

Sunday, April 5, 2009

THE DISEASE PREVENTION DIET:
The Bittersweet Truth
about *Sugar*

**Barbecued Gluten
Lunch Meat - Chicken Like**
(Chicken-Like Seasoning - Chicken-Like Salad - Tofu "Miracle Whip")
Spinach Bake
(Jack Cheese)
Baked Beans
Carrot Pineapple Salad
Ranch-Style Dressing
Ranch-Style Dressing Mix
(Simple Mayonnaise)
Fruit Crisp with Crumble Topping
Carrot Cake
Date Bars



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The Bittersweet Truth about Sugar

Barbecued Gluten

Mix the following ingredients:

1 ½ cups mashed firm or extra firm tofu (1 box Mori Nu tofu contains 1 ½ cups of tofu)	¼ cup yeast flakes
½ cup quick or rolled oats or raw wheat germ	¼ cup Bragg's liquid aminos or soy sauce
1/3 cup water	2 Tbsp onion powder
	1 Tbsp basil
	2 tsp garlic powder
	1 ½ tsp sage

Mix in half of the following flour, then add the remaining flour. Knead for a minute to mix well. 2 cups gluten flour

Choose one of the following gluten preparations:

- Meatballs – Pinch off 1 ½ Tbsp of dough, roll into a ball.
- Patties – Pinch off 2 Tbsp of dough. Flatten into patties ¼ in thick.
- Strips – Make patties. After browning, cut patties into 4 – 6 strips

After forming gluten, brown in nonstick skillet with a food release cooking spray. Preheat on medium low heat.

- Meatballs – brown for 4 – 5 minutes on 4 sides.
- Patties – brown on each side 5 – 7 minutes.

Barbecue Sauce:

Add and stir the following ingredients in the slow cooker

3 1/3 Cups Water	2 Tbs. Olive Oil
1 Cup Chopped Onion	2 Tbs. Molasses
1 Cup Tomato Paste	1 Tbs. Onion Powder
¾ Cup Lemon Juice	2 Tsp. Garlic Powder
½ Cup Sucanat, Honey, or Sugar	2 Tsp. Salt

Add the gluten and cook for 9 hours on Low or 5 hours on High.

Recipe by JoAnn Rachor, Fast Cooking in a Slow Cooker Every Day of the Year, 2006

Chicken-Like Salad

Lunch Meat - Chicken Like

3/4 c. raw cashews	1 tsp. onion powder
2 c. water	1/2 tsp. garlic powder
1/4 c. nutritional yeast flakes	2 c. gluten flour
1 tsp. sea salt	2 Tbsp. whole wheat flour
1 Tbsp. chicken-like seasoning	

1. Preheat oven to 325 degrees. Blend all ingredients except gluten flour and whole wheat flour until smooth. Mix gluten flour and whole wheat flour in a large bowl. Pour cashew mixture into gluten flour mixture. Mix and knead until it holds together.

2. Shape into 8" log. Wrap the gluten tightly in a piece of parchment paper, then wrap it in foil. Bake for 1 1/2 hours. When done, unwrap and cool completely.

3. When cool, slice into paper thin rounds. Put 1 tablespoon of chicken-like seasoning into a cup of water and mix well. Pour over sliced lunch meat to moisten. Very Delicious!

Recipe by Kyong Weathersby, owner of "Taste of Heaven" restaurant

This gluten freezes well. Serve with finger foods, such as mini-kabobs made with party picks with green and red grapes, lunch meat cubes, and whatever else you like. You can also place thin slices of lunch meat on crackers and garnish with vegetables of your choice.

Chicken-Like Seasoning

1 1/3 c. nutritional yeast flakes	1/2 tsp. celery seed
3 Tbsp. onion powder	2 Tbsp. Italian seasoning
2 1/2 tsp. garlic powder	1 Tbsp. parsley flakes
2 1/2 Tbsp. sea salt	

Blend all ingredients until smooth. Store in a glass container. Use as chicken flavoring in soups, patties, gravy, etc. Very tasty!

Recipe by Kyong Weathersby, owner of "Taste of Heaven" restaurant

Chicken-Like Salad

2 c. ground chicken flavor lunch meat

1 stalk celery, chopped

1/2 onion, chopped

1 c. Tofu "Miracle Whip"

Mix all ingredients in a bowl. Delicious! Serve on whole grain bread slices or toast triangles, baked chips, crackers or whatever you like.

Recipe by Kyong Weathersby, owner of "Taste of Heaven" restaurant.

Tofu "Miracle Whip"

1 package Mori-Nu silken tofu
 1/4 c. soy milk powder
 2 Tbsp. lemon juice
 1/2 tsp. onion powder
 1 tsp. sea salt
 2 Tbsp. canola oil
 1/4 tsp. garlic powder
 2 Tbsp. turbinado sugar

Blend all ingredients in blender until smooth. Chill. You can keep it in the refrigerator up to 2 weeks. Makes 2 cups.

Recipe by Kyong Weathersby, owner of "Taste of Heaven" restaurant

Spinach Bake

10 oz. pkg frozen spinach
 3 cups cooked brown rice
 2 – 3 cups Jack Cheese (recipe follows)
 1/2 cup minute tapioca
 2/3 cup mayonnaise (vegenaise or any tofu mayo)
 1/4 cup chopped onion

Mix all ingredients. Bake in sprayed casserole at 350 degrees for 60 minutes.

Jack Cheese

3/4 cup water
 1 cup raw cashews, rinsed
 1/4 cup nutritional yeast flakes
 1 1/2 tsp salt
 1 tsp onion powder
 1/4 tsp garlic powder
 1/4 cup lemon juice
 1/4 cup finely grated carrot or red pepper for color

Liquefy all ingredients in blender until smooth and creamy.

Baked Beans

5 cups water
 1 # dried navy or great northern beans, unsoaked, sorted and rinsed
 1 cup chopped onion
 1 Tbsp olive oil
 1 ½ tsp salt

Mix above in crock pot. Cook 9 – 9 ½ hours on low or 5 ½ - 6 hours on high, or until beans are soft. Check mid- way through cooking and add more water if needed.

Pre-measure the following dry ingredients into one small dish and the wet ingredients into another dish. Stir them into the cooker and let sit 5 minutes. Ready to serve after 5 minutes.

1/3 cup tomato paste
 ¼ cup sucanat, cane juice crystals, fructose, brown sugar or honey
 3 Tbsp lemon juice
 2 Tbsp molasses
 2 Tbsp onion powder
 2 tsp garlic powder
 ¼ tsp Hickory Seasoning Liquid Smoke, optional
Recipe by JoAnn Rachor, Fast Cooking in a Slow Cooker Every Day of the Year, 2006

Carrot Pineapple Salad

4 cups shredded carrots
 1 – 15 oz can pineapple tidbits, drained – reserve juice for dressing
 ¾ cup raisins
 ½ cup chopped pecans

Combine above ingredients and chill. Stir in **Creamy Dressing** just before serving.

Creamy Dressing

½ cup raw cashews, rinsed
 ½ cup pineapple juice
 ¼ cup Mori-Nu tofu, firm or extra firm
 1 Tbsp agave nectar or honey
 2 tsp lemon juice
 ¼ tsp salt
 1 tsp Instant Clear-Jel (food thickener), optional

Combine all ingredients except Instant Clear-Jel in blender and whiz until completely smooth and creamy. If needed, add Clear-Jel and continue blending another 10 seconds. Chill. Mix into salad when ready to serve. Makes 1 ¼ cups.

Ranch – Style Dressing

- 1 cup mayonnaise of choice
- 1 Tbsp lemon juice, optional
- ¼ cup water
- 1 rounded Tbsp Ranch-Style Dressing Mix (recipe follows)

Mix all ingredients together in a small bowl and serve with tossed salad or as a dip.

From Seven Secrets Cookbook, Neva & Jim Brackett, 2006.

Ranch-Style Dressing Mix

- ¼ cup onion powder
- 1 Tbsp celery salt or Vege-Sal
- 2 Tbsp dried parsley flakes
- 1 Tbsp poppy seeds
- 1 Tbsp dill weed
- 2 tsp garlic powder
- 2 tsp sweet basil
- 1 ½ tsp salt
- 1 Tbsp sugar

Mix together and store in an airtight container. Makes one cup.

From Seven Secrets Cookbook, Neva & Jim Brackett, 2006.

Simple Mayonnaise

- 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 Seven Secrets Cookbook, Neva & Jim Brackett, 2006.

Fruit Crisp with Crumble Topping

Fruit Layer

4 cups fresh or frozen fruit, chopped if large pieces (if using frozen fruit, thaw and drain well)

1 cup dried pineapple, soaked in pineapple or orange juice

1/8 tsp nutmeg, optional

Place 1 ½ cups fruit and drained soaked pineapple in blender and blend until smooth.

Add to remaining fruit and mix until well combined. Chill for at least 3 hours.

Crumble Topping

2 cups raw walnuts or pecans, unsoaked

½ cup unsweetened shredded dried coconut

¼ tsp coriander

¼ tsp nutmeg

¼ tsp salt

½ cup raisins

8 pitted medjool dates, unsoaked

Place nuts, coconut coriander, nutmeg and salt in food processor and process until coarsely ground. Add the raisins and dates and process until the mixture resembles coarse crumbs and begins to stick together. Don't overprocess. Crumble topping keeps for about one month in sealed container in refrigerator or about 3 months in freezer.

Carrot Cake

1 cup cane juice crystals	2 cups whole wheat pastry flour
8 oz can crushed pineapple, undrained	1 cup unbleached white flour
½ cup oil	1 Tbsp aluminum free baking powder
3 cups grated carrots	1 tsp salt
¼ cup grated coconut, unsweetened	1 tsp coriander
½ cup water	¼ tsp cardamom, ground (heaping)
2 tsp vanilla	½ tsp cinnamon, ground (heaping)
¾ cup raisins	½ cup walnuts, chopped (optional)

In large bowl, combine sucanat, crushed pineapple and oil, and mix together well until the sucanat is completely dissolved. Add carrots, coconut, water, vanilla and raisins and mix until well blended. In a separate bowl, combine remaining ingredients. Then add gradually to the wet ingredients, mixing until well blended. Prepare 2 cake pans or one oblong baking pan with cooking spray and lightly flour before adding batter. Bake at 359 degrees for 30 – 35 minutes if using cake pans and 45 – 55 minutes for the oblong pan. Cool. Cover with frosting of choice.

Adapted from Tastefully Vegan, Kathryn McLane, RN & Gerard McLane DrPH, 2001.

Creame Cheeze Frosting

1/3 cup blanched almonds	1/2 tsp nutritional yeast flakes
1 cup water	1/4 tsp salt (scant)
2 Tbsp lemon juice	1/3 cup agave
2 Tbsp cornstarch	1 tsp vanilla
1 1/2 Tbsp oil	

Grind almonds briefly in blender. Add half of water and blend till smooth. Add remaining ingredients EXCEPT for agave and vanilla. Blend till smooth. Pour into saucepan and bring to boil, stirring constantly. As soon as mixture thickens turn down heat to medium and cook 1 minute longer, continuing to stir. Remove from heat, and beat in agave and vanilla. Let cool. Beat well, chill in fridge then beat again before using. Keeps for about 1 week in fridge.

Modified from Dairy-Free & Delicious, by Brenda Davis, Bryanna Clark Grogan & Jo Stepaniak.

Date Bars

Filling

1 1/2 cups water
 1 3/4 cups pitted dates, coarsely chopped
 1/2 tsp salt
 1 tsp vanilla

Bring water to a boil in small saucepan, then add dates and salt. Simmer until the dates are soft and mix easily with the water. Remove from heat. Stir in vanilla, and set aside to cool.

Topping

3 cups quick oats	1/2 tsp baking soda
1 cup whole wheat pastry flour	1 tsp cinnamon (or substitute)
1/2 cup unbleached white flour	1/4 cup non-hydrogenated margarine, melted
1/2 cup cane juice crystals (sugar)	1/4 cup vegetable oil
1/2 tsp salt	1/4 cup water (optional)
1/2 tsp baking powder	

In a large bowl, thoroughly combine all dry ingredients. Add the butter and oil and stir together until totally combined with the dry mixture. It should be moist but not wet. If you need more moisture, add some of the optional water until it's the right consistency. Press half of the crumb mixture into the bottom of a sprayed 13 x 9 inch pan. Spread the date mixture over the top so that it covers the crust. Pour the remaining half of the crust mixture over the top of the dates. Bake at 350 degrees for 30 - 40 minutes, or until the top is lightly browned. Let cool 5 minutes, then cut into bars.

Adapted from The Joy of Vegan Baking, Colleen Partick-Goudreau, 2007