

## [Visit Southernjewel's Emporium](#)

### [Appetizers.. 3](#)

### [Beverages.. 4](#)

[Green Tea.. 4](#)

[Frappuccino.. 4](#)

[Hot Apple Cider.. 4](#)

[Rice Milk.. 4](#)

[Strawberry Lemonade. 4](#)

### [Bread and Grains.. 6](#)

[French Bread.. 6](#)

[Hamburger and Hotdog Buns. 6](#)

[Self-Rising Flour.. 6](#)

[Wheat Bread.. 6](#)

### [Breakfast.. 8](#)

[Granola.. 8](#)

[Muffins. 8](#)

[Pancakes. 8](#)

[Tofu Scramble. 9](#)

### [Casseroles.. 10](#)

[Frito Pie. 10](#)

[Shepherd's Pie. 10](#)

## **Dessert.. 11**

[Peach Cobbler.. 11](#)

## **Dressings.. 12**

## **Ethnic.. 13**

## **Greens.. 14**

[Sautéed Greens. 14](#)

[Noodles with Tofu and Greens. 14](#)

## **Legumes.. 15**

[Hoppin' John.. 15](#)

## **Meat Substitutes.. 16**

## **Pasta.. 17**

[Pasta with Summer Squash Sauté. 17](#)

## **Sandwiches.. 18**

## **Salads.. 19**

[Black Bean and Corn Salad.. 19](#)

## **Side Dishes.. 20**

## **Snacks.. 21**

[Garlic and Herb Pretzels. 21](#)

[Saltine Crackers. 21](#)

[Veggie Filled Tomatoes. 21](#)

## **Soup.. 22**

[Split Pea Soup. 22](#)

## **Sweets.. 23**

[Caramel. 23](#)

[Cadbury Crème Eggs. 23](#)

[Chocolate Chip Cookies. 23](#)

[Gingerbread Men.. 24](#)

[Perfect Sugar Cookies. 24](#)

## **Tofu.. 26**

[Barbecued Tofu.. 26](#)

## **Vegetables.. 27**

[Herb-Roasted Potatoes Poupon.. 27](#)

[Roasted Asparagus. 27](#)

[Spiced Carrots. 27](#)

[Stuffed Peppers. 27](#)

## **Appendix: Vegan Substitutions.. 29**

## Appetizers

## Beverages

### Green Tea

- Green tea leaves (or bag)

Brew with boiling water for 2-3 minutes. Enjoy.

### Frappuccino

- 1 c. brewed coffee
- ½ c. soymilk
- 1 T. sugar
- 2 to 3 T. vegan chocolate syrup (optional)
- 14 ice cubes

Add all ingredients to a blender. Blend until ice cubes are completely crushed. Store in refrigerator.

### Hot Apple Cider

- 2 packages frozen apple juice concentrate
- Cinnamon
- Nutmeg
- Allspice
- Cloves

Put apple juice concentrate in crock-pot with 6 concentrate containers of water. Add seasonings to taste (use cinnamon the most, then nutmeg, then cloves, then allspice). Heat on high for about an hour. Serve hot.

## Rice Milk

- 1 c. cooked rice
- 3 c. almost boiling water
- 1 T. vanilla extract
- 3 T. brown rice syrup
- 3 drops liquid stevia
- Tiny pinch of salt

Combine rice, 1 c. water, vanilla, brown rice syrup, liquid stevia, and salt. Blend for several minutes until the mixture is creamy. Add another c. of water. Blend for several more minutes. Repeat for the last c. of water. Pour the mixture through a fine-grained sieve into a storage container. Store in refrigerator for up to one week.

## Strawberry Lemonade

- 1-pint strawberries, hulled
- 1¼ C. unbleached sugar
- 1½ C. water
- 3½ C. lemon juice
- Ice

In a blender or food processor, place the strawberries, and puree until smooth. Pass the pureed strawberries through a sieve to remove the seeds and set aside. In a large pitcher, place the sugar and water, and stir well to dissolve the sugar. Add the lemon juice and strawberry puree to the mixture and stir well to combine. Chill. Serve in ice-filled glasses.

## Bread and Grains

### French Bread

- 11-13 oz. water
- 1 ½ tsp. salt
- 1 ½ T. vegetable or olive oil
- 4 c. flour
- 1 T. sugar
- 2 tsp. active dry yeast

Add ingredients, in the order listed, into the bread machine. Choose the “Light Crust” setting. Select French Bread and press start.

### Hamburger and Hotdog Buns

- 2 c. plain soymilk
- ¼ c. vegetable oil
- ¼ c. sugar
- 1 tsp. sugar
- 2 T. active dry yeast
- ¼ c. warm water
- 2 c. whole wheat pastry flour
- 1/3 c. ground flax seeds
- 4 c. unbleached white flour
- 1 tsp. salt
- Sesame seeds (optional)

Heat the soymilk to scalding (almost boiling). Immediately take it off the heat. In a small bowl, combine the oil and  $\frac{1}{4}$  c. sugar. Pour the hot soymilk into the bowl and stir. Place the bowl in a cool place, such as the freezer. In a large bowl, mix together the yeast, the tsp. of sugar, and the warm water. Let it sit about five minutes to foam, then add the cooled soymilk mix. With a big spoon, stir in 2 c. of the whole wheat pastry flour. Stir until it is smooth. Add the salt and 2 c. of white flour and mix well with hands. Add enough flour so that it can be turned out of the bowl and kneaded. After it has been kneaded, shape it into hamburger or hotdog shapes (about 8 of one type of bun). Place the shaped dough onto a greased cookie sheet. Brush the tops with extra soymilk and sprinkle on sesame seeds. Preheat the oven to 375 degrees F. Let the rolls rise for 30 minutes while the oven is heating. Bake for 20 minutes and remove them as soon as they turn golden brown. Let the buns cool and then slice them appropriately. Store in refrigerator or freezer in a bag or plastic container.

## Self-Rising Flour

- 3  $\frac{1}{2}$  c. all-purpose flour
- 1  $\frac{3}{4}$  tsp. baking powder
- 1  $\frac{3}{4}$  tsp. baking soda
- 1  $\frac{3}{4}$  tsp. salt

Mix all ingredients together well and store in an air-tight container.

## Wheat Bread

- 10-12 oz. water
- 1  $\frac{1}{2}$  tsp. salt
- 1  $\frac{1}{2}$  T. vegetable or olive oil
- 2 T. blackstrap molasses
- 2 c. flour all-purpose flour
- 2 c. whole-wheat flour
- 2 tsp. active dry yeast

Add ingredients, in the order listed, into the bread machine. Choose the "Light Crust" setting. Select Whole Wheat and press start.

## Breakfast

### Granola

- 6 c. rolled oats
- ½ c. sunflower seeds
- 1 to 2 c. chopped nuts
- ½ c. wheat germ
- 1/3 c. ground flax seeds
- ¼ c. maple syrup
- ¼ c. vegetable oil
- ¼ c. sugar
- 3 tsp. cinnamon
- 1 tsp. salt
- 2 tsp. vanilla
- 1 ½ to 2 c. water
- 2 c. dried mixed fruit bits

Preheat the oven to 300 degrees F. Combine all ingredients except fruit bits. Mix well. Dump the mixture onto 2 large, greased pans and spread evenly. Bake for 1 to 1 ½ hours, stirring ever 15 to 20 minutes. Granola will be golden brown when it is ready. Let the granola cool. When the granola is cooled, add the fruit bits. Store in an air-tight container.

### Muffins

- 2 c. all-purpose flour
- ½ c. sugar
- 2 ½ tsp. baking powder
- ½ tsp. salt
- 1 c. soy milk

- ½ c. soy margarine, softened
- 1 ½ tsp. EnerG Egg Replacer
- 2 T. water

Preheat oven to 400 degrees F. Line muffin pan with paper liners. In a large bowl, combine flour, sugar, baking powder, salt, and egg replacer. Add soymilk, margarine, and water. Mix only until dry ingredients have been wet. Over mixing will cause the muffins to be heavy. Add up to 1 c. of any ingredients desired (such as blueberries, or apple and cinnamon). Spoon the batter into the muffin cups. Bake about 20 minutes until a toothpick inserted into the center of a muffin comes out clean. Remove muffins and allow to cool for 5 minutes. These can be frozen.

## **Pancakes**

- 2 c. all-purpose flour
- 3 T. sugar
- ½ c. soy milk
- ¼ c. vegetable oil
- 1 T. EnerG Egg Replacer
- 4 T. water

Heat some oil in a skillet over medium heat. Mix all of the ingredients together and add water, if necessary, to the desired thickness. Spoon a small spoonful of the mixture onto the skillet. Cook until browned on both sides.

## **Tofu Scramble**

- 1 package firm tofu, drained and crumbled
- 1 T. oil
- ¼ c. green pepper, chopped
- ¼ c. bell pepper, chopped
- 1 c. fresh mushrooms, sliced

- 1 large baked potato
- ¼ tsp. turmeric
- Salt and pepper, to taste

Peel the potato and cut into small cubes. Combine oil and tofu in a non-stick skillet. Add turmeric and sauté the crumbled tofu over medium high heat for 5 minutes. Add the remaining ingredients and continue to cook for 5 to 10 minutes. Vegetables should be tender, yet crisp.

## Casseroles

### Frito Pie

- 2 cans of vegetarian chili (more or less depending on your tastes)
- 1 bag of Fritos (scoops or normal, but it should be original flavor)
- Onions, chopped (optional)
- Hot sauce (optional)
- Vegan cheese, shredded

Preheat oven to 375. If using hot sauce or onions, mix them with the chili. Line bottom of a large pan with a bit of chili, so the Fritos don't stick to the bottom. Put in as many Fritos as you want, top with the rest of the chili. Bake for 15 minutes. Remove from oven, sprinkle the vegan cheese on top, and bake for 5 more minutes (or until cheese has some semblance of being melted). Let cool for a minute and enjoy!

### Shepherd's Pie

- 1 package Veggie Ground Round
- 1 large onion, diced
- 1¼ c. ketchup
- 1 tsp. Vegan Worcestershire sauce
- 1 tsp. basil
- 1 tsp. oregano
- 1 tsp. thyme

- Salt and pepper to taste
- 1 c. frozen peas
- 1 c. frozen corn
- 1 clove garlic
  
- 6 large potatoes
- $\frac{3}{4}$  c. soymilk
- 4 T. Vegan margarine
- Salt and pepper to taste

Preheat oven to 350 degrees F. Sauté onions in olive oil until translucent. Add garlic and veggie ground round. Stir in remaining ingredients. Mix well and simmer while potatoes are cooking. Peel potatoes and cut into small pieces. Boil until tender. Drain the potatoes and put them in a mixer. Blend in soymilk, margarine, salt, and pepper. Mash everything together until the texture is smooth. Pour the veggie ground round mixture into a greased baking dish. Top with mashed potato topping. Bake for 30 minutes. For the last 5 minutes, turn the oven to broil and brown the top. Cool for 5-10 minutes before serving.

## Dessert

# Peach Cobbler

- 4 c. peaches, sliced
- ½ c. brown sugar
- 4 tsp. arrowroot powder
- ¼ tsp. nutmeg
- ½ c. water
- 1 T. lemon juice
  
- 1 c. self-rising flour
- 2 T. sugar
- 2 tsp. baking powder
- ¼ c. vegetable oil
- 1/3 c. water
- Pinch of salt

Preheat oven to 400 degrees F. In a medium pot, combine brown sugar, arrowroot, nutmeg, and ½ c. water. Cook over low heat, stirring until bubbly and the mixture begins to thicken. Add the peaches and the lemon juice. Cook until the entire mixture is heated through. Place in a 1-½ quart casserole dish.

To make the cobbler topping, mix together the flour, sugar, baking powder, and a small pinch of salt. Stir in the oil and the water. Mix lightly, until the mixture is thoroughly moistened. Spoon the biscuit mixture over the hot fruit filling in about 6 mounds. Bake for 20 to 25 minutes and serve warm.

## Dressings

## Ethnic

## Greens

### Sautéed Greens

- 1 bunch green, leafy vegetable such as turnip greens, kale, or chard
- 1 T. oil
- Garlic, salt, pepper to taste
- ¼ c. vegetable broth

Wash greens. Add garlic and oil to pan. Heat on medium high heat, but do not burn garlic. Chop greens into pieces. Add to pan. Sauté for a few minutes. Turn heat down to medium. Add vegetable broth. Cover and steam 5 to 10 minutes.

### Noodles with Tofu and Greens

- 1 bunch green, leafy vegetable such as turnip greens, kale, or chard
- 1 package Top brand Oriental flavor ramen noodle soup
- 1 block firm tofu, drained and cubed
- Salt and pepper to taste

Wash and chop greens. Prepare noodles as per instructions, except add the tofu. When the noodles are half way done, add the greens into the water, pushing them under the noodles. Add the flavor pack and sit for about 5 minutes.

## Legumes

### Hoppin' John

- 6 c. water
- 1 lb. dried black-eyed peas, sorted and rinsed
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 1 bay leaf
- 1 c. rice, rinsed
- 2 c. onion, diced
- 3 T. olive oil
- 1 ½ c. celery, diced
- 1 ½ c. yellow or orange pepper, destemmed, deseeded, and diced
- 1 ½ c. red pepper, destemmed, deseeded, and diced
- 2 T. garlic, minced
- ½ c. parsley
- 1 tsp. salt
- ½ tsp. black pepper
- 1/8 tsp. cayenne pepper

Place the water, black-eyed peas, oregano, thyme, and bay leaf into crock-pot. Simmer for 40 minutes. Remove the bay leaf. Add the rice and cook for 30-40 minutes until the black-eyed peas and rice are tender. Sauté the onion in olive oil for 5 to 7 minutes, or until lightly browned. Add the celery, yellow peppers, and red peppers, and sauté for another 5 minutes. Add the garlic and sauté for 2 more minutes. Add the vegetables, the parsley, salt, pepper, and cayenne pepper to the crock-pot. Cook until the flavors are blended.

## Meat Substitutes

## Pasta

### Pasta with Summer Squash Sauté

- 2 medium zucchini squash, cut lengthwise into thin strips
- 1 c. frozen peas
- 1 medium onion, thinly sliced
- 1 large tomato, diced
- 1 tsp. salt
- ½ tsp. dried basil leaves
- ¼ tsp. black pepper
- 8 oz. spiral macaroni, cooked

Spray a large skillet with olive oil flavored cooking spray. Over medium heat, cook squash, peas, and onion, stirring frequently for 2 minutes. Stir in the remaining ingredients except for the macaroni. Cook until the vegetables are somewhat soft, and warmed through. In a large bowl, mix the pasta with the vegetables. Enjoy!

## **Sandwiches**

## Salads

### Black Bean and Corn Salad

- 1 ½ c. cooked black beans, drained and rinsed
- 2 c. cooked corn kernels
- 1 red bell pepper, fresh or roasted, chopped
- 3 scallions, sliced
- 2 T. minced fresh cilantro
- 2 T. diced canned mild green chilies
- 1 T. olive oil
- 2 T. red wine vinegar
- 1 ½ T. lemon juice
- ¼ tsp. kosher salt
- 1/8 tsp. crushed red pepper flakes
- ½ tsp. ground coriander
- ½ tsp. ground cumin

In a large bowl combine beans, corn, bell pepper, scallions, cilantro, and chilies. Whisk together remaining ingredients in a small bowl and stir the dressing into the salad.

## Side Dishes

## Snacks

### Garlic and Herb Pretzels

- 2 packages of yeast
- 1½ c. warm water
- 1 tsp. salt
- 1 tsp. sugar
- 4 – 5 c. flour
- 2 cloves of crushed garlic
- 1 T. basil
- 1 T. parsley
- Sea salt

Preheat oven to 425 degrees F. Dissolve yeast in water. Add salt, sugar, and 2 c. of the flour. Mix in crushed garlic and herbs. Add 2 c. more of the flour and keep adding until the dough is no longer sticky. Roll into snakes and shape into pretzels. Bake for 10 – 15 minutes until brown. Remove from oven and sprinkle with sea salt.

### Saltine Crackers

- 2 c. flour
- 2/3 c. soymilk

- 2 T. margarine, chilled
- 1 T. sugar
- 2 tsp. salt

Preheat oven to 425 degrees F. Sift together flour, sugar, and ½ tsp of the salt. Grate the margarine with a cheese grater and stir in with the flour until it resembles fine crumbs. Add soymilk gradually until it begins to pull away from the sides of the bowl. The dough should hold together well, but not be sticky.

Divide the dough in half. Roll out half in a 13 x 13 inch square, less than 1/8 inch thick. Carefully place the dough on an ungreased cookie sheet the and trim the edges. Sprinkle with salt and press salt into the dough.

Score the dough with a sharp knife into 2-inch squares, not quite cutting all the way through. Bake 6-8 minutes until the edges become slightly golden. Then remove from the oven, and turn them over. Gently separate them by hand. Return to oven about 5-6 minutes more until the edges are “well browned”. Keep a close eye them to determine when this is precisely. Store them in an airtight container.

## **Veggie Filled Tomatoes**

- 1 tomato (cut in half)
- Onions
- Mushrooms
- Oregano

- Garlic
- Vegan Parmesan (optional)

Preheat oven to 350 F. Cover tomato with onions, mushrooms, basil, oregano and garlic. Cook for about 10-15 minutes. Add vegan Parmesan.

## Soup

### Split Pea Soup

- 2 cups split peas
- 10 cups water
- 1 T. salt
- ¼ tsp. pepper
- 1 large onion
- 2 carrots
- 2 ribs celery
- 2 sprigs parsley (or 1 tsp. dried)
- 2 sprigs dill (or 1 tsp. dried)

Peas may be presoaked for faster cooking. Combine peas, water, and seasonings in a large pot. Chop the rest of the ingredients in a food processor or blender, and add. Bring to a boil, then cover and cook over low heat till peas are tender (about three hours if unsoaked).

## Sweets

### Caramel

- $\frac{3}{4}$  c. soymilk, rice milk, or other non-dairy milk of choice
- $\frac{3}{4}$  c. sucanat
- $\frac{1}{3}$  c. maple syrup or brown rice syrup
- 1 T. water
- 1 T. arrowroot
- 2 T. vegan margarine
- 1 t. vanilla

In a small saucepan, place the soymilk, sucanat, and maple syrup, and whisk well to combine. Cook over medium heat, while whisking occasionally, for 3 minutes. In a small bowl, whisk together the water and arrowroot, and then whisk the mixture into the saucepan. Cook the mixture, while whisking constantly, an additional 2-3 minutes or until it thickens. Remove the saucepan from the heat and whisk in the remaining ingredients. Serve warm as a topping for cakes, desserts, non-dairy ice cream or sorbet, or as a dipping sauce for fruit. Store in an airtight container, in the refrigerator, and reheat as needed.

### Cadbury Crème Eggs

- $\frac{1}{2}$  c. light corn syrup
- $\frac{1}{4}$  c. margarine, softened
- 1 tsp. vanilla
- $\frac{1}{4}$  tsp. salt
- 3 c. powdered sugar
- 4 drops yellow food coloring
- 2 drops red food coloring

- 1 12-ounce bags vegan chocolate chips
- 2 tablespoons vegetable shortening

Combine the corn syrup, butter, vanilla, and salt in a large bowl. Beat well with an electric mixer until smooth. Add powdered sugar, one cup at a time, mixing by hand after each addition. Mix well until creamy. Remove about 1/3 of the mixture and place it into a small bowl. Add the yellow and red food coloring and stir well to combine. Cover both mixtures and freeze for at least 15 minutes, or until firm. When mixtures are firm, roll a small, marble-size ball from the orange filling and place them on a cookie sheet. Freeze this until they are firm once more. Wrap around each center a portion of the white filling that is roughly twice the size. Form this filling into the shape of an egg and place back onto the cookie sheet. Freeze these centers until firm. Combine the chocolate chips with the shortening in a glass or ceramic bowl. Microwave the chocolate on high speed for 1 minute, then stir and microwave again for 1 more minute. Paint the chocolate onto one side of the balls. Freeze until chocolate is firm. Repeat for the other side. When both sides are coated in chocolate and the chocolate is hardened, wrap each candy in aluminum foil.

## Chocolate Chip Cookies

- 6 T. Earth Balance
- $\frac{3}{4}$  c. light unbleached sugar
- $\frac{3}{4}$  c. dark unbleached sugar
- EnerG egg replacer for 2 eggs
- 2 T. soymilk
- $\frac{1}{2}$  T. vanilla
- 3 c. pastry flour
- $\frac{1}{4}$  c. oat bran
- $\frac{1}{2}$  T. baking soda
- $\frac{1}{2}$  tsp. salt
- 1 c. semi-sweet chocolate chips

- ½ - 1 c. chopped nuts (walnuts or pecans)

Preheat the oven to 350 degrees F. Spray 4 cookie sheets with oil. Beat the margarine, sugars, egg replacer, soymilk, and vanilla in a mixer until smooth. In a medium bowl, mix the remaining ingredients. Mix well to make a firm dough. Cut off walnut sized pieces, about 48, and roll them into balls with wet hands. Place 12 on each cookie sheet, leaving space between. Press them down a little. Bake 5 minutes, turn the pan around, and bake for 5 more minutes. Remove from oven and let cool.

## Gingerbread Men

- 2 ¼ c. all purpose flour
- 2 tsp. ground ginger
- 1 tsp. baking soda
- ¾ tsp. ground cinnamon
- ½ tsp. ground cloves
- ¼ tsp. salt
- ¾ c. vegan margarine, softened
- 1 c. white sugar
- 1 ½ tsp. EnerG Egg Replacer
- 3 T. water
- ¼ c. molasses
- 2 T. sugar

Preheat oven to 350 degrees F. Combine flour, ginger, baking soda, cinnamon, cloves, and salt. Set aside. Cream margarine and sugar until light and fluffy. Add egg replacer and stir in water and molasses. Combine this with dry ingredients and mix well. Cover combined mixture and store in refrigerator for at least 30 minutes. In the meantime, prepare a floured surface, with a floured rolling pin. Prepare an oiled cookie sheet. Remove dough from refrigerator and place on table. Roll it out thin on the floured surface (about ¼ inch thick). Flour cookie cutters and cut shapes out of dough, leaving as little space as possible between the shapes. Place shapes onto cookie sheet until sheet is full. If there is dough remaining, but no where to cut a shape, flour your hands, roll the dough into a ball, and roll the dough out again. If the dough begins sticking to the table, the rolling pin, or the cookie cutter, add more flour to that item.

Continue rolling the dough and cutting cookies until there is no more dough left. If the last bit of dough is too small for a shape, roll it into a ball, flatten slightly, and place on the cookie sheet to make a round gingerbread cookie. Bake each batch of cookies 8 to 10 minutes. Allow cookies to cool. After cookies have cooled, they may be decorated with icing and candy as desired, or eaten plain.

## **Perfect Sugar Cookies**

- 1 ½ cups sifted confectioners' (powdered) sugar
- 1 cup butter or margarine (not soft spread)
- 1 teaspoon almond flavoring
- 2 ½ cups self-rising flour
- 1 1/2 tsp EngerG Egg Replacer
- 2 T. water
- 1 teaspoon vanilla extract

Allow stick of butter to reach room temperature. Mix with sugar. Add vanilla, egg replacer, water, and almond flavoring; mix well. Stir in flour, small amounts at a time; blend well. Cover and refrigerate 2-3 hours.

Heat oven to 350 degrees F. Remove half the dough from the refrigerator, keeping the other half chilled until ready to use. Roll 1/4 inch thick on floured board. The thinner the roll is, the crispier the cookie will be. Thicker cookies will have a softer texture. To cut, dip cookie cutter or top of drinking glass into flour. Shake off excess and cut with steady pressure. Cut as many cookies from each rolling as possible because too much handling toughens dough. Place each cookie on lightly greased cookie sheet. Repeat with second batch of dough.

Bake 7-8 minutes or until lightly browned. Immediately take from oven and remove cookies to wire rack. This makes about 5 dozen cookies. When cool, ice or decorate as desired.

## Tofu

### Barbecued Tofu

- 1 package extra firm water-packed tofu
- 1 small onion
- Small handful of mushrooms
- Barbecue sauce, to taste

Chop up the onion and mushrooms. Sauté them in a bit of oil until lightly browned. Squeeze all as much water as possible from the tofu using a cheesecloth. Dice the tofu and brown with the onions and mushrooms for a minute. Add barbecue sauce and cook for a few minutes until the barbecue sauce is hot and the tofu has absorbed the flavor of the sauce.

## Vegetables

### Herb-Roasted Potatoes Poupon

- 1/3 c. Dijon mustard
- 2 T. olive oil
- 1 clove garlic, chopped
- ½ tsp. Italian seasoning
- 6 medium red skin potatoes, cut into chunks

Preheat the oven to 425 F. Mix all ingredients except potatoes in small bowl. Toss potatoes with mustard mixture and place in lightly greased 13x9x2-inch baking pan or on a shallow baking sheet. Bake for 35 to 40 minutes, or until potatoes are fork tender, stirring occasionally.

### Roasted Asparagus

- 1 bunch asparagus
- Olive oil

Preheat oven to 400 degrees F. Wash asparagus and break off the tough ends (they should break off easily at the appropriate spot). Put the asparagus in a single layer on a foil covered baking and spray them lightly with olive oil. Roast in the oven for 5 to 10 minutes or until tender crisp to your liking. Don't over-roast them or the tips will dry out. Season with salt and/or lemon juice or dip them in a sauce or dressing.

## Spiced Carrots

- 4 carrots, cut into match sticks
- ½ cup slivered almonds
- 4 T. butter
- 1 tsp. cumin
- 2 tsp. chopped fresh cilantro
- 1 tsp. maple syrup
- Salt and pepper (optional)

Steam the carrots for 10 minutes, or until tender but still crunchy. Meanwhile set aside a few of the slivered almonds and toast the remainder in a dry, heavy pan on a high heat setting, until golden brown around the edges.

Melt the butter or margarine in a pan and cook the cumin over a high heat for a few seconds to release the aroma, being careful not to burn it. Take the pan off the heat and add the carrots, browned almonds, and cilantro. Mix well, then stir in the maple syrup and add a pinch of salt and pepper if desired. Garnish with the reserved almonds.

## Stuffed Peppers

- 1 box Spanish rice mix

- ½ lb mushrooms
- 1 onion
- 2 16 oz. cans ground tomatoes
- 1 tsp. oregano
- 1 tsp. thyme
- 1 tsp. rosemary
- 1 tsp. black pepper
- 2 cloves garlic, minced
- 2 T. nutritional yeast, or to taste
- 5 to 6 medium green bell peppers

Preheat oven to 375 degrees F. Prepare the Spanish rice according to the instructions on the box, taking away the oil or margarine and the salt. Set this aside when it is finished. Meanwhile, pour 1 and ½ cans of the ground tomato sauce into a saucepan. Add all the spices and the nutritional yeast and simmer over low heat until ready to use. Next, slice the mushrooms and chop the onions. Sauté both in a bit of vinegar until they are limp. Add the mushrooms, onions, and ½ can of the tomatoes to the rice. Mix well.

Clean the peppers. Cut the top off of each pepper and remove the seeds and large veins. If the peppers won't stand upright on their own, slice a little off the bottom to make them stand straight. Fill peppers with rice mixture and set them in a pan large enough to hold them all. Pour the tomato sauce over the peppers. The sauce should be an inch or two deep in the pan, depending on the size of the pan. Bake for one hour, or until the peppers are to taste. While it is baking, baste the peppers with the tomato sauce to keep it from drying out. Serve with the tomato sauce from the pan as a topping for the peppers.



## Appendix: Vegan Substitutions

<b>Instead of:</b>	<b>Use:</b>
Milk Powder	Better than Milk brand soy or rice milk powder
Eggs	EnerG brand egg replacer
Melted Butter	Olive Oil
Solid Butter	Earth Balance brand spread
Honey	Maple Syrup
Parmesan	Nutritional Yeast or Soymage brand parmesan