

3ABN Recipes

Recipes from *3ABN Presents*, January 15, 2003 (show 02081)

Mandarin Salad

Salad:

- 1/2 lb. fresh spinach
 - 1/2 lb. romaine lettuce
 - 2 c. chopped Granny Smith Apples
 - 1 c. mandarin oranges
 - 1/4 c. imitation bacon bits
 - 3/4 c. bean sprouts
- Dressing:
- 3/4 c. olive oil
 - 1/3 c. white grape juice
 - 1 sm. onion, grated
 - 1/2 c. maple syrup
 - 2 tsp. Bragg's Liquid Aminos
 - 1 tsp. salt

1. Mix all dressing ingredients in bowl using wire whisk.
2. Let chill in refrigerator for 2-4 hours.
3. Mix all salad ingredients and toss lightly.
4. Drizzle with dressing.

Brenda Walsh

Linda's Brown Gravy

- 4 c. cool water
- 1 Tbsp. McKay's Beef Style Seasoning
- 1/4 tsp. salt
- 1/4 c. Bragg's Liquid Aminos
- 1/4 med. onion
- 3/4 c. Wondra Flour
- 1/4 c. canola oil

1. Brown flour and set aside.
2. In bowl, mix cooled flour with 1/4 cup canola oil and seasoned water to make thin paste.
3. Whip into seasoned water and heat on medium high while stirring until thick.

Linda Johnson

Vegetable Pot Pie

- 1 recipe of your favorite pie crust
- 1 sm. onion, diced
- 2 c. fresh mushrooms, sliced
- 1 tsp. Vege-Sal
- 1 1/2 tsp. McKay's Chicken Style Seasoning
- 3 Tbsp. Tofutti Better Than Sour Cream
- 1 tsp. McKay's Beef Style Seasoning
- 1 32 oz. pkg. frozen mixed vegetables
- 1 12.5 oz. can Worthington FriChik
- 3 c. Better Than Milk, original flavor
- 3/4 c. Wondra Flour
- 1 tsp. salt

Preheat oven to 400 degrees.

1. Roll out pie crust and fit into an 8 inch square baking dish. Save enough crust for the top.
2. Sauté diced onion in 1 tablespoon of olive oil until almost clear.
3. Chop mushrooms into fine pieces and add to onions. While this is cooking, add the seasoning.
 4. When mushrooms are cooked (about 3-4 minutes) add the frozen mixed vegetables and stir into onions and mushrooms.
5. Tear the FriChik into small chunks and add to the vegetables along with all the FriChik juice.
6. Mix Better Than Milk, Wondra Flour and salt together until well mixed.
7. Add to above mixture and stir until thickened. This will only take a minute or two at the most.
 8. Add the Tofutti Better Than Sour Cream.
9. Pour into the pastry lined baking dish and top with the remaining pie crust.
10. Cover edges with foil Bake for 1 hour.
11. Let cool 10 minutes before serving.

Cinda Sanner

Elegant Stuffed Potatoes

6 lg. potatoes
1 8 oz. container Tofutti Better Than Cream Cheese
2 tsp. dried chives
salt to taste
Better Than Milk, original flavor

1. Bake potatoes at 350 degrees until done.
2. While still hot cut along the tops and scoop out the potato making sure to leave enough potato so that the skins will stand up to form a nice shell.
3. Put the scooped out potatoes into a mixing bowl and add the Better Than Cream Cheese, chives and salt to taste.
4. Mix well using the Better Than Milk to moisten and obtain the consistency of mashed potatoes.
5. Spoon filling into the potato shells and return to the oven at 350 for about 15 minutes or until hot.
6. You may freeze the stuffed potatoes to be used at a later time.

Cinda Sanner

Baked Eggplant Roll-Ups

2 (1lb.) eggplants
1 pkg. Mori-Nu Firm Tofu
1 onion
2 10 oz. pkgs frozen chopped spinach, thawed and squeezed dry or 4 c. fresh
1/2 c. plain dried bread crumbs
stewed tomatoes, chopped with juices
8 oz. can tomato sauce
1 Tbsp. tomato paste
1/2 c. seasoned bread crumbs
1/2 tsp. salt

Preheat oven to 400 degrees.

1. Slice eggplant lengthwise and boil for 1 1/2 minutes.
2. In bowl, combine tofu, onion, 1/4 teaspoon of the salt.
3. Add spinach and stir.
4. Sprinkle one side of eggplant with bread crumbs.
5. Spoon tofu mixture over crumbs and roll up eggplant slice.
6. In a 9 x 13 inch glass baking dish, combine the tomatoes, tomato sauce, tomato paste, and 1/4 teaspoon of salt.
7. Place eggplant rolls in pan seam sides down.
8. Cover with foil and bake for 25 minutes or until hot.
9. Spoon sauce over roll-up when ready to serve.

Brenda Walsh

Bean Dip

1 15 oz. can cannellini beans
2 c. loosely packed fresh basil
2 Tbsp. extra virgin olive oil
1 clove garlic
2 Tbsp. fresh lemon juice
salt to taste

1. Add all ingredients to food processor and puree.

Brenda Walsh

Pecan Crescents

3/4 c. whole wheat pastry flour
1/2 c. tsp. baking powder
1/8 tsp. salt
1/2 c. toasted pecans
1/4 c. maple syrup
3 Tbsp. canola oil
1 tsp. vanilla extract
1 recipe Carob Dip

Preheat oven to 400 degrees.

1. Sift flour, baking powder, and salt.
2. In separate bowl, blend oil and egg and then add maple syrup.
3. Add to dry mixture along with toasted pecans.
4. Chill dough in freezer for at least 30 minutes.
5. Mold dough into small crescent shapes and place on baking sheet lined with parchment paper.
6. Bake at 400 until done.
7. Dip half of crescent into carob dip and sprinkle with pecans.

Brenda Walsh

Carob Dip

1/2 c. carob chips
1/2 c. peanut butter

1. Melt carob and peanut butter together. Spread over desired bread or cookie.

Brenda Walsh

