

Brazed Red Cabbage with Apples and Raisins

1 medium head	Red Cabbage (approx 12 cups)
1 large	Sweet Vidalia Onion
2 Tblsp	Honey
4 Tblsp	Bragg's Apple Cider Vinegar
2 ½ Tblsp	Butter or Ghee
1 tsp	Cloves
2	Apples (Fuji or granny smith)
½ cup	Raisins

Slice a head of red cabbage into ½ inch strips. In a large pan sauté a chopped Vidalia onion in butter or ghee and set aside. In the same pan sauté the strips of red cabbage using the remaining butter until they are limp and slightly translucent. Peel and slice 2 apples. Mix the honey and vinegar together (adjust for your individual taste) Combine all the ingredients in a roaster including the apples and raisins. Cook at 350 degrees for 45 minutes.

Vegetarian Cauliflower Burger recipe by Sandra Shaeffer

1 medium head	Cauliflower (preferably organic)
1 Tblsp	Chic Pea flour
1	Egg
1 @ 8 oz packet	Vegan Gourmet Cheddar Cheese Alternative
1	Onion
1 Tblsp	Butter or Ghee
	Salt and pepper to taste
	Garlic (or other favorite spice)

Steam cauliflower to fork tender. Hand or Food processor mash the cauliflower. Combine all ingredients in a large bowl and mix. Grill, pan fry or broiler cook as you would any other burger. Makes 14 to 20 (2 inch burgers)

Vegetarian Lentil and Portabella Burger

1 ½ cup	Cooked Lentils
2 ½ cup	Portabella Mushrooms (finely chopped)
1 tsp	Balsamic Vinegar
1	Egg
1 medium	Onion
½ cup	Steel cut oats (finely ground in food processor)
1 Tblsp	Butter or Ghee
2 cloves	Garlic (finely chopped)
1 Tblsp	Parsley and peppers (freshly chopped, optional)
½ tsp	Chili Powder
	Salt and pepper to taste

Sautee onions and peppers with butter or ghee in a large pan. Add salt, parsley, chili powder, and garlic. When they start to turn translucent (5 minutes) add mushrooms and continue to cook for 5 more minutes. Remove from heat. Mash the precooked lentils in a separate bowl and add the mushroom mixture. Add the oats, balsamic vinegar, and slightly beaten egg. Mix together. Chill for 1 hour. Prepare burgers in preferred manner. You may also prepare this in a loaf pan and bake similar to meat loaf.

Chicken Broccoli Stir Fry

2 bunches	Broccoli
1 lb	Carrots (may substitute baby carrots thinly sliced)
1 medium	Onion (may substitute a bunch of scallions)
2 lb	Chicken (precooked and diced)
1 Tblsp	Maple Syrup
3 clove	Garlic
1 tsp	Ginger
¼ cup	Coconut Oil
3 Tblsp	Coconut Amino
2 Tblsp	Vinegar (apple cider or brown rice)
¼ tsp	Cayenne Pepper
¼ tsp	Turmeric
2 Tblsp	Sesame Seeds
½ tsp	Salt

Separate broccoli crowns from the stems. Peel and finely chop the stems (food processor). Thinly slice (julienne) carrots. Sauté the onions with the ginger and garlic in coconut oil; set aside. In the same pan sauté the broccoli stems until slightly tender. In a large roaster combine the broccoli, carrots, chicken, and onions. In a separate bowl combine the maple syrup, coconut aminos, cayenne, turmeric, and vinegar. Pour over the top of the vegetables. Garnish with sesame seeds. Bake in a preheated 350 degree oven for 45 minutes. You can also prepare this in a wok as a stir fry dish.

Sweet and Sour Shrimp

1 lb	Small Salad Shrimp
1 can (20 oz)	Pineapple (drained) may substitute fresh
1 cup	Bok Choy
1 cup	Snow Pea Pods
½ cp	Water Chestnuts
1 cup	Onion / Scallions
1 cup	Celery
1 cup	Red Bell Peppers
1 cup	Carrots (julienne)
2 tsp	Ginger
2 tsp	Garlic
1 lb	Rice (precooked)
1 package	Cellophane noodles (replaces rice)

Sauce: prepared separately

6 Tblsp	Water or chicken stock
3 Tblsp	Ketchup
3 Tblsp	Pineapple juice
2 Tblsp	Vinegar
2 tsp	Coconut Amino
¼ cup	Crushed red pepper flakes
2 tsp	Arrowroot (or other thickening agent)

Make the sauce in a bowl combining 4 tablespoons of stock, ketchup, pineapple juice, vinegar, coconut aminos and pepper flakes. In a separate bowl combine the remaining 2 table spoons of stock with the arrowroot and set aside.

If you have a wok, prepare the vegetables and shrimp. Add the sauce and continue heating. Remove from the heat and add the thickening agent. Pour over the rice and serve.

To prepare in the oven; Sauté celery, onions, and peppers in the coconut oil. Add the shrimp, garlic and ginger and continue cooking for 5 minutes. Add the other vegetables and remove from the heat. Place the precooked rice in the bottom of a baking dish. Add the shrimp and vegetable mixture. Combine the thickening agent with the sauce and pour over the top of the dish. Cover and cook in a preheated 350 degree oven for 45 minutes.

Thai Curry and Coconut Pumpkin Soup adapted from Heirloom Gardener Fall 2013

1	Large butternut squash or Pie pumpkin (approx 2 lbs)
1 Tblsp	coconut oil
¼ cup	Onion (minced)
1 Tblsp	Freshly grated ginger
2 cloves	Garlic
1-2 tsp	Thai Red Curry Paste
4 cups	Chicken Stock
1 can (13-14 oz)	Coconut Milk
1 tsp	sea Salt
2 Tblsp	Freshly squeezed Lime Juice
	Toasted coconut for garnish

Preheat oven to 400 degree. Cut the pumpkin in half and remove the seeds. Place cut side down on a baking dish coated with oil and roast for 45 minutes or until tender. Cool and scoop out with a spoon.

In a large pan heat the oil and add the onions, ginger, garlic and sauté for 3 minutes. Add the curry paste and cook for a few more minutes. Stir in the chicken stock, salt, coconut milk, and pumpkin. Simmer for 15 minutes. Remove from heat and add lime juice. Puree the soup with an immersion blender.

Quinoa and Sweet Potato Salad

2 cup	Cooked Quinoa (1 cup uncooked)
2 medium	Sweet potato (1 pound)
1	Red Bell Pepper (diced)
¼ cup	Red onion (minced)
2 Tblsp	Balsamic, sherry, or red wine vinegar
¼ cup	Olive oil
¼ tsp	Cayenne pepper
¼ cup	Parsley (chopped)
	Salt and pepper to taste

Prepare quinoa and chill. Peel, chop, and cook sweet potatoes in a 350 degree oven for 35 minutes or slightly fork tender. Cool and place together with quinoa, peppers, onions, and parsley. In a separate bowl whisk together olive oil, vinegar, cayenne pepper, salt and pepper. Toss together and serve.

Apple and Beet Salad

1 bunch (3)	Beets
1	Apple (granny smith or Fuji)
¼ cup	Pickle relish
¼ cup	Sweet onion (finely diced)
2 Tblsp	Olive oil
2 Tblsp	Mayonnaise (homemade preferred)
¼ tsp	Salt
1 clove	Garlic
1 tsp	Lemon juice
¼ tsp	Dill
¼ cup	Walnuts (chopped)

Cook beets, peel, cool and dice into bite size portions. Peel, core, and dice apple into bite size portions. In bowl combine sweet relish, olive oil, mayonnaise, salt, garlic, lemon juice, and dill. Add ingredients to the dressing in the bowl and gently toss.

Hummus

16 oz	Chick peas (drained and rinse well if canned)
1 tsp	Garlic
¼ cup	Tahini butter
1 Tbsp	Olive oil
½ cup	Lemon juice
¼ tsp	Cayenne pepper
¼ cup	Roasted red pepper
½ tsp	Salt

Celery, carrots, pepper strips
Crackers or chips

Combine all ingredients in food processor until desired consistency is achieved. Serve chilled with vegetables for dipping.
Note: Hummus makes a great replacement for mayonnaise if thinned with extra oil.

Honey Mustard Dressing

5 Tbsp	Honey
3 Tbsp	Dijon Mustard
2 Tbsp	White Wine vinegar
¼ tsp	Dill Weed

Mix, chill, and serve over favorite vegetables

Creamy Ranch Dressing

½ cup	Full Fat Greek Yoghurt
¼ cup	Buttermilk
2 tsp	Dill (chopped)
1 tsp	Chives
½ tsp	White Wine Vinegar
¼ tsp	Sea Salt
¼ tsp	Tamari
1/8 tsp	Onion Powder
1/8 tsp	Black pepper
1 tsp	lemon juice
½ clove	Garlic (finely chopped)

Mix in a food processor or immersion mixer, chill, serve

Thai Salad Dressing adapted from recipe by Marjorie Martinez

2 ½ Tbsp	Orange Juice
½ tsp	Ginger
½ tsp	Garlic
½ Tbsp	Coconut Amino
2 tsp	Tahini
1 ½ Tbsp	Vinegar

Mix in a food processor or immersion mixer, chill, serve

Garbanzo Bean Cake from Gluten-Free-Around-the-World.com

1 ¼ cup well cooked	Garbanzo beans (one 15 oz can be substituted)
½ cup	Rapadura or Turbanado Sugar
½ tsp	Baking powder
1 ¼ tsp	Cinnamon
½ juice and zest	Orange (or ¼ cup OJ concentrate)

Preheat oven to 350 degree. Grease and line an 8 inch pan (spring form is best). Puree the garbanzo beans until smooth. A food processor works best. Add all the other ingredients and blend until smooth. Pour into pan. Bake for 45 minutes or until tester comes out clean. Cool in pan for 10 minutes before removing.

Gluten free Teff Peanut Butter Cookies

1 ½ cup	Teff Flour
½ tsp	Sea Salt
½ cup	Maple Syrup
½ cup	Coconut oil (melted)
1 tsp	Vanilla
1 cup	Peanut Butter
1	Egg
½ tsp	Baking powder (aluminum free)
¼ cup	Mini carob chips (optional)

Preheat oven to 350 degrees. In a large bowl combine dry ingredients, set aside. In a food processor blend syrup, oil, and peanut butter. Add the wet and dry ingredients together, blend well. Shape dough into small balls and place on ungreased baking sheet. Gently flatten with a fork. Bake 13 to 15 minutes.

Chia Cream; adapted from original recipe from Jacquelyn Downs

4 ½ Tblsp	Chia Seeds
13.5 oz can	Coconut Milk
1 Tblsp	Honey
1 Tblsp	Maple Syrup
½ tsp	Cinnamon
2 Tblsp	Ground nuts (optional) (presoaked)

Combine all ingredients in a bowl and let set for 30 minutes (stir occasionally). Chill for 2 hours and serve with favorite fruit or other topping

Coconut Oatmeal Cookies from Patty Douglas

1 cup	Rapadura or Turbanado Sugar
1	Egg
½ cup	Butter
1 tsp	Vanilla
1 cup	Flour
1 cup	Oatmeal
1 cup	coconut
½ tsp	Baking Soda
¼ tsp	Salt
1 tsp	cinnamon
½ tsp	Nutmeg

Mix wet and dry ingredients separately. Add together. Drop onto baking sheet and bake at 350 degrees for 10 minutes. Makes approx 3 dozen cookies

Poppy Seed Cake

2 cups	Rice Flour
1/2 cup	Coconut Flour
1 1/2 Tbsp	Baking Powder
1/2 tsp	Xanthan Gum
1 1/2 cups	Coconut Milk
1 cup	Coconut Oil
3 Tbsp	Poppy Seeds
2 cups	Raw Sugar
4	Eggs

Mix all dry ingredients together. In a mixing bowl place all liquid ingredients and blend well. Slowly incorporate the dry ingredients and mix well. Pour into greased and floured cake pans and bake at 350 till toothpick comes out clean. Makes 2 @ 8 inch layers.

Almond Cake

2 1/2 cups	Rice Flour
1 cup	Almond Flour
2 Tbsp	Baking Powder
1 tsp	Xanthan Gum
1 1/2 cups	Raw Milk
1 cup	Melted Butter
2 cups	Raw Sugar
4	Eggs
Almond Flavor	

Mix all dry ingredients together. In a mixing bowl place all liquid ingredients and blend well. Slowly incorporate the dry ingredients and mix well. Pour into greased and floured cake pans and bake at 350 till toothpick comes out clean. Makes 2 @ 8 inch layers.