

Sue Gregg Cookbooks Digital 2017

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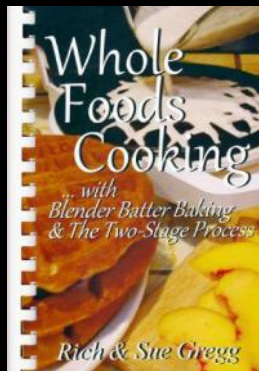
Whole Foods Cooking for the Whole Family
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Whole Foods Cooking for the Whole Family

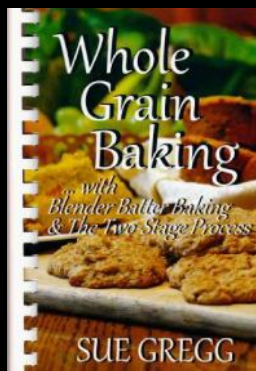


A Comprehensive Whole Foods Cooking Plan
Balancing Nutritional Value with Appetite Appeal,
Cost Control with Convenience. K-Adult Curriculum.
Over 1000 Recipes, Menus, Demos, and Cooking Lessons.

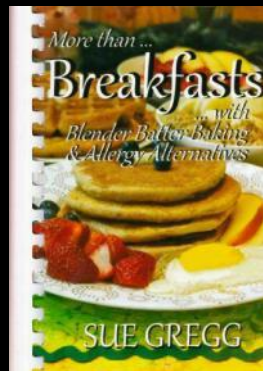
Cookbook Previews, Recipe Samplers, and Recipe Demonstrations



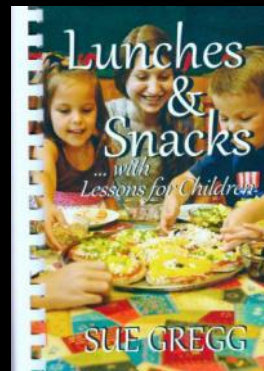
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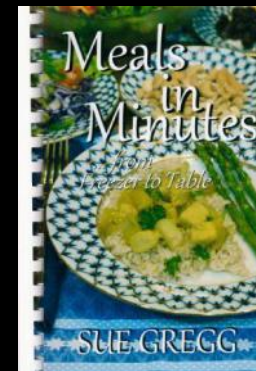
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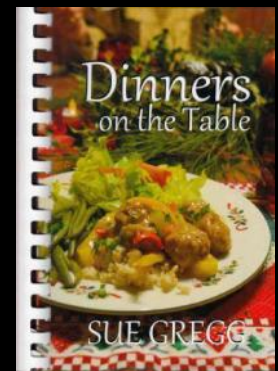
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Sue Gregg Cookbooks

More than 1000 recipes, menus, and cooking demonstrations have been created with a focus on nutritional value, ease of preparation, cost control, appetite satisfaction. As teaching texts these cookbooks explain the why's and how to's of whole foods cooking. Recipes are formatted in a by-the-numbers style that young cooks can follow easily.

Ten Model Recipes



Waffles/Pancakes* p.11



Yogurt Pie p. 12



Almond Coffee Cake* p.45



Cornbread* p.63



Black Bean Chowder p.78



Carrot or Zucchini
Bran Muffins* p .81



Country Creole
Peas 'n Corn p. 93



Lemon Baked Salmon
p. 110



Taco Chip O'le
p.112



Baked Parmesan
Chicken p. 114

*These recipes incorporate the Two Stage Process

Whole Foods Cooking

Blender Waffle/Pancake (all grains)
Almond Coffee Cake (rice)
Blender Corn Bread
Country Creole Peas 'n Corn
Brown Rice
Taco Chip O'le (corn chips)
Pasta Parmesan Supreme (pasta choice)
Black Bean Chowder, Quinoa Curry

Breakfasts

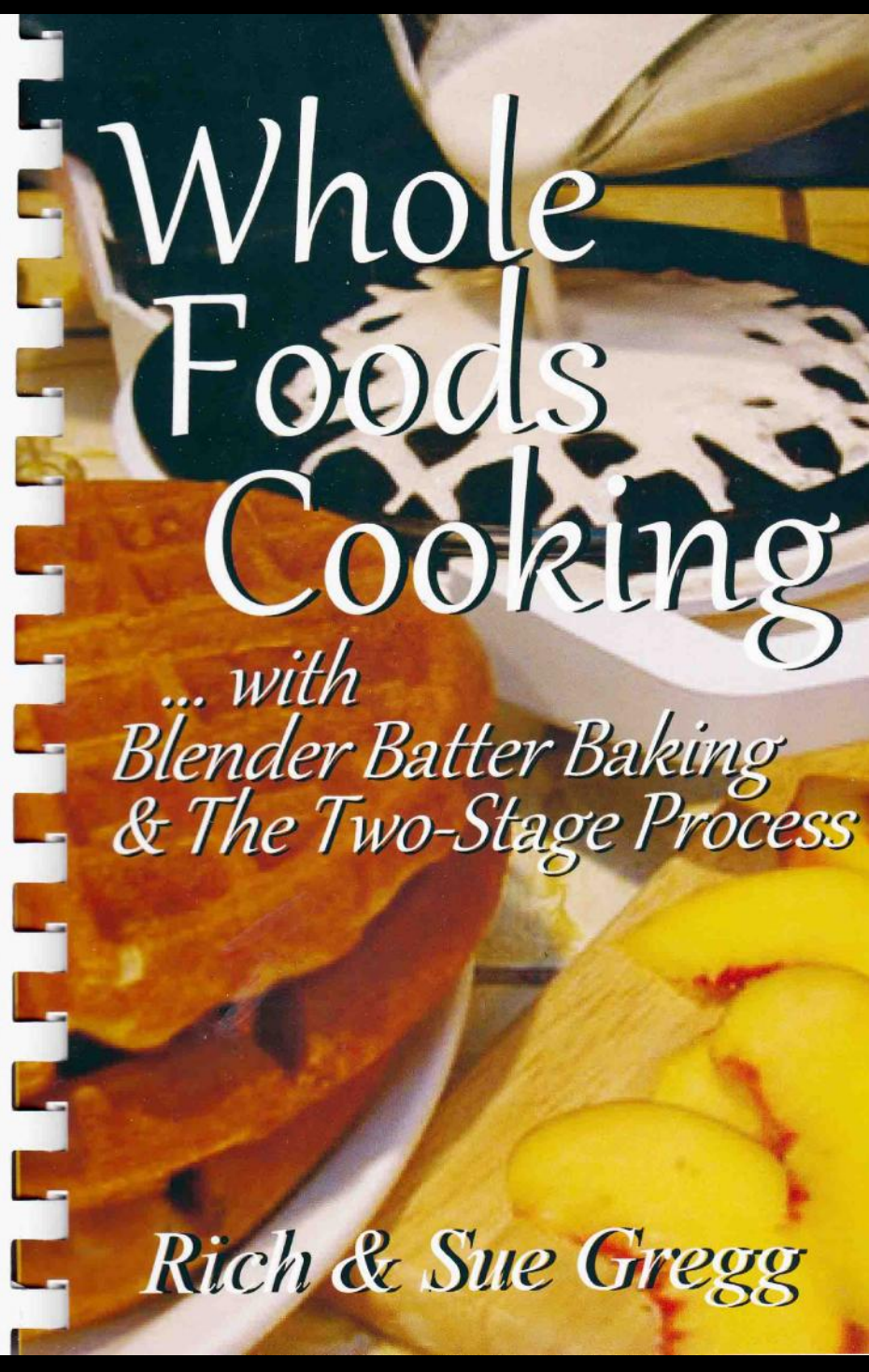
Oatmeal (If you purchase gluten free Oats)
Buckwheat Kasha, Teff Cereal
Cream of Millet or Brown Rice

Recipes with Gluten Free Alternative Grains

Creamy Quinoa, Polenta, Apple Millet Cereal, Breakfast Burritos
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Blender Banana Muffins (Brown Rice)
Waffles/Pancakes (Any grain)
Almond Coffee Cake, Apricot Pecan Coffee Cake (Brown Rice)
Blueberry Coffee Cake (Brown Rice)
Cowboy Coffee Cake (Brown Rice, Gluten free Oats)
Orange Coffee Cake (Brown Rice, Gluten free Oats)
Pineapple Coffee Cake (Brown Rice, Gluten free Oats)
Zucchini Coffee Cake (Brown Rice, Gluten free Oats)
Blender Breakfast Crepes (Rice, Millet, Oats),
Quinoa Crepes

Dinners on the Table

Almond Brown Rice or Quinoa
Brown Rice Pilaf
Savory Brown Rice Pilaf
Transitional Rice
Curried Brown Rice
Hawaiian Quinoa or Rice
Mexican Rice Millet-in-a-Skillet
Quinoa, Quinoa Pilaf
Quinoa Curry
Tabouli,
Wild Rice Pilaf



Whole Foods Cooking

*... with
Blender Batter Baking
& The Two-Stage Process*

Rich & Sue Gregg

Introducing Whole Foods Cooking

Shatters the myth of appetite appeal-less healthy whole foods eating. One serving of blender batter whole grain waffles will start you on a culinary adventure that breaks the barriers to success with recipe after recipe without resorting to white flour, white sugar, or hydrogenated shortening.

Offers allergy alternatives, answers nutritional questions, supplies basic menus, provides kitchen organization tips, and calculates calorie counted portioned servings for weight management.

Finally, *Introducing Whole Foods Cooking* goes outside the kitchen to illustrate how to bring beauty and blessing to the table.

The PowerPoint CD

Demonstrates each recipe step with photos.

Provides six reprintable studies from the Gospels of John and Luke observing the methods of The Master Chef along with guides for leading classes.

Includes one semester of Whole Foods Menu Planning & Meal Preparation Curriculum for the SueGreggCookbooks Cooking Course.

Introducing Whole Foods Cooking ISBN 1-878272-21-7

SueGreggCookbooks



Blender Batter Waffles/Pancakes



Blender Cornbread



Brown Rice



Quinoa Curry



Fresh Apple Topping



Country Creole Peas'n Corn



Taco Chip O'le



Orange Tossed Salad



Oatmeal Surprise



Baked Parmesan Chicken



Seasoned Ground Turkey



Scrambled Eggs



Almond Coffee Cake



Lemon Baked Salmon



Baked Potato Gourmet



Yogurt Pie

Why this Book?

So you really do want to eat healthier fare using wholesome whole foods ingredients instead of refined and processed? It would be easier if it was like buying clothes, a car, or a house. Select it, wear it, drive it, live in it. Preparing and eating healthy food is something you have to choose to do repeatedly, sometimes several times a day.

We are not going to pretend that it is easy to leave choices and patterns that the culture through media, friends, and availability persistently imposes. It is difficult to move from the comfortable and familiar to the strange and unknown. That is why you need a guide, someone to coach you along the way as you transition to whole foods.

We've been through the whole process. In fact we set aside an unsuccessful attempt for two years. It wasn't until one day musing and praying at the kitchen sink that the idea came to Sue Gregg, "Why don't I start with familiar recipes and start substituting healthier ingredients" that we found a way to make the transition work. Once she developed a few very good recipes, it became a lot easier. Good recipes are the key to successfully adapting to a whole foods lifestyle. That is what this book is about.

We're here to remove obstacles to your success in transitioning to eating better. You don't need expensive equipment to get started. You don't need a degree in nutrition. You don't need a fancy kitchen. You do need desire. You do need commitment. You do need persistence. You do need resources. You do need step-by-step instructions. You do need a clear vision of where you are going.

We understand the vision. We'll lead. Follow us. To begin we'll supply the most important resource--a set of basic homestyle recipes. With the starter recipes and accompanying menus in this book you'll learn to serve complete whole foods meals. The PowerPoint demonstration CD in the back of this book shows you how we did each recipe in our kitchen. The photo presentations will clarify what words in the recipe may not.

Our slogan for success is simple: *One recipe at a time.*

We do know that recipes are not enough. You will have questions that challenge us to demonstrate why the new way is better than the old. Why the new ingredients offer more value than the old. That is why you'll be reading the section on "Nutrition Basics." We don't claim that our reasons are definitive--just to the point.

Start cooking tomorrow. Do them all. In a short time you will become experienced in whole foods cooking. You will have mastered a set of model recipes that will become standards in your kitchen. If you want a curriculum to guide, follow *A Personal Guide* on the CD.

Learning with a Group

Would you prefer to learn with the encouragement of a group (even two or three are a group) as a participant or as a coordinator or leader? **Introducing Whole Foods Cooking** is the text for your class. The accompanying CD supplies you with *A Leader's Guide*.

A group setting lends itself to discussion of the development of Titus 2:3-5 qualities (loving and serving others in ways that impact generations). We all know that there is more to living than just eating. We don't just "*live by bread alone . . .*" We are convinced that the quality of our *daily bread* connects to the *living bread*. Food is a bridge to connecting you with those who gather around your table as well as to the Creator of the food itself. There is a lot more to it than just filling faces with food. That is why we've included food connected Bible Studies in the "Food to Faith" section (for both group and private study), and the section, "Serving & Connecting," in this book.

God is not a mountain guru only involved in the mystical and spiritual. The same hand that guides your soul gives food to your body. God is both the teacher and the cook. . . He provides fire for the head and food for the body. Your eternal salvation and evening meal come from the same hand.

Max Lucado, *The Great House of God*

The Bible studies include six food stories in the gospels of John and Luke, making the link between physical food and spiritual truth. The Bible study and discussion materials reflect the very purpose of food: . . . *to teach you that man does not live on bread alone, but on every word that comes from the mouth of the LORD* (Deut. 8:3; Matt. 4:4). A supplementary biblical focus is also available, using the *Food for Discussion Questions*, available to print out from the CD.

Choosing Wisely

The human body is a magnificent work of creation. Food, likewise designed by the Creator, is remarkably complementary, bringing strength, energy and health to the body. While many people suffer from a scarcity of food or even mass starvation, in affluent countries, especially in America, most choose nutritionally poor food. The result is obesity, heart disease, cancers, diabetes, and

Unfortunately what is pleasurable and culturally acceptable is not a reliable guide for choosing what is in the best interests of our health. Likewise, advertising, diet books, and some medical advice often prove to be unreliable. This book aims to help you choose more wisely.

*He makes grass grow for cattle,
and plants for man to cultivate--
bringing forth food from the earth;
wine that gladdens the heart of man,
oil to make his face shine,
and bread that sustains his heart.
Psalm 104:14-15*

Investing in Others' Lives

God demonstrates his love and care through serving our families. Paul wrote to Titus that mature women were to model exemplary lives so that they could train younger women in what is good: *to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind...*(Titus 2:4-5).

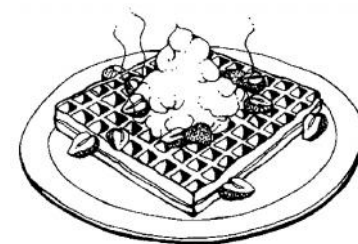
One of the greatest legacies of love you can pass on to your children (and others) is not only building up their health with a nutritious diet, but also teaching them to take on this responsibility in their own future homes. For all of us, a nutritious and tasty diet energizes us to do our work well and fortifies us to minimize the illnesses that diminish our serving effectively.

Next Steps. . .

The first three sections of this book are the “bare bones” for getting you started in whole foods cooking. The final three sections give you additional help to carry you further along your journey: “Next Steps,” “Menus for Weight Management,” and “Food to Faith.”

Rich & Sue Gregg

Note: This book is also part of a two semester curriculum designed especially for home school use for high school level or above. The first semester covers *Baking with Whole Grains*. The second semester curriculum covers *Whole Foods Menu Planning & Meal Preparation* and may be accessed from the PowerPoint CD that accompanies this book.



Our Story

Our idea of breakfast was standard American. Scrambled eggs and bacon with white bread toast, a glass of orange juice, boxed cereal choice of the morning for dad and the kids. A cup of coffee for mom. For dinner, real man-stuffing, kid-pleasing meat and potatoes, out-of-the-can vegetables, jello on top of crisp iceberg lettuce for salad, and ice cream.

Our oldest son suffered from severe headaches. Colds and the flu ran their regular courses through the family. The toddler's sniffles continued even after a ten day regime of antibiotics. Dad's craving for chocolate and cola drinks induced an alarming weight gain. Job pressures brought irritability and depression that strained family relationships.

Asking Questions

We began to research articles and books to find answers. What about sugar? A nutrient depleted thief. White flour? Lost its fiber. Processed foods? Overcooked with cosmetic colorings and flavors added. We read everything about nutrition we could find. At times contradictions confused us. Nutritionists seldom seemed to agree.

Eventually we distinguished the controversial peripherals from the basics. For us it meant switching from refined products to fresh whole foods. How could we introduce these changes to our family?

Our Experiment Begins

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

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

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

Discovering The Design

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

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

Recipes The Key

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

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

As we tested new recipes, we gave each member of the family opportunity to express a response to its taste and appeal. Is it a "please let us have this one once a week winner" or does it need some improvements, perhaps in texture or spicing? A real loser? Don't blame the cook.

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

Our Family Benefits

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

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

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

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

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

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



Rich & Sue Gregg

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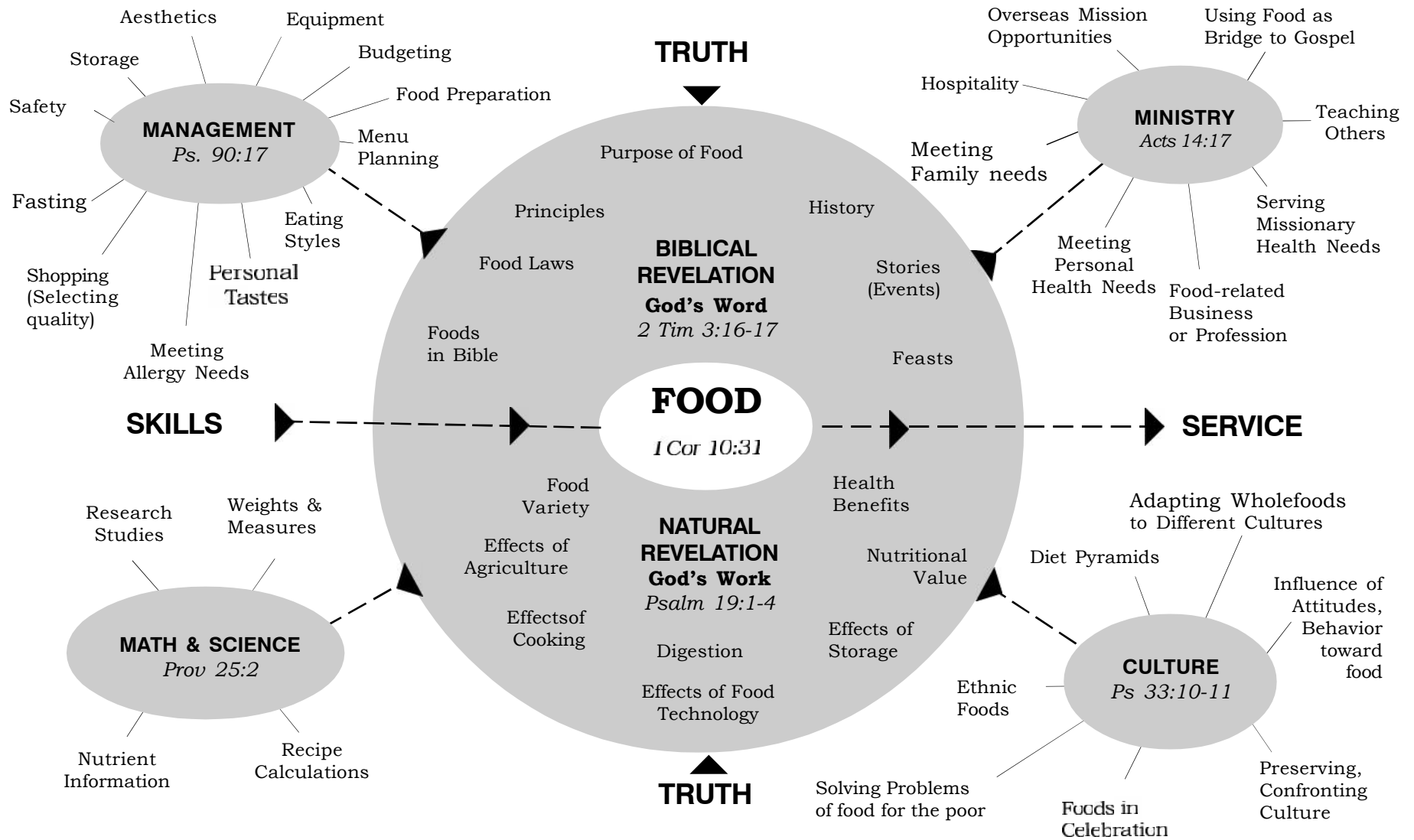
*I pray that you may enjoy good health
and that all may go well with you,
even as your soul is getting along well.
3 John 2*



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A Creator-Redeemer Based World View

Romans 1:20 ~ John 6:35, 47-48



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Recipes & Menus

*May the favor of the LORD our God
rest upon us; establish the work
of our hands for us--yes, establish
the work of our hands.
Psalm 90:17*



RECIPES¹

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¹Most of these recipes are either dairy and grain-free, or give ingredient options for coping with dairy allergies, grain allergies, or gluten intolerance.

Blender Waffles/Pancakes Calories, see p. 56

*No grain mill needed! Master this recipe and you will be well on your way to making a successful transition to wholefoods cooking. Especially light and quick prepared in a blender. A 450 watt Osterizer or 525 watt Braun blender works well. Use any grain or combination of grains. To mix by hand without a blender, use **1 1/2 cups flour** in place of grain in step 1. To facilitate easier learning this is a slightly smaller recipe than given in **Introducing Whole Grain Baking** and in **Breakfasts**¹*

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

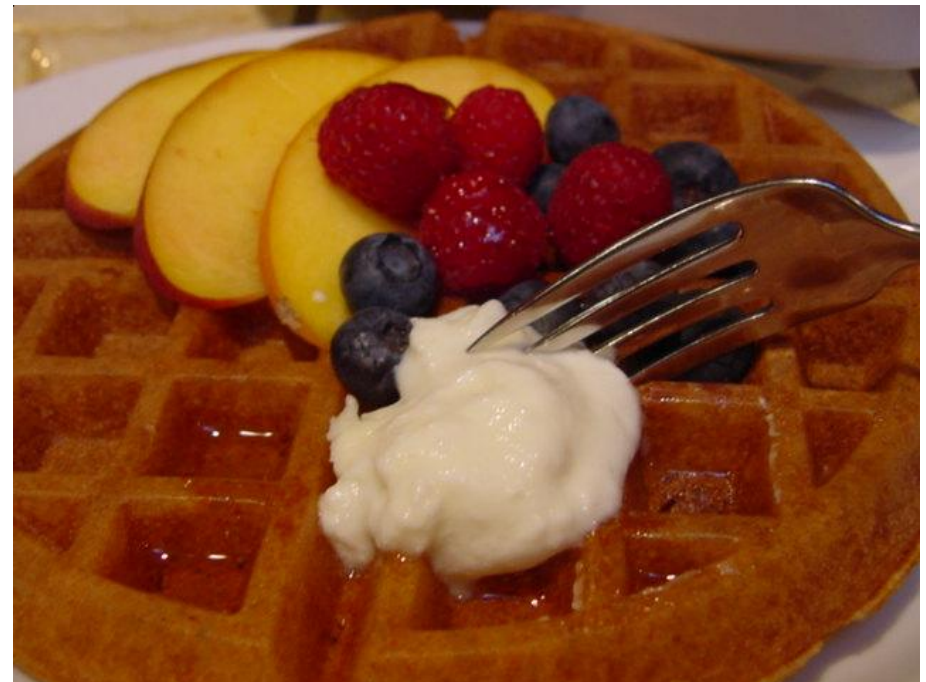
STAGE 1

1. Place in blender; blend at highest speed 3-5 minutes (less in VitaMix), adding enough liquid to keep blender churning; cover blender; let stand in a warm place several hours (pp. 15-16):
 - 1- 1 1/4 cups cultured milk or soured non-dairy alternative** (p. 29)
Use the lesser amount liquid for pancakes; batter should be a little thicker than for waffles; adjust to your preference.
 - 1 tablespoon melted butter or olive oil** (pp. 23, 24)
 - 1 teaspoon vanilla extract, optional** (omit with buckwheat)
 - 1/2 cup raw brown rice, buckwheat, corn or other grain** (p. 29)
(These are raw whole grains, not flour!)
 - 1/2 cup uncooked rolled oats**
2. Stir through small strainer into a small bowl; set aside:
 - 1 teaspoon baking soda (or 1/4 teaspoon baking soda + 1/2 teaspoon baking powder)** (p. 29)
 - 1/2 teaspoon salt, to taste** (p. 28)

STAGE 2

3. Preheat waffle iron at highest temperature, or griddle on medium-high until water drops sizzle on surface.
4. Just before baking, add egg and any extra liquid; blend on highest speed 1 - 3 minutes; briefly blend in optional ground flax seeds, then leavening and salt (assist with rubber spatula, if needed):
 - 1 egg or alternative** (pp. 25, 29)
 - additional liquid** (as needed to keep batter churning)
 - 1 tablespoon ground flax seeds, optional** (p. 20)
 - leavening and salt** (from step 2)
5. Grease waffle iron or griddle if 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.
6. Serve hot.

¹For more detail on variations of this recipe and other waffle and pancake recipes see **Breakfasts**.



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**.¹*

AMOUNT: 8" Square Bake Pan
Piece of 9²

190 Calories/1

1. To make crust, melt butter in glass pan; blend in cracker crumbs and sweetener:

1/4 cup (1/2 stick) melted butter (*unsalted preferred, p. 24*)

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 with rolling pin.

2 tablespoons Sucanat or Rapadura (*preferred, p. 27*)

or brown sugar or sugar

2. 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 for at least 10 minutes.

3. For pie filling, place in mixing bowl:

3 cups plain yogurt (*whole, pasteurized, non-homogenized preferred, p. 25*)

1 1/2 teaspoons vanilla extract (*p. 28*)

8 oz. crushed pineapple, unsweetened, drained (reserve juice)

4. 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

5. 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

6. Pour into graham cracker crust; chill in refrigerator until set.

7. 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

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

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

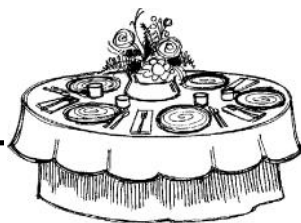


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Serving & Connecting

*They broke bread in their homes
and ate together with glad and sincere hearts,
praising God and enjoying
the favor of all the people.
Acts 2:46-47*



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Next Steps

*She watches over the affairs
of her household
and does not eat the
bread of idleness.
Proverbs 31:27*



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Menus

for Weight Management

*...make every effort to add to your faith
goodness; and to goodness, knowledge,
and to knowledge, self control;
and to self-control, perseverance...*
2 Peter 1:5, 6

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Food to Faith

*I am the bread of life.
He who comes to me will never go hungry,
and he who believes in me
will never be thirsty.
John 6:35*



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PowerPoint File
Click Title to Open
PDF File

Introducing Whole Foods Cooking

COOKING DEMONSTRATIONS

OPEN
[Whole Foods Cooking
Cookbook](#)



[Almond Coffee Cake](#)



[Baked Potato Gourmet](#)



[Basic Fruit Shake](#)



[Black Bean Chowder](#)



[Blender Cornbread](#)



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Whole Grain Baking

*... with
Blender Batter Baking
& The Two-Stage Process*

SUE GREGG

Introducing . . .

Whole Grain Baking with . . .

Blender Batter Baking and The Two-Stage Process



Fresh whole grain breads from wheat, corn, oats, buckwheat, brown rice, triticale, rye, barley, millet.



Allergy alternative spelt and Kamut® grain.



Waffles, pancakes, crepes, muffins, cornbread, coffee cake, biscuits, scones, chapatis, dinner rolls, cinnamon rolls, sprouted grain, pizza crust, parmesan herb bread, sourdough, yeast breads.



Sue Gregg Cookbooks, Publishers ISBN 1-878272-20-9

Introduction

This book has grown out of our *Baking with Whole Grains* semester course for high school home schoolers. As a result, ***Introducing Whole Grain Baking*** replaces ***Breakfasts*** as the text for that course. It also stands alone, however, as an introductory cookbook in whole grain baking for all ages. The accompanying PowerPoint CD provides over 30 step-by-step demonstrations so that you may see clearly how to prepare the recipes. The close-up color photos will bring the recipe steps to life. It is not "entertainment" like the TV food channel. The slide format is deliberate, allowing you to go your own pace through a demonstration, pausing at, returning to, and reviewing steps as you find a need. It also acts as a "mother's helper" in teaching children and a "leader's helper" in teaching small groups a foods class in whole grain baking.

Please be aware that this introduction does not cover recipes in the desserts category such as as cookies, cakes, or pie crusts.

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Getting Started

*She is like the merchant ships,
bringing her food from afar.
Proverbs 31:14*



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Grain Wonders

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

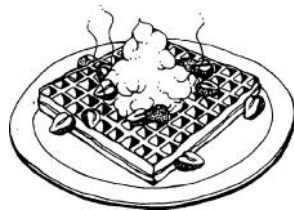


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Quick Breads

Quick Breads

...establish the work of our hands for us--
yes, establish the work of our hands.
Psalm 90:17

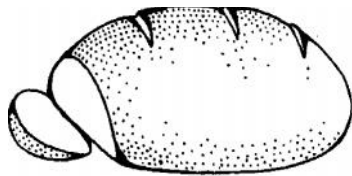


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Yeast Breads Contents

Yeast Breads

Again he asked,
*"What shall I compare the kingdom of God to?
 It is like yeast that a woman took
 and mixed into a large amount of flour
 until it worked all through the dough."
 Luke 13:20-21*



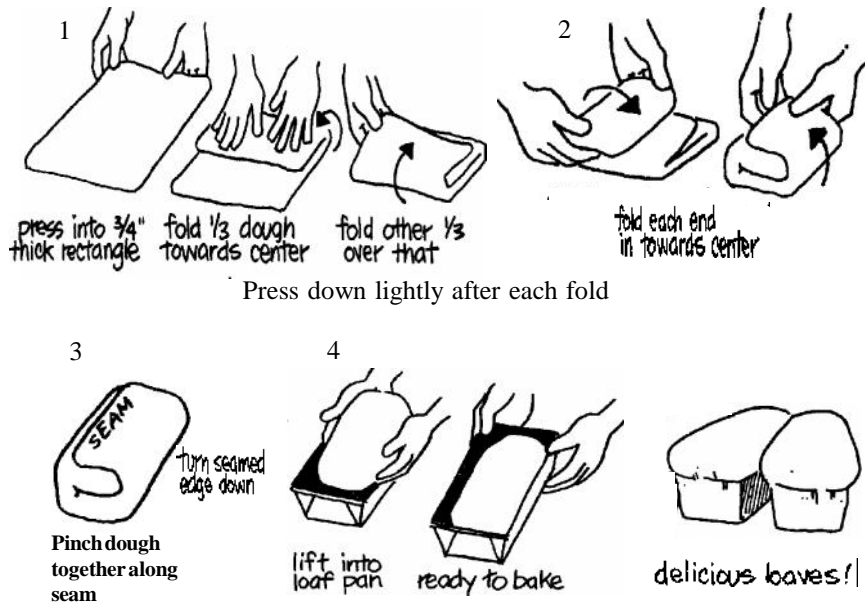
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Delicious Whole Grain Bread

For more details, see pp. 136-140. For variations see pp. 146, 150-152.

AMOUNT: 2 Medium Loaf Pans (p. 123) **108 Calories/1 Slice of 16**
Bake: 350° (175° C), 35 - 45 minutes (16 slices/1 loaf)

1. Prepare **Delicious Whole Grain Dough**, p. 144, or **Sprouted Whole Grain Dough**, p. 155.
2. Grease pans (p.86).
3. Divide dough in half; shape into 2 loaves by kneading dough into shape, or by following folding illustrations below. Before placing shaped loaves into pans, drop a couple times on counter to remove any remaining air pockets (pp. 136-137).
4. 3rd Rise (p.137) Place loaves in pans, cover with a damp cloth and let rise until almost double, about 20 - 25 minutes in a warm place.
5. Preheat oven to 350°. Place a pan of water in bottom of oven to create steam for better baking, if desired (p.138).
6. Baking & 4th Rise (pp.138-139): bake 35-45 minutes until done, following the tests for doneness (you may wish to use an instant digital thermometer).
7. Turn loaves out on sides on a cake rack to cool. For soft crust brush with butter if desired (p.139).
8. Cool completely before slicing or storing (pp.139-140).



Pizza Crust

Whole grain crust transforms a meatless pizza into a flavorful delight. All ages enjoy this high protein, caloric feast! A perfect company or teenage party dish to introduce the uninitiated to better nutrition. Crusts may be frozen unbaked or baked without topping, if desired. Wrap in plastic wrap (p. 11) and then snugly in foil.

AMOUNT: 2 1/2 - 3 --13" Pizza Crusts

Bake 325° (165°C), crust 15 - 20 minutes; topping 10 - 15 minutes

1. Prepare *Delicious Whole Grain Dough*, p. 144, or *Sprouted Whole Grain Dough*, p. 155.
2. Preheat oven to 325° (165° C); grease pans (p. 86).
3. Divide dough in half. Use about 2/3 of each piece for one 13" crust.
4. With fingers, press each piece of dough evenly onto 2 greased 13" pizza pans (substitute cookie sheets if not available).

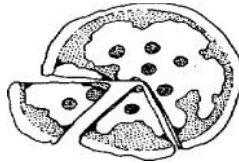
Tip: Press dough out fairly thin. It will rise during baking. If whole grain baked crust is too thick, it will overpower the topping and be heavy to eat. You may have enough dough for 3 full 13" crusts, depending on how thin you like it. If not, press the extra dough out on a cookie sheet.

5. Bake immediately in preheated oven at 325° (165°C) for 15 - 20 minutes or until crust is lightly baked.

Party Pizza

Calories/See p. 168

Spread each large baked pizza crust with topping ingredients; bake 10-15 minutes at 325° (165°C) until hot through and cheese melts:



- 1 - 1 1/2 cups pizza, spaghetti or pasta sauce
- 2 cups grated mozzarella, cheddar, or jack cheese
- Italian Seasoning or sweet basil, to taste
- 1/2 teaspoon oregano leaves, crushed
- 1/2 cup Parmesan cheese, optional
- 1/4 - 1/2 cup chopped onion, optional
- 1 cup fresh sliced mushrooms, optional
- 1/2 cup green pepper, slivered or chopped, optional
- 1/2 cup red pepper, slivered or chopped, optional
- 2 1/4 oz. can sliced ripe olives, drained, optional

VARIATIONS

- › Sauté the vegetables in olive or coconut oil, or melted butter before spreading over sauce.
- › Add browned *Seasoned Ground Turkey* (see *Party Pizza CD demo*).



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Whole Grain Baking Index

COOKING DEMONSTRATIONS

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More than ...

Breakfasts

*... with
Blender Batter Baking
& Allergy Alternatives*

SUE GREGG

More than...

Breakfasts with...

Blender Batter Baking & Allergy Alternatives

Enjoy fresh whole grain waffles & pancakes without an expensive grain mill. Recipes so versatile that you can choose from buckwheat, barley, corn, oats, millet, rice, rye, kamut, spelt, & varieties of wheat,

Muffin, coffee cake, & crepe batters ready to pour in five minutes. Impossible? Try Blender Batter Baking Recipes.

From Dairyless Shakes to Wheatless Coffee Cakes
Recipes & Menus Balance
Convenience & Cost,
Nutritional Value & Appetite Appeal



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Preface

I offer this volume to you as a lay person and not as a professional. I have read many books in the attempt to keep abreast of nutritional research, product changes and cultural shifts. I have had years of experimenting with recipes in camps and retreats where appealing to the tastes of all ages is essential, and in my own kitchen on family and friends. I have listened to thousands of women in workshops and seminars in the USA and abroad, addressing their commonly recurring concerns, basically the same the world over. In addition, I am an openly professing and practicing Christ follower. Consequently, I carry my Christian worldview into this work. The Bible, God's written word to mankind, has been the foundation of what you hold in your hands as far as I have understood it. I don't claim there is not more to understand. Likewise, while I have read many books on various nutritional and health issues, there is an infinite number that I have not. As with many fields of knowledge, nutrition is a work of understanding and application in process. *It is the Glory of God to conceal a matter, to search out a matter is the glory of kings. Prov. 25:2.* To do justice to all the books and information written on the subject of nutrition would mean no time left to produce any assimilation for practical use. As spoken in *Ecclesiastes 12:12, ...Of making many books there is no end, and much study wearies the body.* There comes a time to draw the line and provide practical solutions to what I've learned thus far. For thirty years this has been my approach, necessitating new editions at strategic times, just as represented by this 5th edition of **Breakfasts**.

My purpose is to make available a practical and winsome set of cookbooks that challenges the ever growing array of food alternatives in this 21st century. Our basic approach addresses food for the family primarily as preventive "health care," moving away from the dietary negatives of our culture and toward God's better food positives. Some specific health concerns are addressed in a broad and general sense such as weight management and alternatives for common allergies. We continue to keep in focus the universal concerns of women: What is this going to cost (economy)? How will I find time to do this (convenience)? What key nutritional concerns will be met? Where can I find the ingredients (resources)? Will it taste good? and, among Christian women: is it biblical? In addition to this last question, taste is our bottom line. By this, I don't expect you or family members to love every recipe. But I think you will find plenty here to please family tastes, bringing joy, if not greater nutritional value, to your table (*Acts 14:17*).

In this book you will find full-flavored whole grain hot cereals, egg dishes, fresh fruit recipes, easy breakfast shakes, blender batter whole

grain recipes such as muffins, coffee cakes, waffles, pancakes and crepes, plus a couple of pleasing and easily-digestible whole grain yeast dough recipes.

Nutritional highlights of *Breakfasts* includes selecting quality ingredients, following the *two-stage process* (pp. 11-13) of preparing grains for cereals and breads to release valuable nutrients and improve digestibility, the value of whole dairy products and cultured milk products over against fat-free and lowfat dairy products, the nutritional wonder of eggs, how to offer hospitality with healthful breakfast recipes and menus, and a potpourri section for bonus information including weight management, and calorie-counted sample breakfast menus.

This 5th edition continues my focus on teaching children. I believe we must include them in what we are learning about foods, capturing their natural curiosity. Let them feel the pride of replacing us in the kitchen. Answer the why as well as the how. Special sections were written with them in mind: *The Art & Science of Yogurt Making*, *The Science of Making Hot Cereals*, *The Anatomy of An Egg*, and *Fruit Trivia*. A focus on these is summarized in *Breakfast Highlights for Children*, p. 7. See also in the *Index*: "Children, teaching." for both recipes suitable for learning and more information on teaching.

You will find frequent cross-referencing throughout, both in the text, and in recipes for unfamiliar ingredients or procedures. These will help to quickly locate any additional information you may need. Cross-references are given in recipes because I know that most of us start zeroing in on specific recipes without reading the supportive information. We seldom begin at the beginning in cookbooks. I have often picked up an unfamiliar cookbook, opened it in the middle to some recipes, seen unfamiliar ingredients listed, then snapped the book closed and put it back on the shelf. Again and again at home schooling conventions I have watched ladies come up to our booth, pick up a book, and open it right to the middle to some recipe before ever checking the contents or natural progression of the book. Cross-references in recipes are in smaller print and italicized to minimize their presence in providing access to supportive information whenever you need or want it.

Divider pages introduce each section and its contents. Cut-out tabs on page 283 are provided with instructions for attaching them to these pages. They are very durable. Do take advantage of the them to facilitate convenience of locating any major topics and recipes quickly. Additionally, using the *Index* should spare you any difficulty locating a recipe or subject. I pray for God's blessing on you as you use this book for your enrichment, enjoyment, blessing, and service.

Cook's Prayer

*For since the creation of the world
God's invisible qualities--his eternal power and divine nature--
have been clearly seen, being understood from what he has made...
Romans 1:20*

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

*And cheeses, chicken, fish, lamb, beef, 'n dairy--
These, and more, go a long way, refreshing the weary.*

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

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

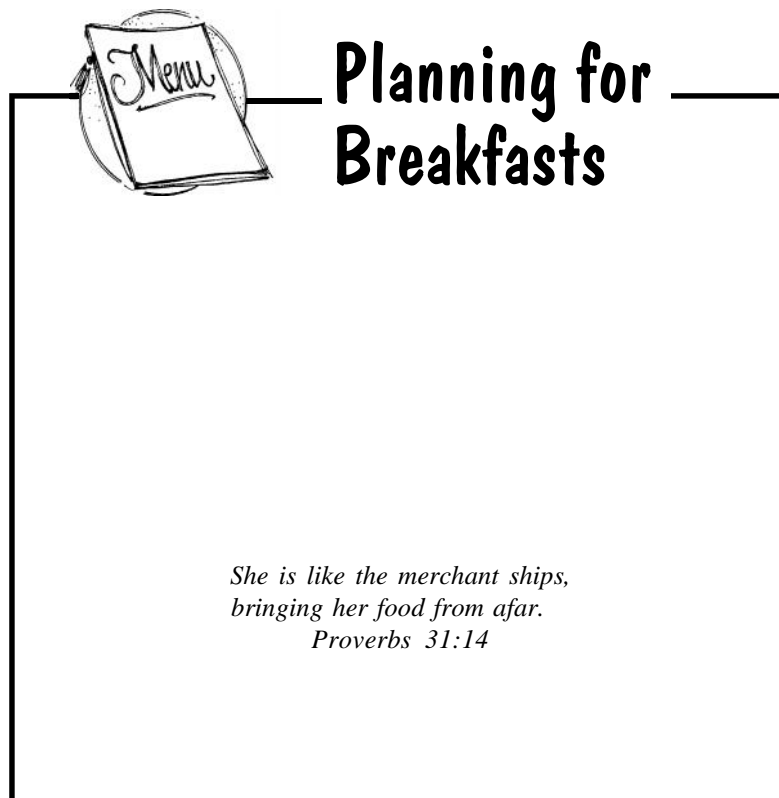
*Your stores of food in all colors,
all shapes, and all sizes
are ever full of nutritious and tasty surprises!*

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

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

Sue Gregg

Planning for Breakfast



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Come & Have Breakfast

*When they landed, they saw a fire of burning coals
there with fish on it, and some bread.
John 21:9*

This is one of my favorite stories in the Bible. The disciples are weary. They had fished all night. *"Friends, haven't you any fish?"* Jesus, called to them from the Galilean shore, *"Throw your net on the right side of the boat and you will find some..."* (John 21, 5, 6). Can't you just imagine their excitement? They even counted every fish--one hundred fifty three of them! What a glorious morning!

But that's not all. A heart-warming campfire breakfast awaits them --fresh caught fish and hearty bread prepared and served by the Lord, himself, triumphant over death. What an identification with, and exaltation of, one of our most menial tasks (*shades of Titus 2:3-5*)!

It wasn't the catch or the meal, though, that captured their hearts, but *who* provided both catch and meal. What a host! What a provider! What power! What love! What fellowship! What a Lord! When Peter realized that it was Jesus, he couldn't wait. He jumped overboard!

Was Peter prepared for what came next? Jesus filling hungry stomachs was only the beginning. The ensuing discussion with Peter was not so comfortable, focusing on *"feed my sheep,"* not once, but three times. Jesus wasn't meaning breakfast, lunch and dinner. *"Feed my sheep"* meant feeding others with himself, *"...the bread of life"* (John 6:35), just as he spoke to the crowds he fed: *"Do not work for the food that spoils, but for food that endures to eternal life, which the Son of Man will give you"* (John 6:27).

Genesis 1:28-29 reveals God's first purpose for food--to supply what would be needed for physical strength and health in order to *subdue and rule over the earth*. A second purpose, our dependence on God, is expressed in Deuteronomy 8:3, *He humbled you, causing you to hunger and then feeding you with manna...to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD*. Finally, this incredible breakfast on the beach beautifully captures a third purpose, *"feed my sheep"* (John 21:15, 16, 17). Served by the resurrected Lord Jesus, his beach repast inseparably linked physical and spiritual realities for eternity.

Most books on nutrition and diet written by Christians focus on what God says about food in the Bible. While significant, I believe even more so is what food says about God (Acts 14:17). Unless we understand this, we've missed the main message. God's purposes for

food is both for now and forever. Max Lucado sums it up well: "God is not a mountain guru only involved in the mystical and spiritual. The same hand that guides your soul gives food to your body. . . In the school of life, God is both the teacher and the cook. He provides fire for the head and food for the stomach. Your eternal salvation and your evening

meal come from the same hand."¹ His plan for meeting our physical needs go hand-in-hand with meeting our spiritual needs. Moreover he meets our physical and spiritual needs to equip us to meet the needs of others, just as he called Peter to feed his sheep. *So whether you eat or drink or whatever you do, do it all for the glory of God.*²

¹The Great House of God, Max Lucado, Word Publishing, 1997, p. 97.
²1 Corinthians 10:31



Should We Eat Grains?

This question, I believe, applies to the breakfast meal more than any other. Not only are we more likely to eat grain for breakfast than at lunch or dinner, but the cereal breakfast is the most often eaten by most people. It is convenient, economical and consistently satisfying. Cereals and breads are here to stay regardless of the case for high protein-low carb meals. The current phase low carb has passed us by, for the moment. I say "for the moment," because for decades the high protein route to weight loss has returned for a new phase time and again. It has some value, possibly great value for particular individuals, but I want to carry the argument a bit further.

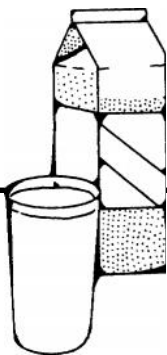
Several leading nutritionists are cautioning the consumption of whole grains. A significant rationale for this viewpoint is the supposed idea that mankind was historically first a hunter-gatherer and not a producer of grain crops until about 10,000 - 15,000 years ago and therefore our bodies were not originally designed for grains. God's Word presents a serious challenge to this view. What actually happened that long ago is all theory. I will take God's Word over theory any day!

Bread and cereal have traditionally been regarded as *the staff of life* for a reason. Bread and meat were the staples of the biblical levitical

Milk Alternatives

Milk Alternatives

*He will eat curds and honey
when he knows enough
to reject the wrong
and choose the right.
Isaiah 7:15*



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MAKING YOGURT OR KEFIR WITH RAW MILK

1 Gallon Certified
Raw Milk

INGREDIENTS

Estimated cost \$15.00

EQUIPMENT

Add 1/4 cup whole
plain kefir or yogurt
starter to each jar

Nesco American
Harvester Dehydrator
with thermostat. \$70

Whisk to mix

13" x 9" plastic
garden pot with drain
holes sealed

Raw Milk Yogurt/Kefir

This is an updated recipe from our recipe in **Breakfasts**, p. 46. The yogurt is not as firm, but we love the nutritional benefits of all the enzymes and nutrients not destroyed or reduced by wheat. It is important to view the accompanying photos to understand how we do this very simply once you have acquired the equipment. After following this recipe 2 or 3 times, you probably won't need it any longer.

AMOUNT: Between 4 and 5 Quarts

1. Divide **1 gallon whole raw milk** evenly into 5 quart glass jars (we use wide-mouth canning jars).
2. Add about **1/4 cup whole milk plain yogurt** to each jar (we use Trader Joe's Creamline pasteurized, but not homogenized, whole plain yogurt)
3. Cap jars with lids.
4. Place jars in container (we use **a large plastic planter container**, with the holes in the bottom of it taped over to hold in the heat; across the top that measures exactly as wide as the dehydrator lid).
5. Place **dehydrator lid** on top of the planter container (we use *American Harvester*--the lid without the round trays; the heating element and thermostat are mounted in the lid).
6. Plug in the dehydrator lid and set the thermostate at about 130 degrees to keep the inside temperature between **110 - 115 degrees**.*
7. Incubate yogurt about 12 hours or more for the tartness you desire.
8. Refrigerate. Keeps well for 1 - 2 weeks.

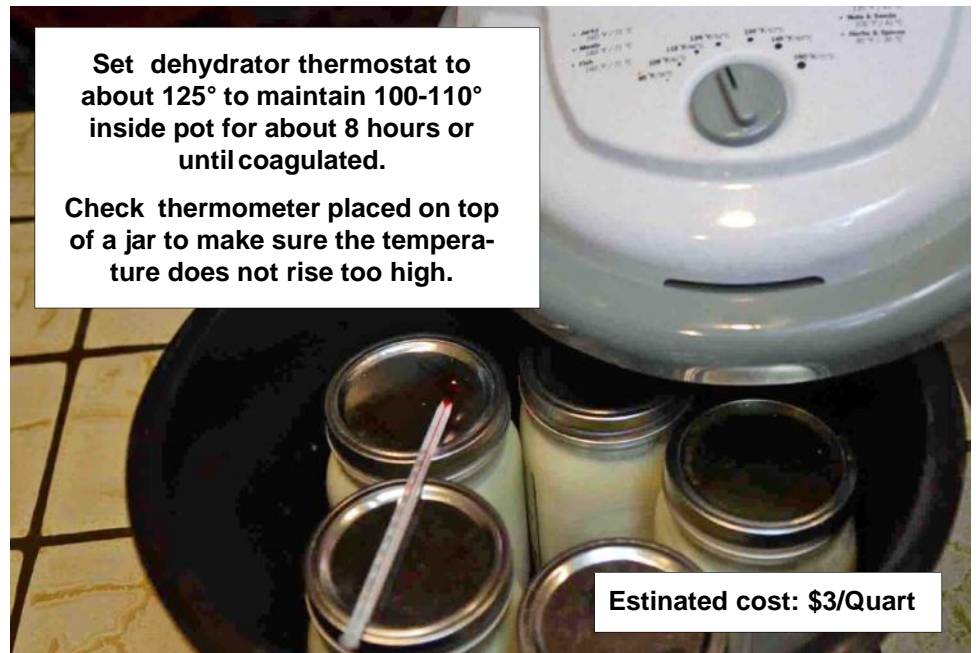
*The temperature settings on the dehydrator are not as accurate in this configuration as inside the dehydrator shelves, thus the higher temperature setting. Attach a thermometer with masking tape to one of the jar lids inside the planter. Check the temperature periodically so it does not go too high. Adjust the thermostat as needed.



Purchase a plastic garden pot 13" wide by 9" deep that will hold 5 quart jars.

Seal drain holes in bottom with electrical tape.

The dehydrator lid diameter should match the pot diameter.



Set dehydrator thermostat to about 125° to maintain 100-110° inside pot for about 8 hours or until coagulated.

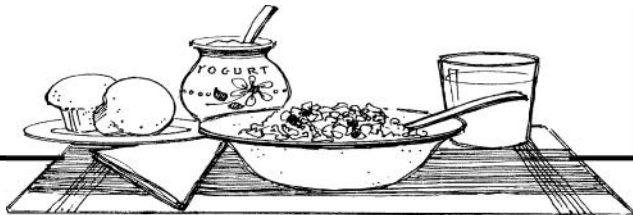
Check thermometer placed on top of a jar to make sure the temperature does not rise too high.

Estimated cost: \$3/Quart

Cereals

Cereals

*Faithfulness springs forth from the earth,
and righteousness looks down from heaven.
The LORD will indeed give what is good,
and our land will yield its harvest.
Psalm 85:11-12*



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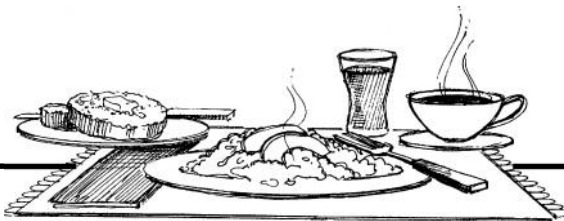
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Eggs and Accompaniments

Eggs and Accompaniments

*Which of you fathers,
if your son asks
for...an egg,
will give him a scorpion?
Luke 11:12*



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Scrambled Eggs



Believe it or not, most people do not know how to scramble eggs properly. The tendency is to overcook and break them up into little rubbery pieces. Scrambled eggs should be a delicately light golden mass, moist, and not browned. After experimenting with non-stick pans for a couple of years, I have returned to my durable-for-a-lifetime, guaranteed-safe-for-health stainless steel pans.

AMOUNT: 2 - 3 Eggs 83 Calories/1 egg of 3'

1. Add to shallow saucepan or fry pan over moderately low heat:
1 1/2 teaspoons coconut oil, butter, extra virgin olive oil or ghee (pp. 17, 18)
2. Whisk together thoroughly with a fork in a bowl:
2 or 3 medium or large eggs (footnote¹, p.96)
1 tablespoon filtered water or cream per egg (p. 16)
1/8 teaspoon salt, optional

The liquid whisked into the egg will "stretch" the protein and make it more tender.

3. Evenly distribute heated oil or butter over surface of the pan; pour in eggs. Be sure oil/butter is heated high enough before adding egg (but don't let the butter turn brown). Otherwise, the egg will replace the fat, moving it to the side of the pan, and the egg will stick.
4. When the eggs begin to set, push the cooked eggs to one side with edge of spatula to let uncooked eggs run underneath. You can also gently turn the eggs over, if you like, but don't stir the eggs; stirring scrambled eggs breaks them up into hard and unpleasant little lumps and pieces.
5. Remove eggs from heat when just barely set on the top, even a bit undercooked. Do not let the egg brown on the bottom.
6. Cover with lid until ready to serve. For a special touch, sprinkle eggs with **minced fresh parsley**.

Quantity cooking tip: For 2-3 eggs I use an 8" pan. If eggs are too shallow in the pan, they cook too fast; if too thick (over 1 1/4" deep) they cook too slowly requiring too much stirring. To scramble in a large quantity, cover bottom of pan with melted coconut oil, butter or ghee (or non-stick olive oil spray as a last choice). Add eggs and bake in 350° oven. When they begin to cook around the outside edge, gently loosen them up and carefully distribute. Continue, distributing the cooked eggs occasionally, until all are scrambled. This is the way we did it for large camp groups.

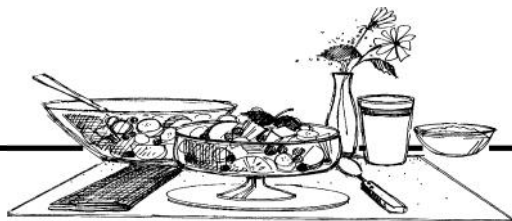


Turkey Sausage, Scrambled Eggs, Almond Coffee Cake, and Fresh Fruit

Fruits

Fruits

*On each side of the river
stood the tree of life,
bearing twelve crops of fruit,
yielding its fruit every month.
Revelation 22:2*



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On-the-Go Shakes & Muffins

On-the-Go Shakes 'n Muffins

*He brought you . . .
into a good and spacious land,
a land flowing with milk and honey.
Exodus 3:8*



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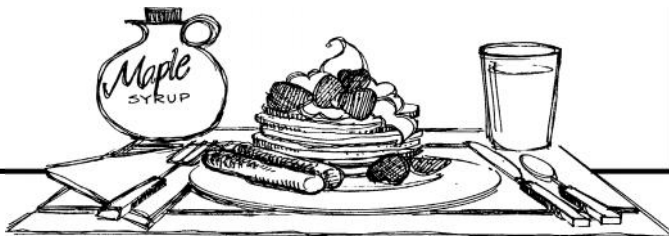
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Waffles, Pancakes, French Toast & Toppings

Waffles, Pancakes, French Toast & Toppings

*He makes grass grow for the cattle,
and plants for man to cultivate--
bringing forth food from the earth. . .
and bread that sustains his heart.
Psalm 104:14, 15*



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Making Waffles & Pancakes

Making whole grain waffles and pancakes is one of the most fun things in whole grain cooking, primarily because everybody loves them, from the youngest child to grandpa to your favorite guests. With one good basic recipe you can learn to make them successfully. Do a little experimentation with different grains and grain combinations to determine family preferences, and with the amounts to produce the lightness of texture most pleasing to you.¹



Blender Waffles/Pancakes, with grain variations, pp. 160-161, will take you far in the right direction. My husband, Rich, has experimented with this recipe hundreds of times. He is the chief waffle and pancake maker in our family--now two senior citizens. He has made them once or twice a week for the two of us and fed waffles to many guests at home and on the road. He has made them in motel rooms and at church for eighty attendees at a missions conference. He has tested the taste buds of hundreds. Once he planned to serve a group of women at a workshop a combination with sprouting buckwheat and another combination with corn--their choice. I didn't think sprouting buckwheat was a good choice for an uninitiated crowd, especially women. He proved me wrong. The choice was about evenly divided. They all loved their choices. We served them with a tiny bit of real maple syrup, a dollop of real whipped cream sweetened with honey and a strawberry on top (they ate their quarters on a napkin). There are plenty of toppings to choose from. My personal favorite is *Fresh Apple Topping*, p. 172, topped with whole plain yogurt. We don't get many takers for plain yogurt, but developing a taste for this healthy addition is worth it. This easily digestible protein moderates the sweet toppings and balances off this high carbohydrate feast.

Whole grain waffles turn out lightest in a belgian waffle iron. It would be nice to make them in an old fashioned cast iron one without the risky non-stick finish, but they are practically non-existent.² You can always make pancakes on a cast iron griddle, in any case.



Enjoy the two-stage process now incorporated in all our breakfast whole grain recipes. It actually is a great convenient timesaver, especially of those last precious minutes right before a meal--most appreciated before breakfast! You will also appreciate smoother and lighter texture and the improved release of nutrients and digestibility.

¹See *Introducing Whole Grain Baking* with CD demonstration for more waffle/pancake making details.

Blender Waffles/Pancakes



Enjoy surprisingly light and crispy whole grain waffles without an expensive grain mill.¹ 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.

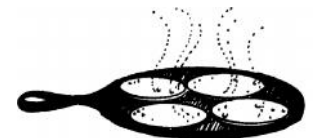
AMOUNT: Serves 4 (4 - 5 waffles--7"; 18 - 20 pancakes--4")¹

STAGE 1

- Place in blender; blend at highest speed 3 - 5 minutes; cover blender; let stand at room temperature 12 - 24 hrs. (p. 11):
1 - 1 1/4 cups plain yogurt + 1 cup very hot filtered water (p. 16)
or 1 1/2 - 1 3/4 cups other dairy or dairy alternative (pp. 17-18)
 lower amount for pancakes; higher amount for waffles
2 tablespoons extra virgin olive oil or melted butter (pp. 17, 18)
 (or melted coconut oil added in step 4; p. 18)
1 teaspoon vanilla extract (omit with buckwheat)
1 cup raw brown rice + 1/2 cup uncooked rolled oats
 (or other grain choice, p. 161)
- Sift leavenings and salt through strainer into a small bowl; set aside:
2 teaspoons baking powder (p. 20)
1/2 teaspoon baking soda
1/2 - 1 teaspoon salt, to taste

STAGE 2

- Preheat waffle iron at highest temperature, or griddle on medium-high.
- Just before baking, add eggs and any extra liquid; blend on highest speed 1 - 3 minutes; briefly blend in leavenings and salt just to mix in evenly (assisting with rubber spatula, if needed):
1 egg or alternative (p. 221)
additional liquid (add water if batter needs thinning to keep blender churning)
leavenings and salt (from step 2)
- Spray waffle iron or griddle or grease with coconut oil as needed (p. 17). 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.



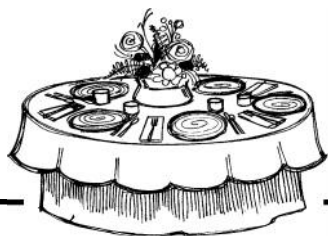
¹For calorie counts on grain variations, see *Build-A-Waffle* chart, p. 162.



Special Occasions

Special Occasions

*When you have eaten
and are satisfied,
praise the LORD your God for
the good land he has given you.
Deuteronomy 8:10*



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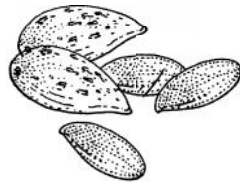
Almond Coffee Cake

Our favorite. To mix by hand with flour, use **2 cups whole wheat pastry flour or Kamut® grain flour, 2 cups barley flour or brown rice flour, or 2 1/2 cups spelt flour**. See footnote, p. 181, for Almond Coffee Cake.

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

STAGE 1

- Place in blender; blend at highest speed 3 - 5 minutes; cover blender; let stand at room temperature several hours (p. 11):
2/3 cup whole plain yogurt + 1/3 cup very hot filtered water (p. 16)
or 1 cup other dairy or dairy alternative (pp. 17-18)
1/4 cup olive oil or melted butter (or add melted coconut oil in step 5)
3/4 cup honey (warm slightly if not easily pourable)
grain choice (not flour): 1 cups whole wheat pastry berries
or 1 1/2 cups spelt, Kamut® grain, or brown rice
or 1 1/4 cups hulled barley (see Grains & flour, p. 19)
- For **topping** blend together in order given with a fork except nuts; soak nuts in salted water overnight (p. 21); set aside:
2 tablespoons butter
2 tablespoons Sucanat or Rapadura (p. 23)
1/2 cup uncooked rolled oats (see footnote, p. 192)
1 teaspoon cinnamon (with kamut only)
1/2 cup sliced or chopped almonds
- Sift leavenings, salt and spices through strainer into a small bowl; set aside:
1 teaspoon baking powder (p. 20)
1 teaspoon baking soda
1/2 teaspoon salt, to taste
2 teaspoons cinnamon (omit with kamut)
1/4 teaspoon ginger



STAGE 2

- Preheat oven to 325° (165°C); grease baking pan with soft butter. Drain and rinse almonds well; stir into other topping ingredients.
- Just before baking, add eggs and blend on highest speed for 1-3 minutes; briefly blend in leavening, salt, spices just to mix in evenly:
2 eggs or alternative (p. 221)
leavenings, salt and spices (from step 3)
- Pour batter into baking pan. Distribute **topping** evenly over top with fingers, pressing it slightly into batter with a fork. Bake for 30-40 minutes or until knife or toothpick comes clean out of center of cake. Serve cake hot or cold; to reheat, cut in serving pieces, wrap in foil, heat about 10 minutes at 325°.



Potpourri

Potpourri

*I pray that you may enjoy good health
and that all may go well with you,
even as your soul is getting along well.
3 John 2*



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Menus

Menus

*They broke bread in their homes
and ate together
with glad and sincere hearts,
praising God and enjoying
the favor of all the people.
Acts 2:46b-47*



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Breakfast Menu Plans

for Family Variety & Weight Management

Setting up the calorie-counted menus, pp. 240-256, was by far the most difficult and time consuming part of writing this book. It reminded me what a tedious task calorie counting is, even with a computer program. Unfortunately, for most people who need help staying within an appropriate calorie range for losing and maintaining weight, it is too time consuming a project to last long. So I decided to count the calories in advance, both for you and for myself. While I expect you will want to make some changes of food and recipe selections, it will be much easier within the framework of a pattern already set up. I have designed the menus with great flexibility without having to recount calorie totals again and again. These are not menus for any specialized diet, but for the entire family. Our families need community, not individualism. and moms don't need to be short-order cooks. They are intended to be enjoyed for a long term lifestyle of healthy eating with plenty of tasty variety. Any individualized menu plan that you set up that is different from the rest of the family and requires restriction of tasty variety won't last long. This is why diet plans fail again and again.

Each menu is divided into two parts: a primary menu with specific recipes and food items, and an alternate menu (which is potentially any number of menus in one) with averaged calorie totals of similar groups of recipes or foods.¹ View these averaged groups to get the idea on pp. 257-262. This averaging system is based on 1) the assumption that you will eat a variety of foods over a period of weeks, and 2) that calorie counts are a close approximation at best. Some diet programs suggest that you "must count every calorie." You can't do that unless you dine in a laboratory. There are too many variables, for example, different calorie tables, different harvests, one's accuracy in measuring or weighing food items, etc. Thus, all calorie totals are close approximations. This is entirely realistic. A good test of whether the calorie counts are working for you, is whether you are either maintaining or losing weight (whichever is your aim) by following the recommended menus with given calorie counts for established portion sizes. If not, you can reduce the serving sizes or variety of items given, and/or shift the carbohydrate, protein, fat balance using the suggestions on p. 233.

Portion control is the key. Work with these plans portion-controlled plans until you have modified them with your own choices. Adjust the calorie totals and then stay fairly consistent so you won't be recalculating calories at all. The best way to realize their usefulness is to use them. How to use them is explained step by step on pp. 238-239.

The best way to explain how a menu works is to walk you through one of them, Follow the copy of Menu #1 - HERS, p. 239:

Each menu is divided into HIS and HERS with maximum calorie limits based on dividing the daily calorie limit in each category by the 3 daily meals (for HIS Menu #1, see p. 240).

"HIS" Maintenance: 2400 calories daily (800 Cal/Breakfast)

"HIS" Weight loss: 1800 calories daily (600 Cal/Breakfast)

"HERS" Maintenance: 1800 calories daily (600 Cal/Breakfast)

"HERS" Weight loss: 1200 calories daily (400 Cal/Breakfast)

All the menu items on each menu are suited to the type of meal, e.g. HOT CEREAL

Primary Menu All the menu items in the top portion of the menus are specifically listed with the portions and calorie counts.

Alternate Menu (the lower portion): Alternate choices of recipes and foods will fit into the same menu plan as the menu items above. These choices are averages of an entire group of recipes of the same type. Turn to page 257 to understand how this works:

Note the ^A Hot Cereals list. On this list are 10 hot cereal recipes that are averaged for use on Menu #1. The average is based on the assumption that you will eat a variety over a period of weeks so that the number of calories will balance out over time. This method can save you a lot of calorie counting hassle. Fresh Fruits, and all the other averages, follow the same averaging plan. Choose from 12 different fruits or any combination of them and use the same total calorie average. This affords a whole variety of menu choices within the particular menu type (i.e Hot Cereal). You select different recipes from the averaged group, but use the same calorie count.

TOTAL CALORIES For the ^A Alternate Menu (see left column of the sample menu on next page): The items repeated on both menus are superscripted with ^A, itemized in the Primary Menu (e.g 54^A, 37^A, 85^A, 80^A, 33^A) and added as one total on the Alternate Menu (e.g. 289^A); this total is designated as 00^A items from Primary Menu. If you don't see a total for 00^A items it means I repeated the items individually on the Alternate Menu instead of using the 00^A designation (see Menu #4, for example).

- 115¹ is replaced with 139¹ for the hot cereal alternate choice.
- 67² and 43² are replaced with 77² for fruit alternate choice.
- Totaling calories together: e.g. 289^A + 127¹ + 77² = 493.

BREAKFAST MENU #1 - HERS

HOT CEREAL	Maintain Wt. 600 Cal. Max		Lose Wt. 400 Cal. Max	
Primary Menu				
<i>Hot Oatmeal</i> , p. 64, 72, or 75	115 ¹	3/4 C.	77 ¹	1/2 C.
raisins, p. 59	54 ^A	2 T.	54 ^A	2 T.
flaxseeds, ground, p. 59	37 ^A	1 T.	37 ^A	1 T.
yogurt, whole plain, p. 59	85 ^A	1/2 C.	56 ^A	1/3 C.
milk, raw, p. 59	80 ^A	1/2 C.	80 ^A	1/2 C.
butter (for cereal), p. 59	33 ^A	1 t.		
banana, sliced, p. 59	67 ²	1/2 C.	34 ²	1/4 C.
orange, pieces, p. 59	43 ²	1/2 C.	43 ²	1/2 C.
TOTAL CALORIES	514		381	
Alternate Menu				
00 ^A items from Primary Menu	289 ^A		227 ^A	
△ Hot Cereals, Average, p. 257	127 ¹	3/4 C.	85 ¹	1/2 C.
Fresh Fruits, Average, p. 257	77 ²	1 C	58 ²	3/4 C.
TOTAL CALORIES	493		370	

The Primary and Alternate Menus are designed so that both will always stay at or under the maximum calorie limits, usually under, giving some leeway.

The other menu items that do not have alternate choices listed remain the same unless you change them to items you would rather eat. The calorie charts on pp. 59, 105, 146-147, 162-163 will provide most of the calorie counts you will need. For recipe calorie counts, they are listed at the top of each recipe, at the end of each section of the book (pp. 54, 82, 112, 134, 155-156, 175-176, 202), and on the calorie averaging lists, pp. 257-262.

For comparisons of Carbohydrate - Protein - Fat balances of these menus, see p. 263. If you wish to shift the balance to lower fat, a simple way is to omit the butter from the menus. This will lower fat %'s about 8% and raise carbs by about 7% and protein about 1% (the actual carb and protein calories remain the same however).

I recommend that you make copies of these menu plans that you can mark up with your changes. Before you know it you can have your own set of individualized calorie-counted menus. Don't short change yourself on variety. Better to control calories by portion control.

BREAKFAST MENU #1 - HIS

HOT CEREAL	Maintain Wt. 800 Cal. Max		Lose Wt. 600 Cal. Max	
Primary Menu				
<i>Hot Oatmeal</i> , p. 64	154 ¹	1 C.	115 ¹	3/4 C.
raisins, p. 59	.		54 ^A	2 T.
flaxseeds, ground, p. 59	74 ^A	2 T.	74 ^A	2 T.
<i>Date Apple Granola</i> , p. 80	134 ^A	1/3 C.		
yogurt, whole plain, p. 59	85 ^A	1/2 C.	56 ^A	1/3 C.
milk, raw, p. 59	120 ^A	3/4 C.	120 ^A	3/4 C.
butter (for cereal), p. 59	33 ^A	1 t.		
banana, sliced, p. 59	67 ²	1/2 C.	67 ²	1/2 C.
orange, pieces, p. 59	43 ²	1/2 C.	43 ²	1/2 C.
TOTAL CALORIES	710		529	
Alternate Menu				
00 ^A items from Primary Menu	446 ^A		304 ^A	
△ Hot Cereals, average, p. 257	170 ¹	1 C.	127 ¹	C.
Fresh Fruits, average, p. 257	77 ²	1 C	77 ²	1 C
TOTAL CALORIES	693		508	

BREAKFAST MENU #1 - HERS

HOT CEREAL	Maintain Wt. 600 Cal. Max		Lose Wt. 400 Cal. Max	
Primary Menu				
<i>Hot Oatmeal</i> , p. 64	115 ¹	3/4 C.	77 ¹	1/2 C.
raisins, p. 59	54 ^A	2 T.	54 ^A	2 T.
flaxseeds, ground, p. 59	37 ^A	1 T.	37 ^A	1 T.
yogurt, whole plain, p. 59	85 ^A	1/2 C.	56 ^A	1/3 C.
milk, raw, p. 59	80 ^A	1/2 C.	80 ^A	1/2 C.
butter (for cereal), p. 59	33 ^A	1 t.		
banana, sliced, p. 59	67 ²	1/2 C.	34 ²	1/4 C.
orange, pieces, p. 59	43 ²	1/2 C.	43 ²	1/2 C.
TOTAL CALORIES	514		381	
Alternate Menu				
00 ^A items from Primary Menu	289 ^A		227 ^A	
△ Hot Cereals, average, p. 257	127 ¹	3/4 C.	85 ¹	1/2 C.
Fresh Fruits, average, p. 257	77 ²	1 C	58 ²	3/4 C.
TOTAL CALORIES	493		370	

¹Interchangeable hot cereal calories. ²Interchangeable fruit calories.

Lunches & Snacks

*... with
Lessons for Children*

SUE GREGG

Lunches & Snacks for Children & Busy Moms

Capture children's curiosity about food and food preparation at opportune moments. In recipe preparation children practice their numbers while identifying shapes and colors.

Step-by-step PowerPoint lessons help young cooks (and their mothers) visualize recipe how to from set up to clean up.

Questions for discussion highlight the nutritional value of key ingredients.

Helps children (and their parents) discover how to satisfy appetites with real whole foods.

This is a cookbook that applies the philosophy: If they fix it, they'll eat it. Teach at age two. By thirteen they'll become competent enough to replace you in the kitchen!



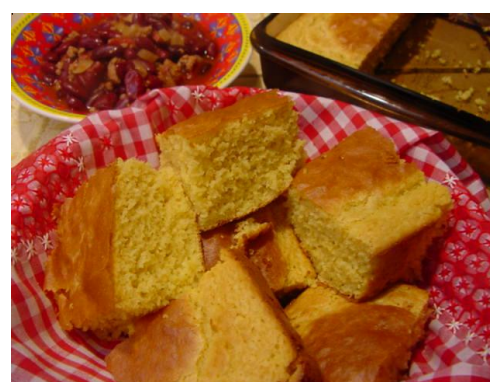
SueGreggCookbooks, Publishers ISBN 1-878272-16-0



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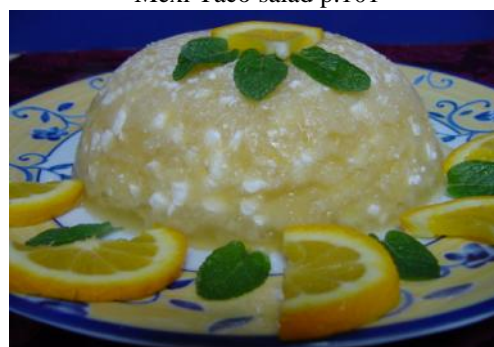
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Foreword

Lunches & Snacks is intended for the entire family with emphasis on teaching children. You can use it for teaching with or without the suggested curriculum. Although recipes for teaching are designated with an icon, any of the recipes are suitable depending on a child's ability and interest. The "Teaching Children" section will direct you in the details, including a list of recipes from other cookbooks suitable for teaching as well. The *Cooking with Children CD* accompanying **Lunches & Snacks** is especially helpful for teaching. "Nutrition for Children" is also included in the curriculum.

Well-trained children are a great time saver. While I was attempting to meet the publication deadline for one of our books in the 1980's, our daughter Sharon, then 16, took complete charge of family meals. Four years later, she prepared frozen main dishes for both of us two weeks before her wedding date. She wanted to have her freezer stocked with main dishes for the first couple of weeks after her honeymoon. What foresight! And what a help to me with my busy prewedding schedule!

As young adults, our children were well able to cook healthy and tasty meals for themselves. Our son Dan's specialty was baking bread. Our daughter, Karen, became an expert soup and salad maker. Sharon focused on desserts and salads. I cannot tell you how proud I am of my children's culinary abilities and nutritional wisdom. Probably none of them will become professional chefs, run a restaurant, or open a health food store. But they have blessed our family, and in turn are now a blessing in their own homes. I also taught my Russian son, Alex, for six months at age 19. He has blessed many families with his culinary skills, as well as The Harbor in St. Petersburg, Russia, which he cofounded for adult orphans.

This 4th edition includes the *two-stage process* for baking, briefly explained on p. 7. Soaking is the primary method used; this step is built into the recipes making it easy, understandable to do, and requiring no extra labor.

Each recipe includes the total number calories per serving, while the more detailed nutrition information (protein, carbohydrate, fat, and dietary fiber) is given for the recipes at the end of each recipe section (see p. 70 for example). In addition, selected portion-controlled lunch and snack menus are provided on pp. 17, 19.

Please attach on the designated pages your choice of the section tabs (pp. 179 and 180). These greatly facilitate finding information and recipes quickly.

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Planning for Lunches & Snacks



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

Teaching Children

Teaching Children



*Hold on to instruction, do not let it go; guard it well. . . .
listen closely to my words. . . . for they are life to those
who find them and health to a man's whole body.
Proverbs 4:13, 20, 22*

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5 Keys to Success with Children



MODEL

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



INVOLVE

Involve your children in food preparation A.S.A.P. This is what this book has been designed for. Start when they are as young as 2 years old (see pp. 24 - 26). Food preparation includes planning, shopping, serving, and clean up as well as making a recipe (see p. 36). The immediate reward is that children usually want to eat what they prepare. They take a certain pride of ownership. The future reward is a well-trained child who will bless you with their assistance.



PROVIDE

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



ENCOURAGE

There is no need to become paranoid or anxious. Seek firmness with love and gentleness. The only perfect diet existed in the Garden of Eden before the fall of man. If one experiment doesn't work, try another. Let your children know you are learning with them, and that together you want to please the Lord in this area of life, too. Use the visual demonstrations on the accompanying CD. Children will be motivated by them.



PRAY

Apply *James 1:2-5* to every need for wisdom in this adventure. Apply *Matthew 21:21-22* to every external obstacle or problem that hinders your success. God desires to grant success according to his plan for family health. Apply God's word richly to this area of life. Read with your children the Scriptures suggested in *Nutrition Quizzes*, on p. 46, in Research Project sections, in the "Nutrition for Children" section, and elsewhere in this book.

What Children Can Learn

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

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

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

2's

CAN LEARN

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

3's

CAN LEARN

- All of the above.
- To juice with non-electric citrus juicer.
- To beat with an egg beater.
- To put napkins or single items on the table.
- To clear the table.
- To wipe off the table (don't require perfection!).
- To make table centerpieces (in his/her own way).
- The names and identity of different fruits and vegetables.

4's - 5's

CAN LEARN

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

5's - 6's

CAN LEARN

- › All of the above.
- › To follow verbal instructions, step by step (want to know what comes next).
- › To prepare one part of the meal (such as the salad).
- › To grow sprouts.
- › About ethnic foods.
- › That foods help you grow, heal, have energy, keep you well.
- › Supervised use of selected electrical appliances.

7's - 8's

CAN LEARN

- › All of the above.
- › To read a beginning cookbook for children.
- › To use children's recipes in this cookbook with assistance.
- › To enjoy doing tasks by himself without supervision.
- › To prepare a complete meal with help in planning and shopping.
- › To enjoy colorful food (as garnishing).
- › Increased independence with electrical appliances.
- › The names of the five nutrient groups (near top of p. 52).
- › What vitamins and minerals are and the names.
- › Some foods high in vitamin C and high in vitamin A.
- › To identify into which nutrient group different food groups best fit.
- › Basics of how nutrition helps the body to grow, repair itself, provide energy, and keep one well.
- › About the digestive system.

9's - 10's

CAN LEARN

- › All of the above.
- › To use adult cookbooks.
- › Anything in this book following recipes and nutrition.
- › Plan, shop for, and prepare complete menus.
- › Put on own party.
- › In-depth research (depth of thoroughness depending on age, prior training, interest, and intellect).

11's - 12's

CAN LEARN

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



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

CURRICULUM LESSONS

Lessons are not divided into time segments for children up to 12 years of age, but merely put in a suggested order. It is up to you to decide how much of each lesson to do with your child and how much you want to guide him/her to do it independently. Summertime is excellent for making this a great home schooling project.¹

Lesson 1

- › Review “ABC’s of Food & Recipe Preparation,” p. 36.
- › Select one of the “non-baking” recipes designated for children. Choose a recipe that includes a CD demonstration: see pp. 66, 68, 79, 93, 102, 107, 108, 110, 115, 127.
- › View *Cooking with Children* CD demonstration.
- › Prepare the recipe, following “ABC’s of Food & Recipe Preparation.” If the recipe includes a Nutrition Quiz, answer it.
- › Review the recipe CD demonstration again. How did you do?

Lesson 2

- › Review the list of “Equipment & Utensils,” pp. 38 - 39. Check off each item available in your kitchen.
- › View *Cooking with Children* CD supplemental demonstration: “Kitchen Equipment & Utensils.”
- › View “Knives,” and “Measures” CD demonstrations.
- › Select another “non-baking” recipe designated for children that includes a CD demonstration (see page list in Lesson 1).
- › View CD demonstration.
- › Prepare the recipe, following “ABC’s of Food & Recipe Preparation.” If the recipe includes a Nutrition Quiz, answer it.
- › Review recipe CD demonstration. How did you do?

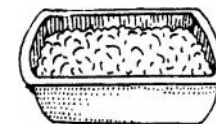
Lesson 3

- › Review “Kitchen Safety & Food Storage,” p. 37.
- › View *Cooking with Children* CD demonstration: “Kitchen Safety “ As a parent, demonstrate, as needed, each of these items with your child.
- › Follow the same steps for a recipe as given under Lesson 2 above.

¹For 13 years and older, we recommend that you use *Introducing Whole Foods Cooking* for a curriculum. It has been written with that purpose in mind. Guides for using it are described in *Whole Foods Cooking*, pp. i - ii, and include the lesson outlines on the book’s accompanying CD. It also is an excellent teaching guide for nutrition, basic recipes, menus, and biblical focus without any accompanying curriculum.

Lesson 4

- › View *Cooking with Children* CD demonstrations: “Grains & Grain Alternatives,” “Grain Milling,” and “Seeds.”
- › Select *Blender Cornbread*, p. 74. Read through the recipe, then review “Tips for Successful Baking,” p. 73.
- › View CD demonstration: *Blender Cornbread*.
- › Prepare the recipe, following “ABC’s of Food & Recipe Preparation.” Answer Nutrition Quiz.
- › Review the recipe CD demonstration again. How did you do?
- › Rate this recipe for enjoyment, with 10 being the highest and 1 being the lowest. Request each family member to rate it.



Lesson 5

- › Do exercises 1, 2 of “Give Us This Day Our Daily Bread,” p. 49. Be sure to discuss this exercise between parent and child.
- › Read the Research Project on p. 49. Parent make a plan to read and discuss these stories with your child in the succeeding weeks.
- › Select any recipe to prepare that is designated for children.
- › View *Cooking with Children* CD recipe demonstration if included.
- › Prepare the recipe, following “ABC’s of Food & Recipe Preparation.” Answer whatever Nutrition Quiz accompanies the recipe.
- › Review CD demonstration again, as available. How did you do? Rate this recipe for enjoyment, with 10 being the highest and 1 being the lowest. Request each family member to rate it.

Lesson 6

- › Do exercises 3, 4a of “Give Us This Day Our Daily Bread,” p. 49. This will include reading of “The Human Body,” p. 50.
- › Read Research Projects on p. 50. Read *Acts 17:28* and answer the question.
- › Decide with parent if you would like to do the research project on cells.
- › Select any recipe to prepare that is designated for children.
- › Follow the same recipe guidelines as given in Lesson. 5.

Lesson 7

- › Do exercise 4b of “Give Us This Day Our Daily Bread,” p. 49.
This will include reading of “Nutrient & Food Groups,” pp. 52 - 53.
Fill in the blanks on p. 53.
- › Read the Research Projects on pp. 52 - 53.
Decide with parent whether you will do any of the Research Projects.
- › Select any recipe to prepare that is designated for children.
Follow the same recipe guidelines as given in Lesson. 5.

Lesson 8

- › Do exercise 5 of “Give Us This Day Our Daily Bread,” p. 49.
This will include “The Junk Food Group” and “Junk Food Taste Buds Can Change,” pp. 58 - 59 . Do the exercises on these pages.
- › Read the Research Projects on p. 58.
Decide with parent if you will do any of the Research Projects.
- › Select any recipe to prepare that is designated for children.
Follow the same recipe guidelines as given in Lesson. 5.

Lesson 9

- › Read “Carbohydrates & Fiber,” p. 54.
- › Read the Research Projects on p. 54 and decide with parent whether you will do any of them.
- › Select any recipe to prepare that is designated for children.
Follow the same recipe guidelines as given in Lesson. 5.

Lesson 10

- › Read “Protein,” p. 55. Since you have been doing Nutrition Quizzes with recipes, some of this may be review.
- › Read the Research Project on p. 55 and decide with parent whether you will do it.
- › Select any recipe to prepare that is designated for children.
Follow the same recipe guidelines as given in Lesson. 5.

Lesson 11

- › Read “Fats,” p. 56. Since you have been doing Nutrition Quizzes with recipes, some of this may be review.
- › Read the Research Projects on p. 56 and decide with parent whether you will do any of them.
- › Select any recipe to prepare that is designated for children.
Follow the same recipe guidelines as given in Lesson. 5.

Lesson 12

- › Read “Micronutrients,” p. 60. Since you have been doing Nutrition Quizzes with recipes, some of this may be review.
- › Read the Research Project on p. 60 and decide with parent whether you will do it.
- › Select any recipe to prepare that is designated for children.
Follow the same recipe guidelines as given in Lesson. 5.

Lesson 13

- › Read “Water,” p. 51.
- › Read the Research Projects on p. 51 and decide with parent whether you will do any of them.
- › Select any recipe to prepare that is designated for children.
Follow the same recipe guidelines as given in Lesson. 5.

Lesson 14

- › Read “Calories,” p. 57. Since you have been doing Nutrition Quizzes with recipes, some of this may be review.
- › Read the Research Project on p. 57 and decide with parent whether you will do it.
- › Select any recipe to prepare that is designated for children.
Follow the same recipe guidelines as given in Lesson. 5.

Lesson 15

- › Make your own “Lunch & Snack Planning Chart,” following the example and instructions on p. 41.
When you come to steps 4, 5 of Instructions on p. 41, list the recipes you have made so far in Lessons 1 - 15 that you liked. Add more recipes to this chart as you continue to prepare them and like them. Put this chart on your refrigerator or on a kitchen bulletin board.
- › Select any recipe to prepare that is designated for children.
Follow the same recipe guidelines as given in Lesson. 5.

Succeeding Lessons

- › Continue to select recipes to build your experience in food preparation. Use more recipes designated for children in this book, other recipes in this book, and suggested recipes from other cookbooks listed on pp. 28-30.

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Nutrition for Children



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

Beverages

Beverages



*... Jesus stood and said in a loud voice, "If anyone is thirsty, let him come to me and drink. Whoever believes in me, as the Scripture has said, streams of living water will flow from within him."
John 7:37-38*

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*These recipes are designated for teaching children.



Sunshine Shake

1/2 Recipe - 392 Calories¹



A complete mini-meal in just 5 minutes! View CD demonstration. "B" keeps you from bumbling along (*ABC'S*, p. 36).

AMOUNT: Almost 2 cups (1 or 2 Servings)

- Place ingredients in a blender. Follow the special tips below for cutting and peeling the orange.
1 medium orange, peeled, chopped
1 medium banana, peeled, broken into chunks
1/2 cup plain yogurt, Almond Milk or Coconut Milk (pp.12, 13)
1/16 teaspoon cinnamon (half of 1/8 teaspoon)
1/16 teaspoon nutmeg (half of 1/8 teaspoon)
- Cover blender and blend on high speed until mixture is smooth, about 1 minute.
- To serve, pour into one large or two smaller glasses.



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

¹With yogurt; with Almond or Coconut Milk, see p. 70.

Orange Peeling and Cutting Tips*

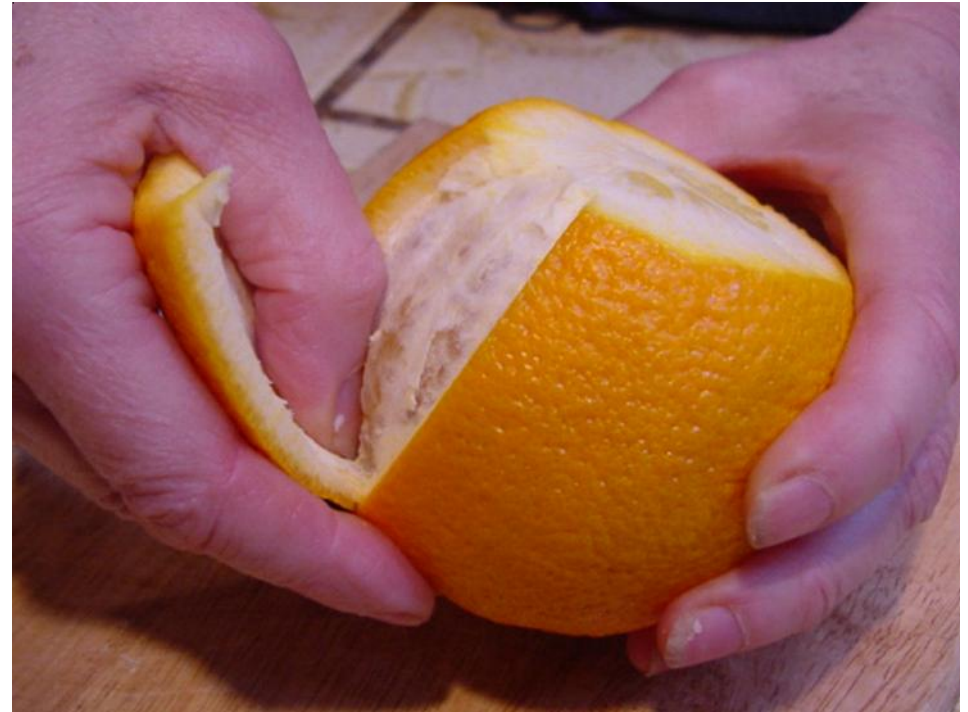
- Use a cutting board. With a sharp knife slice peeling off each end of orange.
- Between sliced ends, score around the orange evenly in 5 or 6 places through the peeling with a sharp paring knife.
- With fingers peel away scored sections of peeling from top down.
- Cut peeled orange in half lengthwise.
- Cut each half in 3 wedges.
- Cut wedges crosswise in size pieces desired.

*See CD demonstration: Fruits & Vegetables ~ Cutting & Chopping



Nutrition Quiz

What 2 nutrient groups does Sunshine Shake fit into best? See p. 53. Which ingredients contain fiber? What vitamin is the orange high in? Name one valuable mineral found in bananas. See "What's in a Fruit?" in *Breakfasts*. What kind of sugar makes this recipe taste sweet?



Breads

Breads



*Jesus then took the loaves, gave thanks, and distributed
to those who were seated as much as they wanted.*

John 6:11

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*These recipes are designated for teaching children.



Blender Cornbread 1111

184 Calories - 1 piece of



A popular quick bread to serve especially with bean dishes. So easy to make in the blender. For more about cornmeal, read at the top of page 82. View CD demonstration.

"A" assures planning to prevent mistakes (the **ABC'S**, p. 36).

AMOUNT: 8" Square Baking Pan

Bake: 325°, 25 - 35

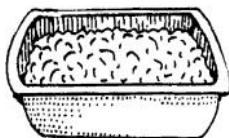
minutes

STAGE 1

- Place ingredients in blender; blend at highest speed 3 - 5 minutes (expect batter to be gritty); cover blender and let stand in a warm place 12 - 24 hours (*preferably 24 hours*):
 - 2/3 cup plain yogurt + 1/3 cup very hot filtered water** (pp. 12, 15)
or **1 cup kefir, buttermilk, or non-dairy alternative** (p. 6)
 - 1/4 cup melted butter or extra virgin olive oil** (pp. 11, 14)
 - 3 tablespoons warm maple syrup or warm honey** (see Note, p. 77)
 - 2/3 cup whole kernel dry corn** (p. 12)
 - 2/3 cup additional whole kernel dry corn**
or **2/3 cup whole wheat pastry grain**
or **3/4 cup Kamut® grain** (*especially good!*)
- Stir through small strainer into a small bowl; set aside:
 - 1 1/2 teaspoons baking powder** (p. 11)
 - 1/2 teaspoon baking soda**
 - 1 teaspoon salt**

STAGE 2

- Preheat oven to 325°. Grease pan with soft butter using wax paper, or with non-stick spray.
- 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** (p. 12)
 - leavenings and salt** (*from step 2*)
- Pour batter immediately into greased baking pan. Bake for 25 - 35 minutes or until knife or toothpick comes clean out of center.



Toasty Cornbread

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



Nutrition Quiz

What Nutrient group does corn belong in? Read about corn in "Grain Wonders," **Whole Grain Baking**. What other nutrient groups do you find in this recipe? See pp. 52 - 53.



Desserts

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Desserts



*Eat honey, my son, for it is good; honey from the comb is
sweet to your taste....If you eat honey, eat just enough--
too much of it, and you will vomit.
Proverbs 24:13, 25:16*

*These recipes are designated for teaching children.



Peanut Butter Sesame Cookies

109 Calories Each



Sesame seeds add a bit of nice crunch to this kid-pleasing peanut butter cookie. Made with Sucanat, they will be more crisp, with honey, softer. View CD demonstration. "G" grants you an A+ and guarantees a happy mom (the *ABC'S*, p. 36)!

AMOUNT: About 2 Dozen

Bake: 325°, 20 minutes

STAGE 1

1. In mixing bowl thoroughly blend all ingredients except flour and oats, then blend in flour and oats; with Sucanat dough will be quite stiff:

1 stick (1/2 cup) soft butter

1 cup Sucanat or 1/2 cup warm honey (pp. 13, 15)

1/8 cup (2 tablespoons) plain yogurt or whey (p. 7)

1 teaspoon vanilla

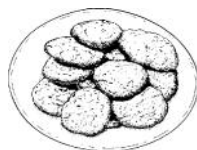
1/8 cup (2 tablespoons) filtered water

1/3 cup sesame seeds

1/2 cup peanut butter (p. 14 or recipe, p. 138)

**1 1/2 cups whole wheat pastry flour,
barley flour or other alternative** (p. 12)

1 cup rolled oats, uncooked



2. Cover bowl with plastic wrap and let stand at room temperature for 12 - 24 hours.

3. Stir through small strainer into small bowl; set aside:

1/2 teaspoon baking powder (p. 11)

1/4 teaspoon baking soda

1 teaspoon salt

STAGE 2

4. Thoroughly blend in egg, then briefly blend in leavenings and salt just to mix in evenly; chill dough, if needed, until dough can be dropped easily on cookie sheet or dispensed with scoop dispenser:

1 egg or alternative (p. 12)

baking powder and salt (from step 3)

5. Preheat oven to 325°. Lightly grease cookie sheet with soft butter using a piece of wax paper.

6. Drop spoonfuls of dough on cookie sheet or use a scoop dispenser. Flatten each cookie with a fork dipped in flour.

7. Bake for about 20 minutes. Remove immediately from cookie sheet to a cooling rack.



Nutrition Quiz

Why is there yogurt or whey in this recipe? See p. 7.

The three types of carbohydrates in Apple or Peach Crisp, on p. 91, are fruits, grains, sugar.

Salads & Vegetables

Salads & Vegetables



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

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*These recipes are designated for teaching children.



Sprout-A-Garden



You can grow your very own garden of sprouts right in the kitchen with sprouting seeds in just a few days! Great for salads as Crunchy Sprout Salad, p. 104. You will need organic beans for sprouting, available in health food stores. View CD demonstration.

"A" assures understanding (the **ABC'S**, p. 36).

COLLECT SPROUTING SEED CHOICES & EQUIPMENT

1/4 cup lentils	wide mouth quart jar
1/4 cup mung beans	rubber band
1/4 cup azuki beans	square of screen, net, or cheesecloth ¹
filtered water	bowl to hold jar upside down

Tip Grow lentils and azuki beans together for a nice combination. Grow mungs separately (see step 6 below); add mungs to lentils and azuki after sprouting for an equally nice combination.

1. Place choice of seeds in the jar, cover them generously with filtered water and attach square of screen or cloth with rubber band.
2. Soak seeds overnight in the filtered water.
3. Thoroughly drain out the water without removing screen or cloth.
4. Tip the jar downward in a bowl to allow continuous drainage.
Set the jar in the bowl on kitchen counter where you can't miss seeing it.
5. Rinse and drain daily: pour water through screen or cloth into the jar and drain morning and evening to keep seeds continuously damp (water need not be filtered).
6. Grow 2 - 3 days. Sprout lentils and azukis to about 1 inch, mungs to about 2 inches. Store covered in refrigerator.

1. - 2.



3.



4., 6.



5.



¹See Tip, p. 82.

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Sandwiches & Spreads



"... he who believes in me has everlasting life. . . . I am the bread that came down from heaven.
If anyone eats of this bread, he will live forever."
John 6:47, 51

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*These recipes are designated for teaching children.



Tangy Spread



Easy! Tasty! Yummy all by itself spread on sandwich bread, pita bread, quick loaf bread slices, or English muffins.

1 Tbsp. - 53 Calories



Blend together equal amounts of **soft butter**, **plain yogurt** and **softened cream cheese**

Little Jiffy Pizzas

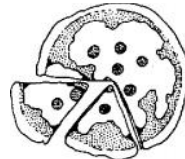


*Great pizzas in just minutes! View CD demonstration. "A" allows for advanced preparation (the **ABC'S**, p. 36).*

162 Calories¹

Heat: 325° - about 10 minutes

1. Choose either of the following for your pizza:
1/2 whole wheat English muffin (p. 119)
or 1 whole grain pita bread, not cut open
2. Preheat oven to 325°. Lay muffin half or pita face up on cookie sheet; top as you want with ingredients in order listed:
2 - 3 tablespoons pizza sauce (recipe below)
1 tablespoon chopped onion or green onion
1 tablespoon chopped green pepper
1 tablespoon sliced ripe olives
2 tablespoons grated mozzarella or jack cheese
1 teaspoon Parmesan cheese
- 3 Heat in oven about 10 minutes. until hot through and cheese melts.



¹With English muffin; with 2 oz. pita bread: 237 Calories.

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Pizza Sauce

1 Tbsp. - 6 Calories



Make your own! Make it ahead to have on hand when you want a hurry-up lunch or snack pizza. View CD demonstration.

AMOUNT: About 2 1/2 Cups

Blend ingredients in saucepan and bring to a boil, stirring constantly; refrigerate in tightly covered container:

- two 8 oz. cans (or 2 cups) tomato sauce**
- 1 tablespoon Italian Seasoning**
- 1/4 cup chopped onion or 1 tablespoon dry onion flakes**
- 1 teaspoon soy sauce** (p. 14)
- 1 tablespoon honey**
- 1 tablespoon apple cider vinegar** (p. 11)



Snacks, Crunchies, Dips & Soups

Snacks, Crunchies, Dips & Soups



"... it is my Father who gives you the true bread from heaven. For the bread of God is he who comes down from heaven and gives life to the world."

John 6:32-33

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*These recipes are designated for teaching children.



Easy Vegetable Soup



Calories¹

Create your own vegetable soup! View CD demonstration.
"F" follows steps carefully (the **ABC'S**, p. 36).

Tip Make a large pot of soup. Leftover soup will keep well in the refrigerator for 3 - 4 days and is great to have on hand for thermos or a hot lunch at home.

AMOUNT: About 4 Quarts (10 - 15 Servings)

- Place the liquids in a large cooking pot; bring to a boil:
two 28 oz. cans (7 cups) tomatoes, whole or pieces
6 cups Mystery Broth (p. 165), or filtered water
- Add about **4 cups slow-cooking vegetables** (those that take longer to cook than others):
2 carrots, sliced, diced, or grated
1 large or 2 medium celery stalks, sliced, or celery leaves
1 onion, chopped
1 large or 2 small potatoes, peeled or unpeeled, diced
- Reduce heat to *simmer*² and simmer until vegetables are tender, about 30 minutes. Trim ends off green beans while soup is simmering; add to the soup when they are trimmed:
1 cup cut fresh green beans, optional
(to use frozen beans, add in Step 4)
- During the last 10 minutes of cooking add about **2-3 cups quick-cooking vegetables** (those that cook in a short time); choose any combination, including leftover vegetables:
broccoli, small flowers
cauliflower, small flowers
zucchini, sliced or diced
frozen peas or frozen green beans
canned kidney beans, drained and rinsed
parsley (up to 1/2 cup fresh chopped)
- Season to taste with:
1 teaspoon salt, optional
1/4 teaspoon garlic powder
soy sauce



¹With 1/3 cup each of listed vegetables in step 4.

²*Simmer*: just below boiling; the slight bubbles do not break the surface.



Nutrition Quiz

How would adding a cooked whole grain such as barley or brown rice increase the protein value of this soup? See p. 55. What other legumes could you use in place of the kidney beans?



Cooking with Children

COOKING DEMONSTRATIONS

Photos with dark green borders open in PowerPoint. Photos with bright green borders open in Internet Browsers. Titles open in PDF Files.



[Allergy Alternatives](#)



[Almond Milk](#)



[Apple Filling & Topping](#)



[Applesauce Muffins](#)



[Avocado Supreme Sandwich](#)



[Banana-Orange Salad](#)



[Berry Jam](#)



[Blender Blini](#)



[Blender Cornbread](#)



[Blender Oat Pancakes](#)



[Broccoli, Steamed](#)



[Brocco-Veggi Mania](#)



[Cauliflower Soup](#)



[Cheese Ball](#)



[Chili Dogs](#)



[Chocolate No-bake Cookies](#)



[Chocolate Pudding](#)



[Coconut Milk](#)



[Cottage Delite Spread](#)



[Easy Vegetable Soup](#)



[Flaxseed Egg Alternative](#)



[Floral Centerpiece](#)



[Flower Garnishes](#)



[Fruit Crepes](#)



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[Little Jiffy Pizzas](#)



[Measuring Cups & Spoons](#)



[Mixed Berry Filling & Topping](#)



[Nuts—Soak, Roast, Dry, Store](#)



Soups & Muffins

SUE GREGG

Soups & Muffins for Busy Families

Soups...light appetizers or satisfying main dishes.

Muffins...so versatile they enhance any meal.

Together they combine for heart warming lunches or hearty dinners.

Save nutrients with soup stock.

Get whole grain high fiber with low fat.

Versatile recipes with allergy alternatives.

Enjoy flavors without nutritional negatives.

Combine cost control with convenience.



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Preface

Twelve years have passed since the first publication of our 3rd edition of **Soups & Muffins**. During these years a mini-revolution has occurred that has called for changes in this 4th edition. The recipes have not changed except for two or three new additions.

What's new? A few minor changes in ingredients have been made. For example, including coconut oil ("unheard" of in American cooking twelve years ago), and the removal of unfermented soy products (primarily our *Sue's Kitchen Magic Seasoning*, a soy product). Of the latter, the antinutrients of soy have been brought to my attention. Secondly, and most significantly, has been my adaption of bean soup recipes and baking recipes, as well as nuts, to the *two-stage process*, my coined term for soaking beans, grains, and nuts in advance to release more nutrients and to improve digestion. This process is fully explained in **Introducing Whole Foods Cooking**, **Introducing Whole Grain Baking**, and **Breakfasts** (4th and editions).

A significant addition to the milk-based soup recipes are alternatives to using milk, both to address allergies and to give other options to cooking milk, which toughens the protein. While I have not removed the milk option from the recipes, I have changed the procedure to prevent boiling, which further denatures its nutritional value.

In keeping with the new style of our latest cookbook revisions, the nutritional information has been moved to charts at the end of each section (see pp. 61 - 62, 100 - 101), thus giving opportunity to make comparisons between recipes. This also downplays the importance of numbers in contrast to the quality of ingredients and the preparation methods used in the recipes. Since calories are of most immediate interest, the total is given with each recipe, as well.

In regard to *Muffins & More*, although you can achieve nutritional value and success with just the summary background information on p. 65, and by following each recipe step-by-step, **Introducing Whole Grain Baking** will also be very helpful. As a beginner's recipe and teaching book, and as the textbook for our *Baking with Whole Grains* semester course, it is of inestimable value for gaining experience and confidence, especially in the *two-stage process* for baking.

Finally, *Menus for Weight Management* provides portion-controlled menu charts with calorie totals for any who wish to maintain and/or lose weight, yet want to enjoy the same soup meals as served to the family.

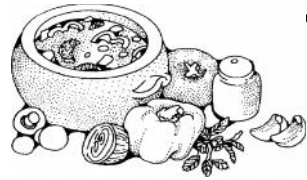
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Getting Started

*She is like the merchant ships,
bringing her food from afar.
Proverbs 31:14*





Soup's On!

Hot soups are especially warming to both heart and body, particularly as the cooler days of fall and long cold nights of winter approach. Our family has always preferred soup 'n bread meals over rich casserole dinners. Children especially seem to take to a combination of ingredients in soups over casserole combinations. Soups are great for lunches, but think "soup" for dinners as well. In the last two months while working on this book, my husband and I have had nothing but soup and muffins or another bread accompaniment, along with a fresh salad for dinners and have loved every minute of it.

Soup is a nutrient saver. Whatever is not usable elsewhere can usually go into the soup--broth made from vegetable trimmings and meat bones, water leftover from cooking other foods, bits of leftover grains, meats, vegetables, and beans. Some of the best soups are an assembly of such ingredients. With a little experience you can create your own.

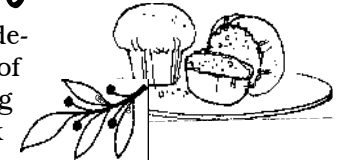
By combining the right ingredients a soup becomes a high quality complete protein (protein that contains all the essential amino acids that the body cannot manufacture). Grains and beans combined do just that. Bean soups served with whole grain breads provide a complete protein combination. Soups with cheese added provides additional protein and calcium. Soups also provide an excellent base to stretch a small amount of meat, poultry, and fish protein. All manner of nutrients are added from wholesome ingredients, including a wide range of vegetables.

Soups may be hearty or light. Hearty soups include starch such as grain, whole grain pasta, or potatoes, legumes, or milk thickened with pureed vegetables or flour. A hearty soup makes a very satisfying and nutritious meal served with whole grain bread, rolls, or muffins, and a fresh salad or relish tray. A light soup with a variety of vegetables can be a filling starter for any meal, a great weight control tip to curb the appetite for the rest of the meal. Rich and I often make a complete restaurant meal of soup and bread followed by one main course shared between us, or occasionally soup and bread alone.

Soup meals are great for catching up on the family food budget and for saving time. Soups salvaged from leftovers can be considered virtually free of cost. Soups are perfect for a tight budget and normally will not average over the cost of a vegetarian menu, the lowest cost menu on a scale of menu types (see *Introducing Whole Foods Cooking*, pp. 87, 88). Many soups freeze well to provide quick and easy low cost meals (see *Preparing Soups for the Freezer*, p. 25).

Muffins & More

Muffins, winsome for all ages, are a delightful way to include a broad variety of grains in the diet. They add that something special to any meal and make a great snack or dessert as well.

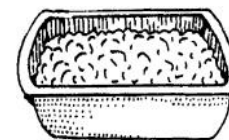


Whole grain muffins pack in a lot of vitamin and mineral nutrition. They are especially high in B-complex vitamins and a variety of trace minerals. The germ of the wheat is one of the most valuable sources of vitamin E. In addition, the vitamin-mineral content of the whole grain flour is about 65% higher than in white flour.

Whole grain muffins provide a high quality of complete protein when the grain is combined with such ingredients as milk and eggs. As complete protein (food containing all the essential amino acids that the body cannot manufacture), milk and eggs enhance the value of incomplete grain protein. In addition, certain combinations of incomplete proteins, such as grains with beans, also provide all the essential amino acids. Thus, bean soups with whole grain breads and muffins make a complete protein meal.

Whole grain complex carbohydrates and fats are the most filling foods, but fats contain twice as many calories per gram as carbohydrates. The typical American meal relies on fat or overeating refined carbohydrates to satiate the appetite instead of high fiber carbohydrate. The consequence is obesity and many other health problems. Whole grain muffins satiate the appetite with more nourishing food and fewer calories. And all in good taste. To find such muffins in any store is rare. Read the ingredients labels and you will see. The solution is to make your own.

Muffins are easy to make. With a little practice anyone can become a successful muffin maker.¹ Making them in a good blender is even easier and increases the opportunity to use a wonderful selection of whole grains, especially important for those allergic to wheat.



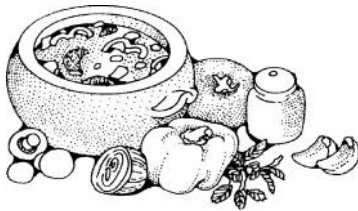
In addition to the variety of muffins, you will find a few quick bread non-muffin recipes full of whole grain goodness that go especially well with soups. With the exception of *Italian Bread Sticks*, yeast breads are not included, but also are a perfect go-together with soups.¹

¹All recipes follow the *two-stage process* to improve nutritional value, introduced and explained in detail in *Introducing Whole Grain Baking*, including yeast breads.

Soups

Soups

*By wisdom a house is built,
and through understanding it is established;
through knowledge its rooms are filled
with rare and beautiful treasures.
Proverbs 24:3-4*



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Black Bean Chowder

A hearty soup with a Mexican flavor. This is one of our favorite soups to serve guests. Enjoy especially with Blender Cornbread, Pineapple Cornmeal Muffins, or Italian Bread Sticks. Freezable (see p. 25).

AMOUNT: About 16 Cups (Serves 8 - 11) 181 Calories/1 1/2 Cups

1. Bring water to a boil with rice and potatoes; lower heat to a gentle boil, uncovered for 30 minutes:
2 1/2 quarts filtered water (p. 15)
1/4 cup brown rice, uncooked (p. 11)
2 medium potatoes, unpeeled or peeled, cubed (p. 24)
2. In skillet sauté onions first, then peppers slightly (p. 24):
2 tablespoons olive or coconut oil (Fats & Oils, p. 10)
1 onion, chopped
1/8 teaspoon salt (p. 12)
1 red pepper, chopped
1 green pepper, chopped
3. After potatoes and rice have cooked a full 30 minutes, add remaining ingredients and continue at a very gentle boil about 1 hour until chowder is slightly thickened:
sautéed vegetables
15 oz. can black beans, undrained (Beans, p. 8)
15 1/4 oz. can kidney beans, undrained
16 oz can Vegetarian Beans in Tomato Sauce¹
2 cloves garlic, minced
1 1/2 cups frozen corn (Vegetables, p. 15)
1 bay leaf
1 teaspoon ground cumin seed (Herbs, p. 13)
1 1/2 teaspoons chili powder
3 tablespoons soy sauce (p. 16)
4. Remove bay leaf. Top each bowl of soup, as desired, with:
grated cheddar cheese (p. 9)
chopped fresh parsley or cilantro (p. 15)

¹This is a Heinz product. If you can't find it in supermarket, substitute 16 oz. can drained and rinsed white or pinto beans and 8 oz. can tomato sauce.



1 1/2 C. Black Bean Chowder
 with 1/4 C. grated cheese
 Orange Slices on Greens
 (p. 116)
 Pineapple Cornmeal
 Muffin (p. 91)
 with 1 1/4 tsps. butter (p. 122)

541 Calories
 Protein: 20 g. (14%)
 Fat: 24 g. (38%)
 Carb: 69 g. (48%)
 Dietary Fiber: 12 g.

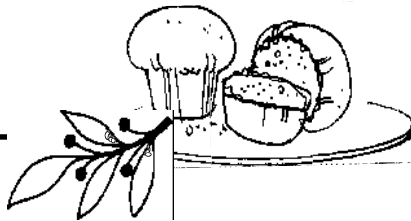
See more menu details, p. 19.



Muffins & More

Muffins & More

*The streams of God are filled with water
to provide the people with grain,
for so you have ordained it.
Psalm 65:9*



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RECIPES

Almond Millet Muffins	68	wheatless/gluten-free
Amaranth Muffins	69	wheatless/gluten-free
Apple Oat Muffins	70	
Banana Date Bran Muffins	71	
Blender Banana Nut Muffins	72	
Blender Cornbread	73	wheatless/gluten-free
Blueberry Corn Muffins	74	
Blueberry Muffins	75	
Carrot Muffins	76	
Carrot or Zucchini Bran Muffins	77	
Date Bran Muffins	78	
Hearty Biscuits	79	
Irish Soda Bread	80	
Italian Bread Sticks	81	
Lemon Ginger Muffins	82	wheatless/gluten-free
Minute Bran Muffins	83	
Oat Bran Muffins	84	wheatless
Oat Rice Muffins	85	wheatless
Orange Muffins	86	
Orange Oatmeal Muffins	87	wheatless/gluten-free
Parmesan Toast	89	
Persimmon Muffins	90	
Pineapple Cornmeal Muffins	91	wheatless/gluten-free
Popovers	92	
Pumpkin Gems	94	
Raisin Rye Muffins	95	wheatless
Seven Grain Muffins	96	
Soup 'n Salad Croutons	89	kamut replaces wheat
Strawberry Coconut Muffins	97	
Triticale Date Muffins	98	
Zucchini Muffins	99	

Muffins & More

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Soup 'n Salad Croutons	89	kamut replaces wheat
Strawberry Coconut Muffins	97	
Triticale Date Muffins	98	
Zucchini Muffins	99	

Muffins & More Notes



Soaking Whole Grains, Flour, Nuts

Recipes in this book use the soaking process to release more nutrients and aid digestion (see full discussion in **Whole Grain Baking**, pp. 15-16). Soaking also softens the grain, producing a softer and lighter texture. We have enjoyed all our muffins so much better using this *two-stage process* (my coined term for the three methods: soaking, sprouting, fermenting). In general, soak 12 - 24 hours (24 hours being best for oats and corn; 7 hours for brown rice and millet). Preparing most of the recipe in advance also saves valuable last minute time. Soak batter at room temperature in a warm corner away from breezes and drafts. For better assimilation and nicer crunch, also soak nuts in advance for 7 hours or overnight (see p. 12).

Blending Batters

The blender is used if batter is thin enough for it. Batters that will thicken quite stiff during the soaking process are transferred to a mixing bowl. In this case cover bowl with plastic wrap, and finish the second stage by hand. Addition of egg normally brings batter to a good consistency for muffins. Some batters initially too thick for a blender are started with ground flour in a mixing bowl. If you don't own a flour mill, purchase an inexpensive coffee bean mill or a larger capacity coffee bean mill such as Cuisinart (about \$50). Find these at *Bed, Bath & Beyond*, on the Internet, or in a specialty kitchen shop. See **Whole Grain Baking CD** for grinding the grain in a coffee bean mill. When mixing by hand, do not overmix as this will toughen the gluten and make less tender muffins. Briefly but evenly blend in leavenings at the last, just before folding in nuts, raisins, etc.

Muffin Pans

Number of muffins are given for a medium size muffin pan with 2 3/4" x 1 1/4" wells. Recipes make 12 muffins or 10 - 12 muffins (the choice is yours; my choice is usually the smaller number). Stainless steel pans, though more expensive, will give the best browning on sides and bottom of muffins, and avoid both use of aluminum and possible toxic residue from non-stick pans. Look for them in kitchen specialty shops or on Internet. They need to be well greased, and especially well for some recipes. For these recipes you may prefer a non-stick pan or use muffin papers (though I don't personally care for using them).

For More Detail

This is but a brief summary. In any case, the recipes will guide you in what to do. A few additional details are given in a footnote, p. 71. For more comprehensive information on different grains, on muffin making and on other whole grain breads, see **Whole Grain Baking**.

Carrot or Zucchini Bran Muffins

My muffin recipe most often served to guests. A variation of **Minute Bran Muffins** (p. 83). Originally with carrots, zucchini makes equally delicious muffins.

AMOUNT: 12 Muffins 206 Calories/1 muffin of 12¹
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** (p. 15)
 - 1 1/2 cups wheat bran** (p. 11)
 - 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;² blend into bran mixture, cover bowl with plastic wrap and let stand 12 - 24 hours (p. 65):
 - 2/3 cup plain yogurt + 1/3 cup very hot filtered water**
or 1 cup other cultured dairy or soured alternative (pp. 9, 10)
 - 1/4 cup melted butter or olive oil** (p. 10)
 - 1/2 cup warm honey** (p. 13)
 - 1 cup whole wheat pastry berries (grain)** (Grains & Flour, p. 11)
3. Stir² through a small strainer into a small bowl; set aside:
 - 1 1/2 teaspoons baking soda** (p. 11)
 - 1 teaspoon salt** (p. 12)
 - 1 teaspoon cinnamon** (Spices, p. 13)

STAGE 2

4. Preheat oven to 325° (165° C). Grease muffin pan with soft butter or spray with non-stick olive oil spray (p. 10).
5. Blend into batter thoroughly, but do not overmix:
 - 2 eggs or alternative** (p. 10)
 - 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.²



¹Carrot Bran Muffin; 203 calories per Zucchini Bran Muffin. ²See footnote, p. 71.



Menus

for Weight Management

*...make every effort to add to your faith
goodness; and to goodness, knowledge,
and to knowledge, self-control;
and to self-control, perseverance,
and to perseverance, godliness...
2 Peter 1:5, 6*

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Using Calorie-Counted Menus

Eight soup menus are set up on the following calorie charts for weight management-- for "maintain weight" and "lose weight" levels. A separate chart is given on each page, a "His" and a "Hers" calorie-counted plan. The totals are based for men on a 2400 daily calorie limit (800 x 3) to maintain, and an 1800 daily calorie limit (600 x 3) to lose weight; for women on an 1800 daily calorie limit (600 x 3) to maintain, and an 1200 daily calorie limit (400 x 3) to lose weight. This assumes three meals a day evenly balanced in calories, often difficult, but a good aim. Fresh stuff calories allow some leeway for snacks or for saving some calories for another more caloric meal. Use the menus for any meal.

The purpose of these menus is two-fold: 1) to demonstrate that you can eat the same family menu by practicing *portion control*, without preparing special food, 2) to count the calories for you so that you can bypass the tedious business of doing it yourself, which you will tire of very quickly! All type diets aside (high protein, low carb, etc.) the total calories you consume is still the bottom line.

All the menus follow the same pattern: soup, a bread, and fresh stuff (every menu should have at least some raw food for important enzymes and additional nutrients, variety in temperatures, and interest). The soup type is just below the Menu # (e.g. below: Fish or Poultry Soup). Within each of the menus is flexibility in choices. The first menu provides a set selection of items, while *Alternate Choices* give more flexibility (explained on p. 106).

This page explains only the set menu at the top of each chart, giving the exact total calories (as 800 or 600 in example below). Calorie amounts are specific for the soups, breads, and spreads. The number of calories allowed for "fresh stuff" depends on the total of the former (e.g. in 800 Cal. column below: 184 + 326 + 102 = 612. Subtracting 612 from 800 = 188. This is the number of calories allowed for fresh stuff. Footnote¹ below suggests how to "spend" these calories. Make your own fresh stuff choices accordingly, from pp. 115-122.

SOUP MENU #1 - HIS

FISH OR POULTRY SOUP	Maintain Wt. 800 Cal. Max	Lose Wt. 600 Cal. Max
First Menu: SEE EXAMPLE WITH EXPLANATION ON PAGE 105.		
Alternate Choices		
<i>Turkey Barley Soup</i> , p. 54	^L 165 2 C	^L 165 2 C
<i>Chicken Noodle Soup</i> , p. 34	<u>174</u> 2 C	<u>174</u> 2 C
<i>Raisin Rye Muffins</i> , p. 95	<u>448</u> 2 Muffins	<u>224</u> 1 Muffin
<i>Oat Rice Muffins</i> , p. 85	^L 256 2 Muffins	^L 128 1 Muffin
butter (for muffin)	^L <u>68</u> 2 t	^L <u>68</u> 2 t
Fresh stuff, pp. 114-121	^L <u>110</u> ¹ Maximum	^L <u>134</u> ¹ Maximum
TOTAL CALORIES	^L 599 ² - <u>800</u>	^L 495 ² - <u>600</u>

How "Alternate Choices" Work

Alternate choices include additional soups and breads, allowing for several combinations of calorie totals. The combination for the maximum calorie total is identified on the chart by adding together the numbers. As with the set menu at the top of the chart, the "fresh stuff" maximum calories are determined by the total of underlined soup + bread + spread (e.g. above, left column: 174 + 448 + 68 = 690; 800 minus 690 = 110 fresh stuff calories. The lowest calorie combination items are designated with a super-scripted "L" (^L). The total of minimum calories (e.g. above: ^L165 + ^L256 + ^L68 + ^L110 = total 599 calories. This total allows for saved calories or additions as you determine (see footnote² below). Notice that in left column above, ^L68 and ^L110 are both underlined and designated with an "L" (^L), meaning that these items are meant to be added to both the maximum and minimum calorie combinations. Since the number of calories for fresh stuff is determined by the maximum, it cannot be changed on the chart for the minimum combination. Otherwise, the chart would get too complicated.

Any other combination will fall between the lowest and highest (e.g. above, left column): 174 + ^L256 + ^L68 + ^L110 = 608; or ^L165 + 448 + ^L68 + ^L110 = 791.

You can also combine items from the top menu with alternate choices, but will need to adjust the total for fresh stuff, e.g. from top p. 107, *Neptune's Chowder* + *Raisin Rye Muffins* + butter: 184 + 448 + 68 = 700; 800 minus 700 = 100 maximum for fresh stuff.

¹See footnote, p. 105.

²Selection of the lower calorie items often allow for "saved calories." Use for more soup, fresh stuff, another meal, or save for a snack.

SOUP MENU #1 - HIS

FISH OR POULTRY SOUP	Maintain Wt. 800 Cal. Max	Lose Wt. 600 Cal. Max
<i>Neptune's Chowder</i> , p. 46	184 2 C.	184 2 C.
<i>Blueberry Muffins</i> , p. 75	326 2 Muffins	245 1 1/2 Muffins
butter (for muffin)	102 1 T.	68 2 t
Fresh stuff, pp. 114-121	188 ¹ Maximum	103 ¹ Maximum
TOTAL CALORIES	800	600

Alternate Choices

SEE EXAMPLE WITH EXPLANATION ON PAGE 106.

¹Often "fresh stuff" calories allowed are more than you'll want. Use them on more soup, for a snack time, in another meal, or be content eating even fewer calories.

SOUP MENU #1 - HIS

FISH OR POULTRY SOUP	Maintain Wt. 800 Cal. Max	Lose Wt.. 600 Cal. Max
<i>Neptune's Chowder</i> , p.46	184 2 C.	184 2 C.
<i>Blueberry Muffins</i> , p. 75	326 2 Muffins	245 1 1/2 Muffins
butter (for muffins)	102 1 T.	68 2 t
Fresh stuff, pp. 114-121	188 ¹ Maximum	103 ¹ Maximum
TOTAL CALORIES	800	600
Alternate Choices		
<i>Turkey Barley Soup</i> , p. 54	^L 165 2 C	^L 165 p 2 C
<i>Chicken Noodle Soup</i> , p. 34	<u>174</u> 2 C	<u>174</u> 2 C
<i>Raisin Rye Muffins</i> , p. 95	<u>448</u> 2 Muffins	<u>224</u> 1 Muffin
<i>Oat Rice Muffins</i> , p. 85	^L 256 2 Muffins	^L 128 1 Muffin
butter (for muffin)	^L <u>68</u> 2 t	^L <u>68</u> 2 t
Fresh stuff, pp. 114-121	^L <u>110</u> ¹ Maximum	^L <u>134</u> ¹ Maximum
TOTAL CALORIES	^L 599 ² - 800	^L 495 ² - 600

SOUP MENU #1 - HERS

FISH OR POULTRY SOUP	Maintain Wt. 600 Cal. Max	Lose Wt.. 400 Cal. Max
<i>Neptune's Chowder</i> , p. 46	138 1 1/2 C	138 1 1/2 C
<i>Blueberry Muffins</i> , p. 75	245 1 1/2 Muffins	166 1 Muffin
butter (for muffin)	68 2 t.	—
Fresh stuff, pp. 114-121	149 ¹ Maximum	96 ¹ Maximum
TOTAL CALORIES	600	400
Alternate Choices		
<i>Turkey Barley Soup</i> , p. 54	^L 165 2 C	^L 124 1 1/2 C
<i>Chicken Noodle Soup</i> , p. 34	<u>174</u> 2 C	<u>131</u> 1 1/2 C
<i>Raisin Rye Muffins</i> , p. 95	<u>224</u> 1 Muffins	^L 112 1/2 Muffin
<i>Oat Rice Muffins</i> , p. 85	^L 192 1 1/2 Muffins	<u>128</u> 1 Muffin
butter (for muffin)	^L <u>51</u> 1 1/2 t.	^L <u>34</u> 1 t
Fresh stuff, pp. 114-121	^L <u>151</u> Maximum	^L <u>107</u> ¹ Maximum
TOTAL CALORIES	^L 559 ² - 600	^L 377 ² - 400

¹See footnote, p. 105. ²See footnote², p. 106.

SOUP MENU #2 - HIS

FISH OR POULTRY SOUP	Maintain Wt. 800 Cal. Max	Lose Wt.. 600 Cal. Max
<i>Natasha's Meat Ball Soup</i> , p.44	209 1 1/2 C.	209 1 1/2 C.
<i>Orange Muffins</i> , p. 86	382 2 Muffins	191 1 Muffin
butter (for muffin)	102 1 T.	51 1 1/2 t
Fresh stuff, pp. 114-121	107 ¹ Maximum	149 ¹ Maximum
TOTAL CALORIES	800	600
Alternate Choices		
<i>Sopa de Tortilla</i> with chicken, p. 49	285 2 C.	<u>285</u> 2 C.
<i>Rosie's Hot Chicken Chowder</i> , p. 48	<u>303</u> 1 1/2 C.	^L 253 1 1/2 C.
	w/1/4 C. cheese	—
<i>Chicken Rice Soup</i> , p. 35	^L 273 1 1/2 C.	273 1 1/2 C.
<i>Blueberry Corn Muffins</i> , p. 74	<u>318</u> 2 Muffins	159 1 Muffin
<i>Lemon Ginger Muffins</i> , p. 82	188 1 Muffin	<u>188</u> 1 Muffin
butter (for muffins only)	^L <u>68</u> 2 t	^L <u>34</u> 1 t
<i>Whole Wheat Tortilla</i> , p. 88	^L 150 1 Tortilla	^L 150 1 Tortilla
Fresh Stuff, pp. 114-121	^L <u>111</u> ¹ Maximum	^L <u>93</u> ¹ Maximum
TOTAL CALORIES	^L 602 ² - 800	^L 530 ² - 600

SOUP MENU #2 - HERS

FISH OR POULTRY SOUP	Maintain Wt. 600 Cal. Max	Lose Wt.. 400 Cal. Max
<i>Natasha's Meat Ball Soup</i> , p.44	209 1 1/2 C.	209 1 1/2 C.
<i>Orange Muffins</i> , p. 86	191 1 Muffin	96 1/2 Muffin
butter (for muffin)	51 1 1/2 t	—
Fresh stuff, pp. 114-121	149 ¹ Maximum	95 ¹ Maximum
TOTAL CALORIES	600	400
Alternate Choices		
<i>Sopa de Tortilla</i> with chicken, p. 49	<u>285</u> 2 C.	<u>214</u> 1 1/2 C.
<i>Rosie's Hot Chicken Chowder</i> , p. 48	^L 253 1 1/2 C.	210 1 1/4 C.
<i>Chicken Rice Soup</i> , p. 35	273 1 1/2 C.	^L 183 1 C.
<i>Lemon Ginger Muffins</i> , p. 82	<u>188</u> 1 Muffin	<u>96</u> 1/2 Muffin
<i>Blueberry Corn Muffins</i> , p. 74	159 1 Muffin	^L 80 1/2 Muffin
butter (for muffins only)	^L <u>34</u> 1 t	—
<i>Whole Wheat Tortilla</i> , p. 88	^L 150 1 Tortilla	88 1/2 Tortilla
Fresh Stuff, pp. 114-121	^L <u>93</u> ¹ Maximum	^L <u>90</u> ¹ Maximum
TOTAL CALORIES	^L 530 ² - 600	^L 353 ² - 400

¹See footnote, p. 105. ²See footnote², p. 106..

Meals in Minutes

*...from
Freezer to Table*

SUE GREGG

Meals in Minutes

Five o'clock has past.

Long ago you breakfasted a husband,
let the dog out, chauffeured the kids, splashed your best
blouse, lost files on the computer, answered a home equity
loan phone solicitation, skipped lunch, napped the baby
but not you, were called and begged by your old boss to fill
in tomorrow at the office, heaped up two shopping carts at
the supermarket, forgot to return your mother-in-law's
call, picked up toys, and let the dog back in.

You are tired, tired, tired.

Fife-thirty approaches. You haven't even begun to
think about dinner. The pitter-patter of small feet ap-
proaches. Heavier footsteps will follow. What to have? Call
for pizza? Again? Out for dinner? Not with your tribe on
your budget.

You know it is futile to check the cupboards,
and the pantry is hopeless. Where to go for inspiration?
The refrigerator? You open the door and stare at the
shelves.

They stare back. You need a plan!

What would it be like to have a freezer full of "use me"



Chicken Spaghetti

Sue Gregg Cookbooks, Publishers ISBN 1-878272-12-8

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Cook's Prayer

O LORD, Maker of Heaven and Earth's Land,
 You made the grain with the germ, the bran--
 Nutrient and fiber-rich for the strength of man.
 Cheeses 'n chicken, fish, beef, 'n dairy--
 These go a long way to refresh the weary.

And vegetables countless--nutrient-packed treasure.
 Succulent fruits for dessert: What delightful pleasure!
 And nuts 'n seeds, quality oils and butter
 for essential fats in good measure.

Beans 'n peas for more protein and fiber, please!
 With plenteous water to cook them,
 Poured out by the Lord of Seas.
 What great gifts, these!
 Your store of food in all colors, shapes, and sizes
 Are ever full of nutrient and taste surprises!

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

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

Thanks be to you, O God, Our LORD,
 For food from your hand
 We can afford!
 Please help us to share it with our brothers and sisters,
 And to serve it to our dear children.
 As your Son broke 5 loaves and 2 fish
 to feed the "5000,"
 So break us, LORD,
 to feed the "6 billion."

Foreword

I received a call from a busy working woman soon after giving a seminar in Southern California. She related the following story.

After purchasing **Main Dishes** I decided to try the recipes out on my own family. It was a delight to discover how easy they were put together. Everybody loved them.

One Sunday afternoon I chose 3 recipes from the cookbook and tripled the recipe and made 9 meals. One I fed to my family and 8 I fed to the freezer. What a joy when my tired body came home from work only to find all I had to do for our evening meal was to heat the main dish, make a quick green salad and shout, "Dinner's ready!"

I continued to feed my freezer using this method until I had over 25 dishes in reserve.

One day after work my neighbor came by to return a borrowed book. She saw my yummy casserole ready to pop into the oven. "Looks good, Carole. What's your recipe?" I began to tell her my story of all the dishes in my freezer and with delight she asked, "What is the chance of buying one of them for my dinner tonight?" Much to my surprise I ended up selling her one. Her husband, Carl, loved it and wanted her to repeat the menu. But to his surprise she had to admit it was purchased from her neighbor. "I don't care how you got it," Carl said, "Do it again." With that she told other friends and neighbors how delighted her husband and family were with my instant meals. People began to call asking to buy my freezer out. I have since quit work and now have a home business selling main dishes out of my freezer.

That is the story that launched **Meals in Minutes** (formerly **Casseroles**). After hearing Carole's story and sharing it with many, I asked Sue to put together this book so that you, too, can create tasty, nutritious, and delicious freezer meals.

Emilie Barnes

How to Use This Book

While the *Meals in Minutes* freezing system is set up in 5 sets of 5 recipes, with grocery order and assembly plan, the simplest plan is to double or triple the recipe each time you prepare a main dish, setting aside the extra to freeze. Before you know it your freezer will offer you quite a variety of ready-to-serve dinners! But I've left the system set up in this book intact for those who like the cleverness of a "more complicated" system. Trust me, the "one recipe at a time" plan is simpler by far. Get into that routine and you will hardly know you are preparing at least two or more meals at one time. Just think "freezer." But if you choose the "make several at a time" plan, consider inviting a friend to share in your cooking day for fun and efficiency. Plan to double the recipes, taking turns in providing the kitchen and shopping for ingredients. Split the cost. This is also a great way to assist a younger more inexperienced cook who needs encouragement.

You don't need to limit freezer meals to the recipes in this book. I use over 50 additional recipes from *Dinners on the Table* (formerly *Main Dishes*) and *Soups & Muffins*. See the list on pp. 89-92 including speedy non-freezer recipes. These recipes are designated as either freezable or quick in the respective books.

Familiarize yourself with *Freezing Main Dishes*, pp. 7-13. Note in particular that general guidelines are given for thawing and reheating all the recipes. These thawing and reheating times have not been written into the recipes since they will vary considerably for your chosen method and sizes of containers. Although microwave options for thawing and reheating are given, I discourage it for nutritional reasons (see p. 84). Nevertheless, you can enjoy many other time saving tips included in this book.

The *Shopping Guide to Quality Ingredients* (pp. 16-19) plus additional notes in recipes will spare you the mystery of what to buy. In addition to saving you time and reducing costs, our goal has been to build higher nutritional quality into the recipes. See the *Nutrition Goals* section, pp. 75-81.

Research resources that have encouraged changes made in the 5th edition include: *Nourishing Traditions* by Sally Fallon with Mary G. Inig, PhD, *The Cholesterol Myths* by Uffe Ravnskov, *The Whole Soy Story* by Kaayla T. Daniel, PhD, CCN, *The Coconut Oil Miracle* by Bruce Fife, C.N., M.D., and *Living the Low Carb Life* by Jonny Bowden. The *Bible*, however, remains our foundational source.

Sue Gregg

Basic Stock List

She is like the merchant ships, bringing her food from afar.
Proverbs 31:14

Fresh produce, dairy products, meats and other perishables are not included on this list unless you plan to purchase a supply for the freezer other than for use in the recipes.

See accompanying page references for more ingredient information.

Staples/Seasonings/Freezer Items

almonds (*Nuts*, p. 18)
apple cider vinegar
baking powder (p. 16)
baking soda
Bragg Liquid Aminos, optional (p. 16)
bread, whole grain (p. 19)
brown rice (p. 16)
butter, unsalted (p. 16)
catsup (*Tomato Products*, p. 19)
chicken (for freezer) (p. 16)
chicken broth (p. 16)
coconut milk, optional (p. 17)
coconut oil (*Oils*, p. 18)
corn, whole dry, or
cornmeal, stoneground (p. 18)
cornstarch
or arrowroot powder (p. 27)
dry beans: pinto, black,
black-eyed peas
franks (for freezer) (p. 17)
garlic cloves (p. 17)
green chiles, diced
ground meat (for freezer) (p. 17)
honey (p. 17)
molasses, dark or blackstrap
olive oil (*Oils*, p. 18)
Parmesan cheese
pastas, whole grain (p. 19)
ripe olives, sliced
salmon (p. 18)
soy sauce (p. 18)
Tabasco sauce
tomato products (p. 19): pieces or
whole, sauce, enchilada sauce,
pasta or spaghetti sauce

tuna, water pack (p. 19)
unbleached white flour (p. 19)
vegetables, frozen in 16-40 oz
bags (corn, green beans,
peas, broccoli, etc.)
water chestnuts, sliced
whole grain bread (p. 19)
whole grains (p. 19)
whole grain pastas (p. 19)
 Worcestershire sauce (p. 19)

Herbs & Spices (p. 17)
basil (sweet basil) leaves
bay leaves
cayenne pepper
chili powder
cumin powder
curry powder
dry mustard
dry parsley flakes
garlic powder
ginger, ground
Italian Seasoning
lemon peel
marjoram leaves
nutmeg
paprika
pepper
rosemary leaves
sage
salt (p. 18)
Spike Seasoning (p. 18)
thyme leaves

Cooking Chicken or Turkey

Preparing Chicken for Cooking

1. Remove skin, trim visible fat (whole chicken or parts for making broth excepted, p. 22); wash and pat dry with paper towel.

2. For chunks of chicken, cut raw chicken into bite sized pieces before cooking. For shredded, cook it first, then shred.



To Stew

This is the simplest method. Cover the chicken with water, bring to a gentle boil and boil until tender, about 20-30 minutes for bite sized pieces, or a little longer for breast pieces. The water can be used for broth (add some salt). Though not as nutritious or flavorful as making the broth recipe on p. 22, it is often more flavorful than some canned chicken broth.

To Crock-Pot

Great for preparing a large pot of cooked chicken and broth together. Follow **Chicken or Turkey Broth** recipe, p. 22. Sometimes I add boneless breast pieces extra to the recipe just to have more cooked chicken. This can also be done in a large pot on the range top, as well. Follow the recipe cooking instructions for either way.

To Quick Fry-Simmer

1. Leave chicken pieces whole or cut as desired into chunks or strips.
2. Add small amount of coconut oil to hot pan (optional in a nonstick pan) and immediately add the chicken. Sear on all sides until golden brown. This will seal in the juices.
3. Add about 1/2 cup water. Reduce heat to simmer or a gentle boil and cook until the meat is tender, about 20-30 minutes.

To Stir-Fry

Stir frying is quick frying with a little oil (coconut oil unless using a nonstick pan) without followup with simmering in a hot liquid. I use this method for thin strips of meat that have been marinated. The marinade will tenderize the meat sufficiently so that quick browning is all that is needed to complete the cooking. Meat will be done in 5-10 minutes.

To Steam

This is good for cut poultry parts. Place parts on rack over about an inch of boiling water and cover tightly. Watch the water level so that it doesn't boil away. Steam until tender, about 30 minutes.

To Freeze

Divide cooled cooked chicken into portion sizes as desired. Wrap snugly with plastic wrap (see *Food Storage Wraps*, p. 17), then in foil labeled with date, and amount; place in freezer ziploc bag for added protection; freeze. Use chicken packed without sauce or gravy within one month. Freeze cooked chicken packed in gravy or sauce in a freezer container and use within 6 months.





5 Timesaver Meals

Chicken Curry¹

1/2 C. Brown Rice (p. 67)
1 C. Green Beans (DT²)
with 1 1/2 tsps. butter
1 1/2 C. Green Leaf Salad (DT²) with
1 T. Oil Dressing
1 Pineapple Wedge
(5" x 3/4")

543 Calories
21% Protein--29 g.
41% Fat--25 g.
38% Carb--53 g.

Sausage Strata

Parsleyed Carrots³ (DT²)
1 1/2 C. Orange Tossed
Salad (MD)
with Sweet Mayonnaise
Dressing - 1 1/2 T (DT²)
Lemon Ginger Muffin
1 of 12 (p. 69)

732 Calories
18% Protein--33 g.
44% Fat--37 g.
38% Carb--72 g.

Best Burrito Beans (1/3 C.)

1/3 C. Mozzarella Cheese
Lettuce, Tomatoes, Onion
(1/2 C.) (1/2 small) (1/4 C.)
1/4 med. Avocado 2 tsps. Salsa
2 T. Yogurt-Sour Cream
1 Sprouted Wheat Tortilla
(fajita size)
4 Radishes, 6 slices Cucumber

500 Calories
17% Protein--23 g.
36% Fat--22 g.
46% Carb--63 g.

Favorite Tamale Pie

Zucchini Saute³ (p. 65)
1 1/2 C. Garden Salad (DT²)
with 1 T. Parmesan Cheese
1 T. Balsamic Vinaigrette

461 Calories
21% Protein - 25 g.
39% Fat - 21 g.
40% Carb--48 g.

Tuna Fettucine

1 C. Broccoli (p. 65)
2 C. Spinach-Tomato
Salad (DT²)
with Sweet Orange
Dressing³ (DT²)

473 Calories
20% Protein--25 g.
42% Fat--23 g.
38% Carb--47 g.



Timesaver Shopping List

See Shopping, pp. 16-20 for ingredient information.

Meats

1-1 1/2 lbs. boneless
chicken breast (p. 26)
1 lb. ground turkey (p. 27)
1 lb. ground turkey, beef or
buffalo (p. 28)

Dairy

3 eggs (p. 27)
1/4 cup heavy cream (p. 27)
1/2 lb. butter
1/2 pint sour cream (p. 29)
1/2 cup Parmesan Cheese (p. 29)
1/4 lb. cheddar cheese (1 cup) (p. 27)

Grains/Beans/Pasta/Nuts

1/2 lb. brown rice (1 cup), optional (p. 26)
1 lb. pinto or black beans, dry (p. 30)
8 oz. whole grain flat noodles,
fettucine or spaghetti pasta (p. 29)
1/2 lb. stoneground cornmeal (p. 28)
1/4 cup almonds, slivered or
whole (unroasted, unsalted) (p. 29)
1 1/2 slices whole grain bread (p. 27)

Canned Foods/Misc

16 oz. (2 cups) tomato, spaghetti,
or pasta sauce (p. 28)
6 oz. can tuna (p. 29)
4 oz. can diced green chiles (p. 30)
2 1/4 oz. sliced ripe olives (p. 28)
34 oz. chicken broth (optional,
see #3 below) (pp. 26, 27)

Fresh Produce

4 small onions
1/2 bunch celery (4 ribs) (p. 26)
1 lb. zucchini (p. 28)
1 small green pepper (p. 28)
1 medium tart green apple (p. 26)
lemon juice (1 tsp)

Frozen

2 cups (10 oz.) frozen corn (p. 28)
1/2 cup (2.5 oz.) frozen peas (p. 29)

Staples/Seasonings/Spices

Check Basic Stock List, p. 6
against recipes.

Timesaver Assembly



DAY BEFORE

- 1) Presoak **beans** for *Burrito Beans* (#1, p. 30). If you plan to cook beans overnight in crock-pot, soak beans night before this.
- 2) Soak cornmeal for *Favorite Tamale Pie* topping (#1, p. 28).
- 3) **Cook chicken** for *Curry*--in enough water (or use recipe, p. 22) to make 4 1/4 cups broth for recipes, if desired (#1, p. 26; #3, p. 27).
- 4) **Set out canned/dry ingredients**, grouping items for each recipe together.
- 5) **Get out freezer containers and cooking pans**: 1 large fry pan; 1 large pot for cooking pasta (and for cooking beans if not using pressure cooker or crock-pot method); 1 medium saucepan for cheese sauce and cornmeal topping.
- 6) Soak **almonds** for *Fettucine* (#1, p. 29).
- 7) Optional: **Soak Brown Rice** to freeze with *Curry* (see footnote, p. 26; #1,2, p. 65).

¹For fuller explanation of servings and nutrient data of meals, see p. 83.

²Recipe from *Dinners on the Table*

³One serving according to the designated recipe



5 Convenience Meals

Meals in Minutes



Convenience Shopping List

See Shopping, pp. 16-20 for ingredient information.

Creole Peas 'n Corn¹

Vegetable Cole Slaw²
with Sweet Mayonnaise
Dressing--1 T (DT³)
mozzarella cheese
(2--1 oz. sticks)
Blender Cornbread
(1 piece; p. 68)
with 1 1/2 tps. butter

669 Calories
18% Protein--32 g.
41% Fat--31 g.
41% Carb--70 g.

Almond Lemon Chicken

4-Vegetable Stir-Fry² (DT³)
1 1/2 C. Green Leaf
Salad (DT³)
with 1 T. Oil Dressing
1 slice Irish Soda
Bread (p. 70)
with 1 tsp. Butter

671 Calories
25% Protein--41 g.
38% Fat--29 g.
37% Carb--62 g.

Chicken Spaghetti

with 2/3 C. Spaghetti Pasta
1/2 C. Green Beans
with 1 1/2 tps. butter
1 1/2 C. Garden Salad (DT³)
with 1 T. Thousand
Island Dressing (DT³)
1 Sunflower Biscuit (p. 73)

632 Calories
24% Protein--39 g.
40% Fat--29 g.
36% Carb--57 g.

Turkey-Mushroom Sauce (1 C.)

with Zucchini Curls² (p. 63)
Broccoli-Carrot Medley² (DT³)
Tomato-Cucumber
Salad² (DT³)
with 1 T. Herb Vinegar
3/4 C. Seasonal Fruit (DT³)

472 Calories
27% Protein--34 g.
35% Fat--19 g.
38%--47 g.

Salmon Quiche

1 C. Carrots
with parsley garnish
Orange-Pineapple
Salad² (DT³)
on bed of Lettuce

622 Calories
22% Protein--33 g.
42% Fat--30 g.
37%--60 g.

Meats

3 1/2 lbs. boneless chicken
breast (pp. 34, 38)
1 lb. ground turkey (p. 36)

Dairy

4 eggs (p. 35)
1 1/2 cups milk (p. 35)
1/2 lb. butter
1/3 cup Parmesan Cheese (p. 35)

Frozen

1 1/2 cups (7.5 oz.) frozen corn (p. 37)
16 oz IQF broccoli (see note, p. 61)
unless fresh is used (p. 35)

Grains/Beans/Pasta/Nuts

1/3 lb. brown rice (2/3 cup) (p. 34)
1 lb. black-eyed peas, dry (p. 37)
8 oz. whole grain spaghetti pasta,
optional (p. 38)
3/4 cup almonds (pp. 34, 35)

Canned Foods/Misc

8 oz. can tomato sauce (p. 37)
15 oz. can tomato sauce (p. 38)
2--14.5 oz. cans stewed tomatoes
(pp. 37, 38)
1 43/4 oz. can salmon (p. 35)
(or 2 cups fresh baked)
small jar orange marmalade
(2 Tbsps.) (p. 34)
48 oz. chicken broth (optional,
see #4 below) (pp. 34, 36)

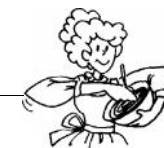
Fresh Produce

4 small onions (or 3 + 1 green onion)
1 lb. broccoli (4 cups) unless frozen
is used (p. 35)
2 green peppers (pp. 37, 38)
2 cups mushrooms (1/3 lb.) (p. 36, 38)
3 - 4 lemons (pp. 34, 37, 67)

Staples/Seasonings/Spices

Check Basic Stock List, p. 6
against recipes.

Convenience Assembly



DAY BEFORE

- 1) **Soak black-eyed peas** for Creole (#1, p. 37).
- 2) **Soak brown rice** for Almond Chicken (#2, p. 34).
- 3) **Marinate chicken** for Almond Chicken (#3, p. 34).
- 4) **Cook chicken** for Spaghetti in enough water to make 1 quart broth (see p. 21 or p. 22) for Almond Chicken and Turkey-Mushroom Sauce (#1, p. 38).
- 5) **Prepare crust dough** for Salmon Quiche (#1, p. 35).
- 6) Soak **almonds** for Almond Chicken and Quiche (#1, pp. 34, 35).
- 7) **Set out canned/dry ingredients**, grouping items for each recipe together.
- 8) **Get out freezer containers and cooking pans:** 1 large fry pan; 1 large pot for Creole and cooking pasta; 1 medium saucepan for cooking broccoli.

¹For fuller explanation of servings and nutrient data of meals, see p. 83.

²One serving according to the designated recipe

³Recipe from *Dinners on the Table*

Salmon Quiche

Our favorite quiche recipe, I make this often. For gluten or wheat-free crusts, see **Desserts** for Rice or Barley Oat pie crusts.

AMOUNT: 6 Servings (9 1/2"-10" pie plate)

Bake 375°F (190°C) - 30 to 40 minutes

1.DAY BEFORE For improved nutrition:¹

Start the **crust**. Blend flour, salt; cut in the butter with pastry blender or 2 table knives until dough is size of small peas; lightly stir water in with fork, gather into ball; wrap in plastic wrap (*Food Storage Wraps*, p. 17) and refrigerate for 12 - 24 hours:

1 1/2 cups whole wheat flour (*bread or pastry flour*, p. 19)

or 1 3/4 cups spelt flour (makes especially good crust)

1/2 teaspoon salt (p. 18)

1/3 cup soft butter (p. 16)

1/4 cup ice cold water

Soak **almonds** for step #3 (see *Nuts*, p. 18).

2.Bring crust dough to room temperature; Roll out² to fit into pan; flute edges.

3.Arrange over bottom of crust in order given:

4 cups steamed fresh broccoli (p. 65), using small florets and chopped stalks or IQF broccoli, chopped (*footnote*, p. 61)

2 tablespoons chopped yellow or green onion

1 3/4 oz. can (or 2 cups) salmon, drained (p. 18)

(crumble between fingers, including soft bones, an excellent calcium source)

1/4 cup sliced or chopped almonds, drained, rinsed

4.Blend together and pour evenly over all:

4 large or 5 medium eggs, slightly beaten (*Butter & Eggs*, p. 16)

1 1/2 cups whole milk (p. 18)

1/3 cup Parmesan cheese

1/2 teaspoon salt (p. 18)

1/4 teaspoon cayenne pepper, to taste (*Herbs & Spices*, p. 17)

1/8 teaspoon nutmeg

paprika garnish

5.Bake 30 - 40 minutes at 375°F (190°C) until knife comes clean out of the center. Refrigerate until cold. Cut into serving pieces; wrap individually³ in plastic wrap (p. 17), then foil. Place in freezer ziploc bags for added protection. Thaw and reheat, pp. 12-13.

Per serving of 6 498 Calories, 31 g protein (25%), 30 g fat (52%),

30 g carbohydrate (23%), 7 g dietary fiber

¹See *2-Stage Process*, p. 68.

²See p. 42, *Rolling Out Crust for Chicken Pot Pie*.

³Otherwise, the quiche will expand beyond the size of the pan during freezing.



Country Creole Peas 'n Corn

An economy, high fiber dish. Tasty!

AMOUNT: 6 to 8 Servings (8-9 cups or 2 1/2 qt. container)

1. **DAY BEFORE** Soak peas with water and lemon 12-24 hours:¹

2 cups (1 lb.) uncooked black-eyed peas

9 cups water

juice of 1/2 lemon or 2 tbsps. whey (*liquid part of plain yogurt*)

2. Add fresh water to rinsed, well-drained peas, bring to a boil, add seasonings and boil 3 minutes; reduce heat to simmer:

8 cups fresh water (not the soaking water)

1 bay leaf (*Herbs & Spices, p. 17*)

1 teaspoon Italian Seasoning

1/2 teaspoon rosemary leaves (*p. 17*)

3. Sauté vegetables in butter or oil:

2 tablespoons melted butter or coconut oil

or extra virgin olive oil (*Oils, pp. 18, 26²*)

1 onion, chopped

1 green pepper, chopped

4. Add sautéed vegetables to peas; continue cooking until peas are just tender, about 1 1/2 hours. Add more water, if needed.

5. Add remaining ingredients, stirring in the corn after recipe cools completely (just before freezing):

14.5 oz. can stewed tomatoes

8 oz. can tomato sauce

1/2 stick (1/4 cup) butter (optional for added flavor)

2 tablespoons honey

1/2 teaspoon salt (*p. 18*)

1 1/2 cups (7.5 oz.) frozen corn

6. To reheat, place frozen recipe in a saucepan over direct low heat. Add **2 cups water**². When heat has thawed the dish completely, bring to a boil, lower heat and simmer 30 minutes. Add more water as needed. Recipe should be quite soupy. Remove bay leaf before serving.

Per serving of 8 (with optional butter in step 5; used for menu data, p. 31)

292 Calories, 12 g protein (15%), 9 g fat (27%), 44 g carbohydrate (58%),

11 g dietary fiber

Per serving of 8 (without optional butter in step 5)

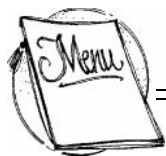
245 Calories, 12 g protein (18%), 4 g fat (13%), 44 g carbohydrate (69%),

11 g dietary fiber

¹See 2-Stage Process, p. 68.

²When preparing this recipe without freezing, omit the extra 2 cups water.





5 Quick Meals

Chicken Pot Pie¹

2 C. Tossed Salad (DT²)
with 1 T. Raspberry
Vinaigrette
1 C. Green Beans
with lemon juice (p. 64)

519 Calories
20% Protein--26 g.
40% Fat--24 g.
40% Carb--53 g.

Emilie's Noodle Bake

1 C. Vegetable Medley
with Marvelous Marinade
(1 1/2 T) (DT²)
1/2 orange (3 slices) on
bed of Lettuce
with 1 T. Sliced Almonds

586 Calories
25% Protein--36 g.
40% Fat--27 g.
35% Carb--52 g.

Sweet 'n Sour Beans

Scrambled Eggs (B³)
with 1 1/2 eggs, 2 T. grated
cheddar Cheese
1 C. Steamed Beet Greens
with 1 tsp. Vinegar
Carrot-Zucchini Salad
(3/4 C) (DT²)
with Sue's House Dressing
(1 T; MD)

589 Calories
22% Protein--33 g.
40% Fat--27 g.
39% Carb--59 g.

Casserole a la Tuna

2 C. Green Leaf Salad (DT²)
with 1 T. Balsamic
Vinaigrette
1/2 med. tomato, sliced
1 C. Steamed Broccoli (p. 65)
with lemon juice (p. 64)

415 Calories
27% Protein--29 g.
40% Fat--19 g.
33% Carb--36 g.

Barley Casserole

with 1/4 C. plain yogurt
4-Vegetable Stir-Fry³ (DT²)
(1 tsp. oil used in recipe)
Tomato-Cucumber Salad³
(MD) topped with 2 sticks
Mozzarella Cheese, chopped
on bed of Lettuce

526 Calories
21% Protein--29 g.
39% Fat--24 g.
40% Carb--55 g.

¹For fuller explanation of servings and nutrient data of meals, see p. 83.

²Recipe located in *Dinners on the Table* or *Breakfasts*.

³One serving according to the designated recipe.



Quick Shopping List

See *Shopping*, pp. 16-20 for ingredient information.

Meats

4-5 lbs. chicken wings, backs, etc.
or 1 1/2 lbs. boneless chicken
breast (p. 43)
1 lb. ground turkey, beef
or buffalo (p. 45)
1 lb. ground turkey (p. 46)

Dairy

1 egg (p. 43)
1/4 cup yogurt (p. 43)
1/4 cup heavy cream (p. 43)
1 pint cottage cheese (p. 45)
1/4 lb. butter

Grains/Beans/Pasta/Nuts

1/2 lb. brown rice (or 1 cup) (p. 44)
1/2 lb. pearl barley (or 3/4 cup) (p. 42)
8 oz. spinach flat noodles (p. 45)
(or 3/4 cup) (p. 43)
1/2 cup almonds (p. 44)

Staples/Seasonings/Spices

Check *Basic Stock List*, p. 6
against recipes.

Canned Foods/Misc

16 oz. spaghetti or pasta sauce
(2 cups) (p. 45)
1 - 2 cans 5 - 6 oz. tuna (p. 44)
83/4 oz. can garbanzo beans, optional
(p. 42)
2--15 oz. butter beans (p. 46)
2--15 1/4 oz. green lima beans (p. 46)
2--15 1/4 oz. red kidney beans (p. 46)
2--1 lb. *Vegetarian Beans in Tomato
Sauce* (as Heinz brand) or baked
beans (see #3, p. 46) (p. 46)
8 oz. sliced water chestnuts (pp. 42, 44)
small jar molasses (or 1/4 cup) (p. 46)
2 cups (16 oz) chicken broth (or
see step #3 below) (pp. 43, 44)

Fresh Produce & Frozen Food

5 medium onions
1 bunch celery (or 8 ribs) (pp. 43, 44)
2 medium carrots (p. 43)
2 green peppers (pp. 42, 44)
1 cup mushrooms (about 3 oz.) (p. 43)
2 cups (10 oz.) frozen green peas (p. 43)

Quick Assembly



DAY BEFORE

- 1) **Soak brown rice** for *Casserole a la Tuna* (#1, p. 44).
- 2) **Start crust** for *Chicken Pot Pie* (#1, p. 43).
- 3) **Cook chicken** and **broth** for *Pot Pie* and, if desired, broth for *Barley Casserole* and *Casserole a la Tuna*, (see *Intro.*, p. 43).
- 4) **Season and brown ground turkey** (p. 67) or brown other ground meat for *Noodle Bake* (#2, p. 45); refrigerate.
- 5) **Season, brown and refrigerate ground turkey** for *Sweet 'n Sour Beans* (#1, p. 46).
- 6) **Soak almonds** for *Casserole a la Tuna* (#1, p. 44).
- 7) **Set out canned/dry ingredients**, grouping recipe items together.
- 8) **Get out freezer containers and cooking pans:** 1 large fry pan; 1 large pot for cooking pasta; 1 medium mixing bowl for *Pot Pie* crust and *Noodle Bake*; 1 large mixing bowl for *Sweet 'n Sour Beans*.



5 Ready-to-Serve Meals

Chicken Tetrizzini¹

Parsleyed Carrots² (DT³)
Spinach-Tomato Salad
(2 C) (DT³)
with 1 T. Lemon-Olive Oil
Dressing (DT³)

634 Calories
21% Protein--34 g.
46% Fat--32 g.
33% Carb--52 g.

Salmon a la Broccoli

Peppers 'n Squash
Gourmet² (DT³)
3 slices tomato (1/2 medium)
1 Barley Biscuit (p. 72)
with 1 1/2 tps. Butter

716 Calories
18% Protein--32 g.
49% Fat--40 g.
33% Carb--60 g.

Chicken Pilaf en Casserole

with orange slice garnish
Broccoli-Cauliflower
Platter² (DT³)
2 C. Tossed Salad (DT³)
with 1 T. Oil Dressing

453 Calories
23% Protein--26 g.
35% Fat--18 g.
41% Carb--47 g.

Enchilada Casserole

1/2 C. Broccoli (p. 65)
3/4 C. Carrot Zucchini Salad
with Sweet Orange
Dressing² (DT³)
1 Pineapple Wedge
(5" x 3/4")

501 Calories
25% Protein--33 g.
35% Fat--21 g.
40% Carb--53 g.

Barbecued Franks 'n Beans

1 C. Steamed Chard
with 1 1/2 tps. vinegar
Orange-Onion Salad² (DT³)
with Sweet Lite Dressing
(1 T.) (DT³)

494 Calories
17% Protein--24 g.
39% Fat--25 g.
45% Carb--64 g.



Ready-to-Serve Shopping List

See Shopping, pp. 16-20 for ingredient information.

Meats

3 1/2 lbs. boneless chicken breast
(pp. 58, 59)
1 lb. ground turkey, beef
or buffalo (p. 62)
5-10 oz. franks (p. 60)

Dairy

4 3/4 cups milk (pp. 58, 61)
1 lb. butter (pp. 58, 59, 60, 61)
6 oz. cheddar cheese (1 1/2 cups) (p. 62)
6 oz. Parmesan cheese (3/4 cup)
(pp. 58, 61)

Grains/Beans/Pasta/Nuts

1 lb. brown rice (2 1/4 cups) (pp. 59, 61)
1/4 cup wild rice, optional (p. 59)
10 oz. whole grain spaghetti (p. 58)
1/2 dozen corn tortillas (p. 62)
1/4 cup almonds (p. 59)
1/4 cup pine nuts or almonds (p. 61)

Frozen

10 oz. frozen cut green beans (p. 60)
10 oz. frozen green lima beans (p. 60)
10 oz. frozen corn (p. 60)
3 cups IQF broccoli (p. 61)
unless fresh broccoli is used

Canned Foods/Misc

16 oz. enchilada or pasta sauce
(2 cups) (p. 62)
2 1/4 oz. sliced ripe olives (p. 62)
8 oz. sliced water chestnuts (p. 59)
4 oz. chow mein noodles (2 cups)
1 3/4 oz. can salmon (2 cups) (p. 61)
or leftover fresh cooked
2 oz. (1/4 cup) cooking sherry (p. 58)
or white grape juice

Fresh Produce

2 onions (pp. 60, 62)
1 green onion or fresh parsley (p. 59)
1 1/2 lbs. broccoli (or see frozen) (p. 61)
2 cups (1/3 lb.) mushrooms (pp. 58, 59)
2 lemons (pp. 59, 61)

Staples/Seasonings/Spices

Check Basic Stock List, p. 6
against recipes.

Ready-to-Serve Assembly



DAY BEFORE

- 1) **Soak Brown Rice** for Salmon a la Broccoli (#1, p. 61).
- 2) **Soak nuts** for Salmon a la Broccoli (#1, p. 61).
- 3) **Soak rice and almonds** for Chicken Pilaf (#1, 2, p. 59).
- 4) **Freeze tortillas** for Enchilada Casserole, optional (p. 62).
- 5) **Set out canned/dry ingredients**, grouping items for each recipe together.

¹For fuller explanation of servings and nutrient data of meals, see p. 83.s

²One serving according to the designated recipe

³Recipe located in *Dinners on the Table*

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Dinners on the Table

SUE GREGG

Dinners on the Table

Is an American style whole foods cookbook combining nutritional quality and appetizing appeal balancing convenience and cost that eases meat 'n potatoes, biscuits 'n gravy, and even fries 'n burger lovers into healthier dining without the health food shock.

Recipes use wholesome nutrient dense ingredients as whole grains instead of refined flours, honey instead of white sugar, olive oil, coconut oil, and butter instead of hydrogenated fats along with fresh fruits and vegetables.

The Two Stage Process is applied to break down phytates and release minerals in grains and beans. Ingredient alternatives are offered for allergies, food sensitivities, and vegetarian preferences.

Nutritional numbers included with recipes and menus.

Menu guides provide calorie counts and portion sizes for weight management. This is a cookbook that shows you how to eat better *One Recipe at a Time*.



Beef Stroganoff

Sue Gregg Cookbooks ISBN 1-878272-13-6



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Alfredo Vegetable Pasta p.154



Baked Potato Gourmet p. 166



Seven Layer Salad p. 182



Lentil-Rice Casserole p.40



Seasoned Ground Turkey p. 88



Vanessa's Pizza p.186



Artisan Bread p.242



Taco Chip O'le p. 98



Baked Parmesan Chicken p. 108.



Turkey Burgers p.100



Hearty Biscuits p.239



Lemon Baked Fish p.77



Broccoli Cheese Casserole p. 136.



Beef Kabobs Waikiki p.64



Sweet 'n Sour Meat Balls p. 97

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Introduction

The evening dinner hour brings people together. While the demands of business and school frequently threaten the sacredness of the hour, it remains the traditional time for enjoying the leisure of eating and sharing with friends and family. In our intensifying troubled and insecure world, this drawing together is needed more than ever.

I respect the value of food for what it does in drawing people together as much as for its nutritional value. The bond between mother and nursing infant is secured by food. Language is introduced to children as they are fed by parents. Family discussions and reading good books aloud teach lifelong values to young people around the table, and deepen family bonds. Dining out for young adults develops friendship bonds and romantic relationships. In these ways and others, emotional associations and security become closely related to food and eating experiences.

Thus we can easily feel insecure when someone tells us that we need to make dietary changes, especially when we enjoy our comfortable and comforting lifestyle of eating. Yet we all know from multiple sources that such changes are exactly what we need. This book aims to help you overcome the obstacles to change through a transition process. You will find a wealth of familiar American dishes, while utilizing nutritionally improved ingredients. For example, you will find hot dogs and hamburgers, spaghetti and pizza, meat loaf and mashed potatoes. New things have been added, but the familiar has not disappeared. Our purpose is to restore to your family dining table food that more closely represents what God originally put into it for our enjoyment and health.

Equally important to the value of familiar dishes is the way in which a menu is put together. There is a distinct "American" menu pattern. I have adapted that pattern to the menus presented in this book. This menu pattern blends the old and familiar with the new. It is what I call "transitional." While food is frequently our best medicine, therapeutic diets are not the focus of this book. Nevertheless, for those who want to go beyond transitional for health reasons, many recipes will suit the purpose. In general, most persons who are given a diet regimen by a doctor or health professional to meet a specific health condition, receive only a basic "what to eat and what not to eat" list of foods, and perhaps a handful of recipes. ***Dinners on the Table*** can fill in a resource gap to provide essential variety and enjoyment.

Formerly titled, **Main Dishes**, I wanted a title truer to the actual content. While there is a predominance of main dish recipes, there are also salads, vegetables, breads, sauces, and spreads to build its 100 self-contained menus. The menus generally follow the Food Pyramid in **Whole Foods Cooking** (p. 11). The pyramid is a modified version of the Mediterranean Diet Pyramid. In fact, for more detailed nutritional standards on which this book is based, I highly recommend **Introducing Whole Foods Cooking** as the place to begin, which introduces dinner recipes and menus representing all the types you will find in **Dinners on the Table**. This will set you well on your way to maximizing its additional variety.

When I wrote the first editions of our books, I felt duty-bound to the low fat, high fiber diet, considered the best approach at the time, keeping the fat level at 30% or lower and keeping carbohydrate high to provide adequate dietary fiber. Everything shifted with the advent of high-protein diets and *Nourishing Traditions*. This book is now the last revision in our series of cookbooks, excepting **Desserts**. Rather than catering either to the high-protein diet mantra or the low fat, high fiber approach, I have aimed toward the 40% carb - 20% protein - 40% fat of traditional diets cited in *Nourishing Traditions*, p. 58. While the menu averages shift closer to this standard than previously, you will quickly realize by observing the menu percentage levels that meat-based menus come closer to this "ideal" than vegetarian-based menus. A good basis for choice is to draw from all the different types of menus (see, e.g., pp. 16-17). As you can see, I definitely emphasize menu percentages over recipe percentages of carbohydrate-protein-fat, although they are also given for recipes. The reason for this is that we need to balance main dish recipes with vegetables and salads, and with an occasional bread. It is the combined balance that will best meet the variety of nutritional needs.

Finally, **Dinners on the Table** addresses gluten-free and dairy-free concerns with options. The *two-stage process* of soaking grains, beans, nuts and seeds is also incorporated, further improving nutritional benefits. I have also included a special menu section for weight management.

Enjoy with God's blessings!

Sue Gregg

Cook's Prayer

*For since the creation of the world
God's invisible qualities--his eternal power and divine nature--
have been clearly seen, being understood from what he has made...*

Romans 1:20

*Oh LORD our God, Maker of Heaven and Earth's Land,
You made the grains with germ and bran--
nutrient and fiber-rich for the strength of man,*

*And cheeses, chicken, fish, lamb, beef, 'n dairy--
These, and more, go a long way, refreshing the weary.*

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

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

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

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

*Now, O LORD our God,
Help us to put Your bounty together
In balance and wholeness that we might eat better,
for bodies stronger,
and minds sharper;
for spirits and family togetherness assisted,
and service enlisted,
To sow the seed; to reap the harvest,
From the nearest land to the farthest.¹*

Sue Gregg

¹This poem was prompted by a study of what the Scriptures of the Old and New Testaments have to say about food and about our purpose for being. Any errors in conclusions are mine.

Planning for Dinners



Planning for Dinners

*She is like the merchant ships,
bringing her food from afar.
Proverbs 31:14*

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Table Community

I say to you that many will come from the east and from the west, and will take their places at the feast with Abraham, Isaac and Jacob in the kingdom of heaven. Matthew 8:11

Going back to the first century A.D. believers and their friends met in homes for serious study and discussions around the dining table. Coming ahead to the 21st century, we've noticed that we hardly do that anymore. When we invite guests to our table, we gobble and gab, and if we have any study, we do so after the meal. We do the same at our churches: if we have a meal there, it is before or after for whatever serious purpose we went, again to gobble and gab.

Rich and I decided that we wanted to change this scenario at our own family table. We wrote "Serving & Connecting" to address this change in **Whole Foods Cooking**. We have been practicing "blessing dinners" in our home now for over two years, and modeling it for others. Thus, I was excited and intrigued when I read the first of four basics of "church" in **Houses that Change the World** -- "Meating," p. 82. That descriptive spelling just about says it all; also "The Lord's Supper was a substantial supper with a symbolic meaning, not a symbolic supper with a substantial meaning."

The dining table is primarily shared by family members. "In God's household" we are also spiritual blood-relations in the blood of Christ. Sharing our table with others cuts quickly across all diverse races and backgrounds. In the Middle East among Arabic peoples, sharing one's table with another makes them a friend for life regardless of ethnicity. It sends a powerful message to the world: when we eat together we become family.

Hospitality is creating a setting at our table in which strangers can become friends. We have discovered that the quickest route to bonding friendships in our neighborhood is to invite neighbors to breakfast or to dinner, and hopefully some of them will become family in the truest spiritual sense of the word. We are in the tradition of an eternal "table community." We love what Randy Alcorn says in **Heaven: In heaven, will we spend time with people whose lives are recorded in Scripture and church history? No doubt. Jesus told us we'll sit at the dinner table with Abraham, Isaac, and Jacob (Matthew 8:11). If we sit with them, we should expect to sit with others. What do people do at dinner tables? In Middle Eastern cultures dinner was--and is--not only about good food and drink but also a time for building relationships, talking together, and telling stories....I'll ask people to fill in the blanks of the great stories in Scripture and church history. I want to hear a few million new stories. One at a time, of course, and spread out over thousands of years.**

Covering the Basics

Six basic concerns are addressed in our cookbooks. They have been introduced in **Whole Food's Cooking**, p. 77, and are worth repeating.

COMFORT ~ TASTE APPEAL

The taste appeal of our recipes focuses primarily on the types of recipes that most Americans are familiar with. These have been the starting point for change in the nutritional quality of many of the ingredients. One lady who wrote a complimentary letter to us concerning how her family loved our recipes called them "real people food." I think that about sums it up.

CONTENT ~ NUTRITIONAL VALUE

With every book revision there is always something new to address, for example the *two-stage process* of preparing grains, beans, nuts, and seeds (see Nutrition Alert on pp. 35, 44, 237, and Nuts & Seeds, p. 10). **Dinners on the Table** also includes *complimentary soaking* for further enhancing the *two-stage process* where it works well (see Updating, p. 237). Another change addresses several issues of animal protein (pp. 59 - 60). With each new revision, prior revisions of other cookbooks become "not-up-to-date" on particular changes or additions. For example, depending on which revisions of cookbooks you have purchased, you will not yet find *complimentary soaking* included. Obviously, it takes time to update all books to match the latest one, and it would be totally useless to wait until they all agree at all points, which is unrealistic to think they ever will. In the meantime, however, assuming that I have intelligent cookbook users, you should be able to adapt new findings shared in the latest revision with prior revisions where needed.

Since "gluten-free" eating is currently all the rage, I will make special mention of it by referring you to p. 6. When it comes to gluten-free grains for main dishes, brown rice and quinoa are easy options. There are ample recipes for these. To get a nutshell overview of our nutritional standards, see "Nutrition Basics" in **Whole Food's Cooking**.

COST CONTROL ~ BUDGETING

This has always been close to my heart because so many are under the false impression that eating a more wholesome diet is costly and will break their food dollars. It certainly can be more expensive, but need not. The menu chart and "Planning for Low Budget Meals," pp. 30 - 31, will help out there. Opting for white rice and white flour pastas in favor of more expensive brown rice and whole grain pastas, for example, is short sighted. The former con-

tributes to ill health and degenerative diseases, which are far more costly in time, money, and quality of life. See Isaiah 55:2 for an attitude adjustment. See more also in **Whole Food's Cooking**, pp. 86-88.

CONVENIENCE ~ TIME SAVERS

I love giving you really useful time-saving tips. Here are a few:

- › Put tabs on the book sections. This revision is more user-friendly for finding things. Tabs vastly improve your speed.
- › If you puzzle over an unfamiliar ingredient, note the cross-reference pages to quick shopping on the recipe pages.
- › Use the blender and Crock-Pot® or slow cooker when you can.
- › The *two-stage process* is actually a time saver when saving last minute time really counts most.
- › Think freezer meals when preparing a freezable recipe (listed at the top of the recipe). Double or triple it while you're at it.
- › Watch for the hour glass symbol - it refers to the timing of your direct involvement, not to how long it takes to cook. ⌚
- › Organize your spices and herbs for quick retrieval and return (see **Whole Foods Cooking**, pp. 90 - 91, for my system; it works!).
- › Keep your knives sharpened!
- › Clean up after yourself before your kitchen spells "disaster."
- › Learn basic preparations that don't really require a recipe: cooking pasta and brown rice, sautéing and steaming vegetables, soaking and cooking beans, preparing potatoes, making cream or cheese sauce, cooking chicken and chicken broth, etc.
- › Do baking and any other steps ahead that can be done.
- › Store leftovers in glass jars with tight fitting lids: you can see through them and they take up less space (see p. 155).
- › Use the right piece of equipment for the right job (see p. 14).
- › See more: **Meals in Minutes**, pp. 14-15, 36, 44, 45, 50, 51, 52.

CALORIE CONTROLLED ~ WEIGHT MANAGEMENT

See "Menus," pp. 257 - 268, and calorie data on recipes and menus throughout the book. See also **Breakfasts**, pp. 227 - 234.

CHRIST CENTERED ~ A BIBLICAL PERSPECTIVE

You may wonder how a pot of beans can be "Christ centered." Here's the simple of it: John 1:3 tells us that, "Through him [Jesus] all things were made; without him nothing was made that has been made." That includes foods. Their nutrient treasures work together *synergistically* for health. The whole food is the whole "Christ-centered" deal. See also **Whole Foods Cooking**, pp. 30 - 31, 115 - 133.

Allergy Alternatives

Non-Dairy Alternatives

Almond Milk and *Coconut Milk* (p. 7)¹ are excellent replacements for milk. Milk undergoes further nutritional destruction in cooking. Cooking also makes the milk protein harder to digest. For these reasons I have listed these alternatives first in the recipes in any case (see e.g., p. 155). *Almond Milk* is lower fat content and higher nutritional value than *Coconut Milk*. On the other hand, coconut fat has many health benefits,² and the flavor of coconut is hardly detectable. For more on these, see "Milk," pp. 9 - 10.

Wheat & Gluten-free Alternatives

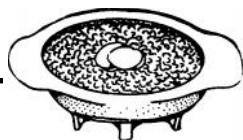
For cooked grain recipes, quinoa and brown rice are excellent gluten-free alternatives (please be advised of the Arsenic Alert on p. 45, however). Wheat is difficult to avoid in yeast breads since the gluten content is essential to a good rise. Since breads are not the main focus of this book, I have not attempted to find gluten-free substitutes for recipes. Less than one-fourth the suggested menus include bread items and can easily be excluded, or substituted with wheat-free or gluten-free items available on the market. For wheat-free quiche crusts, see **Desserts** for two pie crust recipes, one gluten-free. As for pastas, our favorite is Kamut pasta, which many persons allergic to wheat can handle (Kamut also works in place of wheat in yeast breads). A close second is gluten-free brown rice pasta. See p. 151 for market availability and more choices for pastas. Unfortunately, only whole wheat pastas may be found sprouted (i.e. having undergone the *two-stage process*³ to deal with the phytates issue). Whole wheat pastas, however, are too heavy for our tastes.

Other Foods

Just about every food has its "allergic-responders" (my term). In most cases, these ingredients can just be left out of a recipe. If it is integral to the recipe, e.g. as corn is to *Corn Pudding*, with over 150 main dish recipes to choose from, you can probably avoid such recipes without too much pain. The average family (whatever that is) generally uses the same dozen main dish recipes repeatedly, with a new one thrown in now and then. Double that number covers only 16% of the recipes in this book. As for cheese, it is used in about one-third of the main dishes (due to a predominance of vegetarian recipes). In most cases, it can merely be left out. I don't recommend a soy-based substitute.

¹See *Milk Alternatives* section in **Breakfasts** for my explanation for choosing these options over other non-dairy alternatives. Keep in mind that new products keep developing (e.g. hemp milk, which I have not had time to experiment with). ²See, **Breakfasts**, pp. 216 - 217, for a summary of these benefits. ³See Nutrition Alert, p. 237.

Beans & Grains



Beans & Grains Dishes

*They also brought wheat and barley,
flour and roasted grain, beans and lentils. . .
for David and his people to eat.
2 Samuel 17:28-29*

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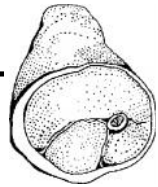
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☞ I consider these recipes "quick" recipes, referring to the preparation time, not necessarily total amount of time to cook or bake.

Beef & Lamb



Beef & Lamb

*Everything that lives and moves
will be food for you.
Just as I gave you the green plants
I now give you everything.
Genesis 9:3*

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⌚ See footnote, p. 34.

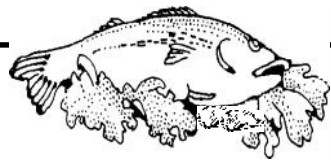


Beef Stroganoff



Boeff Chandlier

Fish



Fish

*When they landed, they saw a fire
of burning coals there
with fish on it, and some bread.
John 21:9*

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☞ See footnote, p. 34.

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: Serves 4 **235 Calories/4 oz. Ck'd'**

Bake uncovered: 350°, 20 - 30 minutes

1. Melt butter in baking pan in oven; lay fish in single layer in butter, turning once to coat the top:
1 tablespoon butter (p. 8)
1 1/3 lbs. salmon fillets (p. 10; see "About Filleted Fish, p. 76)
2. Top fish evenly with:
juice of 1/2 - 1 lemon (see *Squeezing Tip*, p. 76)
1/8 teaspoon salt, optional
paprika
thinly sliced lemon slices, optional
fresh minced parsley (see "About," p. 80)
3. Bake uncovered at 350° in preheated oven for 20 - 30 minutes;
 Fish should flake easily and flesh be opaque in color.
 Do not overcook.

¹+29 g protein (51%), 12 g fat (48%), 1 g carb (2%)



Lemon Baked Salmon
2/3 C. Quinoa (p. 52)
Steamed Chard (p. 227)
T. Butter (for chard/quinoa)
Carrot-Fruit Salad (p. 197)

696 Calories
 Protein: 38 g (21%)
 Fat: 38 g (49%)
 Carb: 52 g (30%)
 Dietary Fiber: 9 g
 See more menu details, p. 32.

Rich's Rainbow Trout

His specialty. Delicate texture, mild flavor, delicious! So Simple!

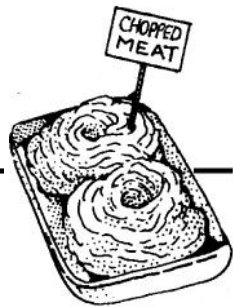
AMOUNT: 1 Whole Rainbow Trout **172 Calories/4 oz. Ck'd'**

1. Slit open almost through one side of **1 whole rainbow trout**.
 Sprinkle inside with **salt and pepper**; insert **thin slices fresh lemon**.
2. Fry on each side over moderate heat in **a little melted butter, olive or coconut oil** until flesh flakes and is opaque, about 5 minutes each side; do not overcook.
3. Slit cooked fish completely open lengthwise. Remove lemon slices and the bony spine. Top with **minced parsley**.
 Cut into serving pieces. Serve with **lemon wedges**.

¹+30 g protein (72%), 5 g fat (27%)



Ground Meat



Ground Meat

*The man who eats everything
must not look down on him who does not,
and the man who does not eat everything
must not condemn the man who does,
for God has accepted him.*

Romans 14:3

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<i>Turkey Burgers</i> ⓘ	100

ⓘ See footnote, p. 34.

Taco Chip O'le

A winner for all ages, this is a refreshing variation on tacos and so easy to serve! See p. 189 for **Vegetarian Taco Chip O'le**. Sauce is freezable.



AMOUNT: Serves 4 - 6 641 Calories/1 Serving of 6¹

1. Brown meat in double boiler (see footnote², p. 88);
sauté onion in fry pan in a little water or oil:
1 pkg. (about 1 1/2 lbs.) or 1 lb. Seasoned Ground Turkey (p. 88)
or 1 - 1 1/2 lbs. ground buffalo or ground beef (p. 87)
1/2 cup chopped onion
2. Add to onion in fry pan, bring to a boil, lower heat and simmer 15 minutes to blend flavors, stirring occasionally:
15 oz. can tomato sauce (*Tomato Products*, p. 11)
3/4 teaspoon chili powder (*Herbs & Spices*, p. 9)
1/4 teaspoon garlic powder
1/16 teaspoon ground cumin seed
dash oregano leaves
salt, to taste, optional (add after simmering 15 minutes)
browned meat
3. Meanwhile, assemble in separate serving dishes for the table:
1 1/2 cups grated cheddar cheese (p. 8)
2 cups leafy green lettuce, shredded
2 cups iceberg lettuce, shredded
2 medium tomatoes, chopped small
2.25 oz. can sliced ripe olives, drained, optional
12 oz. taco or tortilla chips² (see "About," p. 99)
Easy Salsa (p. 251), or favorite bottled salsa
3/4 - 1 cup Yogurt-Sour Cream Blend, optional (p. 253)
4. Spread sauce over chips and top with greens, tomatoes, cheese, olives, salsa, yogurt-sour cream.

¹With about 1 cup sauce, 1 1/2 lbs. *Seasoned Ground Turkey* (includes olives, yogurt-sour cream): +39 g protein (23%), 30 g fat (41%), 58 g carb (36%), 11 g dietary fiber.

²This amount allows 2 oz. chips (26 chips) per serving of 6. This is a modest amount. We usually have a 16 oz. bag on hand to satisfy bigger appetites.

For each additional oz. chips (13 chips), add 130 Calories, 3 g protein, 4 g fat, 22 g carb, 4 g dietary fiber.



*Taco Chip O'le
Relish Tray
(p. 195)*

681 Calories
Protein: 40 g (23%)
Fat: 30 g (38%)
Carb: 69 g (39%)
Dietary Fiber: 14 g

See more menu details, p. 32.



Chicken & Turkey

CHICKEN & TURKEY BASICS

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☞ See footnote, p. 34.



Chicken & Turkey

*When you have eaten and are satisfied,
praise the LORD your God
for the good land he has given you.
Deuteronomy 8:10*

Baked Parmesan Chicken ⌚

Our favorite chicken recipe! I prefer untoasted bread in step 2.

AMOUNT: Serves 6

Bake: 350°, 1 hour, uncovered

1. Melt in baking pan at 250°; pour into shallow bowl:
1/2 cup (1 stick) butter (p. 8)
2. Meanwhile, blend in blender until small bread crumbs are formed; pour into another shallow bowl:
1 slice whole grain bread (lightly toasted, optional) (p. 8)
2 sprigs parsley
1/2 cup Parmesan cheese, to taste (see "About," p. 136)
1/8 teaspoon salt
1/8 teaspoon garlic powder
3. Preheat oven to 350°. Remove visible fat from chicken:
2 lbs. skinned boneless chicken breast pieces (p. 103)
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 until tender, about 1 hour at 350° (or cover the entire time for more moist chicken). Baste 2 or 3 times during baking. Cover with foil if uncovered chicken begins to brown too much before done.

¹+33 g protein (39%), 22 g fat (57%), 3 g carb (3%)

VARIATION

194 Calories/1 Serving of 6'

For lower fat, spray baking pan with non-stick spray, reduce cheese to 3 tablespoons; dip chicken in milk before coating with crumbs.

¹+32 g protein (67%), 6 g fat (26%), 3 g carb (7%)

Parmesan Chicken Nuggets ⌚

85 Calories/1/4 Cup¹

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

Use 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.

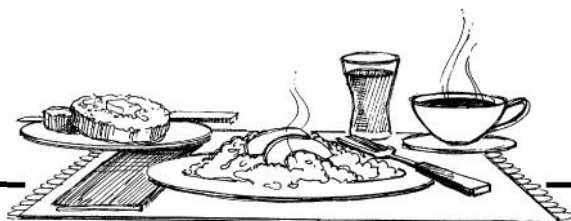
¹+8 g protein (39%), 5 g fat (57%), 1 g carb (3%)



Vegetarian Dishes

Vegetarian Dishes

*They also brought ...
honey and curds, sheep,
and cheese from cow's milk
for David and his people to eat.
2 Samuel 17:28, 29*



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¹See also Beans & Grains section. ☞ See footnote, p. 34.

Broccoli Cheese Casserole



Baked Potato Gourmet



Salads & Dressings

Salads & Dressings

*The LORD will indeed give what is good,
and our land will yield its harvest.
Psalm 85:12*



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Vegetables

*Better is a meal of vegetables
where there is love
than a fattened calf
with hatred.
Proverbs 15:17*

Vegetables

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Breads, Sauces & Spreads



Breads, Sauces & Spreads

*Jesus then took the loaves,
gave thanks, and distributed
to those who were seated
as much as they wanted
John 6:11*

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Sue's Artisan Bread



Cheese Sauce



Cheese Sauce prepared for Steamed Cauliflower

Menus for Weight Management

*They broke bread in their homes
and ate together
with glad and sincere hearts,
praising God and enjoying
the favor of all the people.
Acts 2:46b-47*



Menus

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MENUS

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MAIN DISH & MENU NUTRIENT COMPARISONS

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Using Calorie-Controlled Menus

Calorie-controlled diets are only effective on a whole foods regimen. Otherwise, there is not much lasting hope for them.¹ Nine calorie-controlled menu charts representing the main dish sections of this book have been set up on pp. 260 - 268 with this in mind. Each page is divided into "His" chart and a "Hers" chart, and each chart into a "Maintain Wt." column and a "Lose Wt." column. Calorie limits are based on one-third the daily limit recommended for men or women to maintain or to lose: for men, 2400 calories daily to maintain, 1800 calories daily to lose; for women, 1800 calories daily to maintain, 1200 calories daily to lose.

Every menu chart is actually several menus in one to provide a wide variety in a limited space. View the sample chart below. Food items with calorie counts with the same superscript number (e.g. ^{1, 2, 3 or 4 [or 1 - 4]}) are added together to arrive at a menu total. Underlined calories from the top part of the chart (e.g. 438) are never added to alternate choice menu totals. In several of the menus, there are menu items from both sections of the chart that are a part of alternate menus. For example, in the sample below, calorie totals for all the items in the first section, except the *Black Beans* are added to each alternate choice in the second section. Pay close attention to the superscript numbers and don't add any underlined items in the top part of the chart to alternate choice menus. The secret to these totals are "portion control" while serving the same menu items that the entire family eats - no "short order cooking" for some family member "on a diet."

DINNER MENU #1 - HIS

BEAN	Maintain Wt. 800 Cal. Max	Lose Wt. 600 Cal. Max
<i>Black Beans</i> , p. 36 ¹	<u>438</u> ¹ 1 1/2 C.	<u>292</u> ¹ 1 C.
<i>Yogurt-Sour Cream Blend</i> , p. 253 ¹⁻⁴	84 ¹⁻⁴ 1/4 C.	84 ¹⁻⁴ 1/4 C.
<i>Parmesan Greens</i> , p. 213 ¹⁻⁴	38 ¹⁻⁴ 2 C.	38 ¹⁻⁴ 2 C.
<i>Lemon-Olive Oil Dressing</i> , p. 215 ¹⁻⁴	138 ¹⁻⁴ 1 1/2 T.	92 ¹⁻⁴ 1 T.
Orange Slices ¹⁻⁴	43 ¹⁻⁴ 3 slc's	29 ¹⁻⁴ 2 slc's
Pineapple Wedge (4" x 1/2") ¹⁻⁴	64 ¹⁻⁴ 2 wdg	32 ¹⁻⁴ 1 wdg
TOTAL CALORIES	805¹	567¹
Alternate Choices		
<i>Pot O' Limas</i> , p. 41 ²	365 ² 1 1/2 C.	304 ² 1 1/4 C.
or		
<i>Burger Bean Stew</i> , p. 37 ³	420 ³ 1 1/2 C.	280 ³ 1 C.
or		
<i>Baked Beans</i> , p. 35 ⁴	395 ⁴ 1 1/4 C.	316 ⁴ 1 C.
TOTAL CALORIES	732²/787³/762⁴	579²/555³/591⁴

DINNER MENU #1 - HERS

BEAN	Maintain Wt. 600 Cal Max	Lose Wt. 400 Cal. Max
<i>Black Beans</i> , p. 36 ¹	<u>292</u> ¹ 1 C.	<u>219</u> ¹ 3/4 C.
<i>Yogurt-Sour Cream Blend</i> , p. 253 ¹⁻⁴	84 ¹⁻⁴ 1/4 C.	42 ¹⁻⁴ 1/8 C.
<i>Parmesan Greens</i> , p. 213 ¹⁻⁴	38 ¹⁻⁴ 2 C.	38 ¹⁻⁴ 2 C.
<i>Lemon-Olive Oil Dressing</i> , p. 215 ¹⁻⁴	92 ¹⁻⁴ 1 T.	46 ¹⁻⁴ 1/2 T.
Orange Slices ¹⁻⁴	29 ¹⁻⁴ 2 slc's	29 ¹⁻⁴ 2 slc's
Pineapple Wedge (4" x 1/2") ¹⁻⁴	32 ¹⁻⁴ 1 wdg	16 ¹⁻⁴ 1/2 wdg
TOTAL CALORIES	567¹	390¹
Alternate Choices		
<i>Pot O' Limas</i> , p. 41 ²	304 ² 1 1/4 C.	243 ² 1 C.
or		
<i>Burger Bean Stew</i> , p. 37 ³	280 ³ 1 C.	210 ³ 3/4 C.
or		
<i>Baked Beans</i> , p. 35 ⁴	316 ⁴ 1 C.	237 ⁴ 3/4 C.
TOTAL CALORIES	579²/555³/591⁴	414²/381³/408⁴

DINNER MENU #1 - HIS

BEAN	Maintain Wt. 800 Cal. Max	Lose Wt. 600 Cal. Max
<i>Black Beans</i> , p. 36 ¹	<u>438</u> ¹ 1 1/2 C.	<u>292</u> ¹ 1 C.
<i>Yogurt-Sour Cream Blend</i> , p. 253 ¹⁻⁴	84 ¹⁻⁴ 1/4 C.	84 ¹⁻⁴ 1/4 C.
<i>Parmesan Greens</i> , p. 213 ¹⁻⁴	38 ¹⁻⁴ 2 C.	38 ¹⁻⁴ 2 C.
<i>Lemon-Olive Oil Dressing</i> , p. 215 ¹⁻⁴	138 ¹⁻⁴ 1 1/2 T.	92 ¹⁻⁴ 1 T.
Orange Slices ¹⁻⁴	43 ¹⁻⁴ 3 slc's	29 ¹⁻⁴ 2 slc's
Pineapple Wedge (4" x 1/2") ¹⁻⁴	64 ¹⁻⁴ 2 wdg	32 ¹⁻⁴ 1 wdg
TOTAL CALORIES	805¹	567¹
Alternate Choices		
<i>Pot O' Limas</i> , p. 41 ²	365 ² 1 1/2 C.	304 ² 1 1/4 C.
or		
<i>Burger Bean Stew</i> , p. 37 ³	420 ³ 1 1/2 C.	280 ³ 1 C.
or		
<i>Baked Beans</i> , p. 35 ⁴	395 ⁴ 1 1/4 C.	316 ⁴ 1 C.
TOTAL CALORIES	732²/787³/762⁴	579²/555³/591⁴

¹For more detail on weight management, see **Breakfasts**, 4th or 5th edition.

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