

# COOKING SCHOOL #4



Ingredient	Amount
Lasagna Noodles	9 noodles
Spaghetti Sauce	8 Cups
Ricotta-style filling	1 Recipe
Greens, steamed	1-2 Cups (optional)
Veggies, steamed	3-4 Cups (optional)
Salt	to taste

**Recipe serves 12**

**Instructions**

1. Cook lasagna noodles till just tender.
2. Press out liquid from steamed greens and mix greens with ricotta-style filling.
3. Place 2 cups sauce in bottom of large casserole dish. Layer noodles, sauce, veggies and filling, then repeat. Put last layer of noodles on top, then cover with sauce.
4. Bake at 350 or 375 degrees for 45 minutes to 1 hour or until bubbly. Let set to cool for 15-20 minutes before serving--it will hold together better.

**Variations:** If you want to make it without the veggies, or with more "cheese" filling, just make a double batch of the ricotta-style filling. That will give you enough to drizzle some extra on the top if you like. You may also leave out or adjust the amount of soya in it, or leave out the greens and just use the filling. You can change the veggies to any kind that you like and any amount that you like. This recipe just gives basic guideline to follow.

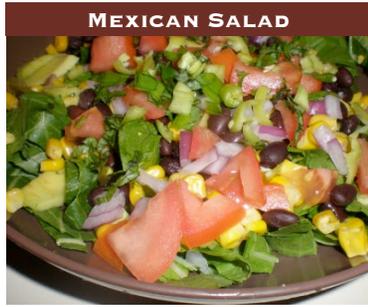


Ingredient	Amount
Cashew nut, raw	1/2 Cup
Tofu	1 Pound
Water	3/4 Cup
Lemon juice	2 Tablespoons
Garlic powder	1 Teaspoon
Salt	2 Teaspoons
Basil	2 Teaspoons
Parsley	1 Tablespoon
Onion powder	1 Tablespoon
Honey	2 Tablespoons

**Recipe serves 12**

**Instructions**

1. Blend cashews, 1/2 of tofu and water till smooth.
2. Mash remaining tofu with a fork in a small mixing bowl.
3. Add remaining ingredients and blender mixture to bowl and stir until well mixed.
4. May add water if desired to make it thinner and easier to spread in Lasagna.
5. Use in Lasagna, or makes a wonderful dip for veggies as it is.



Ingredient	Amount
Black beans	1 1/2 Cups
Brown Rice	1 1/2 Cups cooked
Tomatoes	2 Medium
Onion	1 Small
Red bell pepper	1/2 Cup
Avocado	1 Medium
Sliced Olives	1/2 Cup
Corn, cooked	1 Cup
Cucumber	1 Medium
Lettuce, torn	8 Cups
Salad Dressing	1 recipe

**Recipe serves 12**

**Instructions**

1. Drain and rinse beans (red, pink or pinto beans may also be used).
2. Chop tomatoes, onion, pepper, avocado and cucumber.
3. To make salad dressing, follow Ricotta-style filling recipe, except blend all ingredients in blender until smooth (except herbs), adding water as needed until desired consistency is reached.
4. Toss all ingredients together in a salad bowl. Mix dressing in just before serving or serve dressing separately.

**Variation:** Use hot rice and hot beans, (any of the above mentioned kinds). You just take the ingredients and stack them up on your plate; rice, beans, tomatoes, lettuce, dressing, etc. Each person can then choose what toppings to use!



Ingredient	Amount
Cooked Pumpkin	2 Cups
Dates	3/4 Cup
Coconut Milk	3/4 Cup
Soy Milk or water	3/4 Cup
Cornstarch	1/4 Cup
Salt	1/2 Teaspoon
Vanilla	1 Teaspoon
Coriander	1/2 Teaspoon

**Recipe serves 8**

**Instructions**

1. Blend dates with coconut milk and water till smooth.
2. Add remaining ingredients and blend well.
3. Pour into casserole dish.
4. Bake at 350 degrees for 1 hr or till set.

RANCH-STYLE DRESSING	
Ingredient	Amount
Cashew nut, raw	1/4 Cup
Tofu	1/2 Pound
Water	2/3 Cup
Lemon juice	1 Tablespoon
Garlic powder	1/2 Teaspoon
Salt	1 Teaspoon
Basil	1 Teaspoon
Parsley	2 Teaspoons
Onion powder	2 Teaspoons
Honey	1 Tablespoon

**Recipe serves 16**

**Instructions**

1. Blend all ingredients till smooth.
2. Add water as needed until desired consistency is reached.
3. Also makes a great dip if less water is used.

## HEALTH TIPS

### Foods to avoid for optimal health

1. **Flesh foods**-pork, beef, chicken, fish, seafood, etc. These are high in saturated fats and cholesterol. They are also the cause of many diseases; diabetes, heart disease, obesity, cancers, osteoporosis, parasites, viral and bacterial infections. A healthy substitute is combining whole grains and legumes to get your complete proteins without the negative effects of flesh food.
2. **Dairy Products**-milk, cheese, butter, eggs, ice cream, etc. These are also high in saturated fats and cholesterol and similar diseases result from their consumption. Healthy substitutes include soy milk, rice milk, nut butters, flax seed, soy and nut cheeses, etc.
3. **Spices**-hot or black pepper, mustard, ginger, cinnamon, nutmeg, cloves, etc. Spices cause irritation of the digestive organs which can lead to or worsen reflux, gastritis and ulcers. Healthy substitutes include sweet herbs such as basil, cumin, paprika and coriander.
4. **Vinegar**-apple cider vinegar, pickles, salad dressings, ketchup. Vinegar is the result of fermenting alcohol to acetic acid. It erodes the lining of the digestive tract. A healthy substitute is lemon juice or ascorbic acid (vitamin c).
5. **Refined carbohydrates**-white flours and pastas, white sugar, jelly, cakes, most crackers, syrups, white breads, cookies, etc. These are easily and quickly absorbed into the blood-stream and cause a rapid rise in blood sugar. They are also very high in calories. This leads to diabetes and obesity. Sugar also decreases the immune response in the face of illness. Healthy substitutes are whole grain products and natural sugars.
6. **Fried/High fat foods**-oils, chips, etc. These are high in trans fats which increase your "bad" cholesterol. Healthy substitutes include baking instead of frying and sauteing in water not oil.





# COOKING SCHOOL #4

## PERISHABLE ITEMS LIST AND BUDGET

### Shopping List

Ingredient	Have it	Quantity	Estimate	Store
Whole grain lasagna noodles	<input type="checkbox"/>			
Spaghetti Sauce	<input type="checkbox"/>			
Tofu	<input type="checkbox"/>			
Spinach (or other similar greens)	<input type="checkbox"/>			
Onion	<input type="checkbox"/>			
Salt	<input type="checkbox"/>			
Frozen broccoli, cauliflower mix	<input type="checkbox"/>			
Cashews	<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"/>			
Parsley	<input type="checkbox"/>			
Honey	<input type="checkbox"/>			
Black beans	<input type="checkbox"/>			
Tomatoes	<input type="checkbox"/>			
Cucumber	<input type="checkbox"/>			
Lettuce	<input type="checkbox"/>			
Corn	<input type="checkbox"/>			
Black olives	<input type="checkbox"/>			
Avocado	<input type="checkbox"/>			
Red pepper	<input type="checkbox"/>			
Pumpkin	<input type="checkbox"/>			
Coconut milk	<input type="checkbox"/>			
Dates	<input type="checkbox"/>			
Coriander	<input type="checkbox"/>			
Corn Starch	<input type="checkbox"/>			
Vanilla	<input type="checkbox"/>			
<b>Total</b>				

### Budget

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

# COOKING SCHOOL #4

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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"/>
Cooking Spray	1		<input type="checkbox"/>
Baking dish	1	8x8	<input type="checkbox"/>
Hot pad	2		<input type="checkbox"/>
Mixing bowl	2	medium, small	<input type="checkbox"/>
Salad bowl	1	large	<input type="checkbox"/>
Measuring spoons	4	2 1T, 1t, 1/2t	<input type="checkbox"/>
Mixing/serving spoons	3	large	<input type="checkbox"/>
Spatula	1		<input type="checkbox"/>
Fork	1		<input type="checkbox"/>
Sauce pan	1	1 quart	<input type="checkbox"/>
Casserole Dish	1	large	<input type="checkbox"/>
Measuring cups	3	2c, 1c, 1/2c	<input type="checkbox"/>
Table cloth	3	large	<input type="checkbox"/>
Pitcher for water	1		<input type="checkbox"/>
Dishcloth	1		<input type="checkbox"/>
Power strip	1	large	<input type="checkbox"/>
Dish towel			<input type="checkbox"/>