



The Nutrition CODE

TOFU ROAST

- 2 lbs firm water packed tofu
- 6 cups crisp rice cereal
- 1 onion, diced
- 1/3 cup Braggs liquid aminos
- 1/3 cup olive oil

- 1 Tbsp. chicken-style seasoning
- 1/2 cup chopped or ground walnuts

Mash tofu in large mixing bowl. Add all other ingredients and mix well. Press into a 9 x 13 pan. Cover and bake 45 minutes at 350°F. Uncover and bake 15 more minutes.

ISRAELI SALAD

Stir together:

- 1 cucumber, diced
- 1 tomato, chopped
- 1 bell pepper, diced
- 1 bunch parsley, finely chopped
- 3 cloves garlic, minced
- 3/4 tsp. salt, or to taste
- 1 Tbsp. olive oil
- 1 Tbsp. lemon juice

This salad is excellent served in a pita with hummus.

SAUTÉED GREEN BEANS

Heat over medium heat:

- 2 Tbsp. olive oil
- 1/2 tsp. red pepper flakes

When oil is heated, add:

- 1-1/2 pounds fresh green beans

Cook for 5-7 minutes, stirring often. When green beans begin to blister and brown, add:

- 2 cloves garlic, minced
- 1/2 tsp. salt

Cook and stir for about 30 seconds. Then add:

- 2 Tbsp. water (you really don't need more!)

Cover immediately and steam green beans until bright green and crisp-tender, about 1–2 minutes. Serve immediately.

MASHED POTATOES

Steam or boil:

4–5 pounds peeled potatoes

Meanwhile, blend until very smooth:

3 cups water
3/4 cup almonds
1/3 cup cornstarch
1/2 Tbsp. salt
1/2 Tbsp. yeast flakes
1/3 cup lemon juice
4 1/2 Tbsp. olive oil

Pour into a small saucepan, and bring to a boil. Cook until thick.

Mash potatoes and add:

Blended and cooked mixture from above

2–3 tsp. salt, or to taste
2 tsp. onion powder

UNCHEESECAKE

For crust, mix together in an 11x14 baking dish:

2 cups graham cracker crumbs
1/3 cup brown sugar
1/2 cup. melted margarine

Break up any chunks and pat into the bottom of the pan. Bake at 350°F for 10 minutes.

For filling, simmer on the stovetop for 45 minutes (or pressure cook for 15 minutes):

1 1/2 cups millet
6 cups water
1 tsp. salt
1 Tbsp. vanilla extract

Meanwhile, blend the following VERY smooth:

1 cup cashews
1 cup lemon juice
1 cup maple syrup

Then add the HOT cooked millet to the blender and process very smooth. (The millet must be hot or the uncheesecake will not set up.) Do not add any extra liquid to make it blend. Stop and stir if it is too thick to blend well. Pour onto the baked crust. Chill overnight or until firm.

For topping, layer in a medium-sized bowl:

1 cup dried pineapple chunks
5–6 cups frozen strawberries, blueberries, or mixed berries

Let stand overnight. Blend using a hand blender or food processor until it reaches the desired consistency. Spread over chilled uncheesecake.

