 cup Wheat germ
- 2/3 cups Minced fresh parsley (1/4 dried parsley)
- 2/3 cups Minced little green onions
- 6 Tablespoons grated Parmesan cheese
- 4 Tablespoon of milk
- 2 Eggs
- 1/2 Teaspoon freshly ground pepper

## SAUCE:

- 2 Cup chopped zucchini squash
  - 1 Cup chopped mushrooms
  - 2 Medium onions, chopped
  - 4 Teaspoon cooking oil
  - 2 8 oz. cans tomato sauce
  - 2 Teaspoons chili powder
  - 2 Teaspoons ground cumin
- A few dashes of hot salsa or Tabasco sauce.

1. Prepare the meatballs by thoroughly mixing all the ingredients together in a medium bowl. shape into 48 balls.
2. Place the meatballs in a shallow baking pan (spray the pan with Pam).
3. Bake the meatballs in a preheated 400 degree oven for 8 to 10 minutes.
4. Meanwhile prepare the sauce in a skillet by sautéing the zucchini, mushroom, and onions in the oil for 3 to 5 minutes. Stir in the tomato sauce, chili powder, cumin, hot sauce, and heat the sauce thoroughly.
5. To serve, pour the sauce over the meatballs and combine the two well.

## **GREEN BEANS & MUSHROOMS**

- 1 Lb. cut green beans (can be frozen)**
- 1 Yellow onion (diced)**
- 1 Lb. fresh mushrooms (sliced)**
- 1 Tablespoon Virgin Olive oil**
- 1 Tablespoon real butter**
- 1 Cup spring water**

- 1. Sauté onions and mushrooms until onions are translucent.**
- 2. Place green beans in covered pan with water and cook until almost done.**
- 3. Add onions and mushrooms and add a dash of salt and any of your favorite herbs.**
- 4. Simmer together for 5 minutes. Save left over liquid for stock.**

**Serves 4-6**

## HEALTHIEST BREAKFAST CEREAL

- 1 Cup millet
- 1 Cup oat groats
- 1 Cup barley
- 5 Cups cinnamon tea
- 5 Cups spring water
- 1 Cup raisins
- 2 Ounces frozen apple juice concentrate
- Dash salt

1. Bring to boil water/tea and grains. Reduce to lowest heat. Add raisins and apple juice and cover. Cook until grains have absorbed liquid.
2. The safest way to cook to prevent sticking is in the oven at 225°.

## HERBED WILD RICE WITH BROWN RICE

**3 cups**      **Defatted Chicken Stock**  
**1/2 cup**     **Wild Rice**  
**1/2 cup**     **Long-Grain Brown Rice**  
**2 tbsp**     **Minced Green Onions**  
**2**          **Cloves Garlic, minced or crushed**  
**1 tsp**      **Soy Sauce**  
**1 tsp ea.**   **Thyme, Marjoram, and Basil**  
**3**          **Bay Leaves**  
**Dash:**     **Cayenne Pepper**

- 1. In a medium saucepan, bring 1/4 cup of the stock to a boil. Add the rice, green onions, garlic, and soy sauce and stir-fry for 2-3 minutes until the vegetables are soft.**
- 2. Add the remaining stock and seasonings, bring to a boil, reduce heat to low, cover, and cook for 1 hour until the rice is tender.**
- 3. Discard the bay leaves and continue to cook uncovered until any remaining liquid has evaporated. Fluff lightly with a fork and serve.**

**Makes 4 to 6 servings.**

## ITALIAN TOMATO SAUCE FOR PASTAS

- 1 Onion, chopped
- 4 Cloves of garlic
- 4 Tablespoons of Virgin Olive oil.
- 2 Small carrots, grated
- 1/2 Cup of chopped green bell pepper
- 2 Bay leaves
- 1 Teaspoon of Oregano
- 1 Teaspoon of Thyme
- 2 Teaspoons of Basil
- 5 Tablespoons of chopped fresh parsley
- 4 Cups tomatoes, coarsely chopped
- 2 Six-ounce cans of tomato paste
- 1 Teaspoon salt (or 2 of Indo)
- 1/4 Teaspoon of fresh ground pepper
- 1 Teaspoon of raw unfiltered honey

1. Sauté onions and garlic until onion is soft. Crush garlic with fork.
2. Add carrot, green pepper, bay leaf, and herbs. Stir well, then add the tomatoes, tomato paste, and seasonings.
3. Simmer 20 minutes . Remove the bay leaves.

**MAKES ABOUT SIX CUPS**

# LASAGNA

- 3/4 Cup spinach or whole wheat or soy lasagna noodles**
- 6 Cups Italian Tomato Sauce (recipe in index)**
- 2 Cups low fat cottage cheese**
- 3 Cups low fat mozzarella cheese**
- 1-2 Bunches of fresh spinach (can use 4 cups frozen Spinach).**
- 1/2 Cup grated Parmesan cheese**

- 1. Cook noodles in a very large pan of salted boiling water until almost tender. After draining the noodles, it can be helpful to spread them on towel or waxed paper.**
- 2. Spray a 9"x 13"x 2 1/2" baking dish with Pam.**
- 3. Spread a thin layer of noodles, lengthwise. Each layer of noodles should lie crosswise to the one below it.**
- 4. On the first layer spread 1/2 cottage cheese & 1/2 Parmesan cheese; then a coating of sauce. Layer noodles again, then the spinach and most of the mozzarella, and sauce, more noodles a layer of spinach, more cheeses and sauce. On the last layer you add the remaining sauce and cheese.**
- 5. Bake at 350 degrees for 30 to 45 minutes; then let stand 15 minutes before cutting-otherwise it will be too runny.**

**SERVES 8.**

## LENTIL LOAF

- 4 Cups water
- 1 Cup dry split lentils
- 2 Tablespoons Virgin Olive oil
- 1 Sliced onion
- 1 Sliced tomato
- 1 Diced Apple
- 1 Clove Garlic
- 1 Teaspoon salt
- 1/4 Teaspoon Thyme
- 1/2 Cup milk
- 1 Beaten egg
- 1 1/2 Cups bread crumbs
- 1 Tablespoon Parmesan cheese

1. Heat to boiling the 4 cups water. Add the dry split lentils. Simmer 30 minutes until tender. Drain and mash.
2. Grease a 4" x 9" loaf pan.
3. Heat the oil in a heavy sauce pan. Add the onion, tomato, apple, and garlic; and sauté until tender.
4. Add the salt, thyme, milk, egg, and 1 cup of the bread crumbs to the lentils and stir. Spoon mixture into loaf pan.
5. Mix 1/2 cup bread crumbs with the Parmesan cheese. Sprinkle over loaf. Bake 1 hour at 350° F.

Serve hot with cheese sauce or cold with yogurt.

## **LIGHT CHEESE SAUCE**

- 6**      **Tablespoons whole wheat pastry flour (browned in skillet).**
- 3**      **Cups spring water \***
- 3**      **Cups non-fat milk (made from non-fat milk powder)**
- 1**      **Cup mozzarella (low-fat type)**
- Dash of salt and fresh ground pepper**

- 1.      Brown flour and slowly add water or vegetable stock. Simmer until it thickens.**
- 2.      Add milk, cheese, and spices.**
- 3.      If it is too light for your taste you may thicken by adding corn starch (mix in water before adding).**

## **MANITOBA WILD RICE**

- 8 Ounces Wild Rice**
- 3 Cups water (3+stock) (can use chicken or vegetable stock)**
- 1 Medium onion diced**
- 1 Cup sliced mushrooms**
- 1/2 Cup diced celery and leeks**
- 1 Teaspoon butter**
- Sea salt and fresh ground pepper to taste**

- 1. Wash wild rice thoroughly.**
- 2. Soak overnight in stock.**
- 3. Cover and boil @ low heat until almost tender.**
- 4. Sauté onions, celery and mushrooms in butter.**
- 5. Combine all ingredients and add to wild rice. Finish cooking until rice is tender—not mushy.**

# MEATLESS MEATBALLS

## Ingredients

2 c. Cracker crumbs (A-K-Man sesame crackers)  
1 c. Walnuts (finely chopped, may use 1/2 walnut  
and almonds)  
1 c. Grated low-fat Jack cheese  
4 Cloves garlic  
2 Green onions  
5 Fertile eggs  
Spices as you like

## Sauce:

16 Vine-ripened tomatoes (5 lbs)  
6 Cloves garlic  
1 Lg. Yellow onion  
1 tbsp. Virgin Olive oil  
2 c. Vegetable broth  
6-10 Leaves fresh basil  
2-3 Sprigs fresh oregano  
1 Bell Pepper  
1 Spring fresh thyme

Mix all ingredients in a large bowl. Make meatball your favorite size. Bake in 400 degree oven for 10 - 15 minutes and add to your cooked sauce. Simmer 10 minutes.

**SAUCE:** Sauté onions, garlic, and bell pepper in virgin olive oil. Cut tomatoes finely. Do not peel! Add to sautéed onions and continue sautéing with added spices of your choice. Simmer in an uncovered pot until it thickens to your liking. You can use potato flour to thicken.

Makes 10 servings.

## MEATLOAF WITH SHREDDED VEGETABLES

- 2 Cups packed finely shredded cabbage
- 1 Medium onion, finely chopped
- 1 1/2 Tablespoons of Virgin Olive oil.
- 1/2 Cup packed shredded carrots
- 1/2 Cup packed shredded potatoes
- 3 Very large garlic cloves, minced.
- 1 Pound of very lean beef (important- you can use any game meat such as moose, venison, elk, buffalo, etc.)
- 2 Whole eggs
- 1 Cup of old fashion rolled oats
- 1/4 Teaspoon Oregano leaves, crumbled
- 1 Teaspoon dried Basil leaves, crumbled
- 1/2 Teaspoon of salt, if desired
- 1/4 Fresh ground pepper
- 1 Tablespoon of apple cider vinegar
- 1/4 Cup of water.

1. Sauté the cabbage and onion in the oil in a large skillet over medium heat, stirring often, for about 5 minutes.
2. Add the carrots and garlic, and sauté for 5 more minutes
3. In a large bowl combine all other ingredients and mix well
4. Add to the beef mixture the cooked vegetables and the shredded potatoes, and mix the ingredients well. Place in a shallow baking pan. Cover the pan tightly with aluminum foil.
5. Bake in a preheated 350 degree oven for 30 minutes. Uncover the meat loaf, and bake it 30 minutes longer. Let the meat rest for about 20 minutes before slicing it.

# MEXICAN SAUCE FOR RELLENOS, HUEVOS RANCHEROS, OR OMELETTE

## Ingredients

1	Bell Pepper
1 Lg.	Purple/yellow onion
4	Cloves garlic
1	Bunch small green onions
3	Fresh long green chilies (roasted and peeled)
1/2 lb.	Fresh mushrooms
1/2	Bunch cilantro
3	Fresh tomatoes
2 c.	Vegetable/chicken broth
1 tbsp.	Cornstarch

1. Sauté chilies, bell pepper, onion, garlic, mushrooms, and pimento in 1 tablespoon of virgin olive oil, at very low heat.
2. Add the rest of the ingredients and simmer for 15 minutes. You can thicken with cornstarch, potato flour, or agar.
3. Spice to your taste. I use a dash of Vegit-Salt, oregano, cumin, and 2 ounces of white wine. Superb!

## **MIXED VEGETABLES & MUSHROOMS**

- 1 Lb. mixed vegetables (corn, peas, carrots, and green beans).**
- 1 Yellow onion (diced)**
- 1 Lb. fresh mushrooms**
- 1 Tablespoon virgin olive oil**
- 1 Tablespoon real butter**
- 1 Cup spring water**

- 1. Sauté onions and mushrooms.**
- 2. Place mixed vegetables in covered sauce pan with water and cook until barely tender.**
- 3. Add onions and mushrooms and a dash of salt.**
- 4. Simmer for an additional 5 minutes.**
- 6. Save any left over liquid for stock.**

# MOCK REFRIED BEANS

## Ingredients

<b>1 lb.</b>	<b>Pinto Beans</b>
<b>1/2</b>	<b>Onion</b>
<b>4</b>	<b>Cloves Garlic</b>
<b>4</b>	<b>Sprigs Chinese or Reg. Parsley</b>

- 1. Place all ingredients in a 3 qt. container and cover with 1 1/2 qts. of spring water.**
- 2. Bring to a boil and reduce to a simmer. Cook until tender.**
- 3. Add 1/4 cup of fresh salsa and/or spices of your choice during the last 1/2 hour of simmering.**

**You'll end with a very nutritious bean soup. You can easily use this as a stock for a heartier vegetable and grain soup.**

**To make delicious mocked refried beans remove most of the juice (save for stock), mash and add 1 cup of salsa or 3 diced California green chiles (Ortega or similar canned style will do nicely), add 1/4 cup Virgin Olive oil, 1/4 cup low-fat Mozzarella cheese and Bake slowly (275 deg. F.) for 2 hours.**

**This makes 12 to 15 servings.**

## **MOOSE STEW (BUFFALO, CARIBOU, ELK, VENISON)**

- 1 Bay leaf**
- 2 Cups water**
- 2 Cups cubed moose meat (or other game meat)**
- 2 Onions**
- 1 Cup diced Celery**
- 1 Green or red pepper**
- 1 Large carrot (sliced 1/2" thick)**
- 1 Large potato (cut into 1" chunks)**
- 2 Cups crushed tomatoes**
- 1 Cloves garlic**
- 1/2 Teaspoon salt**
- 2 Tablespoon cornstarch**

- 1. Saute onions, garlic, green or red pepper, and celery**
- 2. Cook meat in water (covered) until almost tender. Add potatoes and carrots and simmer 15 minutes.**
- 3. Add all other ingredients.**
- 4. If stew is too thin add cornstarch to thicken.**
- 5. Add other herbs of your choice (I usually add 1 bay leaf, and a dash of chili powder).**

## OATMEAL BREAD

**2 Cups Regular Rolled Oats**  
**1 1/2 Cups Skinned Buttermilk**  
**1 1/2 Cups Whole-Wheat Pastry Flour**  
**1 tsp Baking Soda**

- 1. Combine oats and buttermilk, cover and soak for 1-2 hours.**
- 2. Combine flour, and baking soda, add to oat mixture; knead to a smooth, soft dough. Shape into a round shape (1 inch thick) and place in a 9-inch round pan.**
- 3. Bake in a 400 degree oven for 30 minutes; then reduce heat to 350 degree and continue to bake for 10 minutes.**

# POTATO, MUSHROOM, AND SPINACH CASSEROLE

## Ingredients:

5	Red potatoes
1 lb.	Mushrooms
2	Bunches of fresh spinach
1 Lg.	Yellow onion
3-1/2 oz.	Large curd low-fat cottage cheese
3	Green canned chilies (Ortega)
1/2 c.	Non-fat powdered milk
2	Egg whites or $\frac{1}{2}$ cup of Egg Beater

A simple casserole that is tasty and nutritious:

1. Slice potatoes, shred spinach into small pieces, dice onion, and slice mushrooms. Place all ingredients in a covered pan with 1/2 cup of vegetable stock or spring water. Cook at low temperature until the potatoes are tender. Drain liquid and save.
2. Beat 2 egg whites or Egg Beater with 1/2 cup of powder non-fat milk and fold into mixture.
3. Place mixture into a casserole (9"x 9"), add drained liquid and sprinkle with cheese.
4. Bake in a 350 degree (pre-heated) oven for 45 minutes or until the liquid is absorbed.

Makes 12 servings.

# QUESADILLAS

## Ingredients

<b>1</b>	<b>Corn tortilla</b>
<b>1 oz.</b>	<b>Jack cheese</b>
<b>1/2 oz.</b>	<b>Alpha sprouts</b>
<b>1 tbsp.</b>	<b>“Salsa”</b>

- 1. Take one corn tortilla and warm on a grill or Teflon pan.**
- 2. Place one ounce of cheese (if you are on a low fat diet use hoop or farmer cheese) in the tortilla and fold in half. Continue turning the folded tortilla until cheese has melted.**
- 3. Open the tortilla and add sprouts and 1-2 tablespoons of salsa.**

# QUICHE - CRUSTLESS: MUSHROOM / SPINACH

## Ingredients

2 c.	Cooked spinach (drained)
1/2 lb.	Mushrooms
1/2	Quart envelope non-fat powdered milk
1 Lg.	Whole onion
3	Fertile eggs
3/4 c.	Grated low-fat Jack cheese
1 c.	Liquid from spinach/mushrooms

1. Cook spinach for 4 minutes, drain well and save liquid.
2. Slice mushrooms and onions, sauté with 2 tablespoons. of white wine until onion starts to wilt.
3. Mix 1 cup of cooled liquid with powdered milk. Beat eggs well and mix with milk liquid.
4. Mix spinach, onions, and mushrooms. Layer in a deep 9" pie pan, alternating with cheese. Pour liquid on top and layer with any remaining cheese.
5. Bake in a pre-heated oven (350 degrees) for 30-35 minutes or until a knife can be inserted and come out almost dry. It will become solid as it cools. Tastes almost sinful, however, without the crust it is relatively low in calories.

This makes 8 servings.

## **RABBITS**

- 1. Roast (whole) in roaster with cover.**
- 2. Cook in 300 degrees for 2 hours. Check in 2 hours. If legs move easily then leave uncovered for them to brown.**
- 3. When done cut them into 4 to 6 pieces each.**

# RICE AND VEGETABLES “A LA MEXICANA”

## Ingredients

1 c.	Long grain brown rice
1 lg.	Spanish onion
1/4	Bell pepper
8	Cloves garlic
2	Medium carrots
1 c.	Fresh or frozen green peas
3	Medium fresh tomatoes
4	Sprigs Cilantro or parsley
1 lg.	Green Chile

1. Dice onion, bell pepper, garlic, tomato; slice carrots.
2. Place all ingredients in a pot and add 2 1/2 cups of spring water or vegetable stock; bring to a boil, reduce heat and cover. Simmer for 35 minutes, add spices of your choice the last 10 minutes.
3. Cook until the rice absorbs most of the liquid. Simple to prepare, yet rich in nutrients.

Makes 6 servings.

# **SALSA**

## **(Mexican Kitchen Sauce)**

### **Ingredients**

<b>4</b>	<b>Tomatoes</b>
<b>4 lg.</b>	<b>Green chilies</b>
<b>1/2</b>	<b>Small Bell Pepper</b>
<b>4</b>	<b>Small green/yellow chilies</b>
<b>4</b>	<b>Cloves garlic (minced)</b>
<b>1/2</b>	<b>Bunch green onions</b>
<b>4</b>	<b>Sprigs cilantro</b>

**This very basic salsa is made throughout Mexico as standard fare for all preparation of food. The common name is “salsa de la cocina” (kitchen sauce). What makes this so wonderful is that it is much higher in vitamin C than most foods and also high in vitamin A.**

- 1. Simply dice all ingredients and place in a bowl and allow to age for several hours. In Mexico it is accustomed to add some flat beer. It gives it a nice taste and helps preserve it. I add 1/4 teaspoon of ascorbic acid (vitamin C) powder. It keeps nicely for about 10 days. If you are going to keep it around longer add 1 tablespoon of virgin olive oil.**

## SCRAMBLED EGGS

- 1/2 Green pepper (diced into medium pieces)**
- 1/2 Medium yellow onion (chopped in medium pieces)**
- 1 Cup fresh mushrooms (sliced)**
- 1/2 Tablespoon Virgin Olive oil**
- 1 Tbsp. real butter**
- 8 Large fresh eggs**
- 1 Tablespoon plain non-fat yogurt.**

- 1. Sauté green peppers, onions until onion is translucent. Add mushrooms and stir for 2 minutes.**
- 2. Beat eggs and yogurt until eggs are fairly well beaten.**
- 3. In large frying pan add enough olive oil to barely coat the bottom (1 teaspoon). Mix all ingredients and cook at medium heat, stirring constantly until egg is barely set.**

**Serves 4-6**

# SPINACH FETTUCINE IN ZUCCHINI/MUSHROOM SAUCE

## Ingredients

10 oz.	Spinach fettuccine
1 lb.	Zucchini
1 lb.	Mushrooms
1	Small purple onion
4	Cloves garlic
10	Fresh tomatoes
1/2	Stalk celery
1 tbsp.	Virgin olive oil
1 tbsp.	Grade B honey
1/2 c.	Mozzarella cheese

1. Sauté onions, garlic, and celery in virgin olive oil.
2. Dice or blend tomatoes and add to above mixture.
3. Simmer for 1 hour, add spices of your choice and honey.
4. Add sliced zucchini, mushrooms and cheese and simmer just until zucchini is a dente.
5. Cook fettuccine by placing in 5 quarts of boiling water for 8 minutes. Drain and top with the sauce.

Makes 10 servings.

# STRINGBEAN AND MUSHROOM QUICHE (WITH OR WITHOUT CRUST)

## Ingredients

### Filling:

1/2 lb.	Mushrooms
1/2 lb.	String beans
3/4 c.	Swiss cheese (grated)
2 oz.	Almonds (slivered)

### Custard:

1 c.	Milk
1	Fertile egg + 2 yolks

### Crust:

1 c.	Milk
1	Cup Pastry Flour
1/4 cup	Butter

Mix until you have a pie like crust

1. Cut fresh String Beans into one inch pieces, slice mushrooms and steam together with almonds for 4 minutes.
2. Mix custard of milk and eggs and add a pinch of light salt, cayenne, and nutmeg. Mix with vegetables and set aside.
3. If making crust less pour above ingredients into a baking dish and sprinkle with the cheese. Bake at 325 degrees F. for 35-40 minutes or until set.
4. Roll pie crust on a 9" pie pan and add filling. Bake at 375 degrees F. for 35-40 minutes, or until firm.

# **STUFFED BAKED POTATOES WITH BROCCOLI AND CHEESE**

## **Ingredients**

- 2 Medium russet baking potatoes**
- 1/2 Bunch fresh broccoli**
- 2 oz. Sharp cheddar cheese**
- Spices and herbal salt to taste**

**This is a very simple and complete meal to prepare, is economical and full of nutrients.**

- 1. Bake two russet potatoes until you can squeeze the potato and it feels done.**
- 2. Slice the potato in half (lengthwise) and scoop out the potato, leaving the skin intact.**
- 3. Cook broccoli in 3 ounces of water until tender.**
- 4. Chop broccoli very fine and add to potatoes with remaining liquid.**
- 5. Grate 2 ounces of cheese and mix into the potato mixture.**
- 6. Stuff back into the potato skins and bake in 350 degree F. oven for 15-20 minutes or until the top starts to brown.**

**Makes 4 large servings.**

# **STUFFED BAKED POTATOES WITH VEGETABLES AND CHEESE**

## **Ingredients**

<b>2</b>	<b>Medium Russet baking potatoes</b>
<b>1/2</b>	<b>Bunch fresh broccoli</b>
<b>1</b>	<b>Carrot</b>
<b>1</b>	<b>Zucchini squash</b>
<b>4 oz.</b>	<b>Mushrooms</b>
<b>1/4</b>	<b>Red onion</b>
<b>2 lg.</b>	<b>Cloves garlic</b>
<b>2 oz.</b>	<b>Sharp cheddar cheese</b>
	<b>Spices and herbal salt to taste</b>

**This is a very simple and complete meal to prepare, is economical and full of nutrients.**

- 1. Bake two Russet potatoes until you can squeeze the potato and it feels done.**
- 2. Slice the potato in half (lengthwise) and scoop out the potato, leaving the skin intact.**
- 3. Cook Broccoli and vegetables in 3 ounces of water until very tender.**
- 4. Chop vegetables very fine and add to potatoes with remaining liquid.**
- 5. Grate 2 ounces of low-fat cheese and mix into the potato mixture.**
- 6. Stuff back into the potato skins and bake in 350 degree F. oven for 15-20 minutes or until the top starts to brown.**

**Makes 4 large servings.**

# TANGY CHEESE SAUCE

**2 Cups low-fat buttermilk**

**3 Tablespoons cornstarch**

**1 Cup low-fat cottage cheese**

**1/2 Cup grated Sharp cheese (do not use cheddar)**

- 1. Mix the buttermilk and cornstarch and stir while you bring to a boil. Simmer to smooth and thicken.**
- 2. Stir in cheeses until smooth.**

**Good additions: dill weed, chopped parsley, or if you want a tangy taste you can add 1/4 cup Mexican salsa.**

# TAMALE PIE (TAKEN FROM p. 270, "LAUREL'S KITCHEN"- MODIFIED)

## Ingredients

I.

- 2 c. Cooked pinto beans
- 2 c. Cooked kidney beans
- 3 tbsp. Tomato paste
- 2 tbsp. Chile powder

II.

- 1 tbsp. Virgin olive oil
- 1/2 c. Onion (chopped)
- 3 Cloves garlic
- 1/2 Green pepper (diced)
- 1/4 c. Cilantro or parsley
- 1/4 c. Olives (sliced)
- 1/2 c. Fresh corn
- 1 lg. Stalk celery

III.

- 1 1/2 c. Corn meal
- 2 1/2 c. spring water
- 1/2 tsp. Chile powder
- 1 tsp. Light salt

1. Combine dry beans and cook in spring water until tender. This will make approximately 4 cups of cooked beans.
2. Sauté group II and add to group I. Simmer slowly for 30 minutes.
3. Stir group III and cook in a heavy skillet. Bring to a boil, stirring constantly and remove from the heat.
4. Pour bean mixture into a deep baking dish (8x9); spread batter by spoonful on top of beans. Bake in a pre-heated oven at 350 degrees F. for 40 minutes.

**THIS CAN ALSO BE MADE WITH LEAN GROUND BEEF OR  
LEAN GROUND PORK**

# TORTILLA AND SQUASH CASSEROLE

## Ingredients

1 doz.	Corn tortillas
2	Yellow onions
4	Cloves garlic
2	Zucchini squash
1	Crook neck squash
1 tbsp.	Virgin Olive oil
8 oz.	Grated Jack cheese
16 oz.	Red Chile sauce (Las Palmas)

1. Cut old corn tortillas into 2" pieces.
2. Dice onions, garlic and squash. Sauté with the tortillas.
3. Grate cheese.
4. Layer the tortilla mixture, sauce, and cheese in alternating layers. Cover the top with remaining cheese.
5. Bake in 325 degree F. oven for 45 minutes.
6. Allow to cool for 10 minutes.

This dish is a popular Mexican peasant's dish and is usually made with goat cheese.

Makes 8 servings.

# TUNA & BROWN RICE CASSEROLE

## Ingredients

2 1/2 c.	Cooked brown rice
1	6.25 can tune (drained)
6 tbsp.	Green onions (chopped)
1 c.	Fresh green peas
2	Fertile eggs (beaten)
6 oz.	Jack Cheese
1/2 c.	Powdered non-fat milk

1. Cook brown rice (1 cup rice with 2 cups spring water) in a covered pot until tender and liquid is absorbed.
2. Beat eggs with the powder milk.
3. Mix all ingredients, except cheese, in a large bowl.
4. Pour into a 9" x 14" casserole, sprinkle the cheese on top.
5. Bake in a 350 degree F. oven for 30 minutes, or until done.

This is a very high protein meal and is still low in calories.

This makes 8 servings.

## **TURKEY, CHICKEN, GAME HENS**

- 1. Roasted in low heat until tender.**
- 2. Gravy may only be made with defatted drippings (remove the turkey from the roasting pan and place in the freezer for just enough time for the fat to harden - you can then remove it easily and use the drippings to make a rich gravy with corn starch that is low calorie).**
- 3. If stuffing is made it must be limited in fat (butter, oil, etc.) with no bread. May use grains i.e. wild rice, brown rice, etc.**

# VEGIE BURGERS

## Ingredients

1 c.	Mung bean sprouts (finely cut)
3/4 c.	Wheat germ
1/2	Grated jack cheese
1/4 c.	Minced parsley
1	Egg
1 oz.	Almonds (finely ground)
1 oz.	Sunflower seeds (finely ground)
1 tsp.	Oregano leaves
1/4 tsp.	Vegetable herbs or kelp powder
5	Cloves garlic
1/2 c.	Yogurt
5	Sprouted grain hamburger buns

1. Dice up sprouts and mix with all the ingredients. Refrigerate for 4-6 hours so that the flavors will blend.
2. Make into patties and pan fry, without any oil, in a Teflon or seasoned non-stick pan. Cook at low heat (300 degrees maximum) for about 4-5 minutes on each side or until brown.
3. Warm up a whole grain (baked without shortening or sugar) and spread with a mixture of plain yogurt and minced green onions. Use one tablespoon for each bun.

As good tasting as any greasy hamburger, and so much better for and to your body.

Makes 5 vegetable burger patties.

# VEGETABLE CHILI CON CARNE

## CHILI BASE:

- 2 Large onion finely chopped
- 8 Large cloves garlic, minced
- 4 Teaspoons olive or canola oil
- 2 Pounds very lean ground beef (may use game meat, Moose, Buffalo, Caribou, Elk, Venison, etc.)
- 2 28 ounce can tomato in puree
- 2 1/2 cups cooked kidney beans
- 2 Jalapeno peppers finely chopped or 2 cups of canned greened chili peppers (diced)
- 2 Cups sliced carrots
- 2 Cups diced celery
- 2 Cups corn kernels (fresh or frozen)

## SEASONING:

- 4 Tablespoons brown sugar
- 4 Tablespoons mild chili powder
- 1 Tablespoon ground cumin
- 1 Tablespoon of oregano leaves, crumbled
- 1 Teaspoon ground coriander
- 1/4 Teaspoon ground cloves
- 1/4 Teaspoon ground allspice

1. In a large skillet or Dutch oven sauté the onion and garlic in the oil until the vegetable are soften
2. Add the meat browning and stirring it, to break up the pieces. Drain off any fat that accumulates in the pan.
3. Add the tomatoes, and all the seasoning. Heat the mixture until it is bubbling, reduce the heat, cover the pan and simmer for 30 minutes.
4. Add the kidney beans, jalapeno pepper, green peppers, carrots, and celery. Simmer the chili covered about 20 minutes longer or until the carrots are soften. Add the corn kernel after 10 minutes.

**SERVES 16**

## **VEGETABLE QUICHE—”CRUSTLESS”**

### **Ingredients:**

<b>1</b>	<b>Yellow onion</b>
<b>2</b>	<b>cloves garlic</b>
<b>1/2 lb.</b>	<b>Mushrooms</b>
<b>2</b>	<b>Tomatoes</b>
<b>2</b>	<b>Zucchini squash</b>
<b>1</b>	<b>Medium carrot</b>
<b>4 oz.</b>	<b>Low-fat hoop or farmers cheese</b>
<b>5</b>	<b>Fertile eggs</b>
<b>1/2 c.</b>	<b>Non-fat milk</b>

- 1. Dice onion, garlic, and mushrooms; grate zucchini, carrots and cheese.**
- 2. Mix all ingredients and place into a slightly buttered 6" x 9" casserole.**
- 3. Beat egg and milk adding 1 tsp. dry mustard powder and 1/2 marjoram powder.**
- 4. Pour over casserole and bake in a pan of water at 375 degrees F. in a pre-heated oven. When done an inserted knife will come out clean.**
- 5. Allow to cool for 15 minutes. This is also an excellent cold dish.**

**This makes 8 servings.**

# ZUCCHINI & TOMATO CASSEROLE

## Ingredients:

2	Medium Zucchini squash
2	Medium Tomatoes (diced)
1/2	Purple onion
3	Cloves garlic
1/2	Bell pepper
1 tbsp.	Virgin olive oil
1	Sprig fresh basil and oregano
1 oz.	Jack Cheese
1 oz.	Mozzarella cheese

A very easy meal to prepare and quite nutritious.

1. Dice up the onion, garlic, and bell pepper. Sauté in virgin olive oil at a low heat.
2. Add zucchini and tomatoes along with fresh basil and oregano, place in a casserole dish.
3. Grate cheese and add on top of the vegetable mixture.
4. Bake at a medium low oven (300 degrees) for an hour.

Makes 4 large servings.

## ZUCCHINI

- 1/4 Green pepper**
- 1 Bunch green onions**
- 2 Whole garlic cloves**
- 1/2 Tablespoon virgin olive oil**
- 4 Smallish zucchini cubed**
- 1/2 Cup chopped celery**
- 1 Medium ripe tomato in 1" chunks or 1/2 cup crushed tomatoes**

- 1. Sauté onions, garlic, and green pepper.**
- 2. Add zucchini, stir well. Cover and simmer for 10 minutes.**
- 3. Add tomatoes, celery, and spices. Heat uncovered, stirring as necessary, until tomatoes are soft.**

**Serves 5-6**

# DESSERTS

## APPLE BRAN MUFFINS

- 4 Eggs, slightly beaten
- 3/4 Cup non fat milk
- 1/2 Cup non fat yogurt
- 1/4 Cup frozen apple-juice concentrate
- 1 Cup regular rolled oats
- 1 Cup oat bran
- 2 Grated apples
- 1/2 Cup raisins
- 1 1/2 Cup whole-wheat pastry flour
- 1 1/2 Tsp. baking soda
- 1 Tsp. cinnamon

1. Combine eggs, milk, yogurt, apple juice, oats, and bran and stir to mix lightly.
2. Stir in apples and raisins.
3. In separate bowl, combine flour, cinnamon and soda, stirring to mix.
4. Add dry ingredients to fruit mixture, stirring to mix well.
5. Spoon into non stick muffin pans and bake in 425° oven for 25 minutes.

**Yield: about 24 muffins**

**90 calories/muffin.**

# APPLE CAKE

## Ingredients

- 1            20 oz. can unsweetened peeled, sliced apples
- 1/2 c. Raisins
- 1/2 c. Frozen apple-juice concentrate
- 1 1/4 c.    Whole wheat pastry flour
- 3/4 c. Regular rolled oats
- 1 tsp.     Baking soda
- 1 tsp.     Cinnamon
- 1/4 tsp.    Cloves
- 2            Egg whites, beaten until stiff peaks form

1.    Stir together the apples, raisins, and apple juice in a large bowl.
2.    Combine the dry ingredients and stir them into the apple mixture.
3.    Fold in the beaten egg whites.
4.    Turn the batter into a 9 inch round nonstick cake pan and bake uncovered in a 350 degree oven for 1 1/4 hours.
5.    Cover with aluminum foil and cool for about 10 minutes before removing from pan.

**Makes 12 servings**

## APPLESAUCE-CARROT CAKE

- 1 Cup white flour**
- 1 Cup whole-wheat pastry flour**
- 2/3 Cup sugar (can use 1/2 cup raw unfiltered honey)**
- 2 Teaspoons baking soda**
- 2 Teaspoons cinnamon**
- 1/2 Teaspoon nutmeg**
- 3/4 Cup unsweetened applesauce**
- 1/4 Cup Virgin Olive oil**
- 3 Large eggs**
- 3 Cups coarsely grated carrots**

- 1. In a large mixing bowl combine flours, sugar, baking soda, cinnamon, and nutmeg**
- 2. In a small bowl combine the applesauce, oil and eggs; add them to the flour mixture stirring until the ingredients are well blended. Add the carrots and mix. Pour the batter into a greased (spray with Pam) 9" tube pan.**
- 3. Bake the cake in a preheated 350 degree oven for about one hour and ten minutes, or into a toothpick inserted in the thickest part comes out clean. Set the cake pan on a wire rack for 5 minutes, then turn the cake out onto the rack to cool.**

## **BANANA BREAD**

- 6 Very ripe bananas**
- Juice of 2 lemons**
- 1/2 Cup Virgin Olive oil**
- 3/4 Cup brown sugar (or 1/2 raw unfiltered honey)**
- 3 Cups whole wheat flour**
- 1 Teaspoon salt**
- 1 Teaspoon baking powder**
- 1 Teaspoon baking soda**
- 1 Cup wheat germ**
- 2 Cups raisins (can use chopped dates instead)**
- 2 Cups favorite nuts**

- 1. Preheat oven to 375 degrees**
- 2. Mashed bananas and mix them with lemon juice until smooth. Cream oil and sugar together and add to banana mix, stirring well.**
- 3. Sift together flour, salt, baking powder, and baking soda. Mix in wheat germ. Add to the banana mix and stir in raisins and nuts.**
- 4. The dough will be very stiff. Turned it into 2 greased "4 x 8" loaf pans and baked for about 45 minutes. Test for doneness by inserting knife in middle, if it comes out clean, the bread is done.**

**THIS RECIPE ALSO MAKES 24 CUPCAKES (bake at 350 degrees for 1/2 hour).**

## **BAKED APPLES**

<b>6</b>	<b>Small Green Cooking Apples, cored</b>
<b>1 1/2</b>	<b>Cups Water</b>
<b>1/4 cup</b>	<b>Frozen Apple-Juice Concentrate</b>
<b>2 tsp</b>	<b>Vanilla Extract</b>
<b>1 tsp</b>	<b>Cinnamon</b>
<b>1 tsp</b>	<b>Arrowroot</b>

- 1. Remove the peel from the top third of each apple. Arrange the apples in a baking dish just large enough to hold them snugly.**
- 2. In a saucepan, combine the other ingredients and bring to a boil, stirring frequently; reduce heat and simmer for 2-3 minutes until slightly thickened.**
- 3. Pour the sauce over the apples. Bake uncovered in a 350 degree oven, basting occasionally, for 1 to 1 1/2 hours until apples are easily pierced with a fork.**
- 4. Remove dish from oven and let apples cool in the sauce.**

**Serve hot or cold.**

## **BERRY TOPPING**

- 1 Lb. fresh or frozen berries**
- 1/2 Can frozen unsweetened apple juice concentrate**
- 2 Tablespoons corn starch**

- 1. Slowly heat berries and apple juice concentrate until it begins to simmer.**
- 2. Add corn starch slowly, stirring constantly, until thickened.**
- 3. You must stir constantly or berries will burn.**

# CREPES

- 1 1/4**    **Cups non-fat milk**
- 1**       **Cup whole wheat flour**
- 4**       **Egg whites beaten stiff**

- 1.**       **Blend milk and flour until smooth.**
- 2.**       **Carefully fold in stiffly beaten eggs.**
- 3.**       **Pour 1/4 cup batter into Teflon pan, rotating pan to cover bottom of pan and distribute batter.**
- 4.**       **Brown crepe on both sides.**

**Makes 10 crepes**

## **CREPE FILLING**

- 4 Apples (cut up)**
- 1/4 Can frozen unsweetened apple juice concentrate**
- 2 Bananas**
- 1/2 Teaspoon cinnamon**

- 1. Place apples, apple concentrate and cinnamon in sauce pan and heat slowly until apple begins to soften.**
- 2. Add bananas and stir for 1 minute.**
- 3. Remove from heat and let cool. A wonderful filling for crepes or a topping, for buckwheat pancakes.**

# IDEAL APPLE CRISP

- 8 Apples (green pippin are best)  
Juice of 1 lemon
- 1 Teaspoon cinnamon
- 2 Tablespoons whole wheat flour
- 3/4 Cup raisins  
Apple juice

## TOPPING:

- 1 Cup rolled oats
- 1/3 Cup wheat germ
- 1/2 Cup whole wheat flour
- 1/2 Teaspoon salt
- 2 Teaspoons cinnamon
- 1/2 Cup brown sugar
- 1/3 Cup canola oil

1. Preheat the oven to 375 degrees. Slice apples until you have enough to fill a greased 9" x 13" baking dish.
2. Mix the apples in a bowl with lemon juice, cinnamon, flour and raisins.
3. Return them to the baking dish, adding enough apple juice to cover the bottom.
4. Mix topping in a bowl and press on to top of apples.
5. Bake for 25 minutes, or until apples are soft.

**SERVES 8**

# LEMON CHEESECAKE

## CRUST:

- 1 Cup graham cracker crumbs
- 2 Tablespoons butter (melted)

## FILLING:

- 1 Pound (2 cups) low-fat creamed cottage cheese
- 2 Egg whites
- 2 Whole eggs
- 1/2 Cup evaporated skim milk
- 1/3 Cup sugar (can use 1/2 cup raw unfiltered honey)
- 1 Tablespoon grated lemon rind
- 1/3 Cup fresh lemon juice
- 1/4 Cup pastry flour (if possible, use whole wheat pastry)
- lemon slices for garnish

1. In a small bowl combine the crumbs and butter and press the mixture into the bottom of a greased 9" loose bottom or spring formed pan. Place the pan in the freezer, while you prepare the filling.
2. Preheat the oven to 300 degrees.
3. In a blender or food processor combine the cottage cheese, egg whites, whole eggs, evaporated milk, sugar, lemon rind, and lemon juice. Process the ingredients, until they are smooth. Add the flour and process the mixture to blend thoroughly. Pour the filling into the prepared chilled crust.
4. Bake the cake for 1 hour approximately at 350 degrees, or until the filling has set. Cool the cake in the pan on a rack. Loosen the edges of cake before removing the sides (but not the bottom) of the pan from the cake. Place the cake on a serving platter and garnish with lemon slices.

# STRAWBERRY BANANA YOGURT PIE

## Ingredients

7	Whole wheat honey graham crackers
2 tbsp.	Butter
3 tbsp.	Fresh wheat germ
1 oz.	Whole raw milk
16 oz.	Plain low fat yogurt
1	Envelope unflavored gelatin
8 oz.	Fresh or frozen strawberries (no sugar added)
2	Ripe bananas
2 tbsp.	Grade C or D honey

This pie is wonderful, yet has less than 1/2 the calories of the so called low calorie commercial pies and about 1/3 the calories of most pies.

1. Crush the graham crackers, cut in the butter, and add the wheat germ (must be fresh—good quality wheat germ is sold in dated packages and if over 10 days is removed from the stores) and milk and mix until it forms a ball. Spread on a 9" pie pan.
2. Bake pie crust for seven minutes in a pre-heated oven at 375 degrees F.
3. Dissolve the gelatin in 3 tablespoons of boiling water and add all the other ingredients and mix well.
4. Pour into the cooled pie crust and refrigerate for at least four hours.

# THREE-GRAIN PUDDING: A DELIGHTFUL DESSERT

## Ingredients

1/4 c.	Whole brown short grain rice
1/4 c.	Oat groats
1/4 c.	Barley
2-1/4 c.	Spring water
2	Cinnamon sticks
1/2 c.	Non-fat powdered milk
2	Egg yolks
1/4 c.	Seedless raisins
2 tbsp.	Date sugar (or grade B,C, or D honey)
2	Egg whites (stiffly beaten)

Dash of nutmeg, cinnamon, cloves, and vanilla extract

Penny per penny this dessert is higher in protein, minerals, vitamins, and fiber than most meals. It is economical, nutritious and yet a dessert.

1. Cook the **THREE** grains in water with the cinnamon sticks until the grains absorb the water.
2. Beat egg yolks with powder milk and 1 cup of water. Add raisins and honey. Mix into the grains.
3. Beat egg whites until stiff. Fold into grain mixture.
4. Place in a covered casserole and bake at low heat (300 degrees) for 45 minutes. Can be served hot or cold.

Makes 10 servings.

## **DRESSINGS** (low calorie)

## AVOCADO DRESSING

- 1/2 Large avocado**
- 1 Tablespoon lemon juice**
- 1/8 Teaspoon salt**
- 1/8 Teaspoon cumin's**
- 1 Pressed garlic clove**
- 1/4 Cup buttermilk**

## FRENCH DRESSING

- 2 Cloves garlic, coarsely chopped
- 1/2 Cup rice vinegar
- 1/3 Cup water
- 1/3 Cup tomato juice
- 3 1/2 Tablespoons frozen apple juice concentrate
- 1 Teaspoon pectin
- 1 Teaspoon arrow root
- 1 Teaspoon dry mustard
- 1 Teaspoon onion powder
- 1/2 Teaspoon oregano
- 1/2 Teaspoon ground thyme
- 1/8 Teaspoon paprika

Makes 1 cup

12 calories/tablespoon

## **SESAME DRESSING**

- 1/4 Cup freshly toasted sesame seed, grounded in blender into meal**
- 1 Tablespoon olive oil**
- 1 Tablespoon lemon juice**
- 1 Tablespoon lemon zest**
- 1/8 Teaspoon salt**
- 1/4 Cup buttermilk or orange juice**

**Makes 1/2 cup**

## **RANCH STYLE DRESSING**

- 1 Pint of low fat (plain) yogurt**
  - 1 Pint of low fat buttermilk or non-fat mayonnaise**
  - 1 Package “ranch style dressing mix”**
- 
- 1. Mix well and refrigerate for at least 3 hours. Low calorie.**

## Vinaigrette Dressing

- 3/4 Cup bottled white grape juice**
- 1/2 Cup tarragon wine vinegar**
- 2 Cloves garlic, crushed**
- 2 Tablespoons water**
- 1 Tablespoon lemon juice**
- 2 Teaspoons soy sauce**
- 1 Teaspoon Dijon mustard**
- 1 Tablespoon pectin**
- 2 Teaspoons arrow root**
- 1/2 Teaspoon onion powder**
- 1/2 Teaspoon garlic powder**
- 1/4 Teaspoon crushed rosemary**
- 1/4 Teaspoon crushed dill weed**
- 1/4 Teaspoon crushed thyme**

**Makes 1 1/2 cups**

**8 Calories/tablespoon**

# SOUPS

## AMERICA'S ABORIGINAL SOUP

### Ingredients

1/2 c.	Black beans
1/2 c.	Pinto beans
3 qts.	Spring water
5	Cloves garlic
1/2	Spanish onion
1 1/2 c..	Sliced carrots
1 1/2 c.	Fresh corn kernels
2 c.	Fresh string beans
2 c.	Thick sliced zucchini squash
1/2	Bunch cilantro (coriander)
3	Fresh Chile peppers (green./yellow)

This soup is made up of basic aboriginal soup of the natives of this continent and is extremely well balanced in nutrients, vitamins, and minerals. This soup will keep a person healthy and would be a great food for eliminating obesity. Two lg. bowls of this soup will provide all nutrients necessary for good health. It will also allow for you to lose weight in a safe way.

1. Cook the first five ingredients, bringing them to boil and then simmering for 45 minutes.
2. Add all other ingredients and simmer for another 30 minutes. You may spice with any herb or your choice except salt or pepper.

# ASPARAGUS SOUP

## Ingredients

**1/2**        **Onion or 6 scallions**  
**1 tbsp.**   **Butter**  
**1**         **Medium potato**  
**2 c.**       **Vegetable stock**

**1 1/2 lbs.** **Fresh asparagus**  
**4**         **Stalks celery**  
**1 tsp.**     **Salt**  
**1/8 tsp.**   **Fresh ground pepper**  
**milk:**     **As needed to thin to desired consistency**

- 1. Sauté onion in butter. Dice potato and add along with 1 cup of stock. simmer until potatoes are soft.**
- 2. Wash asparagus. Snap off the tough ends.**
- 3. Chop celery small, including leaves. Add asparagus, celery and remaining vegetable stock to potatoes and onions. cook until vegetables are quite tender.**
- 4. Add salt and pepper and puree in blender.**
- 5. Return to pot and add milk to thin as desired**

**Makes 6 cups**

# BEAN STOCK VEGETABLE SOUP

## Ingredients

1 lb.	Pinto beans
4-6	Cloves garlic
1	Yellow onion
2 qts.	Spring water
1	Red or green bell pepper
1 lb.	Fresh string beans
1 1/2 c.	Fresh corn kernels
1 1/2 c.	Fresh peas
1 1/2 c.	Zucchini squash
1/2	Bunch Cilantro

1. Bring the first 4 ingredients to a boil, lower heat and simmer in a covered pot until beans are tender (approx. 2 hours.)
2. Take 1/2 of the beans and blend or mash until they become a smooth paste. Return to the pot.
3. Add all other ingredients and simmer until just tender.

This makes a thick hearty soup.

## **BLACK BEAN SOUP**

- 1 1/2 Cups black beans**
- 6 Cups water**
- 1 Yellow onion (diced)**
- 1 Tablespoon canola oil**
- 2 Large clove of garlic (diced)**
- 2 Stalks of celery with leaves**
- 1 Medium potato (diced)**
- 1 Medium carrot (diced)**
- 1 Bay leaf**
- 1 Teaspoon oregano**
- 1/2 Teaspoon savory**
- 2 Teaspoons salt**
- 1/8 Teaspoon fresh ground pepper**

- 1. Wash beans and soak overnight.**
- 2. Simmer beans until almost done (about 2 hours).**
- 3. Add potatoes and carrots to beans.**
- 4. Sauté celery, garlic, and onions and add to soup**
- 5. Add spices and simmer for 1/2 hour.**
- 6. Puree about 1/2 the soup for a thick soup.**

**Serves 6**

## **BLACK BEAN SOUP WITH RICE**

- 2 Cup dry black beans,**
- 1 Bay leaf**
- 1/4 Cup oil**
- 1/2 Teaspoon thyme**
- 1 Cup chopped onions**
- 1/2 Teaspoon dry mustard**
- 1 Cup chopped celery**
- 1 Teaspoon salt**
- 2 Cloves garlic, crushed or 2 peppercorns minced**
- 2 Whole cloves**
- 2/3 Cup raw brown rice plus 5-6 cups stock**
- 6 Tablespoon milk powder (1/2 cup instant)**

- 1. Drain the beans when they are tender and mash them slightly with a fork. (The bean stock would be excellent soup stock so don't throw it away.)**
- 2. Heat the oil in a large soup pot or pressure cooker that holds at least 4 quarts. Sauté the onions, celery, garlic and rice until the vegetables are soft but not browned.**
- 3. Stir in one cup of stock; and while continuing to cook over low heat, add the herbs and spices. You might want to put the bay leaf, peppercorns and cloves in a tea ball or a square of cheesecloth.**
- 4. Add the remaining stock and the black beans.**
- 5. Cover the pot and pressure cook for 10 minutes or simmer 2-3 hours.**
- 6. Blend the milk powder with about 1/2 cup of the soup and add the mixture back to the pot. Ready for serving...**

**Variation: add a can of tomatoes and their stock for a thinner soup. Adjust the seasoning.**

**Recipe makes 3 quarts.**

**1 cup = approx. 4 grams of usable protein (9-11% of average daily need)**

## CARROT-LEEK SOUP

**3 cups** Defatted Chicken Stock (divided)  
**1 cup** Sliced Leeks (white part only)  
**1 tsp** Grated Fresh Ginger  
**6** Carrots (about 1 lb.) thinly sliced  
Dash Cayenne Pepper  
Garnish with Minced Parsley

- 1.** Heat 1 cup stock in large saucepan. Add leeks, ginger, and carrot, and cook over medium heat until leeks are tender.
- 2.** Cover, and simmer until carrots are tender.
- 3.** Transfer the mixture into a blender and blend until pureed.
- 4.** Return to sauce pan and add remaining stock and pepper. Bring to a boil. Lower heat and simmer for 3 minutes. Garnish with parsley.

**Makes 6 cups.**

# CHICKEN VEGETABLE SOUP

## Ingredients

3 qts.	Spring water
1/2	Small whole chicken (skinned and defatted)
1/2	Spanish onion
2	Stalks celery
2	Cloves garlic
1 1/2 c.	Diced carrots
2 c.	Fresh string beans
2 c.	Zucchini (thick slices)
1	Bunch cilantro or parsley
2 lg.	Potatoes (skinned and diced)

1. Cut up chicken and remove skin and visible fat.
2. Simmer chicken, onion, celery, and garlic for 45 minutes. Add potatoes and carrots and simmer for an additional 15 minutes.
3. Add the string beans, zucchini and cilantro and cook until the string beans are tender.

Highly nutritious soup, and very low in calories. May be refrigerated for a week.

This makes 20 servings.

## **CORN CHOWDER**

**2**      **Cups water**  
**1/2**     **Cup chopped onion**  
**1/2**     **Cup chopped celery**  
**1/2**     **Cup diced potato**  
**1/4**     **Cup chopped parsley**  
**1**      **Cup fresh raw corn off cob**  
**1/2**     **Cup non-fat milk powder**  
**1**      **Teaspoon salt**  
**1/4**     **Teaspoon pepper**

- 1.      Simmer water, onions, celery, potato, and parsley until tender.**
- 2.      Add corn and simmer for 5 minutes.**
- 3.      Add milk and simmer just below boiling point.**
- 4.      Add seasoning.**

**Serves 4-6**

## **COSIDO (A Mexican Indian favorite soup)**

- 2 Pounds of beef rump or leg meat with bones (very lean)**
- 1 Large onion, diced**
- 4 Large cloves of garlic, minced**
- 1 Large green pepper, diced**
- 64 Ounces of water**
- 1 Large cabbage head**
- 6 Large carrots, diced; do not peel**
- 6 Large potatoes, diced; do not peel**
- 6 Large stalks of celery with leaves**

- 1. Place the meat, onion, garlic, and green pepper in the water and bring to a boil. Lower the heat so that the soup barely simmers (cover during slow simmer).**
- 2. When the meat is nearly done place in all other ingredients and simmer until vegetable are done. If the stock is too thin for your taste you can add a small amount of cornstarch.**

# GARLIC POTATO LEEK SOUP

## Ingredients

1 1/2 qts.	Spring water
3	Potatoes (red or new)
1 c.	Fresh green beans
1 lg.	Leek
1	Carrot
6	Cloves garlic
1 c.	Powdered non-fat milk
1/2 lb.	Mushrooms

A very nutritious soup that is easily prepared and keeps well.

1. Dice potatoes (with skins) and carrots into 1/2" pieces.
2. Slice leeks into THIN slices and simmer with above.
3. When carrots and potatoes are tender add remaining ingredients and simmer for an additional 20 minutes. You may thicken with cornstarch.

## **CREAMED BROCCOLI SOUP**

- 1 Head Broccoli (leaves and stems cut into small pieces)**
- 4 Cups stock (vegetable, chicken) or bouillon**
- 1 Onion chopped**
- 2 Cloves garlic**
- 1 Teaspoon butter**
- 8 Ounces fresh cut-up mushrooms**
- 1/2 Cup non-fat milk powder**
- Sea salt or light salt & pepper to taste**

- 1. Cook broccoli in stock until just tender.**
- 2. Cook onion, garlic in butter until translucent. Add mushrooms and stir for about 2 minutes.**
- 3. Blend all food in food processor or blender so that it is not totally puree.**
- 4. Add powder milk and spices. Heat and serve.**

**Serves 8-10.**

## CREAMY CALIFLOWER SOUP

- 1 1/2 Cups potatoes (chunks)
- 4 Cups water or light broth
- 1 1/2 Cups chopped pale celery
- 5 Cups cauliflower (1 head)
- 1 Small onion
- 1 Whole clove garlic
- 1 Tablespoon olive oil
- 1 Teaspoon salt
- Pinch of fresh ground pepper

1. Cook potatoes and celery in water or broth until done.
2. Add cauliflower and cook until tender.
3. While vegetables are cooking sauté the onion and garlic in the olive oil.
4. Puree the vegetables and the onion and garlic until smooth. Add spices and reheat very gently.

**Makes 10 cups**

## **CREAMY FISH CHOWDER (COD OR SALMON)**

**4 cups      Defatted Chicken or Fish Stock**  
**1            Bay Leaf crushed**  
**1/8 tsp      Thyme**  
**1/8 tsp      Rosemary**  
**1 lb.        Fish Fillets,\* cut in 1 inch cubes**  
**1 lg        Onion, chopped**  
**1 cup       Chopped Celery (include tender Leaves)**  
**4 cups      Diced Potatoes with skin**  
**1            13 ounce can Evaporated Skim Milk**  
**1/4 cup     Corn Starch**  
**Garnish:   1/4 cup finely chopped Green Onions**

- 1.      Place stock, first 3 seasonings, and fish in large pot. Bring to boil. Add vegetables when mixture returns to    boil, reduce heat and simmer covered for 30 minutes.**
- 2.      Transfer 2 cups of the chowder to a blender and puree; return pureed contents to the pot.**
- 3.      Add can milk into cornstarch and stir until smooth. Add the mixture to the simmering chowder, stirring    constantly until thicken.**

**Makes 8 servings.**

**\*Any white fish fillets will work.**

## **GREEN PEA SOUP**

- 2 Cups split green peas**
- 10 Cups stock**
- 1 Large onion diced**
- 1 Clove garlic, chopped**
- 2 Stalks celery, sliced**
- 2 Carrots, sliced**
- 2 Potatoes, cubed**
- 1 Bay leaf**
- 1/4 Teaspoon thyme**
- 1/4 Teaspoon basil**
- 1 Teaspoon salt**

- 1. Cook peas in stock with bay leaf until they are tender and mushy (about 6 hours).**
- 2. Add seasonings and vegetables and cook about 20 minutes until vegetables are tender.**
- 3. Turn heat down and simmer for a half hour or so to let the flavors blend.**

**FOR A VARIATION FOR THOSE WHO HAVE TROUBLE WITH TOO MANY COMPLEX CARBOHYDRATES YOU CAN ADD A HAM BONE OR HAM HOCKS TO THE STOCK AT THE BEGINING OF THE COOKING.**

# LENTIL & SPLIT PEA SOUP

## Ingredients

1/2 c.	Lentils
1/2 c.	Split peas
1 lg.	Carrot
2 lg.	Stalks celery
1 lg.	Onion
2	Cloves garlic
2 lg.	Tomatoes
1/4	Purple cabbage
6 tbsp.	Parsley
1/4 tsp.	Cayenne pepper
1 tsp.	Dried oregano
4 tbsp.	Wine vinegar

1. Rinse lentils and split peas, drain and place into a soup kettle with 1 quart spring water.
2. Dice or slice all other ingredients (except tomatoes) and add to the soup.
3. Simmer for 1 hour and add tomatoes and vinegar the last 15 minutes. You can use any spice of your choice, except salt, and black or white pepper.

Like most soups, the taste will improve when the soup is refrigerated and aged for a couple of days.

## **PINTO BEAN SOUP**

<b>2 qts.</b>	<b>Spring Water</b>
<b>1 lb.</b>	<b>Pinto Beans</b>
<b>4</b>	<b>Cloves Garlic</b>
<b>1/2</b>	<b>Yellow Onion</b>
<b>1/2</b>	<b>Green Bell Pepper (diced)</b>
<b>1/2</b>	<b>Bunch Fresh Cilantro (coriander)</b>

**This is the basic soup of Indians.**

- 1. Simmer all ingredients in a covered pot until beans are tender.**
- 2. Smash or blend about 1/2 the beans to thicken.**
- 3. Add spices of choice but limit salt and pepper.**

**Makes 10 servings.**

## POTATO/MUSHROOM SOUP

- 4 Medium potatoes (diced)
- 2 Carrots (cut up small pieces)
- 1 Onion (cut up large pieces)
- 2 Whole garlic cloves
- 6 Cups spring water
- 3 Cups of milk (made from non-fat powder milk)
- 2 Teaspoons salt
- 1/4 Teaspoon fresh ground pepper
- 1 Tablespoon fresh parsley (may use dried)
- 1 Lb. sliced mushrooms

1. Cook potatoes, carrots, onion, and dried garlic in water until tender.
2. Puree in blender until smooth.
3. Add mushrooms, milk and parsley. Simmer uncovered until thick enough for your taste.

**Serves 6-10**

# POTATO, MUSHROOM AND ZUCCHINI SOUP

## Ingredients

6	Potatoes (Red-do not peel)
1 lb.	Mushrooms
4	Zucchini squash
1/2	Onion
5	Cloves garlic
1/2	Bunch green onions
1 tbsp.	Butter
3	Long green chilies (Ortega)
1/2	Sprig cilantro or parsley
3 1/2 oz.	Powdered non-fat milk
2 qts.	Spring water

The simplest of soups to make.

1. Dice potatoes and place into a soup kettle with 2 quarts spring water and add all ingredients (finely chopped).
2. simmer for 1 hour. You can thicken by increasing the ingredients by adding 2 extra potatoes and blending 2 cups of the cooked vegetables, returning it to the soup.

Makes 15 servings.

# POTATO, VEGETABLE, AND BEAN SOUP

## Ingredients

1 c.	Navy beans
1/2	Spanish onion
5	Cloves garlic
2 1/2	Quarts spring water
1 1/2 c.	Sliced carrots
4	Sprigs parsley (minced)
1	Stalk celery
3	Medium potatoes (1/2" cubes)
2 c.	Zucchini squash (thick slices)
2 c.	Fresh string beans

**A most wonderful soup for reducing! A large bowl of this soup has less calories than one slice of bread, yet it is loaded with nutrients.**

- 1. Cook the first four ingredients until the beans are tender.**
- 2. Blend beans and juice into a thick stock.**
- 3. Add all remaining ingredients and simmer until vegetables are barely tender.**

**Makes 20 large servings.**

## **SWEET POTATO - VEGETABLE SOUP**

<b>6 c</b>	<b>Spring Water</b>
<b>4 c</b>	<b>Sweet Potatoes, cut up into 1 inch cubes</b>
<b>2 c</b>	<b>Chopped Celery</b>
<b>1 1/2 c</b>	<b>Sliced Leeks</b>
<b>1 1/2 c</b>	<b>Sliced Onions</b>
<b>1 c</b>	<b>Cut Green Beans</b>
<b>1/2 tsp</b>	<b>Thyme</b>
<b>1/4 tsp</b>	<b>Cloves</b>
	<b>Dash Cayenne Pepper</b>
<b>1/2</b>	<b>Cup Non-fat Milk Powder</b>

- 1. Place all vegetables, except green beans, in a large pot with 6 cups water. Bring to a boil. Reduce heat, cover and simmer until vegetables are tender.**
- 2. Transfer 1/2 the contents of the pot, including 1/2 the vegetables and blend until pureed.**
- 3. Return pureed mixture to the pot and stir in the green beans and spices.**
- 4. Bring soup to a boil again, lower heat, cover and cook until beans are tender, stir in the milk.**

**Makes 10 cups.**

## TOFU-AND-SNOW PEA SOUP

- 4 c. Defatted chicken stock
- 1 4 oz. cake tofu, cubed
- 1/4 c. Thinly sliced mushrooms
- 1/4 c. Minced green onions
- 1/4 c. finely chopped carrots
- 1 lg. Clove garlic, minced
- 1 tsp. Grated fresh ginger
- pinch: Of anise
- 1 tsp. Low sodium tamari sauce (soy sauce)
- 1 c. Fresh snow peas (Chinese pea pods)

1. Place all ingredients, except snow peas, in a sauce pan. Bring to a boil, lower heat and simmer covered for 20 minutes.
2. Add snow peas and cook briefly until just tender.

Makes 4 cups.

# TOMATO SOUP

## Ingredients

1            Medium onion  
2            Stalks celery  
1            Carrot  
1 tbsp.     Virgin olive oil  
3/4 tsp.    Oregano leaves  
1 1/2 tsp.   Basil leaves  
4            Cut-up tomatoes (fresh)  
2.3 c. Hot vegetable stock  
3/4 tsp.    Salt  
              Fresh ground pepper to taste

1.    Saute onion in oil, adding celery and carrot . Cook until onion is soft.
2.    Add oregano, basil, and tomatoes to pot and simmer gently until tomatoes are very soft.
3.    Puree the soup. Return to pot and add the hot stock.
4.    Bring to a boil and simmer on low heat for 5 minutes.

**Makes 8 cups**

# TRINITY SOUP

## Ingredients

1 c.	Pinto beans
6 c.	Spring water
5	Cloves garlic
1/2	Onion (Spanish or red)
1 1/2 c.	Fresh corn kernels
2 c.	Fresh string beans
4 c.	Zucchini (thick slices)
1/2	Sprig cilantro or parsley

This is a basic soup to native American of this continent. Rich in nutrients. Another excellent soup to diet with.

1. Cook beans until tender, add garlic and onions during the last 15 minutes of cooking.
2. Add all other ingredients and simmer slowly until the string beans are tender.

Refrigerates well and can be frozen.

Makes 15 servings.

## TURKEY VEGETABLE SOUP

4 qts.	Spring Water
3 c	Cut-up Chicken or Turkey (skinned and defatted)
1	Yellow Onion (diced)
2	Cloves Whole Garlic
1 c	Pot Barley
1 1/2 c	Sliced Carrots
2 c	Fresh cut Green Beans
2 lg	Red Potatoes (diced with skin)
1/2	Bunch fresh Coriander (Cilantro) or Parsley
2 c	Zucchini (thick slices)

1. Cut up chicken, remove skin and visible fat.
2. Simmer chicken, onion, celery, and garlic 45 minutes.
3. Add potatoes, carrots, and pot Barley and simmer 20 minutes.
4. Add string bean, zucchini, and coriander and cook until string beans are tender.

Makes 25 servings.

## VEGETABLE, BARLEY SOUP

1/3 cups	Pot Barley
2 cups	Diced Turnips
1 cup	Chopped Turnip Greens (Tops)
1 lg	Onion, chopped
2 cups	Diced Carrots
3/4 cup	Chopped Celery and Tops
1 cup	Fresh or Frozen Cut Green Beans
1	16 ounce can diced tomatoes in juice

1. **Bring water to boil and add pot barley. Return to a boil, cover, and reduce heat. Cook for 45 minutes.**
2. **Add 6 cups of water and all other ingredients. Stir and bring soup to a boil; lower heat and cook, covered, until vegetables are tender (about 45 minutes).**

\*

You may use left over liquid from vegetables (no meat stock)

# ZUCCHINI, TOMATO AND BARLEY SOUP

## Ingredients

1/2	Onion
4	Cloves garlic
1	Tomato
10 oz.	Tomato juice
1 oz.	Pearl or Pot Barley
2	Zucchini
12 oz.	Spring water
4	Sprigs cilantro or parsley

1. Dice all ingredients into a size of your choice.
2. Place all ingredients into a soup kettle and simmer until the barley is tender. Use spices of your choice, it needs no salt.

Makes 5 servings.

## FOR NATIVE PEOPLE WISHING TO LOSE WEIGHT

BY  
Cruz H. Acevedo Jr., Ph.D.

BASED ON GENETIC PREDISPOSITION TO CERTAIN FOOD ALLERGENS, THE FOLLOWING RECOMMENDATIONS WILL HELP TO IMPROVE THE HEALTH OF NATIVE PEOPLE. THIS WILL ALSO HELP THEM LOSE WEIGHT. TOO MANY ARE OBESE.

### AVOID THE FOLLOWING:

1. FLOUR PRODUCTS: THIS INCLUDES ANY THING MADE WITH WHEAT  
EXAMPLES: BREAD, BANNOCK, CEREALS MADE WITH WHEAT  
(genetically the great majority of Native Americans can not process GLUTEN in wheat). Once a week is ok but no more than once a week.
2. FRIED FOODS, ESPECIALLY MEAT, FISH, BACON, SAUSAGE, BANNOCK, ETC.  
DO NOT FRY **ANYTHING!**
3. SUGAR PRODUCTS: COOKIES, DONUTS, CAKE, ICE CREAM, CANDY, SODA POPS
4. AVOID DRINKING MILK, YOU CAN USE SKIM MILK BUT ONLY EVERY THIRD DAY. YOU MAY BE ABLE TO EAT LOW FAT YOGURT. ONLY USE LOW OR NON FAT CHEESE!
5. AVOID THE FOLLOWING FAT: LARD, CRISCO, ALL MARGARINE ( A LITTLE BUTTER IS OK), DO NOT USE ANY OIL EXCEPT “VIRGIN OLIVE OIL”

### DO THE FOLLOWING:

1. EXERSIZE EVERY DAY FOR 40 MINUTES BY DOING ONE OF THE FOLLOWING:
  - A. WALKING & STRECHING AFTER THE WALK
  - B. SLOW JOGGING 2 MINUTES, WALKING 3 MINUTES
  - C. DO A MARTIAL ARTS PROGRAM THAT IS EASY FOR YOU (LIKE “TIA CHI CHUH”, BEGINNING “TAE BO”) AND/OR LIGHT “WEIGHT TRAINING”
  - D. BICYLING (STOP DRIVING EVERYWHERE)
2. EAT 3 TIMES EACH DAY, MAKE BREAKFAST LIGHT; LUNCH THE BIGGEST MEAL; DINNER THE LIGHTEST MEAL AND NEVER AFTER 7:00 PM.
3. EAT SNACKS BETWEEN MEALS, BUT ONLY FRUITS AND VEGETABLES.

You may use left over liquid from vegetables (no meat stock)