HOLIDAY ALMOND LOAF

- 1/2 cup soaked garbanzos
- 1/2 cup water
- 1 cup almonds
- 1 cup sunflower seeds
- 1 cup boiling water
- 1 cup oats
- 1 medium onion, chopped
- 1 cup bread crumbs
- 1/2 cup chopped celery
- 1 teaspoon salt
- 1 teaspoon marjoram

Soak 1/2 cup beans overnight. Drain. Whiz the almonds and sunflower seeds in a dry blender to a fine consistency. Whiz the beans in blender in 1/2 cup water. Combine above with all the other ingredients in mixing bowl. Let stand 10 minutes. Press into a prepared loaf pan. Bake at 350 for 45 minutes. Serve with your favorite tomato sauce topping.

GLUTEN (Meat from Wheat)

- 3 cups of gluten flour
- 1 1/2 cups cold water

Mix the two ingredients together, being careful to use only enough water to make a firm ball of dough. Knead it till blended well about 5 minutes. Slice it into 1/4 inch pieces and drop them into a boiling broth of onions sauteed in oil, water, Brewer's yeast and soy sauce (or Tamari). Cook in this boiling broth until the gluten expands into 1/2 inch to 3/4 inch pieces. Now take these out and you may bread and fry them or you may cube them and put them in a brown gravy and serve as a stroganoff or put them in stew or put them in a pot pie or slice each piece real thin and put it in a stir fry, OR make gluten loaf which is the next recipe.

GLUTEN LOAF

- 4 cups ground gluten
- 1 cup chopped walnuts
- 1 medium, chopped onion
- 1 cup dry bread crumbs
- 3 TBSP. margarine
- 3 TBSP. garbanzo flour
- 1 cup gluten broth
- Salt, sage, brewer's yeast to taste

Grind the gluten in an old fashioned hand-crank meat grinder. Mix all the ingredients together. Put in a prepared loaf pan. Bake at 350 covered with foil the first 30 minutes and uncovered the second 30 minutes. Serve with tomato topping of your choice or a brown gravy.

BROWN GRAVY

- 2 cups of vegetable broth
- 1 TBSP. brewer's yeast
- 1 TBSP. tamari
- 1/4 cup oil (olive is best)
- 3 TBSP. garbanzo flour
- 1/4 cup whole wheat or garbanzo flour

Heat oil in a frying pan, add the flour. Stir with a whisk until bubbling. Add broth a little at a time until the desired consistency. Add the yeast and tamari and stir well. If using garbanzo flour, add a little sweet basil for an unusual but satisfying taste.

FROZEN TOFU

- 1 to 2 pkgs. of firm tofu
- olive oil
- tamari

Take the tofu out of the pkgs. Cut into cubes. Put into zipper bags and freeze overnight. Next day or next month, take them out and thaw under warm running water. Squeeze the water out of each piece and put it in the oil coated frying pan. Sautee all the pieces and sprinkle Tamari on them as they are cooking. When browned , serve plain or serve them with wide band noodles and garbanzo gravy .

VEGAN MEATBALLS

- 1 cup grated raw potatoes
- 2 tsp. soy flour
- 1 cup chopped onions
- 1/2 tsp. sage
- 1 cup bread crumbs
- 1 cup ground walnuts
- 1/2 tsp. salt

Mix thoroughly using hands. Form into balls the size of walnuts. Put into baking dish. Bake for 20 to 30 minutes at 350. Can be used in spaghetti or covered with gravy or just plain.

MAZIDRA

- 2 to 3 cups cooked brown rice
- 2 cups lentils
- 1 small onion
- 1 TBSP. soy sauce or Bragg's liquid aminos
- 1 teaspoon poultry seasoning
- 1 teaspoon marjoram
- 1/8 teaspoon thyme
- 1 bay leaf
- shredded lettuce
- diced tomatoes
- chopped olives
- lemon juice (optional)
- garlic salt
- tomato sauce

Cook the lentils for 30 minutes, then add the onion, soy sauce (or Bragg's liquid aminos), poultry seasoning, marjoram, thyme, and bay leaf. Cook 15 minutes more or until tender. Have the rice ready for assembly. Put the ingredients on your plate in this order: first is rice, then lentils, then lettuce, then tomatoes, avocados, olives, lemon juice, garlic salt and a favorite tomato topping.

CASHEW PIMIENTO CHEESE SAUCE

- 1 cup raw cashews
- 2 to 3 TBSP. lemon juice
- 2 tsp. onion powder
- 2 1/2 cups water
- 4 oz jar of pimientos
- 2 tsp. of salt
- 1/8 tsp. of garlic powder

Whiz above ingredients in blender until smooth.

ZUCCHINI SPINACH LASAGNA

- 1 recipe cashew pimento cheese sauce
- 9 lasagna noodles
- 1 cup chopped onion
- 1/2 cup chopped green pepper
- 1 cup raw spinach
- 16 oz. stewed tomatoes
- 8 oz. tomato sauce
- 1 teaspoon salt
- 1/4 teaspoon basil
- 1/4 teaspoon oregano

Cook noodles until just beginning to soften. Sautee onion and pepper until tender. Add zucchini, tomatoes, tomato sauce, salt, basil and oregano and simmer slowly for 20 minutes. Drain and rinse noodles. Alternate layers beginning with the tomato vegetable mixture, followed by noodles, spinach and cashew pimiento cheese sauce. Bake for 45 minutes at 350. Yields: 8-10 servings.

BARLEY CASSEROLE

- 1-1/2 cup pearl barley
- 1/2 cup olive oil
- 1 cup chopped onions
- 1 cup sliced mushrooms
- 1 2-oz. jar pimientos
- 1/4 tsp. salt
- 11/8 Tsp. pepper
- 3 cups gluten broth or other broth

Sautee onions and mushrooms until soft. Add barley. Cook on medium heat until lightly browned. Place in casserole dish. Stir in pimiento, salt, pepper and broth. Cover and bake in 350 oven 1 hour or until barley is tender. Makes 6 servings.

LENTILS IN SWEET AND SOUR SAUCE

- 1/2 cup dry lentils
- 1 small onion, sliced
- 4-5 stalks celery, sliced diagonally
- 2 TBSP. lemon juice
- 2 TBSP. honey
- 1/2 cup water
- 1 TBSP. Bragg's liquid aminos
- 1/2 tsp. ginger
- 1 teaspoon arrowroot powder

Cook lentils in 3 cups of water for 25 to 30 minutes. Make sweet and sour sauce by combining honey, lemon juice, Bragg's liquid aminos, ginger and water in pan. Bring to a boil. Put arrowroot powder in small bowl and add a little water. Mix thoroughly and add it to boiling sauce to thicken it. Sautee onion in 2 tablespoons oil in a large frying pan or wok. When onion is soft, add celery. Cook 5 min. longer. Add lentils to pan and mix well. Pour sauce over and simmer 5 more min. Serve over a bed of brown rice. Optional: Add drained pineapple to mixture as it simmers.

LENTIL ENCHILADAS

- 1 cup dry lentils or bean or your choice
- 1 small onion, chopped
- 1 large green chili, or 1 small green pepper, chopped
- 1/2 recipe Cashew-Pimiento cheese sauce
- 16 oz. tomato sauce
- 1 tsp. ground cumin
- 1 tsp. salt
- 2 TBSP. salsa
- 1 dozen corn tortillas

Cook lentils in 3 cups of water for 25-30 minutes until tender. In large frying pan, sautee the onion and pepper until soft. Remove from heat. Drain the lentils but save 1 cup of the liquid for a sauce. Add the drained lentils to the frying pan. Put some of the mixture on the edge of a tortilla (room temp.) and roll it up and place it in a prepared baking dish. Make the sauce by adding the cup of liquid and tomato sauce in a small pan. Add 2 tablespoon of salsa and bring it to a boil. Mix 1 teaspoon arrowroot with a little water and add it to the simmering sauce to thicken it. Pour sauce even over enchiladas. Pour cashew pimiento sauce on top. Bake in oven for 15 minutes to heat thoroughly.