

Broccoli Salad

5 cups broccoli florets
½ cup red grapes
1 cup red onion (coarsely chopped)
Bacon bits—vegetarian style—throw in right before serving.
1 cup toasted sunflower seeds
1 cup mayonnaise
¼ cup sugar
2 tsp lemon juice

Mix all ingredients together. Refrigerate for at least an hour before serving. Even broccoli haters like this salad.

Hasselbacks Potatoes

10 – 12 medium size potatoes
2 – 3 TBS butter
3 – 4 TBS seasoned breadcrumbs—or seasonings of your choice and no breadcrumbs.

Preheat oven to 425. Peel potatoes. Rinse. Set a potato between two cutting boards. Slice the potato about 1/8 of an inch sections. Do not cut all the way through the potato! Grease an oven safe pan. Brush potatoes generously with butter. Bake for about 45 minutes or till tender. During baking time, brush occasionally with butter. At the last 10 to 15 minutes, sprinkle breadcrumbs over the potatoes.

Hawaiian Rice

Rice—brown or white, enough to feed your family.
Crushed pineapple
Grated cheese
Bite-size cooked chicken pieces

Any or all of the following:

Chopped green onions	Garlic salt
Chopped pickles	Onion powder
Chopped tomatoes	Cayenne pepper
Sliced olives	Dill
Sunflower seeds	Raisins

Put first 4 ingredients into bowls. Put any optional ingredients in small bowls. Line all the bowls up on the counter, smorgasbord style. Starting with the rice, let each family member choose what other toppings they want on their rice (or beside the rice as the case may be!). Enjoy.

Carrot-Raisin Salad

5 carrots
½ can pineapple chunks or tidbits
½ cup raisins

Grate carrots. Add pineapple and raisins. Serve.

Hummus

Chickpeas—3 or 4 cans, drained
Cucumber—1 medium sized
Tomatoe—1/2 medium sized
Garlic—3 to 6 cloves
Pepper—to taste
Salt—to taste
Cilantro—1 handful
Lemon juice—from one lemon
Olive oil—2 to 3 TBS
Hot sauce—to taste
Onion—1/4 medium

Put everything in blender, blend until smooth. Great with chips and crackers. Okay with veggies too. Great way to get protein and a little veggies besides.

Refried Beans

Pinto beans—1 part
Water—3 parts
Cumin
Garlic powder
Onion powder
Salt

Soak beans overnight. Boil beans for about 30 minutes or til tender. Drain, and put in bowl. Add a bit of water at a time. Use egg beaters on the beans until somewhat smooth, but still some whole beans left. Add Cumin, salt, garlic, and onion powder to taste. Or, you can throw them in the blender, but only a little bit at a time. Make a lot and freeze in ziploc bags.

Black Bean Taco/burritos

Black beans—2 cans
Onion—1 large, chopped
Garlic—4 cloves, minced, or chopped
Chili powder—up to 1 TBS
Turmeric—1 tsp
Cumin—1 tsp
Orange juice concentrate—1 heaping tsp
Water—1 cup
Cheese—opt.
Mushrooms—opt.
Tomatoes—opt. Chopped
Sour cream--opt. Can use nonfat plain yogurt if desired
Lettuce—opt. Shredded
Salsa—opt. As desired
Tortillas—corn or flour

Saute onion in a little olive oil. Add garlic, chili powder, tumeric, and cumin. Now add beans, mushrooms (or serve raw) and liquids. When half liquid gone, turn heat down and simmer , stir occasionally until most of the liquid is absorbed. Serve in a tortilla or over rice.

Rice Milk

Brown rice—1 cup, cooked
Water—4 cups, warm
Vanilla—1 tsp

Put rice and 1 cup of water in blender until well blended. Add vanilla and rest of water. Sweeten if needed. There may be a bit of sediment on the bottom of the container that if you drink will be gritty, but poured on cereal, you really don't notice. Make this ahead, so you have time to chill it, or else add ice cubes after well blended.

Almond Milk

Almonds—3/4 cup
Water—4 cups, warm
Maple syrup—to taste

Grind almonds up fine. Add water and maple syrup. Ice if you need to chill it quickly.

Dinner in a Nest

Potatoes—1-3lb grated, with skin
Onion—1/2 to 1 cup grated
Refried beans—1 can
Tomatoe sauce—1 eight oz can
Basil—1/4 tsp
Oregano—1/4 tsp
Garlic Powder—1/4 tsp
Cheese—1/2 to 1 cup
Olives—as a garnish

Preheat oven to 400 degrees. Grease glass pie tin. Put potatoes on bottom and sides of pan. Bake for 20 min. Put a little oil in frying pan. Fry onions til browned. Stri in beans and tomatoe sauce and spices. Spread this on top of potatoes. Top with cheese. Bake for 10 minutes. Garnish with olives (they are the eggs)

Bean Sprout Salad—Oriental Side Dish

Bean sprouts—3 cups
Water—3 cups
Soy sauce—1 tsp
Vinegar—2 tsp
Sesame oil—1 tsp
Sugar—1 tsp
Salt---1/4 tsp
Pepper—1/4 tsp
Cayenne pepper--1/4 tsp optional
Green onions—2 finely chopped
Sesame seeds—1 to 3 tsp

Boil water. Cook sprouts 2 to 3 minutes, still crisp. Rinse in very cold water, drain. Mix rest ingredients in a bowl. Add sprouts, toss, and serve.

Deluxe Chefs Salad

Green leaf lettuce
Tomatoes
Carrots
Cucumbers
Green onions
Celery
Hard boiled egg pieces
Cheese squares
Olives
Chopped deli meat (turkey, pastrami, ham)
Kidney beans
Croutons
Sunflower seeds
Bell peppers
Pepperocinis
Corn
Chickpeas
Nuts
Beets
Radishes
Fresh herbs
Dried fruits—especially cranberries!

Put everything in individual bowls. Serve smorgasbord style to allow everyone to take what they would like. My rules—everyone has to take abundantly of at least one protein source. Also, encourage everyone to try something they aren't sure will be good.

Serve with various salad dressings so you can go back for seconds and get a different flavor the next go around.

Salad Dressing Ideas

Lemon juice or vinegar
Olive oil
Italian seasoning
Garlic cloves in bottom of cruet

Garlic and onion salt
Pepper
Dill
Poppyseeds

Try experimenting with various flavors from the above list, or choose your own. I usually start with the first two ingredients and then go from there. One simple thing that tastes pretty good is to just allow each person to sprinkle lemon juice over their salad and sprinkle a little salt and fresh ground pepper on it too.

Tortilla Soup

Diced tomatoes--1 fifteen oz can (can blend in blender for no chunks)
Enchilada sauce—1 fifteen oz can (make it mild—the longer it cooks, the hotter it gets!)
Chicken bouillion—2 tsp
Taco seasoning—to taste
Water—2 cups
Chicken—cut up or shredded
Kidney beans—1 can
Onion—1, chopped
Corn—1/2 bag, frozen (add towards the end)

Don't add the following to crockpot:

Lime—squeeze into each individual bowl
Chips—crunch a handful in each bowl (Lime corn chips are especially good).
Sour cream—add a dollop to each bowl
Grated cheese—add a sprinkle to each bowl

Put all in crockpot on low for 10-12 hours or high for 3 –4 hours. You can add a handful of fresh, chopped cilantro and garlic cloves, minced or whole, to the crockpot also for added flavor. Avocado pieces are tasty stirred into the individual bowls.

Grilled Fish Marinade

Olive oil—2 tsp
Lemon juice—3 TBS
Dill—1 TBS
Soy Sauce—3 tsp
Hot sauce—small dash
Parsley—1 tbs (optional)

Allow fish to marinate for several hours or overnight. Grill on the grill. I have served this to some fish haters and they have all liked it.

Mudjaderra or Mudjera

Lentils—1 cup
Rice—1 cup
Salt--1/4 tsp
Onions—2 medium, chopped
Cinnamon—1/4 tsp
Cumin—1/4 to 1/2 tsp
Olive oil—2 TBS
Garlic—1 to 2 cloves, minced
Tomatoes—1 cup, chopped--optional
Lemon juice—1/2 cup or so

This is a recipe from India, I think it was. I love the flavor of this personally, but not everyone loves it. Cook the lentils and rice according to package directions in separate pots. Combine in one large pot with 1 cup of water and all the seasonings. Heat through. Meanwhile, sauté onions and garlic in oil until golden brown. (If using onions tomatoes, warm them slightly with the onions just before serving.) Serve lentil & rice mix on plate, topped with garlic, onion mixture and lemon juice sprinkled on top. Really yummy, unique taste.