

Wholefoods Cooking

Taste & Tell Recipes



Sue Gregg Cookbooks

SueGreggCookbooks

SueGregg.com

A Comprehensive Wholefoods Cooking System
Balancing Nutritional Quality and Variety with Appetite Appeal,
Convenience and Cost Control

Taste & Tell Introduction to Whole Foods Cooking

Recipe Sampler (this booklet)

Nutrition Basics (companion booklet)

Demonstration CD (photos of every step in every recipe)

Recipes in this booklet are selected from the *SueGreggCookbooks*

Main Dishes with Complete Menus

Meals in Minutes from Freezer to Table

Soups & Muffins with Low Cost Menu Combinations

Lunches & Snacks with Lessons for Children (CD available)

Breakfasts with Blender Batter Baking

Desserts with Low Fat and Allergy Alternatives

Master Index & Menu Planner

Curriculum

Cooking with Children w/Demo CD

Baking with Whole Grains w/Demo CD (High School Level)

Copyright ©2006 Published and distributed by

SueGreggCookbooks

8830 Glencoe Drive

Riverside, CA 92503-2135

www.suegregg.com

taste@suegregg.com

951-687-5491

Contents

| | |
|---------------------------------|----|
| from Breakfasts | |
| Blender Batter Waffles/Pancakes | 1 |
| Fresh Apple Topping/Filling | 2 |
| Oatmeal Surprise | 2 |
| Almond Coffee Cake | 3 |
| from Meals in Minutes | |
| Blender Cornbread | 4 |
| Country Creole Peas 'n Corn | 5 |
| Cookbook Story | 6 |
| from Main Dishes | |
| Baked Parmesan Chicken | 8 |
| Baked Parmesan Chicken Nuggets | 8 |
| Lemon Baked Salmon | 9 |
| Brown Rice | 9 |
| Taco Chip O'le | 10 |
| Seasoned Ground Turkey | 10 |
| Baked Potato Gourmet | 11 |
| Ragout | 11 |
| Spinach & Orange Salad | 12 |
| King's Banquet | 14 |
| Brown Rice Pliaf | 15 |
| Lemon Baked Fish | 15 |
| Lentil-Rice Casserole | 16 |
| from Lunches & Snacks | |
| Sunshine Shake | 12 |
| from Desserts | |
| Yogurt Pie | 13 |
| Orange Ambrosia | 14 |
| About the Author | 19 |

Blender Batter Waffles/Pancakes

No grain mill needed! Master this recipe and you will be well on your way to making a successful transition to wholefoods cooking. Especially light and quick prepared in a blender. A 450 watt Osterizer blender works well. Use any grain or combination of grains.



*To mix by hand without a blender, use 1½ cups flour in place of grain in step 1. See photo demonstration at suegregg.com or **Taste & Tell CD***

AMOUNT: 3 - 4 Servings (8--6" pancakes or 3 to 4--7" waffles)

1. Place in blender; blend at highest speed 3+ minutes (less in a VitaMix), while adding enough liquid to maintain a vortex:
 - 1 cup buttermilk or yogurt thinned to same consistency (or 1¼+ cups for waffles--a thinner batter is best)
(or non-dairy alternative + 1 Tbsp. vinegar)
 - 1 tablespoon melted butter, coconut or extra virgin olive oil
 - 1 teaspoon vanilla extract (optional, omit with buckwheat)
 - ½ cup uncooked rolled oats or whole oats
 - ½ cup brown rice, buckwheat, corn or other grain¹
(These are raw whole grains, not flour! We urge you to experiment with millet, barley, spelt, & Kamut® grain.)
2. Cover blender and let stand at room temperature several hours for improved nutrition (recommended; see note below).
3. Preheat griddle on medium-high (until water drops sizzle on surface), or waffle iron at highest temperature.
4. Just before baking, add and reblend for 1-3 minutes until smooth:
 - 1 egg (or alternative)
 - 1 tablespoon flax seed (optional)
 - additional liquid (as needed to keep batter churning)
5. Blend in thoroughly, but briefly, through the vortex, assist with rubber spatula, if needed:
 - 1 teaspoon baking soda
 - ½ teaspoon salt, to taste
6. Bake on hot griddle or in waffle iron, lightly sprayed with non-stick spray as needed.

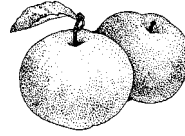
Per Serving of 4 (with 1% fat buttermilk) 327-376 Calories, 9-10 g protein (11%), 10-11 g fat (26-29%), 49-59 g carbohydrate (60-65%), 2-2.5 g dietary fiber, 57 mg cholesterol, 339-657 mg sodium, \$.35-\$.40

Improve the Nutritional Value

The 2-stage process allows phytates in whole grains and legumes to release valuable nutrients otherwise bound up (as calcium, magnesium, zinc, iron). Gluten becomes more digestible; protein more available. It also helps to smooth out any gritty grain during the second blend. Soak 7 hrs: brown rice, millet, buckwheat, lentils; soak other grains and beans 12 - 24 hours. See suegregg.com "Talking Food Pages"

¹Grains may be ordered from Sunorganic™ 1-888-269-9888 or www.sunorganic.com

Fresh Apple Topping/Filling



A favorite waffle and pancake topping or filling and topping for crepes. Use any good cooking apple. We like them with red skins for the color.

4 - 6 Servings (2½ - 3 Cups)

1. Combine in saucepan, bring to boil, lower heat and simmer until apples are just tender:

**4 unpeeled apples, cored, unpeeled,
coarsely chopped or thin wedges**

(wash apples with a vegetable spray to remove wax pesticides, etc--purchase from a health food store)

Just enough water to prevent sticking while cooking

2. Remove from heat, drain, and stir in, to taste:

¼ cup honey

½ teaspoon cinnamon

Per Serving of 4 Exchanges: 4 Fruit; 161 Calories, 43 g carbohydrate (99%; 38 g sugars), 5 g dietary fiber, 0 mg cholesterol, 2 mg sodium, \$.40

Oatmeal Surprise



The old familiar stand-by with added flavor and, crunch, using 2-stage process for improved nutrition (see note, p. 1). For plain oatmeal, omit cinnamon, apples, raisins, nuts.

AMOUNT: 4 Servings

1. Soak together 12 - 24 hours in covered saucepan:

1 cup water

2 tbsps. plain yogurt or whey (liquid part of yogurt)

(the acid facilitates neutralizing phytic acid to release nutrients)

1 cup rolled oats (as *Quick* or *Old Fashioned Quaker Oats*)

¼ cup chopped walnuts, optional

2. In separate saucepan, bring water with remaining ingredients to boil; stir in soaked oats and nuts; simmer about 5 minutes until desired consistency; remove from heat, cover and let stand a few minutes:

1 cup water (additional to water in step #1)

½ teaspoon salt

½ teaspoon cinnamon

¼ cup dried apple pieces or a diced fresh apple

¼ cup raisins

3. If desired, stir in **2 tbsps. ground flax seeds.**

Per serving of 4 (¼ recipe) with nuts; flax seed not included 171 Calories, 5 g protein (11%), 6.5 g fat (32%), 25 g carbohydrate (57%; 11 g sugars), 4 g dietary fiber, 0 mg cholesterol, 267 mg sodium, \$.20

Almond Coffee Cake

This **Breakfast** favorite was converted from the **Los Angeles Times** award winning "Cafe Beaujolais' Buttermilk-Cinnamon Coffecake." Fat was reduced from 45% (of total calories) to 24%, calories dropped 44%, and sugar fell 36% while fiber increased. Whole grain coffee cakes are easy to make in the blender. To make this recipe by hand without a blender use **2 cups whole grain flour**. See p. 1 for grain and flour resource. This recipe is very successful with gluten-free brown rice!

AMOUNT: 11.5" x 8" Pan

Bake: 325° - 30 to 40 minutes

1. Place in blender; blend on high speed 3 minutes:
 - 1 cup buttermilk (for alternatives see step #1, p. 1)
 - ¼ cup melted butter, coconut or extra virgin olive oil
 - ¾ cup honey
 - 1⅓ cups whole wheat pastry grain (not flour)
or 1½ cups Kamut® grain, spelt grain, brown rice
or 1¼ cups barley grain
2. Meanwhile, blend topping with a fork until crumbly; set aside:
 - 2 tablespoons melted butter (unsalted preferred)
 - 2 tablespoons *Sucanat* or *Rapadura* (health food stores)
 - ½ cup uncooked rolled oats
 - ½ cup sliced or chopped almonds (presoaked for easier digestion)
3. Cover blender; let stand at room temperature for several hours for improved nutrition (recommended; see note, p. 1).
4. Just before baking, add and reblend on highest speed for 1 -3 minutes or until smooth:
 - 2 eggs
5. Blend in thoroughly, but briefly, "sifting" these through a small strainer (assist with rubber spatula, if needed):
 - ½ teaspoon salt
 - 1 teaspoon baking soda
 - 1 teaspoon baking powder
 - 2 teaspoons cinnamon
 - ¼ teaspoon ginger
6. Pour batter into greased baking pan. Distribute **topping** evenly over top with fingers, pressing it slightly into batter with a fork.
7. Bake at 325° about 30-40 minutes until knife comes clean out of the center.



*Per 2¼" x 2¼" piece (16 per pan, cut 4 x 4; using 1% fat buttermilk)
170 Calories, 4 g protein (9%), 4.5 g fat (24%), 29 g carbohydrate (68%),
2 g dietary fiber, 31 mg cholesterol, 131 mg sodium, \$.20*

Blender Cornbread

*A popular quick bread and so easy to make with whole dry corn or a blend of corn and another grain in the blender. This recipe is adapted from the original recipe from **Meals in Minutes**, p. 68. To handmix with cornmeal, use 2 cups stoneground cornmeal¹*

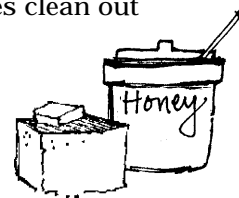


AMOUNT: 8" Square Baking Pan (12-16 pieces)

Bake: 350° for 25 - 35 minutes

1. Place in blender; blend at highest speed 3 minutes (batter will be gritty):
 - 1 cup buttermilk, yogurt or sour milk
(thin yogurt to consistency of buttermilk with water)
 - ¼ cup melted butter, coconut or extra virgin olive oil
or 2 tablespoons each butter and oil
 - 3 tablespoons maple syrup or honey
 - ⅔ cup whole kernel dry corn¹
 - ⅔ cup more whole kernel dry corn
or ⅔ cup whole wheat pastry grain
or ¾ cup Kamut® grain
2. Cover blender; let stand at room temperature 12 - 24 hours for improved nutrition (recommended; see note, p. 1).
3. Grease or spray baking pan.
4. Preheat oven.
5. Just before baking, add and reblend on highest speed 1 - 3 minutes:
 - 2 eggs (or alternative)
6. Blend in thoroughly, but briefly, "sifting" these through a small strainer (assist with rubber spatula, if needed):
 - 1½ teaspoons baking powder
 - ½ teaspoon baking soda
 - 1 teaspoon salt
7. Pour batter immediately into greased baking pan. Bake at 350° for 25 - 35 minutes or until knife comes clean out of center.

*Per 1 piece of 12 (with 1% fat buttermilk, half melted butter, half oil)
149 Calories, 3.5 g protein (9%), 6.5 g fat (38%),
20.5 g carbohydrate (53%), 3 g dietary fiber, 41 mg cholesterol,
203 mg sodium, \$.10*



¹From healthfood store or see mail order source for whole grains and flours on p. 1

Country Creole Peas 'n Corn

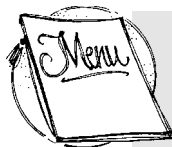
*A very high fiber dish from **Meals in Minutes**. Recipe freezes well.*

AMOUNT: 6 to 8 Servings (8-9 cups or 2½ qt. container)

1. Soak peas in water 12 -24 hours (see note, p. 1):
 - 2 cups (1 lb.) uncooked blackeyed peas. washed
 - 8 cups water
 - 2 tbsps. apple cider vinegar or juice of ½ lemon
(acid improves release of nutrients)
2. Drain, add 8 more cups water; bring peas in water to a boil, add seasonings and boil 3 minutes; reduce heat to simmer (skim foam off top):
 - 1 bay leaf
 - 1 teaspoon Italian Seasoning
 - ½ teaspoon rosemary
3. Saute vegetables in oil or butter (optional for best flavor) or add onion and pepper directly to the peas as they cook:
 - 2 tablespoons olive oil or butter (unsalted preferred)
 - 1 onion, chopped
 - 1 green pepper, chopped
4. Continue to cook until peas are almost tender, about 1½ hours. Add more water, if needed.
5. Add remaining ingredients and simmer 30 minutes to blend flavors (skip simmering if freezing the dish)
 - 14½ oz. can stewed tomatoes
 - 8 oz. can tomato sauce
 - ¼ cup (½ stick) butter
(optional for added flavor)
 - 2 tablespoons honey
 - ½ teaspoon salt
 - 1½ cups frozen corn
(to freeze dish, cool it completely, and add corn just before freezing)
6. For frozen dish only: To reheat, turn out into a saucepan over low heat. Add 2 cups water. When thawed, bring to a boil; lower heat; simmer 30 minutes. Add water as needed. Recipe should be soupy. Remove bay leaf before serving.



*Per serving of 6 (includes optional oil in #3 and butter in #5; 3% fat without optional oil or butter) 395 Calories, 16 g protein (15%), 13 g fat (28%), 58.5 g carbohydrate (57%)
15 g dietary fiber, 20 mg cholesterol, 580 mg sodium, \$.55*



*Country Creole Peas 'n Corn
Spinach Orange Salad (p.12)
Blender Cornbread (p. 4)
w/Honey*

Our Experiment Begins

We began to read labels. Our eldest daughter scoured the cupboards for questionable packaged foods with refined flour and sugar and long lists of unpronounceable chemicals. She put the culprit packages in a corner cupboard and tied a string around the handles. We put ourselves to the test. If we could survive two weeks without them, perhaps we could do so for life. We did, and we still do.

We don't recommend the "cold turkey" approach to others now. The shock can defeat all good intentions! Empty cupboards are not exciting resources for dietary improvement.

The fear of heart disease, diabetes, cancer, and other degenerative diseases isn't a very positive motivator either. Neither are nutritionists who threaten with negatives: no salt, no eggs, no cheese, no dairy products, no cholesterol, no, no, no! What is there left to eat?

Discovering The Design

The Bible does address the subject of food. In Genesis the personal, transcendent, communicating Creator breathed life into the human body. He provided food as the first gift to the first couple. As the Original Nutritionist He structured proteins, fats, carbohydrates, vitamins, minerals, fiber, RNA, DNA, and the still undiscovered nutrients essential to life.

The problem with food became clearer. Perhaps we've deceived ourselves. We've devised a lot of products that look, taste and fill like real foods. We've developed "fake sugars," saccharin, cyclamates, and aspartame. Even "fake fat" is appearing on the market. Our bodies, however, have been designed for real God-given food.

Recipes The Key

Managing the earth's resources (taking "dominion" Genesis says) is our responsibility. This command suggested a plan for change. We needed a design for incorporating whole food alternatives into our menus. Since God also created taste buds to enjoy what He created, we shouldn't have to endure dishes that taste like paper plates.

For our family the key to better eating was developing new recipes. For example, we took a favorite family muffin recipe and changed the white flour to whole grain, the sugar to honey, and omitted the hydrogenated fat altogether. Those conversions reduced the calories, removed the undesirable fats, and lowered the sugar by 1/3, as well as the sodium and the cost. It increased the vitamins and minerals by 65% and the fiber by 150%!

As we tested new recipes, we gave each member of the family opportunity to express a response to its taste and appeal. Is it a "please

let us have this one once a week winner” or does it need some improvements, perhaps in texture or spicing? A real loser? Don't blame the cook.

Children have a natural curiosity about food preparation. Our son's interest, captured by a grain mill and breadmaker we had purchased, developed into a love for baking. Our oldest daughter's interest in other cultures and languages introduced us to Japanese cookery and to international students as guests in our home. Our youngest daughter's desire for neatness and order developed into management skills in menu planning and shopping. Dad even fixes a family favorite—Whole Grain Waffles—from scratch.

Our Family Benefits

It took time to develop new recipes and adjust to new menu patterns. Changes in how we felt, some subtle, others dramatic, encouraged us. Our oldest son found that it was sugar that induced his headaches. Some people do discover that certain foods trigger bothersome allergic reactions.

Trips to the doctor for the sniffles ceased. We sometimes get a touch of the current “bug.” No longer does it run a devastating course through the entire family. Could it be that our immune systems were becoming better fortified?

Dad's weight moderated. Fiber fills and passes on. Fat stays on. Best of all, his more lovable disposition returned. Do addictions to chocolate, colas, and candy for an energy boost affect the mind and emotions too?

What can a family gain by serving quality foods in a nurturing environment? First, good food avoids the obvious negatives of a depleted diet. Secondly, a steady supply of the best nutritional sources we can find support both the mind and the body. Finally, by searching out the Creator's design instead of following the latest advertising fad we express faith. God honors that.

This is our personal experience. Scientific studies, however, provide ample evidence for the benefits of wise food choices. The real problem is not the “why” of healthier food. It is the “how to” that stops most people.

That is why we specialize in creating recipes. We're committed to helping others overcome obstacles to eating better.

Rich & Sue Gregg

Baked Parmesan Chicken

*A company favorite from **Main Dishes**. The flavor bakes in.
Lowfat option reduces fat to 21%.*

AMOUNT: 6 Servings *Bake: 350° - 1 hour, uncovered*

1. Melt in baking pan at about 250°:
 ½ cup (1 stick) butter (unsalted preferred)
 For lowfat option, use nonfat milk, as needed, in place of butter.
2. Meanwhile, blend in blender until small bread crumbs are formed; pour into shallow bowl:
 1 slice whole wheat bread (to make 1 cup crumbs)
 2 sprigs parsley (for about ¼ cup minced)
 ½ cup Parmesan cheese (3 tbsps. for lowfat option)
 ⅓ teaspoon salt
 ⅓ teaspoon garlic powder
3. Remove visible fat from chicken:
 2 lbs. skinned boneless chicken breast pieces
4. Coat pieces of chicken in melted butter (nonfat milk for lowfat), then coat with crumb mixture; lay single layer in remaining butter in pan.
5. Garnish with paprika; bake uncovered at 350° until tender, about 1 hour; baste 2 or 3 times during baking. Cover with foil if chicken begins to brown too much before done.

Per serving of 6 Exchanges: 3 Meat, 3 Fat, 0.25 Bread; 325 Calories, 31 g protein (40%), 20 g fat (56%), 3 g carbohydrate (4%), 0.5 g dietary fiber, 119 mg cholesterol, 260 mg sodium, \$1.50

Lowfat Option per serving of 6 177 Calories, 30 g protein (71%), 4 g fat (21%), 3.5 g carbohydrate (8%), 0.5 g dietary fiber, 76 mg cholesterol, 187 mg sodium, \$1.50

Baked Parmesan Chicken Nuggets

*A great way to serve a larger number of persons.
Chicken will be tender and moist. Small chunks served beside or over top of rice will go further.*

Chop the chicken into bite-sized pieces; prepare as above using melted butter. To bake, cover pan securely. Baste with juices once or twice while baking. Chicken will be tender and moist.



*Baked Parmesan Chicken
Brown Rice (p. 9)
Choice of Vegetable
Spinach Orange Salad
Yogurt Pie (p. 13)*

Lemon Baked Salmon

Good for any fat fish such as bluefish, herring, mackerel, rainbow trout, swordfish, tuna, pompano, whitefish, salmon, mullet, sablefish. Don't avoid high fat fish. The fat is high in omega-3 fatty acids, highly beneficial to heart health. Not farm-raised is recommended.



AMOUNT: 3 - 4 Servings *Bake uncovered: 350° for 20-30 min.*

1. Melt butter in baking pan in oven; lay fish single layer in butter, turning once to coat the top:
 - 1 tablespoon butter (unsalted preferred)
 - 1 lb. salmon fillets or 1 1/2 - 2 lbs. salmon steaks (or other fish)
(wild or non-farm raised salmon preferred)
2. Top fish evenly with:
 - juice of 1/2 - 1 lemon
 - 1/8 teaspoon salt, optional
 - paprika
 - fresh minced or dried parsley flakes
3. Bake uncovered at 350° for 20 - 30 minutes; Fish should flake easily and flesh be opaque in color. Do not overcook.

Per serving of 4 (with 1 lb. salmon fillets) 188 Calories, 22 g protein (49%), 10 g fat (49%), 1 g carbohydrate (2%: 0.5 g sugars), 0.5 g dietary fiber, 58 mg cholesterol, 50 (116) mg sodium, \$1.35

Brown Rice

AMOUNT: 3 Cups (Serves 3 - 4)

Brown rice works well in a rice cooker also as long as you use the same proportion of water to rice as given in this recipe. Start with long grain brown rice for a texture closer to white rice than short or medium grain. Instructions are giving for the 2-stage process for improved nutrition.

1. Place in sauce pan; cover and let stand overnight or 7 hours for improved nutrition (see note, p. 1):
 - 2¼ cups water
 - 1 cup brown rice, washed if needed
 - juice of ½ lemon or 2 tbsps. whey or plain yogurt
(improves release of nutrients)
2. Add ½ - 1 teaspoon salt, to taste. Cook rice as for *Brown Rice Pilaf* (above) from step #2. Presoaking sometimes reduces the cooking time.

Per 1 cup serving (long grain) 222 Calories, 4.5 g protein (9%), 1.5 g fat (6%), 47 g carbohydrate (86%), 2 g dietary fiber, 359 mg sodium, \$.15

Taco Chip O'le

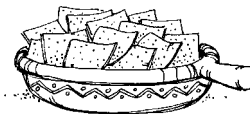
*A winner for all ages! Serve sauce over chips, top with desired ingredients. A complete meal! From **Main Dishes**. For a vegetarian dish substitute kidney beans and chopped avocado for the turkey.*



AMOUNT: 4 - 6 Servings

1. Brown turkey, adding onion when about half browned:
1 lb. *Seasoned Ground Turkey* (below) or ground beef
½ cup chopped onion
2. Add to turkey and onion, bring to boil, lower heat and simmer 15 minutes to blend flavors, stirring occasionally:
15 oz. can tomato sauce
¾ teaspoon chili powder
¼ teaspoon garlic powder
⅛ teaspoon ground cumin seed
dash oregano leaves
salt to taste, optional (add after simmering 15 minutes)
3. Meanwhile, assemble in separate serving dishes for the table:
1¼ cups grated cheddar cheese
2 cups leafy green lettuce, shredded
2 cups iceberg lettuce, shredded
2 medium tomatoes, chopped small
2¼ oz. can sliced ripe olives, drained, optional
16 oz. taco or tortilla chips, half baked,
half regular, salsa, as desired
½ cup low fat yogurt-light sour cream (blend ¼ cup each)

Per serving of 6 (with 2 cups chips, without olives) 583 Calories, 30 g protein (21%), 20 g fat (31%), 70 g carbohydrate (48%), 10.5 g dietary fiber, 72 mg cholesterol, 888 mg sodium, \$1.35



Seasoned Ground Turkey

*Our ground beef alternative. Fat level will vary depending on your choice from 1% fat to 15% fat. From **Main Dishes, Meals in Minutes** and **Lunches & Snacks** cookbooks.*

Mix together thoroughly and brown in skillet being careful not to over cook (cooks faster than ground beef); drain off any excess fat:

- 1 lb. ground turkey
- ⅛ teaspoon each: nutmeg, thyme, garlic powder, sage
- 1 tablespoon worcestershire sauce or soy sauce
- 2 tablespoons catsup or tomato sauce

Baked Potato Gourmet

A great meatless and colorful company meal! Just add a bread. Prepare remaining ingredients while potatoes bake. Amounts are for 1 serving.

1. Bake potatoes; slit open and fluff to add topping:
1 large baking potato per serving (9.6 oz raw each)
2. Optional; any of following can be served raw, as desire:
Saute vegetables in oil; set aside for garnish:
1½ teaspoons - 1 tbsp. olive oil
¼ - ½ medium zucchini, sliced
¼ - ½ cup sliced mushrooms
¼ green and/or red pepper, cut in strips
 Worcestershire sauce, to taste, optional
3. Set potato on lettuce in wide shallow soup bowl; top with butter, cheese, corn; garnish with remaining ingredients:
bed of leafy lettuce (butterhead is especially nice)
1 tbsp. (or more) butter
¼ cup grated cheddar cheese
½ cup frozen or fresh corn, cooked and hot
sauteed (or raw) vegetables (#2 above)
½ tomato, cut in wedges
avocado slices, optional

Per serving (with skin; worcestershire sauce, avocado not included) 494 Calories, 16 g protein (12%), 16 g fat (29%) 77 g carbohydrate (59%; 15 g sugars), 11 g dietary fiber, 30 mg cholesterol, 205 mg sodium, \$1.20

Ragout

"Ragoo." A favorite family standby using seasoned ground turkey. Kids go for it, too! Good with catsup and with corn on the side, and cole slaw or tossed salad. From

Main Dishes.



AMOUNT: 4 - 6 Servings

1. In a wok or pot that will hold all the ingredients brown:
1 lb. *Seasoned Ground Turkey* (p. 10) or ground beef
2. Layer over browned turkey in order given:
1 large onion, sliced
6 medium carrots, thinly sliced
4 medium size potatoes, thinly sliced (peeled or unpeeled)
½ - 1 cup water
3. Season, as desired, with salt and pepper, cover tightly; cook until vegetables are tender, stirring a time or two, about 30 minutes (add more water, if needed to prevent sticking).

Per serving of 4 (with unpeeled potatoes; salt and pepper not included) 347 Calories, 27 g protein (31%), 8.5 g fat (21%), 43 g carbohydrate (48%; 14 g sugars), 6.5 g dietary fiber, 70 mg cholesterol, 180 mg sodium, \$.85

Spinach & Orange Salad



One of our favorite salads from **Main Dishes** using very little oil and providing 80% of the RDA of vitamin A and C.

AMOUNT: Serves 2 - 4

1. Peel and section oranges; set one section aside for later and cut the remaining sections into 3 chunks each:
1 large or 2 small oranges
2. Toss together in salad bowl:
4 cups shredded fresh spinach leaves (about ½ bunch)
½ cup shredded jicama or sliced water chestnuts
orange chunks
2 tablespoons halved pecan halves or chopped pecans
3. Toss with:
orange juice (squeeze reserved orange section between fingers over top of salad)
juice of 1 or 2 lemon wedges (or capful of bottled juice)
1 teaspoon olive oil
4. Serve in salad bowl as is, or arrange individual servings on salad plates lined with:
romaine, looseleaf, or butter lettuce leaves
garnish of lemon wedge

Per serving of 4--about 1½ Cups (greens in #4 not included) 82 Calories, 3 g protein (12%) 4.5 g fat (45%), 10 g carbohydrate (44%), 3.5 g dietary fiber, 47 mg sodium, \$.30

Sunshine Shake



A complete mini-meal in just 5 minutes! Yogurt may be purchased at health food stores or Trader Joe Markets

AMOUNT: 1 or 2 Servings (Almost 2 cups)

- Place ingredients in a blender; cover and blend on high speed until mixture is smooth, about 1 minute:
- 1 medium orange, peeled, chopped
 - 1 medium banana, peeled, broken into chunks
 - ½ cup plain yogurt (whole, pasteurized, non-homogenized preferred)
 - ¼ teaspoon nutmeg (half of ½ teaspoon)
 - ¼ teaspoon cinnamon
 - honey, if needed, to taste (1 tablespoon or less)

*Per serving of 2 without honey
124 Calories, 3 g protein (10%), 3 g fat (20%), 24 g carbohydrate (70%),
3 g dietary fiber, 9 mg cholesterol, 32 mg sodium, \$.50*

Yogurt Pie

*A light dessert and so easy to make!
Your anti-health food eaters will not guess that
is made from yogurt. Yogurt may be purchased
health food stores or Trader Joe Markets.*



AMOUNT: 8" Square Bake Pan (Serves 9)

1. Make graham cracker crust by blending together:
 - 1 cup graham cracker crumbs** (about 1 packet of 6 crackers)
(whole grain such as Mi-Del or New Morning brand)
Put crackers in plastic bag; lay flat on counter, crush with rolling pin; a blender will work but is much harder.
 - ¼ cup (½ stick) melted butter** (unsalted preferred)
 - 2 tablespoons *Sucanat* or *Rapadura*** (health food stores)
or **2 tablespoons brown sugar or sugar**
2. Pat crumbs into bottom of 8" square bake pan and chill in freezer for 10-12 minutes.
3. Drain thoroughly, reserving juice:
 - 8 oz. can crushed pineapple, unsweetened**
4. Blend together in order given and let stand 5 minutes to soften:
 - drained pineapple juice (about ⅓ cup)**
 - 2 envelopes (4 teaspoons) unflavored gelatine**
5. To dissolve gelatine bring juice-gelatine mixture to a boil over medium-low heat, stirring constantly with wire whisk; remove from heat and blend in thoroughly:
 - ¼ cup honey**
6. Blend together well in mixing bowl with wire whisk:
 - 3 cups plain yogurt**
(whole, pasteurized, non-homogenized preferred)
 - 1½ teaspoons vanilla extract**
 - reserved crushed pineapple (about ¾ cup from can)**
 - dissolved gelatine and honey**
 - ½ cup medium shred coconut, unsweetened, optional**
 - ½ teaspoon coconut extract, optional (add with coconut)**
7. Pour into graham cracker crust, chill in refrigerator until set.
8. To serve, score into servings and garnish each, if desired with:
 - ½ fresh strawberry, optional**
 - 2 half-slices kiwi fruit, optional**

*Per serving of 9 (optional coconut and fruit garnish in #8 not included)
185 Calories, 4.5 g protein (10%), 9 g fat (43%), 23 g carbohydrate (47%), 1.5 g dietary fiber,
25 mg cholesterol, 100 mg sodium, \$.40*

Orange Ambrosia

So simple to prepare, yet refreshing and tasty!

AMOUNT: 2 Servings

1. Toast 2 tbsps. toasted coconut in shallow pan at 350° for 5 - 8 minutes until lightly browned.
2. Combine; chill to serve:
 - 1 orange, peeled, cut in chunks
 - 1 cup fresh or unsweetened canned pineapple chunks
 - 2 tablespoons raisins
 - 2 tablespoons toasted coconut
 - 1 teaspoon crystalline fructose (*purchase at health food store*)



Per serving of 2 Exchanges: 2.5 Fruit; 106 Calories, 27 g carbohydrate, (91%; 24 g sugars), 3.5 g dietary fiber, 0 mg cholesterol, 2 mg sodium, \$.40

King's Banquet

AMOUNT: 1 Serving

*Turn a tossed salad into a main dish with protein additions; Choose ingredients and choice of dressing as desired; add whole grain bread or muffin for complete meal. **From Main Dishes.***

Basic toss salad ingredients:

- 4 cups variety of greens
- ¼ - ½ cup shredded cabbage
- ¼ cup shredded red cabbage
- ¼ carrot, shredded
- green or red onion
- cucumber
- radishes
- jicama
- tomato wedges
- chopped orange
- avocado wedges
- chopped parsley, sprouts, etc.

Protein Additions:

- hard cheeses, cubes/grated
- Parmesan cheese
- cottage cheese
- chicken, tuna, or cooked fish
- nuts or seeds as: pine nuts, pumpkin seeds, sesame or sunflower seeds, cashews
- hard cooked egg



DESSERTS/MAIN DISHES 14

Brown Rice Pilaf

AMOUNT: 4½ Cups (serves 4 - 6)

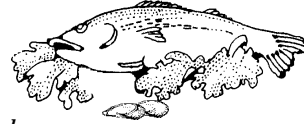
A company favorite with **Baked Parmesan Chicken** (see menu, p. 8). For an economy vegetarian meal, serve as main dish with a variety of raw and cooked vegetables. Instructions are for the 2-stage process for improved nutrition (see note, p. 1).

1. Place in a saucepan; let stand overnight or 7 hours (see p.1 note):
 - 1¼ cups long grain brown rice, washed if needed
 - ¼ cup wild rice (or ¼ cup more brown rice)
 - ¼ cup sliced or chopped almonds
 - 3 cups water
 - 2 tbsps. whey or plain yogurt or juice of 1/2 lemon
2. Add seasonings; bring to gentle boil, uncovered, for 5 minutes:
 - 3 tablespoons *Bragg Liquid Aminos* (health food store)
 - 2 teaspoons worcestershire sauce
3. Cover with tight fitting lid, reduce heat to very low and simmer 50-60 minutes or until all the water is absorbed and rice is tender. Do not remove lid or stir during cooking as this tends to produce sticky rice.
5. Garnish with chopped green onion, fresh parsley or chives.

Per 1 cup serving (long grain) Exchanges: 0.25 Meat, 0.5 Fat, 3 Bread, 0.12 Fruit;
270 Calories, 7 g protein (11%), 4 g fat (14%), 50 g carbohydrate (75%),
3 g dietary fiber, 778 mg sodium, \$.30

Lemon Baked Fish

Our most frequently used recipe for low fat fish; bakes best with a little moisture in a covered pan. Any low fat fish is suitable such as cod, haddock, halibut, perch, red snapper, sea bass, sole, orange roughy, talipia.

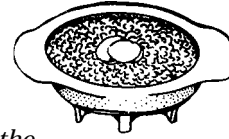


AMOUNT: 3 - 4 Servings *Bake covered: 350° for 20 - 30 min.*

1. Pour a bit of the lemon juice in baking dish and arrange fish in single layer; pour remaining lemon juice evenly over the top; sprinkle with seasoning and garnish:
 - juice of 1/2 - 1 lemon
 - 1 lb. lean fish fillets
 - salt, to taste
 - paprika
 - fresh minced or dried parsley flakes
2. Cover and bake at 350° for 20 - 30 minutes, basting a couple of times, if desired. Fish should flake easily with the flesh opaque in color. Do not overcook.

Per serving of 3 (using red snapper; includes onion) Exchanges: 2.5 Meat, 0.25 Vegetable; 157 Calories, 31 g protein (82%), 1.5 g fat (9%), 3 g carbohydrate (9%; 0.5 g sugars), 91 mg cholesterol, 104 mg sodium, \$.85

Lentil Rice Casserole



*Takes 5 minutes to assemble. Economical, too! Lentils and brown rice mutually increase the protein value of the other. Use Bragg Liquid Aminos for the yum flavor. Serve it with a colorful vegetable and salad or "hide" it in a burrito with chopped tomatoes, shredded lettuce, salsa, and yogurt-sour cream blend (our favorite way to serve it). Freezable. Instructions using the 2-stage process for improved nutrition (see note, p. 2). From **Main Dishes.***

AMOUNT: About 3 Cups (4 - 6 Servings)

Bake covered: 300° for 2 - 2½ hours

1. Blend together in a casserole dish and let stand overnight or 7 hours for improved nutrition (see note, p. 2):

3 cups water

¾ cup uncooked lentils, washed as needed

½ cup uncooked brown rice, washed as needed

juice of ½ lemon (*acid improves release of nutrients*)

2. Add just before baking:

3 - 4 tablespoons *Liquid Aminos*, to taste (*Health Food Store*)

1 small onion, chopped (or ¼ cup instant dry onion)

½ teaspoon basil leaves

¼ teaspoon oregano leaves

¼ teaspoon thyme leaves

¼ teaspoon garlic powder

3. Bake covered at 300° for 2 - 2½ hours or until tender and the water is absorbed. Presoaking does not speed the baking.

4. Just before serving, fold in cheese, top with parsley (for burritos serve the cheese separately).

¾ cup grated cheddar cheese, optional

chopped fresh parsley, optional

Per ¾ cup serving (without cheese)--Exchanges: 0.75 Meat, 3.25 Bread, 0.75 Vegetable; 304 Calories, 16 g protein (20%), 1.5 g fat (4%), 59 g carbohydrate (76%: 6.5 g sugars), 8 g dietary fiber, 868 mg sodium, \$.55

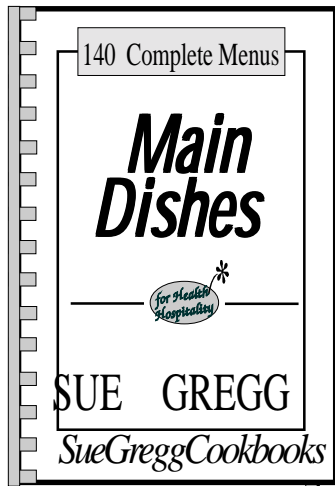


*Lentil Rice Casserole
with or without cheese
Broccoli-Cauliflower
Tossed Salad
1 T. Ranch Dressing or
Thousand Island Dressing*

*\$1.25 - \$1.50
11% - 26% Fat
411 - 538 Calories*

Sue Gregg Cookbooks

www.suegregg.com



MAIN DISHES includes over 270 recipes and 140 menus at an average cost of about \$1.60 per meal. 52 low budget meals average only \$1.10. 58 low fat meals average just 20% fat (of calories). Menus cover the range of all food groups with vegetarian alternatives. Nutritional data for exchanges, calories, carbohydrate, protein, fat, and fiber. Charts document how recipes meet US Dietary Guidelines without refined flour, sugar or hydrogenated fats. Provides low fat/high fiber alternatives to satisfy the meat and potatoes appetite. Index, 290 pages.

SOUPS & MUFFINS

The easiest way to get whole grain variety. 36 muffin and bread recipes made from 12 grains with alternatives for wheat & dairy allergies. 27 favorite soup recipes nutritionally improved. Combination menus save \$\$.
Index 102 p.



MEALS IN MINUTES, a whole foods cost saving convenience cookbook for singles as well as families. Cook once-a-month or once-a-week to fill your freezer with 26 low fat/ high fiber ready to serve meals-in-minutes when time and energy are short. Enjoy variety with chicken, fish, ground turkey, bean & vegetarian recipes. Shopping and assembly lists. Index, 94 pages.



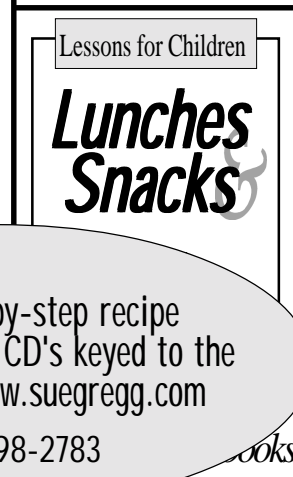
DESSERTS without white flour, white sugar, or hydrogenated fats. Quality alternatives satisfy the sweet tooth. Allergy alternatives for milk, wheat, and eggs. Light 'n tender whole grain no fat angel food cake. 45 recipes under 200 calories and 30% fat. Index, 175 pages.



A Comprehensive Wholefoods Cooking System, Balancing Convenience with Cost Control, Nutritional Quality with Appetite Appeal. You can Eat Better for Less.



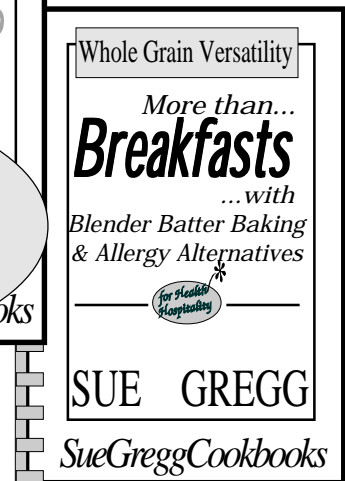
LUNCHES & SNACKS includes a special 75 paged insert that guides young cooks in preparing beverages, breads, crackers, chips, sandwiches soups, spreads and dips from set up to clean up. Recipes written by-the-numbers avoid confusion. Nutrition quizzes for discussion. Children learn to master basic food preparation skills along with the nutritional why's. 168 pages CD



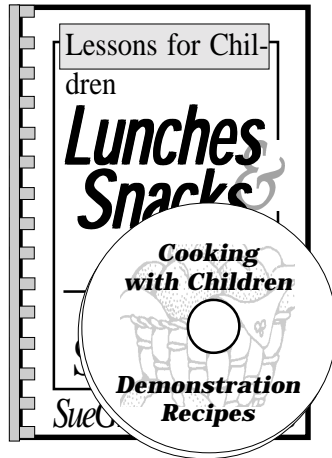
Preview step-by-step recipe demonstrations on CD's keyed to the cookbooks at www.suegregg.com
1-800-998-2783

MASTER INDEX & MENU PLANNER for all of Sue Gregg's currently published works with subject, recipe, and ingredient indexes. Recipes categorized by type for monthly menu planning. Sections on feeding babies and children and the food-faith connection in the redemptive story. 312pages.

BREAKFASTS with incredibly easy whole grain blender batters for light 'n tender waffles & pancakes, coffee cakes, muffins, and crepes. Recipes for Kamut® grain and allergy alternative grains. Try cinnamon rolls, banana smoothie, cereals, egg variations, fruit dishes, toppings and spreads. Alternatives for wheat, dairy, and egg allergies. Ideas for teaching children. Some recipes so filling you will serve them for dinner. Index, 316 pages. **Over 1455 pages and 900 recipes in all 7 Books.**



Teaching Young Cooks



COOKING WITH CHILDREN

Cooking Experiences where Children & Parents Learn Together

Uses **Lunches & Snacks** as text with over 70 step-by-step photo demonstrations on **CD** that present children with opportunities to be "caught" by their interests. Detailed digital photos model step-by-step demonstrations of what parents have always been doing--encouraging children to learn by watching and participating as they prepare recipes. Lessons emphasize practicing kitchen safety, handling kitchen tools, learning measurements, identifying nutritional values, keeping a tidy work area, and experiencing a variety of tastes and textures.

If children fix it, they will eat it. By age 13 they may replace mom in the kitchen! Appropriate for ages 3 to 13 and parents.

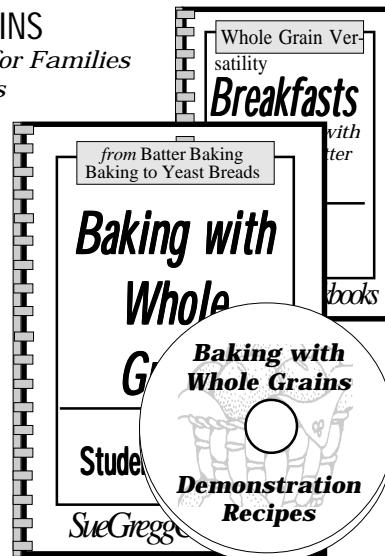
BAKING WITH WHOLE GRAINS

A Comprehensive Semester Course for Families with High School Students

Master 16 basic whole grain recipes. Introduces blender batter baking, fresh flour quick breads, and whole grain yeast breads. Emphasizes a biblical Creator/creation world view, nutritional value, convenience, taste appeal, cost control, and research. Provides opportunities for creative activities, bonus projects, and serving others.

Course Materials: Breakfasts 3rd ed, Student Notebook & Curriculum Guide, CD (optional but highly recommended) with 30 recipe demonstrations, floppy disk

with tests & answers. Computer requirements: Microsoft Internet Explorer & Adobe Acrobat Reader (both available free on the internet).





About the Author

After a family health crisis, Sue Gregg began to question how to put nutritional value back into family meals. Nine months on a rigorous healthfood diet and too many yucks from her family convinced her that few meat and potatoes eaters would survive drastic dietary diversions. That motivated Sue to ask, how could good taste and nutritional quality go together?

First, she experimented to transform the quality of ingredients in old family favorites such as minute bran muffins and cinnamon rolls. Trial and error testing yielded results. Others soon requested recipes and cooking classes.

Sue's experimental cooking continues in her quest for recipes that balance convenience and cost and enhance both nutritional value and appetite appeal. Yum responses extend from her lentil-rice casserole to allergy alternative whole grain blender batter waffles, pancakes, muffins, coffee cakes, and crepes.

Her goal is to help others benefit from the Creator's gift of food, to overcome obstacles to eating better, to live out the universal management mandate, and to serve a needy world more effectively with their God-given gifts.

Sue's experience includes teaching home economics and providing food service at retreats on the West Coast, Mexico, and Honduras. For seven summers she fed hundreds of junior highers, high schoolers, college students, and families at Campus By The Sea on Catalina Island off the California coast. At that time there was no electricity, freezer, telephone, or road. Supplies arrived via ocean going barge. She also inaugurated a wholefoods program at a California college cafeteria.

Sue has worked with cooks at Campamento Citlali in Mexico to develop international cuisine. In Okinawa she taught community cooking classes. In Kenya demonstrations to embassy and seminary wives. Guest home economics lecturer at the University of Malawi. In Estonia holiday crepes.

Alex Krutov of St. Petersburg, Russia trained as an intern in her California kitchen. He then cofounded "The Harbor" a training center for young adult orphans. Sue has returned to Russia ten times to teach basic whole foods nutrition and cooking to graduate orphans and leadership classes for women.

Sue Gregg is the author of more than 13 cookbooks and homeschool cooking curriculum. Her husband, Rich, serves as her critical but appreciative taste tester, editor, photographer, publisher, and webmaster. They enjoy cooking and catering for small events that create an hospitable atmosphere in which strangers can become friends.