

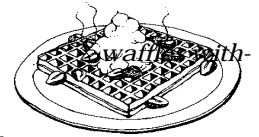
# SueGreggCookbooks Starter Recipe #1



To view a step-by-step demonstration of this recipe click the photo link on the home page of [www.suegregg.com](http://www.suegregg.com)



## Blender Waffles/Pancakes



Enjoy surprisingly light and crispy whole grain out an expensive grain mill.<sup>1</sup> Versatile allergy alternatives with different grain variations to suit your needs. Increase recipe 1 1/2 times for 6 servings, but do not double it in a standard blender.

**AMOUNT:** Serves 4 (4 - 5 waffles--7"; 18 - 20 pancakes--4")<sup>1</sup>

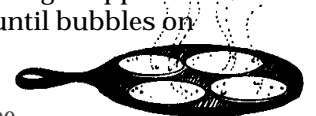
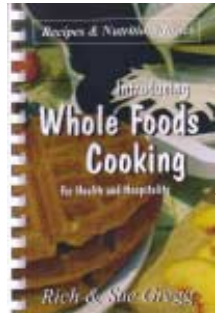
### STAGE 1

1. Place in blender; blend at highest speed 3 - 5 minutes; cover blender; let stand at room temperature 12 - 24 hrs.  
1 - 1 1/4 cups plain yogurt + 1/2 cup very hot filtered water  
or 1 1/2 - 1 3/4 cups other dairy or dairy alternative  
lower amount for pancakes; higher amount for waffles  
2 tablespoons extra virgin olive oil or melted butter  
(or melted coconut oil added in step 4)  
1 teaspoon vanilla extract (omit with buckwheat)  
1 cup raw brown rice + 1/2 cup uncooked rolled oats  
(or other grain choice)

2. Sift leavenings and salt through strainer into a small bowl; set aside:  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 - 1 teaspoon salt, to taste

### STAGE 2

3. Preheat waffle iron at highest temperature, or griddle on medium-high.
4. Just before baking, add egg and any extra liquid to maintain a vortex; blend on highest speed 1 - 3 minutes  
1 egg or alternative  
1 Tablespoon Flax Seed (optional)  
additional liquid (add water if batter needs thinning to keep blender churning)
5. Briefly blend in leavenings and salt just to mix in evenly (assisting with rubber spatula, if needed):  
leavenings and salt (from step 2)
6. Spray waffle iron or griddle or grease with coconut oil as needed  
Pour batter onto hot waffle iron or griddle for pancakes. Bake until light goes off on waffle iron or according to appliance instructions. For pancakes, bake on first side until bubbles on unbaked side begin to break; turn and bake on second side.



<sup>1</sup>For more detail on variations of this recipe and other waffle and pancake recipes see *Breakfasts*. For calorie counts on grain variations, see the *Build-A-Waffle* chart, p. 162.

# SueGreggCookbooks Starter Recipe #2



To view a step-by-step demonstration of this recipe click the photo link on the Directory page of [www.suegregg.com](http://www.suegregg.com)



## Baked Parmesan Chicken

A company favorite from **Main Dishes**.<sup>1</sup> The flavor bakes in. Lowfat option reduces fat to 21%.

**AMOUNT:** 6 Servings      325 Calories/1 Serving of 6<sup>2</sup>  
**Bake:** 350° (175° C), 1 hour, uncovered

1. Melt in baking pan at 250° (125° C); pour into shallow bowl:  
1/2 cup (1 stick) butter (*unsalted preferred*)
2. Meanwhile, blend in blender until small bread crumbs are formed; pour into shallow bowl:  
1 slice whole grain bread  
2 sprigs parsley  
1/2 cup Parmesan cheese, to taste  
1/8 teaspoon salt  
1/8 teaspoon garlic powder
3. Preheat oven to 350° (175° C). Remove visible fat from chicken:  
2 lbs. skinned boneless chicken breast pieces
4. Coat pieces of chicken with melted butter, then coat with crumb mixture; lay single layer in remaining butter in pan.
5. Garnish with **paprika**; bake uncovered at 350° (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.



### VARIATIONS

For more moist chicken with less golden brown crust, bake covered for entire baking time. For lower fat: spray baking pan with non-stick spray, reduce cheese to 3 tablespoons; dip chicken in milk before coating with crumbs (very little milk is needed). 177 Calories per serving of 6.4 g. fat (21%) per serving of 6.

## Parmesan Chicken Nuggets

A variation of *Parmesan Chicken*; a great way to serve a larger group, as snack bites for children, or as topping on brown rice for economy. or chilled on top of Chef's or tossed salad. Chicken will be tender and moist.

Follow recipe above, with the following changes:

1. In step 3 chop the chicken into bite-sized pieces.
2. Cover pan securely to bake.
3. Baste with juices once or twice while baking.

<sup>1</sup>See *Main Dishes* for 25 additional recipes with poultry and 12 beef and lamb recipes; see *Meals in Minutes* for 9 recipes for chicken, and *Soups & Muffins* for 6 chicken, turkey and beef soup recipes. <sup>2</sup>Parmesan Chicken or Parmesan Chicken Nuggets

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# SueGreggCookbooks Starter Recipe #3



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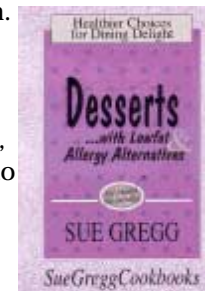
## Yogurt Pie

*A light dessert and so easy to make!*

*Your anti-health food eaters will not guess that it is made from plain yogurt. Yogurt may be purchased at health food stores or Trader Joe's Market. From **Desserts**.<sup>1</sup>*

**AMOUNT:** 8" Square Bake Pan      190 Calories/1 Piece of 9<sup>2</sup>

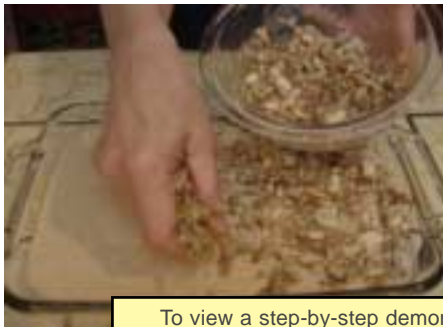
- To make crust, melt butter in glass pan; blend in cracker crumbs and sweetener:  
1/4 cup (1/2 stick) melted butter (*unsalted preferred*)  
about 1 cup graham cracker crumbs (14 square crackers)  
(*whole grain such as Mi-Del or New Morning brand - health food store*)  
Put crackers in plastic bag; crush w/rolling pin.  
2 tablespoons *Sucanat* or *Rapadura* (*preferred*)  
or brown sugar or sugar
- Reserve some crumbs as a garnish for top of pie, if desired (see step 7). Pat remaining crumbs into bottom of 8" square bake pan. Chill in freezer at least 10 min.
- For pie filling, place in mixing bowl:  
3 cups plain yogurt (*whole, pasteurized, non-homogenized preferred*)  
1 1/2 teaspoons vanilla extract  
8 oz. crushed pineapple, unsweetened, drained (reserve juice)
- In small saucepan blend gelatine into reserved pineapple juice; let stand 1 minute; bring to a boil, stirring constantly until gelatine is dissolved; remove from heat; blend in honey:  
drained pineapple juice (about 1/3 cup)  
2 envelopes (4 teaspoons) unflavored gelatine  
1/4 cup honey
- Add dissolved gelatine mixture to ingredients in bowl, add optional ingredients as desired and blend all together thoroughly:  
1/2 cup medium shred coconut, unsweetened, optional  
1/2 teaspoon coconut extract, optional
- Pour into graham cracker crust; chill in refrigerator until set.
- To serve, score into servings and garnish each, if desired, with reserved graham cracker crumbs, or with:  
1/2 fresh strawberry, optional  
2 half-slices kiwi fruit, optional



<sup>1</sup>*Desserts* offers 15 cakes, 5 frostings, 32 cookies, 6 pie crusts, 9 pies, 29 other desserts and 8 dessert sauce and topping recipes. <sup>2</sup>Without coconut; 209 Calories with coconut.

<sup>3</sup>For an even lighter dessert, make a thinner crust using half the ingredients: 148 Calories without coconut; 167 Calories with coconut.

# SueGreggCookbooks Starter Recipe #4



To view a step-by-step demonstration of this recipe click the photo link on the Directory page of [www.suegregg.com](http://www.suegregg.com)



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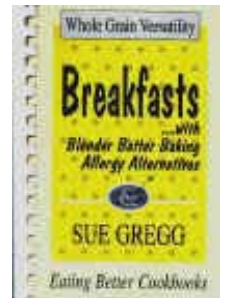
## Almond Coffee Cake

*My favorite blender coffee cake adapted from an award-winning recipe submitted to the Los Angeles Times; from **Introducing Whole Grain Baking** or **Breakfasts**. Coffee cakes and muffins especially lend themselves to special occasions, brunches, snacks and teas.<sup>1</sup>*

**AMOUNT:** 11" or 11.5" x 8" Pan                      201 Calories/1 piece of 15  
**Bake:** 325° (165°C), 30 - 40 minutes                      (cut cake 3 x 5)

### STAGE 1

1. Place in blender; blend at highest speed 3 - 5 minutes; cover blender; let stand in a warm place several hours or over night.
  - 1 cup cultured milk or soured non-dairy alternative
  - 1/4 cup melted butter or olive oil
  - 3/4 cup warm honey
  - grain choice (not flour): 1 1/3 cups whole wheat pastry berries or 1 1/2 cups spelt, Kamut® grain or brown rice or 1 1/4 cups hulled barley
2. For topping blend together in order given with a fork except nuts; soak nuts in salted water overnight; set aside:
  - 2 tablespoons melted butter (*unsalted preferred*)
  - 2 tablespoons *Sucanat* or *Rapadura*
  - 1/2 cup uncooked rolled oats (*soaking does not work in this recipe*)
  - 1 teaspoon cinnamon (with Kamut® grain only)
  - 1/2 cup sliced or chopped almonds
3. Stir through small strainer into a small bowl; set aside:
  - 1 teaspoon baking powder
  - 1 teaspoon baking soda
  - 1/2 teaspoon salt, to taste
  - 1/4 teaspoon ginger
  - 2 teaspoons cinnamon (omit with Kamut® grain)

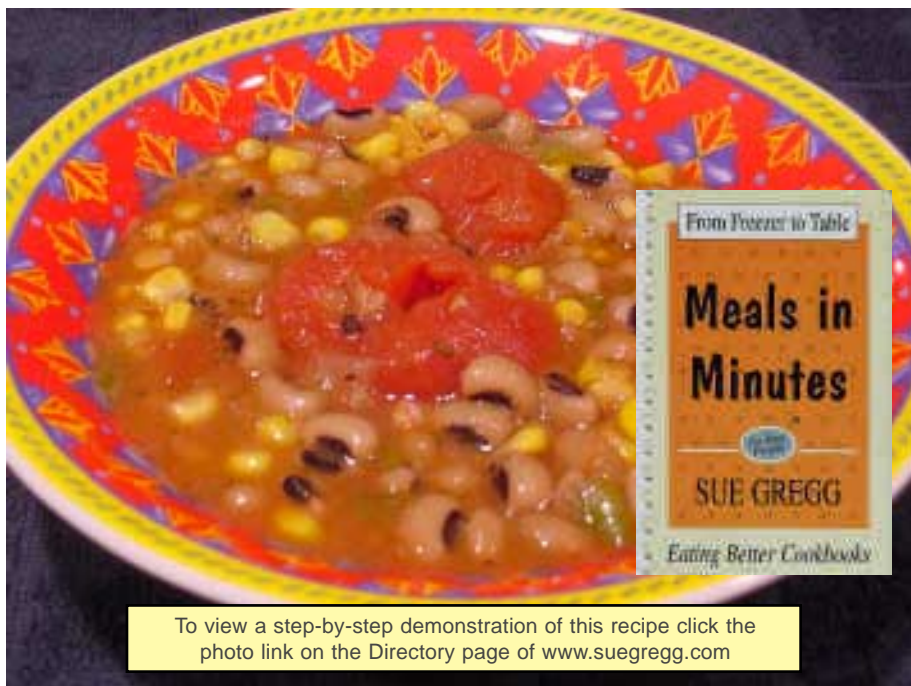


### STAGE 2

4. Preheat oven. Grease pan with soft butter
5. Drain and rinse almonds well; stir into other topping ingredients.
6. Just before baking, add eggs and blend on highest speed for 1 - 3 minutes; briefly blend in leavening, salt and spices just to mix in evenly:
  - 2 eggs or alternative
  - leavenings, salt and spices (*from step 3*)
7. Pour batter into baking pan. Distribute **topping** evenly over top with fingers, pressing it slightly into batter with a fork. Bake at 325° (165°C) for 30 - 40 minutes or until knife or toothpick comes clean out of center of cake. Serve cake hot or cold.

<sup>1</sup>For 8 more blender coffee cake recipes and 29 additional recipes for breads and muffins especially suited to these occasions, see *Breakfasts* and *Soups & Muffins*.

# SueGreggCookbooks Starter Recipe #5



To view a step-by-step demonstration of this recipe click the photo link on the Directory page of [www.suegregg.com](http://www.suegregg.com)

# Country Creole Peas 'n Corn

A very high fiber dish from **Meals in Minutes**. Recipe freezes well.<sup>1</sup> Good with yogurt or sour cream. See Suggested Menu, p. 53.

AMOUNT: 12 Cups (Serves 6 - 8) 245 Calories/1 1/2 Cups<sup>2</sup>

## STAGE 1

1. Soak peas in water with lemon or whey 18 -24 hours):
  - 2 cups (1 lb.) uncooked black-eyed peas, washed
  - 6 cups hot filtered water
  - 2 tablespoons lemon juice or whey

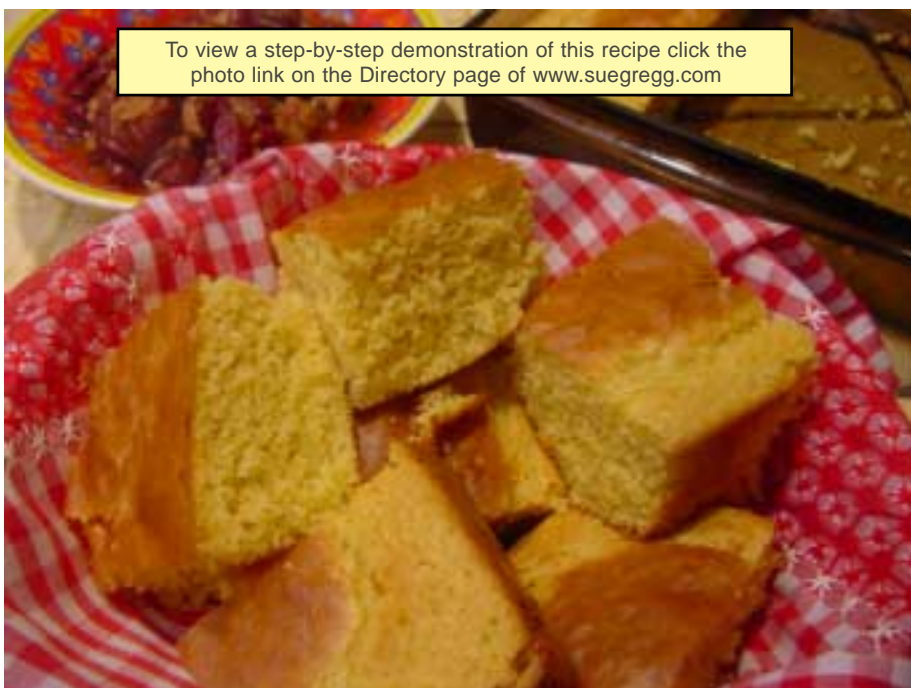
## STAGE 2

2. Drain peas, rinsing thoroughly to remove acid residue; add more water and seasonings; bring to a rolling boil<sup>3</sup> for 3 minutes; reduce heat to simmer;<sup>3</sup> skim foam off top:
  - 8 cups fresh filtered water
  - 1 bay leaf
  - 1 teaspoon Italian Seasoning
  - 1/2 teaspoon rosemary (crumble up between fingers)
3. In separate pan, sauté onion with a little salt in oil until it turns soft, add green pepper to sauté 2 or 3 minutes; add to simmering peas, or add onion and pepper without sautéing directly to the peas as they cook; continue to cook until peas are almost tender, about 1 1/2 hours, adding more water if needed:
  - 2 tablespoons coconut or olive oil
  - 1 onion, chopped with a dash of salt (improves onion flavor)
  - 1 green pepper, chopped
4. Add remaining ingredients and simmer 30 minutes to blend flavors (skip simmering if freezing the dish):
  - 14 1/2 oz. can stewed tomatoes
  - 8 oz. can tomato sauce
  - 1 1/2 cups frozen corn (to freeze dish, cool it completely, adding corn just before freezing)
  - 1/4 cup (1/2 stick) butter, optional (unsalted preferred)
  - 2 tablespoons honey
  - 1/2 teaspoon salt
5. For frozen dish only: To reheat, turn out into a saucepan over low heat. Add 2 cups water. When thawed, bring to a boil; lower heat; simmer 30 minutes. Add water as needed. Expect recipe to be soupy. Remove bay leaf before serving.

<sup>1</sup>See **Meals in Minutes** for 21 additional freezer main dishes; 49 recipes in **Main Dishes** are also designated as “freezable,” and 13 of the soups in **Soups & Muffins** freeze well.<sup>2</sup>Without optional butter in step 5; 292 Calories with optional butter.

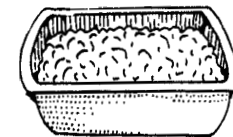
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# SueGreggCookbooks Starter Recipe #6



To view a step-by-step demonstration of this recipe click the photo link on the Directory page of [www.suegregg.com](http://www.suegregg.com)

## Blender Cornbread



*A popular quick bread to serve especially with bean dishes.<sup>1</sup> So easy to make with whole dry corn or a blend of corn and another grain in the blender. To mix by hand use 2 cups flour. From **Introducing Whole Grain Baking** or **Meals in Minutes**.*

**AMOUNT:** 8" Square Baking Pan                      184 Calories/1 piece of 9  
**Bake:** 325° (165°C), 25 - 35 minutes                      (cut bread 3 x 3)

### STAGE 1

1. Place in blender; blend at highest speed 3 - 5 minutes; cover blender (expect batter to be gritty); let stand in a warm place 12 - 24 hours (*preferably 24 hours*):

- 1 cup cultured milk or soured non-dairy alternative
- 1/4 cup melted butter or extra virgin olive oil
- 3 tablespoons warm maple syrup or warm honey
- 2/3 cup whole kernel dry corn
- 2/3 cup additional whole kernel dry corn or 2/3 cup whole wheat pastry grain or 3/4 cup Kamut® grain

2. Stir through small strainer into a small bowl; set aside:

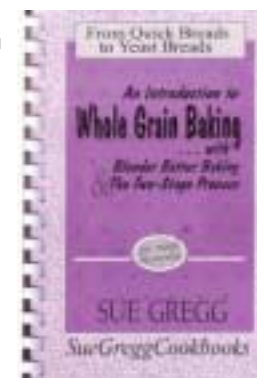
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt

### STAGE 2

3. Preheat oven to 325° (165°C). Grease pan with soft butter.

4. Just before baking, add eggs and blend on highest speed for 1-3 minutes; briefly blend in leavening and salt just to mix in evenly:  
2 eggs or alternative  
leavenings and salt (*from step 2*)

5. Pour batter immediately into greased baking pan. Bake at 325° (165°C) for 25 - 35 minutes or until knife comes clean out of center.<sup>2</sup>



## Toasty Cornbread

Great for leftover cornbread! Slice cornbread pieces in half. Spread each half with butter and toast buttered side down on griddle.

<sup>1</sup>See 31 additional quick bread, muffin, and yeast bread recipes in *Sue Gregg Cookbooks*, especially suitable for accompaniments with main dishes and soups.

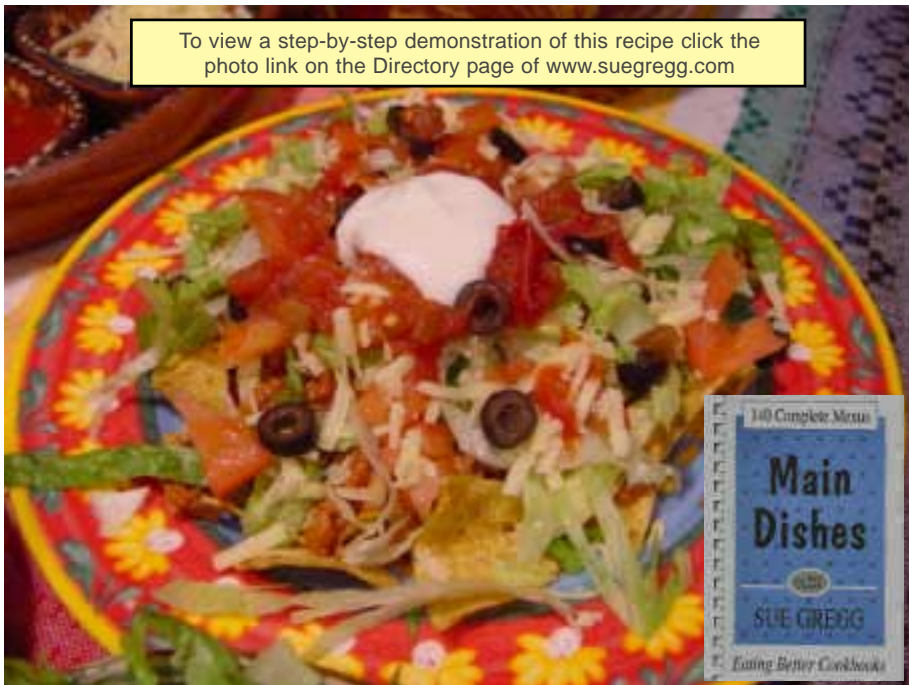
<sup>2</sup>Sometimes my cornbread rises well. Sometimes it hardly rises at all. Who knows why? Maybe it is the liveliness of the leavening. But I don't worry about it because it always tastes good either way!

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# SueGreggCookbooks Starter Recipe #7

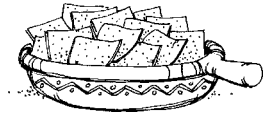


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## Taco Chip O'le



*A winner for all ages! Serve sauce over chips, top with desired ingredients. A complete meal! From **Main Dishes**.<sup>1</sup> For a vegetarian dish use refried beans for sauce and chopped avocado in step 3.*

**AMOUNT:** 4 - 6 Servings

**510 Calories/1 Serving of 6**

1. Brown until about half done, add onion, complete browning:  
1 lb. **Seasoned Ground Turkey** (recipe below)  
or ground beef or buffalo (use kidney beans for vegetarian)  
1/2 cup chopped onion
2. Blend into ground meat and onion, bring to boil, lower heat; simmer for 15 minutes to blend flavors, stirring occasionally:  
15 oz. can tomato sauce  
3/4 teaspoon chili powder  
1/4 teaspoon garlic powder or 2 cloves garlic, minced  
scant 1/8 teaspoon ground cumin seed  
dash oregano leaves  
salt to taste, optional (add after simmering 15 minutes)
3. Meanwhile, assemble in separate serving dishes for the table:  
1 1/2 cups grated cheddar cheese (omit for dairy free)  
2 cups leafy green lettuce, shredded  
2 cups iceberg lettuce, shredded (adds a nice crunch)  
2 medium tomatoes, chopped small  
2 1/4 oz. can sliced ripe olives, drained, optional  
16 oz. taco or tortilla chips  
(from stoneground cornmeal and non-hydrogenated vegetable oil; replace half the chips with baked chips if you can find them)  
salsa, as desired  
1-1 1/2 cups yogurt+sour cream (half of each)  
(omit for dairy free)

## Seasoned Ground Turkey

**670 Calories/Recipe**

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

- Mix together thoroughly and brown in skillet being careful not to overcook (cooks faster than ground beef); drain off any excess fat:
- 1 lb. ground turkey (7% fat is Sue's preferred fat level)
  - 1/8 teaspoon each: nutmeg, thyme, garlic powder, sage
  - 1 tablespoon Worcestershire sauce or soy sauce
  - 2 tablespoons (1/8 cup) catsup or tomato sauce

<sup>1</sup>Enjoy 24 additional dishes with *Seasoned Ground Turkey* or other ground meat from **Main Dishes** and **Meals in Minutes**.

Submit your evaluation of this recipe by linking to the Recipe Report Form on the [DIRECTORY](http://www.suegregg.com) page of [www.suegregg.com](http://www.suegregg.com)

# SueGreggCookbooks Starter Recipe #8



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## Carrot or Zucchini Bran Muffins

*My muffin recipe most often served to guests. A variation of Minute Bran Muffins. Originally with carrots, zucchini makes equally delicious muffins.*

**AMOUNT:** 12 Muffins 206 Calories/1 muffin of 12<sup>1</sup>  
**Bake:** 325° (165° C), 20 - 25 minutes

### STAGE 1

1. Blend together thoroughly (a fork works best) in a large mixing bowl; let stand at least 5 minutes:
  - 1/2 cup boiling hot filtered water
  - 1 1/2 cups wheat bran
  - 1/2 cup raisins
  - 1 cup grated fresh carrots or zucchini
  - 1/4 cup chopped walnuts
2. Place in blender; blend at high speed 5 - 6 minutes;<sup>2</sup> blend into bran mixture, cover bowl with plastic wrap and let stand 12 - 24 hours:
  - 2/3 cup plain yogurt + 1/3 cup very hot filtered water
  - or 1 cup other cultured dairy or soured alternative
  - 1/4 cup melted butter or olive oil
  - 1/2 cup warm honey
  - 1 cup whole wheat pastry berries (grain) (Grains & Flour)
3. Stir<sup>2</sup> through a small strainer into a small bowl; set aside:
  - 1 1/2 teaspoons baking soda
  - 1 teaspoon salt
  - 1 teaspoon cinnamon

### STAGE 2

4. Preheat oven to 325° (165° C). Grease muffin pan with soft butter or spray with non-stick olive oil spray
5. Blend into batter thoroughly, but do not overmix:
  - 2 eggs or alternative
  - leavenings, cinnamon, salt (from step 3)
6. Fill muffin cups evenly. Bake 20 - 25 minutes until done. Cool 5 minutes before removing muffins from pan.

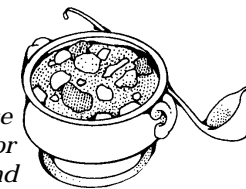


<sup>1</sup>Carrot Bran Muffin; 203 calories per Zucchini Bran Muffin..

# A SueGreggCookbooks Recipe



## Rosie's Hot Chicken Chowder



Keep ingredients for this soup on hand when you face a time crunch with 10 guests arriving. With cooked or canned chicken, assembled in 10 minutes! Thick and hearty. Almost as easy as "opening a can of soup," but a lot tastier! You probably won't need to add any salt, to taste, depending on the saltiness of the canned stuff. For those with sensitive digestive systems reduce or omit the diced green chiles or cook a portion in a separate pot. Doubling the amount of chicken is ok. It might even convince meat and potatoes diehards that they are really eating a substantial dish!

AMOUNT: 13 1/2 Cups ( Serves 7 - 9) 253 Calories/1 1/2 Cups<sup>1</sup>

1. Stir together in soup pot and bring to serving temperature (or until raw chicken is cooked):
  - 3--14.75 oz. cans cream style corn
  - 3--14.5 oz. cans stewed tomatoes
  - 1--14 oz. can (or 2 cups) chicken broth
  - 1--4 oz. can diced green chiles, undrained (optional)
  - 2 cups chopped chicken, cooked or raw, or 12.5 oz. can chicken breast, undrained, broken up
  - 2 teaspoons garlic powder
  - 2 teaspoons oregano
  - 1 teaspoon black pepper
2. Serve topped with cheese:
  - 2 - 4 tablespoons grated jack cheese per bowl, as desired

### VEGETARIAN VARIATION

- In place of chicken, add 15 oz. can garbanzo beans, well drained and rinsed.



<sup>1</sup>With 2 tablespoons jack cheese; 303 calories per 1 1/2 cups with 4 tablespoons (1/4 cup); jack cheese = 24 calories/1 tablespoon. <sup>2</sup>256 calories per 1 1/2 cups.



1 1/2 C. Hot Chicken Chowder  
 1 1/4 C. Jack Cheese  
 Orange-Pineapple Salad  
 Whole Wheat Tortilla  
 with 1 1/2 tsps. butter

656 Calories  
 Protein: 29 g. (18%)  
 Fat: 22 g. (31%)  
 Carb: 84 g. (52%)  
 Dietary Fiber: 12 g.

From **SueGreggCookbooks, Soups & Muffins**, 4th ed, ©2010

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