

# COOKING SCHOOL #1

## SCALLOPED POTATOES



Ingredient	Amount
Sliced potatoes	4 cups
Cashew nuts, raw	1/2 Cup
Onion powder	2 Teaspoons
Cornstarch	1 Tablespoon
Salt	2 Teaspoons
Water	2 Cups

**Recipe serves 8**

### Instructions

1. Scrub potatoes and slice thin, place in a 1 quart casserole dish.
2. Blend cashews in 1 cup water until smooth, then add remaining ingredients and blend well.
3. Pour over potatoes in casserole dish.
4. Cover with foil and bake at 375 degrees for 1 hr. Test for doneness.
5. Remove foil, sprinkle with paprika and parsley flakes if desired and return to oven just long enough to brown the top. Variations: May use raw onion instead of onion powder, onion may be sliced and placed in casserole with potatoes or blended. Frozen sweet peas may also be added to potatoes for variety.

## CHANNA OAT PATTIES



Ingredient	Amount
Channa	1 can, drained
Water	1 1/2 Cups
Goya Adobo	2 Teaspoons
Onion powder	2 Teaspoons
Garlic powder	1 Teaspoon
Italian Seasoning	1 Teaspoon
Walnuts	1/3 Cup
Quick Oats	2-2 1/2 Cups

**Recipe serves 8**

### Instructions

- Blend first 6 ingredients until smooth. Add walnuts and pulse for 10-15 sec (if using chopped walnuts omit this step). Pour into a medium mixing bowl and add quick oats.
- Let set 5 minutes for oats to absorb moisture then drop by 1/4 cup measure onto lightly sprayed baking sheet. Press out with the bottom of cup until desired size is reached.
- Bake at 350 degrees for 15-20 min, then turn over and bake another 10-15 minutes.
6. Serve with gravy, use as a burger in sandwiches, or crumble and use as chicken in a chicken salad. Be creative.

## GARDEN SALAD



Ingredient	Amount
Lettuce, torn	6-8 Cups
Carrot	1 grated
Cucumber	1 med sliced
Purple cabbage	1/2 Cup, grated
Tomatoes	2-4 small
Avocado	1 sliced
Olives	1/2 Cup
Alfalfa Sprouts	1 Cup
Green onion	1 sliced thin
Channa	1/2 Cup
Sunflower seeds	1/4 Cup
Fresh herbs	as desired

**Recipe serves 4 to 6**

### Instructions

1. In large salad bowl, toss lettuce, carrot, channa, onion and sprouts.
2. Arrange cucumber, tomatoes, olives, and avocado on top. Sprinkle with seeds and fresh herbs if desired.
3. Serve with salad dressing of choice.

## CREAMY HERB DRESSING

Ingredient	Amount
Cashew nuts, raw	1/2 Cup
Water	1/2 Cup
Lemon juice	2 Tablespoons
Honey	1/2- Tablespoon
Garlic	1 Clove
Onion powder	1/4 Teaspoon
Basil	1/2 Teaspoon
Oregano	1/4 Teaspoon
Parsley	1/4 Teaspoon
Salt	1/2 Teaspoon

**Recipe serves 12**

### Instructions

1. Combine all ingredients in blender.
2. Blend until smooth. Adjust herbs and salt to taste.
3. Chill until ready to serve.

## EASY CASHEW GRAVY

Ingredient	Amount
Cashew nuts, raw	1 Cup
Water	4 Cups
Onion powder	1 Tablespoon
Garlic powder	1 Teaspoon
Goya Adobo	2 Teaspoons
Corn Starch	2 Tablespoons
Italian Seasoning	1 Teaspoon

**Recipe serves 8**

### Instructions

1. In blender, combine cashews and 1 cup water, blend till smooth.
2. Add remaining ingredients and blend well. Adjust seasonings as desired.
3. Cook in sauce pan on medium heat till bubbly.

## GOLDEN MACAROONS



Ingredient	Amount
Grated carrots	1 Cup
Grated Coconut	1 1/2 Cup
Oat flour	1 Cup
Honey or cane sugar	1/4-1/3 Cup
Water	1/4-1/2 Cup
Salt	1/2 Teaspoon
Vanilla	1 Teaspoon

**Recipe serves 12**

### Instructions

1. Mix all ingredients except water.
2. Add water as needed until desired consistency is reached. If using honey, less water will be needed.
3. Drop by round tablespoon onto cookie sheet with non-stick spray.
4. Bake at 350 degrees for 20-30 minutes, depending on how soft or hard you want the cookie to be.
5. Cool and enjoy!

## HEALTH TIPS

If you buy a car and the owner's manual states that you need to use 93 octane gasoline, it makes no sense to put diesel in the engine and expect it to run properly. The same is true of our bodies. The owner's manual states in Genesis 1:29 & 3:18, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food....And you shall eat the herb of the field." The manufacturer (God) stated that we were designed to eat fruits, nuts, grains and vegetables. And today, modern science and research is proving that indeed a plant based diet is the best diet for us. Whether you are trying to maintain or regain your health, it makes no difference. A plant based diet is both preventive and therapeutic for all major illnesses facing us today. Diabetes, obesity, heart disease, cancer, osteoporosis, autoimmune disorders, and allergies, just to name a few, can be greatly improved, and in some cases reversed, just by making simple changes in diet and lifestyle habits. In this cooking school we will give you the tools you need to go home and make the change that will make a difference in your health for good!

The fact is, and research is showing this over and over again, that eating animals and their byproducts (dairy products) is not healthy for humans. Animal meat is increasingly contaminated with bacteria, parasites, viruses, prions, antibiotics, hormones, pesticides, and other environmental toxins. Milk is a ready medium through which cholesterol (which leads to cardiovascular disease), casein (a protein glue linked with cancer growth), Bovine Leukemia Virus (which can cause leukemia and lymphoma in humans), prions (a protein that can cause Creutzfeldt Jakob Disease - the human form of Mad Cow Disease), bacteria (which cause millions of cases of vomiting and diarrhea and some deaths yearly), antibiotics, hormones, and pesticides among other things are introduced into the human body. Cheese, in addition to concentrating all of the problems of milk up to 10 times, introduces harmful chemicals. mold and bacteria waste products. Isn't it time to change the way you eat, so that you can enjoy maximum health?

# COOKING SCHOOL GUEST LIST

Guests

Last name	First name	Phone	Email or Address	Total in Party	Nights Attended	Contact me for upcoming events
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<b>Count</b>						

# COOKING SCHOOL #1

## PERISHABLE ITEMS LIST AND BUDGET

### Shopping List

Ingredient	Have it	Quantity	Estimate	Store
Potatoes	<input type="checkbox"/>			
Corn starch	<input type="checkbox"/>			
Lettuce	<input type="checkbox"/>			
Tomatoes	<input type="checkbox"/>			
Cucumber	<input type="checkbox"/>			
Olives	<input type="checkbox"/>			
Channa (garbanzos), cooked	<input type="checkbox"/>			
Garlic	<input type="checkbox"/>			
Green onion	<input type="checkbox"/>			
Salt	<input type="checkbox"/>			
alfalfa sprouts	<input type="checkbox"/>			
Walnuts	<input type="checkbox"/>			
Cashews, raw	<input type="checkbox"/>			
Goya Adobo without pepper	<input type="checkbox"/>			
Quick oats	<input type="checkbox"/>			
Onion powder	<input type="checkbox"/>			
Garlic powder	<input type="checkbox"/>			
Lemon juice	<input type="checkbox"/>			
Basil	<input type="checkbox"/>			
Italian Seasoning	<input type="checkbox"/>			
Carrots	<input type="checkbox"/>			
Shredded coconut	<input type="checkbox"/>			
Oats	<input type="checkbox"/>			
Vanilla	<input type="checkbox"/>			
Cane Sugar or honey	<input type="checkbox"/>			
<b>Total</b>				

### Budget

Item	Have it	Store	Estimate
Food	<input type="checkbox"/>		
Napkins	<input type="checkbox"/>		
Handouts	<input type="checkbox"/>		
Plastic Plates	<input type="checkbox"/>		
Plasticware	<input type="checkbox"/>		
<b>Total Cost</b>			

# COOKING SCHOOL #1

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## NON-PERISHABLE ITEMS CHECK LIST

Item to bring	Quantity	Size	Have it
Blender	1		<input type="checkbox"/>
Hot plate	1		<input type="checkbox"/>
Non-stick Spray	1		<input type="checkbox"/>
Cookie Sheet	1	small	<input type="checkbox"/>
Casserole dish	1	8x8	<input type="checkbox"/>
Hot pad	2		<input type="checkbox"/>
Mixing bowl	2	medium, small	<input type="checkbox"/>
Measuring spoons	5	2 1T, 1t, 1/2t, 1/4 t	<input type="checkbox"/>
Mixing/serving spoons	3	large	<input type="checkbox"/>
Spatula	1		<input type="checkbox"/>
Pancake turner	1		<input type="checkbox"/>
Salad tongs	1		<input type="checkbox"/>
Sauce pan	1	1 quart	<input type="checkbox"/>
Salad bowl	1	large	<input type="checkbox"/>
Measuring cups	3	2c, 1c, 1/2c, 1/3c	<input type="checkbox"/>
Table cloth	2	large	<input type="checkbox"/>
Pitcher for water	1		<input type="checkbox"/>
Dishcloth	1		<input type="checkbox"/>
Extension cord	1	large	<input type="checkbox"/>
Power strip	1		<input type="checkbox"/>