

## Mango Delight

- 16 oz. Bag of frozen mangoes
- 2 scoops psyllium husk
- 2 cups granola
- 1 cup cashew cream
- 2 large strawberries quatered (or one kiwi sliced)

Thaw mangoes, add psyllium husk and mix well, set aside. Place granola on bottom of casserole dish. Add mangoes, spread cashew cream on top. Top with strawberries, kiwi, or fruit of choice and serve.

## GREEN SOY SALAD

### You Will Need:

- |   |                                   |
|---|-----------------------------------|
| 1 12 oz pkg frozen white or yellow corn | 1 16 oz pkg frozen green soybeans |
| 1 8 oz can water chestnuts              | 2/3 cup celery, finely chopped    |
| 1/3 cup green onion, thinly sliced      | 5 Tbsp lemon juice                |
| 1 1/2 Tbsp honey                        | 1 1/2 tsp salt                    |
| 1 Tbsp fresh parsley, chopped           | 1 clove garlic, pressed           |
| 1/8 tsp dill weed                       | 1/4 tsp sweet basil               |

### Step By Step:

1. Slice chestnuts in thin strips.
2. In a large bowl combine all vegetables.
3. In a small jar, combine remaining ingredients, cover, and shake well.
4. Chill at least 2 hours. Serve on lettuce leaves and garnish with fresh mint.

# Vegetarian Chamorro Tinaktak

Serves 12

- 2 packages of Morning Star burger (watch for sodium on all Morning Star products)
- 1 yellow onion chopped
- 4 cloves of garlic minced
- 1 cup of cherry tomatoes-cut in halves (or use 2-3 Roma tomatoes-diced)
- 2 bundles of fresh string beans
- 1 can of coconut milk to your taste-(coconut milk and water only-no bisulfate's or preservatives)
- 2 tbsp fresh lemon juice or lemon powder (fresh is best)
- 1 tbsp Bragg's liquid amino
- 2 tbsp of coconut oil (The goal is to use coconut oil for cooking hot foods and olive oil and sesame oil for cold foods like salad dressings)

Sauté the garlic and onions in coconut oil on medium heat taking extra care not to burn. Add veggie-burger and stir fry like regular hamburger. Cook for 3 minutes. Then add your cut string beans or vegetable of your choice and stir around until mixed. Stir tomatoes in. Then add about ¼ cup of water just to get some steam. Quickly cover with lid for a few minutes to steam beans and tomatoes. Remove lid and add coconut milk, stir then add your lemon juice to taste. Add liquid amino if needed. Cook for about 5 minutes. Serve over hot brown rice.

## FRUIT SMOOTHIE

- ½ cup orange juice concentrate
- ½ cup water
- ½ cup non-dairy milk ( silk soy, rice dream, or nut milk)
- 2 Tbsp flaxseed meal ( or 1 Tbsp flaxseed oil)
- 2 small frozen bananas, sliced
- 1 cup frozen strawberries, or blueberries
- ½ cup non-dairy yogurt or non dairy ice cream

Blend all ingredients until smooth. Yields 4 cups

# Stir-Fried Vegetables

Makes 8 servings

## SAUCE:

2 Tablespoons soy sauce  
2 Tablespoons sherry or rice vinegar  
2 Tablespoons water

## CORNSTARCH MIXTURE:

1 teaspoon cornstarch  
1 teaspoon water

## VEGETABLES:

2 teaspoons Coconut oil	1 large onion
4 cloves garlic minced	1 ½ cups cauliflower florets
1 teaspoon ginger minced	1 cup mushroom sliced
1 ½ cups broccoli florets	1 cup red and green bell peppers
12 snow peas	3 cups Chinese cabbage shredded

In a small bowl or custard cup, combine sauce ingredients. In another bowl, combine cornstarch and water, stirring to dissolve cornstarch mixture. Heat oil in a large nonstick skillet or wok over medium-high heat. Add garlic and ginger root and cook for 10 seconds. Add cauliflower and broccoli, along with about a third of the sauce. Cook stirring constantly with a tossing motion, for 2 minutes. Add onion and bell pepper, along with another third of the sauce. Continue to cook and stir, for 2 minutes. Add mushrooms and snow peas with remaining sauce. Cook and stir for 1 minute. Add cabbage. Cook and stir, 1 minute. Stir cornstarch mixture and add to vegetables. Cook, stirring until vegetables are glazed, for about 30 seconds. Stir-frying is probably the best-known technique of Chinese cooking. Fresh vegetables, with their bright colors and crisp textures, can be cooked to perfection in a matter of minutes. Be sure to add the vegetables that require the longest cooking time first and the ones that require the shortest cooking time last. Also, have the vegetables that are to be added together in similar-size pieces so they will cook in the same amount of time. The vegetables in this recipe are merely a suggestion. Feel free to add or substitute any others that you wish. Before you begin, remember the most important rule of stir-frying: Always have the vegetables chipped and the sauces mixed before you start. (You can easily turn this into a complete meal by adding tofu to the stir-fry and serving over brown rice.)

**FOR AN ALLERGY ELIMINATION DIET INSTEAD OF CORNSTARCH USE POTATO STARCH OR ARROW ROOT STARCH. INSTEAD OF SOY SAUCE USE WHEAT-FREE TAMARI OR BRAGG LIQUID AMINO'S.**

Per ½ cup serving: 281.7 Calories; 3.8 Fat (11.8 total fat calories); 18.9 Protein; 45.0 Carbohydrate; 0 Cholesterol; 1611 Sodium.

## ORIENTAL PEPPER STEAK

Serves 8

2 14oz firm tofu  
1 large onion  
½ cup green pepper  
2 cloves garlic  
½ cup mushrooms  
1 quart, canned, diced tomatoes  
2 tbsp, light soy sauce or liquid amino

Drain tofu. Place tofu on something absorbent, such as folded paper towels. Weigh down with something heavy, such as container filled with water, to extract as much water as possible. Leave to dry for as long as possible before cooking. Cut the tofu into strips, parallel to the short side of the tofu block. Make 5 to 6 slices per block. Sauté tofu strips on non-stick pan until both sides are slightly browned. Set aside. Sauté onion, garlic, green pepper, and mushrooms, in 2 tbsp of oil until soften. Add tomatoes and soy sauce or liquid amino and bring to a boil, 2-3 minutes. Add browned tofu strips and simmer gently for 5 minutes. Serve over hot brown rice.

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## Shitake Mushroom and Bean Thread Soup

Serves 12

15 shitake mushrooms sliced  
2 carrots, diced  
5 Chinese cabbage (bok choy), chopped  
3 small bags of bean noodles (bean thread)  
1 medium onion chopped  
7 cloves garlic  
1 tsp Vegit  
2 cups Edamame (shelled)  
4 cups water  
Liquid amino (to taste)

Bring water to a boil. Add mushrooms and return to a boil for 20 minutes. When cooked remove mushrooms, save water. Sauté the garlic, onions, and sliced mushrooms for 2 minutes. Put in pot of liquid that you saved, and add more if needed. Boil and add the rest of the ingredients.

# MONGO BEAN SOUP NO OIL

SERVES 8

- 1 16oz dry mungo beans, green/yellow
- 2 cups Bitter Melon leaves, or fruit sliced very fine (ampalaya or amigoso)
- 1 ½ cups onion, chopped
- 3 cloves garlic, minced or pressed
- 1 pack Annato (achote) powder
- 1 can coconut milk (no sugar)
- 1 ½ tsp tumeric powder
- 2 tbsp McKay's chicken seasoning (optional)
- 1 tsp Hains salt / sea salt

Sort, wash and rinse beans thoroughly. In a large pot, add 6 cups water and beans, bring to a boil. Let cook for 20 to 30 minutes at a medium boil. By this time you will see that the beans are cooked, and very little water is left. While beans are cooking, prepare the annato powder (achote) liquid by mixing the powder with 2 cups of water until dissolved. Add all ingredients except coconut milk and salt. Allow to cook for 10 minutes on low heat or until onions and garlic are done. Add annato powder (achote) and milk and more liquid if needed for a more soupy consistency. Add salt and bitter melon (ampalaya or amigoso), cover, cook 5 minutes on low heat or until bitter melon (ampalaya or amigoso) is cooked.

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## OAT GROATS

Serves 4

- 1 cup oat groats
- 2 cups water
- ½ tsp cinamon
- 2 tbsp rasins
- 3 tbsp mixed berries
- 3 pcs pitted dates (Diced)
- 4 tbsp flax seed, ground
- 3 tbsp Peanut butter (optional)

### Stove Top Instructions:

Put water and groats in sauce pan. Bring to a boil, let simmer 30 to 45 minutes.  
Place groats and ingredients in bowl and mix well. Serve.

### Crock Pot Instructions:

Place all ingredients in slow cooker or crock pot on high setting for 2 to 2 ½ hours.  
Or, cook overnight on low setting. Serve.