

140 Complete Menus

**Main
Dishes**

*for Busy
People*

SUE GREGG

Eating Better Cookbooks

140 Complete Menus

Main Dishes



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Sue Gregg Cookbooks

PUBLICATIONS BY SUE GREGG

The 15 Minute Meal Planner, A Realistic Approach to a Healthy Lifestyle, with Emilie Barnes, (Harvest House, 1987, 1994)

EATING BETTER COOKBOOKS

Main Dishes, 3rd edition

Soups & Muffins, 2nd edition

Meals in Minutes, 3rd edition

Lunches & Snacks, 2nd edition

Breakfasts, 2nd edition

Desserts, 2nd edition

Master Index & Menu Planner

Eating Better with Sue, Video

Eating Better with Sue Cooking Course Workbook/Leader's Guide

Yeast Breads, 2nd edition

Holiday Menus

The Creative Recipe Organizer

Four Food Storage Plans

Recipes for Russian & American Appetites with Valentina Platova

Published and distributed by
SueGreggCookbooks
8830 Glencoe Drive
Riverside, California 92503-2135
909-687-5491
www.suegregg.com

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ISBN 1-878272-13-6

First Edition printed October 1987, August 1988, April 1989

Second Edition printed October 1989, August 1990, July 1991,

September 1992, August 1993, June 1994

Third Edition printed October 1997

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What others are saying...

*I go all the way now with **Sue Gregg Cookbooks**. 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

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*Freezable

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Foreword

I'll never forget the time Sue Gregg shared her story in my Friday Bible Study. Two weeks earlier her three year old son had been killed in her front yard by a drunken sixteen year old driver. Sue told of how God was giving her comfort to her pain and restoration in her loss. I also sensed that her opportunity to share was part of the healing process. What neither she nor I knew was that this meeting would be the beginning of a new ministry for Sue and fresh ideas for me.

Not long after, Sue attended one of my seminars. In one short segment I described God's provision of food for our health. I demonstrated with two loaves of bread, one fluffy white and the other 100% whole wheat, by squeezing each from end to end. The fluffy white bread collapsed into a three inch mangled mass while its plastic bag swelled with air until it exploded. The 100% whole wheat bread remained unchanged.

Sue's eyes lit with attention. The point that the unlisted number one ingredient in white bread is air and what is left is calories without nutrients was not lost on her. It challenged the core of her professional assumptions. Sue's home economics training had not taught her about the difference. The demonstration revealed to her how inadequate her nutritional knowledge was.

Sue gave herself to intensive research studying the Bible to see what it had to say about food, gleaning information from books and articles on nutrition, and experimenting in her kitchen. She applied her new discoveries by transforming the quality of the ingredients in her recipes.

Both of our families benefited. First, our health reflected some dramatic improvements. Secondly, because of Sue's gift to make foods tasty, changing our eating patterns was not just a quest for health. It was an adventure in discovering God's wonderful provisions for us.

Many busy women squeezing career, family, and home into overloaded schedules opt for fast food and convenience stores. Frozen and prepackaged foods not only lack nutrients, they are too often high in sodium and cosmetic extras. The consequence is unhealthy bodies, low energy and slow minds. Help is on the Way! **Main Dishes**

Ground Turkey Buying Guide

The chart below compares various available fat levels of cooked ground turkey and ground beef. Turkey skin added to ground turkey accounts for the variety of fat levels. Package label advertising emphasizes fat percentage of raw meat by weight, not calories, although the law now requires the fat percentage of daily food value to be listed on the standardized nutrition information label. For a full explanation of this standardization see **The 15 Minute Meal Planner**, pp. 292-302. Both are confusing. The percentage of fat in calories of a given cooked portion is the most useful. Select ground turkey lowest in calories of fat that is available to you and that is acceptable to your family tastes. For the purpose of most widely acceptable flavor balanced with economy the *Turkey Store* brand, "7% fat" (by weight) has been selected as the basis for the nutrition information in our recipes using ground turkey, . The use of 99% fat free ground turkey will further reduce fat levels of all ground turkey recipes (and will increase cost). Favorable options have increased over the years, including favorable ground beef options.

3 oz. cooked (85 grams)	Calories	Protein grams	Fat grams	Fat % of Calories	Fat % of Weight	Cost 1996 ⁸
Grd Turkey, extra lean breast ¹	113	25.4	1.4	11%	1.6% ⁷	\$3.59
Grd Turkey, lean ²	160	25	5.7	32%	6.7%	\$2.49
Grd Turkey, "7%" fat ³	174	25	8.7	45%	10% ⁷	\$1.99
Grd Turkey, <i>Louis Rich</i>	186	19.6	11.8	57%	13.9%	\$1.39
Grd Beef, "7%" Fat ⁴	175	23.7	8.3	42%	9.7% ⁷	\$2.79
Grd Beef, "15%" Fat ⁴	256	23.5	18.1	56.5%	21% ⁷	\$1.96
Grd Beef, reg.	243 ⁵ 260 ⁶	22.9 ⁵ 20.3 ⁶	16.1 ⁵ 19.2 ⁶	59.6% ⁵ 66.5% ⁶	18.9% ⁵ 22.6% ⁶	\$1.59

¹Turkey Store brand, "99% fat free"

²Jennie-O Natural Choice brand

³Turkey Store brand, "7% fat"

⁴Moran's brand

⁵*Jean Carper's Total Nutrition Guide*, 1989, p. 336--fried well done; ⁶fried medium

⁷Fat % of cooked weight is higher than fat % of raw meat because moisture is lost in cooking which concentrates same amount of fat in less weight when no fat is drained off. Package labels give fat percentages based on raw, not cooked meat. ⁸Cost per lb. raw

Cancer & Heart Protective Foods

God saw all that he had made, and it was very good. Genesis 1:31

Research reveals that certain food groups in sufficient dietary amounts can reduce risk of heart disease and cancer. These foods contain one or more protective nutrients (i.e. antioxidants as vitamins C and E, and beta carotene) and properties (i.e. phytochemicals in plants that give them color, aroma and flavor; see **Master Index**, p. 61). These foods provide a composite of nutritive and non-nutritive elements that undoubtedly work together synergistically (for definition, see **Breakfasts**, p. 55). This is why it is so important to eat the whole foods, such as those listed below.

Cancer Protective Foods

Vegetables high in **beta carotene:**
(provitamin A):

*dark greens, carrots,
red peppers,
apricots, peaches,
yellow squash,
sweet potatoes or
yams (USA variety)*



Foods with **protease inhibitors:**

*pumpkin seeds, sunflower
seeds, soybeans*

Allium vegetables:

*garlic, onions,
leeks,
chives,
scallions*



Vegetables containing
indoles, isothiocyanates:

*cruciferous: cabbage,
brussel sprouts,
broccoli, kohlrabi,
cauliflower*



High calcium foods:

*lowfat or nonfat
yogurt, nonfat
milk, lowfat or nonfat
cottage cheese,
buttermilk*



Vegetables high in **chlorophyll:**

*parsley; dark leafy greens:
spinach, kale,
chard,
collard greens,
mustard greens,
turnip greens*



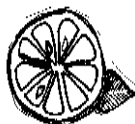
High vitamin E foods containing
selenium:

*whole grains,
wheat germ,
nuts, seeds,
fresh vegetables*



High flavonoids, vitamin C foods:

*lemons, limes, oranges,
grapefruit, tomatoes,
pumpkins, potatoes,
strawberries,
green and red peppers*



Oils high in **monounsaturated fat:**
olive oil, canola oil

Oils high in **essential fatty acids:**
*flax seed oil, sunflower oil,
corn oil, safflower oil,
soybean oil*



Coping with Allergies

Popularly the term "allergy" describes any negative reaction of the body to a food or group of foods. But a true allergy involves the immune system. The immune system releases antibodies against a true food allergen. Histamines are released that irritate the body tissues and an allergic reaction occurs, most frequently a respiratory or skin reaction. Authorities state that less than 1% of the population manifests

true allergies.

On the other hand, there are also food intolerances. An intolerance to lactose found in dairy products is an example. A food intolerance does not involve the immune system. It involves the digestive system. Food intolerances are much more widespread than true allergies. For example, 30 to 50 million Americans have some degree of lactose intolerance. Hence the belief that dairy products are a number one allergen. Milk is one of the few foods along with egg whites, peanuts, wheat, and soybeans that cause true allergic reactions, but most people are reacting to dairy products, for example, as a food intolerance.

This distinction is important, because the solution to food intolerances is much broader than the solution to true allergies. One can cope with food intolerances in several ways:

1. A basic change to an *Eating Better* lifestyle can often alleviate various digestive reactions to certain foods.
2. Digestive enzymes and glandular supplementation often help.
3. Both supplementation and healthier whole food nutrition can help to build the body's resistance to negative food reactions, especially vitamin C, B-complex (especially vitamin B-6 and pantothenic acid), selenium, and trace minerals. See **15 Minute Meal Planner**, pp. 138-143 for food sources high in specific nutrients.
4. Lactose (milk sugar) intolerance is usually a matter of degree. Many persons with some lactose intolerance can tolerate small amounts of dairy products. In addition, the use of *LactAid* tablets or *LactAid* in liquid form can improve milk tolerance. Yogurt with live bacteria (p. 20) is tolerated by many people with lactose intolerance because the bacteria converts the milk lactose to lactic acid.
5. Many can cope with food sensitivities by rotating the offending foods on a four day rotation basis.

It is not our purpose to prescribe supplementation in any way to cope with food intolerances, but to raise awareness in general of what might be done about them.

If you suspect food allergy or intolerances but do not know what they are or how to deal with them an excellent resource ***Is This Your Child? Discovering and Treating Unrecognized Allergies in Children and Adults*** by Doris Rapp, M.D. See **Master Index**, p. 106 for a short review.

Modifying Recipes to Accommodate Allergies

The following are a few ways to modify recipes that frequently use the common allergens of wheat, corn, milk, eggs and honey.

WHEAT ALTERNATIVES

thickeners Almost any other flour may be substituted. Brown rice flour works well. Use $1\frac{1}{2}$ tablespoons brown rice flour for every 1 tablespoon wheat flour.

quick breads (breads, biscuits, muffins, etc. without yeast) Barley flour works very well as a wheat flour substitute. Use the same amount. Use barley flour milled from whole hulled barley grain. Kamut and spelt flour can also be used. For muffins using oats, oat bran, brown rice, rye, amaranth and millet see **Soups & Muffins**.



yeast breads Kamut and spelt may be used. Both are varieties of wheat but many people allergic to common wheat can tolerate one or the other or both. Use $1\frac{1}{2}$ cups spelt to replace each 1 cup whole wheat flour; use an equal amount of Kamut. See **Breakfasts**, pp. 61-64, 122, 123. Some people can tolerate sprouted wheat (see **Yeast Breads**, pp. 61-65 for recipes).

CORN ALTERNATIVES

baking powder Use low sodium baking powder (see p. 18).

cornstarch Use arrowroot powder (p. 16).

Golden Waffles (p. 171) Substitute any other flour; all work well.

MILK ALTERNATIVES (see also p. 28, #4)



In baking (buttermilk, etc.) apple or pineapple juice usually work; use a little less to keep consistency of the batter the same. Soy milk, rice milk and nut milk (**Breakfasts**, p. 34) are also options. Expect texture variations.

In main dishes I recommend *Better Than Milk* Tofu Non-Dairy Beverage for a most pleasing soy substitute. Purchase at health food stores in powdered form. Rice milk may work but requires more experimentation and more thickening where called for. There is really no suitable substitute for yogurt, sour cream, or cottage cheese.

EGG ALTERNATIVES (Suitable substitutes for baking only)

See **Breakfasts**, p. 269 for alternatives with flax seeds, arrowroot, tofu and others. Per 1 egg soften 1 tsp. unflavored gelatine in 3 Tbsps. cold water, boil to dissolve and place in freezer 20 minutes until consistency of egg white. Waffles and pancakes can do without eggs.



HONEY ALTERNATIVES

Use equal amount crystalline fructose in place of honey (see p. 20). If allergic to corn it may not be usable. See other alternatives, **Breakfasts**, p. 15, **Desserts**, pp. 23-29.

Meals Unlimited-4 Week Meal Plan

Chicken, Turkey	Meatless Egg, Cheese, Dairy	Fish	Meatless Non Dairy	Ground Turkey	Meatless Bean	Beef
<i>Lemon Herb Chicken</i> (p. 94)	<i>Eggplant Parmigiana</i> (p. 156)	<i>Tuna Noodle Yummy</i> (p. 173)	<i>Pot O' Vegetables</i> (p. 167)	<i>Ragout</i> (p. 198)	<i>Chili</i> (p. 60)	<i>Beef & Celery</i> (p. 73)
<i>Almond Turkey</i> (p. 122)	<i>Zucchini Corn Casserole</i> (p. 145)	<i>Lemon Baked Salmon</i> (p. 179)	<i>Sweet 'nSour Tofu Stir Fry Veggies w/Cashews</i> (p. 212)	<i>Saucy Spaghetti</i> (p. 265)	<i>Refried Beans</i> (p. 64)	<i>Beef Stew</i> (p. 264)
<i>Chicken Paprikash</i> (p. 98)	<i>Broccoli Cheese Casserole</i> (p. 207)	<i>Tuna Loaf</i> (p. 174)	<i>Golden Stuffed Potatoes</i> (p. 85)	<i>Pineapple Teriyaki Burgers</i> (p. 188)	<i>Pot O' Limas</i> (p. 70)	<i>Tortas</i> (p. 264)
<i>Baked Parmesan Chicken</i> (p. 95)	<i>Easy Lasagna</i> (p. 151)	<i>Snappy Fillet</i> (p. 176)	<i>Curried Brown Rice with Toppings</i> (p. 89)	<i>Sweet 'n Sour Meatballs</i> (p. 201)	<i>Lentil Rice Casserole</i> (p. 68)	<i>Beef Stroganoff</i> (p. 78)

46 Extra Low Budget Menus ~ \$1.10 Average

Non Dairy Grain	Egg, Beef, Misc.	Potato with Dairy	Non Dairy Meatless Bean	Non Dairy Vegetable	Ground Turkey, Chicken	Meatless Dairy
<i>Almond Brown Rice</i> \$1.05 (p. 265) <i>OR</i> <i>Brown Rice Pilaf</i> \$1.15 (p. 208)	<i>Egg Foo Yung</i> \$1.00 - \$1.15 (p. 141) <i>OR</i> <i>Curried Egg Crepes</i> \$1.00 (p. 142)	<i>Potato Salad</i> \$1.05 (p. 168) <i>OR Potato Pancakes</i> \$1.20 (p. 170)	<i>Lentil Rice Casserole</i> \$1.25 (p. 68) <i>OR Honey Lentils</i> \$1.15 (p. 66)	<i>Yams in Orange Sauce</i> \$1.15 (p. 221)	<i>Burger Bean Stew</i> \$1.05 (p. 192)	<i>Pasta Italian Salad</i> \$1.10 (p. 227) <i>OR Cabbage Rolls</i> \$1.30 (p. 189)
<i>Cashew Chop Suey</i> \$1.35 (p. 264) <i>OR Hawaiian Rice with Cashews</i> \$1.30 (p. 102)	<i>Vegetarian Avocado Burgers</i> \$1.35 (p. 185)	<i>Potatoes 'n Carrots Barbecue</i> \$1.20 (p. 164) <i>OR Scalloped Potatoes</i> \$1.00 - \$1.30 (p. 166)	<i>Refried Beans</i> \$1.15 - \$1.20 (p. 64) <i>OR Bean Burritos</i> \$1.35 (p. 65)	<i>Honey Baked Squash</i> \$.95 (p. 223) <i>OR Apple or Cranberry Acorn</i>	<i>Indonesian Summer Salad</i> \$1.15 (p. 264)	<i>Zesty Zucchini Bake</i> \$1.10 (p. 144) <i>OR Broccoli Cheese Casserole</i> \$1.25-\$1.30 (p. 207)
<i>Wild Rice Pilaf</i> \$1.15 (p. 95) <i>OR Stuffed Peppers w/Mexican Rice</i> \$1.00 (p. 129)	<i>Beef Stew</i> \$1.25 (p. 264)	<i>Golden Stuffed Potatoes</i> \$1.30 - \$1.35 (p. 85) <i>OR Stuffed Baked Potato</i>	<i>Black Beans 'n Rice</i> \$.95 - \$1.00 (p. 264) <i>OR Mexican Rice & Black Beans</i> \$.95 (p. 107)	<i>Squash \$1.00</i> <i>OR Apple Bean Salad</i> \$1.00 (p. 265)	<i>Good Shepherd's Pie</i> \$1.15 - \$1.30 (p. 196)	<i>Garbanzo & Pepper Curry</i> \$1.00 (p. 72) <i>OR Millet in-n Skillet</i> \$1.15 (p. 218)
<i>Toasted Quinoa Curry</i> \$1.15 (p. 216) <i>OR Marinated Tofu Stir fry w/Veggies</i> \$1.00 (p. 115)	<i>Veggi Burrito Rollups</i> \$1.25 (p. 205)	<i>Potatoes 'n Corn</i> \$1.20 (p. 160) <i>OR Creamed Potatoes 'n Peas</i> \$1.15 (p. 175)	<i>Chili</i> \$.90 (p. 60) <i>OR Baked Beans</i> \$1.45	<i>Pot O' Vegetables</i> \$1.20 (p. 167)	<i>Chili Mac</i> \$1.30 (p. 191) <i>OR Prudence's Chili Con Carne</i> \$1.35 (p. 190)	<i>Spinach or Broccoli Quiche</i> \$1.00 - \$1.10 (pp. 135, 138) <i>OR Eggplant Parmigiana</i> \$1.20 (p. 156)

58 Extra Low Fat Menus ~ 18% Fat Average

Non Dairy Vegetable	Ground Turkey, Chicken	Beef, Meatless Bean	Fish	Non Dairy Mtlss	Chicken, Turkey	Meatless Dairy
Bk'd Sweet Potatoes 19-22% (p. 220) or Stuffed Peppers w/Mex. Rice 19% (p. 129)	Burger Bean Stew 21% (p. 192) or Good Shepherd's Pie 21-25% (p. 196)	Chili or Bean Burritos 13% (p. 60) 16-25% (p. 65) or Beef Stew 22% (p. 264)	Tuna Noodle Yummy 16% (p. 173)	Wild Rice Pilaf 28% (p. 95) or Golden Stuffed Potatoes 22% (p. 85)	Hawaiian Rice 19% (p. 102) or Yaki Tori Chicken 14% (p. 114)	Fettucine 18% (p. 172) or Broccoli Cheese or Stuffed Bk'd Potato 18% (p. 157, 160)
Honey Baked Squash 23% (p. 223) or Almond Brown Rice 23% (p. 163)	Taco Salad 20% (p. 265) or Sweet 'n Sour Meat Balls 15% (p. 201)	Honey Lentils 11% (p. 66) or Avocado Orange Salad w/Lentil Soup 19% (p. 232)	Snappy Fillet 21% (p. 177) or Lemon Baked Fish 11% (pp. 178, 197)	Toasted Quinoa Curry 19% (p. 216) or Lentil Rice Casserole 11% (p. 68)	Bk'd Parmesan Chicken 17% (p. 96) or Lemon Herb Chicken 17% (p. 164)	Zucchini Bake 21% (p. 144) or Potatoes 'n Carrots Barbeque 17% (p. 164)
Veggi Burrito Rollups 24% (p. 205) or Sweet 'n Sour Stir Fry w/Cashews 22% (p. 212)	Chili Mac 14% (p. 191) or Ragout or Sloppy Joes 22% (pp. 198, 265)	Mexican Rice & Black Beans 19% (p. 107) or Beef Chop Suey 13% (p. 264)	Tuna Loaf 22% (p. 174) or Tuna Chop Suey 5% (p. 264)	Pot O' Vegetables 14% (p. 167) Yams in Orange Sauce 22% (p. 221)	Chicken Pot Pie 14% (p. 114) or Eggs in Bowl 20% (p. 99) or Chicken Chop Suey 10% (p. 264)	Golden Waffles 25% (p. 171) or Potato Pancakes 5-16% (p. 170)
Savory Brown Rice Pilaf 13% (p. 209) or Cashew Chop Suey 41% (p. 264)	Indonesian Summer Salad 18% (p. 264) or Chicken Fruit Mold 24% (p. 130)	Beef Stroganoff 13% (p. 78) or Beef & Celery 22% (p. 73)	Lemon Baked Salmon 24% (p. 179)	Snappy Bean Salad 17% (p. 265) or Saucy Spaghetti 20% (p. 265)	Chicken Paprikash 15% (p. 98) or Almond Turkey or Turkey Salad 17, 20% (pp. 122, 264)	Welsh Rarebit 19% (p. 154) or Au Gratin Potato 21% (p. 265)

30 Vegan Vegetarian Menus

Salad	Bean	Vegetable	Grain	Tomato	Meatless/ NoCheese	Meatless/ NoCheese
<i>Fruit Bowl Meal</i> (fruit, nuts only) (p. 265)	<i>Lentil Rice Casserole</i> (without cheese) (p. 68)	<i>Honey Baked Squash or Acorn Squash</i> (pp. 222, 223)	<i>Brown Rice Pilaf</i> (omit dip) (p. 208)	<i>Ratatouille</i> (p. 149)	<i>Baked Beans</i> (no cheese on salad) (p. 71)	<i>Cashew Chop Suey</i> (p. 264)
<i>King's Banquet</i> (w/out cheeses) (p. 224)	<i>Pot O' Limas</i> (p. 70)	<i>Yams in Orange Sauce</i> (p. 221)	<i>Almond Brown Rice</i> (p. 265)	<i>Meatless Saucy Spaghetti or Spagetti Squash</i> (pp. 195, 265)	<i>Refried Beans</i> (without cheese) (p. 64)	<i>Baked Potato Bar w/Vegetarian Topping</i> (p. 79)
<i>Tabouli</i> (omit fish, dip) (p. 177)	<i>Chili</i> (p. 60)	<i>Veggi Burrito Rollups</i> (w/mayonnaise; w/Spilt Pea Soup (p. 205; Soups, p. 40)	<i>Toasted Quinoa Curry</i> (omit Cucumbers in Sour Cream) (p. 216)	<i>Pasta Italian Salad</i> with French Bread (pp. 226, 260)	<i>Honey Lentils</i> (p. 66)	<i>Marinated Tofu Stir Fry</i> (p. 115)
<i>Potato Cucumber Salad</i> (w/mayonnaise) (p. 169)	<i>Black Beans 'n Rice</i> (without egg) (p. 264)	<i>Pot O' Vegetables</i> (p. 167)	<i>Brazil Nut Cass.</i> (omit turkey, sauce) w/Holiday Cranberry Mold (pp. 210, 251)	<i>Stuffed Peppers w/Mexican Rice</i> (p. 129)	<i>Mexican Rice & Black Beans</i> (p. 107)	<i>Baked Yams or Sweet Potatoes</i> (p. 220)

What About the Vegan Vegetarian Diet?

In this book there are over 40 vegan main dish recipes, 5 breads, over 30 salad accompaniments, 5 sauces, 5 salad dressings, and 17 vegetable recipes—a broad selection from which many menu combinations can be made. See also **Master Index--Main Dish Menu Planner, Vegan Vegetarian** chart, p. 44. Some recipes with a dairy ingredient can be modified and used successfully without that ingredient.

Vegans generally claim to have no deficiencies in protein, calcium, or vitamin B-12, while non-vegans distrust the vegan diet to provide these nutrients adequately. As long as a broad variety of wholefoods are eaten in adequate amounts to satisfy hunger and appetite, nutrient deficiencies are not as likely, but much care must be taken (see also **Master Index**, p. 95). A long range commitment to a vegan diet requires a firm belief that flesh foods are either not meant for humans or are currently too contaminated with chemicals. Most Americans adapt better to a wholefoods diet that is more lenient than the vegan vegetarian regimen, yet includes vegan recipes.

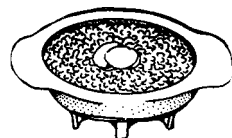
Vegetarianism is practiced both for religious and for health reasons. There is no Biblical basis, however, that vegetarianism should be practiced as a long term rule for health by all people. Some people thrive on the vegan diet, while others do better to include some flesh food in their diet. After the flood God gave Noah and his descendants flesh foods to eat although later, through Moses, God gave some specific restrictions in regard to scavenger animals. The Israelites raised and ate livestock, especially at feasts. In the **New Testament** both meat eating and vegetarianism are honored as matters of personal choice based on faith. There is plenty of room for tolerance of differing opinions on this subject (see *Romans 14*). See also **Master Index--Subject Index, Vegetarian Diet** and **Vegetarianism**.

Considerations for limiting the eating of flesh foods at this time are 1) contamination by chemicals, antibiotics, and hormones, 2) high risk of illness from salmonella through improper handling and cooking, 3) the digestibility of animal proteins and 4) the increase of saturated fat and cholesterol they add to the diet.

Modifications will need to be made in several of the *30 Vegan Vegetarian Menus*:

1. Substitute breads made with milk and eggs, such as muffins, *Cornbread*, *Baked Brown Bread*, and biscuits, with yeast bread recipes in this and other **Eating Better Cookbooks** (see chart, **Master Index**, p. 55) made without eggs or milk, commercial yeast breads, rice cakes, corn or wheat tortillas, or whole grain crackers.
2. For dairy based salad dressings substitute oil dressings. *Poppy Seed Dressing* (p. 133) is a good substitute for *Sweet Lite or Sweet Mayonnaise Dressing*.
3. Omit from menus any sauces prepared with dairy products.
4. In recipes calling for yogurt and mayonnaise, substitute all mayonnaise. Eggless mayonnaise may be purchased at a health food store or at Trader Joe Markets (see p. 16).

Lentil Rice Casserole



Our famous "dog food" casserole takes 5 minutes to assemble. Economical, too! Lentils and brown rice mutually increase the protein value of the other. Use *Sue's Kitchen Magic* (p. 20) for the yum flavor. If you work away from home, make it in the evening, refrigerate, and pop it in the oven to reheat for 20-30 minutes while you change your clothes and relax. Serve it with a colorful vegetable and salad or "hide" it in a burrito with chopped tomatoes, shredded lettuce, salsa, and yogurt-sour cream blend (our favorite way to serve it). Freezable.

AMOUNT: 4 to 6 Servings (About 3 Cups)

Bake covered: 300°F (150°C) - 2 to 2½ hours

1. Blend all together in a casserole dish except the cheese (wash lentils and rice, if needed):

3 cups water + 1 tablespoon *Sue's Kitchen Magic* (p. 20)

or 3 cups chicken broth (recipe, p. 93 or p. 16)

½ cup uncooked lentils (Beans, p. 16)

¾ cup uncooked brown rice (Rice, p. 19)

½ cup instant minced onion flakes

or 1 small onion, chopped

¾ teaspoon basil leaves (Herbs & Spices, p. 18)

½ teaspoon oregano leaves

½ teaspoon thyme leaves

½ teaspoon garlic powder

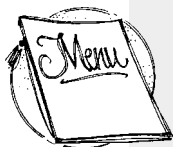
½ cup grated cheddar cheese, optional (Cheeses, p. 17)

2. Bake covered at 300°F (150°C) for 2 - 2½ hours until tender and the water is absorbed.

3. To serve, top hot casserole with the **grated cheese** and stir it in (the heat of the casserole will melt it); top with a handful of **minced fresh parsley**.

Per ½ Cup serving (with cheese)--Exchanges: 2.75 Meat, 3.25 Bread, 0.75 Vegetable;
415 Calories, 23 g protein (22%), 10.5 g fat (22%), 60 g carbohydrate (56%); 6.5 g sugars), 8 g dietary fiber, 30 mg cholesterol, 1048 mg sodium, \$.80

Per ½ Cup serving (without cheese)--Exchanges: 0.75 Meat, 3.25 Bread, 0.75 Vegetable;
304 Calories, 16 g protein (20%), 1.5 g fat (4%), 59 g carbohydrate (76%); 6.5 g sugars), 8 g dietary fiber, 868 mg sodium, \$.55



*Lentil Rice Casserole
with or without cheese
Broccoli-Cauliflower
Platter (p. 69)
Tossed Salad (p. 247)
Thousand Island
Dressing (p. 185)*

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

Boeff Chandlier

An elegant entre! For very tender meat slices, roast several hours in advance or day before and marinate in the sauce several hours or overnight (see step #5). Allow 1/3 lb. raw boneless roast per serving, or 1/2 lb. raw roast with bone per serving for 3.3 oz. serving cooked meat.

AMOUNT: 15 Servings

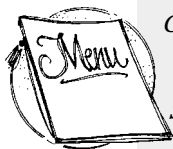
Bake covered: 325°F (165°C) - 2 hrs. 15 min. to 2 hrs. 45 min.

1. Rub roast with sweetener, season lightly with salt and pepper; brown on all sides over medium-high heat in skillet:
 - 5 lbs. boneless beef bottom round, rump, or pot roast
 - 1 teaspoon crystalline fructose or sugar (*Sweeteners, p. 20*)
 - salt and pepper
 - 1 teaspoon olive oil + 1 teaspoon butter (*unsalted preferred, p. 16*)
2. Place roast in baking pan; blend remaining ingredients in the skillet, bring to boil, reduce heat, and simmer for 3 minutes:
 - 8 oz. can (1 cup) tomato sauce
 - ¾ cup cooking sherry wine (*p. 17*)
 - 1 tablespoon honey or crystalline fructose (*Sweeteners, p. 20*)
 - 1½ teaspoons salt (*p. 19*)
 - ¾ teaspoon curry powder (*Herbs & Spices, p. 18*)
 - ½ teaspoon garlic powder
 - ¼ teaspoon cayenne pepper
 - 1 teaspoon worcestershire sauce (*p. 20*)
 - ¼ teaspoon Tabasco Sauce or hot sauce
3. Pour sauce over roast; insert meat thermometer in thickest part.
4. Cover tightly (use heavy foil if no lid is available) and bake in preheated oven at 325°F (165°C) for 2½ - 2¾ hours or until meat thermometer registers 160° F (70° C). Cool at least 10 minutes.
5. Slice roast thinly and lay slices in bake pan. Pour the sauce over all and cover tightly. Refrigerate until 45 minutes before serving.
6. **To serve,** Reheat covered at 325°F (165°C) for 30 - 45 minutes.

Per serving of 15 (sauce with 3.3 oz. lean cooked meat; with 1/8 tsp. salt, pepper in #1)

Exchanges: 3 Meat, 0.25 Bread, 0.25 Vegetable; 209 Calories, 27 g protein (56%),

8 g fat (38%), 3 g carbohydrate (7%; 2 g sugars), 78 mg cholesterol, 305 mg sodium, \$1.00



Boeff Chandlier
Golden Mashed Potatoes (p. 197)
4-Vegetable Stir-Fry (p. 83)
Green Leaf Salad (p. 246)
Sweet Orange Dressing (p. 245)
or herb vinegar (p. 248)
Baked Brown Bread (p. 219)
with Jam (p. 63)

\$1.0
16% - 19% Fat
727 - 758 Calories



Baked Parmesan Chicken

Our banquet and company special! Note the dramatic difference in the fat content of the reduced fat version. Both are tasty. Freezable.

AMOUNT: 6 Servings

Bake uncovered: 350°F (175°C) - 1 hour

- Blend in blender until small bread crumbs are formed; pour into shallow bowl:
 - 1 slice whole grain bread--to make 1 cup crumbs (p. 16)
 - 2 sprigs parsley (for about $\frac{2}{3}$ cup minced)
 - $\frac{2}{3}$ cup Parmesan cheese or 3 tablespoons (for reduced fat)
 - $\frac{1}{2}$ teaspoon salt (p. 19)
 - $\frac{1}{2}$ teaspoon garlic powder
- Trim visible fat from chicken pieces; dip pieces in butter or milk; pour any remaining butter into baking pan, or for reduced fat spray the pan with non-stick spray:
 - 2 lbs. skinned boneless chicken breast pieces (p. 39)
 - $\frac{2}{3}$ cup (1 stick) butter (unsalted preferred, p. 16)
 - or $\frac{2}{3}$ - $\frac{1}{2}$ cup nonfat milk as needed (for reduced fat)
- Coat chicken pieces in crumb mixture on both sides; place in single layer in baking pan.
- Garnish with paprika; bake uncovered at 350°F (175°C) until tender, about 1 hour; baste 2 or 3 times during baking. Cover with foil if chicken begins to brown too much before done.

Per serving of 6 (about 3.4 oz. meat with butter and $\frac{1}{2}$ cup Parmesan cheese)

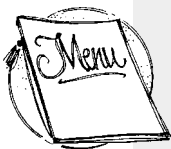
Exchanges: 3 Meat, 3 Fat, 0.25 Bread; 326 Calories, 31 g protein (40%), 20 g fat (56%), 3 g carbohydrate (4%), 0.5 g dietary fiber, 119 mg cholesterol, 260 mg sodium, \$1.50

Per serving of 6 (without butter, dipped in milk, 3 tablespoons Parmesan cheese)

Exchanges: 2.75 Meat, 0.25 Bread; 177 Calories, 30 g protein (71%), 4 g fat (21%), 3.5 g carbohydrate (8%; 1 g sugars), 0.5 g dietary fiber, 76 mg cholesterol, 187 mg sodium, \$1.40

HURRY UP VARIATION

Very juicy and quick. Lay chicken pieces dipped in milk or butter in pan; generously sprinkle crumb mixture over the top. Bake covered.



Baked Parmesan Chicken

Brown Rice Pilaf (p. 208)

Broccoli (p. 211)

Pineapple Sunshine

Mold on Greens (p. 250)

1 Good Earth Roll (p. 236)

(w/out sunflower seeds)

Whipped Butter (p. 221)

& Jam (p. 63)

\$2.55 - \$2.65

17% - 30% Fat

787 - 935 Calories

Cashew Chicken Salad

A home rendition of our favorite Good Earth Restaurant salad. See Menu #9, p. 264. Serve with Poppy Seed Dressing (below).

AMOUNT: 2 Servings

1. Blend first 5 ingredients together and mix with next two:

- ½ cup nonfat or lowfat plain yogurt (p. 20)
- 2 tablespoons mayonnaise (p. 18)
- 1 teaspoon lemon juice (fresh preferred)
- 1 teaspoon crystalline fructose or honey (Sweeteners, p. 20)
- ½ teaspoon onion powder (Herbs & Spices, p. 18)
- 1 cup chopped cooked chicken breast (p. 92)
- ½ cup chopped celery

2. Divide following ingredients in half and arrange attractively on two large plates or large salad bowls:

- lettuce cups (butterhead lettuce is especially nice)
- 4 cups dark leafy green lettuce, broken
- 1 cup iceberg lettuce, broken
- 1 carrot, cut in thin rounds or julienne cut (p. 183)
- 3 artichoke hearts, cut in several pieces (water packed; supermarket)
- 4 radishes, sliced
- 8 sticks jicama (p. 105)
- 12 slices cucumber, unpeeled and scored
- 1 tomato, cut in 6 wedges or slices
- ½ avocado, cut in 6 wedges
- chicken-celery mixture
- 6 tablespoons cashews (Nuts, p. 18)
- ½ cup alfalfa sprouts

Per serving of 2 (all ingredients; dressing not included)--Exchanges: 2.25 Meat, 6 Fat, 0.5 Bread, 4.5 Vegetable, 0.25 Fruit; 566 Calories, 34 g protein (33%), 33 g fat (51%), 38 g carbohydrate (26%; 17 g sugars), 10 g dietary fiber, 64 mg cholesterol, 381 mg sodium, \$2.75

Poppy Seed Dressing

AMOUNT: 1½ Cups

Place in blender and blend well on high speed for 2 minutes; chill; shake well to serve:

- 1 cup canola or safflower oil (Oils, p. 18)
- ½ cup apple cider vinegar
- ½ cup honey
- 2 tablespoons poppy seeds (Nuts & Seeds, p. 18)
- ½ teaspoon salt (p. 19)



Per 1 Tbsp: 1.75 Fat, 0.25 Bread; 87 Calories, 8.5 gm. fat (84%), 3.5 g carbohydrate (15%; 3.5 sugars) 40 mg. sodium, \$.10

Seasoned Ground Turkey

Great for using in any recipe calling for hamburger or ground beef. Seasoning really improves the flavor! I have used 7% fat Turkey Store brand for the nutritional information both in this and all recipes calling for ground turkey. This brand ground turkey is 45% fat in calories. If you use a different brand or part of the turkey, the actual fat and calorie level will be different. For some choices see Turkey Buying Guide, p. 21.

AMOUNT: 1 lb. (2½ cups cooked)

Mix together thoroughly and brown in skillet being careful not to overcook (ground turkey cooks faster than ground beef):

1 lb. ground turkey (p. 21)

½ **teaspoon nutmeg**

½ **teaspoon thyme leaves** (*Herbs & Spices*, p. 18)

½ **teaspoon garlic powder**

½ **teaspoon sage**

1 tablespoon worcestershire sauce (p. 20) **or soy sauce** (p. 19)

2 tablespoons catsup (p. 16)

or tomato sauce

Per recipe--Exchanges: 11.75 Meat, 0.5 Vegetable; 0.25 Fruit; 667 Calories, 92 g protein (55%),

32 g fat (43%), 4 g carbohydrate (2%; 4 g sugars), 0.5 dietary fiber, 210 mg cholesterol, 430 mg sodium, \$2.50

Convenience Tip: Blend 2 tablespoons each of the dry spices/herbs and store in a tightly covered jar to save measuring each one every time. Use ½ teaspoon per 1 lb. ground turkey; write this on container including amount of catsup and soy or worcestershire sauce per lb.

Turkey Burger Patties

Seasoned Ground Turkey (above) shaped into patties. Add the bran for extra nutrition and to help hold patties together better. Freezable.

AMOUNT: 4 Patties

1. Mix together thoroughly and shape into 4 patties:

1 lb. uncooked Seasoned Ground Turkey (above)

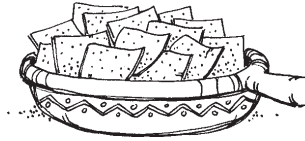
½ - ¾ **cup oat or wheat bran, optional**

2. Broil as hamburger patties but not quite as long, or bake 10 - 15 minutes at 350°F (175°C). These may also be fried but they will not be as moist. No fat is usually needed to cook ground turkey in any pan, but spray the pan with non stick olive oil spray for a little easier turning.

Per patty with oat bran--Exchanges: 2.75 Meat, 0.75 Bread; 223 Calories, 26 g protein (47%), 9 g fat (36%), 9.5 g carbohydrate (17%; 1 g sugars), 2.5 g dietary fiber, 70 mg cholesterol, 108 mg sodium, \$.70

Taco Chip O'le

A winner for all ages, this is a refreshing variation on tacos and so easy to serve!



AMOUNT: 4 to 6 Servings

1. Brown turkey, adding onion when about half browned:

1 lb. Seasoned Ground Turkey (p. 184)
½ cup chopped onion

2. Add to browned turkey and onion, bring to a boil, lower heat and simmer 15 minutes to blend flavors, stirring occasionally:

15 oz. can tomato sauce
¾ teaspoon chili powder
¼ teaspoon garlic powder
⅛ teaspoon ground cumin seed (*Herbs & Spices*, p. 18)
dash oregano leaves
salt, to taste, optional (simmer 15 minutes before adding to taste)

3. Meanwhile, assemble in separate serving dishes for the table:

1¼ cups grated cheddar cheese (*Cheeses*, p. 17)
2 cups leafy green lettuce, shredded
2 cups iceberg lettuce, shredded
2 medium tomatoes, chopped small
2¼ oz. can sliced ripe olives, drained, optional
16 oz. taco or tortilla chips, half baked, half regular¹ (p. 20)
salsa, as desired
½ - ¾ cup Yogurt-Sour Cream Blend, optional (p. 203)

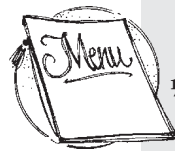
4. **To serve**, spread sauce over chips and top with greens, tomatoes, cheese, olives, salsa, yogurt-sour cream.

Per serving of 6 (with 1 tsp. salsa, 2 cups taco chips; ripe olives not included)

Exchanges: 3.25 Meat, 1 Fat, 4 Bread, 1.75 Vegetable; 583 Calories, 30 g protein (21%), 20 g fat (31%), 70 g carbohydrate (48%; 4.5 g sugars), 10.5 g dietary fiber, 72 mg cholesterol, 888 mg sodium, \$1.35

2 tablespoons sliced ripe olives per serving

0.5 Fat Exchange, 25 Calories, 2.5 g fat (100%), 38 mg sodium, \$.20



Taco Chip O'le
with or without ripe olives
Broccoli (p. 211)
½ C. Frozen Vanilla Yogurt
(*Desserts*, p. 141,
or commercial nonfat)
with ¼ C. Crushed Pineapple

\$1.95 - \$2.15
26% - 28% Fat
693 - 718 Calories

¹Amount sodium will vary considerably according to brand of chips used. Chips used in this recipe based on Trader Joe's regular and baked tortilla chips (see p. 20).

Millet-in-a-Skillet

Millet, a tiny round yellow grain, is a staple food in Africa, China, and Japan. Most Americans know it as bird seed. This tasty recipe will help you get millet out of the birdcage and onto the family table as a main dish alone, or as poultry stuffing. The late nutritionist, Paavo Airola considered millet "king of all grains," high in complete proteins (having a good balance of essential amino acids), low in starch, very easily digested and never causing gas or fermentation in the stomach. Few persons are allergic to it. Millet is rich in vitamins, minerals, and trace minerals, and the highest grain source of iron, except amaranth (an even lesser known grain).

AMOUNT: 4 to 6 Servings (About 4 Cups)

1. Bring water to boil and add salt. Stir in millet gradually so that water continues to boil:

3 cups water

$\frac{3}{4}$ teaspoon salt, optional (p. 19)

$\frac{3}{4}$ cup uncooked millet (Grains, p. 18)

2. Cover tightly, reduce heat and simmer 40 minutes or until all the water is absorbed and millet is tender; keep hot.

3. While the millet cooks, saute almonds and vegetables in oil and butter in skillet, blending in seasonings when done:

1 tablespoon canola or olive oil (Oils, p. 18)

1 tablespoon melted butter (unsalted preferred, p. 16)

$\frac{1}{2}$ cup almonds, slivered, sliced, or chopped (Nuts, p. 18)

$\frac{1}{2}$ cup chopped onion

$\frac{1}{2}$ cup chopped celery

1 clove garlic, minced

or $\frac{1}{8}$ teaspoon garlic powder (add with other seasonings)

2 tablespoons soy sauce (Kikkoman Lite preferred, p. 19)

$\frac{1}{2}$ teaspoon curry powder (Herbs & Spices, p. 18)

$\frac{1}{4}$ teaspoon thyme leaves

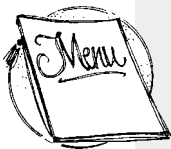
$\frac{1}{4}$ teaspoon rosemary leaves (crush between fingers)

4. Fold into cooked millet:

sauteed vegetables and nuts

$\frac{1}{4}$ - $\frac{1}{2}$ cup plain nonfat yogurt (do not add yogurt if using recipe to stuff chicken or turkey)

Per 1 cup serving--Exchanges: 0.25 Meat, 2.5 Fat, 1.75 Bread, 0.25 Vegetable, 0.25 Fruit; 272 Calories, 9 g protein (12%), 14 g fat (43%), 32 g carbohydrate (45%; 2.5 g sugars), 3.5 g dietary fiber, 8 mg cholesterol, 310 (708) mg sodium, \$.40



Millet-in-a-Skillet
Peppers & Squash Gourmet
(p. 109)
Sliced Tomatoes
Baked Brown Bread (p. 219)
with Jam (p. 63)

\$1.15

23% Fat

596 Calories

Living Bread

I love working with food. I marvel at the variety, the textures, the flavors, the colors, and the endless ways to prepare it. There is almost nothing I like better than to serve others a beautiful satisfying meal of tasty, nutritious food. This interest was sparked in me even before I began a college career in home economics education.

But I had little awareness of the Master Chef, the personal Creator who had originated the foods I loved to prepare. My background wasn't religious, although from childhood I believed in my own idea of God. I had heard of Jesus, but I understood him only as the greatest man who ever lived. He was not essential to my belief in God. Yet, while my belief in God was a security, I had but a vague understanding of who he was. Thus my enrollment in college was just part of my own plan for fulfillment and had little to do with spiritual concerns.

When I began to attend a Bible study in my dormitory (under the pressure of much friendly persuasion), I brought my own idea of Jesus--the greatest man who ever lived. And that was all. I wasn't aware that He had created a complete meal for over 5,000 people out of 2 fish and 5 loaves of barley bread by just saying the word! I soon learned that my conception of him was far too limited.

In the beginning was the Word and the Word was with God, and the word was God...The Word became flesh and lived for a while among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth. John 1:1, 14 (NIV)

Who was Jesus Christ? The greatest Man that ever lived? Yes! But much more. He was the living God! Was it possible that I could believe in God and reject Jesus Christ? No! *Through him all things were made; without him nothing was made that has been made. John 1:3* Jesus Christ was present and active in the creation of the world!

Why did I need to concern myself with believing in Jesus Christ? He sought a personal relationship with me. *My sheep listen to my voice I know them, and they follow me. John 10:27 (NIV)* He created food for me, but he created me for himself. And he designed me to live in a creature-creator relationship to himself, to honor and reflect his creative and moral magnificence.

Yet, there is a split between human beings and God which has been widening ever since Eve deliberately chose to defy his instructions by

eating and serving the wrong food. She suffered the consequences of that choice--separation from his fellowship and death, both physical and spiritual. She chose to make her decisions about life independently of God, and that is exactly what I had done, too.

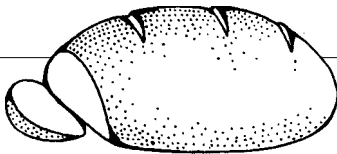
No one had ever explained to me that I was "spiritually dead" or that the purpose of God, the Son, *becoming flesh* was not just to identify with my human situation, although he did that, too. It was to accept the death penalty, to pay the price for human rebellion, that is human independence from God, and to restore the fellowship relationship. Imagine, the eternal, living, personal God taking my death sentence upon himself! Thus I discovered it is not possible to honor God or to know him without Jesus. I learned that receiving God, the Son, Jesus Christ, was receiving the Father as well. *I am the way and the truth and the life. No one comes to the Father except through me. If you really knew me, you would know my Father as well. From now on, you do know him and have seen him...Anyone who has seen me has seen the Father. John 14:6-7, 9 (NIV)*

I made a personal commitment of my life to Jesus Christ. *Yet to all who received him, to those who believed in his name, he gave the right to become children of God. John 1:12 (NIV)* It was a new beginning of forever living, not easy living, but living the way for which I was created.

Jesus said, "I am the bread of life. He who comes to me will never go hungry...I am the living bread that came down from heaven. If a man eats of this bread, he will live forever." John 6:35, 51 (NIV)

This is the living bread that you may eat of and not die.

Sue



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