

Makes Calorie Counting
& Menu Balancing Easy

Weight Management

with

*for Health
Hospitality*

SUE GREGG

SueGreggCookbooks

Makes Calorie Counting
& Menu Balancing Easy

Weight Management

with



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PUBLICATIONS BY SUE GREGG

SueGreggCookbooks

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Soups & Muffins, 2nd edition

Meals in Minutes, 4th edition

Lunches & Snacks, 3rd edition

Breakfasts, 3rd edition

Desserts, 2nd edition

Master Index & Menu Planner

Yeast Breads, 2nd edition

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Foreword

In her search for tasty recipe variety for PRISM®, a faith based weight loss program, Angela Shephard was introduced to the **SueGreggCookbooks**. She said, “These healthy, tasty recipes are exactly what my PRISM® classes need to move forward in the maintenance phases of the program.” Consequently she requested that I catalog our cookbook recipes according to the 5 phases of PRISM®.

That prompted my writing **Weight Management with the SueGreggCookbooks**. Over 780 recipes and 370 foods have been divided into 5 levels that parallel the 5 PRISM® phases. Basically, however, all the recipes are suitable for all levels of PRISM® except grain items. Thus, I have more or less arbitrarily selected a level for all these recipes according to 1) total Calorie count and 2) total number of net carbohydrate grams per serving (total carbohydrate minus the fiber grams). For example, in general, if a food or recipe contains more than 25 net carbohydrate grams or over 300 Calories, it is not listed for the first level.

The PRISM® program accepts the nutritional standards for the quality of ingredients used in our recipes combined with a biblical foundation. We are especially pleased that the program is generous with the daily allowable servings of whole grains from the start, since we are convinced that whole grains are a special blessing from our Creator, that provide great satisfaction, variety and an abundance of nutrients.

In working with Angel’s PRISM® classes I’ve discovered that **the SueGreggCookbooks** provide realistic solutions for addressing weight loss and weight management. So while we have not made this the primary focus of our books in the past, we are now recognizing the value of doing so.

You can use this book, of course, without enrolling in PRISM®. At a minimum you need our **Main Dishes**. Better yet the entire set.

Sue Gregg

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Lifetime Weight Management

...He has not left himself without testimony

*He provides you with plenty of food
and fills your hearts with joy.*

Acts 14:17

Overweight is a heavy burden. The best selling book of the past year was *The Purpose Driven Life*--22 million copies and growing. In 2004 the next three were diet books. Combined, they added up to over 12 million copies sold--testifying to this burden.

Jesus said, "Take my yoke upon you, for my yoke is easy and my burden is light." This is the way it should be. "Light" means there is joy in it, not that it doesn't require effort and self-sacrifice. Jesus, our role-model, laid down his life. Yet, for the joy set before him, he endured (Hebrews 12:2). The labor over this book has therefore been a joy for me, because I know that the recipes and menus reflect the joy that God intended our dinner tables to be.

Food should be tasty. It should have aesthetic appeal. It should satisfy-- emotionally and physically. This is the way it should be. And it should reflect the character of God serving his purposes. Only nutritious whole foods prepared and served in tasty, eye-appealing ways will accomplish God's full intentions for eating. Likewise, food should draw families and friends, and even strangers, together for fellowship with one another and God. This is the way it should be. God gave man bread that we may learn to live not by bread alone, but by every word that comes out of his mouth (Deuteronomy 8:3; Matthew 4:4). This means that eating is ultimately for a higher purpose than the eating itself. The higher purpose is to lead us to God in complete worship and service and to assist others to do the same. Food is thus a platform in itself testifying to God's reality, power and goodness. Nothing testifies more graphically to this than when Jesus took bread, broke it, gave thanks, and said to his disciples, "This is my body given for you; do this in remembrance of me" (Luke 22:19). Every meal should be a remembrance of what God has done for us, especially of his great salvation gift offered to us in Christ. This is the way it should be.

Many diet programs are self-focused. The lust of the eyes and of the flesh and the pride of life are powerful motivators for losing and maintaining weight. Millions are so motivated. But for Christ followers it ought not to be. Yes, it is very self-satisfying to look attractive, to seek personal beauty, to feel good and be energetic. Considering our own individual needs has some value, though in general the nutritional needs of all are remarkably similar. Yet, has God called us to primarily focus on personal needs? Has he not called us to his plans, to his purposes beyond ourselves? Our reasons for weight management and health ought to line up with these. This is the way it should be. What are God's plans and purposes? First, they call us to worship him, then to serve others. For the love of his Father, Jesus laid his life down for his friends. There is no greater love than this. He calls us to do no less. For whom do we lay our lives down if it is not those God has given us to live and work with and for? This means that we have a God-given call to our families, to husbands/wives, and to children (Titus 2:3-5). It means we have an additional obligation to the family of God and beyond that, to the world. The task set before us, therefore, is to manage food to serve all these while at the same time managing our personal health needs. The task, therefore, is to choose a weight management program that meets the needs of the community within which we live and serve. This is the way it should be.

Women (and men) striving to lose weight and maintain it should be able to do so without going on a special diet apart from their group context and without becoming a short-order cooks. Weight management should not be a program for "now" but not "later," or for "me" but not others. The only time for austerity is during fasting, famine or when the budget is strained. Even in the event of the latter two, a limited amount of food choices should be served as creatively and tastily as possible--creatively and tastily while serving God's purpose. This is the way it should be. In this there is joy, making the "burden light." This aim of *Sue Gregg Cookbooks* is carried through with *Lifetime Weight Management with The Sue Gregg Cookbooks*.

Recipes & Foods Chart

*So whether you eat or drink
or whatever you do,
do it all for the glory of God.
1 Corinthians 10:31*



RECIPES & FOODS CHART

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Introduction to the Recipes & Foods Chart

The book code used for recipes is: *Breakfasts* - B, *Lunches & Snacks* - LS, *Soups & Muffins* - SM, *Meals in Minutes* - MM, *Main Dishes* - MD, *Desserts* - D, *Holiday Menus* - HM, followed by the page number, e.g. *Almond Coffee Cake*, B233. If the recipe is followed by a page number and no book code, it refers to this book, e.g. *Brown Rice*, p. 226. In order to incorporate the *Two-Stage Process* (pp. 218-220) recipes in this book take priority over the same recipes in the other cookbooks, except the 4th edition of *Meals in Minutes* (which has already been updated).

Recipes are listed in alphabetical order according to the first word in the title of the recipe, e.g. *Apple Raisin Bagels*, is listed according to *Apple*. Commercial food items may be alphabetically listed according to type. For example, commercial bagels are listed under **bagels, commercial**. This is true for commercial cold cereals, hot cereals, granola, sandwich breads, pita bread, rice cakes, crackers, tortilla chips and tortillas.

Recipes and foods are assigned a level number (Column **L**) from 1 - 5. These levels parallel the *Prism* weight management program, although I include a broader range of baked items than Prism currently allows because the recipes meet higher nutritional standards and wider variety than comparable commercial products. Suggested key starter recipes at each level are superscripted with a “ \diamond ” after the Level number, e.g. *Almond Brown Rice* 1 \diamond . Demonstrations of many of these recipes are available on CD or DVD from *SueGreggCookbooks*.

Recipe titles are italicized (e.g. *Almond Milk*; *Dan's 2% Lowfat Milk*). Foods and food products are not italicized (e.g. Almond Milk; milk, 2% lowfat).

The nutrient data presented in this book supersede data given in the cookbooks. Changes in recipes are listed in the chart. Be sure to follow them. One exception: All our recipes are being updated to use lowfat dairy products in place of nonfat. The data on the chart reflects this change even when not listed on the chart. This change is being made because some fat is needed in dairy products to facilitate absorption of the calcium. All gram counts are rounded off to the nearest whole upward.

Size servings listed in the chart are occasionally different than the number of servings listed at the top of recipes in the cookbooks. Go by the number or size of servings given in the chart.

An asterisk (*) preceding a recipe or food, e.g. **Baked Parmesan Chicken*, MD96^F, indicates the item contains 25 grams or less net carbohydrate per serving. Net carbohydrate (NCARB) is the total carbohydrate minus the grams of dietary fiber. This does not mean the item is not a high density carbohydrate (a recipe or food high in either starch and/or sugar). The superscripted “F” after the book code indicates the recipe is freezable.

**BREADS, BAKED ITEMS,
CRACKERS, CHIPS****L SERVING SIZE CAL CARB NCARB PRO FAT*****Almond Coffee Cake*, B233**

with <i>barley</i> + optional oil	5♦ 1 piece of 15	247	34 g	32 g	5 g	10 g
with <i>barley</i> + no optional oil		215	35 g	32 g	5 g	6 g
with <i>brown rice</i> + optional oil		235	35 g	33 g	4 g	9 g
with <i>brown rice</i> + no optional oil		203	35 g	32 g	4 g	6 g
with <i>Kamut</i> ® + optional oil		229	34 g	31 g	5 g	9 g
with <i>Kamut</i> ® + no optional oil		197	34 g	31 g	5 g	6 g
with <i>pastry grain</i> + optional oil		215	31 g	29 g	4 g	9 g
with <i>pastry grain</i> + no optional oil		183	31 g	29 g	4 g	5 g
with <i>spelt</i> + optional oil		219	33 g	29 g	5 g	9 g
with <i>spelt</i> + no optional oil		188	33 g	29 g	5 g	6 g

* <i>Almond Millet Muffins</i> , SM91	4 1 muffin of 12	189	25 g	23 g	5 g	9 g
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<i>Amaranth Muffins</i> , SM87	5 1 muffin of 12	161	32 g	30 g	5 g	2 g
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Apple Coffee Cake, B234

with <i>barley</i>	5	1 piece of 15	215	35 g	32 g	5 g	6 g
with <i>brown rice</i> (1 1/2 cups)			203	35 g	33 g	4 g	6 g
with <i>Kamut</i> ®			196	34 g	29 g	5 g	6 g
with <i>pastry grain</i>			196	33 g	30 g	4 g	6 g
with <i>spelt</i>			188	33 g	29 g	4 g	6 g

1/4 cup olive oil may be optionally added in step #3; this will add 40 Calories + 4 g fat per piece to the listed data

Apple Oat Muffins, SM81	5	1 muffin of 12	163	34 g	31 g	4 g	2 g
Apple Raisin Bagels, LS128	4	1/2 bagel of 12	162	31 g	27 g	5 g	3 g
Applesauce Muffins, LS43 (no nuts)	5 [♦]	1 muffin of 12	186	35 g	33 g	3 g	4 g

Apricot Pecan Coffee Cake, B235

with <i>barley</i>	5	1 piece of 18	195	32 g	30 g	4 g	5 g
with <i>brown rice</i> (1 1/2 cups)			186	32 g	31 g	3 g	5 g
with <i>Kamut</i> ®			180	32 g	29 g	4 g	5 g
with <i>pastry grain</i>			179	32 g	29 g	3 g	5 g
with <i>spelt</i>			175	31 g	28 g	4 g	5 g

1/4 cup olive oil may be optionally added in step #3; this will add 27 Calories + 3 g fat per piece to the listed data; cut pan 6 pieces x 3 pieces

**BREADS, BAKED ITEMS,
CRACKERS, CHIPS****L SERVING SIZE CAL CARB NCARB PRO FAT*****bagels, commerical** (health food store)

	L	SERVING SIZE	CAL	CARB	NCARB	PRO	FAT
Low Carb <i>Emporium</i> 7-Grain Fiber Cinnamon Raisin Bagels	4	1/2 bagel	81	11 g	5 g	5 g	2 g

Ingred: water, whole wheat flour, wheat
gluten, oat fiber, soy fiber, flaxseed,
soybean oil, soy flour, sunflower seeds,
wheat bran, salt, cinnamon, wholemeal
wheat sour, raisins, yeast, calcium
propionate, malted barley flour, enzymes,
ascorbic acid

Spelt Bagels, Yeast Free Organic <i>Fennel Meadow</i> Ingred: stoneground whole spelt, filtered water, celtic sea salt (unrefined)	4	1/2 bagel	105	21 g	18 g	6 g	1 g
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Sprouted Wheat Bagels <i>Alvarado St. Bakery</i> Ingred: sprouted organic whole wheat, organic unbleached wheat flour, filtered water, 100% pure barley malt, onions, sea salt, cultured wheat, fresh yeast poppy seeds	4	1/2 bagel	160	33 g	32 g	6 g	1 g
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B Breakfasts, LS Lunches & Snacks, SM Soups & Muffins, MM Meals in Minutes, MD Main Dishes, D Desserts, HM Holiday Menus

BREAKFAST CEREALS	L	SERVING SIZE	CAL	CARB	NCARB	PRO	FAT
<i>Almond Raisin Buckwheat</i> , B113 with <i>Dan's 2% Lowfat Milk</i>	5	1/2 cup	176	31 g	28 g	6 g	4 g
*Apple Millet Cereal , B112 with raw whole milk	1	1/2 cup	92	17 g	16 g	3 g	2 g
with <i>Dan's 2% Lowfat Milk</i>			86	17 g	16 g	3 g	1 g
Variation: #3 only with 1 tbsp. each walnuts, raisins, 1/8 tsp. cinnamon, 1 tsp. maple syrup			102	19 g	18 g	3 g	2 g
*Buckwheat Kasha , p.223	1	1/2 cup ck'd	71	11 g	10 g	2 g	1 g
Build-a-Cereal , see p. 170-171		1 [◇]					
*cold cereals, commercial							
Cherrios Incred: whole grain oats,modified cornstarch, cornstarch, sugar, salt, calcium car- bonate, oat fiber, tripotassium phosphate, wheat starch, vitamin E (mixed tocopherols), vits/mins.	1	1 cup	110	22 g	19 g	3 g	2 g
Grape-Nuts, <i>Post</i>		1/4 cup	104	24 g	21 g	3 g	—
Kamut Flakes, <i>Arrowhead Mills</i> (health food store; ingred., p. 32)	1	1 cup	120	25 g	22 g	4 g	1 g

MAIN DISHES	L	SERVING SIZE	CAL	CARB	NCARB	PRO	FAT
* <i>Almond Brown Rice</i> , p.226, MM68 ^F	1	† 1/2 cup	118	22 g	21 g	4 g	2 g
* <i>Almond Lemon Chicken</i> , MM34 ^F	3	1 serving of 6 5.33 oz. raw weight	397	26 g	24 g	35 g	15 g
* <i>Almond Turkey</i> , MD122 ^F	1	2.66 oz. raw weight	174	2 g	2 g	20 g	10 g
<i>Amandine Quiche</i> , MD134 ^F There an insignificant difference with other vegetable choices		1/6 pie filling with <i>broccoli</i>	316	8 g	7 g	26 g	21 g
with <i>Quiche Crust a.</i> , MD136 with <i>spelt flour</i> (see others, p.99)	4	1/6 pie with crust	464	36 g	28 g	31 g	24 g
<i>Apple Acorn Squash</i> , MD222	4	1/2--1 lb squash	349	49 g	41 g	4 g	16 g
<i>Asparagus Goldenrod</i> , MD63	4	1 serving of 6	351	48 g	38 g	16 g	9 g
* <i>Au Gratin Baked Potatoes</i> , MD162	2	1/2--6 oz potato	154	19 g	17 g	6 g	7 g

*=25 grams or less net carbohydrate per serving, L=Level, ♦=Key Recipe, F=Freezable

* <i>Autumn Stew</i> , MM52 ^F	1	1 serving of 8	152	16 g	11 g	15 g	5 g
<i>Baked Beans</i> , MD71 ^F	3	1/2 cup	189	39g	36 g	11 g	1 g
* <i>Baked Corn Pudding</i> , MD148	2	1 serving of 6	190	26 g	22 g	8 g	7 g
* <i>Baked Parmesan Chicken</i> , p.230 ^F or MD96 ^F							
with butter and 1/2 cup Parmesan	3♦	5.33 oz raw weight	326	3 g	2 g	31 g	20 g
with nonfat milk and 3 tbsps Parmesan	2♦	5.33 oz raw weight	177	4 g	3 g	30 g	4 g
<i>Baked Potatoes</i> , MD79	2	6 oz raw wt, unpeeled	149	34 g	31 g	3 g	—
* <i>Baked Potato Gourmet</i> , MD162 avocado not included	3♦	6 oz potato	378	50 g	41 g	14 g	16 g
* <i>Baked Sweet Potatoes or Yams</i> , MD220 includes the skin	2♦	5 oz potato before baking	91	21 g	19 g	2 g	1 g
* <i>Barbecued Franks 'n Beans</i> , MM60 ^F with 5 franks (1/2 package)	3	1 serving of 5	285	28 g	22 g	11 g	15 g
* <i>Barley Casserole</i> , MM42 ^F	1	1 serving of 6	151	22 g	17 g	5 g	5 g

75 B *Breakfasts*, LS *Lunches & Snacks*, SM *Soups & Muffins*, MM *Meals in Minutes*, MD *Main Dishes*, D *Desserts*, HM *Holiday Menus*

DESSERTS	L	SERVING SIZE	CAL	CARB	NCARB	PRO	FAT
PIES & PIE CRUSTS							
Banana Cream Pie , D122 with <i>Whole Wheat Single Crust</i>	5	1 serving filling of 8	225	32 g	31 g	6 g	9 g
		1/8th of 9 1/2" pie	425	51 g	47 g	4 g	12 g
*Barley Oat Single Pie Crust , D118	5	1 wedge of 8	227	23 g	21 g	4 g	12 g
Carob Tofu Pie , D125 with <i>Coconut Almond Pie Crust</i>	5	2 serving filling of 8	293	25 g	24 g	9 g	9 g
		1/8th 9" or 9 1/2" pie	473	33 g	29 g	11 g	25 g
*Coconut Almond Pie Crust , D125	5	1 wedge of 8	180	8 g	5 g	2 g	16 g
Fresh Apple Pie , D120 with <i>Whole Wheat Single Crust</i> with <i>Whole Wheat Double Crust</i>	5	1 serving filling of 8	135	35 g	32 g	—	—
		1 serving of 8	335	54 g	47 g	5 g	12 g
			382	59 g	52 g	5 g	12 g
Fresh Berry or Cherry Pie with <i>Whole Wheat Single Pie Crust</i>							
<i>blackberry pie</i>	5	1 piece of 8	335	49 g	41 g	6 g	14 g
<i>blueberry pie</i>			339	51 g	45 g	6 g	14 g
<i>cherry pie</i>			359	54 g	48 g	6 g	14 g

PIES & PIE CRUSTS, CONT'D

*=25 grams or less net carbohydrate per serving, L=Level, ♦=Key Recipe, F=Freezable

*Graham Cracker Crust , D119	5	1 wedge of 8	130	13 g	11 g	—	9 g
Heavenly Pecan Pie , D121	5	1 serving filling of 8	480	54 g	52 g	8 g	27 g
with ingredients for 9" pie							
with <i>Whole Wheat Single Crust</i>		1/8th of 9" pie	680	73 g	67 g	13 g	39 g
Lemon Meringue Pie , D123	5	filling/meringue 9" pie	179	29 g	29 g	3 g	6 g
with <i>Whole Wheat Single Crust</i>		1/8th of 9" pie	379	48 g	44 g	8 g	18 g
Lemon Tofu Cheese Pie , D124	5	1 serving filling of 8	183	20 g	20 g	9 g	9 g
with <i>Sue's Special Rice Pie Crust</i>		1/8th of 9 1/2" pie	323	39 g	38 g	11 g	15 g
Pumpkin Pie , D127	4	1 serving filling of 8	144	24 g	22 g	6 g	4 g
with <i>Whole Wheat Single Crust</i>	5	1/8th of 9" or 9 1/2"	344	43 g	37 g	11 g	16 g
with <i>Sue's Special Rice Pie Crust</i>		pie	284	43 g	40 g	13 g	22 g
Quick Coconut Blender Pie , D126	4♦	1 serving of 8	245	31 g	29 g	5 g	12 g
with <i>brown rice</i>							
*Sue's Special Rice Crust , D118	5	1 wedge of 8	140	19 g	18 g	2 g	6 g
*Whole Wheat Double Crust , D117	5	1 wedge of 8	247	24 g	20 g	5 g	12 g
with <i>spelt flour</i> (1/2 cup more)			272	30 g	24 g	5 g	12 g

Build-a-Salad

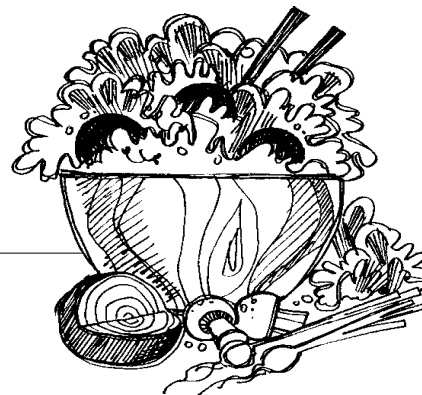
Calculating calories in a tossed salad is a tedious task. It is time to simplify the calorie-counting process so you can enjoy the meal. You could follow one recipe, count the calories once, and repeat that recipe, but who wants to eat the same salad again and again just because of numbers?

Few of us eat enough of our “veggies” anyway. For all the space salads occupy on a plate they hardly tip the calorie scale compared to the stuff on the other side of the plate. Think about it. Only 12 calories in a cup of cooked cauliflowerets. A 6 oz baked potato 140!

Here is my radical recommendation. Don’t (except for green peas) count the “veggie” calories. Eat as much as you want. Go for extravagance in creating large enzyme-rich salads.

Here is how the “Build-a-Salad” method works. For a calorie-free salad (not counting the dressing), stick to the veggies column. Begin with the greens as your salad base. Everything else is complimentary to the base of greens. Choose non-veggie ingredients to add significant interest and compliment the main dish. Often the salad can become the main dish itself. Be sure to choose a salad dressing you really like since it is key to true enjoyment of the salad.

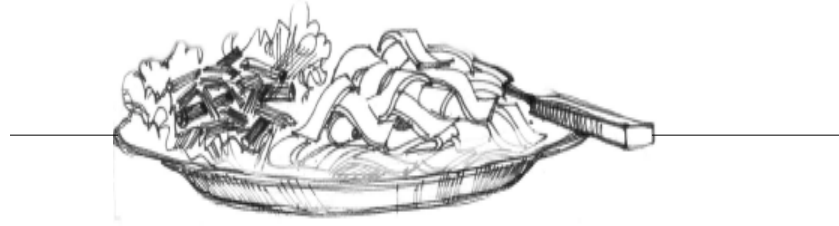
Try some of the salad recipes on pp. 232-237 for starters that illustrate using the Build-a-Salad chart. There is also a wide variety of salads in the *Main Dishes* and *Lunches & Snacks* cookbooks.



Build-a-Salad (see p. 165)

VEGGIES	AMOUNT	CALORIES
greens, leafy (average variety)	1 cup	10
beets, ck'd or grated raw	1/4 cup	12
bell pepper	1/4 cup	6
broccoli flowers, ck'd	1/4 cup	7
cabbage, red	1/4 cup	5
cabbage, green	1/4 cup	4
carrot, grated or slices	1/4 cup	12
cauliflowerettes, cooked	1/4 cup	3
celery	1/4 cup	5
cucumber, chopped/slices	1/4 cup	5
green beans, ck'd	1/4 cup	11
green peas, frozen, ck'd	1/4 cup	32
jicama	1/4 cup	11
onion, green	1 onion/1 1/2 tbsp.	3
onion, red	1 slice/1 tbsp. chp'd	3
parsley, cilantro, fresh	1/4 cup/1 tbsp.	9/2
radishes	1 radish	1
sprouts, alfalfa	1/4 cup	3
summer squash, grated	1/4 cup	4
tomato	1/2--5 oz. (2.5 oz)	16
	1/4 cup chp'd/1 cherry	9/3
watercress	1/2 cup	2
zucchini, grated or sliced	1/4 cup	5
FRUITS		
apple, unpeeled	1/4 med	25
avocado	1/4 med	61
blueberries, fresh	1/4 cup	21
cranberries, dried	1 tablespoon	25
grapes, red or Thompson Seedless	1/4 cup (9 grapes)	45
mango	1/4 cup	54
orange	1/4 cup	21
pear	1/4 cup	25
raisins	1 tbsp.	27
strawberries	1/4 cup	12

Build-a-Pasta



Whole grain cooked pasta easily becomes a base for many variations on pasta, as a main dish, or as a side dish to accompany meat, fish or poultry.

A side dish may be as simple as tossing cooked pasta with a little butter or olive oil and some grated Parmesan cheese. Dress it up a little further with a bit (or a lot!) of colorful chopped veggies. Turn it into a gourmet side dish with a sprinkling of nuts.

I recommend 1/2 cup cooked pasta for 1200 Calorie diets or for those emphasizing less high density carbohydrates. Use less pasta and increase the amounts of the other ingredients.

Make a main dish out of it by adding fish or poultry along with veggies with or without a few nuts and with or without a sauce. For a vegetarian main dish, add veggies and additional nuts and cheese, with or without a sauce. Or follow any of our main dish pasta recipes:

Chicken Spaghetti, MM38

Chicken Tetrazzini, MM58

Easy or Tofu Lasagna, MD151

Fettucine, MD172

Macaroni 'n Cheese, MD153

Pasta Parmesan Supreme, p.229

Saucy Spaghetti, MD194

Tuna Noodle Yummy, MD173

Walnut Mushroom Casserole, MD152

Build-a-Cereal

The “low-carb” diet notwithstanding, our favorite and most frequent breakfast is a hearty bowl of hot whole grain cereal, embellished with a variety of some of our favorite things!



Hot cereal has it nutritionally all over cold cereals, so it is worth working on a tasty variety served in interesting ways.

One of the cold cereal favorites, granola, is not necessarily a very nutritious option. First of all, it isn't prepared by the two-stage process. Secondly, it is usually very high in calories, often with considerable sweetener. We recommend it as an optional crunchy garnish on top of hot cereal in a small amount.

Notice that there are no concentrated sweeteners in the *Build-a-Cereal* ingredients list. We let the sweet be provided with whatever fruit or fruit combination we select. A bit of butter stirred into the hot cereal is a great flavor enhancer, better than sweetener, we think.

Add ground flaxseed to hot cereal for a nutritional bonus. It is loaded with omega-3 linolenic acid which is hard to come by in most foods, except “high fat” fish (*Main Dishes*, p. 179). For more on ground flax seeds, see *Breakfasts*, pp. 266-268.

Sue's Favorite Combination:

Calories: 251

- 3/4 cup cooked oatmeal
(or buckwheat kasha)
- 1 teaspoon butter
- 1 1/2 teaspoons ground flaxseed
- 1 tablespoon raisins
- 1/4 cup ck'd chp'd apples
- 1/4 cup *Dan's 2% Lowfat Milk*
- 1/4 *Cream Line* yogurt (Trader Joe's)

Rich's Favorite Combination

Calories: 379

- 1 cup hot cooked oatmeal
(or buckwheat kasha)
- 1 1/2 teaspoons ground flaxseed
- 1 tablespoon raisins
- 1/2 sliced banana
- 1/4 cup granola
- 1/2 cup nonfat milk

Build-a-Cereal

HOT CEREAL	AMOUNT	CALORIES
<i>Buckwheat Kasha</i> , p.223	1/2 cup /1 cup ck'd	94/188
<i>Cracked Kamut</i> , B106	1/2 cup /1 cup ck'd	101/202
<i>Cream of Brown Rice</i> , B104	1/2 cup /1 cup ck'd	63/126
<i>Cream of Millet</i> , B103	1/2 cup /1 cup ck'd	57/114
<i>Cream of Rice 'n Oat Bran</i> , B104	1/2 cup /1 cup ck'd	104/208
<i>Cream of Rye</i> , B105	1/2 cup /1 cup ck'd	74/148
<i>Creamy Quinoa</i> , B106	1/2 cup /1 cup ck'd	127/254
oatmeal	1/2 cup /1 cup ck'd	75/150
<i>Oatmeal Bran Cereal</i> , B110	1 cup ck'd (2 oz raw)	87/174
<i>Polenta</i> , B107	1/2 cup /1 cup ck'd	55/110
<i>Roman Meal</i> , B107	1/2 cup /1 cup ck'd	63/126
<i>Thermos Barley</i> , B114	1/2 cup /1 cup ck'd	117/234
<i>Thermos Spelt</i> , B114	1/2 cup /1 cup ck'd	85/170
<i>Wheatena</i> , B105	1/2 cup /1 cup ck'd	67/134
FRUIT		
sliced banana	1/2 medium	51
blueberries, fresh	1/4 cup	21
raisins	1 tablespoon	27
<i>Apple Nuggets</i> , B175	1/4 cup	35
apples, chp'd, lightly ck'd	1/3 cup with skin	22
<i>Fresh Apple Topping</i> , p.223	1/4 cup	60
strawberries	1/2 cup	23
NUTS & SEEDS		
flax seeds, ground	1 1/2 teaspoons	24
sunflower seeds	1 tablespoon	51
walnuts, chopped	1 tablespoon	53
almonds, sliced	1 tablespoon	34
DAIRY (or a non-dairy alternative, pp. 46, 47, 52-53)		
<i>Dan's 2% Lowfat Milk</i> , MM75	1/4 cup	36
Whole Raw Milk	1/4 cup	39
lowfat plain yogurt	1/4 cup	37
yogurt, <i>Trader Joe's Cream Line</i>	1/4 cup	43
OTHER		
butter	1 teaspoon	37
granola (Natural, <i>Trader Joe's</i>)	1/4 cup	88
cinnamon	to taste	—

Menu

Yet he has not left himself without testimony. He has sown kindness by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fill your hearts with joy.

Acts 14:17



MENUS

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How the **Menu** Plans Work

Unless a mere snack, we eat menus--foods and recipes combined. Menus have always been a focus of *SueGreggCookbooks*. They open the door to well planned eating for nutritional balance, variety, taste appeal, eye appeal, convenience and cost control.

When I began calorie counting for my husband, Rich, and myself, I found it a tedious task indeed! What to do? First, I thought of setting up a recipes and foods chart with the calorie counts all in one place that I could keep readily at hand. This was an excellent start, but not enough. I truly tired of flipping pages even in the same book for every meal. So I came up with the idea of putting on cards complete menus with calorie counts for the actual portions we eat. These menus would follow certain menu patterns so that I could fit more than one recipe and choice of food items into the same type pattern. For example, on my soup menu card, I put a whole list of soups that we eat most often as alternatives to fit into that pattern (not all the choices due to limited space). Thus, for each meal, instead of flipping through many pages of the *Recipes & Foods Chart*, I could refer just to one menu card, at least most of the time.

What can these menus do for you? First, they provide you with an example of how to do your own set of menu plans that you can use again and again. If it is true that people in general eat the same set of 12 menus most of the time, this is a realistic goal. Secondly, they model balance and variety for you. Third, you can begin with the menus on these pages by cutting them out and taping them to 4" x 6" file cards. Tape the primary menu at the top of the page to the front of the card and the alternatives list to the back of the card. As you work with the menus and alternatives, you can begin to shape your own unique set of menu patterns with primary menus and with the alternatives that you eat most often.

Of the menu types, I consider the breakfast "fruit bowl," and "shake & muffin" good for lunches as well, and "egg omelet" and "waffle" as making good dinners. The other day a lady told me she eats her salad for breakfast. To each her/his own. Enjoy!



An 8-Day Menu Pattern for Breakfast, Lunch & Dinner

DAY	BREAKFAST	LUNCH	DINNER
1	#1 Cereal (p.177)	#1 Salad (p.189)	#1 Meat Stretcher Casserole (p.197)
2	#2 Egg Omelet (p.179)	#2 Variety Sandwich (p.191)	#2 Bean (p.199)
3	#1 Cereal (p.177)	#3 Soup (p.193)	#3 Meat Entre (p.201)
4	#3 Fruit Bowl (p.181)	#4 Sandwich (p.195)	#4 Pasta (p.203)
5	#4 Egg (p.183)	#1 Salad (p.189)	#5 Dairy Vegetarian (p.205)
6	#1 Cereal (p.177)	#2 Variety Sandwhich (p.191)	#6 Saucy Meat Stretcher (p.207)
7	#5 Waffle (p.185)	#3 Soup (p.193)	#7 Main Dish Salad (p.209)
8	#6 Shake & Muffin (p.187)	#4 Sandwich (p.195)	#8 Vegan Vegetarian (p.211)

BRK MENU #1

HOT CEREAL	SUE	RICH
<i>Build-a-Cereal</i> , p. 171		
Oatmeal, see <i>Oatmeal Surprise</i> , p.223	3/4 c. ck'd 117	1 c. ck'd 156
ground flaxseed	1/2 T. 12	1/2 T. 12
raisins	1 T. 27	1 T. 27
apples, ck'd chp'd	1/4 c. 23	1/4 c. 23
granola, Natural - <i>Trader Joe's</i> , p.33		1/4 c. 88
yogurt, 2% lowfat plain	1/4 c. 36	
<i>Dan's 2% Lowfat Milk</i> , p.240	1/4 c. 36	
nonfat milk		1/2 c. 45
grapefruit	1/2 37	1/2 37
Nonfat milk		6 oz. 68
Total	288	456
Optional: toast		
<i>Sprouted Barley Bread - TJ's</i> , p. 26	1 slc 70	70
1 t. butter or 1/2 T. peanut butter	p. butter 45	butter 37
1 t. jam, all fruit spread, p. 40		1 1/2 tsps 15
Total	403	578



...the valleys are mantled with grain;
they shout for joy and sing.
Psalm 65:13

BRK MENU #1

Alternate Cereals

<i>Roman Meal</i> , B197	3/4 c.	95
Multi-Grain, <i>Country Choice</i>	3/4 c.	98
<i>Cream of Brown Rice</i> , B104	3/4 c.	97
<i>Buckwheat Kasha</i> , p.223	3/4 c.	107
<i>Apple Millet</i> , B112	2/3 c.	121
<i>Yummy Oatmeal</i> , B110	1/2 c.	130
<i>Oatmeal Surprise</i> , p.223	1/2 recipe	171

Alternate Yogurt

yogurt, <i>Cream Line - Trader Joe's</i> , p. 55	1/4 c.	43
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Alternate Fruits

blueberries	1/4 c.	21
strawberries	1/2 c	23
peach	1/2 c.	32
orange	1/2	33
<i>Apple Nuggets</i> , B175	1/4 c.	35
cantaloupe	1/6	44
pear	1/2	46
banana, medium	1/2	51
<i>Fresh Apple Topping</i> , p.223	1/4 c.	60

LUNCH MENU #1

SALAD	SUE	RICH
<i>Sue's Favorite Salad Lunch</i> , LS142 with mozzarella cheese without the orange juice <i>Sweet Orange Dressing</i> <i>Ann's Balsamic Vinaigrette</i> , p. 214	1 serving 258 1/2 orange 23	1 serving 258 2 T. 96
Natural Rye Krisp, p. 15	2 crackers 46	3 crackers 90
Ak-mak crackers, p. 15	6 oz 38	6 oz 38
<i>Garden Patch Juice Blend</i> , p. 66		
Total	365	482
Alternate Salads/Dressings		
<i>Build-a-Salad</i> , pp.166-167		
<i>Tabouli</i> , MD177	1/2 c.	134
<i>Pasta Salad Italian</i> , MD226	1 1/2 c. w/ tuna, chicken or mozzarella cheese	137
<i>Kidney Bean Salad</i> , LS83	1 serving of 4	151
<i>Caesar Salad</i> , p.235	with chicken, no croutons	156
	with chicken, croutons	208



*Do you not know that your body is a temple of the Holy Spirit,
who is in you whom you have received from God? You
are not your own, you were bought at a price. Therefore
honor God with your body.
1 Corinthians 6:19-20*

LUNCH MENU #1

Alternate Salads/Dressings, cont'd

<i>Mexi Salad</i> , MD204	1 serving of 4	169
<i>Salmon Salad</i> , LS140	1 serving	187
<i>Soltero de Queso</i> , LS143	1 serving of 10	189
<i>Avocado Hawaiian Salad</i> , LS142	1 serving of 2	231
<i>Mediterranean Salad</i> , LS140	1 serving mozzarella/cheddar	267/297
<i>Nutty Fruit Tossed Salad</i> , LS143	1 serving (includes pineapple)	350
<i>Orange-Flaxseed Dressing</i> , p.237	1 tablespoon	63
<i>Raspberry Vinaigrette</i> , p.232	1 tablespoon	69
<i>Sweet Russian Dressing</i> , MD119	1 T. with water/oil	18/71
<i>Thousand Island Dressing</i> , MD185	2 tablespoons	72
<i>Newman's Own</i> , p.115	1 tablespoon	75
<i>"Caesar" Salad Dressing</i> , p.235	1 tablespoon	89
<i>Lemon-Olive Oil Dressing</i> , MD248	1 tablespoon	92
Other Meal Additions		
additional non-starchy veggies	as desired	—
avocado, medium	1/6 (2 wedges)	42
<i>Garbanzo Spread</i> , LS157	1 tablespoon	9
butter/ <i>Butter Spread</i> , B264	1 tsp.	37
peanut butter	1 1/2 tsp.	45
<i>Tangy Spread</i> , LS155	1 tablespoon	49

DNR MENU #1

MEAT STRETCHER CASSEROLE	SUE	RICH
<i>Favorite Tamale Pie, MM28</i>	1 serv of 8 278	1 serv of 8 278 + 1/2 serv 139
<i>Broccoli-Carrot Medley, MD183</i>	1 serv of 4 60	1 serv of 4 60
<i>Orange Tossed Salad, MD246</i>	1 1/2 c. 50	1 1/2 c. 50
<i>Sweet Lite Dressing, MD241</i>	1 T. 20	1 T. 20
Total	408	547
Optional: <i>Sweet Mayonnaise Dressing, MD241</i> in place of <i>Sweet Lite</i>	1 T. +39	1 T. +39
Total	447	586
Alternate Meat Stretchers		
<i>Autumn Stew, MM52</i>	1 serving of 8 152	
<i>Beef Stew, MD76</i>	1 c. 222	
<i>Ragout, MD198</i>	1 serving of 6 231	
<i>Casserole a la Tuna, MM44</i>	1 serving of 5 233	
<i>Good Shepherd's Pie, MD196</i>	1 serving of 8 243	



...He has not left himself without testimony
He provides you with plenty of food
and fills your hearts with joy.
Acts 14:17

DNR MENU #1

Alternate Meat Stretchers, cont'd		
<i>Chicken Pot Pie, MM43</i>	1 serving of 8	291
<i>Strata, MD120</i>	1 serving of 6	304
<i>Enchilada Casserole, MM62</i>	1 serving of 6	335
<i>Sausage Strata, MM27</i>	1 serving of 6	337
<i>Emilie's Noodle Bake, MM45</i>	1 serving of 6	352
<i>Salmon a la Broccoli, MM61</i>	1 serving of 6	371
Alternate Ck'd Veggies		
Any choice non-starchy veggies	1/2 c. or more	—
butter or <i>Butter Spread, B264</i>	1 1/2 t.	55
Alternate Salads, Dressings		
<i>Build-a-Salad, p. 166</i>	greens/veggies	—
<i>Garden Salad, MD246</i>	greens/veggies	—
<i>Green Leaf Salad, MD246</i>	greens/cucumber	—
<i>Parmesan Greens, MD245</i>	cheese/croutons	60 per serving
	greens	—
<i>Sweet Orange Dressing, p.237/MD245</i>	1 T.	23
<i>Orange-Flaxseed Dressing, p.237</i>	1 T.	63
<i>Ann's Balsamic Vinaigrette, p.232</i>	1 T.	48
<i>Sue's House Dressing, p.236, MD238</i>	1 T.	73
<i>Lemon-Olive Oil Dressing, MD248</i>	1 T.	92



Calorie Summary 8 Days' Menus

The calorie-counted 8 days of menus below for Rich and Sue follow the *8-Day Menu Pattern* chart on p. 176. Total calories for each meal are taken directly from the detailed menu plans, pp. 177-211. Where menus give two calorie count totals, the first circled totals have been used, which does not include optional menu items.

The chart concludes on p. 214 with the average daily Calorie count for Sue and for Rich. Sue's chosen Calorie range is 1000-1200 Calories daily. Rich's chosen Calorie range is 1500-1800. Note that the daily totals as well as the 8-day average are well within these ranges. Likewise, when higher calorie counts that include the optional totals (totals not circled; see, for example, Brk #5, p. 185) are added in, the total for all daily menus with the 8-Day average is still within our chosen calorie range. This means we can afford a snack, a cookie or a small dessert once in-a-while.

DAY 1	TYPE	SUE	RICH
Brk Menu #1	Cereal	288	456
Lnch Menu #1	Salad	365	482
Dnr Menu #1	Mt Stretcher Cass	408	547
Total		1061	1485

DAY 2	TYPE	SUE	RICH
Brk Menu #2	Egg Omelet	323	361
Lnch Menu #2	Variety Sandwich	321	642
Dnr Menu #2	Bean	469	616
Total		1113	1619

DAY 3	TYPE	SUE	RICH
Brk Menu #1	Cereal	288	456
Lnch Menu #3	Soup	286	358
Dnr Menu #3	Meat Entre	462	558
Total		1036	1372

DAY 4	TYPE	SUE	RICH
Brk Menu #3	Fruit Bowl	240	420
Lnch Menu #4	Sandwich	428	518
Dnr Menu #4	Pasta	490	649

Total		1158	1587
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DAY 5	TYPE	SUE	RICH
Brk Menu #4	Egg	302	509
Lnch Menu #1	Salad	365	482
Dnr Menu #5	Dairy Vegetarian	438	685

Total		1105	1676
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DAY 6	TYPE	SUE	RICH
Brk Menu #1	Cereal	288	456
Lnch Menu #2	Variety Sandwich	321	642
Dnr Menu #6	Saucy Mt Stretcher	471	558

Total		1080	1656
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DAY 7	TYPE	SUE	RICH
Brk Menu #5	Waffle	324	532
Lnch Menu #3	Soup	286	358
Dnr Menu #7	Main Dish Salad	509	607

Total		1119	1497
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DAY 8	TYPE	SUE	RICH
Brk Menu #6	Shake & Muffin	388	598
Lnch Menu #4	Sandwich	428	518
Dnr Menu #8	Vegan Vegetarian	256	410

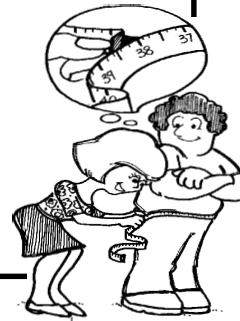
Total		1072	1526
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8-DAY AVERAGE		1093	1552
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Recipes

*...what is man that you are mindful of him,
the son of man that you care for him?....
You made him ruler over the works of your
hands; you put everything under his feet.*

Psalm 8:4, 6



RECIPES

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Ann's Balsamic Vinaigrette	232
Ann's Blueberry-Tossed Salad	233
Baked Parmesan Chicken	230
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Brown Rice	226
Buckwheat Kasha	223
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"Caesar" Salad Dressing	235
Country Creole Peas 'n Corn	238
Dan's 2% Lowfat Milk	240
Delicious Whole Grain Bread	224
Dorothy's Roasted Vegetables	239
4-Vegetable Stir-Fry	239
Fresh Apple Topping	223
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Kerry's Mango-Pecan Salad	234
Lemon Baked Salmon	231
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Lemon Ginger Muffins	221
Lentil Rice Casserole	227
Lucy's Coleslaw	233
Marie's Mixed Greens Salad	232
Oatmeal Surprise	223
Olive Oil Mayonnaise	236
Orange-Flaxseed Dressing	237
Parmesan Chicken Nuggets Gourmet	230
Pasta Parmesan Supreme	229
Soup 'n Salad Croutons	235
Sue's House Dressing	236
Sweet Orange Dressing	237
Vinegret (Russian Beet Salad)	238
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Introducing the Recipes

This recipe section pulls together some new recipes, some revised regulars and favorites with a “two-stage process” focus, and some highlighted favorites.

New recipes include several salads and salad dressings. These put into practice the *Build-a-Salad* concept given on pp. 165-167. *Dorothy’s Roasted Vegetables* is a new recipe while *4-Vegetable Stir-Fry* is one of our favorite stand-bys, both to emphasize combining veggies for more cooked veggie interest in shapes, colors and textures.

Most nutritionally important is adapting recipes to the “two-stage process” of preparing whole grains, beans, nuts and seeds (pp. 218-220). The general directions given should apply to all recipes in *Sue Gregg Cookbooks*. Once you have the concept in mind and have practiced the procedure on a few basic recipes, adaption will come easily. Writing this change into the cookbook recipes is not even necessary, though at first you might find it helpful. I have included *Lemon Ginger Muffins*, *Blender Batter Waffles/Pancakes*, *Brown Rice*, *Almond Brown Rice*, *Oatmeal Surprise*, and *Buckwheat Kasha* as model recipes for following the “two-stage process” for grains, nuts and seeds. *Lentil Rice Casserole* and *Creole Peas ‘n Corn* model the process for beans (although *Lentil Rice Casserole* is an exception to the model of draining the beans after soaking; to do so with this recipe makes it too “sloshy.”).

A unique case for the “two-stage” process is our recipe for *Delicious Whole Grain Bread*. I have included it here since I have received so many questions about it. However, I caution you to defer to the easier baking recipes before yeast bread if you are new to all this.

Some of our repeated favorites include *Baked Parmesan Chicken*, *Parmesan Chicken Nuggets*, *Lemon Baked Fish* and *Lemon Baked Salmon*.

The Two Stage Process

Maximizing the Nutritional Value of Whole Grains

Just because you've switched from white flour to whole grains does not mean that you are getting all the nutritional value. In fact you may also experience new problems with digestion and mineral absorption. That is because whole grains contain phytic acid in the bran of the grain. Phytic acid combines with key minerals, especially calcium, magnesium, copper, iron, and zinc and prevents their absorption in the intestinal tract. Sally Fallon and Mary Enig, PhD point out, "...virtually all preindustrialized peoples, soaked or fermented their grains before making them into porridge, breads, cakes and casseroles." *Nourishing Traditions*, p. 45.

Soaking, fermenting, or sprouting the grain before cooking or baking will neutralize the phytic acid, releasing these nutrients for absorption. This process allows enzymes, lactobacilli and other helpful organisms to not only neutralize the phytic acid, but also to break down complex starches, irritating tannins and difficult-to-digest proteins including gluten. For many, this may lessen their sensitivity or allergic reactions to particular grains. Everyone will benefit, nevertheless, from the release of nutrients and greater ease of digestion.

The first stage of preparation in making whole grain cooked cereals or baked recipes, is to soak the whole grain flour in an acid medium (most frequently buttermilk, yogurt, or other cultured milk, or in water with whey, lemon juice or vinegar added—1 tablespoon per cup water). As little as 7 hours soaking will neutralize a large portion of the phytic acid in grains. Twelve to 24 hours is even better with 24 hours yielding the best results. Dry beans also contain phytic acid and should be soaked, as well (lentils and split peas at least 7 hours and all others 12 - 24 hours)

Brown rice, buckwheat and millet are more easily digested because they contain lower amounts of phytates than other grains, so they may be soaked for the shorter times (7 hours is adequate). Other grains, particularly oats (the highest in phytates of the whole grains) is best soaked up to 24 hours.

There are two other advantages of the two-stage process. Several hours of soaking serves to soften the grain, resulting in baked goods lighter in texture, closer to the texture of white flour. The longer the soaking, the less necessary is baking powder. Baking soda, alone, if desired, will give enough rise (Our recipes still call for baking powder as in the original recipes). Secondly, this is a great step in

convenience, dividing the task into two shorter time periods, cutting the time needed to prepare the recipe right before cooking and baking when you feel rushed to get food on the table.

The Two Stage Process

Adapting Recipes to the Two-Stage Process

The following details may seem overwhelming to you. Just follow the example recipes suggested on the following pages and you will get the idea soon enough. It is not really difficult or a mystery once you experiment with a few key recipes. The acid medium used in recipes (yogurt, kefir, buttermilk, whey, vinegar or lemon juice) facilitates release of nutrients from the phytic acid.

QUICK BREAD RECIPES

Quick breads include recipes not made with yeast such as waffles, pancakes, muffins, cornbread, crepes, loaf breads, etc. In standard recipes, the leavenings (as baking powder and soda) along with salt and spices are blended into the flour and then mixed into the combined liquid ingredients. In the two-stage process, the egg and leavenings with salt and spices are withheld until just before baking. The flour (or grain in blender recipes) is blended into the liquid ingredients and allowed to stand several hours.

Follow the mixing and soaking procedures for the two example recipes in this book, *Blender Batter Pancakes/Waffles*, p. 222, and *Lemon Ginger Muffins*, p. 221. Apply this procedure to all our other recipes that are not yet written for the two-stage process. Other example recipes in *Meals in Minutes* include *Blender Cornbread*, *Irish Soda Bread*, *Barley Biscuits* and *Sunflower Biscuits*.

HOT CEREALS

Soak cereal grains--whole, cracked or flaked--for the number hours recommended above. Soak equal portions of warm water with uncooked grain; use half the amount of water and all the grain called for in the recipe; add 2 tablespoons yogurt, buttermilk, kefir, whey, lemon juice or vinegar to 1 cup soaking water. For the second stage, bring the other half of the water to a boil with the salt. Blend in the soaked cereal. Reduce heat to simmer, cover and cook 5 minutes or longer until consistency desired is reached.

For extra nutritional value, stir in 1 tablespoon ground flax seeds.

All hot cereal recipes in *Breakfasts* can easily be adapted to this method. Follow the example recipes for *Oatmeal Surprise* and *Buckwheat Kasha*, p. 223.

BROWN RICE

Soak the rice in the full amount of warm water overnight or 7 hours, adding 1 tablespoon lemon juice or vinegar per 1 cup water. Add the salt just before cooking.

Follow the example recipes for *Brown Rice* and *Almond Brown Rice*, p. 226.

YEAST BREADS

Commercial yeast does not neutralize phytates in grains adequately. Soaking the flour in water with vinegar added for several hours before adding the yeast will assist the process. Follow the revised *Delicious Whole Grain Bread* recipe on p. 224. Adapt this process to all our yeast bread recipes. It replaces the following recipes in our cookbook set:

Breakfasts, Spelt Bread or Kamut Bread, pp. 122-123

Soups & Muffins, Delicious Whole Grain Dough, p. 96

Lunches & Snacks, My Whole Wheat Bread!, p. 86

Another option is to use sprouted grain (see how to sprout grain in *Meals in Minutes*, p. 72). When sprouted grain is used, no pre-soaking is necessary and yeast bread recipes in the cookbooks can be followed as they are. However, for all yeast bread recipes, we now include a second rising in the bowl before shaping and rising in the pans.

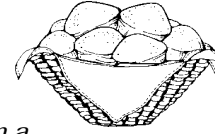
PREPARATION OF DRY BEANS

Presoak the beans before using in recipes. Wash beans and cover with at least twice the amount of water as beans. Add 2 tablespoons lemon juice or whey per 2 cups beans. Soak for number hours recommended on p. 218. Drain, rinse and follow the recipe, starting with fresh water (exception: *Lentil Rice Casserole*--do not change water). Follow the example recipes for *Lentil Rice Casserole*, p. 227 and *Country Creole Peas 'n Corn*, p. 228.

SOAKING NUTS AND SEEDS

Soaking nuts and seeds aids in their digestibility. Soak overnight in water (salted if soaking independently of grain: 1/4 tsp. per 1/4 cup nuts or seeds; rinse well). If combined with soaking grain, add to the grain, but without the salt.

Lemon Ginger Muffins



Light and tender! Make muffins no-wheat in the blender with brown rice. A \$30-\$40 Osterizer Blender will do; in a Vita-Mix cut the blending time in half. Follow the 2-stage Process (p. 219) to improve nutritional value and save on last minute meal preparation time! These go well with main dishes and soups. If you prefer mixing these the standard way in a bowl with ground flour, use 2 cups brown rice flour.

AMOUNT: 12 Medium Muffins 177 Calories/muffin

Bake: 375° - 18 to 20 minutes

1. Blend together at high speed in blender for 3 - 5 minutes, cover and let stand 7 hours or overnight for brown rice or 12-24 hours for wheat:
 - 1 cup 2% lowfat buttermilk, sour milk, or plain yogurt**
(thin yogurt to consistency of buttermilk with water)
 - ¼ cup melted butter or olive oil**
 - ½ cup honey**
 - 1½ cups brown rice (not flour)**
or **1⅓ cups whole wheat pastry grain**
2. Preheat oven and grease or spray muffin pan.
3. Add to batter in blender and blend on high speed about 3 minutes or until fairly smooth (you may need to stir the eggs into the batter a bit by hand and coax the blender to get it started):
 - 2 large eggs**
4. Blend in just until mixed on high speed:
 - 1 teaspoon ground ginger**
 - 1 teaspoon baking soda**
 - ½ teaspoon salt**
5. Fold in by hand:
 - 2 tablespoons grated fresh lemon peel**
6. Fill greased muffin cups evenly and bake 18 - 20 minutes or until done at 375°.
7. Cool 5 minutes before removing from pan. Dip tops, then bottoms into mixture of:
 - 2 tablespoons fresh lemon juice**
 - 1½ teaspoons honey**

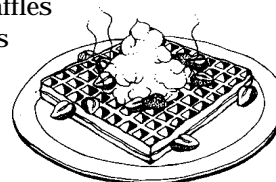
Blender Batter Waffles/Pancakes

*Master this recipe and you will be well on your way to making a successful transition to wholefoods cooking and the two-stage process of baking with whole grains! Especially light and quick prepared in a blender. An Osterizer blender works well. No grain mill needed! Use any grain or combination of grains (see Chart, pp. 9-10). To mix by hand without a blender, use 1½ cups flour in place of grain in step 1. A Belgian Waffle Iron produces the lightest waffles. For more details on using different grains, see **Breakfasts**, p. 205. See the menu, p. 185.*

AMOUNT: 4--7" Waffles or 12--4" Pancakes

1. Place in blender; blend at highest speed 3-5 minutes (1½ minutes in a VitaMix):
 - 1¼ cups buttermilk or yogurt thinned to same consistency
(or 1 cup for pancakes--for a thicker batter)
(or non-dairy alternative + 1 Tbsp. vinegar)
 - 1 tablespoon extra-virgin olive oil
 - 1 teaspoon vanilla extract (omit with buckwheat)
 - ½ cup uncooked rolled oats
 - ½ cup brown rice (whole uncooked, not flour)
2. Cover blender and let stand at room temperature for 12 - 24 hours for improved nutrition (or at least 7 hours for brown rice, millet or buckwheat).
3. Just before baking, add and reblend for 1 - 2 minutes. or until batter is smooth:
 - 1 egg
 - additional liquid (as needed to keep batter churning; water may be used)
 - Note: batter often thickens upon standing which may necessitate adding extra liquid.
4. Blend in briefly:
 - 1 teaspoon baking powder
 - ¼ teaspoon baking soda
 - ½ teaspoon salt, to taste
5. Preheat waffle iron at highest temperature or griddle on medium-high (until water drops sizzle on surface).
6. Bake in waffle iron, lightly sprayed with non-stick spray as needed or on hot griddle.

Calorie Bulletin! Compare Calorie count for waffles or pancakes (pp. 9-10). Two pancakes costs more Calories than 1/2 waffle. Pile low-calorie fresh fruit on top of the waffle and enjoy! A 1/2 whole grain waffle is more filling than a whole white flour waffle.



Baked Parmesan Chicken

*A company favorite from **Main Dishes**. The flavor bakes in.
Lowfat option reduces Calories from 326 to 177 per serving!*

AMOUNT: 6 Servings

Calories: p. 75

Bake: 350° - 1 hour, uncovered

1. Melt in baking pan at about 250°:
 ½ cup (1 stick) butter (*unsalted preferred*)

 For lowfat option, use **nonfat milk**, as needed, in place of butter.
2. Meanwhile, blend in blender until small bread crumbs are formed; pour into shallow bowl:
 1 slice whole wheat bread (to make 1 cup crumbs)
 2 sprigs parsley (for about ¼ cup minced)
 ½ cup Parmesan cheese (3 tbsps. for lowfat option)
 ⅛ teaspoon salt
 ⅛ teaspoon garlic powder
3. Remove visible fat from chicken:
 2 lbs. skinned boneless chicken breast pieces
4. Coat pieces of chicken in melted butter (nonfat milk for lowfat), then coat with crumb mixture; lay single layer in remaining butter in pan.
5. Garnish with **paprika**; bake uncovered at 350° until tender, about 1 hour; baste 2 or 3 times during baking. Cover with foil if chicken begins to brown too much before done.

Parmesan Chicken Nuggets Gourmet

*For the snacking version without butter, see **Lunches & Snacks** p. 81.
This variation on Baked Parmesan Chicken above calls for 1/2 cup Parmesan + the melted butter. A great way to serve a larger number of persons. Chicken will be tender and moist. Serving the small chunks over top of brown rice will go further for a crowd than larger pieces.*

AMOUNT: 8 -10 Servings

245 Calories/1 Serving of 8

1. Follow *Baked Parmesan Chicken* recipe above, using 1/2 cup Parmesan and the melted butter. Chop the chicken into bite-sized pieces.
2. To bake, cover pan securely. Baste with juices once or twice while baking. Chicken will be tender and moist.

Lemon Baked Salmon



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

AMOUNT: 3 - 4 Servings **188 Calories/1 Serving of 4**
Bake uncovered: 350° for 20-30 min.

1. Melt butter in baking pan in oven; lay fish single layer in butter, turning once to coat the top:
1 tablespoon butter (*unsalted preferred*)
1 lb. salmon fillets or 1½ - 2 lbs. salmon steaks (*or other fish*)
(wild or non-farm raised salmon preferred)
2. Top fish evenly with:
juice of ½ - 1 lemon
⅛ teaspoon salt, optional
paprika
fresh minced or dried parsley flakes
3. Bake uncovered at 350° for 20 - 30 minutes; Fish should flake easily and flesh be opaque in color. Do not overcook.

Lemon Baked Fish

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

AMOUNT: 3 - 4 Servings **Calories: pp. 93, 88, 89**
Bake covered: 350° for 20 - 30 min.

1. Pour a bit of the lemon juice in baking dish and arrange fish in single layer; pour remaining lemon juice evenly over the top; sprinkle with seasoning and garnish:
¼ cup fresh lemon juice
1 lb. lean fish fillets
salt, to taste
paprika
fresh minced or dried parsley flakes
3. Cover and bake at 350° for 20 - 30 minutes, basting a couple of times, if desired. Fish should flake easily with the flesh opaque in color. Do not overcook.

GOURMET EXTRA! Saute some sliced almonds in a bit of melted butter to garnish fish.

Marie's Mixed Greens Salad

Adaption of my favorite Marie Callendar's Salad. Serve with Balsamic or Raspberry Vinaigrette.

AMOUNT: 1 Serving

Calories: p. 114

Toss greens, apple; arrange remaining ingredients in order given:

- 2 cups mixed field greens
- 1 cup shredded romaine lettuce
- ¼ cup thin slices of unpeeled green apple
- 2 tablespoons crumbled feta cheese
- 2 tablespoons broken pecans
- 1 tablespoon dried cranberries
- 3 oz. chicken strips on top, optional

Angela's Raspberry Vinaigrette

When I blend this in my little super-blender "Magic Bullet" machine after chilling it, it becomes super-thick and I can add even more water and reduce the calories further. Water addition doesn't seem to affect the flavor.

AMOUNT: 1¾ Cups

69 Calories/1 Tbsp.

Blend together thoroughly; chill; restir or shake well to serve:

- ½ cup raspberry all-fruit spread
- ½ cup extra virgin olive oil
- ½ cup walnut or safflower oil (*expeller pressed*)
- 3 tablesoons apple cider vinegar
- 2 teaspoons crystalline fructose
or 1 teaspoon honey, to taste
- ¼ cup water

Ann's Balsamic Vinaigrette

AMOUNT: 1⅜ cups (22 tbsps)

49 Calories/1 Tbsp.

Blend together thoroughly; chill; restir or shake well to serve:

- ½ cup balsamic vinegar
- ¼ cup olive oil
- ¼ cup walnut oil
- 1 clove garlic or scant ¼ teaspoon garlic powder
- ¼ - ½ teaspoon Spike Seasoning, to taste
- 6 tablespoons water

Ann's Blueberry-Tossed Salad

Long-time friend from high school days. We have been guests in Ann's home often. Her meals are always delicious. She is always experimenting. Serve this salad with Ann's Balsamic Vinaigrette.

AMOUNT: 1 Serving

198 Calories/Serving

Toss together:

2 cups shredded romaine lettuce

¼ cup fresh blueberries

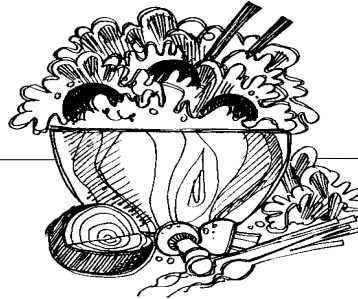
¼ cup grated carrot

1/2 oz. julienne swiss cheese

2 oz. light meat turkey strips

1 slice red onion, separated rings

1 tablespoon minced parsley



Lucy's Cole Slaw

Lucy brought this salad to one of our missionary send-off dinners. A nice variation on the cole slaw theme.

AMOUNT: 2 Servings

114 Calories/Serving

1. Toss together:

1 cup cabbage, chopped small

2 tablespoons corn

2 tablespoons raisins

2 tablespoons chopped red onion

2 tablespoons green pepper

2. Blend together 3 parts vinegar and 1 part oil in amount desired with garlic and combine with salad in amount desired:

1 tablespoon or more apple cider vinegar

1 teaspoon or more olive oil

1 clove minced garlic, to taste