

VEGETARIAN RECIPES:

50 TOP RATED RECIPES FOR YOUR SOUL

A SIMPLE A WAY TO MAKE DELICIOUS VEGETARIAN RECIPES

Rose Carrington

VEGETARIAN RECIPES:
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Smashwords Edition

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No Bake Reeses Squares

Prep Time: 15 mins

Total Time: 15 mins

Yield: 36 bars



Ingredients

- 1 1/2 cups graham cracker crumbs
- 1 lb. confectioners' sugar
- 1 1/2 cups peanut butter
- 1 cup butter, melted
- 1 (12 ounce) bags milk chocolate chips

Directions

- 1.Mix graham crumbs with peanut butter, and sugar in a bowl and blend well.
- 2.Fold in softened butter until well blended.
- 3.Place mixture into a 13x9 inch pan and spread evenly.
- 4.Liquefy chocolate chips in a double boiler or through the microwave.
- 5.Pour melted chocolate into the pan around the peanut butter and spread.
- 6.Chill until set and serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (1534 g)		Total Fat 13.6g	21%
Servings Per Recipe: 1		Saturated Fat 6.1g	30%
Amount Per Serving	% Daily Value	Cholesterol 15.7mg	5%
Calories 222.8		Sugars 19.2 g	
Calories from Fat 123	55%	Sodium 118.7mg	4%
		Total Carbohydrate 22.9g	7%
		Dietary Fiber 1.0g	4%
		Sugars 19.2 g	77%
		Protein 3.7g	7%

Variations:

- Place parchment paper into the baking pan before pressing the peanut butter mixture into the pan. Pour in the chocolate and let sit at room temperature for few minutes until firm and cut into squares before chilling.
- Replace milk chocolate with semi-sweet chocolate and use chunky peanut butter. Chill for 25 minutes in the fridge before serving.

Oven Fried Eggplant

Prep Time: 10 mins

Total Time: 35 mins

Servings: 4



Ingredients

1/2 cup fat-free mayonnaise

1 tablespoon minced onion

1 lb. unpeeled eggplant, sliced-about 1/2 inch

1/3 cup fine dry breadcrumb

1/3 cup grated parmesan cheese

1/2 teaspoon dried Italian seasoning

Vegetable oil cooking spray

Directions

- 1.Mix mayonnaise and minced onion together in a bowl. Blend well.
- 2.Spoon just enough amount of the mixture into each eggplant slice and spread equally on both sides.
- 3.Mix bread crumbs with Italian seasoning and cheese in a narrow bowl. Immerse

eggplant slices with mayo into the mixture to coat both sides.

4. Arrange eggplant slices into the baking sheet and bake in the oven for about 12 minutes on both sides or until done.

5. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (190 g)		Total Fat 3.9g	6%
Servings Per Recipe: 4		Saturated Fat 1.7g	8%
Amount Per Serving	% Daily Value	Cholesterol 10.5mg	3%
Calories 122.0		Sugars 5.5 g	
Calories from Fat 35	29%	Sodium 435.4mg	18%
		Total Carbohydrate 17.4g	5%
		Dietary Fiber 4.9g	19%
		Sugars 5.5 g	22%
		Protein 5.6g	11%

Variations:

- After the baking process place some sliced fresh tomatoes on each eggplant slice and top with provolone cheese slices.
- Top each eggplant slice with fresh mozzarella slices and tomato sauce. Bake for another 10 minutes.

Sour Cream Banana Bread

Prep Time: 15 mins

Total Time: 1 hr 15 mins

Serves: 12, Yield: 1 loaf



Ingredients

1/2 cup margarine

1 cup sugar

2 eggs

1 teaspoon vanilla

1 1/2 cups flour

1 teaspoon baking soda

1/2 teaspoon salt

1 cup mashed banana

1/2 cup chopped nuts

1/2 cup sour cream

Directions

1. Lightly oil or butter a huge loaf dish. Preheat oven at 350 degrees F.

2. In a large bowl, combine margarine with sugar, vanilla and eggs.
3. Add up the dry ingredients and mix.
4. Stir in bananas, sour cream and nuts. Blend well.
5. Transfer mixture into the greased pan and bake in the preheated oven for about 1 hour.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (85 g)		Total Fat 13.4g	20%
Servings Per Recipe: 12		Saturated Fat 3.3g	16%
Amount Per Serving	% Daily Value	Cholesterol 35.9mg	11%
Calories 270.9		Sugars 19.6 g	
Calories from Fat 120	44%	Sodium 348.8mg	14%
		Total Carbohydrate 34.7g	11%
		Dietary Fiber 1.4g	5%
		Sugars 19.6 g	78%
		Protein 4.1g	8%

Variations:

- Use light margarine, sour cream, egg beaters and omit nuts.
- Used crushed pecans and use 10x10 baking dish. Use 1 egg, and splenda for the sugar. Also add up cinnamon. Bake for 40 minutes.

Best Grape Salad

Prep Time: 10 mins

Total Time: 10 mins

Servings: 15



Ingredients

2 lbs. green seedless grapes

2 lbs. red seedless grapes

8 ounces sour cream

8 ounces cream cheese, softened

1/2 cup granulated sugar

1 teaspoon vanilla extract, to taste

Topping Ingredients

1 cup brown sugar, packed, to taste

1 cup crushed pecans, to taste

Directions

1. Rinse the grapes and remove from the stems. Reserve.

- 2.Combine the sour cream with cream cheese, vanilla and white sugar. Mix until well combined.
- 3.Add in the grapes and transfer into a large bowl.
- 4.Prepare the topping: incorporate the pecans with the sugar.
- 5.Scatter over the grapes mixture and cover.
- 6.Place in the fridge to chill until set.
- 7.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (180 g)		Total Fat 13.7g	21%
Servings Per Recipe: 15		Saturated Fat 5.2g	26%
Amount Per Serving	% Daily Value	Cholesterol 24.9mg	8%
Calories 298.5		Sugars 40.9 g	
Calories from Fat 123	41%	Sodium 68.0mg	2%
		Total Carbohydrate 45.0g	15%
		Dietary Fiber 1.7g	7%
		Sugars 40.9 g	163%
		Protein 2.7g	5%

Variations:

- Use other type of toasted nuts such as walnuts and hazelnuts in place of pecans. Use ¼ cup of packed sugar.
- Use low fat sour cream, sugar substitutes and low fat cream cheese. Use praline type of pecans to add up a nice crunch.

Roasted Cauliflower & 16 Roasted Cloves of Garlic

Prep Time: 10 mins

Total Time: 40 mins

Servings: 6



Ingredients

1 large cauliflower, trimmed and cut into bite size pieces

16 garlic cloves, peeled and lightly crushed

1 -2 teaspoon minced fresh rosemary

1 teaspoon salt

1/4-1/2 teaspoon black pepper

1/4 cup olive oil, adding more to taste

More olive oil, to drizzle if wanted

Directions

1. Combine rosemary with garlic, oil, pepper and salt in a bowl.
2. Place the prepared cauliflower and mix.
3. Transfer in a large baking pan and roast in the oven for at least 20 minutes at 450 degrees.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (158 g)		Total Fat 9.4g	14%
Servings Per Recipe: 6		Saturated Fat 1.3g	6%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 126.8		Sugars 2.7 g	
Calories from Fat 84	66%	Sodium 431.1mg	17%
		Total Carbohydrate 9.6g	3%
		Dietary Fiber 3.0g	12%
		Sugars 2.7 g	11%
		Protein 3.2g	6%

Variations:

- Use big head of cauliflower, 3 whole heads of garlic and sprinkle a bit of parmesan before cooking.
- Replace fresh rosemary with dried and use vegetable oil in place of olive. Cook for 20 minutes at 350 degrees.

Sweet Cornbread

Prep Time: 10 mins

Total Time: 45 mins

Servings: 12



Ingredients

1 1/2 cups flour

2/3 cup sugar

1/2 cup cornmeal

1 tablespoon baking powder

1/2 teaspoon salt

1 1/4 cups milk

2 large eggs, lightly beaten

1/3 cup oil

3 tablespoons butter

Directions

1. Lightly butter or oil an 8 inch baking dish or muffin tins. Heat up your oven at 350 degrees F.

2. In a medium mixing bowl, mix the dry ingredients together. Set aside.
3. Meanwhile incorporate eggs with milk, oil and melted butter. Blend well.
4. Incorporate flour mixture and egg mixture and mix until well incorporated.
5. Transfer batter into the greased baking dish or muffin tin and bake for at least 20-30 minutes in the preheated oven or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (76 g)		Total Fat 10.9g	16%
Servings Per Recipe: 12		Saturated Fat 3.5g	17%
Amount Per Serving	% Daily Value	Cholesterol 42.1mg	14%
Calories 226.0		Sugars 11.2 g	
Calories from Fat 98	43%	Sodium 239.5mg	9%
		Total Carbohydrate 28.4g	9%
		Dietary Fiber 0.8g	3%
		Sugars 11.2 g	44%
		Protein 3.9g	7%

Variations:

- Use ¾ cup flour and 1 ¼ cup cornmeal also increase salt to 1 tsp. And reduce oil to ¼ cup
- Use skim Plus milk and low-fat margarine, increase the cornmeal to ¾ cup, and only use 1 1/4 cup regular flower.

Zucchini Bread

Prep Time: 10 mins

Total Time: 1 hr 10 mins

Serves: 16, Yield: 2 loaves



Ingredients

2 1/2 cups sugar

3 eggs

3 cups flour

3 teaspoons vanilla

1 cup oil

2 cups zucchini, grated

1/4 teaspoon salt

1 teaspoon baking soda

1/4 teaspoon baking powder

1 cup nuts (optional)

3 teaspoons cinnamon

Directions

- 1.Heat up your oven at 350 degrees. And lightly butter or oil 2 loaf baking pans.
- 2.Incorporate all the ingredients in a large mixing bowl and mix until well combined.
- 3.Transfer into the prepared pans and bake in the preheated oven for at least 1 hour.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (103 g)		Total Fat 14.8g	22%
Servings Per Recipe: 16		Saturated Fat 2.1g	10%
Amount Per Serving	% Daily Value	Cholesterol 34.8mg	11%
Calories 346.2		Sugars 31.7 g	
Calories from Fat 133	38%	Sodium 136.1mg	5%
		Total Carbohydrate 50.1g	16%
		Dietary Fiber 1.0g	4%
		Sugars 31.7 g	127%
		Protein 3.8g	7%

Variations:

- Reduce the oil by half, and replace the half with apple sauce. Reduce amount of sugar by half and add up maple syrup. Add up additional zucchini, flour and extra egg, also add up wheat germ and ground flax. Use slivered almonds for the nuts.
- Add up ½ tsp. allspice and nutmeg to add more spice.

Copycat Olive Garden Minestrone Soup

Prep Time: 0 mins

Total Time: 45 mins

Servings: 8



Ingredients

3 tablespoons olive oil

1 cup minced white onion

1/2 cup chopped zucchini

1/2 cup frozen cut Italian cut green beans

1/4 cup minced celery

4 teaspoons minced garlic

4 cups vegetable broth

2 (15 ounce) cans red kidney beans, drained

2 (15 ounce) cans small white beans

1 (14 ounce) cans diced tomatoes

1/2 cup carrot, julienned or shredded

2 tablespoons minced fresh parsley

- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 3 cups hot water
- 4 cups fresh Baby Spinach
- 1/2 cup small shell pasta

Directions

- 1.Place 3 tbsp. olive oil in a large pot and heat over moderate heat.
- 2.Once hot, sauté the onions, garlic, celery, zucchini and green beans until the onion is transparent for at least 5 minutes.
- 3.Pour in the broth and water.
- 4.Stir in the drained tomatoes, carrots, beans, and spices.
- 5.Let mixture boil. Once boiling turn down heat and simmer for about 20 minutes.
- 6.Add in pasta and spinach, cook further for at least 20 minutes.
- 7.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (426 g)		Total Fat 6.2g	9%
Servings Per Recipe: 8		Saturated Fat 0.9g	4%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 353.4		Sugars 3.8 g	
Calories from Fat 56	15%	Sodium 471.6mg	19%
		Total Carbohydrate 57.7g	19%
		Dietary Fiber 15.1g	60%
		Sugars 3.8 g	15%
		Protein 19.2g	38%

Variations:

- Slice zucchini, and add some cabbage, and reduce beans to 1 can. Increase tomato with extra 1 cup and add up more pepper.
- Use ½ cup yellowtail Shiraz and add up 2 cups hot water. Add in ½ cup red wine and top with grated asiago.

Ultimate Pizza Sauce

Prep Time: 20 mins

Total Time: 1 hr 20 mins

Serves: 4, Yield: 1-2 pizzas



Ingredients

2 tablespoons olive oil

1 tablespoon butter

1/2 cup onion, chopped

1/4 cup celery, chopped

1 garlic clove, minced

1 (8 ounce) cans tomato sauce

1 (6 ounce) cans tomato paste

2 tablespoons grated parmesan cheese

1 teaspoon dried basil

1 teaspoon dried oregano

1/2 teaspoon salt

1/2 teaspoon sugar

1/4 teaspoon black pepper

1 small bay leaf

1 teaspoon fennel seed

Directions

- 1.Heat a skillet over medium-high heat and then place the butter and oil. Once the butter melts sauté the onion, garlic, and celery until tender.
- 2.Add up the tomato sauce and paste. Mix until mixture is smooth.
- 3.Stir in rest of ingredients and allow mixture to boil and simmer for about 30-60 minutes.
- 4.Once ready, take the bay leaf out and discard.
- 5.Spoon pizza sauce into prepared crust and spread.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (142 g)		Total Fat 10.7g	16%
Servings Per Recipe: 4		Saturated Fat 3.2g	16%
Amount Per Serving	% Daily Value	Cholesterol 9.8mg	3%
Calories 160.1		Sugars 9.1 g	
Calories from Fat 97	60%	Sodium 999.0mg	41%
		Total Carbohydrate 14.7g	4%
		Dietary Fiber 3.4g	13%
		Sugars 9.1 g	36%
		Protein 4.0g	8%

Variations:

- Omit the celery. And use a quart of home-canned tomatoes instead of tomato sauce.
- Use fresh basil and pinch of fresh parsley. Use dried minced garlic (1/4 t) and onion (2T)

Roasted Brussels Sprouts!

Prep Time: 10 mins

Total Time: 50 mins

Servings: 6



Ingredients

1 1/2 lbs. Brussels sprouts

3 tablespoons olive oil

1/2-3/4 teaspoon kosher salt

1/2 teaspoon lemon-pepper seasoning or 1/2 teaspoon ground black pepper

Directions

- 1.Heat up your oven at 400 degrees F.
- 2.Wash and cut the end parts of the brussel sprouts and remove yellowish leaves.
- 3.Place brussel sprouts into a mixing bowl and add up the olive oil. Season with lemon pepper seasoning and salt.
- 4.Toss to mix before transferring them in a baking dish. Bake in the preheated oven for about 35-40 minutes or until cooked through.
- 5.Dust with kosher salt before serving.

6.Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (120 g)		Total Fat 7.3g	11%
Servings Per Recipe: 6		Saturated Fat 1.0g	5%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 101.0		Sugars 1.9 g	
Calories from Fat 65	65%	Sodium 217.8mg	9%
		Total Carbohydrate 8.1g	2%
		Dietary Fiber 3.0g	12%
		Sugars 1.9 g	7%
		Protein 2.9g	5%

Variations:

- Used cracked pepper instead of lemon pepper, and add up some baby carrots. Sprinkle them with a little fresh grated parmesan cheese before baking.
- Add up some garlic and a dash of balsamic vinegar. Replace lemon pepper with harissa.

Frizzled Cabbage

Prep Time: 5 mins

Total Time: 25 mins

Servings: 2



Ingredients

1/4 medium green cabbage

2 tablespoons butter

Salt and pepper

NUTRITION FACTS

Serving Size: 1 (127 g)

Servings Per Recipe: 2

Amount Per Serving

% Daily Value

Calories 130.1

Calories from Fat 104

80%

Amount Per Serving

% Daily Value

Total Fat 11.6g

17%

Saturated Fat 7.3g

36%

Cholesterol 30.5mg

10%

Sugars 3.6 g

Sodium 121.8mg

5%

Total Carbohydrate 6.5g

2%

Dietary Fiber 2.8g

11%

Sugars 3.6 g

14%

Protein 1.5g

3%

Directions

- 1.Remove the core of the cabbage and then slice it up finely. Set aside
- 2.Heat a large skillet over medium-high heat. Place butter to melt.
- 3.Once melted add up cabbage slices and sauté. Season it up with pepper and salt.
- 4.Cook for at least 10 minutes with occasional stirring to prevent it from burning.
- 5.Adjust seasonings according to desired taste.
- 6.Spoon into serving bowls and serve. Enjoy!

NUTRITION FACTS

Serving Size: 1 (127 g)

Servings Per Recipe: 2

Amount Per Serving

% Daily Value

Calories 130.1

Calories from Fat 104

80%

Amount Per Serving

% Daily Value

Total Fat 11.6g

17%

Saturated Fat 7.3g

36%

Cholesterol 30.5mg

10%

Sugars 3.6 g

Sodium 121.8mg

5%

Total Carbohydrate 6.5g

2%

Dietary Fiber 2.8g

11%

Sugars 3.6 g

14%

Protein 1.5g

3%

Variations:

- Substitute 1/2 the butter with olive oil, use some other seasonings if desired. Add up some carrot slices if desired.
- Add in a few shakes of hot sauce. And add up some chopped onion slices and some broth.

My No Roll Pie Crust

Prep Time: 15 mins

Total Time: 25 mins

Serves: 6-8, Yield: 1.0 pie



Ingredients

1 1/2 cups flour

1 teaspoon salt

2 teaspoons sugar

1/2 cup oil

2 tablespoons milk

Directions

1. Preheat oven at 375 degrees.
2. Incorporate flour with sugar and salt in a bowl.
3. Mix and create a well at the middle of the flour mixture.
4. Pour in milk and oil at the hole and mix. Knead to form dough.
5. Flatten dough into a rounded pie pan to shape the dough.
6. Flute crust ends and bake in the oven for at least 10-12 minutes or until done.

7.Remove from the oven and let cool. Use immediately or store in the fridge for later use.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (42 g)		Total Fat 18.6g	28%
Servings Per Recipe: 6		Saturated Fat 2.5g	12%
Amount Per Serving	% Daily Value	Cholesterol 0.7mg	0%
Calories 283.0		Sugars 1.4 g	
Calories from Fat 167	59%	Sodium 390.7mg	16%
		Total Carbohydrate 25.4g	8%
		Dietary Fiber 0.8g	3%
		Sugars 1.4 g	5%
		Protein 3.3g	6%

Variations:

- Add up ½ tsp. of vanilla extract to the milk before combining the ingredients together.
- Use ½ cup whole wheat flour and extra virgin olive oil. Use ½ tsp. salt and 1 tsp. sugar.

Oatmeal Cottage Cheese Pancakes

Prep Time: 5 mins

Total Time: 15 mins

Servings: 1



Ingredients

1/2 cup oatmeal

1/2 cup cottage cheese

1 teaspoon vanilla

4 egg whites

Directions

1. Incorporate the ingredients in the blender and pulse until blended.
2. Grease the skillet with cooking spray or cooking oil and cook mixture just like cooking pancakes placing little amounts of the mixture into the skillet one at a time.
3. Serve pancakes with your desired topping.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (281 g)		Total Fat 7.3g	11%
Servings Per Recipe: 1		Saturated Fat 2.2g	11%
Amount Per Serving	% Daily Value	Cholesterol 17.8mg	5%
Calories 337.1		Sugars 4.6 g	
Calories from Fat 66	19%	Sodium 604.1mg	25%
		Total Carbohydrate 32.4g	10%
		Dietary Fiber 4.0g	16%
		Sugars 4.6 g	18%
		Protein 31.3g	62%

Variations:

- Add in ½ tsp. cinnamon, 1 whole egg and 2 egg whites. Add up also 1 tsp. of maple syrup and walnuts to the batter just before cooking.
- Use 2 whole eggs instead of egg whites, add up a bit of cinnamon, and use orange or lemon essence instead of vanilla.

Baja Black Beans, Corn and Rice

Prep Time: 20 mins

Total Time: 45 mins

Servings: 6



Ingredients

6 cups cooked brown rice

1 (15 ounce) cans black beans, rinsed and drained

1 (15 ounce) cans corn, drained

4 fresh tomatoes, diced

1/2 cup red onion, chopped

1/2 cup cilantro, chopped

1 jalapeno pepper, seeded and diced

2 tablespoons fresh lime juice

1 tablespoon olive oil

1/2 teaspoon salt

1/4 teaspoon fresh ground pepper

2 dashes hot sauce

Directions

- 1.Prepare and cook the rice.
- 2.Meanwhile, mix black beans with corn, onion, tomatoes, cilantro, lime juice, jalapeno, hot sauce, oil, pepper and salt in a bowl.
- 3.Once rice is cooked, spoon hot rice in a plate or bowl and top with large amount of the bean mixture.
- 4.Mix before eating. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (423 g)		Total Fat 5.4g	8%
Servings Per Recipe: 6		Saturated Fat 0.8g	4%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 396.4		Sugars 6.1 g	
Calories from Fat 48	12%	Sodium 202.9mg	8%
		Total Carbohydrate 77.9g	25%
		Dietary Fiber 11.0g	44%
		Sugars 6.1 g	24%
		Protein 12.4g	24%

Variations:

- Add in 2 fully cooked chicken breasts and ½ tsp. cumin. Use 2 cans of diced tomatoes with chilies instead of fresh tomatoes and omit jalapenos.
- Use garbanzo instead of black beans and add up some nectarines and omit the rice. Serve as salsa.

Incredibly Delicious Cheese Garlic Bread Spread

Prep Time: 1 min

Total Time: 11 mins

Yield: 1.5 cups spread



Ingredients

1/2-1 cup margarine

3 teaspoons chopped garlic

1/2 teaspoon garlic powder

1/8 teaspoon black pepper

1/4 cup parmesan cheese

1 cup grated cheddar cheese

Directions

1. Place margarine in a microwave safe bowl and heat it up in the microwave for at least 40 seconds until softened.
2. Once melted, remove from the microwave and then add in the rest of ingredients with a fork.
3. Spoon just enough amount of the mixture over loaf slices or dinner roll splits and spread

evenly.

4. Arrange breads in cookie sheets and bake for 10 minutes over 450 degrees oven until toasted.

5. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (261 g)		Total Fat 90.3g	138%
Servings Per Recipe: 1		Saturated Fat 31.3g	156%
Amount Per Serving	% Daily Value	Cholesterol 93.7mg	31%
Calories 928.3		Sugars 0.6 g	
Calories from Fat 812	87%	Sodium 1433.4mg	59%
		Total Carbohydrate 5.0g	1%
		Dietary Fiber 0.2g	1%
		Sugars 0.6 g	2%
		Protein 26.3g	52%

Variations:

- Use butter in place of margarine and add up a dash of Worcestershire sauce. Use Italian cheese blend instead of cheddar.
- Use feta for the cheese and replace margarine with olive oil. no need for heating in the microwave.

Fresh Peach Cobbler

Prep Time: 12 mins

Total Time: 57 mins

Servings: 6



Ingredients

2 large fresh peaches, peeled and sliced

1 1/2 cups sugar, divided

1/2 cup butter, melted

1 cup flour

2 teaspoons baking powder

1/4 teaspoon salt

1 dash nutmeg

3/4 cup milk

Directions

1. Combine $\frac{3}{4}$ cup of sugar with the peach slices in a bowl and reserve.
2. Place the butter in a square 8 inch pan, set aside.
3. Meanwhile combine flour with the rest of sugar, baking powder, nutmeg and salt.

- 4.Add in milk and mix until well blended.
- 5.Pour batter into the pan over the butter and top with the reserved peaches.
- 6.Bake in the oven for at least 45 minutes over 375 degrees.
- 7.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (180 g)		Total Fat 16.8g	25%
Servings Per Recipe: 6		Saturated Fat 10.4g	52%
Amount Per Serving	% Daily Value	Cholesterol 44.9mg	14%
Calories 448.1		Sugars 54.8 g	
Calories from Fat 151	33%	Sodium 368.8mg	15%
		Total Carbohydrate 73.2g	24%
		Dietary Fiber 1.4g	5%
		Sugars 54.8 g	219%
		Protein 3.8g	7%

- Variations:
- Use four peaches instead of two. And decrease sugar to 1 cup.

Copycat Green Giant Niblets Corn in Butter Sauce

Prep Time: 5 mins

Total Time: 20 mins

Servings: 10-12



Ingredients

2 (16 ounce) bags frozen corn

2 teaspoons salt

1/2 cup butter, cut up

1 teaspoon sugar

1 cup water

1 1/2 teaspoons cornstarch

Directions

1. Place the corn in a saucepan and add up the rest of ingredients aside from the cornstarch and water.
2. Heat saucepan at moderate to extreme heat until the butter melts.
3. Meanwhile, incorporate the water with the cornstarch until well combined.
4. Gently add up the cornstarch mixture into the corn and stir continually.

5. Turn down heat and let mixture simmer until the sauce turns into gel consistency and corn is soft for at least 10 minutes.
6. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (106 g)		Total Fat 9.9g	15%
Servings Per Recipe: 10		Saturated Fat 5.9g	29%
Amount Per Serving	% Daily Value	Cholesterol 24.4mg	8%
Calories 164.5		Sugars 0.4 g	
Calories from Fat 89	54%	Sodium 549.6mg	22%
		Total Carbohydrate 19.7g	6%
		Dietary Fiber 2.1g	8%
		Sugars 0.4 g	1%
		Protein 2.8g	5%

- Variations:
- Add in finely chopped parsley and some minced caramelized onions.

Brown Rice and Lentil Casserole

Prep Time: 10 mins

Total Time: 1 hr 40 mins

Servings: 6-8



Ingredients

3 cups chicken broth or 3 cups vegetable broth

3/4 cup lentils

1/2 cup brown rice

3/4 cup chopped onion

1 teaspoon Italian seasoning

1/4 teaspoon garlic powder

1 cup grated cheese

Directions

1. Heat up your oven at 300 degrees F.
2. Leaving the cheese behind, incorporate the rest of ingredients in a baking pan.
3. Cover pan aluminum foil and then bake in the preheated oven for about 1 hour and 10 minutes.
4. Take off the foil cover and scatter cheese on top of the baked mixture, bake further for 20

minute more or until done.

5.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (150 g)		Total Fat 5.8g	9%
Servings Per Recipe: 6		Saturated Fat 3.2g	16%
Amount Per Serving	% Daily Value	Cholesterol 12.0mg	4%
Calories 176.0		Sugars 1.7 g	
Calories from Fat 52	30%	Sodium 557.7mg	23%
		Total Carbohydrate 20.8g	6%
		Dietary Fiber 2.8g	11%
		Sugars 1.7 g	7%
		Protein 9.8g	19%

Variations:

- Add in 1 full cup of lentils instead of $\frac{3}{4}$ cup. Preheat oven at 375 degrees and cook for 45 minutes and 5 minutes for the cheese. Also add up carrots and some more seasoning to the mixture using cayenne, ginger, garlic and curry.
- Add in a packet of bella mushrooms and cook in the crockpot at high setting for 3 $\frac{1}{2}$ hour instead of baking.

Chili's Salsa

Prep Time: 5 mins

Total Time: 5 mins

Serves: 32, Yield: 4 Cups



Ingredients

1 (14 1/2 ounce) cans tomatoes and green chilies

1 (14 1/2 ounce) cans whole canned tomatoes

4 teaspoons jalapenos

1/4 cup yellow onion

1/2-3/4 teaspoon garlic salt

1/2 teaspoon cumin

1/4 teaspoon sugar

Directions

1. Combine jalapenos with onions in the food processor and process until chopped for few seconds.
2. Add up the tomatoes, cumin, sugar and salt and process until well combined. Don't puree.
3. Transfer mixture in a container with cover and place in the fridge to chill until set.

4.Serve with your desired chips. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (27 g)		Total Fat 0.0g	0%
Servings Per Recipe: 32		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 5.1		Sugars 0.4 g	
Calories from Fat 0	45%	Sodium 70.1mg	2%
		Total Carbohydrate 1.2g	0%
		Dietary Fiber 0.1g	0%
		Sugars 0.4 g	1%
		Protein 0.2g	0%

Variations:

- Add in 1 tbsp. lime juice, 1/3 clove garlic and 1 tsp. of dried cilantro.

Cucumber Salad

Prep Time: 5 mins

Total Time: 5 mins

Servings: 6-8



Ingredients

2 cucumbers, very thinly sliced

1 red onion, very thinly sliced

2 tablespoons vinegar

2 tablespoons low-fat sour cream

Salt and pepper, to taste

1/2 teaspoon sugar

1 teaspoon chopped fresh dill

Directions

1. Combine cucumbers with onions in a bowl.
2. Combine the rest of ingredients in a condiment container and shake to blend.
3. Pour mixture into the cucumber-onion mixture and chill.
4. Once chilled, serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (96 g)		Total Fat 0.7g	1%
Servings Per Recipe: 6		Saturated Fat 0.4g	2%
Amount Per Serving	% Daily Value	Cholesterol 1.9mg	0%
Calories 31.4		Sugars 2.8 g	
Calories from Fat 6	20%	Sodium 4.9mg	0%
		Total Carbohydrate 5.9g	1%
		Dietary Fiber 0.8g	3%
		Sugars 2.8 g	11%
		Protein 1.0g	2%

Variations:

- Use white onion in place of red, and replace sugar with splenda.
- Use sweet yellow onion for the red.

Cabbage for Those Who Dislike Cabbage

Prep Time: 15 mins

Total Time: 40 mins

Servings: 6-8



Ingredients

2 tablespoons butter or 2 tablespoons margarine

1 tablespoon canola oil

8 cups shredded green cabbage

1 tablespoon packed brown sugar

3 -4 garlic cloves, minced

1 tablespoon red wine vinegar

Salt

Fresh ground black pepper

Directions

1. Place butter in a large skillet and heat over medium-high heat.
2. Add in garlic and cabbage and sauté. Stir in brown sugar. Cook for about 5 minutes or

more.

3.Turn down heat and add in vinegar, and cook for 20 minutes with continuous stirring.

4.Season it up with pepper and salt.

5.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (80 g)		Total Fat 6.2g	9%
Servings Per Recipe: 6		Saturated Fat 2.6g	13%
Amount Per Serving	% Daily Value	Cholesterol 10.1mg	3%
Calories 89.3		Sugars 5.2 g	
Calories from Fat 56	63%	Sodium 51.6mg	2%
		Total Carbohydrate 8.1g	2%
		Dietary Fiber 2.3g	9%
		Sugars 5.2 g	20%
		Protein 1.3g	2%

Variations:

- Add up more vinegar, use garlic powder instead of fresh.
- Use chopped onions in place of the garlic, use plain vinegar and butter.

24k Carrots

Prep Time: 15 mins

Total Time: 15 mins

Servings: 4



Ingredients

- 1 lb. carrots, peeled and sliced
- 2 tablespoons brown sugar, packed
- 2 tablespoons butter
- 1/2 teaspoon ground ginger

Directions

- 1.Prepare carrots and steam until soft.
2. Heat butter in a saucepan over medium heat to melt, add in ginger and sugar and stir until well combined.
- 3.Turn off heat and pour mixture over the prepared carrots.
- 4.Toss to coat and serve. Enjoy!

NUTRITION FACTS

Serving Size: 1 (127 g)
Servings Per Recipe: 4

Amount Per Serving	% Daily Value
Calories 124.4	
Calories from Fat 54	43%

Amount Per Serving	% Daily Value
Total Fat 6.0g	9%
Saturated Fat 3.6g	18%
Cholesterol 15.2mg	5%
Sugars 12.0 g	
Sodium 131.0mg	5%
Total Carbohydrate 17.8g	5%
Dietary Fiber 3.2g	12%
Sugars 12.0 g	48%
Protein 1.1g	2%

Variations:

- Steam carrots and microwave the butter, along with the ginger, and sugar for 30 seconds.
- Use half parsnips and half carrots.

Pan-Roasted Broccoli

Prep Time: 10 mins

Total Time: 15 mins

Servings: 4



Ingredients

3 tablespoons water

1/4 teaspoon salt

1/8 teaspoon pepper

2 tablespoons vegetable oil

1 1/4 lbs. broccoli, separated into small florets, and stems, sliced

Directions

1. Incorporate water with pepper and salt in a small bowl until the salt is dissolved.
2. Heat skillet over moderate-extreme heat and then pour in the oil.
3. Once oil is hot, add up the broccoli stalks. Cook for about 2 minutes before stirring it up.
4. Add in the broccoli florets and mix. Again sauté for 2 minutes before mixing.
5. Pour in the prepared spices mixture and cook further for another 2 minutes covered.

6.Uncover and cook until done.

7.Serve and enjoy.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (160 g)		Total Fat 7.3g	11%
Servings Per Recipe: 4		Saturated Fat 0.9g	4%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 108.5		Sugars 2.4 g	
Calories from Fat 65	60%	Sodium 192.5mg	8%
		Total Carbohydrate 9.4g	3%
		Dietary Fiber 3.7g	14%
		Sugars 2.4 g	9%
		Protein 4.0g	8%

Variations:

- Use white wine in place of water and use garlic pepper. Also add up some minced fresh garlic and some red hot peppers.
- Add up some garlic and onion and use some seasoning blends along with the pepper and salt.

Chocolate Buttercream Frosting

Prep Time: 10 mins

Total Time: 10 mins

Yield: 3.75 cups



Ingredients

6 tablespoons butter, softened

2 2/3 cups confectioners' sugar

1/2 cup cocoa

1/3 cup milk

1 1/2 teaspoons vanilla

Directions

1. Cream butter in a bowl. Add in sugar and then the cocoa.
2. Continue creaming the mixture until well blended.
3. Pour in milk a little at a time, with continuous stirring.
4. Add up vanilla.
5. Once ready, spoon into cooled cake and spread.
6. You can also use it to frost cupcakes and other foods you wanted to frost.

NUTRITION FACTS

Serving Size: 1 (532 g)
Servings Per Recipe: 1

Amount Per Serving	% Daily Value
Calories 556.6	
Calories from Fat 182	32%

Amount Per Serving	% Daily Value
Total Fat 20.2g	31%
Saturated Fat 12.1g	60%
Cholesterol 51.8mg	17%
Sugars 83.8 g	
Sodium 174.7mg	7%
Total Carbohydrate 92.8g	30%
Dietary Fiber 2.1g	8%
Sugars 83.8 g	335%
Protein 3.0g	6%

Variations:

- Use whipping cream instead of milk.
- Use French vanilla flavored coffee mate creamer dissolved in water instead of milk.

Simple Tomato Sandwich

Prep Time: 5 mins

Total Time: 5 mins

Servings: 1



Ingredients

2 slices bread

1 medium organic tomato

3 tablespoons Miracle Whip

Salt, to taste

Directions

1. Toast your choice of bread.
2. Cut tomato in circular motion.
3. Once the bread is toasted, spoon generous amount of the miracle whip into it and spread evenly.
4. Place tomato slices on one section of the toasted bread, over the miracle whip layer.
5. Season it up with pepper and salt.
6. Top with the other section of the bread and serve. Enjoy!

NUTRITION FACTS

Serving Size: 1 (221 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 266.0

Calories from Fat 97

36%

Amount Per Serving

% Daily Value

Total Fat 10.8g

16%

Saturated Fat 1.7g

8%

Cholesterol 12.4mg

4%

Sugars 10.1 g

Sodium 655.7mg

27%

Total Carbohydrate 37.0g

12%

Dietary Fiber 2.7g

10%

Sugars 10.1 g

40%

Protein 5.1g

10%

Variations:

- Use Hellman's mayo and some pepper and salt.
- Use other types of mayonnaise instead of miracle whip.

Olive Garden Fettuccine Alfredo

Prep Time: 0 mins

Total Time: 25 mins

Servings: 6



Ingredients

1/2 cup butter

2 tablespoons cream cheese

1 pint heavy cream

1 teaspoon garlic powder

Salt

Black pepper

2/3 cup grated parmesan cheese

1 lb. fettuccine, prepared as directed

Directions

- 1.Heat saucepan over medium-high heat and then place butte to melt.
- 2.Once butter melts, add in the cream cheese until softened.
- 3.Add in the heavy cream and season it up with salt, pepper and garlic powder.

4. Turn down heat and let mixture simmer for about 15-20 minutes with constant stirring.
5. Turn off heat and add in the parmesan.
6. Serve with warm fettuccine noodles and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (191 g)		Total Fat 52.9g	81%
Servings Per Recipe: 6		Saturated Fat 31.7g	158%
Amount Per Serving	% Daily Value	Cholesterol 228.3mg	76%
Calories 767.3		Sugars 1.8 g	
Calories from Fat 476	62%	Sodium 366.9mg	15%
		Total Carbohydrate 57.4g	19%
		Dietary Fiber 2.5g	10%
		Sugars 1.8 g	7%
		Protein 17.2g	34%

Variations:

- Use 8 ounce pack of cream cheese instead of 2 tbsp. adds up some sea foods such as crab meat, salmon or shrimp and 2 ounces clam juice.
- Use 1 cup butter, 1 ½ cups freshly grated parmesan, 4 cloves garlic, and add up half and half cream instead of heavy cream.

1 Pan Fudge Cake

Prep Time: 5 mins

Total Time: 30 mins

Serves: 10-12, Yield: 1.0 "9x13 inch cake"



Ingredients

1 1/2 cups sugar

1/2 cup cocoa

1 1/2 teaspoons baking soda

2 cups flour

3/4 teaspoon salt

1 1/2 teaspoons vanilla

3/4 cup vegetable oil

1 1/2 cups water

1 1/2 teaspoons vinegar

Directions

- 1.Heat up your oven at 350 degrees F.
- 2.Sift the dry ingredients in a non-greased 13x9 inch pan.

- 3.Add in the wet ingredients and mix until well combined.
- 4.Bake in the preheated oven for about 25 minutes.
- 5.Once done, let cake cool and frost it up with your desired frosting.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (94 g)		Total Fat 17.0g	26%
Servings Per Recipe: 10		Saturated Fat 2.1g	10%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 369.5		Sugars 30.0 g	
Calories from Fat 153	41%	Sodium 365.1mg	15%
		Total Carbohydrate 51.5g	17%
		Dietary Fiber 1.4g	5%
		Sugars 30.0 g	120%
		Protein 3.3g	6%

- Variations:
- Add up 1 tsp. powdered coffee to the water.
 - Use milk instead of water.

Healthy No Bake Cookies

Prep Time: 5 mins

Total Time: 8 mins

Serves: 12, Yield: 12 cookies



Ingredients

3 tablespoons skim milk

1/3 cup sugar

1 tablespoon cocoa powder

1 1/2 teaspoons vanilla

1/3 cup crunchy peanut butter

1/8 cup wheat germ

1 1/2 teaspoons ground flax seeds

1 cup quick oatmeal

Directions

1. Place milk in a saucepan and heat at medium-high heat. Stir in the cocoa and sugar. Stir mixture continuously.
2. Turn off heat and add in peanut butter and the vanilla. Stir until peanut butter fully

melts.

3.Add in flax, oatmeal and wheat germ.

4.Spoon generous amount of the mixture into wax papers and let set for few minutes to harden or eat immediately.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (25 g)		Total Fat 4.2g	6%
Servings Per Recipe: 12		Saturated Fat 0.7g	3%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 97.5		Sugars 6.2 g	
Calories from Fat 37	38%	Sodium 37.7mg	1%
		Total Carbohydrate 12.8g	4%
		Dietary Fiber 1.5g	6%
		Sugars 6.2 g	25%
		Protein 3.1g	6%

Variations:

- Use Nutella in place of peanut butter and use Dutch cocoa.
- Use all natural peanut butter and omit the flax.

Cranberry Sauce

Prep Time: 2 mins

Total Time: 7 mins

Servings: 4-6



Ingredients

1 (12 ounce) bags fresh cranberries

1 cup sugar

1 cup orange juice

Directions

1. Combine all the ingredients in a saucepan and heat at high heat.
2. Let mixture boil, once boiling, turn down heat to medium and simmer until berries burst.
3. Place in the fridge and chill until set.

NUTRITION FACTS

Serving Size: 1 (138 g)

Servings Per Recipe: 4

Amount Per Serving	% Daily Value
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Calories 265.5

Calories from Fat 2	47%
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Amount Per Serving	% Daily Value
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Total Fat 0.2g	0%
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Saturated Fat 0.0g	0%
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Cholesterol 0.0mg	0%
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Sugars 58.9 g	
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Sodium 3.0mg	0%
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Total Carbohydrate 68.1g	22%
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Dietary Fiber 4.5g	18%
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Sugars 58.9 g	235%
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Protein 0.8g	1%
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Variations:

- Use ½ cup pure squeezed orange juice and ½ cup water.
- Add in a little bit of sugar, add up some orange zest and some chopped walnuts.

Macaroni Salad

Prep Time: 15 mins

Total Time: 27 mins

Servings: 4



Ingredients

1/2 lb. macaroni, cooked and drained

1 cup sliced celery

1/2 cup chopped green pepper

1/2 cup chopped red pepper

1/2 cup chopped green onion

Dressing

1 cup mayonnaise

2 tablespoons vinegar

1 tablespoon mustard

1 teaspoon sugar

1 teaspoon salt

1/4 teaspoon pepper

Directions

1. Incorporate dressing components in a bowl and mix until well blended.
2. Combine the rest of ingredients to the prepared dressing.
3. Cover bowl and place in the fridge to chill until set.
4. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (145 g)		Total Fat 20.7g	31%
Servings Per Recipe: 4		Saturated Fat 3.0g	15%
Amount Per Serving	% Daily Value	Cholesterol 15.2mg	5%
Calories 466.4		Sugars 8.3 g	
Calories from Fat 187	40%	Sodium 1068.7mg	44%
		Total Carbohydrate 61.6g	20%
		Dietary Fiber 3.4g	13%
		Sugars 8.3 g	33%
		Protein 8.8g	17%

Variations:

- Add up shredded chicken and some few dashes of garlic powder.
- Omit the celery and add up yellow bell pepper instead, also add up some chopped Italian parsley about 1 cup and double amount of sugar.

Green Beans with Cherry Tomatoes

Prep Time: 15 mins

Total Time: 45 mins

Servings: 4-6



Ingredients

1 1/2 lbs. green beans

1 tablespoon butter

3/4 teaspoon garlic salt

1 tablespoon sugar

1/2 teaspoon basil

Salt

Pepper

1/2 pint cherry tomatoes cut in half

Directions

- 1.Steam beans with water until soft.
- 2.Melt butter in a frying pan over medium-high heat; add in garlic, basil, salt, sugar and pepper.
- 3.Add in the cherry tomato halves and hiss until heated through and softened but not

squidgy.

4. Add up the drained beans and blend well Add the drained beans and mix well.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (143 g)		Total Fat 3.3g	5%
Servings Per Recipe: 4		Saturated Fat 1.9g	9%
Amount Per Serving	% Daily Value	Cholesterol 7.6mg	2%
Calories 99.0		Sugars 9.6 g	
Calories from Fat 29	30%	Sodium 37.8mg	1%
		Total Carbohydrate 16.8g	5%
		Dietary Fiber 5.0g	20%
		Sugars 9.6 g	38%
		Protein 3.5g	7%

Variations:

- Use canned beans to make the preparation faster and use garlic salt for the garlic salt.
- Use a combination of fresh and canned beans. Serve with fresh tuna steaks.

Teriyaki Sauce

Prep Time: 10 mins

Total Time: 25 mins

Yield: 2 cups



Ingredients

1/4 cup tamari soy sauce

1 cup water

Fresh grated ginger

3 tablespoons brown sugar

1 minced garlic clove

2 tablespoons cornstarch

1/4 cup cold water

Directions

- 1.Mix 1 cup water with tamari, ginger, garlic, and brown sugar. And stir continuously.
- 2.Combine cornstarch with ¼ cup water and mix until well dissolved. Add up to the sauce mixture and allow mixture to coagulate.
- 3.Add up more water if necessary.

NUTRITION FACTS

Serving Size: 1 (429 g)
Servings Per Recipe: 1

Amount Per Serving	% Daily Value
Calories 133.4	
Calories from Fat 0	37%

Amount Per Serving	% Daily Value
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Cholesterol 0.0mg	0%
Sugars 20.7 g	
Sodium 2062.3mg	85%
Total Carbohydrate 30.1g	10%
Dietary Fiber 0.4g	1%
Sugars 20.7 g	82%
Protein 4.0g	8%

Variations:

- Use 1 ½ tbsp. cornstarch and use 3 cloves of garlic. Use 4 tbsp. sugar.
- Add up a little bit more garlic and some crushed black pepper.

Basil Pesto

Prep Time: 10 mins

Total Time: 10 mins

Servings: 3-4



Ingredients

1 1/2 cups basil

2 -5 garlic cloves

1/4 cup pine nuts

1/4 cup grated parmesan cheese

1/8 cup lemon juice

1/8 cup olive oil

Directions

1. Combine all the ingredients together in the food processor aside from the lemon and oil.
2. Process until well blended and then add in the oil and lemon.
3. Process further until well mixed.
4. Serve with some pasta or store in the fridge for later use.

NUTRITION FACTS

Serving Size: 1 (46 g)
Servings Per Recipe: 3

Amount Per Serving	% Daily Value
Calories 201.3	
Calories from Fat 173	86%

Amount Per Serving	% Daily Value
Total Fat 19.2g	29%
Saturated Fat 3.2g	16%
Cholesterol 7.3mg	2%
Sugars 0.8 g	
Sodium 129.1mg	5%
Total Carbohydrate 3.7g	1%
Dietary Fiber 0.8g	3%
Sugars 0.8 g	3%
Protein 5.5g	11%

Variations:

- Use home grown basil and some sundried tomatoes.
- Use 4 cups basil, juice of 1 ½ lemons, 8 cloves garlic, ¾ cup pine nuts, zest of half a lemon, 1 cup grated parmesan, 2 tsp. kosher salt and 1/3 cup olive oil.

World's Best Chocolate Chip Cookies

Prep Time: 15 mins

Total Time: 27 mins

Serves: 72, Yield: 6 dozen cookies



Ingredients

3/4 cup white sugar

1 cup brown sugar

1 cup butter, softened

1 tablespoon vanilla

2 large eggs, slightly beaten

3 cups all-purpose flour

3/4 teaspoon baking soda

3/4 teaspoon salt

3 cups semi-sweet chocolate chips

1 cup walnuts, chopped

Directions

1. Heat up your oven at 350 degrees F.

- 2.Cream the butter with sugar, add in eggs and vanilla. Blend well.
- 3.Incorporate dry ingredients in a bowl and slowly add up to creamed mixture.
- 4.Add in nuts and chocolate chips.
- 5.Knead and form into cookie balls about 1 ¼ inch in size. Arrange into cookie sheets and flatten a bit.
- 6.Bake in the oven for about 10-12 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (23 g)		Total Fat 5.9g	9%
Servings Per Recipe: 72		Saturated Fat 3.0g	15%
Amount Per Serving	% Daily Value	Cholesterol 11.9mg	3%
Calories 107.9		Sugars 8.9 g	
Calories from Fat 53	49%	Sodium 63.6mg	2%
		Total Carbohydrate 13.7g	4%
		Dietary Fiber 0.6g	2%
		Sugars 8.9 g	35%
		Protein 1.2g	2%

Variations:

- Use chocolate chips and butterscotch chips. Use cookie scooper and bake for about 14 minutes.
- Use half butter and half margarine. Use 1 bag of chocolate chips and 1 bag pecans.

Authentic Italian Tomato Sauce

Prep Time: 20 mins

Total Time: 3 hrs 20 mins

Servings: 10



Ingredients

2 (28 ounce) cans tomato puree

1 (28 ounce) cans peeled plum tomatoes

2 cloves garlic

1 small onion, diced

6 cloves

1 teaspoon basil

1 teaspoon kosher salt

1/4 teaspoon fresh ground pepper

2 tablespoons sugar

1/4 cup extra virgin olive oil

1/4 cup grated cheese

Directions

- 1.Heat a large pot over medium-high heat and then place the oil. Sauté the onion and garlic until tender over the oil.
- 2.Place the plum tomatoes in a large bowl and squish using your hands.
- 3.Add up the rest of ingredients along with the choice of meatballs or sausage into the pot and simmer for at least 3 hours.
- 4.Serve over spaghetti noodles.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (257 g)		Total Fat 6.6g	10%
Servings Per Recipe: 10		Saturated Fat 1.2g	6%
Amount Per Serving	% Daily Value	Cholesterol 1.8mg	0%
Calories 145.4		Sugars 12.5 g	
Calories from Fat 59	40%	Sodium 250.6mg	10%
		Total Carbohydrate 21.0g	7%
		Dietary Fiber 4.1g	16%
		Sugars 12.5 g	50%
		Protein 4.0g	8%

Variations:

- Sauté onion and garlic in separate pan, and then add up to the sauce. 10 cloves garlic and fresh basil instead of dried.
- Double the amount of garlic and use fresh tomatoes. Use 2 cans of 12 ounces tomato paste and 2 cans water.

Cottage Cheese Roast (Vegetarian Meatloaf)

Prep Time: 10 mins

Total Time: 1 hr 20 mins

Servings: 8



Ingredients

- 1 (16 ounce) cartons cottage cheese
- 4 eggs, beaten
- 1/4 cup vegetable oil
- 1 (1 ounce) envelope dry onion soup mix
- 1 cup finely chopped walnuts
- 1 1/2-2 1/2 cups corn flakes
- 1/4 cup chopped onion

Directions

- 1.Heat up your oven at 350 degrees F, and grease the loaf pan with oil or butter.
- 2.Incorporate the cottage cheese with vegetable oil, eggs, walnuts, soup mix, onion and

cereal in a bowl. Mix well.

3. Transfer into greased pan and bake for about 60-70 minutes.

4. Let cool slice and serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (121 g)		Total Fat 21.4g	32%
Servings Per Recipe: 8		Saturated Fat 3.6g	18%
Amount Per Serving	% Daily Value	Cholesterol 103.3mg	34%
Calories 282.7		Sugars 3.0 g	
Calories from Fat 192	68%	Sodium 580.6mg	24%
		Total Carbohydrate 11.5g	3%
		Dietary Fiber 1.4g	5%
		Sugars 3.0 g	12%
		Protein 12.8g	25%

Variations:

- Use ¼ cup finely chopped walnuts, 1/3 cup ground flax seed, and 1 cup wheat bran. Replace special K with ground high protein whole wheat bread crumbs and add up ketchup, Worcestershire sauce, parsley, garlic, chervil and salt for more flavors.
- Add 6 tbsp. flax seed and omit the oil, use 1 ½ cups bran flakes and ½ cup oatmeal. Also use fat free cottage cheese.

The Ultimate Greek Salad

Prep Time: 15 mins

Total Time: 15 mins

Servings: 6



Ingredients

Dressing

6 tablespoons olive oil

1 1/2 tablespoons fresh lemon juice

1 tablespoon red wine vinegar

2 garlic cloves, minced

1 teaspoon dried oregano

Salad

1 head lettuce, torn into bite-size pieces

3 large plum tomatoes, seeded and coarsely chopped

1 English cucumber, peeled and coarsely chopped

1 medium red onion, cut into thin rings and soaked for 10 minutes in a small bowl of ice

water to make it less sharp

1 small green pepper, cut into thin rings

3/4 cup kalamata olive

3/4 cup crumbled feta cheese

Directions

- 1.Combine dressing ingredients together in a bowl. Stir until well combined.
- 2.Add up salt and pepper according to desired taste.
- 3.Drain the onion and dry it up using paper towels
- 4.Incorporate the salad components in a large bowl aside from the cheese.
- 5.Mix salad with the dressing and toss.
- 6.Sprinkle the cheese on top of the mixture and serve. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (228 g)		Total Fat 19.5g	30%
Servings Per Recipe: 6		Saturated Fat 4.9g	24%
Amount Per Serving	% Daily Value	Cholesterol 16.6mg	5%
Calories 223.2		Sugars 4.0 g	
Calories from Fat 175	78%	Sodium 353.9mg	14%
		Total Carbohydrate 9.5g	3%
		Dietary Fiber 2.5g	10%
		Sugars 4.0 g	16%
		Protein 4.6g	9%

Variations:

- Increase the amount of red wine to 3 tbsp. and add up ½ tsp. sugar also use light feta.
- Use garlic stuffed green in place of kalamata. Add up ½ tsp. salt and use half baby spinach, replace mozzarella with feta.

Spinach Casserole

Prep Time: 10 mins

Total Time: 50 mins

Servings: 8-10



Ingredients

2 (10 ounce) boxes frozen chopped spinach, defrosted

1 large egg

1 teaspoon salt

1/4 teaspoon black pepper

1 small onion, chopped fine

1 1/2 cups sharp cheddar cheese, shredded

1 can condense cream of mushroom soup

1 -2 cup crouton

Directions

- 1.Heat up your oven at 350 degrees F.
- 2.Put the spinach into a strainer and squeeze to release extra juices.
- 3.Incorporate the spinach with the remaining ingredients in a bowl aside from the

croutons and then mix.

4. Transfer mixture into a 2 quart baking dish and place croutons on top.

5. Bake in the oven for at least 35-40 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (119 g)		Total Fat 10.5g	16%
Servings Per Recipe: 8		Saturated Fat 5.2g	26%
Amount Per Serving	% Daily Value	Cholesterol 45.5mg	15%
Calories 166.0		Sugars 1.5 g	
Calories from Fat 94	56%	Sodium 776.1mg	32%
		Total Carbohydrate 9.4g	3%
		Dietary Fiber 2.4g	9%
		Sugars 1.5 g	6%
		Protein 9.8g	19%

Variations:

- Replace raw spinach with frozen spinach. Use crumbled Ritz crackers in place of croutons and use cream of mushroom soup.
- Add in some chopped garlic and some portabella mushrooms and artichoke hearts.

Mexican Vegetarian Casserole

Prep Time: 20 mins

Total Time: 1 hr 10 mins

Servings: 6



Ingredients

1 (15 ounce) cans whole kernel corn, drained

1 (15 ounce) cans black beans, rinsed & drained

1 (8 ounce) cartons sour cream

1 (8 ounce) jars Pace Picante Sauce

2 cups shredded Colby-Monterey jack cheese

1 (10 ounce) cans diced rotel tomatoes and green chilies

2 cups cooked rice

1/4 teaspoon black pepper

1 -2 green onion, chopped

Sliced black olives

8 ounces shredded Monterey jack cheese

Directions

- 1.Incorporate the initial nine ingredients in a bowl. Mix well.
- 2.Transfer into lightly oiled or buttered 11x9 baking dish.
- 3.Scatter black olives and the Monterey Jack cheese on top of mixture.
- 4.Bake in the oven for about 50 minutes over 350 degrees.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (392 g)		Total Fat 32.6g	50%
Servings Per Recipe: 6		Saturated Fat 19.6g	98%
Amount Per Serving	% Daily Value	Cholesterol 89.9mg	29%
Calories 593.4		Sugars 4.7 g	
Calories from Fat 294	49%	Sodium 1104.4mg	46%
		Total Carbohydrate 49.5g	16%
		Dietary Fiber 6.8g	27%
		Sugars 4.7 g	19%
		Protein 28.7g	57%

Variations:

- Add up sour cream during the last hour of cooking and add up ½ cup more pace salsa.
- Use frozen corn instead of canned, add in some oregano, black pepper, cumin, and a package of Goya sazón.

Hearty Vegetarian Tofu Chili

Prep Time: 20 mins

Total Time: 1 hr 15 mins

Servings: 5



Ingredients

1 medium onion, chopped

1 medium green pepper, chopped

2 garlic cloves, minced

1 teaspoon olive oil

16 ounces extra firm tofu, drained and crumbled

1 teaspoon cumin

1 teaspoon hot sauce

Salt, to taste

Pepper, to taste

1 (19 ounce) cans red kidney beans, drained

1 (19 ounce) cans white kidney beans, drained

1 (28 ounce) cans diced tomatoes

1 (14 ounce) cans tomato sauce

3 medium carrots, sliced

2 tablespoons chili powder

Directions

- 1.Heat a skillet over medium-high heat and then the olive oil, sauté the onion, garlic and green pepper until tender.
- 2.Add up tofu, hot sauce, cumin, pepper, and salt. Sauté until browned for about 10 minutes.
- 3.Add up the remaining ingredients and then allow mixture to boil.
- 4.Once boiling turn down heat and simmer for at least 45-55 minutes.
- 5.Spoon into serving bowls and serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (634 g)		Total Fat 7.0g	10%
Servings Per Recipe: 5		Saturated Fat 1.3g	6%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 387.6		Sugars 13.9 g	
Calories from Fat 63	16%	Sodium 864.1mg	36%
		Total Carbohydrate 61.0g	20%
		Dietary Fiber 20.5g	82%
		Sugars 13.9 g	55%
		Protein 26.2g	52%

Variations:

- Use red bell pepper and add up half of 1 can black beans.
- Use all red beans and add up cayenne

Most Simple Vegetarian White Gravy

Prep Time: 1 min

Total Time: 4 mins

Serves: 4-6, Yield: 2.0 cups



Ingredients

2 cups milk

3 tablespoons flour

2 tablespoons butter

1 teaspoon pepper

1 teaspoon salt

1/2 teaspoon garlic salt

Directions

1. Combine the ingredients in a saucepan and mix.
2. Heat over moderate heat and stir continuously until the sauce coagulates or thickens.
3. If mixture does not thicken add up 1 tbsp. of flour, if too thick add up more milk.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (91 g)		Total Fat 10.3g	15%
Servings Per Recipe: 4		Saturated Fat 6.4g	32%
Amount Per Serving	% Daily Value	Cholesterol 32.3mg	10%
Calories 153.0		Sugars 0.0 g	
Calories from Fat 92	60%	Sodium 692.3mg	28%
		Total Carbohydrate 10.8g	3%
		Dietary Fiber 0.3g	1%
		Sugars 0.0 g	0%
		Protein 4.7g	9%

Variations:

- Use ¾ cup almond milk and use Johnny’s garlic spread and seasoning instead of the garlic salt.

Scandinavian Cucumber Salad Recipe

Prep Time: 10 mins

Total Time: 10 mins

Serves: 4-6, Yield: 3.0 cups



Ingredients

1/2 cup sour cream

2 tablespoons parsley flakes

2 1/2 tablespoons tarragon vinegar

1 tablespoon sugar

2 tablespoons chopped chives

3 small unpeeled cucumbers

Directions

1. Slice the cucumbers finely using a slicer or mandolin. Place in a bowl and set aside.
2. Incorporate sour cream with sugar, chives and vinegar.
3. Pour dressing mixture into the cucumbers and toss.
4. Place the bowl cover and refrigerate for at least 2 hours until set.

NUTRITION FACTS

Serving Size: 1 (173 g)
Servings Per Recipe: 4

Amount Per Serving	% Daily Value
Calories 104.3	
Calories from Fat 53	51%

Amount Per Serving	% Daily Value
Total Fat 5.9g	9%
Saturated Fat 3.4g	17%
Cholesterol 14.9mg	4%
Sugars 8.0 g	
Sodium 31.2mg	1%
Total Carbohydrate 12.6g	4%
Dietary Fiber 1.3g	5%
Sugars 8.0 g	32%
Protein 2.3g	4%

Variations:

- Use Greek yogurt in place of sour cream, and use miniature cucumbers
- Use regular vinegar and use dill for the tarragon and parsley. Use sweet salad onion instead of chives and add up a little salt.

Creamy Tortilla Soup-Vegetarian

Prep Time: 5 mins

Total Time: 15 mins

Servings: 6



Ingredients

2 (14 1/2 ounce) cans Rotel tomatoes & chilies

2 (14 1/2 ounce) cans vegetable broth

1 (16 ounce) cans vegetarian refried beans

1 (16 ounce) cans black beans, drained

1/2 cup corn

2 teaspoons fresh cilantro, chopped

Corn tortilla strips or chips

Shredded Monterey jack cheese

Directions

- 1.Heat a medium sized saucepan over medium-high heat, place tomatoes, beans, broth and corn.
- 2.Allow mixture to boil. Once boiling turn down heat to low and let simmer until fully

cooked.

3.Remove from heat and add in the cilantro. Spoon into serving bowls and top with crumpled tortilla chips and grated cheese.

4.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (369 g)		Total Fat 0.5g	0%
Servings Per Recipe: 6		Saturated Fat 0.1g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 104.5		Sugars 0.5 g	
Calories from Fat 5	77%	Sodium 550.0mg	22%
		Total Carbohydrate 20.5g	6%
		Dietary Fiber 5.0g	20%
		Sugars 0.5 g	2%
		Protein 6.2g	12%

Variations:

- Add up some cayenne and replace corn with white hominy.
- Use 1 can regular diced tomatoes and 1 can rotel.

Vegetarian Moroccan Stew

Prep Time: 15 mins

Total Time: 1 hr 45 mins

Servings: 4



Ingredients

1 medium onion, chopped

1 garlic clove, peeled and minced

2 tablespoons water

1 tablespoon canola oil

2 medium potatoes, peeled and cut into 1-inch dice

2 cups carrots, peeled and chopped

1 (15 ounce) cans reduced-sodium diced tomatoes, undrained

1 teaspoon ground cumin

1 cup low-sodium tomato juice

2 cups green beans, sliced in 2-inch pieces

1/4 teaspoon pepper

Directions

- 1.Using a stock pot, boil onions with the garlic in water and oil until the onions is translucent.
- 2.Add in carrots and potatoes and boil further for about 15 minutes with occasional stirring.
- 3.Add up cumin and tomatoes and cover. Let mixture simmer for at least 1 hour, checking irregularly to inspect if it needs more juice, if necessary add in some more tomato juice.
- 4.Add in green beans after an hour and cook further for 15 minutes more.
- 5.Season it up with salt and pepper according to favored taste.
- 6.Spoon into serving bowls and serve. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (427 g)		Total Fat 4.2g	6%
Servings Per Recipe: 4		Saturated Fat 0.3g	1%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 200.5		Sugars 11.5 g	
Calories from Fat 37	18%	Sodium 108.8mg	4%
		Total Carbohydrate 38.3g	12%
		Dietary Fiber 7.6g	30%
		Sugars 11.5 g	46%
		Protein 5.3g	10%

Variations:

- Use frozen beans instead of fresh, add up more cumin.
- Use spicy V8 juice for the tomato juice and add up a bit of red pepper flakes.

Pasta House Pasta Con Broccoli (Actual Recipe)

Prep Time: 5 mins

Total Time: 20 mins

Servings: 2



Ingredients

4 ounces uncooked large shell pasta

1 cup cream

2 tablespoons butter

1/2 teaspoon minced garlic

2 tablespoons tomato sauce

1/2 cup chopped broccoli

Salt and pepper

1/3 cup thinly sliced fresh button mushroom

1/4 cup grated parmesan cheese

Directions

1. Boil pasta until half cooked. Drain water and then place them back into the pot.
2. Add in cream, garlic, butter, broccoli, tomato sauce, pepper and salt. Let mixture boil.
3. Once the noodles are cooked through and the sauce thickens, add up the mushrooms and mix to blend.
4. Turn down heat and stir in the cheese.
5. Mix and serve. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (253 g)		Total Fat 53.0g	81%
Servings Per Recipe: 2		Saturated Fat 32.7g	163%
Amount Per Serving	% Daily Value	Cholesterol 174.1mg	58%
Calories 731.0		Sugars 3.0 g	
Calories from Fat 477	65%	Sodium 423.4mg	17%
		Total Carbohydrate 49.5g	16%
		Dietary Fiber 2.7g	11%
		Sugars 3.0 g	12%
		Protein 16.2g	32%

Variations:

- Add up some chicken or shrimp, use whole wheat pasta, 4/4 milk and ¼ cream instead of pure cream. Use benecol instead of real butter.
- Use tomato paste for tomato juice, double the amount of mushrooms and broccoli, use 1 tbsp., butter and add up ½ cup frozen green peas, 12 halved grape tomatoes and some minced fresh basil and red pepper flakes.

Vegetarian Ceviche That Looks Not-So-Vegetarian

Prep Time: 10 mins

Total Time: 10 mins

Servings: 4



Ingredients

1 (14 ounce) cans hearts of palm cut in rings

2 large tomatoes, diced

1/2 small red onion, diced

1/2 bunch fresh cilantro, chopped

2 jalapenos, diced

2 limes, juice of

1 tablespoon olive oil

Salt

Pepper

Avocado

Cucumber

Green bell pepper

Directions

- 1.Slice palm in rounds and remove the center
- 2.Chop up the rest of ingredients and combine all together in a bowl.
- 3.Spoon mixture into margarita glasses, top with fresh black pepper, and cilantro.
- 4.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (562 g)		Total Fat 4.2g	6%
Servings Per Recipe: 4		Saturated Fat 0.6g	3%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 85.8		Sugars 3.4 g	
Calories from Fat 38	44%	Sodium 430.0mg	17%
		Total Carbohydrate 11.3g	3%
		Dietary Fiber 4.0g	16%
		Sugars 3.4 g	13%
		Protein 3.6g	7%

Variations:

- Use red bell pepper, add up some chopped jalapeno and add juice of squeezed lime.
- Remove tomato and cucumber seeds toss avocado with lemon juice before mixing it up with the other ingredients.

Eggless Salad (Vegan or Vegetarian)

Prep Time: 10 mins

Total Time: 10 mins

Yield: 6-10



Ingredients

1 lb. extra firm tofu

Vegan mayonnaise or mayonnaise

1 stalk celery, chopped

2 tablespoons minced onions

1 tablespoon Dijon mustard

Salt and pepper

Directions

1. Mash up the tofu until chunky.
2. Add in the mayonnaise and add in the rest of ingredients.
3. Mix to blend and then spoon into serving platters or bowls.
4. Serve with pitas or bread with some lettuce, cheese and tomatoes.

NUTRITION FACTS

Serving Size: 1 (544 g)

Servings Per Recipe: 1

Amount Per Serving	% Daily Value
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Calories 57.0

Calories from Fat 29	51%
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Amount Per Serving	% Daily Value
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Total Fat 3.2g	5%
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Saturated Fat 0.6g	3%
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Cholesterol 0.0mg	0%
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Sugars 0.7 g	
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Sodium 42.9mg	1%
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Total Carbohydrate 1.9g	0%
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Dietary Fiber 0.9g	3%
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Sugars 0.7 g	2%
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Protein 6.3g	12%
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Variations:

- Add in about 2 tbsp. of sweet pickle relish, a little Lawry's salt, some garlic salt, and some bay seasoning.
- Use red onion, half of garlic clove, and add up some cider vinegar and some sliced green olives.

Creamy Fruit Salad

Prep Time: 35 mins

Total Time: 35 mins

Serves: 10, Yield: 10 cups



Ingredients

2 medium bananas, diced

2 medium apples, diced

1 lemon, juice of

1 (20 ounce) cans pineapple tidbits, drained, juice reserved

2 cups sliced strawberries

2 cups grapes

1/4 cup pecans, chopped

1 (1 1/2 ounce) boxes sugar-free instant vanilla pudding

1/2 cup water

Directions

1. Mix bananas, lemon juice and apples in a bowl. Mix until coated equally.
2. Add in pineapples, pecans, grapes and strawberries. Set aside.
3. In a separate bowl, incorporate pudding mix, pineapple juice, and water until frothy and

smooth. Transfer pudding blend into the fruit mixture and toss to coat.

4. Chill until set.

5. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (200 g)		Total Fat 2.3g	3%
Servings Per Recipe: 10		Saturated Fat 0.2g	1%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 118.8		Sugars 18.5 g	
Calories from Fat 20	17%	Sodium 2.5mg	0%
		Total Carbohydrate 26.4g	8%
		Dietary Fiber 3.5g	14%
		Sugars 18.5 g	74%
		Protein 1.3g	2%

Variations:

- Use French vanilla in place of plain vanilla, use fresh pineapple juice and use orange juice for the reserved juice.
- Reduce water into ¼ cup and use almonds for the nuts. Add up some pinches of nutmeg and cinnamon.

Hoisin Sauce Recipe

Prep Time: 10 mins

Total Time: 10 mins

Yield: 0.25 approx. cup



Ingredients

4 tablespoons soy sauce

1 tablespoon black bean paste

1 tablespoon honey

2 teaspoons white vinegar

1/8 teaspoon garlic powder

1/8 teaspoon onion powder

2 teaspoons sesame oil

20 drops Chinese hot sauce

1/8 teaspoon black pepper

Directions

1. Combine all the ingredients in a mason jar and vigorously shake to combine until the mixture combines.

2.Serve with your choice of food or store in the refrigerator for later use.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (120 g)		Total Fat 36.4g	56%
Servings Per Recipe: 1		Saturated Fat 5.1g	25%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 770.2		Sugars 74.5 g	
Calories from Fat 328	42%	Sodium 16923.1mg	705%
		Total Carbohydrate 88.9g	29%
		Dietary Fiber 3.1g	12%
		Sugars 74.5 g	298%
		Protein 31.1g	62%

Variations:

- Use peanut butter and molasses.
- Use 1 tbsp. of peanut butter, brown sugar, 1 tsp. of maple syrup and some habanero hot sauce.

Banana Pudding (Raw Recipe)

Prep Time: 5 mins

Total Time: 5 mins

Servings: 1-2



Ingredients

2 bananas, peeled

1/2 an avocado, peeled and seeded

Raw pistachios, chopped

Directions

1. Place the bananas and the avocados in the blender and pulse until smooth and blended.
2. Transfer into glasses or containers with cover and refrigerate until set.
3. Once ready, top with pistachios and serve, enjoy!

NUTRITION FACTS

Serving Size: 1 (168 g)
Servings Per Recipe: 1

Amount Per Serving	% Daily Value
Calories 370.8	
Calories from Fat 139	37%

Amount Per Serving	% Daily Value
Total Fat 15.5g	23%
Saturated Fat 2.4g	12%
Cholesterol 0.0mg	0%
Sugars 29.5 g	
Sodium 9.4mg	0%
Total Carbohydrate 62.4g	20%
Dietary Fiber 12.8g	51%
Sugars 29.5 g	118%
Protein 4.5g	9%

Variations:

- Add up a little amount of vanilla and a splash of agave syrup.