A Word from Pastor Waller

Then Jesus came near and said to them, “All authority has been given to me in heaven and on earth. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age.” Matthew 28:18-20

Once we are saved, our charge is to go and help others develop in the faith -- or to make disciples. However, in order to help others become disciples, we must first be disciples ourselves. I do not take lightly my responsibility as your Pastor to guide you, encourage you, and give you tools to grow deeper in God. One way that we grow deeper in God is to worship Him through fasting and prayer. During this Lenten season, the 40-day period between Ash Wednesday and Resurrection Sunday, I will again lead you in the spiritual discipline of fasting. Lent is a time when Christians customarily fast in identification with the 40-days that Jesus fasted in the wilderness (Matthew 4). Lent is also a season for self-examination and repentance. We fast so that we change. Then, we help others to change. It’s about cultivating community! We have developed a number of tools to help you on this 40-day spiritual journey. You will hear much more about weekly classes, literature, web-based resources, recipes, and conference calls for prayer and encouragement. It is my prayer that we all emerge from this Lenten season empowered to impact the community in a new and more effective way.

Finally, Lent prepares us for that great celebration of the resurrection. Despite our human failings, God loved us so much that He made a way for us to be reconciled to Him through Christ’s death and resurrection. I look forward to closing out the Lenten season with you at the Liacouras Center as we celebrate together, as one body, God’s extraordinary love for all people!

Shabach,

Reverend Dr. Alyn E. Waller
Senior Pastor
Enon Tabernacle Baptist Church
Observance

The observance of this fast may be done as 40 straight days or the common practice of 6 days on and one day off. Beginning on Ash Wednesday, March 5, 2014 and ends on Resurrection Sunday, April 20, 2014.

Welcome to the 40 Day Journey's Web Site

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Shabbath,
Pastor Walker
Lentil and Swiss Chard Soup

You'll Need
- 1 cup lentils
- 1 ½ quarts water
- 1 large potato, diced
- ½ bunch Swiss chard or Kale
- 1 medium onion, coarsely chopped
- Salt and pepper to taste
- 3 Tablespoons olive oil
- Lemon wedges or lemon juice

Directions
Wash lentils, add water, cover and cook until almost tender. Add diced potato; boil for 10 minutes. Add Swiss chard or Kale. Meanwhile sauté onions with salt and pepper in oil until golden brown. Add to lentil mixture and cook until all vegetables are done, no more than 10 minutes. Adjust seasonings. Serve with lemon wedges or add some lemon juice to your liking to the pot or each bowl.
Chocolate Pudding

Serves 6

A fabulous dessert, with no added oil or refined sugar, but packed with flavor! Serve with berries.

Ingredients

2 avocados
1 banana
1/2 cup unsweetened cocoa powder
1/2 cup dates, pitted, soaked in water for a few hours, drained
1 teaspoon pure vanilla extract

Method

Combine all ingredients in a food processor until smooth, scraping down sides of the bowl as needed. Transfer to a bowl or individual serving bowls and chill several hours before serving.

Nutrition

Per serving: 190 calories (90 from fat), 11g total fat, 1.5g saturated fat, 0mg cholesterol, 0mg sodium, 24g total carbohydrate (7g dietary fiber, 11g sugar), 3g protein
Creamy Cashew Macaroni

Serves 8

Enjoy this classic comfort food favorite in a dairy-free version. Soaked cashews blend to make a flavorful sauce for macaroni studded with diced tomatoes.

Ingredients

- 2 cups raw cashews
- 3 tablespoons extra-virgin olive oil, plus more for the baking dish
- 1/4 cup lemon juice
- 2 tablespoons nutritional yeast
- 1 tablespoon white miso
- 1 clove garlic
- 1/2 teaspoon sea salt
- 1/4 teaspoon paprika
- 1/8 teaspoon freshly ground black pepper
- 1 pound whole-grain elbow or fusilli pasta
- 1 can (14.5 ounces) no-salt-added diced tomatoes, drained

Method

Soak cashews with enough water to cover for at least 4 hours. Drain.

Place cashews in bowl of food processor with oil, lemon juice, nutritional yeast, miso, garlic, salt, paprika and pepper. Pulse until cashews are finely chopped. With motor running, add 3/4 cup water and process until smooth.

Meanwhile, preheat oven to 350°F and lightly oil a 9- x 13-inch shallow baking dish. Cook pasta according to package directions. Drain and return to pot. Add cashew mixture and tomatoes and stir to combine. Transfer to baking dish and bake 30 minutes or until heated through and golden on top.

Nutrition

Per serving: 470 calories (200 from fat), 22g total fat, 3.5g saturated fat, 0mg cholesterol, 240mg sodium, 57g total carbohydrate (7g dietary fiber, 6g sugar), 14g protein
GARDEN SALAD WITH MIXED GREENS
WITH LEMON THYME VINAIGRETTE

For the greens:
1 head of romaine
1 bunch of dandelion
2 bunches of spinach

Wash and dry all greens and vegetables

For the garden vegetable:
1-2 stalks of celery (small dice)
1-2 carrots (shredded)
2 c. broccoli florets
1 large red pepper (small dice)
1 bunch scallions (1/4" sliced)

For the vinaigrette:
1/8 c. fresh thyme fine chopped
4-8 T. white balsamic vinegar 1 c. blended oil
2-6 T. fresh lemon juice 1/4 t. sea salt
1/4 t. pepper (a Daniel Fast approved sweetener can be optional)

In a mixing bowl whisk dressing ingredients together
toss in or serve with greens and garden veggies

Enjoy
SQUASH NOODLES (JULIENNE) WITH FRESH HERBS

1-2 zucchini
1-2 yellow squash
1-2 leeks

wash & dry the squash and cut off the top and bottom
slice lengthwise into 1/4" pieces then slice in strips
(noodle like) leeks are very sandy (use only the
white part) slice in half and rinse under running water making
make sure to remove all sand then pat dry and slice
just as done for squash

3-6 T. blended oil
1/2 t. sea salt
1/2 t. cracked blk pepper
4-6 T. FRESH HERBS CHOPPED basil tarragon parsley

The term julienne refers to a knife cut, vegetables
should be cut in thin strips 1/8 " thick 2-6 " long.
Toss all ingredients into a large bowl and gently toss
this can be done a head of time to allow marinating
the longer the better this can be served as is or sautéed
in a pan with just a little more oil

Enjoy
**Marinated Tofu and Vegetables**

THIS RECIPE CAN BE SERVED RAW OVER SPRING MIX OR ANY SALAD GREENS YOU MAY LIKE OR CAN BE SAUTED AND SERVED WITH BROWN RICE

1-2 large carrots cut into thin match sticks (julienne)
1 onion sliced thin (optional)
3-4 c. broccoli forets (blanched optional)
1-2 red or yellow peppers cut in half and in thin strips
1-2 zucchini sliced into 1/8 " slices than cut into match-sticks
1 pkg. of tofu sheets or a 1# brick cut in julienne strips

PREPARE ALL VEGETABLES AS RECIPE STATES AND TOSS IN LARGE BOWL

MARINATE

1-2 c. of oil (I use a blended oil)
1/4-1/2 c. white balsamic vinegar
1/2 c. chopped herbs (I'M USING THYME) use what herbs you like
1 T. minced garlic 1T. minced ginger
juice of 1/2 lemon 1/2 c. brown rice syrup
(both of these can be optional)
dash of s&p blend
(s&p blend) 2 parts sea salt to 1 part crack black pepper

METHOD

In a separte bowl add the oil then slowly whisk in vinegar and the remaining ingredients.
Add marinate to vegetables a little at a time using (lightly coating) as much as you desire. (best done over night or at least several hours before seving (the longer the better)
serve with sald greens or lightly saute and serve with brown rice
Not-Tuna Salad

Makes 3 cups

Enjoy the flavor and texture of tuna salad with this vegetarian garbanzo bean mixture. Perfect for sandwiches, wraps or spread on crackers.

Ingredients

1 (15-ounce) can no-salt added garbanzos beans, rinsed and drained
1/2 apple, cored and chopped
1/4 cup finely chopped celery
1/4 cup chopped pecans
2 tablespoons dill relish
2 tablespoons finely chopped red onion
2 tablespoons chopped fresh dill
2 tablespoons fresh lemon juice
1 teaspoon kelp granules
Ground black pepper to taste

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2 tablespoons fresh lemon juice
1 teaspoon kelp granules
Ground black pepper to taste
Quinoa and Sweet Potato Cakes

Serves 4

These flavorful cakes make a unique appetizer or side dish. Try pairing them with vegetable soup or salad for a hearty meal.

Ingredients

- 1/2 cup quinoa
- 1/2 cup truRoots Organic Sprouted Green Lentils
- 1 red bell pepper, finely chopped
- 3 tablespoons diced red onion
- 2 tablespoons Bragg Organic Sprinkle Seasoning
- 1 tablespoon chili powder
- 1/2 teaspoon sea salt
- Pinch ground black pepper
- 1 cup mashed cooked sweet potato, more if needed
- Salsa or other condiments of your choice

Method

Preheat oven to 350°F. Cook quinoa and lentils separately according to package instructions. Drain lentils well. In a medium bowl, mix together quinoa, lentils, red pepper, onion, seasoning, chili powder, salt and pepper. Add sweet potato and combine using hands until mixture sticks together easily. If mixture is not sticking together, add more cooked sweet potato until desired consistency is reached.

Form the mixture into four (4-inch) patties and arrange on a baking sheet lined with parchment paper. Bake 10 minutes. Flip and continue baking 10 to 12 minutes more until edges are dry and patties are heated through. Serve with your favorite condiments.

Nutrition

Per serving: 230 calories (20 from fat), 2.5g total fat, 0g saturated fat, 0mg cholesterol, 360mg sodium, 44g total carbohydrate (8g dietary fiber, 8g sugar), 10g protein
Simple Black Bean Soup

Serves 8

Cooking dried beans is low maintenance and a great value. Make sure to plan ahead and allow time for soaking the beans. Serve with hot sauce or salsa, if you like.

Ingredients

- 1 pound dried black beans (about 2 1/2 cups), rinsed
- 2 medium onions, chopped
- 1 large red bell pepper, seeded and chopped
- 4 cloves garlic, finely chopped
- 1 tablespoon ground cumin
- 1 teaspoon ground chipotle pepper
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons nutritional yeast
- 1 tablespoon fresh lime juice
- 1/2 ripe avocado, chopped

Method

Soak the beans overnight or 6 to 8 hours prior to cooking. Drain and rinse.

In a large pot, bring 1/2 cup water to a simmer over medium-high heat. Add onions, bell pepper and garlic and cook, stirring frequently, until onions are translucent and beginning to brown, about 10 minutes. Stir in cumin and chipotle and cook 1 minute, stirring. Add drained beans and 10 cups water. Bring soup to a boil, then lower to a simmer and cook, uncovered, for 1 1/2 to 2 hours, until beans are tender. Remove 4 cups soup and carefully purée in a blender. Return purée to pot and stir in cilantro, nutritional yeast and lime juice. Spoon into bowls for serving and garnish with avocado.

Nutrition

Per serving: 120 calories (25 from fat), 2.5g total fat, 0g saturated fat, 0mg cholesterol, 15mg sodium, 20g total carbohydrate (7g dietary fiber, 2g sugar), 7g protein
Southwest Veggie Burgers

Serves 4

Serve these hearty veggie burgers on whole grain buns with your favorite condiments.

Ingredients

1 cup cooked brown rice
1 cup cooked no-salt-added black beans
1/4 cup diced tomato
1/4 cup diced roasted red bell peppers
1/4 cup shredded carrots
1 cup cooked and mashed sweet potato
1/4 cup chopped cilantro
1 tablespoon no-salt-added chili powder
1 teaspoon ground cumin
3 green onions, finely chopped
3 tablespoons nutritional yeast
2 cloves garlic, minced
1 teaspoon Tabasco or other hot sauce

Method

Preheat oven to 400°F. Line a baking sheet with parchment paper. Combine all ingredients in a large bowl and stir to mix. Form the mixture into 4 patties. Place patties on the baking sheet and bake, turning once half way through cooking, until browned and slightly crisp on the outside, 25 to 30 minutes.

Nutrition

Per serving: 190 calories (10 from fat), 1.5g total fat, 0g saturated fat, 0mg cholesterol, 120mg sodium, 37g total carbohydrate (10g dietary fiber, 6g sugar), 10g protein
Not-Tuna Salad

Serves 6 to 8

Warm fall spices and slightly sweet sherry vinegar coat this delicious mixture of cubed sweet potatoes and pears. The flavors of this healthy side dish will complement any holiday roast.

Ingredients

- 2 pounds sweet potatoes, peeled and cut into 1-inch chunks
- 1/4 cup sherry vinegar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 2 pears, such as Bosc or d'Anjou, cored and cut into 1-inch chunks

Method

Preheat oven to 400°F. Line a baking sheet or large roasting pan with parchment paper. In a large bowl, toss sweet potatoes with vinegar, cinnamon, ginger, nutmeg and cloves. Transfer potatoes to baking sheet with a slotted spoon. (Set aside bowl with remaining vinegar spice mixture for use with pears.) Bake about 30 minutes.

Meanwhile, place pears in reserved bowl with vinegar spice mixture and toss until evenly coated. Add pears to baking sheet with potatoes and continue to bake until pears are golden and potatoes are fork-tender, about 25 minutes.

Nutrition

Per serving: 140 calories (0 from fat), 0g total fat, 0g saturated fat, 0mg cholesterol, 120mg sodium, 32g total carbohydrate (6g dietary fiber, 12g sugar), 2g protein
Wilted Kale-Chipotle Dressing

Wilted Kale Salad with a Creamy Chipotle Dressing

Serves 2 – 4

For the wilted kale
2 heads kale (this will seem like a lot but will wilt down when the salt is added)
2 teaspoons salt
1 cup baby tomatoes, sliced
1/2 cup hulled hemp seeds

For the dressing
2 avocados
1 chipotle pepper*
1/2 cup olive oil
1 teaspoon agave
1/4 cup lemon juice
Chipotle soak water as needed to blend
*If not using chipotle peppers, substitute with 1/2 teaspoon each of onion powder, cumin, chili powder, garlic powder and tamari/nama shoyu.
- Remove the stems and then wash and cut the kale into small pieces. Place into a bowl, add salt and start to massage the kale until it wilts and takes on a ‘cooked’ texture.
- Add the tomatoes and hemp seeds to the bowl and mix in by hand.
- Blend all remaining ingredients in a high-speed blender until creamy and mix into kale by hand.
Live Garden Burger

from the book Raw Family, by Victoria, Igor, Sergei, and Valya Boutenko

Grind 1 pound of walnuts in a food processor. Combine the following ingredients and grind in a food processor or put through a Champion Juicer with the blank plate:

1 pound carrots
1 medium onion
2 Tablespoons sweetener (honey, very ripe banana, raisins)
3 Tablespoons oil
1 – 2 Tablespoons poultry seasoning (or other seasoning)
½ Sea Salt (optional)

Put all the ingredients in a food processor and process until the mixture is smooth. If the mixture is not firm enough, add one or more of the following thickeners: dried will weed, dried garlic powder, dried onion powder, dried parsley, flakes, nutritional yeast, psyllium husk powder, or ground flaxseeds. With garden burger you can make nori rolls, cabbage wraps, spread it on crackers, stuff mushrooms, peppers, tomatoes, onions, cucumbers, and more.
Sunny Pate

Ingredients

3 cups sunflower seeds, soaked 8-12 hours and sprouted for 2-4 hours
1 c lemon juice
1/2 c scallions
1/4 - 1/2 c tahini
1/4 c braggs aminos
2-4 slices red onion, cut in chunks
4-6 TBSP coarsely chopped parsley
2-3 med cloves garlic
1/2 tsp cayenne pepper or more to taste
1-2 TBSP ginger juice optional
t tsp ground cumin (optional)

In a food processor blend all ingredients until smooth
Will keep in the fridge for 10-14 days
Lemon Cups

INGREDIENTS

- 2 cups very finely grated carrots
- 1 tablespoon lemon juice, or more to taste
- 1 teaspoon grated lemon zest
- 1 teaspoon extra-virgin olive oil or walnut oil
- Stevia or maple syrup (optional)

4 lemon halves, after juicing

DIRECTIONS

How can anything this simple taste so good? These adorable stuffed lemons are a great side dish with a main course of sprouted sunflower pate’. Use more lemon if you like, and if it is too tart for you add a touch of maple syrup or stevia.

The recipe works best when the carrots are grated very fine. Use whatever grating method you have that will give the best results. A heavy-duty juicer without a screen makes the finest grate, but be sure to use extreme caution while using it, and keep children out of the way. Do not leave the machine set up without a screen in it.

In a small mixing bowl, toss the carrots, lemon juice, zest and oil. Taste. Sweeten if desired with maple syrup or stevia. Fill the lemon halves with the carrot mixture.

Serves 4.
Quick Eats

Green Smoothie

1 pint of frozen strawberries,
2 ripe bananas,
A handful of kale leaves
½ cup of water
The juice of one orange
1 teaspoon of spiralina
Blend and drink.

Blend until smooth and drink.

Tomlin’s Collard Power!

7 apples
4 collard leaves
Juice of 2 limes
1 small beet
Ginger root to your taste
Put ingredients through juicer. Stir and sip.

Chocolate Pudding

4 ripe avocados
¾ to 1 cup raw agave nectar
Pinch of Himalayan sea salt
8 tablespoons of raw cocoa powder (Or use more. Just make sure it taste like chocolate pudding)
½ cup of water (Add more if needed. You want just enough to get the blades moving).

Blend ingredients until smooth.
Powerhouse Green Smoothie

By: Hallelujah Acres Smoothie/Juice Bar
Website: Hallelujah Acres @hacres.com
3 apples (2 Fuji, 1 Granny Smith)
¼ beet
1 bunch celery
1 bunch collards
2 cucumbers
1 bunch kale
½ bunch parsley
½ head romaine lettuce
3 Asian pears
1 head green leaf lettuce
1 head bok choy
Juice all ingredients using a high quality juicer (i.e. Green Star) and enjoy! Makes 80 oz (2-1/2 quarts) that can be poured into jelly jars and sealed (leaving as little air as possible). Juice will remain fresh for up to 3 days in the refrigerator.

Raw Green Smoothie

1 ripe mango
2 ripe frozen bananas
½ avocado
¼ cup of spring water of fruit juice
5 kale leaves
Place frozen bananas and water in a food processor and process until smooth and creamy. Place this mixture into a blender.
Add mango to mixture and blend.
Add a little extra water if necessary until mixture blends easily. Add kale leaves and blend. Lastly, add avocado and blend until mixture is creamy. You’ve got a frosty nutritious treat!
Breakfast Options

**Banana Nut Granola**

1 cup dates  
4 bananas  
2 tablespoon vanilla extract  
½ cup water  
½ teaspoon salt  
9 cups rolled oats  
1 cup chopped walnuts or pecans  
1 cup unsweetened coconut  
½ cup sunflower seeds

Blend dates, bananas, and water in blender until smooth. Put remaining ingredients in a bowl and add banana mixture and stir. Spread on shallow baking sheet and bake at 200 degrees for 30 minutes. Turn off oven and let granola dry out overnight. Add ½ cup of raisins in the morning.

**Apple Date Granola**

2 cups chopped dates  
1 ½ cup hot water  
¾ cup apple juice concentrate  
1 tablespoon vanilla extract  
1 tablespoon maple extract  
12 cups rolled oats  
½ cup walnuts  
1 cup cashews or almonds  
1/2/ cup unsweetened coconut

Soak dates in hot water and then out in blender with the other liquid ingredients. Place remaining dry ingredients in a bowl and then add date mixture. Stir well. Spread on shallow baking sheet and bake at 200 degrees for 30 minutes. Turn off oven and let granola dry out overnight. Add ½ cup of raisins in the morning. (1/2 cup of dried apples may also be added).
Breakfast Options

Scrambled Tofu

1 tablespoon olive oil
1 bunch green onions, chopped
1 (14.5 ounce) can peeled and diced tomatoes with juice
1 (12 ounce) package firm silken tofu, drained and mashed
ground turmeric to taste

Heat olive oil in a medium skillet over medium heat, and sauté green onions until tender. Stir in toma-
toes with juice and mashed tofu. Season with pepper, and turmeric. Reduce heat, and simmer until heat-
ed through.

Oven Fried Sweet Potato Wedges

Sweet Potatoes
Onion powder
Garlic powder
Seasoning salt
Paprika
Olive Oil

Cut potatoes into wedges. Toss with olive and sprinkle seasonings. Place potatoes on cookie sheet. Bake
at 375 degrees until crisp.

Breakfast Fruit and Rice Pudding

In a 6 x 9 casserole dish place:
2 cups cooked brown rice
¼ cup raisins
1 cup crushed unsweetened pineapple
Blend in blender:
1 teaspoon vanilla ¼ cup hot water
½ cup cashews 1 medium banana
3 tablespoons frozen orange juice concentrate ½ teaspoon almond flavoring

Pour blended ingredients over the rice, raisins and pineapple and stir together. Bake at 350 for 30
minutes and reheat before serving, or bake 45 minutes and serve hot. Garnish with peaches or bananas.
Breakfast Options

Tasty Pancakes

4 cups warm water 2 tablespoons oil
2 tablespoons agave 2 tablespoons vanilla
½ tablespoon yeast 2 cups whole wheat flour
2 cups quick oats ¾ teaspoons salt

Mix liquid ingredients together. Stir in the dry yeast; let stand for 5 minutes or until it bubbles. Then whisk in salt, flour and oats until smooth. Spoon out in 1/3 cup potions into oiled hot skillet. Turn over when bubbly all over or golden brown on bottom side. Cook on both sides. Serve with soy margarine and syrup of thickened fruit sauce.
Mockaroni and Cheeze

2 cups dry whole grain macaroni
½ green pepper
1 small onion
¼ teaspoon garlic powder
¼ teaspoon salt
1/3 cup olives, chopped
½ cups cheesy sauce (recipe follows)

Cook macaroni in salted water. Dice onion and pepper. Sauté onion and pepper in a little water or oil if desired. Drain macaroni. Combine all ingredients and put in a casserole dish. Bake at 350 for 30 minutes. Garnish with sprinkles of paprika and a little parsley, if desired.

Cheezy Sauce
(Cashew Pimento Cheeze #1)

Blend until smooth:
½ cups water ¾ cup cashew nuts
2 tablespoons sesame seeds ¼ teaspoons salt
3 tablespoons yeast flakes 1 teaspoon onion powder
dash of garlic powder ½ cup pimentos (canned)
1/3 cup lemon juice

Delicious over steamed cauliflower or broccoli or mixed in with whole wheat macaroni and baked in a casserole for 30 minutes at 350. To thicken sauce, cook in a saucepan, stirring constantly.
# Lunch - Dinner Options

## Spaghetti Sauce

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 cloves garlic</td>
<td>1 chopped onion</td>
</tr>
<tr>
<td>¼ cup green pepper</td>
<td>2 cups tomato puree</td>
</tr>
<tr>
<td>¼ cup tomato paste</td>
<td>1 cup water</td>
</tr>
<tr>
<td>2 tablespoons lemon juice</td>
<td>*3 tablespoons date butter</td>
</tr>
<tr>
<td>4 ounces mushrooms, canned</td>
<td>1 ½ teaspoons sweet basil</td>
</tr>
<tr>
<td>2 teaspoons salt</td>
<td>1 teaspoon oregano</td>
</tr>
<tr>
<td>½ teaspoon onion powder</td>
<td>¼ teaspoon thyme</td>
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<tr>
<td>¼ cup dried parsley flakes</td>
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Steam onion, green pepper and garlic in small amount of water. Add remaining ingredients. Simmer for 30 minutes.

* Make date butter by cooking dates in water until you have a soft thick mixture.

## Oat Burgers

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>4 ½ cups water</td>
<td>½ cup soy sauce</td>
</tr>
<tr>
<td>4 ½ cups old fashioned oats</td>
<td>1/3 cup oil</td>
</tr>
<tr>
<td>1 diced onion</td>
<td>1 teaspoon garlic powder</td>
</tr>
<tr>
<td>¼ cup yeast flakes</td>
<td>½ cup sesame seeds</td>
</tr>
<tr>
<td>¼ cup walnuts or sunflower seeds</td>
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Cook oats in boiling water and soy sauce for about 5 minutes. Mix remaining ingredients in a separate bowl. Add dry ingredients to cooked oats and mix well. When cool enough to handle form into patties. Place on oiled cookie sheet and bake at 350 for 15-20 minutes on each side until nicely browned. May freeze extra burgers; cooked or uncooked for future use.

Yields: 20-24 large burgers

## Tofu Croquettes

Sauté the first five ingredients in a large cooking pan. Add remaining ingredients and boil slowly for 1 hour.

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>1 lb. firm tofu</td>
<td>1 large onion boiled or baked potato</td>
</tr>
<tr>
<td>½ onion, chopped</td>
<td>¾ c. bread crumbs</td>
</tr>
<tr>
<td>2 T. olive oil</td>
<td>1 T. parsley</td>
</tr>
<tr>
<td>½ t. onion powder</td>
<td>½ t. marjoram</td>
</tr>
<tr>
<td>½ t. oregano</td>
<td>1 t. salt</td>
</tr>
<tr>
<td>1 ½ T. nutritional yeast flakes*</td>
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</tbody>
</table>

Mix all ingredients together. Form into balls the size of a walnut. Bake on cookie sheet sprayed with Pam. Bake at 350 degrees for 25-30 minutes or until golden brown. Makes approximately 24 croquettes.
Lunch - Dinner Options

Stuffed Bell Peppers
*Recipe taken from The Guilt Free Gourmet.*

To prepare:
Slice off top of 6 medium bell peppers and clean out white ribs and seeds. OR if using zucchini slice in half long way and spoon out and discard pulp.

Mix in bowl:
2 C brown rice (cooked) Salt to taste   2 C vegetarian crumbles 1/3 C olives, chopped
½ C bread crumbs ½ onion, chopped 1/3 C nutritional yeast flakes 1 T Chik-it Seasoning
Basil to taste      1 C spaghetti to tomato sauce to moisten

Stuff peppers or zucchini and place in casserole with 1/2-inch of water on the bottom. Cover and bake about 40 minutes at 350, or until tender, then 10-15 minutes uncovered to firm up in top.

Lentils and Rice
*Submitted By: Melody Hord*
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Eating large quantities of fresh vegetables (especially greens like collards, turnip greens, arugula, romaine, spinach, broccoli and Brussels sprouts) and luscious fresh fruits is the secret to feeling full and curbing cravings. Eating beans and lentils with your meals or on top of your salad will further keep you on track.

Here’s a lentil recipe that will fill you up and not out!

1 cup chopped onion*    1 cup chopped celery*
1 Tbsp oil (optional) 1/4 cup water
4 cups water      3 Tbsp lemon juice
3 cloves garlic, minced*    1/2 tsp ground coriander
½ tsp paprika      ½ tsp salt
½ tsp black pepper 1 cup brown lentils
½ cup basmati rice

In a pot, sauté onions and celery in oil and ¼ cup water for about 8 minutes. Add extra water if onions and celery start to stick. Add garlic, coriander, paprika, salt and pepper and stir in with onion and celery. Add four cups water and lemon juice and stir everything together. Add lentils and rice and stir everything together.

Bring to a boil. Cover with a lid and simmer for around 30 minutes. Stir mixture a few times during this 30 minutes. When rice is tender, dinner is ready! *If you are in a hurry and don’t have time to chop onions, celery and garlic, just substitute ¼ tsp garlic powder and 1 ½ tsp onion powder and skip #1 in directions above.*