

Sunday, January 25, 2008

THE DISEASE PREVENTION DIET:

The **DANGERS** of **DAIRY**

Creamy Mushroom Stroganoff
Stuffed Shells
Kim's Mayo
Simple Mayonnaise
Chedda Cheese
Pizza
Mockzarella Cheese
Cornbread
Millet Butter
Tangy Cheese Sauce
Tofu Yogurt
Pineapple Cream Pudding
Oatmeal Cookies
Egg Replacer Banana Teabread



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L.I.V.E., Life In Vital 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.

The Disease Prevention Diet: The Dangers of Dairy

Creamy Mushroom Stroganoff

¾ cup raw cashew nuts
 1 cup water
 1 package Mori Nu Tofu
 2 Tbsp Bragg's Liquid Aminos
 2 Tbsp McKay's Beef-style Seasoning
 2 Tbsp onion powder
 3 Tbsp nutritional yeast flakes
 2 cups water

1 onion diced
 1 12 oz package sliced mushrooms

2 Tbsp cornstarch dissolved in 1/4 cup water

1. Sauté mushrooms and onion in either a little water or olive oil over medium heat.
2. While mushrooms and onion sauté, place cashews and 1 cup of water in blender and blend until smooth.
3. Add Tofu and blend then add the 2 cups of water along with seasonings and blend until smooth.
4. Once mushrooms and onion are tender add blender mixture. Stir and just bring quickly to a boil, then quickly add dissolved cornstarch and stir as you remove it from the heat. Don't boil long or the texture may become slightly curdled.
5. Add some dried parsley and serve over brown rice or noodles. DELICIOUS!

Stuffed Shells

2 packages Mori-Nu firm or X Firm
 1 cup mayo (recipe to follow)
 1 Tbsp each: oregano, basil, garlic powder and onion powder
 1 tsp salt

Mix above ingredients.

Cook and cool 1 box of shells.

Place one leaf of spinach in bottom of shell (optional) fill with above mixture, cover with favorite spaghetti sauce. Bake at 350 degrees for 60 minutes.

If you want to freeze for later use do not top with sauce.

(Adapted from Fairplain Cooking School)

Kim's Mayo - best for shells, lasagna etc.

1 pkg Mori Nu
 ¼ cup of each: Lemon juice, water, olive oil
 ½ tsp salt
 1 tsp garlic powder
 1 1/2 tsp onion powder
 1 ½ Tbsp sweetener

Whiz together in blender until smooth. Store in refrigerator.

Simple Mayonnaise - good for salads, regular mayo use

12 oz box Mori Nu silken soft tofu
 1 cup raw cashew nuts
 ¼ cup lemon juice
 1 ½ Tbsp honey or 2 Tbsp sugar
 2 tsp salt
 1 tsp onion powder (I use granulated)

Blend for 1 minute till silky smooth.

(From 7 Secrets Cookbook by Neva and Jim Brackett, 2006.)

Chedda Cheese

½ cup raw cashews	3 Tbsp lemon juice
½ cup water	2 tsp salt
Blend cashews and water until smooth, then add:	¼ tsp garlic powder
½ cup pimento	2 tsp onion powder
1/3 cup nutritional yeast flakes	½ tsp dry mustard
2 tsp Braggs liquid aminos	
2 Tbsp sesame tahini	

Blend all ingredients until smooth and creamy.

1 cup cold water
 1 ½ Tbsp agar powder or 5 Tbsp agar flakes

Mix water and agar in small saucepan until dissolved then bring to a boil. Boil about 1 minute. With blender running, add agar mixture. Blend until combined. Pour into container and refrigerate until firm. Keeps about 2 weeks in refrigerator.

Pizza

Crust:

1 ½ cups warm water
 2 Tbsp applesauce
 2 Tbsp honey
 1 tsp salt
 2 tsp active dry yeast
 3 cups whole wheat bread flour
 1 Tbsp gluten flour

Place into bread machine according to manufacturer's instructions.

OR

If doing by hand, mix water, applesauce and honey with yeast. Set aside until bubbly, about 10 minutes. Mix dry ingredients together in large bowl, then add wet ingredients. Mix together, then allow to rest for 5 minutes. Turn out onto floured surface and knead for about 10 minutes until smooth and elastic. Cover and let rise for about 20 minutes.

Divide dough into 2 balls and roll each into a 12 inch circle. Stretch onto an oiled pizza pan. Top with pizza sauce, then spoon on Mockzarella cheese. Top with desired toppings and another drizzle of cheese if desired. Let rise in a warm place for about 40 minutes. Bake at 350 degrees for about 30 minutes until crust is golden brown.

To Freeze crusts for future use:

After rolling out the crusts, stretch onto oiled pizza pan, pierce with a fork in several places and let rise in a warm place until double - about 45 minutes. Bake at 350 degrees for about 10 minutes. Cool on a rack, then wrap in plastic and freeze for future use.

Mockzarella Cheese

1 ½ cups water
 4 tsp agar powder

 1 cup raw cashews, rinsed
 ½ cup water
 1/3 cup nutritional yeast flakes
 1 ½ tsp salt
 1 tsp onion powder
 ¼ tsp garlic powder
 2 ½ Tbsp lemon juice

Boil agar and water for 1 – 2 minutes. Place remaining ingredients in blender and blend until silky smooth. With blender running, add agar mixture and continue blending until well combined. Pour into container and chill. Slice or shred as needed. May be frozen. Shreds best when frozen. Use as mozzarella cheese for pizza, lasagna, sandwiches, etc.

Cornbread

1 cup flour
 1 cup cornmeal
 4 tsp baking powder
 $\frac{3}{4}$ tsp salt
 $\frac{1}{4}$ cup sugar

Combine above dry ingredients.

Boil 6 Tbsp water, add 2 Tbsp ground flax seed, simmer for 3 minutes add:

1 cup soymilk
 $\frac{1}{4}$ cup canola oil

Add to dry ingredients. Pour into greased 9 x 9 inch pan. Bake at 425 degrees for 20-25 minutes.

(From Dan Augsburger)

Millet Butter

Blend until creamy:

$\frac{1}{4}$ cup raw cashews washed
 $\frac{1}{4}$ cup water

Add and continue blending till creamy

1 tsp salt
 1 cup plus 2 Tbsp hot cooked millet *(see below)
 $\frac{1}{2}$ cup water
 1 Tbsp olive oil
 1 tsp cooked carrot or squash (for color) - I cook this with the millet

Store in refrigerator.

*Cooking Millet:

Use 3 parts washed hulled millet to 1 part water.

Bring water to boil with pinch of salt, add millet, simmer for 2 hours or transfer to oven and bake for 30 minutes at 350 degrees.

(From Tasty Vegan Delights, Gloria Lawson and Debbi Puffer, 2001)

Tangy Cheese Sauce

1 cup water
 2 Tbsp sesame seeds (opt)
 3 Tbsp nutritional yeast flakes
 ½ cup pimento or 1 red pepper
 2-4 Tbsp lemon juice
 ¾ cup raw sunflower seeds
 1 ¼ tsp salt
 ½ tsp garlic powder
 ¼ cup rolled oats
 ½ tsp dill weed

Blend the oats and seeds until powdery (you can skip this step). Add all other ingredients and blend until very smooth. Pour into saucepan and heat until thick, stirring constantly.

****This cheese sauce freezes well. Use it for haystacks, as a cheese sauce for vegetables, and even try making grilled cheese sandwiches by thickly spreading on bread and grilling the buttered bread. You could also add a bit of you favorite salsa and use as a dip for tortilla chips.*

(From The Guilt-Free Gourmet by Vicki Griffin, PhD, MACN and Gina Griffin, 1999)

Tofu Yogurt

1 16oz tub silken soft tofu
 2-3 really ripe bananas – fresh or frozen
 2 tsp Vitamin C powder or Citric Acid or Fruit Fresh
 ½ - 1 lb fresh or frozen fruit
 ¼ - ½ cup Agave nectar

Put all ingredients in a food processor and blend on high until bananas or fruit are smooth, about 2-3 minutes. Garnish with fruit, granola or Grapenuts cereal.

Pineapple Cream Pudding

1 cup millet
 4 cups pineapple juice
 ½ cup water
 2/3 cup raw cashews
 ½ tsp lemon extract (opt)
 1 tsp salt
 4 Tbsp lemon juice
 1/3 cup honey (or a bit more to taste)
 1 – 20 oz can crushed or chunk pineapple
 1 Tbsp vanilla

Simmer millet, water and pineapple juice in covered saucepan on low heat until well cooked, about an hour. Stir occasionally. When cooked, add remaining ingredients, stirring well. Blend, 2 cups at a time, until thoroughly creamy. Chill until set, at least several hours.

Serving ideas: Good for breakfast layered with sliced bananas and granola. Also can be made into a pie using a graham cracker or granola crust, with or without fruit, and topped with coconut.

(From The Guilt-Free Gourmet by Vicki Griffin, PhD, MACN and Gina Griffin, 1999)

Oatmeal Cookies

3 Tbsp flax seed
 1 cup water
 Boil flax and water 5 minutes, then whiz in blender until smooth.

1 cup non-hydrogenated margarine
 1 cup sugar
 1 tsp vanilla
 Whip above together with electric mixer until creamy.
 Add, and continue mixing:
 2/3 cup flax seed gel
 1 ½ cups flour (I use a mixture of whole wheat pastry and unbleached white)
 1 tsp cinnamon
 ½ tsp salt
 1 tsp baking soda
 Stir in:
 3 cups quick oats
 1 cup raisins

Drop rounded teaspoons of dough onto sprayed cookie sheet. Bake at 350 degrees for 10 – 12 minutes until lightly browned.

Egg Replacer Banana Teabread

1 ½ cups flour (I use ½ unbleached white and ½ whole wheat pastry)
2 tsp Ener-G Egg Replacer
2 tsp baking powder
1 tsp baking soda
½ tsp salt (opt)
½ cup sugar
3 Tbsp oil
4 Tbsp water
1 Tbsp orange juice concentrate
1 tsp vanilla
1 cup mashed banana

Preheat oven to 350 degrees F. Mix all dry ingredients together. Add remaining ingredients and mix 1-1/2 minutes. Pour into 1 lb. pan. Dip rubber spatula into oil and then dip into top of batter and remove quickly (this eliminates cracking on sides during baking). Bake 40 minutes or until golden brown.

(From the back of the Ener-G Egg Replacer box)

Variation: I like to add about ½ cup walnuts and about ½ cup carob chips to this recipe and make muffins instead of bread.

The Dangers of Dairy

What's Wrong with Dairy???

1. High Fat Food Source

Dairy products are a source of saturated fat and cholesterol that contributes to obesity, heart disease, diabetes, and cancer.

Whole milk 49% of the calories are from fat.

"2%" milk 35% of the calories are from fat.

Cheddar cheese 74% of the calories are from fat.

Butter 100% of the calories are from fat.

2. Acidic Protein Source

The protein in cow's milk is 82% casein and 18% whey.

Animal protein increases the "acid load" of the blood and tissues in the body while plant protein does not.

Body must buffer acid – uses calcium stores to do this, which contributes to

Osteoporosis

Acidity promotes mucous production and inflammation in the body - Bacteria and viruses thrive in this environment. – Increases incidence of illnesses like

Colds, Flu, Asthma, Allergies, Bronchitis, Acne, Eczema, Colitis,

Migraine, Headaches, Sinusitis, Hives, and others.

3. Milk Sugar Not Well Digested

Lactose is primary sugar in milk. 30 – 50 million Americans are lactose intolerant (about 1 person in 10) which means they do not produce the enzyme need to break down the sugar in milk. Instead, lactose is broken down by bacteria in the intestines, which causes the sugars to ferment into toxins causing **stomach pain, bloating, gas, cramps, and diarrhea**. The inability to break down milk sugar has been linked to **heart disease, cataracts, and glaucoma**.

4. Diseases Carried in Milk

Mycobacterium paratuberculosis causes a bovine disease called "Johne's" that contaminates milk and is not killed by pasteurization. It does not cause tuberculosis as the name suggests, but infected humans develop **Irritable Bowel Syndrome and Crohn's Disease**.

5. Hormones and Growth Factor in Milk

Cows are injected with recombinant bovine growth hormone (rbGH), a genetically engineered bovine growth hormone that increases milk production. RbGH treatment produces an increase in Insulin-like growth factor -1(IGF -1) in cow's milk, by as much as 10-fold. IGF-1 is not destroyed by pasteurization. IGF-1 has been linked to multiple cancers including **Breast**

cancer, Prostate cancer, Lung cancer and Colon cancer. IGF-1 also accelerates the aging process.

6. Other Contaminants in Milk

Antibiotics and Pesticides ingested by cows are transmitted to humans through dairy products.

Antibiotic exposure increases bacteria's resistance to common antibiotics, therefore making them of little use in treatment of infection. New antibiotics or stronger antibiotics must then be used to treat humans with infections.

Pesticides, including dioxin, as well as a multitude of other chemicals are ingested by cows and transmitted to humans via dairy products. Dioxin exposure has been linked to birth defects, inability to maintain pregnancy, decreased fertility, reduced sperm counts, endometriosis, diabetes, learning disabilities, immune system suppression, lung problems, skin disorders, lowered testosterone levels and much more.

7. What about Eggs?

Source of dietary fat and cholesterol – linked to cardiovascular disease and diabetes.

Some disease transmitted by eggs – Salmonella

Antibiotics given to chickens also contribute to antibiotic resistance.

Hormones are not used on laying hens (good news)