

# COOKING SCHOOL #4

MONDAY, NOVEMBER 1, 2010

## VEGETABLE LASAGNA



| 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) |
| Minced Soya           | 1/2 Cup (optional)  |
| Salt                  | to taste            |

**Recipe serves 12**

### Instructions

1. Cook lasagna noodles till just tender.
2. Re-hydrate soya with 1 1/2 cups hot water. Soak for 10 minutes and add to Spaghetti sauce.
3. Press out liquid from steamed greens and mix greens with ricotta-style filling.
4. 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.
5. Bake at 350 or 375 degrees for 45 minutes 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.

## RICOTTA-STYLE FILLING



| Ingredient    | Amount        |
|---------------|---------------|
| Cashew nut    | 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. Blender 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. Or add more water and blend it to use it as a delicious alternative to Ranch dressing.

## MEXICAN SALAD



| Ingredient      | Amount            |
|-----------------|-------------------|
| Black beans     | 1 1/2 Cups        |
| Brown Rice      | 1 1/2 Cups cooked |
| Minced Soya     | 1/3 Cup           |
| 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          |
| Shadow Beni     | 1/2 Cup           |

**Recipe serves 12**

### Instructions

1. Drain and rinse beans (red or pinto beans may also be used).
  2. Re-hydrate soya in 2/3 cup hot water for 10 minutes, then drain excess liquid off.
  3. Chop tomatoes, onion, pepper, avocado and cucumber.
  4. 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.
  5. 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!

## ALMOND RICE LOAF



| Ingredient        | Amount       |
|-------------------|--------------|
| Soaked channa     | 1/2 Cup      |
| Water             | 1/2 Cup      |
| Slivered almonds  | 1 Cup        |
| Sunflower seeds   | 1 Cup        |
| Hot water         | 1 Cup        |
| Oats              | 1 Cup        |
| Onion             | 1 Medium     |
| Brown rice        | 1 Cup cooked |
| Goya Adobo        | 2 Teaspoons  |
| Italian Seasoning | 1 Teaspoon   |
| Basil             | 1 Teaspoon   |
| Onion powder      | 1 Teaspoon   |
| Wheat germ        | 1/2 Cup      |

**Recipe serves 12**

### Instructions

1. Whiz almonds and sunflower seeds in blender until fine.
2. Blend soaked channa and 1/2 cup water until smooth. Add onion and blend slightly.
3. Combine above and all remaining ingredients in mixing bowl. Let stand.
4. Press into sprayed loaf pan and bake at 350 degrees for 45-60 minutes. Serve with tomato relish (recipe below).

### Tomato Relish

1. Combine 2 ripe tomatoes chopped, 1 small onion chopped, 1/2 t basil, 1/2 t salt, 1/2 t celery seed, 1 T lemon juice, and 5 dates chopped fine.
2. Simmer 30 minutes, add water as needed for desired consistency.
3. If a smoother sauce is desired, blend for a few seconds.
4. May also use canned diced or crushed tomatoes to shorten cooking time.

## HEALTH TIPS

### Foods to avoid

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.