

With Cookbook
For Children

**Lunches
&
Snacks**

*for Health
Hospitality*

SUE GREGG

Sue Gregg Cookbooks

With Cookbook
For Children

Lunches & Snacks

3rd Edition



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Lunches & Snacks

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This cookbook is designed to provide information relating to the subject matter covered. It is sold with the understanding that the publisher and author are not engaged in rendering medical, nutritional, dietary, or other professional services. If expert assistance is required, the reader should seek the services of a competent medical professional.

This cookbook does not cover or reprint all of the information on the subject available to the author, publisher, or the reader. Research in the field of nutrition often seems conflicting, and when hyped by media and advertising, contradictory and confusing. You are urged to read all the available material, to inform yourself as much as possible about nutrition and food preparation, and then with the advice of competent professionals to tailor the information to your personal needs.

Health is not achieved through one shot schemes, potions, or pills. It is not acquired through diet alone. Anyone who decides to pursue it must expect to invest time, effort, and discipline. We are reminded, however, that even those who inherit or achieve even the best health do not live forever. *It is appointed to man once to die...* Therefore, the reader is urged not just to prepare for the immediate, but also to discover the Creator's eternal plan.

With every edition and printing of this cookbook an effort is made to make the information as accurate, complete, and up-to-date as possible. However, experience tells us that mistakes are inevitable in content, data calculations, and typography. This cookbook should be used only as a general guide and not as the ultimate source of information on food preparation and nutrition.

The purpose of this cookbook is to model and motivate, to educate and entertain. The author and the publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused, alleged to be caused, directly or indirectly, by the information contained in this book.

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What others are saying...

I go all the way now with "Eating Better." My energy level has increased greatly! Another benefit has been a 20 lb. weight loss!

Betty Lamb, Jenison, Michigan

Your recipes have really encouraged my cooking. My husband is pleased. Happy husband means a happy wife!

Christa, San Bernardino, California

You have done an excellent job presenting healthful eating with taste appeal, ease of preparation, familiar dishes, color, and beauty with thanksgiving to our God and Creator.

Kathleen Hoffman, Somerset, Wisconsin

I love your approach. You use "real people" food but it's done in a healthy way.

Lori Leeke, Plano, Texas

Your cookbooks have changed my life. Our weekly food budget has decreased from \$125 to \$70. I can't thank you enough.

Sheila Preston, Ontario, Canada

Your cookbooks are all I ever use. The recipes are hassle-free to make. No special ingredients to buy. They are healthy and taste great! My family loves them. Thank you for writing such wonderful books!

Chris Gordon, Everett, Washington

We've had lots of allergy problems and have been on rotation diets, vegetarian diets, combination diets, no dairy diets...Cooking became a trial to be put off as long as possible. Your books are sensible...We have only begun, but so far it is all I'd hoped for and more.

Sherry Schindler, Bartlesville, Oklahoma

*I've been using the **Sue Gregg Cookbooks** for 1½ years. After 10 years of marriage, what a blessing to hear "This is good! This is really good!" Recipe after recipe! Praise God!*

Kathie Moran, Sacramento, California

I love the cookbooks and menu planner! I've been converting recipes and using various health cookbooks for years, but these are far superior! Thanks!

Sara, Pasadena, Texas

Thank God for bringing you into our lives. When my family asks, "Whose recipe?" and I answer, "Sue Gregg's."

Johnne Neiner, Pittsfield, Massachusetts

Contents

Cook's Prayer	2
Foreword	3
Planning for Lunches	5
Contents	6
Planning for Teaching	27
Contents	28
Children's Cookbook	33
Contents	34
Recipe List	35
Beverages	109
Recipe List	110
Breads	115
Contents & Recipes List	116
Crackers, Dips, & Snacks	129
Recipe List	130
Salads	137
Recipe List	138
Sandwiches & Spreads	145
Contents & Recipe List	146
Soups	161
Recipes List	162
Desserts	165
Recipe List	166
What Happened to a Boy's Lunch?	170
Index	173
CUT-OUT TABS	back page

Cook's Prayer

*The LORD our God, Maker of Heaven and Earth's Land,
He made the wheat, the germ, the bran--
nutrient and fiber-rich for the strength of man,*

*And cheeses 'n chicken, fish, beef, 'n dairy--
A little goes a long way to refresh the weary.*

*Vegetables countless--nutrient-packed treasure;
Succulent fruits for dessert--what delightful pleasure!
Nuts 'n seeds for essential fats in good measure.*

*Beans 'n peas for more protein and fiber, please!
With plenteous water in which to cook them
poured out by the LORD of the Seas.
What great gifts, these!*

*His store of food in all colors,
all shapes, and all sizes
are ever full of nutritious and tasty surprises!*

*Honey dripping from the comb,
of this sweet offering could be written a tome.
Spices and herbs to jazz up flavor.
Even salt and egg yolks we count not out of His favor!*

*Now, O LORD our God,
Help us to put your bounty together
In balance and wholeness that we might eat better,
for bodies stronger,
and minds sharper;
for spirits assisted,
and service enlisted,
To sow the seed; to reap the harvest,
From the nearest land to the farthest.*

Foreword

The 3rd edition of Lunches & Snacks has been designed for busy moms and children. The Children's Cookbook, pp. 33-108, is designed for a range of ages. Children, ages 9-12, should be able to use the recipe section independently. Children, ages 7-8, can use it with parental guidance. Parents can use it to teach younger children. What Children Can Learn at different ages beginning at age 2 (pp. 30-32) provides helpful guidance for parents.

The Children's Cookbook has been designed to teach children how to cook. It also introduces the basics of nutrition and biblical principles. Please don't treat the study as an academic exercise. I believe the best way for children to learn nutritional and biblical principles is through informal discussion while preparing food and while dining together. The Nutrition Quizzes included with the recipes provide guidance for these discussions along with page references for locating the answers. Parents can find the answers to instruct the child, or instruct the children to find the answers for themselves, depending on their ages and reading level. However, I encourage family interaction through discussion. This will give nutrition and biblical principles a context of practical living that goes beyond a textbook approach. Truth joined by action of parents and children working together results in lasting behavior changes.

A kitchen with foods, ingredients, and cookware provides stimulation for the senses. That is why this book is not a picture cookbook. Children who can read only need to be taught how to follow simply and clearly written instructions, preparing them for adult cookbooks. All recipes in the SueGreggCookbooks are written in the same easy to follow step-by-step style. They can quickly move from the children's section to all the other Eating Better recipes in this and the other cookbooks.

Special research projects are suggested for children whose curiosity leads to a special interest in a particular subject (pp. 87-106). Such research often opens the door to an area in which a child is especially gifted.

Basic cooking terms in the children's section with definitions are given on pp. 107-108. Basic nutrition terms are also given in the Nutrition Quizzes and in the nutrition section, pp. 87-98. We suggest children make their own dictionaries of definitions for these nutrition terms as a Research Project (p. 99).

The ABC's of Food Preparation, p. 36, outlines the essential steps of food preparation. Encourage memorization of the A-G topic headings. It is important to follow these steps in all cooking projects. Some of the recipes outline these ABC's (example, p. 42) to help establish the habit of consistently following these steps. In addition basic rules of Kitchen Safety & Food Storage, p. 37, should be taught at the earliest possible age.

The Children's Cookbook also provides lessons in menu planning and shopping so children can experience the entire food operation from planning to serving.

The Eating Better with Sue Video, available for rental or purchase (see order blank back of this book) is designed to demonstrate preparation techniques and to motivate beginning cooks. Four of the six demonstrations on the 74 minute video illustrate recipes in this book: muffins, p. 43, shake, p. 40, soup stock, p. 67, and seasoning ground turkey, p. 85.

Well-trained children are a great time saver. While I was attempting to meet the publication deadline for Eating Right! (the first edition of The 15 Minute Meal Planner), our daughter Sharon, then 16, took complete charge of family meals. Four years later, she prepared frozen casseroles for both of us two weeks before her wedding date. She wanted to have her freezer stocked with main dishes for the first couple of weeks after her honeymoon. What foresight! And what a help to me with my busy prewedding schedule!

As young adults, our children are well able to cook healthy and tasty meals for themselves. Our son Dan's specialty was baking bread. Our daughter, Karen, became an expert soup and salad maker. Sharon focused on desserts and salads. I cannot tell you how proud I am of my children's culinary abilities and nutritional wisdom. Probably none of them will become professional chefs, run a restaurant, or open a health food store. But they have blessed our family, and in turn are now a blessing in their own homes.

This cookbook has been written for adult tastes too!

Sue Gregg

Planning for Lunches



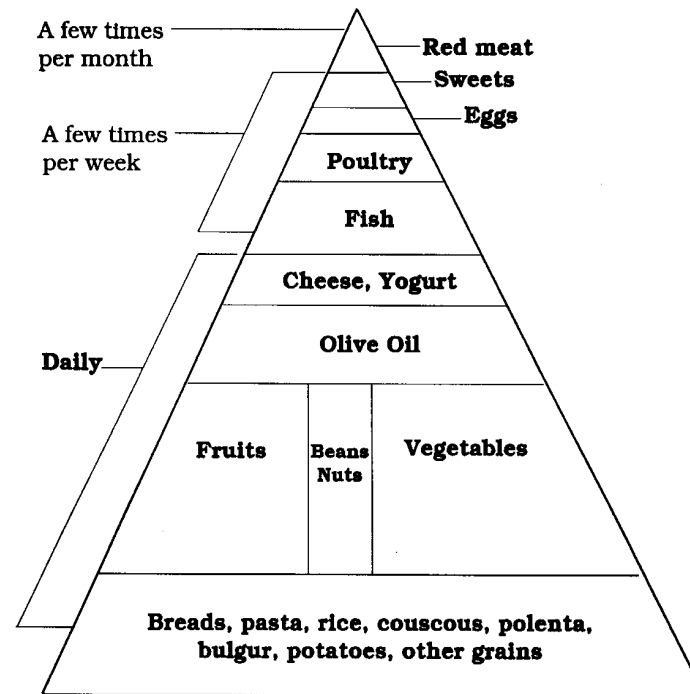
*In the house of the wise are stores of choice food and oil. . .
Proverbs 21:20*

Planning for Lunches

Food Pyramid	7
Basic Lunch & Snack Stock List	8
Alternatives for Allergies	9
Unfamiliar Ingredients & Where to Find Them	10
Our Eating Better Choices	15
Breaking the Sandwich Syndrome Tips for Children's School Lunches	16
Lunch Bags 'n Boxes	17
Sample Lunch Menus	18
What About Snacking?	20
Planning Mini-Meal (Snack) Menus	20
Sample Snack Menus	21
Nutrition Goals	22
Using Food Exchange System	24
How to Read a Recipe	25
Budget Saving Nutrition	26
From <i>Children's Cookbook</i>	
ABC's of Food Preparation	36
Kitchen Safety & Food Storage	37
Equipment & Utensils	38
Menu Planning	88
Nutrition	94
Glossary of Cooking Terms	107

The Food Pyramid

An article in *U.S. New & World Report*, July 4, 1994 compared the USDA Food Pyramid with the Mediterranean Diet Pyramid. Compare the Mediterranean Diet Pyramid below with the USDA Pyramid (see *The 15 Minute Meal Planner*, p. 41). Note the differences between the two pyramids. There are some ways in which *Lunches & Snacks* and the other *Sue Gregg Cookbooks* more closely reflect the USDA Pyramid. But there are other ways in which they reflect more closely the Mediterranean Diet Pyramid. For example, while our menus average under 30% fat according the USDA Pyramid, we also emphasize quality fat such as olive oil, according to the Mediterranean Diet. You will also notice that beans, legumes, and nuts are included near the wider end of the Mediterranean Pyramid in contrast to the USDA Pyramid. This better reflects the balance of foods used in our menus than the USDA Pyramid. In comparing the two pyramids we believe the Mediterranean Diet Pyramid reflects a better balance of foods for best nutrition.



THE MEDITERRANEAN DIET

Basic Lunch & Snack Stock List

Ingredients used often in the recipes throughout this book are listed here. Ingredients used only once or twice may not listed. We suggest you gradually stock your kitchen as you introduce new recipes. See pp. 10-14 for more information on unfamiliar ingredients and recommended qualities.

Basic Fresh Foods

apples
bananas
oranges
cabbage
cucumber
carrots
celery
lettuce
onions
parsley
potatoes
tomatoes



Basic Dairy Items

buttermilk
butter, lightly salted, unsalted
cheddar cheese
cottage cheese
cream cheese
eggs
milk
mozzarella cheese
Parmesan cheese
sour cream
yogurt, plain

For Baking

almond extract
crystalline fructose
baking powder, low sodium
baking soda
honey
nonfat dry milk powder
salt
vanilla extract
whole wheat flour
whole wheat pastry flour
yeast, active dry

For the Freezer

bagels
bread, sandwich
English muffins
hot dog buns
pita breads
tortillas, corn
tortillas, whole wheat
almonds
cashews
peanuts
pecans
walnuts
sesame seeds
sunflower seeds
wheat germ
chicken
ground turkey
frozen apple juice
frozen orange juice
ice cubes

Packaged Items

coconut, dried
carob powder
crackers
date dices
dried apples
dried prunes
herb tea bags
popcorn
raisins
rolled oats
split peas
sprouting seeds
unflavored gelatine

Basic Canned Goods

apple cider vinegar
applesauce
catsup

Basic Canned Goods, cont'd

chicken broth
fruit juices
jalapeno or green chiles
jam
kidney beans
lemon juice
mayonnaise
molasses
mustard
peanut butter
pickle relish
pimiento
pineapple, crushed
pineapple juice
pizza or tomato sauce
pumpkin
pure maple syrup
refried beans
ripe olives, sliced
salmon, pink or red
salsa
soy sauce
tuna fish, water packed



Basic Spices/Herbs

cinnamon
chili powder
cloves, ground
cumin, ground
curry powder
dill weed
dry mustard
garlic powder
ginger, ground
Italian Seasoning
nutmeg
oregano leaves
onion powder
poppy seeds
sage
Spike Seasoning
Sue's "Kitchen Magic"
sweet basil leaves
thyme leaves

Oils

canola oil
olive oil
safflower oil

Alternatives for Allergies

Allergy alternatives are listed only briefly here. See also *Main Dishes*, p. 29, *Soups & Muffins*, p. 27, *Breakfasts*, pp. 29, 61-75, 269, *Desserts*, p. 8.

Wheat Barley for baking muffins and quick breads; *Gingerbread Muffins*, p. 127; other no-wheat muffins in *Soups & Muffins*; brown rice flour for thickening in soups; kamut or spelt for quick breads or yeast breads (see *Breakfasts*, pp. 61-64).

Corn Low sodium baking powder contains no corn.

Milk Lactaid for lactose intolerance; soy milk; nut milk; rice milk.

Buttermilk or yogurt in baking Apple or pineapple juice, soy milk.

Cheese *NuTofu* cheese, p. 140.

Eggs Arrowroot or flaxseed binder (see *Breakfasts*, p. 269); *Tofu Mayonnaise*, p. 156; *Egg-Real Fool Spread*, p. 58.

Honey Crystalline fructose or maple syrup in same amount.

Shopping for Unfamiliar Ingredients

Baking Powder We recommend low sodium baking powder that contains no aluminum or corn and is low in sodium. Buy it at a health food store. If you cannot find it, use aluminum-free *Rumford* baking powder. For more information see *Breakfasts*, pp. 278-280.

Bagels, Whole Wheat See pp. 144, 66.

Bran (wheat) Wheat bran is very inexpensive and contains no sugar or sodium as do bran cereals. It is generally available in supermarkets, but larger amounts are available in health food stores at a lower price. Keep bran in refrigerator or freezer. It goes rancid quickly.

Breads, Whole Grain See p. 147.

Buttermilk Our preferred liquid for baking is buttermilk. It is low in fat, is an easily digested cultured milk and offers a pleasing flavor. Buttermilk is available with 2% butterfat, 1% butterfat or ½% butterfat. We try to use the lowest in butterfat available. Buy it at the supermarket. An alternative is powdered buttermilk. It can be purchased at health food stores. *Darigold* is the most commonly available brand. Use 3 Tbsps. powder per 1 cup water.

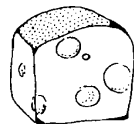
Carob Powder Buy roasted carob powder for the best flavor. Health food stores usually have a better price than supermarkets.

Catsup Try to buy a brand without refined sugar, distilled vinegar, or preservatives. *Hain* and *Westbrae* are two brands available in health food stores. They may be named “ketchy” or “imitation” only because they do not follow the standard ingredient formula. Refrigerate unsweetened catsup after opening.

Chips, Corn, Taco, Tortilla See special tip, p. 79.



Coconut, Unsweetened You generally won't find this in the supermarket. It is readily available in health food stores.



Cheese Choose cheddar cheese over processed cheese such as American. Cheese without coloring is best and hard to find in supermarkets except jack cheese. Lower fat brands are becoming more available and also lower sodium options. You'll need to experiment to find out what suits your taste. Mozzarella cheese contains only half the fat of other cheese.

Tofu cheese is also available in health food stores as a non-dairy option. *NuTofu* cheddar-like, or jack cheese-like flavors are good options to dairy cheese and available in health food stores.

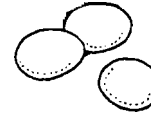
Cornmeal See p. 123

Crackers See p. 78.



Cream Cheese, Light Light cream cheese is lower in fat than cream cheese. *Philidelphia* brand is available. Also known as *Neufchatel* cheese.

Eggs We recommend fertile eggs from free ranging chickens. They are generally fresher, tastier, and probably higher in nutrients without potentially harmful chemicals in them. Purchase at health food store. For more information see *Breakfasts*, pp. 135-136.



English Muffins, Whole Wheat See p. 147.

Fructose, Crystalline Fructose is fruit sugar, usually extracted from corn. It is refined, but releases less insulin into the blood stream and you need only half as much as white sugar for recipes in most cases. We use it very sparingly, preferring honey most often. It is very expensive and available at health food stores. A 5 lb. bag is most economical and will last quite a while. Keep it tightly stored, allowing no moisture to get inside; otherwise it will become hard as rock.

Fruits, Canned Always purchase unsweetened canned fruits. Unsweetened applesauce, pineapple, pears, peaches, apricots, grapefruit sections, and fruit cocktail are all available in supermarkets.

Fruit Juices Real unsweetened fruit juices are right beside fruit drinks and sweetened juices in supermarkets. Read every label! The individual disposable juice packets are handy for bag lunches, although frowned upon by environmentalists. Buying juice in larger containers and packing in tupperware containers is less costly. Real juice packed in glass bottles is best. As a second choice use frozen unsweetened juices such as apple, grape, orange, and pineapple. Avoid juices in cans that contain high fructose corn sweetener. When possible and acceptable to taste, dilute sweet fruit juices half and half with water.

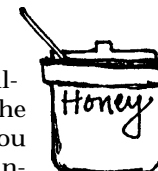
Fruits, Dried Buy unsulfured fruits. Sulfur places stress on the kidneys and also affects the pH balance of fruits not beneficial to nutritional value.



Unsulfured dried fruits are most readily found in health food stores. Chopped dried dates are called date dices or nuggets; look for those coated with oat flour instead of refined sugar at health food stores.

Ground Turkey See special tip, p. 85.

Honey Most honey in supermarkets has been processed with nutrient destroying heat. The best quality is unfiltered, unheated honey. Purchase in 60 lb. buckets for the best price. Local bee keepers are a good source. If you cannot find or pay for this quality honey, purchase uncooked, unfiltered honey from the supermarket.



Hot Dog, Hamburger Buns, Whole Wheat See p. 147.

Jams Unsweetened jams and all-fruit spreads are readily available in supermarkets. Refrigerate these after opening. Honey sweetened or other naturally sweetened jams are available at health food stores. They are quite expensive. See recipes also, pp. 158-159.

Mayonnaise A mayonnaise without sugar or preservatives is preferable. *Hollywood* brand in supermarkets and *Hain* brand at health food stores are acceptable choices. We use a local brand containing soybean oil, whole eggs, water, apple cider vinegar, egg yolks, spice, salt, and lemon juice. Eggless mayonnaise is also available. Check health food stores. See also *Tofu Mayonnaise*, p. 156.

Milk We believe the quality of our milk is a bigger problem than is realized. See *The 15 Minute Meal Planner*, pp. 123-132, especially about homogenization, and *Breakfasts*, pp. 21-34. While we have recommended raw certified milk as the best answer, it is becoming increasingly difficult to get. The two alternatives we recommend at this time are nonfat milk or *Lactaid* lowfat or calcium fortified milk (available in supermarkets).

Milk, dry powder Non-instant nonfat dry milk powder is less processed than instant dry milk in supermarkets. It is more expensive and does not mix instantly with water, but has a creamier texture for cookies and confections. It mixes well with dry ingredients. The consistency is a fine powder. Available at health food stores. Keep refrigerated or in freezer. For more information see *Breakfasts*, pp. 25-26.

Mustard More wholesome brands of mustards are available in both health food stores and supermarkets, such as *Dijon* mustards which do not contain stabilizers, thickeners, or oil. Tastes vary so try one till you find one you like. We enjoy using *Featherweight* brand with no salt and use it in very small amounts. Mustard can be harsh on the stomach.

Nuts Good prices and quality of shelled nuts and seeds are easier to find in health food stores with the exception of walnuts. Look for dry roasted nuts (roasted without oil) or unroasted nuts and buy all nuts and seeds unsalted. Store in refrigerator or freezer. They are high in oil content and therefore can go rancid easily.



Nut Butters Peanut butter is not the only one! Several good brands of almond, cashew, and tahini (sesame) are available in health food stores. These are expensive, but highly nutritious alternatives to butter as spreads and provide some variety to peanut butter. Keep refrigerated.

Oils I purchase all oils at the health food store except extra virgin olive oil which is available in supermarkets and Trader Joe Markets. I prefer to buy expeller pressed oils. *Spectrum Naturals* and *Arrowhead Mills* are excellent brands. Excellent organic oils are available from SunOrganic Farm (p. 79). See also pp. 262-67; *Main Dishes*, pp. 26-27, *Breakfasts*, pp. 262-263, and *The 15 Minute Meal Planner*, pp. 108-110. I use extra virgin or light olive oil almost exclusively now except for specialty purposes (such as flaxseed oil).

Pasta Sauce Look for a brand without refined sugar, distilled vinegar, MSG, oils, preservatives, or artificial additives. Health food stores are the best source. *Johnson* and *Westbrae* are good brands.

Peanut Butter The two peanut butter culprits are sugar and hydrogenated oil. the latter is added to keep it from separating. Buy peanut butter that contains only peanuts, or only peanuts and salt, and perhaps a little vegetable oil (not hydrogenated or partially hydrogenated). You will need to stir the oil on top of the peanut butter into it. One stirring is usually all that is needed. Storing it upside down helps. Keep it refrigerated. See also the recipe for *Peanut Butter*, p. 62.

Pickle Relish *Pure & Simple* is a good brand containing cucumbers, tomatoes, cauliflower, peppers, honey, vinegar, sea salt, onions, spices, no sugar, no preservatives, no artificial color, no MSG, no artificial additives. Use this ingredient list as a standard to find a good brand. Health food stores usually have it.

Pita Bread, Whole Wheat See p. 147.

Salt We prefer to use a sea salt that is labeled “unrefined” or “sun-evaporated only.” *RealSalt* is an excellent brand available in some health food stores or it can be ordered by mail from Redmond Mineral Inc., P O Box 219, Redmond, Utah 84652 800-367-7258 www.realsalt.com. Sea salt does not contain dextrose and aluminum. It is very inexpensive. For more information see *Desserts*, p. 31.

Seeds See nuts.

Sour Cream We prefer to use light sour cream that is lower in fat. In most recipes it is hard to tell the difference. *Knudsen Nice 'n Light* brand is available in supermarkets with some other brands also available. Nonfat sour cream works in some recipes also.

Soy Sauce A good soy sauce should be naturally brewed, which means fermented. *Kikkoman Lite Soy sauce* contains 200 milligrams sodium per teaspoon. It costs less than *Kikkoman Milder* which is a bit lower in sodium. Regular soy sauce contains 314 milligrams sodium per teaspoon. *Kikkoman* contains wheat. If you are allergic to wheat, find a soy sauce made only with soy beans.

Spike Seasoning Our favorite all-purpose seasoning, Spike contains 39 ingredients, the first of which is sea salt. Spike is about half salt and half other ingredients. Buy in a health food store, although some supermarkets also carry it. Unsalted Spike is also available.

Tofu Tofu is the most digestible form of soybeans and is available in almost all supermarkets in the refrigeration section. It comes either soft, regular, or firm. It is very inexpensive. Tofu made from organically grown soybeans can be purchased in health food stores at slightly higher price. Tofu can now be purchased in a box that will keep several months unopened.

Tortillas See p. 147 for whole wheat, p. 131 for corn.

Wheat Germ Wheat germ quickly turns rancid. *Kretchemer* wheat germ is vacuum packed and guaranteed fresh until the seal is broken. Keep in freezer after opening. It is available in supermarkets.

Whole Wheat Flour Whole wheat bread flour made from hard winter red wheat is available in supermarkets. The best source is, of course, buying the grain and milling your own. It is fresher in taste, gives lighter results, and has not had time to lose any nutrients or to go rancid. All health food stores carry whole grain flours. Whole wheat bread flour is best for making yeast breads because it is the grain highest in gluten. Gluten is the protein part of the wheat that is developed by kneading the dough to give the bread structure and lightness when the yeast grows to make it rise. Most other grains do not have enough gluten content to make high,



light yeast breads as wheat does. Keep all whole grain flours refrigerated or frozen. Bring to room temperature before using. See also *Breakfasts*, pp. 60-64.

Whole Wheat Pastry Flour Whole wheat pastry flour comes from soft spring wheat. It is lower in gluten content than bread flour and therefore makes lighter quick breads such as loaf breads, muffins, biscuits, cakes and cookies. Most supermarkets will not have it. Buy it at a health food store or buy pastry grain to mill. See *Breakfasts*, pp. 78-79.

Yogurt We use nonfat or lowfat yogurt often in recipes. Use nonfat as much as you can get away with it. Some brands are more pleasing than others. Yogurt should contain active or live bacteria (*Breakfasts*, pp. 26-27). Various terms are used to describe live bacteria, such as "viable," for example. Many flavored yogurts contain sugar. We prefer to purchase plain yogurt and flavor our own with dried fruits, honey, maple syrup, etc. For making yogurt, see *Breakfasts*, pp. 35-42.



Eating Better Choices

Our *Nutrition Goals* closely follow the USDA guidelines (see pp. 22-23). Nutrient data is also given for each recipe. Nutritional goals can be met by your choice of ingredients even if you give little thought to calculating grams or percentages of different nutrients. Focus on ingredient choices and the numbers will take care of themselves. Apply the choices used in *Eating Better* recipes that are listed below to your own favorites. You will find more information about these on pp. 10-14 and throughout this book.

- Whole grain flours in place of white flour
- Whole grain breads in place of breads made all or in part with white flour
- Whole grain crackers and chips in place of those made with refined flours
- Butter or *Butter Spread* (p. 66) in place of margarine for spread
- Oil or butter in place of shortening and margarine in baking
- Equal parts of oil and butter to balance unsaturated and saturated fat
- Oil and butter omitted or cut in half from original recipes
- Less refined oils in place of refined oils (p. 13)
- Unroasted or dry roasted nuts in place of nuts roasted in oil
- Unsalted nuts in place of salted nuts
- Popcorn, alternatives with less butter and salt (pp. 70-71)
- Lowfat or nonfat dairy products buttermilk, yogurt, light sour cream, light cream cheese, cottage cheese
- Cheddar cheese or mozzarella cheese in place of processed American
- Yogurt cheese as lowfat alternative to cream cheese (p. 64)
- Yogurt, lowfat or nonfat in place of half the mayonnaise or sour cream
- Introduce sprouts and tofu (pp. 54-58)
- Dark leafy lettuce and romaine in place of all or half the iceberg lettuce
- Fresh cooked meats in place of processed luncheon meats (p. 148)
- Water packed tuna in place of oil packed tuna (p. 156)
- Peanut butter, salted or unsalted in place of peanut butter with sugar and hydrogenated or partially hydrogenated fat (pp. 13, 62)
- Use of vegetable scraps to save extra nutrients (p. 67)
- Fresh fruits and vegetables in place of canned or too little of any
- Home prepared soups in place of commercially canned soups
- Honey (preferred) or crystalline fructose in place of white or brown sugar
- Unsweetened canned fruits in place of sweetened canned fruits (p. 73)
- Real fruit juices in place of soda pop, fruit drinks, flavored jello (pp. 73, 139)
- Un sulfured dried fruits in place of sulfured dried fruits
- Unsweetened coconut in place of sweetened coconut (p. 10)
- Jams without refined sugar (pp. 12, 158, 159)
- Condiments without sugar and preservatives (pp. 12, 13)

Breaking the Sandwich Syndrome

TIPS FOR CHILDREN'S SCHOOL LUNCHES

How do you pack a child's lunch? What about sandwiches? A lot of mothers would like to know the answer to that question. Our children never did want sandwiches in their lunches everyday even in our white bread and balogna days! I had to break the sandwich syndrome, the belief that every school lunch required a sandwich, with creative alternatives.

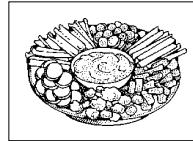
Try this plan for a change:



Day 1

SOUP PAK

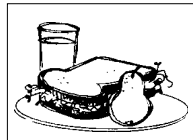
Soup in thermos, whole grain crackers, muffin or quick bread (recipes pp. 43-44, 118-121, 124-127), vanilla or fruit yogurt, carrot & celery sticks or other finger vegetables depending on type of soup; spoon.



Day 2

VEGGI PAK

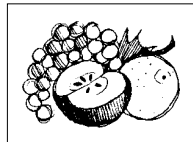
Finger vegetables, vegetable dip, whole grain crackers with cheese or hard-cooked egg, or bread with nut or peanut butter, nonfat or lowfat milk (recipes pp. 51, 62-63, 78, 81, 132-136, 160).



Day 3

SANDWICH PAK

Whole grain sandwich on varied types of breads (p. 55), leafy lettuce and/or sprouts packed separately, carrot and jicama sticks, whole grain goodie or piece fresh fruit, juice or milk (recipes, pp.56-66, 148-160).



Day 4

FRUIT PAK

Banana, raisins or *Nutty Fruit Mix* (p. 65), mozzarella string cheese, cottage cheese or fruit yogurt (p. 75).



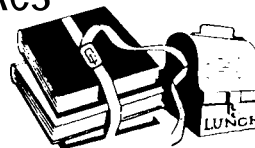
Day 5

SALAD PAK

Tuna Salad, *Tuna Jubilee*, or *Kidney Bean Salad* (pp. 83, 136, 137), lettuce leaf with some broken lettuce, cherry tomatoes, chopped veggies as desired, paper bowl with fork, whole grain crackers or muffin, milk or juice.

Lunch Bags 'n Boxes

Children can get finicky about what kind of container they want to carry, depending on what is in vogue. But with this awareness, consider these ideas for either child or adult to-go lunches.



Pak-N-Carry Kit

Tupperware discontinued this kit, but it was a perfect lunch carrier for a cold *Eating Better* lunch. It included a beverage cup, a sandwich box, and a small cup for dip, cottage cheese, pudding, yogurt, or finger vegetables, etc., plus a second square box. In-vogue lunch boxes probably took over for children, but assembling a lunch kit such as this for an adult-to-go lunch is a great idea, or maybe you'll find a *Tupperware* one at a garage sale.

Rubbermaid Mini Cooler Chest

This handy lunch carrier with handle measures 9" wide x 7½" high (larger than the *Tupperware* Pak-N-Carry). I packed my husband's lunch in this box every day. There is plenty of room to put a plastic pint bottle of frozen water to keep everything cool. The water thaws enough for some to drink by lunch time. Frozen juice can replace the water. I use a variety of small tupperware containers to pack items separately that go into the box.

Thermos Bottle

The thermos is a must for good hot or cold nutritious variety. Lunch pails are either "in" or "out", like clothes, for children. Pack a small wide-mouth thermos in a sack if a lunch pail is unacceptable. A stainless steel thermos is most effective for hot foods. It is difficult to find a hot-food thermos smaller than a quart, which is unfortunate for children's lunches. But for adult lunch carriers it is well worth investing in one. A stainless steel thermos is also great for camping and for making overnight hot cereals (see *Breakfasts*, p. 101).



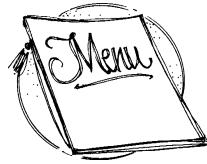
Lunch Bags

Children may enjoy more colorful lunch bags. These cost a bit more. Or purchase brown bags and use rubber stamps on them. Place a frozen juice box or a tupperware container of frozen juice in the bag to keep food cold. By lunch time it will be thawed sufficiently to drink.



Tuck a note into the lunch bag or box occasionally--"I love you", "I'm praying for your test", "look for a special treat after school," "How about a good story tonight?", etc.

Involve your children in planning and preparing their own bag lunch menus as soon as possible. The *Children's Cookbook* lessons on pp. 88-90 will help them to get started! A well trained child is your greatest time saver and best source of creative alternatives!



Sample Lunch Menus

Representative of an endless combination of lunch menus you can make, here are 4 soup menus, 4 salad menus, and 4 sandwich menus. For additional soup, muffin, and bread recipes, consult *Soups & Muffins*.

Soltero de Queso on Greens (p. 143)
Whole Wheat Tortillas (2, p. 43)
with Jam (1 Tbsp.)

468 Calories 33% Fat
\$1.10

Easy Vegetable Soup
(1 serving, p. 68)
Toasted Cheese Sandwich
(p. 57)
Apple (1)

556 Calories 38% Fat
\$1.00

Pita Bread Sandwich with Garbanzo Spread
(whole pita with 1/2 cup, p. 157)
& Alfalfa Sprouts (1/2 cup),
Grated Carrot (1/2 cup),
Chopped Tomato (1 med.),
Lettuce
Strawberries (1/2 cup)
with Vanilla Yogurt (1/4 cup)
Lemonade (1 cup, p. 113)

436 Calories 7% Fat
\$1.70



Peanut Butter-Honey Sandwich
(2 slices bread,
2 Tbsps. spread, p. 63)
Country Raspberry Jello (p. 139)
Carrot & Celery Sticks
(1/2 carrot, 1/2 rib celery)
Lowfat Milk (1 cup)

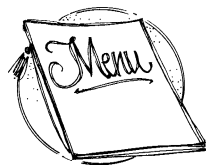
674 Calories 18% Fat
\$1.35

Creamy Vegetable Chowder
(1 cup, p. 163)
Pumpkin Bread
(1 1/2 slices, p. 120)
Wedge Pineapple with
Grapes (1/4 cup)

518 Calories 18% Fat
\$1.25

Taco Salad (p. 84)
Pineapple Orange Jello
(p. 73)
Gingerbread Muffin (1)
(p. 127)

639 Calories 25% Fat
\$1.40



Sample Lunch Menus

For a fuller explanation concerning nutrient and cost information of these menus and a complete summary of how they meet our *Nutrition Goals*, see pp. 22-23, 25).

Split Pea Soup

(1 serving, p. 69)

Zucchini Bread

(1½ slices, p. 119)

Banana Orange Salad

(p. 83)

787 Calories 20% Fat
\$.85



Avocado Supreme Sandwich

(2 slices bread, p. 154)

Carrot Sticks & Radishes

(½ carrot, 3 radishes)

V-6 Cocktail

(p. 111)

344 Calories 25% Fat
\$1.05

Mediterranean Salad (p. 140)

with Herb Vinegar

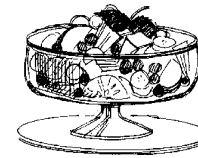
Marilyn's Corn Chips

(2 tortillas, p. 131)

Fresh Sliced Peach

with Honey (1 tsp.)

519 Calories 29% Fat
\$1.70



Tuna Sandwich with Lettuce

(1 sandwich, p. 156)

Kidney Bean Salad on Greens

(p. 83)

Carrot Sticks (½ carrot)

486 Calories 27% Fat
\$1.05

Cream of Potato Soup

(1 cup, p. 164)

Oatie-Rye Crackers (6, p. 133)

Scone (1, p. 47) with Jam (1 Tbsp.)

Cabbage Sprout Salad (p. 85)

Sliced Orange (1)

727 Calories 29% Fat
\$1.10

Fresh Fruit Lunch

(p. 141)

Maple Crunch Muffin

(1½, p. 124)

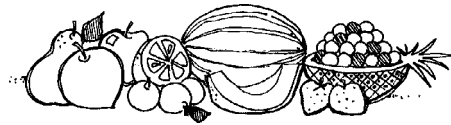
465 Calories 18% Fat
\$.95

What About Snacking?

Eating only three square meals a day has its advantage against undisciplined eating, which can get out of hand very quickly! Snacking, unfortunately for many, encourages nibbling here and there throughout the day. On the other hand, there is a growing consensus that four or five lighter meals may sustain energy more effectively and put less stress on the digestion. And as for children, the after school snack is a given. I suggest that snacks be called mini-meals that are carefully planned. The time and place for eating these mini-meals should be planned, as well. Chances are, breakfast, lunch and dinner will still be larger meals, but with one or two planned snacks, they can be lighter, especially for adults.

According to nutritionists it is important to eat an appropriate balance of protein, carbohydrate and fat for sustained alertness. This is especially important at lunch time and mid-afternoon snack time. These are not the times of day one wants to be put to sleep! An over-abundance of starchy carbohydrate without accompanying protein will do just that. Thus, to grab a handful of chips or crackers or a couple of cookies even if made with more nutritious ingredients, is not too wise for a midday mini-meal.

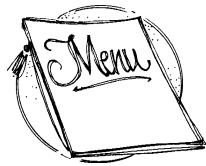
The suggested balance of calories is approximately 15% protein, 60% carbohydrate, and 26% fat. It isn't easy or practical to keep track of such percentages. The best guideline is to include protein with carbohydrate snacks. We have taken this into consideration in our sample lunch and snack menus on pp. 18-20. The average percentages of calories in protein, carbohydrate, and fat for these meals and snacks are summarized on the *Nutrition Goals Chart*, pp. 22-23.



Planning Mini-Meal (Snack) Menus

Give preference to fresh fruits, fresh vegetables and high protein foods. Serve candies, cookies or desserts on occasion with yogurt, cheese or milk to provide the protein. Welcome your children home from school on occasion with the aroma of freshly baked whole grain cookies, bread, or popped corn.

Sample snack menus on p. 21 have been planned especially with children in mind. For many adults, especially women, snacks will probably need to be lighter, unless main meals are made deliberately smaller for a true four or five mini-meal eating plan. As for myself, a piece of fruit, raw finger vegetables or a protein shake make the best mini-meal snacks. Caloric snackers and goodies made with wholefood ingredients are best left to the children.



Sample Snack Menus

For a complete summary of how these snack menus meet our *Nutrition Goals*, see pp. 22-23.

Banana Bread (1 slice, p. 45)
with Tangy Spread
(1½ tps., p. 155)
Fresh Orange
Lowfat Milk (1 cup)

379 Calories 26% Fat
\$.70



Fresh Apple
Cheese Strips (1 oz.)
Maple Crunch Muffin
(p. 124)

341 Calories 28% Fat
\$.70

Hot Carob Drink
(1 cup, p. 114)
Cheesy Popcorn
(2 cups, p. 70)

289 Calories 30% Fat
\$.45



Brocco-Veggi Mania
(1 cup, p. 50) with Easy Dip (p. 51)
Scone (1, p. 46)
with Jam (1 Tbsp.)
Lowfat Milk (1 cup)

384 Calories 22% Fat
\$.80

Date Almond Granola
Bar (1, p. 168)
Molasses Milk
(1 cup, p. 114)

365 Calories 32% Fat
\$.55



Graham Cracker
Treat (2, p. 78)
Lowfat Milk (1 cup)

508 Calories 27% Fat
\$.90

Rice Pudding
(p. 169)
Banana Slices
(½ cup)

251 Calories 14% Fat
\$.45



Quesadilla Quicky (1, p. 57)
Carrot Sicks (½ carrot)
Cherry Tomatoes (3)
Apple Juice (1 cup)

366 Calories 41% Fat
\$1.00

Fruit Fanfare
(average serving, p. 53)
Apple Yogurt (1 serving, p. 75)
Nutty Fruit Mix
(¼ cup, p. 75)

362 Calories 24% Fat
\$.80



Orange Frosty
(1 cup, p. 41)
Banana Prune Muffin
(p. 125)

354 Calories 6% Fat
\$.70

Nutrition Goals

The modern American averages a daily intake of 38-42% fat (of the total calories), 7 to 14 grams dietary fiber, and 4,000 to 6,000 milligrams sodium per day.

Contrast those figures to the 30% or less fat (of the total calories), 55% or more complex carbohydrates, 25 to 40 grams dietary fiber, and 1100 to 3300 milligrams sodium per day, nutrient levels achieved using almost any combination of menus from the *SueGreggCookbooks*.

The data below compiled from the 12 lunch menus and 10 snack menus in this book, pp. 18-19, 21, demonstrates how these menus contribute to our daily nutritional goals. In chart below: g = grams; mg = milligrams.

GET PLENTY OF THESE (List not intended to be complete)	DAILY GOAL	AVERAGE OF LUNCH & SNACK MENUS	
	Amount	Amount	% of Daily Goal
COMPLEX CARBOHYDRATE	55 - 65% of Calories	64% of Calories	_____
DIETARY FIBER	25 to 40 g	15-20 g	38-80%
VITAMIN A	¹ RDA's: 5,000 I.U.	8,500 - 9,500 I.U.	170-190%
VITAMIN C	60 mg	68 - 90 mg	113-150%
VITAMIN B-1 (Thiamine)	1.5 mg	2.67 - 3.0 mg	178-200%
VITAMIN B-2 (Riboflavin)	1.7 mg	0.5 - 0.9 mg	29-53%
VITAMIN B-3 (Niacin)	20 mg	7 - 9 mg	35-45%
CALCIUM	1,000 mg	325 - mg 650 mg	33-65%
POTASSIUM	3,750 mg	1,334 - 2,090 mg	36-67
IRON	15 mg	6 - 8.6 mg	40-57%

¹Recommended Daily Allowance's are for the "typical" adult (a "statistical" person).

Nutrition Goals

Our goal is to transform the typical American high fat-low fiber diet into a higher fiber-lower fat diet. By comparing the lunch menu averages with the daily nutritional goals for dietary fiber and fat, you can observe that these goals have been achieved. We encourage thinking in terms of entire menus over the nutrient value of single recipes, since it is the total of all food eaten that determines actual nutrient value.

Keep in mind that these figures are realistic--not the ideal projections of a "denial" or even a therapeutic diet--based on menus eaten over a period of time. Some menus will fall below and some above the percentage goals.

LIMIT THESE	DAILY GOAL	AVERAGE OF LUNCH & SNACK MENUS
PROTEIN	10 - 15% of Calories	13 - 15% of Calories
FAT (TOTAL)	30% of Calories	25 - 26% of Calories
(Saturated fat)	(10% of Calories)	(9-10% of Calories)
(Monounsaturated fat)	(10% of Calories)	(9-10% of Calories)
(Polyunsaturated fat)	(10% of Calories)	(5-8% of Calories)
CHOLESTEROL	250-300 mg	59-89 mg
SODIUM	2200 mg (1100-3300 mg)	781-1062 mg
SUGAR	Reduce consumption by half (minimum goal) ¹	2 tsps.

¹In 1988 the average per capita sugar consumption per year was about 130 lbs. per person, about 10 lbs. higher than in 1968. Artificial sweeteners have not curbed the average American sugar consumption. A recommended minimal reduction to 65 lbs. per year (reducing consumption by half) equals about 6.5 Tbsps. white sugar or 5 Tbsps. honey per day. This is still more than enough! The lower the amount consumed, the better.

Using Food Exchanges

Several weight control programs use the food exchange system. If you use one of these programs, you will appreciate the exchange values provided with our recipes. The values are the same or very close to those used in the programs listed below.

The following chart and summary guide to food exchanges will assist you in comparing the food and nutrient equivalents for food exchange values used in this book with the system you are using. For an independent weight control plan using exchanges, see *Main Dishes*, p. 15.

FOOD EXCHANGE VALUES

	1 MEAT	1 MILK	1 FAT	1 BREAD	1 FRUIT	1 VEG.
CALORIES	60	95				
Grams: PROTEIN	7	8				
Grams: FAT	2-3	2				
Grams: CARBOHYDRATE	----	11-12				

SUMMARY GUIDE TO FOOD EXCHANGES

Meat 60 Calories of meats, fish, poultry, cheese, peanut butter, tofu,
1 cup cooked legumes, eggs

Milk 95 Calories of milk, yogurt, kefir, dry milk, buttermilk, evaporated

Fat 45 Calories of oils, butter, sour cream, cream cheese, avocados,
nuts, seeds, olives, coconut, whipping cream, mayonnaise

Bread (starch) 70 Calories of breads, cooked grains, cereals, green peas,
corn, potatoes, winter squash; legumes (minus 60 Calories per cup counted
as meat exchange)

Fruit 40 Calories all fruits and juices except those classified as fats

Vegetable 25 Calories all vegetables except those classified as breads

Programs that use the Food Exchange System include:

Weight Watchers Chart above reflects calorie levels of this pro-
gram; meat exchange is equivalent to protein exchange.

Controlling Cholesterol, Dr. Kenneth H. Cooper, Bantam Books,
1988, p. 94.

Exchange Lists for Menu Planning, American Diabetes Asso-
ciation, Inc., and The American Dietetic Association, 1986, pp.
5-21.

Eat and Stay Slim, Better Homes and Gardens, New York,
1968, pp. 28-30.

The 3-D Cookbook, Diet, Discipline, and Discipleship, Inc.,
Paraclete Press, Orleans, MA, 1981, pp. 209-216.

How to Read a Recipe

This cookbook is packed with information, some of it technical. However, the format is designed so the important items (e.g. ingredients and procedures) stand out from the details. The example below explains how the data and details relate to the recipe.

RECIPE SAMPLE
This recipe illustrates information you will want to understand; not a recipe to prepare and serve!
AMOUNT: Serves 4 to 6

1. Blend together:
2 tablespoons olive oil or butter
3-4 tablespoons soy sauce
(Kikkoman Lite preferred, p. 13)

Per serving of 4
Exchanges: 1 Meat, 3.75 Bread, 1.5 Vegetable; 358 Calories, 20 g protein (21%), 2 g fat (5%), 68.5 g carbohydrate (74%; 8 g sugars), 15.5 g dietary fiber, 43 mg sodium, \$.40

Total sugars from all sources:
 added sweeteners + sugars resident in fruits, juices, dairy, vegetables, grains, and beans used in the recipe; grams rounded off to nearest whole

Cost rounded off upward to nearest \$.05; cost based on average food prices, So. CA, June, 1995

Nutrient data based on first listed ingredient, (e.g. olive oil) or first amount listed (eg. 3 Tbsp. soy sauce)

Exchange chart, p. 24; rounded to nearest ¼ or 1/8 exchange

g = grams
mg = milligrams

Page where more information on product is given

Nutrient Data: fat, protein, carbohydrate, and fiber grams rounded to nearest ½ or whole.



NUTRIENT DATA SOURCES

Nutrient data for this book has been compiled from the following:

Nutrition Wizard, computer data program, Michael Jacobson, Center for Science in the Public Interest, 1986.

Food Values of Portions Commonly Used, 14th Edition, Jean A.T. Pennington & Helen Nichols Church, Harper & Row, Publishers, 1985.

Nutrition Almanac, Revised Edition, Nutrition Search, Inc., John D. Kirschmann, Director, McGraw-Hill Book Company, 1979.

Jean Carper's Total Nutrition Guide, USDA Databases, pp. 222-419, Jean Carper, Bantam Books, 1987.

Laurel's Kitchen, Laurel Robertson, Carol Flinders & Bronwen Godfrey, Nilgiri Press, Berkeley, California, 1976.

Nutrient data information on food labels.

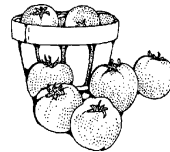
Budget-Saving Nutrition

*Why spend money on what is not bread,
and your labor on what does not satisfy?
Listen, listen to me, and eat what is good . .
Isaiah 55:2*

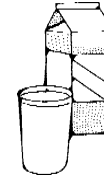
All real, whole foods are more economical buys than junk foods (p. 104) for nutritional value received. But some foods give you more nutritional value for the price than others. These may be called "nutrient-dense" foods. Dr. George Briggs of the University of California Department of Nutritional Sciences conducted a study to compare prices of foods with their relative nutritional value. Below are those foods he found to be best nutritional buys for the money. I took the liberty to add legumes and yogurt (a more easily digesible form of milk) to the list. The *Best Food Sources of Vitamins & Minerals Chart*, pp. 138-143, *The 15 Minute Meal Planner* will show you what these nutrient-dense foods are high in.



RAW CARROTS



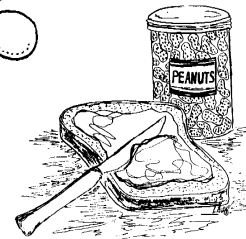
FRESH TOMATOES



NONFAT OR LOWFAT MILK



EGGS



DRY ROASTED PEANUTS



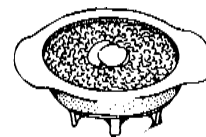
YOGURT



TUNA



TOFU



COOKED LEGUMES



SPINACH

Planning for Teaching



*Train a child in the way he should go,
and when he is old he will not turn from it.
Proverbs 22:6*

Planning for Teaching

How to Use the <i>Children's Cookbook</i> (Foreword)	3
5 Keys to Success With Children	29
What Children Can Learn	
At 2 and 3 Years of Age	30
At 4 to 8 Years of Age	31
At 9 to 12 Years of Age	32
Other Available Teaching Tools	back of
book	

SPECIAL NOTES

This book has been divided into 10 basic sections. Each section is introduced with a cover page (example, p. 27). On the back of each cover page is listed the table of contents and/or recipe list for that section plus the contents and/or recipes from the *Children's Cookbook*, pp. 34-108, that apply to that section (for example, all the bread recipes that are found in the *Children's Cookbook* are listed on the contents page of the *Breads* section (p. 116). In this way you have two ways to quickly locate a recipe in any category whether it is in the main cookbook or within the *Children's Cookbook*: 1) by using the Index, and 2) by referring to the section of recipes of a given type (beverages, breads, etc.).

To facilitate your use of the section contents and recipe lists, tear out the **TAB PAGE** from the back of the book and apply tabs to the cover pages according to the tab page instructions. Cover pages are pp. 5, 27, 33, 109, 115, 129, 137, 145, 161, and 165. You will be amazed at how these tabs will facilitate finding information or recipes quickly!

5 Keys to Success with Children



MODEL

Model the behavior you desire your children to have. If you have a positive attitude, they will too--eventually. Parents are the most powerful influence in their children's lives. This has now even been established by research. It is not their peers, their teachers, television, or their best friend.



INVOLVE

Involve your children in food preparation A.S.A.P. (as soon as possible)! This is what this book has been designed for. Start when they are as young as 2 years old, using the guidelines on pp. 29-32. Food preparation includes planning, shopping, serving, and clean up as well as making a recipe. The immediate reward is that children eat what they prepare! The future reward is a well-trained child who will bless you with their assistance.



PROVIDE

Provide only good food in the home from which to choose. Keep little or no junk food in the house. Foods that contain mostly refined white flour or refined sugar, a conglomerate of chemicals to give them flavor, color, texture, and shelf life, or empty calories (like soda pop) classify as junk foods. Keep food choices among the nutrient-rich foods except for infrequent special occasions.



ENCOURAGE

There is no need to become paranoid or anxious. Seek firmness with love and gentleness. The only perfect diet existed in the Garden of Eden before the fall of man. If one experiment doesn't work, try another. Let your children know you are learning with them, but together you want to please the Lord in this area of life, too. Read *Helping My Family to Change, The 15 Minute Meal Planner*, p. 76.



PRAY

Apply *James 1:2-5* to every need for wisdom in this adventure. Apply *Matthew 21:21-22* to every external obstacle or problem that hinders your success. God desires to grant success according to His plan for family health. Apply God's word richly to this area of life. Reading with your children the scriptures suggested in *Nutrition Quiz* sections and elsewhere in the *Children's Cookbook* will assist you. Pray for the qualities listed on p. 80, *The 15 Minute Meal Planner*.

What Children Can Learn

Her children arise and call her blessed . . . Proverbs 31:28

Children want to start helping in the kitchen at a very young age. So many mothers pass up this opportunity for the sake of time ("I can do it faster myself"). What shortsightedness! Take the time to teach your children what they can and want to learn at each age. This will pay great time dividends for you as they gain these skills and can perform them independently. Don't be a supermom who does it all. Be a smart mom who liberally engages the assistance of well-trained children. They will "rise up and call you blessed"-and you will be!

Lists below are what most children at these ages can learn. Yet what the 4 or 5 year old can do will depend on what he learned at age 2 and 3. Skills build on previous experience, so get them started early.

2's CAN LEARN

- the taste, texture, and shape differences in foods while sitting at the table
- to dip foods such as finger vegetables into a dip, or fish or chicken pieces into a crumb mixture
- to put selected utensils and bowls in sink of soapy water
- to scrub fresh vegetables with a vegetable brush as potatoes
- to tear, snap, or break fresh vegetables as green beans
- to mix with a spoon as salads, jello
- to cut with a table knife as slicing banana
- to spread with a table knife as peanut butter on crackers
- to roll up with both hands as rolled sandwich or meat balls
- to peel with fingers as bananas or hard-cooked eggs
- to crack raw eggs

3's CAN LEARN

- all of the above
- to juice with non-electric citrus juicer
- to beat with an egg beater
- to put napkins or single items on the table
- to clear the table
- to wipe off the table
- to make table centerpieces (in his/her own way)
- the names and identity of different fruits and vegetables

4's-5's CAN LEARN

all of the above
to grate or shred with a hand grater
to peel with a vegetable peeler
to slice with sharp knives (under close supervision)
to help with most recipes and food preparation
to fill lunch bag with pre-made sandwiches and other items
to set the table by self
to wash and rinse unbreakable dishes and load dishwasher
the names and identity of different grains, beans, breads
to comprehend that the same food cooked or raw is the same
food in a different form

5's-6's CAN LEARN

all of the above
to follow verbal instructions, step by step (want to know what
comes next)
to prepare one part of the meal (such as the salad)
to grow sprouts
about ethnic foods
what foods do for the body: help you to grow, help to heal an
injury, provide energy to do things, help keep you well
supervised use of selected electrical appliances

7's-8's CAN LEARN

all of the above
to read a beginning cookbook for children
to use children's recipe section in this cookbook with assistance
to enjoy doing tasks by himself without supervision
to prepare a complete meal with help in planning and shopping
to enjoy colorful food (as garnishing)
increased independence with electrical appliances
the names of the 6 nutrient groups (p. 96)
what vitamins and minerals are and the names: vitamin A, C,
D, E, and B-vitamins (as a group)
some foods high in vitamin C and high in vitamin A
to identify which nutrient group different groups of foods fit into
basics of how nutrition helps the body to grow, repair itself, pro-
vide energy, and keep one well
about the digestive system

9's-10's CAN LEARN

all of the above
to use adult cookbooks
anything in this book following recipes and nutrition
plan, shop for, and prepare complete menus
put on own party
in-depth research (depth of thoroughness depending on age,
prior training, interest, and intellect)

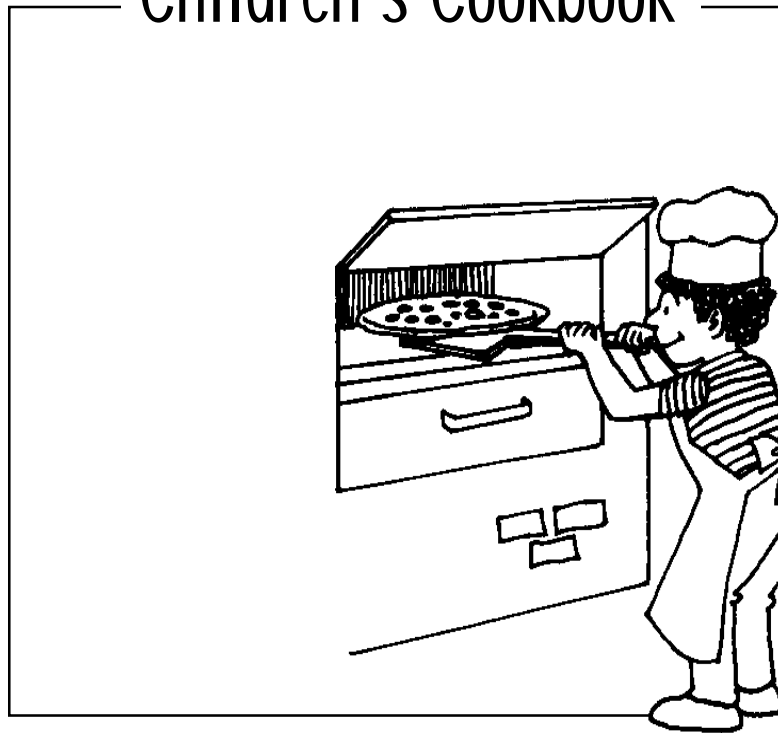
11's-12's CAN LEARN

to master all the lessons, recipes, and materials in this book
(independently if prior training in previous steps outlined
above), otherwise, with adult assistance



**CAPTURE THE INTEREST WHILE
IT'S FLYING HIGH!**

Children's Cookbook



*Hold on to instruction, do not let it go; guard it well. . . .
listen closely to my words. . . . for they are life to those who
find them and health to a man's whole body.*

Proverbs 4:13, 20, 22

Children's Cookbook

How to Use the <i>Children's Cookbook (Foreword)</i>	3
Recipe List	35
ABC's of Food Preparation	36
Kitchen Safety & Food Storage	37
Equipment & Utensils	38
Menu Planning Guidelines	88
My Lunch & Snack Planning Chart	89
Plan Lunch Menus	90
Plan After School Snacks	91
Family Lunch Plan	92
Plan A Party	93
Give Us This Day Our Daily Bread	94
The Human Body	95
Nutrient & Food Groups	96
Nutrient Group - Food Group	97
Carbohydrates	98
Protein	99
Fats	100
Vitamins & Minerals	101
Water	102
Calories	103
The Junk Food Group	104
Junk Food Taste Buds Can Change!	105
A Kernel of Truth	106
Glossary of Cooking Terms	107

Recipe List

BEVERAGES

Orange Frosty	41
Sunshine Shake	40

BREADS

Applesauce Muffins	43
Banana Bread	45
Bread-in-the-Round	87
Cinnamon Bread	87
Scones	47
Tortillas, Whole Wheat	49
Whole Wheat Bread	86

DIPS

Easy Dip	51
Strawberry Cream Dip	53

FRUITS, DRIED

Apple Yogurt	75
Fruit Leather	76
Fruit Leather Recipes	77
Nutty Butter Balls	74
Nutty Fruit Mix	75

FRUITS/VEGETABLES

Apple 'n Cheese Salad	84
Banana Orange Salad	83
Brocco-Veggi Mania	51
Cabbage Sprout Salad	85
Fruit Fanfare	53
Glorified Celery	81
Joe Joes	80
Kidney Bean Salad	83
Pineapple Orange Jello	73
Sprout-A-Garden	54
Taco Salad	84

MEATS/EGGS

Parmesan Chicken Nuggets	81
Savory Eggs	82
Seasoned Ground Turkey	85

SANDWICHES

Bagelwiches	66
Cheese, Toasted	57
Egg-Real Fool! (Tofu)	58

Finger Sandwiches	58
Fun Face Sandwiches	66
Pick-A-Pita Pocket	59
Pita Cheese Melt	59
Pizzas, Little Jiffy	56
Quesadilla Quicky	57
Roll-Ups Variations	61
Sensational Sandwiches	55
Tuna Bunsteads	61
Tuna Roll-ups	60
Tuna, Toasted	57

SNACKERS

Graham Cracker Treats	78
Mini Rice Cakes	78
Nachitos	79
Nacho Snack	79
Popcorn, Cheesy	70
Popcorn, Chili Cheese	71
Popcorn, Honey Butter	71
Popcorn, Peanut Butter	71
Popcorn, Sue's "Magic"	71
Poppin' Popcorn	70
Popsicles	72
Popsicle Recipes	72

SPREADS

Almond-Raisin Cheese	65
Butter Spread	66
Honey Cheese Spread	65
Maple Cheese Spread	65
Pineapple Cheese Spread	65
Waldorf Cheese Spread	65
Peanut Butter	62
Peanut Butter-Apple Spread	63
Peanut Butter-Date Spread	63
Peanut Butter-Honey Spread	63
Peanut Butter-Jam-Raisin	63
Peanut Butter-Nut Spread	63
Peanut Butter-Veggi Spread	63
Pizza Sauce	56
Yogurt Cheese	64

SOUPS

Easy Vegetable Soup	68
Mystery Broth	67
Split Pea Soup	69

ABC's of Food Preparation

Whatever you do, work at it with all your heart, as working for the Lord, not for men. . . Colossians 3:23

Memorize A-G with the headings. These are the things you need to do when you make a recipe. Not all of these steps are listed with every recipe. See examples on pp. 42-48. "F" and "G" are not listed with any recipe, yet are an important part of the job. When one of these steps is omitted, remember to do it anyway, except "D" when not needed. It is especially important to read the recipe completely before you begin.

A READ RECIPE

Read the recipe from beginning to end. You can often prevent mistakes by getting a clear and general idea of what you will be doing.

B ASSEMBLE INGREDIENTS

It is helpful to place everything on a tray. This keeps items from getting scattered over the counter space. Sometimes you may want to measure, chop, or cut certain ingredients before you begin. For other ingredients you will just put the container on the tray. Put the containers back on the tray after you have used them. When you are ready to clean up, put all the items on the tray away.

C COLLECT UTENSILS

This includes all the needed equipment. Smaller items can go on the tray with ingredients. Fill the sink with soapy water. When you are finished using an item (except sharp knives), put it into the dish water.

D PREHEAT OVEN

For baked recipes it is very important to heat the oven up to the required temperature before putting it in the oven. The best time to turn on the oven is before you start to do the recipe. Most ovens require about 10 minutes to preheat, but some take longer. It is important to use an oven thermometer to register the correct oven temperature. The oven dial is often not accurate.

D or **E** BEGIN STEP #1 (in the recipe itself)

F CLEAN UP!

Your job is completed when all ingredients have been put away, dishes and utensils washed, and counter tops cleaned.

G PRACTICE GOOD SAFETY & FOOD STORAGE HABITS--P. 37

Kitchen Safety & Food Storage

Review each of the habits below with Mom or Dad so that you understand the importance of each one. Check off (✓) each one discussed.

Wash your hands before you begin!

Do not put sharp knives or easily breakable glassware in a sink full of sudsy water where you can't see them.

Immediately wipe up anything that spills onto the floor.

To drain hot liquid from food, pour into a colander very slowly using pot holders and keep arms and face well away from the rising steam. Get parent's help with this until you are well able to do it safely.

Keep pan handles turned toward counter top or stove center, not toward the floor or over the edge of the counter.

Keep flammable items--paper towels, cloth towels, pot holders, and napkins well away from the range top near burners.

Do not run water faucet into a hot pan or bowl with hands or arms extended over it. This can cause a bad steam burn.

Thaw frozen meats, fish, poultry on microwave defrost or in the refrigerator, but not at room temperature.

Scrub cutting board thoroughly and dry it well after using it, especially if it is used for cutting raw meats. It is best to have a separate board for raw meats. Thoroughly wash hands and anything else that raw meat may have come into contact with.

Do not set hot glassware on cold counter surfaces. The glass may break.

Do not let electrical cords dangle over counters or get wet.

Use pot holders, not towels, to move hot pans. Be sure pot holders do not have thin worn spots that will not protect hands.

Know how to use the kitchen fire extinguisher and when to use it. Unplug appliances immediately after use.

If you have long hair, tie it back away from your shoulders.

Tightly close all ingredient containers after use.



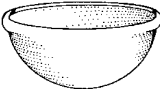
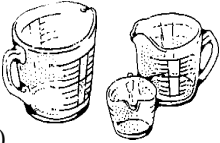





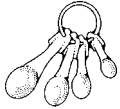


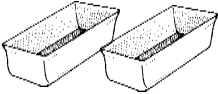


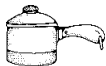


Cover tightly all foods stored in refrigerator, or in a plastic bag with twist top.

The more order you have in the work area, the less likely accidents are to occur.





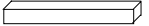
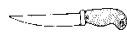

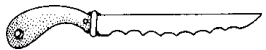

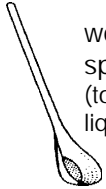



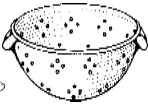

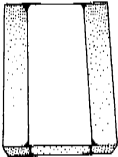

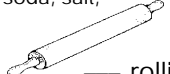



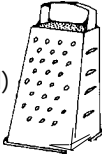

Equipment & Utensils

Check (✓) off each item below that you have in your kitchen.

<p>3 mixing bowls (set of stainless steel or pyrex glass)</p>					
	<p>___ small</p>	<p>___ medium</p>	<p>___ large</p>		
<p>measuring cups (for liquids; pyrex glass or clear plastic)</p>	<p>___ 4 cup (1 quart)</p>		<p>___ 2 cup ___ 1 cup</p>		
<p>measuring cup set (for dry and thick moist ingredients; Tupperware includes 2/3 and 3/4 cup. Not many sets include 1/8 cup but it is a very handy size to have)</p>					
	<p>___ 1/8 cup</p>	<p>___ 1/4 cup</p>	<p>___ 1/3 cup</p>	<p>___ 1/2 cup</p>	<p>___ 1 cup</p>
<p>measuring spoons set (Tupperware includes 1 1/2 tsp. and 4 tsp.)</p>		<p>___ 1/8 teaspoon</p>	<p>___ 1/2 teaspoon</p>	<p>___ 1 tablespoon</p>	
		<p>___ 1/4 teaspoon</p>	<p>___ 1 teaspoon</p>		
<p>Baking & Cooking Pans</p>					
					
<p>___ 12 cup muffin pan (stainless steel or non-stick)</p>	<p>___ cookie sheet (stainless steel)</p>	<p>___ 2 loaf pans (8 1/2" x 4 1/2")</p>			
					
<p>___ 8" or 9" square (stainless steel or glass)</p>	<p>___ 9" x 13" cake pan (stainless steel or glass)</p>				
					
<p>___ saucepans: 1 quart & 2 quart (aluminum core stainless steel)</p>	<p>___ 12" fry pan (cast iron, non-stick, stainless steel)</p>				

Equipment & Utensils

Check () off each item below that you have in your kitchen.

<p>sharp cutting knives</p> <p><input type="checkbox"/> — chef's knife </p> <p><input type="checkbox"/> — curved boning knife </p> <p><input type="checkbox"/> — sharpening stone </p>			
<p><input type="checkbox"/> — 4" paring knife </p> <p><input type="checkbox"/> — 3" paring knife </p> <p><input type="checkbox"/> — serrated bread knife </p>			
<p>utensils</p> <p><input type="checkbox"/> — wire whisk (wooden handle; 4"-6" not including handle) </p> <p><input type="checkbox"/> — wooden spoon (to stir hot liquids) </p> <p><input type="checkbox"/> — mixing spoon (or largest serving spoon of flatware set) </p> <p><input type="checkbox"/> — pancake turner </p>			
<p><input type="checkbox"/> — Small Strainer (to remove lumps from baking powder, soda, salt, etc.) </p> <p><input type="checkbox"/> — Colander </p> <p><input type="checkbox"/> — Kitchen Timer </p> <p><input type="checkbox"/> — Cutting Board (fiberglass or plastic) </p> <p><input type="checkbox"/> — Oven Thermometer </p> <p><input type="checkbox"/> — rolling pin </p>			
<p><input type="checkbox"/> — Hand Can Opener (not a cheapy!) </p> <p><input type="checkbox"/> — rubber scraper (Spoonula by Rubbermaid) </p> <p><input type="checkbox"/> — Vegetable Peeler </p> <p><input type="checkbox"/> — hand grater (4-sided) </p>			
<p>small appliances</p> <p><input type="checkbox"/> — Electric Blender </p> <p><input type="checkbox"/> — Air Popcorn Popper</p>		<p>some extras</p> <p><input type="checkbox"/> — Vegetable Brush</p> <p><input type="checkbox"/> — Cooling Rack</p> <p><input type="checkbox"/> — Potholders</p> <p><input type="checkbox"/> — Kitchen Shears</p>	

Sunshine Shake

A complete lowfat mini-meal in just 5 minutes!
Remember the **ABC'S**, p. 36.



AMOUNT: 1 or 2 Servings (Almost 2 cups)

1. Place ingredients in a blender. Follow the special tips below for cutting and peeling the orange:
 - 1 medium orange, peeled, chopped
 - 1 medium banana, peeled, broken into chunks
 - ½ cup lowfat vanilla or plain yogurt
 - ¼ teaspoon nutmeg (half of ½ teaspoon)
 - ¼ teaspoon cinnamon
2. Cover blender and blend on high speed until mixture is smooth, about 1 minute.
3. To serve, pour into one large or two smaller glasses.

Special Tip: Leave as much of the white pulp on the orange as you can when you peel it. The pulp contains biflavonoids, called vitamin P. Vitamin C works more effectively in the body when eaten with biflavonoids.

Orange Peeling and Cutting Tips

-
- a) Use a cutting board. With a sharp knife slice peeling off each end of orange.
 - b) Between sliced ends, score around the orange evenly in 5 or 6 places. Use sharp knife or orange peeler.
 - c) With fingers peel away scored sections of peeling from top down.
 - d) Cut peeled orange in half lengthwise.
 - e) Cut each half in 3 wedges.
 - f) Cut wedges in half crosswise.



NUTRITION QUIZ What 2 nutrient groups does Sunshine Shake fit into best (see pp. 96, 97)? Which ingredients contain fiber? What vitamin is the orange high in? Name one valuable mineral found in bananas (answers in *The 15 Minute Meal Planner*, pp. 139, 143). What kind of sugar makes this recipe taste sweet? Is it low fat?

Orange Frosty

The Gregg children's favorite cold drink! A perfect after school refresher on a hot afternoon! Remember the **ABC'S**, p. 36.



AMOUNT: About 4 Cups

Special Tip: Be sure the blender you use is the type that will crush ice cubes.

1. Place ingredients in a blender in the following order:
 - 6 oz. can frozen orange juice concentrate, unsweetened
 - 6 oz. juice can (¾ cup) lowfat milk
 - ¼ cup dry milk powder (non-instant type preferred, p. 12)
 - 1 medium banana, peeled, broken
 - ¼ teaspoon vanilla extract
 - ice cubes to fill up blender
2. Cover blender and blend on high speed until ice cubes are completely crushed, about 30 seconds.
3. To serve, fill glasses and drink immediately. This drink does not store well. Drink slowly! You might want to eat it with a spoon.

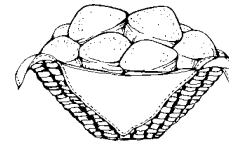
1 Cup Serving	Sunshine Shake	Orange Frosty
Calories	151 Calories	164 Calories
protein	4.6 grams	5.8 grams
carbohydrate	32.6 grams	34 grams
sugars	26 grams	34 grams
fat	1.5 grams	1.2 grams
fat % of Calories	8%	6.5%
dietary fiber	2.6 grams	0.8 grams
cholesterol	4 milligrams	5 milligrams
sodium	41 milligrams	65 milligrams
cost	\$.30	\$.35

Special Tip: Extra Orange Frosty makes yummy popsicles!



NUTRITION QUIZ What 2 nutrient groups does Orange Frosty fit into best (see pp. 96, 97)? Can you think of 3 reasons why this drink is healthier than soda pop? Look at the chart above. How do Orange Frosty and Sunshine Shake (prepared with vanilla yogurt) compare in amount of Calories, protein, carbohydrates, fiber, and cost? Are these lowfat recipes? Do they cost more than a can of soda pop?

Applesauce Muffins



Muffins are one of the easiest breads to make. Learn to prepare one recipe and you will then be able to make almost any other muffin recipe. Some recipes, such as this one, are especially good for snacks or dessert. Others go very well with soup, breakfast or dinner.

Special Tip: You will find more recipes and information about muffins in *Soups & Muffins*, pp. 16-31, and *Breakfasts*, pp. 192-198. In *Breakfasts* you can also learn how to make whole grain muffins in a good blender. For more muffin recipes in this book see pp. 124-127.

A READ RECIPE steps #1-9 across from this page

B ASSEMBLE INGREDIENTS

½ cube soft butter, optional
honey jar
1 egg
unsweetened applesauce
almond extract
whole wheat pastry flour (p. 14)
baking powder
baking soda
salt
cinnamon
ground cloves
¾ cup chopped walnuts,
optional

C COLLECT UTENSILS

large mixing bowl
medium mixing bowl
1 cup glass measure for
liquids
1 cup dry measure for flour
¼ or ⅓ cup dry measure
to dip muffin batter
small strainer
1 teaspoon measure
½ teaspoon measure
¼ teaspoon measure
wire whisk (medium size)
mixing spoon
greased muffin pan,
(or lined with papers)
rubber scraper

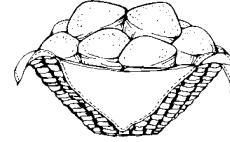
D PREHEAT OVEN TO 350°

E BEGIN STEP #1 across from this page



NUTRITION QUIZ What nutrient group do Applesauce Muffins fit into best (see pp. 96, 97)? Are these muffins a good source of fiber, vitamins, and minerals (see p. 106)? Read Ruth 2 in the Bible. What type of food did Ruth collect? What kinds of recipes do you think she made with it? Try using barley flour in place of the whole wheat flour in this recipe and see how it works.

Applesauce Muffins



AMOUNT: 10 to 12 Muffins

Bake: 350°F (175°C) - 25 minutes

Special Tip: To melt butter, remove wrapper, place in suitable container for microwave oven and melt on full power for 40 seconds. Use the large mixing bowl if suitable for microwave. Or melt in small saucepan over very low heat on top of range just until melted. Watch carefully because butter burns very easily!

1. Melt butter and place in a large mixing bowl. Thoroughly beat in remaining liquid ingredients with wire whisk, one at a time in the order listed:
 - ¼ cup melted butter (½ cube), unsalted preferred
 - 1 egg
 - ¾ cup honey
 - ¾ cup unsweetened applesauce
 - ¼ teaspoon almond extract
2. Place flour and nuts in a medium mixing bowl. Thoroughly blend in remaining ingredients with a mixing spoon:
 - 2 cups whole wheat pastry flour (p. 14)
 - ¾ cup chopped walnuts, optional
 - ½ teaspoon cinnamon
 - ¼ teaspoon ground cloves
 - 1½ teaspoons baking powder
 - ½ teaspoon baking soda
 - ¼ teaspoon salt

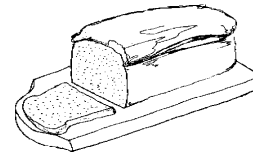
Stir these through a small strainer before adding to the flour to remove any lumps.
3. Blend dry ingredients into liquid ingredients with wire whisk just until mixed. DO NOT OVERMIX!
4. Scoop batter into greased muffin pan. A ¼ or 1/3 cup dry measuring cup with a handle works well for this. Fill cups almost full. Fill any empty muffin cups half full of water.
5. Set pan in center of oven. Bake about 25 minutes until done.
6. Allow muffins to cool in pan 2-3 minutes. With a slight tug on the sides they should pop out easily.

Special Tip: Turn these muffins into delicious cupcakes by frosting with Cream Cheese Frosting, Desserts, p. 65.

Per muffin of 12 without nuts Exchanges: 1 Fat, 2 Fruit, 1.25 Bread; 223 Calories, 3 g protein (5%), 5 g fat (21%), 42 g carbohydrate (74%; 23 g sugars), 2.5 g dietary fiber, 33 mg cholesterol, 103 mg sodium, \$.20

Banana Bread

A delicious bread to serve with fresh fruit, finger vegetables, a protein shake, or all by itself!



Special Tip: Overripe bananas can be peeled and frozen in ziploc freezer bags. Remove frozen bananas from bag and place in a bowl to thaw completely before using. Drain off any excess liquid collected at bottom of bowl.

A **READ RECIPE** steps #1-12 across from this page

B **ASSEMBLE INGREDIENTS** **C** **COLLECT UTENSILS**

½ cube soft butter, optional
honey jar
2 eggs
3 small or 2 large bananas,
ripe or very ripe
buttermilk carton or
6 oz. can pineapple juice,
unsweetened
vanilla extract
whole wheat flour
baking powder
salt
cinnamon
¾ cup chopped walnuts,
optional

large mixing bowl
medium mixing bowl
1 cup glass measure
for liquids
1 cup dry measure for flour
small strainer
1 tablespoon measure
1 teaspoon measure
½ teaspoon measure
wire whisk (medium size)
mixing spoon
salad or dinner size plate
table fork
greased loaf pan, (8½" x 4½")
rubber scraper

D **PREHEAT OVEN TO 325°**

E **BEGIN STEP #1** across from this page

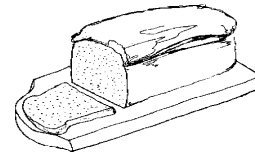


NUTRITION QUIZ What nutrient group does Banana Bread fit into best (see pp. 96, 97)? What nutrient group do the eggs and buttermilk belong to? Does this recipe have any complete protein (see p. 99)? Look up *Psalm 104:14-15* in the Bible. How might it apply to this recipe? Can you thank God for it?

Banana Bread

AMOUNT: One Medium Loaf

Bake: 325°F (165°) - 70 minutes



Special Tip: To mash banana, peel and set on a salad or dinner size plate. Mash thoroughly with a dinner fork.

1. Place butter in large mixing bowl. With a wire whisk blend in remaining liquid ingredients one at a time, in order listed:
1/4 cup soft butter (1/2 cube), optional, unsalted preferred
1/2 cup honey
2 eggs
1 cup mashed banana
3/4 cup buttermilk or 6 oz. can pineapple juice
1 teaspoon vanilla extract
2. Place flour and nuts in medium mixing bowl. Thoroughly blend in remaining ingredients with a mixing spoon:
3 cups whole wheat pastry flour (p. 14)
3/4 cup chopped walnuts, optional
1/2 teaspoon cinnamon Stir these through a small
1 tablespoon baking powder strainer before adding to the
1 teaspoon salt flour to remove any lumps.
3. Blend dry ingredients into liquid ingredients with wire whisk just until mixed. DO NOT OVERMIX!
4. With rubber scraper scoop batter into a greased loaf pan, cleaning sides of bowl well.
5. Set pan in center of oven. Bake 70 minutes or until a table knife inserted in center of loaf comes out clean.
6. Cool loaf in pan for about 10 minutes. Remove and cool thoroughly on a wire cooling rack before slicing.

Special Tip: Before slicing, refrigerate loaf for several hours. This minimizes crumbling while slicing.

Per slice (16 per loaf) with butter and buttermilk (1% fat); no nuts

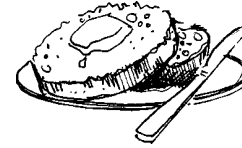
Exchanges: 0.25 Meat, 0.5 Fat, 1.25 Fruit, 1.25 Bread; 172 Calories, 3.5 g protein (8%), 4 g fat (20%), 31 g carbohydrate (72%; 13 g sugars), 3 g dietary fiber, 35 mg cholesterol, 142 mg sodium, \$.20

Per slice (16 per loaf) with butter and buttermilk (1% fat); with nuts

Exchanges: 0.25 Meat, 1.25 Fat, 1.25 Fruit, 1.25 Bread; 211 Calories, 4.5 g protein (8%), 8 g fat (32%), 32 g carbohydrate (60%; 13 g sugars), 3.5 g dietary fiber, 35 mg cholesterol, 142 mg sodium, \$.20

Scones

These light, flaky textured, and lightly sweetened biscuits are popular in restaurants, tea shops, and bakeries throughout England and Scotland, but are usually made with white flour.



Special Tip: For a special treat top scones with jam and whipped cream. Served with tea, this is the traditional way they are served in Great Britain. If desired, cut biscuit open, spread half with jam, top with other half and dollop whipped cream over the top.

A **READ RECIPE** steps #1-8 across from this page

B **ASSEMBLE INGREDIENTS** **C** **COLLECT UTENSILS**

flour
fructose or sugar
cream of tartar
salt
baking soda
butter
milk

medium mixing bowl
1 cup dry measure for flour
1 cup glass measure for milk
1 tablespoon measure
1 teaspoon measure
½ teaspoon measure
¼ teaspoon measure
small strainer
mixing spoon
dinner fork
wax paper
2-inch cookie cutter
or glass
greased cookie sheet

D **PREHEAT OVEN TO 400°**

E **BEGIN STEP #1** across from this page

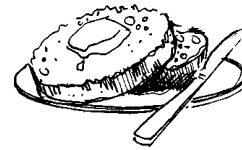


NUTRITION QUIZ What nutrient group do *Scones* fit into best (see p. 96, 97)? Does this recipe contain fiber? Which ingredient contains the fiber? Can you give a biblical reason for using whole wheat flour instead of white flour (see p. 94)? Is it okay to eat white flour occasionally? Look up *1 Corinthians 6:12* in the Bible. How does this verse help you to answer this question?

Scones

AMOUNT: About 7 Scones

Bake: 400°F (205°C) - 12 to 15 minutes



1. Place flour in medium mixing bowl. Thoroughly blend in remaining ingredients with a mixing spoon:
 - 2 cups whole wheat pastry flour (p. 14)
half or 1 cup may be unbleached white flour
 - 1 tablespoon crystalline fructose (p. 11) or sugar
 - 1 teaspoon cream of tartar
 - $\frac{3}{4}$ teaspoon salt
 - $\frac{1}{2}$ teaspoon baking sodaStir these through a small strainer before adding to the flour to remove any lumps.
2. Work in with fingers until dry ingredients are crumbly mixture:
 - 2 tablespoons butter (half or 1 tablespoon may be oil)
3. Stir in with a fork to make a soft dough:
 - $\frac{1}{2}$ cup lowfat or nonfat milk
4. Gather dough into a ball with hands, place it in center of a square piece of wax paper and flatten it slightly with palm of hand.
5. Place another square of wax paper on top of dough. With a rolling pin roll dough out to $\frac{3}{4}$ " thick (use a ruler to measure).
6. Cut scones with a 2-inch cookie cutter or glass rim dipped in flour. Do not reroll dough scraps. Instead, gather them together to make final rounds.

Special Tip: Any rerolling of the dough toughens the wheat gluten. Gluten is the part of the grain that gets tougher the more it is mixed unless yeast has been added. This will make breads without yeast heavier and less tender in texture.

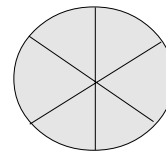
7. Set on greased cookie sheet, place in center of oven. Bake 12 to 15 minutes or until nicely browned.

Per scone (7 per recipe) with 1% lowfat milk

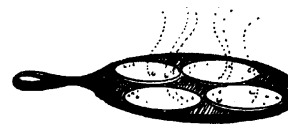
Exchanges: 0.75 Fat, 0.25 Fruit, 2 Bread; 172 Calories, 4 g protein (9%), 3.5 g fat (20%), 30 g carbohydrate (71%; 3 g sugars), 3.5 g dietary fiber, 9 mg cholesterol, 295 mg sodium, \$.15

TIME SAVING VARIATION

In step #5 pat dough into round shape. Cut out 6 triangle-shaped scones.



Whole Wheat Tortillas



Yes! You can really make your own tortillas! They are delicious served with melted butter, yogurt, melted cheese (Quesadillas, p. 57), refried beans, taco filling, peanut butter and jam, guacamole, or garbanzo spread (p. 157). Make corn tortillas, too, p. 123.

Special Tip: This is a good recipe to experiment with ingredient variations. Up to $1\frac{3}{4}$ cups of the whole wheat flour may be replaced with other flours such as brown rice, barley, spelt, Kamut, triticale, corn, and rye. To learn more about these and other flours, read *Breakfasts*, pp. 60-76. The ease of rolling will change depending on the type of flour, but experimenting can be fun and educational. Try milk in place of the water. Add an egg, keeping the total liquid to $\frac{3}{4}$ cup. Add ground sesame or sunflower seeds in place of $\frac{1}{2}$ cup of the flour. A coffee bean mill is ideal for grinding seeds.

A **READ RECIPE** steps #1-8 across from this page

B **ASSEMBLE INGREDIENTS** **C** **COLLECT UTENSILS**

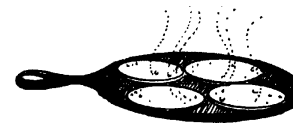
whole wheat flour	medium mixing bowl
(regular whole wheat bread flour works better than pastry flour, see p. 14)	table fork for stirring
salt	1 tablespoon measure
butter	$\frac{1}{2}$ teaspoon measure
	1 cup measure for flour
	1 cup glass measure for butter, water
	pastry sheet or board
	damp cloth
	rolling pin
	wax paper
	cast iron or non-stick fry pan
	towel-lined basket

D **BEGIN STEP #1** across from this page



NUTRITION QUIZ Why will you have a high protein snack if you eat these tortillas with peanut butter or with cheese, refried beans, or garbanzo spread (see p. 99)? What nutrients does the whole wheat flour provide (see p. 106)? What does this teach you about God's wisdom? Look up in the Bible. *Psalm 104:14, 15; Isaiah 45:3, Psalm 103:5.*

Whole Wheat Tortillas



AMOUNT: About 1 Dozen

Special Tip: In step #1 put butter in measuring cup; melt in microwave on full power for 30 to 40 seconds.

1. Place butter in bottom of glass measuring cup.
Add water to the $\frac{3}{4}$ cup mark:
1 tablespoon butter, melted
water up to $\frac{3}{4}$ cup mark
2. Blend dry ingredients together in medium mixing bowl:
2 cups whole wheat flour (*not pastry flour, see p. 14*)
 $\frac{1}{2}$ teaspoon salt
3. Stir liquid ingredients into dry ingredients with a table fork until all the water is mixed in. Gather dough together in your hands, squeezing it together to make a evenly moist ball of stiff dough.
4. Knead the dough on a pastry sheet for 2 minutes.
Cover with a damp towel and let dough rest for 30 minutes.
This will make the dough much easier to roll out without sticking.
5. Divide dough into 12 pieces of about equal size.
6. Place each piece of dough, one at a time, on a square of wax paper; press it slightly flat and cover it with a second square of wax paper.
7. Roll dough out very thin with rolling pin over the wax paper.

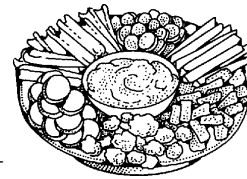
Special Tip: After every 2-3 rolling strokes, peel off top piece of wax paper pulling it close to the dough; replace it and flip paper over; peel off the other side and replace it. This will make rolling easier and prevent dough from sticking to the paper.

8. Cook in ungreased hot frying pan, about 1-1 $\frac{1}{2}$ minutes each side until a few brown spots appear. Keep warm in basket or on a plate lined with a cloth.

Per tortilla of 12

Exchanges: 0.25 Fat, 1 Bread; 82 Calories, 2 g protein (10%), 1 g fat (13%), 16 g carbohydrate (78%; 0 grams sugars), 2 g dietary fiber, 3 mg cholesterol, 88 mg sodium, \$.05

Brocco-Veggi Mania



A plate or tray of raw vegetables can be as simple as carrot and celery sticks or a whole rainbow array of interesting shapes, textures, and bright colors, including cooked broccoli, for a great snack; or pack them in a baggie for your lunch. Serve with a tasty dip!

Special Tip: Cook and chill broccoli flowers 2 hours or more before preparing the vegetable tray. See below. Prepare *Easy Dip* ahead (p. 51) to blend flavors.

COOKING BROCCOLI

1. In a saucepan bring enough water that will cover the broccoli to a boil.
2. Meanwhile, thoroughly wash broccoli and trim away tough outer part of stalks. Cut off the flowers with 1" of the stalk.
3. Drop broccoli into boiling water. Raise heat to bring quickly back to a boil. Cover and boil for only 1 minute.
4. Drain in colander, place in covered container and refrigerate to chill.

A READ instructions, p. 51. There is no exact recipe.

B ASSEMBLE INGREDIENTS **C COLLECT UTENSILS**

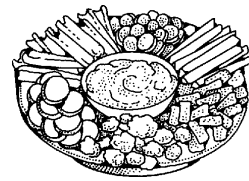
cooked chilled broccoli flowers	attractive plate or tray
vegetable dip	cutting board
choice of desired vegetables:	vegetable brush
carrots	vegetable peeler
celery	paring knife (p.39)
cucumber	chef's knife (p.39)
radishes	colander
cauliflower	bowl or tray to hold cleaned
cherry tomatoes	vegetables
jicama or raw sweet potato	bowl for dip (not too large)
dark leafy greens	

D BEGIN STEP #1 across from this page



NUTRITION QUIZ Can you name 3 nutrient groups that vegetables are especially high in? Look up Broccoli in *Main Dishes*, p. 211. It has good amounts of several important nutrients. What are they? Are vegetables a good source of fiber? What do the many different nutrients, shapes, textures, tastes, and colors of vegetables tell you about God's creative genius?

Brocco-Veggi Mania



1. Wash vegetables in cool water. Scrub as needed with a vegetable brush.

2. Cut vegetables in desired shapes; place in a bowl or on a tray (don't arrange yet).

A few ideas:

Ruffled cucumber wheels: Leave peeling on unless heavily waxed.

Score cucumber lengthwise all around with the tines of a dinner fork. Cut in slices crosswise.

Radish roses: Slice a little piece off top of radish to make a flat white top. Cut down through radish from the flat top, but not all the way through, with a paring knife. Cut where lines are drawn in first illustration at the right.



Soaking in ice water will help the radish "petals" to fan out. Another way to make radish flowers is to cut them in half sawtooth-shaped (second illustration to the right).



Carrot curls: Fat carrots work best. Lay carrot on cutting board and slice it in half lengthwise with chef's knife. Peel down flat side with a vegetable peeler. Roll strip in a curl and secure with a toothpick. Soak in ice water. Toothpicks can be removed after soaking.

Celery brushes: Leave the leafy tops on some of the celery sticks.

Stuffed celery: Fill the celery sticks with peanut butter or some other filling (see p. 81).

Cookie cutter jicama or sweet potato: Cut slice and press small cookie cutters through the flesh for interesting shapes.

3. For a company vegetable platter line the bottom of tray or plate with **dark leafy greens** (such as collard greens).

4. Place bowl for dip in center of the platter (optional), and arrange vegetables attractively around it. There are no rules, so have fun with this!



Easy Dip (Other dip recipes on pp. 134-136)

1. Blend ingredients thoroughly with a wire whisk; chill:

½ cup light sour cream

¾ cup (6 tablespoons) lowfat yogurt

1 teaspoon dried onion flakes or 1 tablespoon fresh chopped

1 teaspoon dried parsley flakes or 1 tablespoon fresh minced

1-2 teaspoons dried dill weed

2. For a special occasion, use a hollowed out head of red cabbage for a dip bowl. You'll need a large platter for such a large dip container.

Per tablespoon Exchanges: 0.25 Fat; 17 Calories, 1 g protein (19%), 1 g fat (53%), 1 g carbohydrate (28%; 1 g sugars), 3 mg cholesterol, 12 mg sodium, \$.05

Fruit Fanfare

Prepare a tray of fresh fruits or fruit kabobs (kabob sticks are available in many supermarkets and in party shops). These can challenge your imagination in combining textures, shapes, and colors. Focus on using fruits that are in season. They will be less expensive, of higher quality, and usually have better flavor.



Special Tip: A little protein served with fruit such as in a dip, cheese slices or cheese cubes, or peanut butter can increase enjoyment and provide a more satisfying snack or easy lunch. Make *Strawberry Dip* ahead (p. 53) and chill.

A **READ** instructions, p. 45. There is no exact recipe.

B **ASSEMBLE INGREDIENTS**
Strawberry Dip, p. 45, optional,
or peanut butter, or cheddar cheese
lemon juice (fresh is preferable)
your choice of fresh fruits as:

- strawberries
- apples
- oranges
- pears
- bananas
- peaches
- berries
- grapes
- pineapple
- kiwi
- papaya
- mango
- melons

C **COLLECT UTENSILS**
attractive plate, tray
or kabob sticks
cutting board
paring knife
to peel fruits (p. 39)
boning knife
to cut fruits (p. 39)
colander to help wash
fruits
bowl or tray to hold
cleaned fruits
bowl for dip
table knife for peanut
butter
towel to dry washed
fruits
toothpicks, optional

D **BEGIN STEP #1** across from this page



NUTRITION QUIZ What Nutrient Group do fruits fit into best?

What does this nutrient group especially provide for you (see pp. 96, 97, 98)? As a food group, fruits are highest in natural sugars. I call them "God's desserts." Why do you think sugars eaten in whole fresh fruits are much healthier for you than man's manufactured forms of sugar that are added to pop, candy and other goodies? To answer this, think about God's natural packaging of fruit sugar with fiber, water, vitamins, minerals and other nutrients.

Fruit Fanfare

Special Tip: Since some fruits turn brown when the flesh inside the protective skin is exposed to air, these should be cut last and just before serving. This browning is caused by oxidation. Oxidation also destroys nutrient value. It is best to cut all fruits just before eating them. Prepare all non-fruit items, such as dip or cheese cubes, first.



1. Choose 2 to 6 different fruits. Wash thoroughly and dry or shake off excess water.

Ideas: You can cut fruits in slices, wedges, chunks, cubes, strips. You can trim away peelings or leave them on. Spread peanut butter, if desired on apple or pear pieces, or dollop onto banana chunks. Stick toothpicks into cheese cubes or alternate cheese cubes on kabob sticks with fruit pieces.

2. Peel (as needed) and cut fruits that do not turn brown into desired shapes; place in bowl or tray until ready to arrange.
3. Peel (as needed) and cut fruits last that turn brown easily, such as banana and apple. Squeeze a little fresh lemon juice over them or dip cut pieces into orange juice. If using pineapple, mixing banana and apple slices with it will help to prevent browning.
4. Arrange cut fruits as you desire on a tray or plate, or thread pieces alternately on kabob sticks. Include cheese slices or cubes in your arrangement, if desired. Place the bowl of dip in the center of your tray or plate of fruit and cheese.
5. To eat, dip fruit pieces into dip (using toothpicks, if desired).

Strawberry Cream Dip



Blend together thoroughly with a wire whisk:

- ¼ cup light sour cream
- ¼ cup nonfat or lowfat yogurt
- 3 tablespoons strawberry preserves
(preferably made without sugar)

Per tablespoon (with all-fruit spread)

Exchanges: negligible; 0.25 Fruit; 21 Calories, 0.5 g protein (11%), 0.5 g fat (24%), 3.5 g carbohydrate (65%; 3 g sugars), 2 mg cholesterol, 8 mg sodium, \$.10

Sprout-A-Garden

You can grow your very own garden of sprouts right in the kitchen with sprouting seeds in just a few days! Great for salads (pp. 85, 144) or sandwiches. Buy beans and grains for sprouting in a health food store.

Special Tip: You can buy a large piece of inexpensive nylon screening by the yard from a hardware store. A foot or two of screening will make several squares for your own sprouting jar.





B ASSEMBLE INGREDIENTS

2 tablespoons alfalfa seeds or
¼ cup other seeds as:
lentils
mung beans
azuki beans
wheat kernels

C COLLECT UTENSILS

wide mouth quart jar
piece of nylon screen or
net for quart jar
rubber band for attaching
screen or net

D FOLLOW STEPS BELOW

-  1. Place seeds in the jar, fill with water, attach screen with rubber band. Soak seeds overnight. (Lentils and mung and/or azuki beans make a nice combination grown together).
-  2. Thoroughly drain out the water without removing the nylon screen.
-  3. Tip the jar downward in a bowl to allow continuous drainage. Set the jar in the bowl on kitchen counter where you can't miss seeing it.
-  4. Rinse and drain daily: Pour water through the screen into the jar and drain morning and evening to keep seeds continuously damp.
5. Grow alfalfa sprouts 5-7 days until jar is full of green sprouts. Grow all other sprouts just 2 days. Store covered in refrigerator.



NUTRITION QUIZ Sprouts are very high in vitamins and minerals. They belong to the vegetable food group. What Nutrient Group do they fit into best (see p. 97)?

Index

A

Alfalfa Sprouts, 54
Allergy Alternatives, 9
Almond Granola Bars, Date, 168
Almond-Raisin Cheese Spread, 65
Almond Treat Pita, Turkey, 153
Alpine Cooler, 113
Apple 'n Cheese Salad, 84
Apple Refresher, Saucy, 111
Apple Butter, 159
Apple Nut Bread, Sue's Oat 'n, 121
Apple Nut Jello, 139
Apple Raisin Bagels, 128
Applesauce Muffins, 42-43
Apple, snack menu, 21
Apple Yogurt, 75
 snack menu, 21
Apricot Preserves, 158
Avocado Hawaiian Salad, 142
Avocado Tuna Pita, Sharon's, 153
Avocado Supreme Sandwich, 154
 lunch menu, 19
Azuki Beans, sprouting, 54

B

Bagels, buying 147
Bagels, Apple Raisin, 1128
Bagelwiches, 66
Baking Pans, *see* Cookware
Baking Powder, 10
Banana Bread, 44-45
 snack menu, 21
Banana Orange Salad, 83
 lunch menu, 19
Banana Prune Muffins, 125
 snack menu, 21
Bananas,
 mashing tip, 45
 freezing tip, 44
Barley Flour, 42
 allergy alternative for wheat, 9
Bean Dip, Refried, 135
Beans, Refried, buying tip, 79
Beverages
 menu chart, 89
 Alpine Cooler, 113
 Hot Carob Drink, 114

Hot Mulled Cider, 1114
Iced Sun Tea, 113
Lemonade, 113
Molasses Milk, 114
Orange Frosty, 41
Pine-Apple Punch, 112
Prudence's Party Punch, 112
Saucy Apple Refresher, 111
Sue's Sweet 'n Easy Shake, 111
Sunshine Shake, 40
V-6 Cocktail, 111

Biscuits, Scones, 46-47
Bran (wheat), 10
Bread Crumbs, special tip, 60
Breads, Quick, Tips for Success, 117
 see also Muffins
 Banana Bread, 44-45
 Chocolate Chip Bread, 122
 Corn Tortillas, 123
 Peanut Butter Bread, 118
 Orange Bread, Peanut Butter, 118
 Pumpkin Bread, 129
 Scones, 47
 Sue's Oat 'n Apple Nut Bread, 121
 Whole Wheat Tortillas, 49
 Zucchini Bread, 119
Breads, Whole Grain
 see also Muffins, *Quick Breads*
 buying, 147
 cutting tip, 45
 menu chart, 89
 in snacks, 20
 Apple-Raisin Bagels, 128
 Bread-In-The-Round, 79
 Cinnamon Bread, 87
 Make My Own Whole Wheat, 87
 nutrient group, 96, 97
Broccoli, about, cooking, 50
Brocco-Vegi Mania, 50-51
 menu chart, 89
 snack menu, 21
Broth, Vegetable
 Mystery Broth, 67
Brown Rice Flour,
 allergy alternative for wheat, 9
Butter, 16, 96, 97
 melting tip, 43, 49

- Buttermilk, 10, 15
 - allergy alternatives, 9
- Butters
 - Apple Butter*, 159
 - Crunchy Nut Butter*, 160
 - Peach Butter*, 159
- Butter Spread*, 15, 66
- C**
- Cabbage Sprout Salad*, 85
 - lunch menu, 19
- Calories, 96, 103
- Candies, in snacks, 20
- Canola Oil, 13
- Carbohydrate, 96, 97, 98
 - in snacks, 20
- Carob Drink, Hot*, 114
 - snack menu, 21
- Carob Powder, 10
- Carrot Curls, 51
- Carrots, Raw, 26
- Catsup, 10
- Celery Brushes, 51
- Celery, Glorified*, 81
- Cereals, 96, 97
- Cheese, 10, 15, 97
 - allergy alternatives, 9
 - menu chart, 89
 - in snacks, 20
- Cheese Dip, Garlic*, 134
- Cheese Salad, Apple 'n*, 84
- Cheese Salad, Peas 'n*, 141
- Cheese Salad Pita*, 152
- Cheese Sandwiches, Pimiento*, 150
- Cheese Sandwich, Toasted*, 57
- Cheese Spread, Sue's*, 160
- Cheesettes, Little*, 132
- Cheesy Popcorn*, 70
 - snack menu, 21
- Chestnut Dip*, 136
- Chicken Choice Pita*, 153
- Chicken Nuggets, Parmesan*, 81
- Chili Cheese Popcorn*, 71
- Chips, 10, 15
 - buying tip, 79
 - Nachitos*, 79
 - Nacho Snack*, 79
- Chocolate Chip Bread*, 122
- Cider, Hot Mulled*, 1113
- Cinnamon Bread*, 87
- Coconut, 10, 15
- Composting, 67
- Condiments, 15
- Cookies,
 - menu chart, 89
 - in snacks, 20
 - Date Almond Granola Bars*, 168
 - Graham Cracker Treats*, 78
 - Nutty Butter Balls*, 74
 - Simple Granola Bars*, 168
- Cooking Terms, 107-108
- Cookware, 38, 39
- Corn, allergy alternatives, 9
- Corn Chips, *see* Chips, 10
- Corn Chips, Marilyn's*, 131
 - lunch menu, 19
- Cornmeal, 11
- Corn Tortillas, buying, 147
- Corn Tortillas*, 123
- Cottage Cheese, 15
 - menu chart, 89
- Cottage Delite Spread*, 155
- Country Raspberry Jello*, 139
 - lunch menu, 18
- Crackers, 11, 15
 - in menu chart, 89
 - Graham Cracker Treats*, 78
 - Little Cheesettes*, 132
 - Mini Rice Cakes*, 78
 - Oatie Rye Crackers*, 1133
- Cream Cheese, 11, 15
- Cream of Potato Soup*, 164
 - lunch menu, 19
- Creamy Vegetable Chowder*, 163
 - lunch menu, 18
- Crunchy Nut Butter*, 160
- Crunchy Sprout Salad*, 144
- Crystalline Fructose,
 - see* Fructose, Crystalline
- Cucumbers, ruffled wheels, 51
- Cupcakes, special tip, 53
- Curry Dip, Patty's*, 135
- D**
- Dairy Products, 96, 97
 - see also* individual kinds
- Date Almond Granola Bar*, 168
 - snack menu, 21

- Desserts, in snacks, 20
 - Digestion, 95
 - Dips
 - menu chart, 89
 - Chestnut Dip*, 136
 - Easy Dip*, 51
 - Garlic Cheese Dip*, 134
 - Guacamole Dip*, 135
 - Holiday Vegetable Dip*, 134
 - Patty's Curry Dip*, 135
 - Refried Bean Dip*, 135
 - Spread Dips, 136
 - Strawberry Cream Dip*, 53
 - Dried Fruits, *see* Fruits, Dried, 11, 74
 - Dough, about rolling, 47, 49
- E
- Easy Dip*, 51
 - menu chart, 89
 - snack menu, 21
 - Easy Vegetable Soup*, 68
 - lunch menu, 18
 - Egg-Real Fool*, 58
 - Eggs, 11, 26, 96, 97
 - allergy alternatives, 9
 - hard-cooked, deviled
 - Savory Eggs*, 82
 - nutritional value, 82
 - Egg Salad Spread*, 155
 - Eggs, Savory*, 82
 - English Muffins, buying, 147
 - Exchange System, Food. Using, 24
- F
- Fat, 96, 97, 100
 - in snacks, 20
 - Fiber, 97
 - Finger Sandwiches*, 58
 - Fish, 96, 97
 - Flour, *see also* Whole Grain Flours
 - measuring, 117
 - Food Exchange System, Using, 24
 - Food Pyramid, 7
 - Food Storage, 37
 - Fresh Fruit Salad*, 141
 - Frosty Pops*, 72
 - Frozen Vanilla Yogurt*, 167
 - Fructose, Crystalline, 11, 15
 - Fruit, 96, 97
 - lunch menus, 16, 19
 - Fruit Fanfare*, 52-53
 - menu chart, 89
 - snack menu, 21
 - Fruit Juices, 11, 15
 - Fruit Leather*, 76
 - Peachy Pear*, 77
 - Persimmon Peel*, 77
 - Plne-Ana Leather*, 77
 - Strawberry Leather*, 77
 - Fruits, Canned, 11, 15
 - Fruits, Dried, 11, 15, 74
 - Fruit Mix, Nutty*, 75
 - Fruit Salad, Fresh*, 141
 - Fruits, Fresh, 15
 - lunch menus, 18, 19
 - menu chart, 89
 - oxidation & cutting tips, 53
 - in snacks, snack menus, 20, 21
 - Fruit Tossed Salad, Nutty*, 143
 - Fun Face Sandwiches*, 66
- G
- Garbanzo Spread*, 157
 - lunch menu, 18
 - Garlic Cheese Dip*, 134
 - Gelatin, *see* Jello
 - Gingerbread Muffins*, 127
 - lunch menu, 18
 - Glorified Celery*, 81
 - Glorified Peanut Butter*, 63
 - Gluten, 47
 - Graham Crackers, buying tip, 78
 - Graham Cracker Treats*, 78
 - snack menu, 21
 - Grains, 96, 97
 - Nutrient Loss Chart, 106
 - Granola Bars, Date Almond*, 168
 - Granola Bars, Simple*, 168
 - Ground Turkey, Seasoned*, 85
 - Guacamole Dip*, 135
- H
- Hamburger Buns, buying, 147
 - Holiday Vegetable Dip*, 134
 - Honey, 11, 15
 - allergy alternatives, 9
 - Honey Butter Popcorn*, 71
 - Honey Cheese Spread*, 65

Hot Carob Drink, 114
snack menu, 21
Hot Dog Buns, buying, 147
make-your-own tip, 61
Hot Mulled Cider, 113

I

Iced Sun Tea, 112

J

Jams, 12, 15
see also Preserves
Jicama, cookie cutter, 51
Jello, in menus, 18
to make your own recipes, 73
Apple Nut Jello, 139
Country Raspberry Jello, 139
Pineapple Orange Jello, 73
Jello Cubes, Rainbow Chiffon, 167
Joe Joes, 80
Juicy Pops, 72
Junk Food, 26, 29, 104, 105

K

Kidney Bean Salad, 83
lunch menu, 19
menu chart, 89
Knives, *see* Cookware

L

Lactaid, milk allergy alternative, 9
Legumes, 26, 69, 96, 97
Lemonade, 113
Lentils, sprouting, 54
Lettuce, 15
Little Cheesettes, 132
Little Jiffy Pizzas, 56
Lunch Bags, Boxes, 17
Luncheon Meat Sandwiches, 148
Lunch Menus, 16, 18, 19

M

Maple Cheese Spread, 65
Maple Crunch Muffins, 124
lunch menu, 19
snack menu, 21
Marilyn's Corn Chips, 131
lunch menu, 19
Mayonnaise, 12

Mayonnaise, Tofu, 156
Meats, 15, 96, 97, 148
Meat Sandwiches, Luncheon, 148
Mediterranean Salad, 140
lunch menu, 19

Menu Planning

Chart, Lunch & Snack, 89
Family Lunch Plan, 92
Guidelines, 88
Plan A Party, 93
Planning After School Snacks, 91
Planning Lunch Menus, 90

Menus

Bag Lunches, 16
Lunches, 18, 19
Snacks, 21

Milk, 12, 26, 96, 97
allergy alternatives, 9
in snacks, 20

Milk, dry powder, 12
Minerals, 96, 97, 101

Mini Rice Cakes, 78
Molasses Milk, 114
snack menu, 21

Muffins,

menus, 18, 19, 21
pan sizes, 117
Applesauce Muffins, 42-43
Banana Prune Muffins, 125
Gingerbread Muffins, 127
Maple Crunch Muffins, 124
Peach Cobblets, 126

Mung Beans, sprouting, 54

Mushroom Meltie, 150

Mustard, 12

Mystery Broth, 67

N

Nachitos, 79

Nacho Snack, 79

Nutrients, 94

Data Sources, 25

Food Groups, 96

Nutrient-Food Group Chart, 97

Nutrition

Goals, 22-23

in menu planning, 88

Nut Butter, Crunchy, 160

Nut Butters, 12

Nut Milk, allergy alternative, 9

Nuts, 12, 15, 74, 96, 97
Nutty Butter Balls, 74
Nutty Fruit Mix, 75
 menu chart, 89
 snack menu, 21
Nutty Fruit Tossed Salad, 143

O

Oat 'n Apple Nut Bread, Sue's, 121
Oatie Rye Crackers, 133
 lunch menu, 19
Oatmeal Cookies
 in menu chart, 89
Oils, 13, 15, 96, 97
Old Fashioned Rice Pudding, 169
Olive Oil, *see* Oils, 13
Orange Salad, Banana, 83
Orange Frosty, 41
 snack menu, 21
Oranges, peeling, cutting, 40

P

Pans, *see also* Cookware
 muffin sizes, 117
 loaf sizes, 117
Parmesan Chicken Nuggets, 81
Party Punch, Prudence's, 112
Pasta Sauce, 13
Patty's Curry Dip, 135
Peach Butter, 159
Peach Cobblets, 126
Peachy Pear Fruit Leather, 77
Peanut Butter, 13, 15
Peanut Butter, 62
Peanut Butter Bread, 118
Peanut Butter Bread, Orange, 118
Peanut Butter, Glorified, 63
Peanut Butter-Apple Spread, 63
Peanut Butter Date Spread, 63
Peanut Butter Honey Sandwich, 63
 lunch menu, 18
Peanut Butter-Honey Spread, 63
Peanut Butter-Jam-Raisin Spread, 63
Peanut Butter-Nut Spread, 63
Peanut Butter Popcorn, 71
Peanut Butter-Veggi Spread, 63
Peanuts, 26
 buying tip, 62
 storage tip, 62
Peas 'n Cheese Salad, 141

Perfectly Good! Popsicles, 71
Persimmon Peel Fruit Leather, 77
Persimmons, freezing pulp tip, 77
Pickle Relish, 13
Pimiento Cheese Sandwiches, 150
Pine-Ana Fruit Leather, 77
Pineapple Cheese Spread, 65
Pineapple Orange Jello, 73
 lunch menu, 18
Pine-Apple Punch, 1112
Pita Bread, buying, 147
 buying, freezing tip, 59
Pita Bread Sandwiches
 lunch menu, 18
 Cheese Salad Pita, 152
 Chicken Choice Pita, 153
 Pick-A-Pita Pocket, 59
 Pita Cheese Melt, 59
 Poppy Seed Tuna Pita, 152
 Turkey Almond Treat Pita, 153
 Vegetarian Pita, 152
Pita Cheese Melt, 59
Pizza Sauce, 56
Pizzas, Little Jiffy, 56
Popcorn, 15
 menu chart, 89
 in snacks, 20
 snack menu, 21
 Cheesy Popcorn, 70
 Chili Cheese Popcorn, 71
 Honey Butter Popcorn, 71
 Peanut Butter Popcorn, 71
 Sue's "Magic" Popcorn, 71
Poppin' Popcorn!, 70
Poppy Seed Tuna Pita, 152
Popsicles, *Orange Frosty*, 41
Popsicles, Perfectly Good!, 64
 Frosty Pops, 72
 Juicy Pops, 72
 Punchy Pops, 72
 Saucy Sicles, 72
 Slushy Sicles, 72
 Sunshine Sicles, 72
Potatoes, about peeling tip, 80
 Joe Joes, 80
Potato Soup, Cream of, 164
Poultry, 96, 97
Preserves
 Apricot Preserves, 158
 Strawberry Preserves, 158

Protein, 96, 97, 99
 foods, 90
 with fruit, 52
 in snacks, 20
Prudence's Party Punch, 112
Pumpkin Bread, 120
 lunch menu, 18
Prune Muffins, Banana, 125
Pudding, Old Fashioned Rice, 169
Punchy Pops, 72

Q

Quesadilla Quicky, 51
 snack menu, 21

R

Radish Roses, 51
Rainbow Chiffon Jello Cubes, 167
Raisin Bagels, Apple, 128
Raspberry Jello, Country, 139
Refried Bean Dip, 135
Refried Beans, buying tip, 79
Rice Cakes, Mini, 78
Rice Pudding, Old Fashioned, 169
 snack menu, 21
Roll Ups, 61
Rye Crackers, Oatie, 133

S

Safety, in kitchen, 37
Salads,
 lunch menus, 16, 18, 19
 menu chart, 89
 Apple 'n Cheese Salad, 84
 Avocado Hawaiian Salad, 142
 Banana-Orange Salad, 83
 Cabbage-Sprout Salad, 85
 Crunchy Sprout Salad, 144
 Fresh Fruit Salad, 141
 Kidney Bean Salad, 83
 Mediterranean Salad, 140
 Nutty Fruit Tossed Salad, 143
 Peas 'n Cheese Salad, 141
 Salmon Salad, 140
 Soltero de Queso, 143
 Sue's Favorite Salad Lunch, 142
 Taco Salad, 84
Salmon Salad, 140
Salmon Stack Sandwich, 149

Sandwiches

see also Pita Bread Sandwiches
 lunch menus, 17, 18, 19
 in menu chart, 89
 Avocado Supreme Sandwich, 154
 Bagelwiches, 66
 Egg-Real Fool!, 58
 Finger Sandwiches, 58
 Fun Face Sandwiches, 66
 Luncheon Meat Sandwiches, 148
 Mushroom Meltie, 150
 Pimiento Cheese Sandwiches, 150
 Roll Ups, 61
 Salmon Stack Sandwich, 149
 Toasted Cheese Sandwich, 57
 Tuna Sandwich, Toasted, 57
 Tuna Charley, 149
 Tuna Roll-Ups, 60
 Turkey Cranberry on Rye, 148
 Vegetarian Special, 154
 Vegi Burrito King, 151
 Sauce, Pizza, 56
 Saucy Apple Refresher, 111
 Saucy Sicles, 72
 Savory Eggs, 82
 menu chart, 89
 Scones, 46-47
 lunch menu, 19
 snack menu, 21
 Seasoned Ground Turkey, 85
 Seeds, 13, 96, 97
 Sensational Sandwiches, 55
 Sharon's Avocado Tuna, 153
 Simple Granola Bars, 168
 Slushy Sicles, 72
 Snacks, about, 20
 Soltero de Queso, 143
 lunch menu, 18
 Soups, 15
 lunch menus, 16, 18, 19
 menu chart, 89
 Cream of Potato Soup, 164
 Creamy Vegetable Chowder, 163
 Easy Vegetable Soup, 68
 Mystery Broth, 67
 Split Pea Soup, 69
 Sour Cream, 13, 15
 Soy Milk, milk allergy alternative, 9
 Soy Sauce, 13

- Spike Seasoning, 14
 Spinach, 26
Split Pea Soup, 69
 lunch menu, 19
 Spreads, *see also* Butters, Preserves,
 Sandwiches
 menu chart, 89
 Almond-Raisin Cheese Spread, 65
 Cottage Delite Spread, 155
 Egg Salad Spread, 155
 Garbanzo Spread, 157
 Honey Cheese Spread, 65
 Maple Cheese Spread, 65
 Meaty Sandwich Spread, 148
 Peanut Butter-Apple Spread, 63
 Peanut Butter Date Spread, 63
 Peanut Butter-Honey Spread, 63
 Peanut Butter-Jam-Raisin Spread,
 63
 Peanut Butter-Nut Spread, 63
 Peanut Butter-Vegi Spread, 63
 Pineapple Cheese Spread, 65
 Sue's Cheese Spread, 160
 Tangy Spread, 155
 Tofu Mayonnaise, 156
 Tuna Jubilee, 157
 Tuna Salad Filling, 156
 Waldorf Cheese Spread, 65
Sprout-A-Garden, 54
Sprouted Sunflower Seeds, 144
Sprout Salad, Cabbage, 85
Sprout Salad, Crunchy, 144
 Strawberries, freezing tip, 77
Strawberry Cream Dip, 53
Strawberry Fruit Leather, 77
Strawberry Preserves, 158
 Storage, 37
 Stuffed Celery, *see Glorified Celery*
Sue's Cheese Spread, 160
Sue's Favorite Salad Lunch, 142
 Sue's "Kitchen Magic", 14
Sue's "Magic" Popcorn, 71
Sue's Oat 'n Apple Nut Bread, 111
Sue's Sweet 'n Easy Shake, 111
 Sugar, 96
Sunflower Seeds, Sprouted, 144
Sunshine Sicles, 72
Sunshine Shake, 40
Sun Tea, Iced, 112
 Sweet Potato, cookie cutter, 51
- T
- Taco Chips, *see* Chips, 10
Taco Salad, 84
 lunch menu, 18
Tangy Spread, 155
Tea, Iced Sun, 112
Toasted Cheese Sandwich, 57
 lunch menu, 18
 Tofu, 14, 26
 allergy alternative for eggs, 9
 Egg-Real Fool! Sandwich, 58
Tofu Mayonnaise, 156
 Tomatoes, Fresh, 26
 Tortilla Chips, *see* Chips, 10
 Tortillas, 147
 lunch menu, 18
 heating or reheating tip, 49
 Corn Tortillas, 123
 Whole Wheat Tortillas, 48-49
 Tuna, 15, 26
Tuna Bunsteads, 61
Tuna Charley, 149
Tuna Jubilee, 157
Tuna Pita, Poppy Seed, 152
Tuna Sharon's Avocado, 153
Tuna Roll-Ups, 60
Tuna Salad Filling, 156
Tuna Sandwich, Toasted, 57
 lunch menu, 19
Turkey Almond Treat Pita, 153
Turkey Cranberry on Rye, 148
Turkey, Seasoned Ground, 85
- U
- Utensils, 36, 38, 39
- V
- Vanilla Yogurt, Frozen*, 167
Vegetable Chowder, Creamy, 163
Vegetable Dip, Holiday, 134
 Vegetables, Fresh, 15, 96, 97
 lunch menus, 16, 18, 19
 in snacks, snack menus, 20, 21
 Brocco-Veggi Mania, 50-51
 in *Mystery Broth*, 67
Vegetable Soup, Easy, 68
Vegetarian Pita, 154
Vegetarian Special Sandwich, 154

Veggi Burrito King, 151
Vitamins, 40, 96, 97, 101
V-6 Cocktail, 111
lunch menu, 19

W

Waldorf Cheese Spread, 65
Water, 96, 109
Wheat, *see* Whole Wheat Flour, 14
allergy alternatives, 9
Wheat Bran, *see* Bran (wheat)
Whole Grain Flours, 15, 48
Whole Wheat Bread, My Own, 86
shaping loaves, 87
Whole Wheat Flour, 14, 55
Nutrient Loss Chart, 106
Whole Wheat Pastry Flour, 14, 117
Whole Wheat Tortillas, 48-49
see also Tortillas

Y

Yeast Breads, *see* Breads
Yogurt, 14, 15, 26, 97
allergy alternatives, 9
in menu chart, 89
in snacks, 15
Yogurt Cheese, 15
Yogurt Cheese, 64
Yogurt Cheese Spreads, 64
Yogurt, Frozen Vanilla, 167

Z

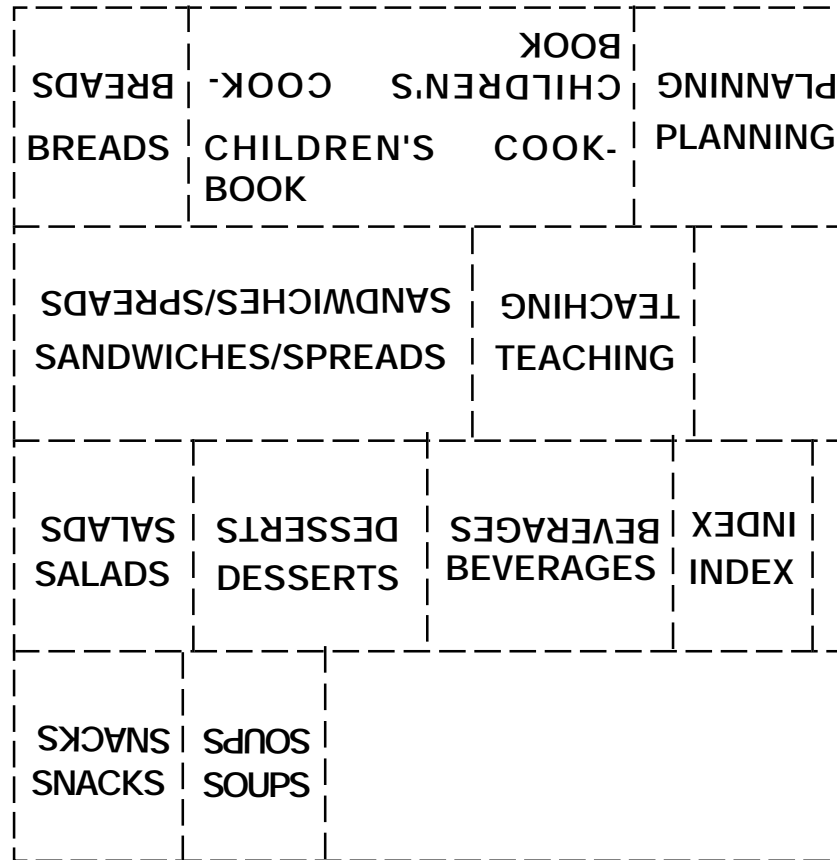
Zucchini Bread, 119
lunch menu, 19

SCRIPTURES & SCRIPTURE REFERENCES

Genesis 1:29, 98
Genesis 3, 93
Genesis 9:3, 98
Genesis 18:1-8, 93
Genesis 25:29-34, 93
Genesis 41:41-42, 94
Genesis 45:4-7, 94
Exodus 16:11-15, 93
Exodus 16:4-35, 94
Numbers 13:16-27, 94

Ruth 2, 42, 94
2 Samuel 17:27-29, 93
1 Kings 17:6, 93
1 Kings 17:8-16, 94
1 Kings 17:12-16, 93
1 Kings 19:1-8, 94
1 Kings 19:5-8, 93
2 Kings 4:42-44, 93
Psalms 91, 94
Psalms 103:5, 48, 103
Psalms 104:14-15, 36, 48, 96 100
Psalms 139:13-14, 95
Proverbs 4:13, 20, 22-23, 33
Proverbs 17:1, 93
Proverbs 21:20, 5
Proverbs 22:6, 27
Proverbs 31:28, 30
Isaiah 45:3, 48, 103
Isaiah 55:2, 26, 104
Daniel 1:8-16, 93
Matthew 6:25-33, 94
Matthew 9:10-13, 93
Matthew 21:21-22, 29
Mark 1:30-41, 94
Mark 5:35-43, 94
Luke 11:2-4, 94
Luke 22:14-20, 93
Luke 24:30-32, 93
Luke 24:40-42, 93
John 1:13, 171
John 4:34, 165
John 6:9, 170
John 6:11, 115
John 6:12-13, 67
John 6:32-33, 129
John 6:47, 51, 45
John 6, 85, 93, 94
John 7:37-38, 102, 109
John 21, 94
Romans 14:17, 18, 161
1 Corinthians 6:12, 46
1 Corinthians 6:19-20, 137
Colossians 3:23, 36
James 1:2-5, 29
3 John 2, 94
Revelation 3:20, 171
Revelation 22:1-2, 93

CUT-OUT TABS



Cut on dotted lines

Fold each tab in half

Overlap tabs about 1/4" on each side of divider pages:

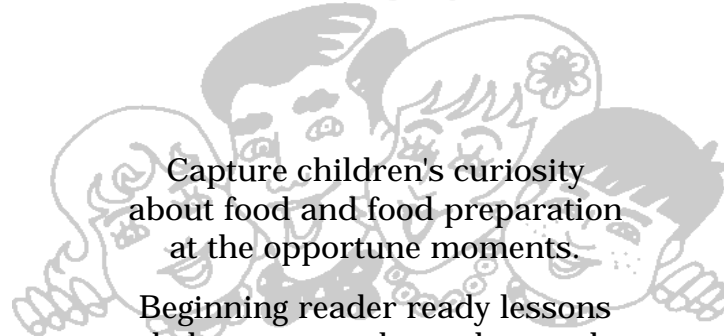
Planning for Lunches, p. 5
 Planning for Teaching, p. 27
 Children's Cookbook, p. 33
 Beverages, 109
 Breads, p. 115

Crackers, Dips, Spreads, p. 129
 Salads, p. 137
 Sandwiches & Spreads, p. 145
 Soups, p. 161
 Desserts, p. 165

Tape tab to page on both sides; tape over entire tab to reinforce. Use magic stick scotch tape for best results.

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