

# COOKING SCHOOL #2

MONDAY, OCTOBER 18, 2010



Ingredient	Amount
Water	4 Cups
Onion, chopped	1 small
Walnuts chopped	1/2 Cup
Garlic powder	1/2 Teaspoon
Onion powder	2 Teaspoons
Salt	2 Teaspoons
Basil	1 Teaspoon
Cumin (geera)	2 Teaspoons
Italian Seasoning	1 Teaspoon
Quick Oats	4 Cups

**Recipe serves 10**

### Instructions

- Heat 1/2 cup water in pan, add onion and cook till tender.
  - Add remaining water and seasonings and bring to a boil.
  - Stir in oats and turn off heat. Allow to cool slightly.
  - Form into burgers using a round 1/4 cup measure and place on lightly sprayed cookie sheet. Flatten burgers with bottom of cup. Dip cup into a bowl of water between each burger to prevent it from sticking.
  - Bake at 350 degrees for 30 minutes, then flip and bake for 10 more minutes.
- Variation: Make into meatballs, or crumble into burger for use in your favorite recipe. For breakfast "sausage" add 1 1/2 teaspoons of sage and make into smaller patties.



Ingredient	Amount
Brown rice	4 Cups, cooked
Onion, chopped	1 medium
Celery, minced	1/2 Cup (optional)
Red pepper or pimiento	1/4-1/2 Cup (optional)
Raw cashews	1/2 Cup
Sesame Seeds	4 Tablespoon
Water	3 Cup
Goya Adobo (no pepper)	1 Tablespoon
Garlic powder	3/4 Teaspoon
Onion powder	1 Tablespoon
Whole wheat flour	1/4 Cup
Parsley	1 Tablespoon
Channa (Garbanzo's)	2 Cups/ 1 can
Carrots, sliced	1 Cup
Peas, frozen	2 Cups
Slivered almonds	1/2 Cup (optional)

**Recipe serves 8**

### Instructions

- Saute onion, celery and pepper in 2 T water.
  - In blender, combine all but the last 4 ingredients and blend till smooth.
  - Add blender mixture to sautéed veggies and add channa, carrots, & peas.
  - Bring to a boil and simmer 10 min to thicken. Adjust salt and seasonings to taste. Add slivered almonds if using)
  - Serve on brown rice.
- Variation: Also good on whole grain pasta, toast, or over a baked potato.



Ingredient	Amount
Green Cabbage	3 Cups, shredded
Purple Cabbage	2 Cups, shredded
Carrots, grated	1 1/2 Cups
Sesame seeds	1 1/2 Tablespoons
Dill	2 Teaspoons
Dressing	1 Recipe

**Recipe serves 8**

### COLESLAW DRESSING

Ingredient	Amount
Cashews, raw	1/3 Cup
Water	1/3 Cup
Salt	1/2 Teaspoon
Honey	1 Tablespoon
Lemon Juice	2 Tablespoons
Garlic powder	1/4 Teaspoon
Onion powder	1/2 Teaspoon
Soy base *	1/3 Cup

### Instructions

- Place cabbage, carrots, sesame seeds, and dill in a salad bowl & toss.
- Place dressing ingredients in blender and blend till smooth.
- Pour over salad. Mix well.

### \* Soy Base

- Soak dry soybeans in water overnight.
- Blend equal parts soaked soybeans and hot water till smooth.
- Pour into casserole dish and bake covered at 300 degrees for 2 hours.



Ingredient	Amount
Peanuts, roasted	2 Cups, unsalted
Oat flour	1 Cup
Cane sugar	1/3 Cup
Vanilla	1 Teaspoon
Salt	1 Teaspoon
Water	1/4-1/2 Cup, as needed

**Recipe serves 8 or 10**

### Instructions

- Blend peanuts and flour in blender.
- Place peanuts, flour and sugar in bowl and mix well.
- Add salt and vanilla to 1/4 c water and add to peanut mixture. Mix well, add more water as needed to reach right consistency.
- Place on lightly sprayed cookie sheet and press crisscross with a fork.
- Bake at 350 degrees for 10-15 minutes.

## HEALTH TIPS

- Eat breakfast like a king, lunch like a queen, and supper (if you have it) like a pauper.
- Keep at least 5 hours between your meals. Your stomach needs time to digest your last meal and have a rest before you put more food in it.
- Eat your last meal at least 3 hours before you go to bed. Your stomach wants to sleep too.
- Before you eat, ask yourself three questions:
  - Is it healthy for me?
  - Is it the right time to eat?
  - Is it the right amount of food?
- Put nothing in your mouth between meals except water. No snack is a "healthy" snack.
- Eat for health, not for taste. Your taste-buds will change and adapt to the new flavors.