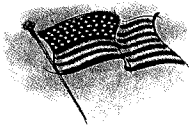
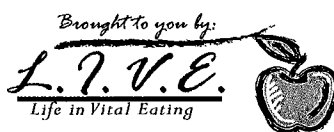


FUN, BUT FIT FOREIGN FOODS



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

Fun but Fit Foreign Foods

Tabouli

- 1 c water
- ½ c bulgur wheat
- ¾ c chopped tomatoes
- ¾ c chopped cucumber
- ½ - ¾ c chopped parsley
- ¼ cup chopped scallions (green and white parts)
- 1 ½ Tbsp olive oil
- 2 Tbsp lemon juice
- 1 tsp salt (or to taste)
- 1 tsp garlic powder
- ½ tsp oregano

In one-quart saucepan, bring the water to a boil. Add the bulgur and return to a boil. Reduce heat and simmer, covered, 20 minutes or until the liquid is absorbed. Let cool. In a large bowl, toss the bulgur, tomatoes, cucumber, parsley, and scallions until combined. Add the oil, lemon juice and seasonings. Chill. Serve.

Greek Style Hummus

- 1 can garbanzo beans (drained, reserve juice)
- 2 Tbsp lemon juice
- 2 cloves garlic
- 3 Tbsp sesame tahini
- ½ tsp salt (or to taste)
- 1 tsp cumin
- ½ tsp oregano

Mix all ingredients in food processor. Add enough reserved bean juice for desired consistency. Chill. Serve with pita or flat bread.

Falafel

1 can garbanzo beans (drained)
2 cloves garlic
1 tsp cumin
½ tsp turmeric
½ tsp salt
¼ cup minced onion
¼ cup chopped parsley
2 Tbsp water
1 Tbsp lemon juice
1 Tbsp sesame tahini
dash of cayenne
¼ cup whole wheat pastry flour

Place all ingredients except flour in a food processor and process until batter is uniform. Add flour and process until thoroughly combined.

Preheat oven to 400°. Spray a cookie sheet with cooking spray. Form batter into small patties, using about 1 Tbsp batter for each falafel, and place on cookie sheet. Bake for 20 – 25 minutes, or until golden brown. Flip them over halfway through baking. Serve with pita bread, lettuce, tomato, onion, peppers, etc. Top with cucumber dressing, if desired. **Cucumber dressing:** 1 cup sour cream, ½ cup grated cucumber, ½ tsp garlic powder, 1 tsp dill weed, and salt to taste.

Vegan sour cream can be made using recipe below:

Soy Sour Cream

1 cup water
½ cup soy supreme
¾ tsp salt
1 tsp onion powder
½ cup vegetable oil
2-2 ½ Tbsp lemon juice

Blend first 4 ingredients on high for 10 – 15 seconds. While the blender is running, slowly dribble in oil. Continue to blend for one full minute after oil is added. Stop blender and stir in lemon juice.

Caribbean Black-Eye Pea Stew

1 medium onion, chopped
1 pepper (green, orange, yellow, red – your choice), chopped
4 oz mushrooms, sliced
1 medium potato, peeled and diced
1 ½ cups black eye peas (dry)
3 cups water
1 cup tomato sauce
1 tsp Italian seasoning
1 tsp onion powder
1 tsp garlic powder
2 tsp salt, or to taste
2 tsp curry powder, or to taste (optional)

In large saucepan, sauté vegetables in a little water until softened. Add peas, water, and tomato sauce, and simmer until peas begin to soften. Add seasonings, and continue to simmer until mixture is consistency of saucy stew and peas are soft. Serve over fluffy brown rice. Enjoy!

Fresh Spring Rolls

Spring roll wrappers (rice paper)
6 oz. thin rice noodles
Bragg's liquid aminos (about 2 Tbsp or to taste)
Lettuce, washed with stems and crisp veins removed (about 2 cups)
Carrots, shredded, and lightly steamed (about 1 cup)
Cucumber, cut in julienne strips (about 1 cup)
Fresh bean sprouts (about 1 cup)
¼ cup finely sliced scallions

Prepare all ingredients and have them ready.

Pour boiling water over the noodles, and let them soak until soft, about 5 – 10 minutes. Drain them, then season with the Bragg's liquid aminos.

Put an inch or 2 of warm water into a bowl or pan big enough to hold the spring roll wrappers. Place one wrapper at a time into the water for 1 – 2 minutes, until the wrapper is soft. Remove from water and place on a damp towel. Add a couple pieces of lettuce, and a tablespoon each of the seasoned noodles, carrots, cucumber, bean sprouts and a sprinkle of scallions. Fold the bottom of the wrapper over the vegetables and noodles; fold in both sides, then finish rolling them up. If you are not serving them immediately, wrap them in plastic wrap to keep them from drying out. They can be stored in the refrigerator for a day or two. Serve with sauce below or your favorite dipping sauce.

Sweet Sauce for Spring Rolls

4 Tbsp cane juice crystals (sugar)
¼ cup Bragg's liquid aminos
1 cup water
2 Tbsp corn starch
¼ cup cold water
1 clove garlic, crushed

Combine sugar, soy sauce, and water. Bring to a boil. Add corn starch mixed smoothly with the cold water, and stir until the mixture thickens. Simmer, stirring for 1 minute. Stir in garlic. Serve any temperature.

Oriental Salad

16 oz fresh bean sprouts
2 cups julienne carrots, blanched
2 cups pea pods, stems removed, sliced diagonally, and blanched
1 green pepper, cut in strips
1 red pepper, cut in strips
1 bunch green onion, white and green parts, sliced
cilantro, chopped, about ¾ cup

To blanch vegetables, bring water to boil in a pot. When boiling, add vegetable, and leave in pot about 30 seconds, then dump in colander and quickly rinse with cold water. (I do the carrots and the pea pods separately)

Add all vegetables to a large bowl. Add oriental dressing and toss to combine. Chill. Serve.

Oriental Dressing

¼ cup cane juice crystals
¼ cup plus 1 Tbsp lemon juice
2 Tbsp water
5 Tbsp Bragg's liquid aminos
1 tsp onion powder
1 tsp garlic powder
1 Tbsp sesame oil
1/3 cup vegetable oil
dash cayenne pepper, optional

Sweet and Sour Tofu

Tofu:

1 lb. extra firm water packed tofu, squeezed dry and cut into cubes

Marinade:

¼ cup Bragg's liquid aminos

2 Tbsp water

1 Tbsp sesame oil

1 tsp garlic powder

Breading:

1/3 cup whole wheat pastry flour

3 Tbsp nutritional yeast flakes

1 tsp onion powder

1 tsp garlic powder

2 tsp chicken style seasoning

½ tsp salt

In a large plastic bag, mix all ingredients for marinade. Add tofu cubes and allow to marinate for about 1 hour. Mix breading ingredients in another bag or bowl, add marinated tofu cubes and toss to coat. Heat oven to 500°. Spray a pan (a dark grill pan works best if you have one) and add tofu cubes in a single layer. Bake for 10 minutes, turn tofu, and bake another 10 minutes, or until tofu is golden brown. Set aside.

Sauce:

¾ cup pineapple juice (use juice from pineapple below)

8 oz tomato sauce

5 Tbsp cane juice crystals

3 Tbsp lemon juice

3 Tbsp Bragg's liquid aminos

1 tsp garlic powder

2 Tbsp cornstarch and ¼ cup water mixed into a slurry

Mix all ingredients except cornstarch slurry in a saucepan and bring to a boil. Add cornstarch slurry while stirring, and stir until thickened and bubbly. Set aside and keep warm on stove.

Vegetables:

1 Tbsp vegetable oil

2 tsp sesame oil

2 – 3 cloves garlic, minced

1 onion, cut into wedges or chunks

2 cups carrots, diagonally sliced

2 cups peppers, cut in chunks (green or a combination of colors)

8 oz mushrooms, cleaned and cut in quarters

2 cups pea pods, washed and stems removed

1 16 oz can chunk pineapple, drained
salt to taste

Have all vegetables prepared and ready in separate containers. Have a container with water on hand as well. Add oils to hot Wok or deep frying pan. When hot, add garlic and stir fry until golden, but not brown. Next add carrots and a little water and stir fry a couple minutes. Add the remaining vegetables in the following order, stir frying and adding water as needed to steam the vegetables and keep them from sticking. Add onions, peppers, mushrooms, pea pods and then pineapple. Season with a bit of salt if desired.

To serve, place vegetables on a serving platter or bowl, top with tofu and pour sauce over all. Serve over rice of choice.

Carob Mousse with Coconut Cream Topping

1 Block of firm tofu
3 Tbsp maple syrup
1 Tsp of Roma or coffee substitute
1 Tsp Vanilla
½ malt sweetened carob chips
3-4 Tbsp coconut milk

Blend tofu until smooth. In a small sauce pan heat maple syrup and Roma until hot. Remove from heat, stir in vanilla and carob chips until melted. Add carob mixture and coconut milk to tofu and blend until light and creamy. Chill 4 hours or overnight and serve with coconut cream topping.

Coconut Cream Topping

15 oz coconut milk (minus amount used in carob mousse)
3 Tbsp fructose crystals
½ cup of soymilk powder
1 Tsp vanilla
2 Tsp instant clear gel
3 Tbsp shredded coconut

Please remainder of 15 oz can of coconut milk in freezer and chill for 30 minutes or until very cold but not frozen.

Place chilled coconut milk in blender. With blender running add fructose crystals, vanilla, soymilk powder and instant clear gel until mixture is creamy and slightly thickened. Add coconut to mixture and blend again briefly. Chill, and serve on top of carob mousse. May garnish dessert with lightly toasted coconut and sifted carob powder.