Galactosemia-Friendly Recipes

2006

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BRErkFAST FOODS

Amish Baked Oatmeal

1 ½ cups quick cooking oats
½ cup sugar
½ cup rice milk
¼ cup milk-free margarine, melted
1 egg
1 tsp baking powder
¼ tsp salt
1 tsp vanilla extract
Warm rice milk
Fresh fruit and/or brown sugar, optional

Combine first 8 ingredients; mix well; spread evenly in a greased 13 X 9 X 2" pan; bake at 350 for 25-30 minutes or until edges are golden brown; immediately spoon into bowls; add warm rice milk; top with fruit and/or brown sugar if desired. Makes 6 servings

Submitted by:
Jacqui and Mark Wilson
Breakfast Casserole

Oblong pyrex dish
1 lb pork sausage
1 cans refrigerator biscuits
6 eggs beaten
2 tbls flour
1 cup unsweetened soymilk

Cook sausage and remove from pan; heat fat and add flour; stir; add soymilk to make gravy; quarter sausage and biscuits and layer in pyrex; pour over eggs; drizzle in gravy and cook @ 425 degrees for 15 minutes

Submitted by:
Jacqui & Mark Wilson
**Hearty Pancakes**

1 cup whole wheat flour  
¼ cup all purpose flour  
1/3 cup uncooked farina (cream of wheat)  
1/3 cup sugar  
1 tsp baking soda  
1 tsp baking powder  
½ tsp salt  
1 ½ cups vanilla soy milk  
½ cup applesauce  
1 large egg, lightly beaten  
Cooking spray  
½ cup golden raisins, divided  
½ cup maple syrup

Combine flours, farina, and next 4 ingredients in a large bowl, stirring with a whisk; combine soy milk, applesauce and egg in a medium bowl, stirring until well blended; add soy milk mixture to flour mixture, stirring until well combined; let batter stand 5 minutes; heat nonstick griddle or skillet over medium heat; coat pan with cooking spray; pour ¼ cup batter per pancake onto pan; sprinkle each with 2 tsp raisins and 2 tsp walnuts; cook 1 minute or until tops are covered with bubbles; carefully turn pancakes over and cook 1 minute or until each side is brown.
**Milk-Free Spanish Omelet**

6 eggs separated  
1/3 cup water  
½ tsp salt  
3 tbsp oleo  
¼ cup chopped green peppers  
¼ cup chopped tomato  
1 tbsp minced onion

Beat egg whites until bubbly; add water and salt and beat until thick; in a separate bowl, beat yolks till very thick and lemon colored; fold yolks into whites; melt half the oleo in a frying pan; when a drop of water sizzles in the pan, pour in half of the egg mixture; reduce heat and cook until bottom is browned; add half of the vegetables and fold omelet over; finish cooking on both sides; remove omelet from pan and repeat process with the remaining ingredients. Yields 2 servings
Caramel Rolls

1 loaf Rhodes bread dough, thawed as directed
4 tbsp dairy free margarine, melted
¼ c brown sugar
2 tsp water
2 tbsp light corn syrup
½ c pecan halves
Cinnamon
¼ c brown sugar

Let dough rise until doubled in size. Combine 3 tbsp margarine, ¼ c brown sugar, and corn syrup. Spread in 10 X 8 or 9 X 9 inch pan. Sprinkle with pecans.

Roll out dough to a 16 X 12 inch rectangle. Brush with remaining butter and sprinkle ¼ c brown sugar and cinnamon. Roll up, starting with 16 inch side. Pinch edges to seal. Cut into 15-16 pieces. Place cut-side down in pan. Cover loosely and let rise in warm place until light, 30-60 minutes.

Bake in 350 degree oven for 25 minutes. Cool 1 minute. Loosen edges and turn out onto wire rack lined with waxed paper.

By:
Collin Bense
Easy Sticky Buns

2 loaves of frozen bread dough
1 stick margarine
1 cup brown sugar
1 tsp vanilla
1 tsp cinnamon
2 tbsp soy milk
1 pkg (3.12 oz) vanilla pudding (not instant)
Raisins and nuts (optional)

Mix all ingredients in a saucepan and heat until gooey; divide each loaf of bread dough into 9 pieces; it’s best to cut the loaf while it is partially frozen. Butter a 9 X 13 baking pan; place raisins and nuts in bottom of pan; place dough circles on top; pour gooey sauce over the dough; refrigerate overnight; dough should rise while in the refrigerator; bake at 375 degrees for about 30 minutes or until dough is cooked through. Turn over onto a cookie sheet and serve.

By:
Maureen Bell
Strawberry Cinnamon Muffins

1 ½ cups all purpose flour
½ cup sugar
2 ½ tsp baking powder
1 tsp ground cinnamon
¼ tsp salt
2/3 cup sour supreme by tofutti
¼ cup dairy-free margarine
3 tbsp rice dream
1 large egg slightly beaten
¼ cup strawberry jam
1 tbsp sugar
½ tsp ground cinnamon
Cooking spray

Preheat oven to 375 degrees
Lightly spoon flour into measuring cups and level with a knife. Combine flour and the next four ingredients in a large bowl, stir well with a whisk; Make a well in center of flour mixture. Combine sour supreme, margarine, rice dream and egg in a bowl stirring well with a whisk; add sour supreme mixture to flour mixture, stirring just until moist.

Lightly coat muffin pan with cooking spray; spoon one tbsp batter into each cup. Top each cup with one teaspoon jam. Top evenly with remaining batter. Combine ½ tsp cinnamon and 1 tbsp sugar; sprinkle over batter. Bake at 375 F for 15 minutes. Cool in pan on a wire rack for 15 minutes; remove from pan; place on wire rack. Muffins freeze well!!

By:
Susan Fernstrom & Holly Harrison
Blueberry Muffins

Makes 12 - 400 degrees
1 ¾ cups all purpose flour
1/3 cup sugar
2 1/2 tsp baking powder
½ tsp salt
1 cup fresh or unthawed frozen blueberries
3/4 cup non-dairy creamer (Rich's) & water (1/2 & 1/2)
1 egg
1/3 cup melted margarine
*substitute: 1 cup non-dairy chocolate chips

In a large bowl, combine flour, sugar, baking powder and salt; stir in blueberries (or chocolate chips); add creamer, egg, butter; mix just until dry ingredients are moist; the batter will be lumpy; do not over beat; spoon batter into 12 2 1/2" muffin tins or greased muffin cups; bake at 400 for 18-20 minutes or until tops spring back when touched

By: Ann Gargamelli
Sugared Doughnut Holes

1 ½ cup all purpose flour
1/3 cup sugar
2 tsp baking powder
½ tsp salt
½ tsp ground nutmeg
1 egg
2 tbsp margarine melted
½ c rice dream or soymilk
Oil for frying/confectioner's sugar

In a bowl, combine flour, sugar, baking powder, salt and nutmeg. In a small bowl, combine egg, milk and margarine; add to dry ingredients. Mix to form dough. In an electric skillet or deep-fat fryer, heat oil to 375 degrees. Drop dough by heaping teaspoonful into oil (no more than 6 at a time). Fry until browned, turning once. Drain on paper towel. Roll or dust with confectioners' sugar. Yield about 3 dozen.

By: Pontecorvo Family
**Lemon Blueberry Muffins**

Kids love them as well as adults

- 2 cups flour
- ½ cup sugar
- 1 tsp baking powder
- ½ tsp salt
- 1/8 tsp ground nutmeg
- 1 ½ c margarine
- 1 ¼ c rice milk plus 1 tbsp vinegar (mix ahead and let sit a few minutes)
- 1 egg
- 1 tbsp lemon rind
- 1 c blueberries
- 1 tbsp lemon juice
- ½ c powdered sugar

Preheat oven to 400 - Makes 1 dozen muffins

Combine flour, sugar, baking soda, baking powder, salt and nutmeg in medium bowl. Cut in margarine to resemble coarse meal. Combine rice milk mixture, egg, rind and stir well. Add to flour mixture, stir until moist. Gently fold in blueberries. Spoon batter into lightly sprayed muffin tins. Bake at 400 for about 20 minutes. When cool mix together lemon juice and confectioners sugar. Drizzle glaze over muffins.

By:
Tryon Family
Blueberry Muffins

Either fresh or frozen blueberries can be used in this recipe. If you use frozen berries, you will need to cook the muffins about 5 to 10 minutes longer.

1 ¾ c flour
¼ c sugar
2 tsp baking powder
½ tsp salt
¼ c blueberries, preferably small ones
1 egg
6 tbsp vegetable oil
½ cup water
1 tbsp sugar (optional)
1/8 tsp ground cinnamon (optional)

Preheat oven to 400 degrees and use solid shortening to grease 12 muffin cups.

Sift flour, sugar, baking powder, and salt together. Stir in blueberries. Mix egg, oil, and water together; stir them all at once into the flour-blueberry mixture, continuing to stir just until all the dry particles are moistened.

Divide the batter among the 12 prepared muffin cups and sprinkle the tops of the muffins with the sugar flavored with cinnamon. Bake 15 - 20 minutes
Banana-Berry Breakfast

Makes 2 servings
1 whole ripe banana
1 c frozen berries
1 c apple juice
3 ice cubes

Mix all ingredients together in a blender. Blend at medium speed until smooth.

By:
Sharon Howell
Blueberry Muffins

Makes 1 dozen
1 ½ c flour
½ c sugar
2 tsp baking powder
½ tsp salt
1 egg well-beaten
½ c water
1/3 c melted margarine
1 c fresh blueberries
Confectioners' sugar

Grease one 12-cup muffin pan or use paper inserts. Combine dry ingredients. In a small bowl, combine egg, water and margarine. Make a well in the center of the dry ingredients and add egg mixture all at once. Stir with a fork until moistened. Gentle fold in blueberries; fill muffin cups ½ full and bake at 400 degrees 25-30 minutes. Sprinkle tops with confectioners' sugar.

By: Sharon Howell
FRUIT AND VEGETABLE DIPS

*So Simple Fruit Dip*

1 small jar of marshmallow fluff  
1 package of no-dairy cream cheese  
Your favorite flavor jam

Mix the fluff and softened cream cheese together; add your favorite jam, a tsp at a time, until desired taste; chill and serve with your favorite fruits.

Submitted by:  
Kristen Holler
Incredible Taco Dip

1 lb hamburger
Packet of taco seasoning
1 small jar of salsa
Package of non-dairy sour cream
Package of non-dairy cream cheese
(our favorite for these two is tofu-tti brand)
1 packet of French onion soup mix
Shredded non-dairy cheese
Lettuce
Tomatoes
Olives (optional)

Cook hamburger and add packet of seasoning mix (save 1/8 tsp and set aside before adding to meat); set meat aside to cool; take sour cream and add soup mix to make a dip, chill; spread package of cream cheese in a 9 X 11 inch pan; cover with dip that has been chilled

By:
Kristen Holler
Fooled You Fondue

¼ cup margarine (Fleischmann’s Light is Parve and non Dairy)
8 oz non-dairy chocolate chips or dark chocolate (tropical source - semi-sweet chips dark chocolate flavor is non-dairy and tastes great
2 tbsp flour
½ cup corn syrup
½ tsp vanilla
2 tbsp soy milk

DIPPERS:
Strawberries
Bananas
Apricots
Gram-Crackers
Pretzels
Potato Chips (plain)

By:
Terry Kaye
CJ’s Guacamole

Combine in food processor:
½ small onion
2 cloves garlic
4 medium Haas avocados
¼ cup lemon juice (more or less to taste)
1 tsp salt
¼ tsp pepper

Serve with tortilla chips

By:
Mannix family
Mango Salsa

2 ripe mangoes, chopped
\( \frac{1}{2} \) cup red onion, diced
\( \frac{1}{2} \) cup fresh cilantro, chopped
1 lime

Mix mango, onion and cilantro in bowl; squeeze juice of lime into mixture and mix some more; serve with tortilla chips; can be refrigerated.

By:
John Distasi
Guacamole

3 avocados
2 cloves garlic, minced
½ cup minced red onion
1 tbsp fresh lemon juice
1 tsp chili powder
½ tsp each salt and ground cumin
Pinch cayenne pepper

Cut avocado in half, remove pit and scoop out. In bowl, mash avocado with fork, add rest of ingredients and mix until blended; serve with tortilla chips.

By:
John Distasi
**Chocolate Chip Zucchini Bread**

2 c grated zucchini  
3 eggs  
1 c oil  
2 c sugar  
3 c flour  
1 tsp salt  
1 tsp baking soda  
2 tbsp cinnamon  
1/2 tsp baking powder  
3 tsp vanilla  
10 oz bag of dairy-free chocolate chips (Tropical Source semi-sweet recommended) - optional

In a large mixing bowl, mix zucchini, eggs, sugar, and oil. Combine dry ingredients and stir into zucchini mixture. Blend in vanilla and chocolate chips.

Place into 2 greased and floured pans.

Bake @ 325 for 1 hour

By:  
Koch Family
Milk Free Pizza Dough

1 lb high gluten flour
3 quarts water
½ c sugar
2 tsp salt
2 tsp olive oil
2 tbsp yeast

Mix ingredients and knead until dough forms a ball; let sit for 1 hour; may freeze or stretch into a pizza on a pizza tin.

By:
Michael Salvetti
Banana Bread

$\frac{1}{2}$ c dairy-free margarine  
1 c sugar  
2 eggs  
$\frac{1}{4}$ tsp salt  
2 c flour  
1 tsp soda  
3 crushed bananas  
$\frac{1}{2}$ c nuts  
Dairy free chocolate chips

Mix together baking soda and crushed bananas and set aside. Cream margarine and sugar, then add eggs. Add banana mixture, flour, salt and nuts. Pour into greased bread pan and bake at 350 degrees.

By:  
Collin Bense
Chocolate Chip Pumpkin Bread

3 cups granulated sugar
1 (15 oz) can pumpkin puree
1 cup vegetable oil
2/3 c water
4 eggs
3 1/2 c flour
1 tbsp ground cinnamon
1 tbsp ground nutmeg
2 tsp baking soda
1 tsp salt
1 c semisweet parve chocolate chips
1/2 c chopped walnuts (optional)
Makes 3 loaf pans

Preheat oven to 350; grease and flour loaf pans.

In a large bowl, combine sugar, pumpkin, oil, water and eggs. Beat until smooth. Blend in flour, cinnamon, nutmeg, baking soda, and salt. Mix well. Add chocolate chips and fold in nuts. Fill pans 1/2 to 3/4 full. Bake 1 hour or until an inserted knife comes out clean. Cool on wire racks.

By:
Beth Humes
Banana Bread

¾ c of sugar
1 ½ c banana (approx 3 large)
¼ c vegetable oil
2 eggs
2 c flour
1 tsp baking soda
2 tsp vanilla
½ tsp baking powder
½ tsp salt

Heat oven to 325 degrees; grease a 9 X 5 X 3" loaf pan. Mix sugar, bananas, oil and eggs in a large bowl. Stir in remaining ingredients. Pour into pan. Bake 60-70 minutes. Let cool 10 minutes and remove from pan. Let cool completely before slicing.

By:
Jo Beth Southard
Homemade Bread

1 ½ tsp dry yeast 2 c flour
1 tbsp sugar
1 tbsp butter
1 c soy milk
1 tsp salt

Simply measure the above ingredients; place in your bread machine; set on medium setting; about 1 ½ hours.

By:
Lydon Family
Spinach Meatball Soup

1 tbsp lean ground meat (beef, pork or chicken)
1 tsp dried parsley
1 tsp each salt and pepper
1 clove garlic, crushed
1 egg
¼ c breadcrumbs

Combine the above ingredients; form small ½ inch balls; set aside

4 q water or chicken broth
1 large potato, grated
1 large carrot, grated
1 pkg fresh spinach
1 medium onion, grated
2 garlic cloves, chopped
1 c small sized pasta
Salt & pepper to taste

Grate potato, carrot and onion into large pot; add water or broth; bring to a boil, add garlic, salt and pepper. Let simmer for 5 minutes, add spinach. Simmer 5 more minutes, drop meatballs into pot. Add uncooked pasta after 10 minutes and simmer for approximately 30 minutes. Skim off any fat while simmering. Pour into bowls and enjoy.

By:
John Distasi
Marshmallow Salad

1 pkg of pistachio flavored instant pudding
1 can (20 oz) crushed pineapple in juice (un-drained)
1 cup miniature marshmallows
½ cup chopped pecans
1 ½ cups of whipped Rich's whipped cream

Mix pudding, pineapple, marshmallows and pecans in a large bowl until well blended. Gently stir in whipped topping, cover and refrigerate one hour until ready to serve.
Swanson Chicken Salad

1 can (5 oz) Swanson premium chunk chicken breast, drained
2 to 3 tbsp mayonnaise
¼ c chopped celery
1 tsp chopped onion
(optional) chopped apple, nuts, Dijon mustard)

Mix all ingredients. Serve on bread. (Makes 2 sandwiches)
Cauliflower Salad

1 fresh cauliflower or 1 bag of frozen cauliflower
Margarine
4 boiled eggs
Sweet pickle relish
Dill pickle relish
Celery seed
Salt
Pepper

Cook cauliflower according to package directions until fork tender. Drain and place into large bowl.

Add and stir in
½ stick margarine
3 tbsp mayonnaise
4 diced boiled eggs
3 tbsp sweet pickle relish
1 tbsp dill relish
½ jar diced pimentos drained
Salt & pepper to taste
1 squirt mustard
1 tbsp celery seed

Serve hot or cold

By:
Michelle Fowler
Broccoli Salad

2 bunches broccoli (cut off stems)
Cut small
½ c golden raisins
½ c almonds
½ c sunflower seeds
¼ minced Vidalia onion
12 pieces cooked bacon
(crunched/cut into bacon bits)

Sauce
½ cup mayonnaise
½ cup sugar
2 tbsp cider vinegar

Mix everything except sauce and bacon; dress with sauce and bacon 30 minutes before serving.

By:
McVicar Family
**Chinese Noodle Salad**

½ cup peanut butter, melted  
2 tbsp rice vinegar  
1 tbsp sugar  
3 tbsp water  
Salt to taste  
Hot sauce to taste  
*Molasses can be added for color*  
1 pkg rice noodles  
1 cucumber julienne sliced (or cabbage or bean sprouts)  
4 chicken breasts cooked and sliced or whatever leftover chicken or pork you have; Crushed peanuts or cashews

Combine sauce ingredients in a large bowl. Cook rice noodles' run cold water over them to cool. Drain well and place in a bowl. Add vegetables and meat and toss well. Sprinkle crushed nuts on top before serving. Keep chilled.

By: Libby Fleming Chiang
**Chicken Noodle Soup**

Serves 6  
1 whole (2 split) chicken breast, bone in, skin on  
Olive oil  
Kosher salt  
Freshly ground black pepper  
2 qt homemade chicken stock  
1 cup medium-diced celery (2 stalks)  
1 cup medium diced carrots (3 carrots)  
2 cups wide egg noodles  
¼ c chopped fresh parsley

Preheat oven to 350 degrees

Place the chicken breast on a sheet pan and rub the skin with olive oil. Sprinkle generously with salt and pepper. Roast for 35 to 40 minutes, until cooked through. When cool enough to handle, remove the meat from the bones, discard the skin, and shred or dice the chicken meat.

Bring the chicken stock to a simmer in a large pot and add the celery, carrots, and noodles. Simmer uncovered for about 10 minutes, until the noodles are cooked. Add the cooked chicken meat and parsley and heat through.

Season to taste and serve. (I use goodman’s wide egg noodles)

By:  
Ina Garten
DESSERTS

Cream Puffs

\[ \frac{1}{2} \text{ c margarine} \]
\[ 1 \text{ c water} \]
\[ 1 \text{ cup flour} \]
\[ 4 \text{ eggs} \]

Filling (see below)

In a saucepan combine margarine and water, bring to a boil. Add flour all at once. Beat until mixture forms a ball. Beat in each egg one at a time. Continue beating until mixture is smooth. Drop batter about the size of a golf ball, onto a greased cookie sheet, using a pastry bag or spoonfuls. Bake at 350 degrees for approximately 35-45 minutes. When cool fill with ice cream, fresh fruit or pudding.

Filling:

1 cup of rich's whipped cream
1 pkg of vanilla instant pudding

Combine both ingredients and beat until the mixture is creamy. Fill the cream puffs using a pastry bag.
**Chocolate Chip Drop Cookies**

1 c shortening  
$\frac{3}{4}$ c brown sugar  
$\frac{1}{4}$ c white sugar  
2 eggs, well beaten  
1 tsp hot water  
1 tsp vanilla  
1 tsp salt  
1 $\frac{1}{2}$ c flour  
1 tsp soda  
1 c chopped nuts  
1 pkg dairy free chocolate chips  
2 c quick oatmeal

Mix the ingredients in the order given. Drop by teaspoons on lightly greased cookie sheet and bake in 350 degree oven for about 15 minutes or until slightly brown. If I double the recipe I usually need 1 cup of butter flavored Crisco and 1 cup of dairy free margarine.

By: Collin Bense
M & M Cookies

2 c shortening (Butter Flavored Crisco)
1 ½ c white sugar
1 ½ c brown sugar
1 tbsp vanilla
4 eggs well beaten
5 c flour
1 ½ tsp salt
¼ tbsp soda
3 c M & M (pareve lentils)**

Beat shortening and vanilla, add sugars and eggs; add flour, salt & soda; fold in the M & Ms. Bake at 350 degrees.

*I usually use 1 c Butter Flavored Crisco and 1 c of dairy free margarine.
**I buy pareve lentils from the Illinois Nut Company (address below)

Illinois Nut Company
3745 West Dempster Street
Skokie, IL  60076
www.illinoisnut.com
8900-590-6887
They sell pareve chocolate lentils, mint lentils, chocolate chips, mini chocolate chips, chocolate almond bark, etc.

By:
Collin Bense
Quick Chocolate Cupcakes

1 ½ c flour
3/4 c sugar
¼ c cocoa
1 tsp baking soda
½ tsp salt
1 c water
¼ c vegetable oil (for low fat use ¼ c applesauce)
1 tbsp vinegar
1 tsp vanilla

Preheat oven to 375 degrees. Line muffin cups with baking cups. In medium bowl, sift together flour, sugar, cocoa, baking soda and salt; add water, oil, vinegar and vanilla; beat with whisk just until batter is smooth and ingredients are well blended; fill muffin cups 2/3 full with batter; bake 16-18 minutes or until toothpick inserted in center comes out clean; remove from pan to wire rack; cool completely and frost as desired.

By: Collin Bense
Raspberry Bars

**Crust:**
1 c dairy-free margarine
2 c flour
18 oz raspberry preserves
½ c sugar
Pinch of salt

**Topping:**
¾ c flour
¼ tsp salt
¼ c packed brown sugar
½ c white sugar
1/3 c dairy-free margarine

**Icing:**
½ c powdered sugar
¼ tsp almond extract
3-4 tsp soy milk

Mix together margarine, sugar, flour and salt. Press into a 9 X 13 inch pan. Bake at 350 fpr 25 minutes or until light brown; while hot spread the preserves over the top.

Mix topping ingredients together and sprinkle on top of preserves. Bake at 350 for another 30 minutes.

In small bowl, mix icing ingredients together until smooth, adding enough soy milk for desired drizzle consistency. Drizzle over bars when pulled out of the oven. Cut while warm for easier cutting.

By:
Jay & Kelly Vosmik
Black & White Chipper Cookies

1/3 c sugar
1/3 c packed brown sugar
1/3 c quick oats
2/3 c flour mixed with 1 tsp baking powder
2 tbsp chopped pecans
2 tbsp chocolate lentils
1/3 c rice krispies
1/2 c chocolate chips

Place all ingredients into large bowl and blend together with hands. Add 1 egg (beaten) and 1/2 c butter flavor shortening to mix. Shape dough into walnut size balls, 2” apart on sprayed cookie sheet. Bake 350 for 10-12 minutes.
My Special Chocolate Cones

Ice cream cone (the pointed kind)
Fudge frosting (Pillsbury is dairy-free)

Fill the cone with frosting all the way to the top and shape to look like a cone with ice cream.

By:
Adam Manis
**Monster Cookies**

3 eggs  
1 ¼ c brown sugar  
1 c white sugar  
1 tsp vanilla  
½ tsp salt  
2 tsp baking soda  
1 stick margarine  
1 ¼ c chunky peanut butter  
4 ½ c quick quaker oats  
½ c chocolate chips

In a large bowl, mix ingredients in order given. Chill dough. Drop dough on a greased cookie sheet using a large tbsp or ice cream dipper. Flatten with the greased and sugared bottom of a glass. Place 4 or 6 cookies on a sheet. Let cool on sheet.

Bake at 350 degrees for 10 to 15 minutes.

By: Great Grandma Marie: Kyle Hess's grandma
Blonde Chocolate Chip Brownies

1/3 c margarine
1 c firmly packed brown sugar
1 egg
1 tsp vanilla
¼ tsp baking soda
¼ tsp salt
½ c chocolate chips (I use Sam's Choice from Walmart)
½ c chopped pecans

Cream Butter; add sugar, beating well @ medium speed; add egg and vanilla, beat well; combine flour, soda, and salt; add to creamed mixture, and mix well. Stir in chocolate chips and pecans; spread into a greased 8" square pan; bake at 350 for 25-30 minutes; cool and cut into squares.

By:
Whittington Family
Bryan's Ice Cream

\[
\begin{align*}
\frac{1}{2} \text{ c} & + 2 \text{ tbsp firmly packed brown sugar} \\
\frac{1}{2} \text{ c lactose free margarine} \\
3 \text{ eggs} \\
2 \text{ tsps vanilla extract} \\
\frac{1}{2} \text{ tsp salt} \\
2 \text{ c (500 ml) lactose free “nutria-whip” whip topping}
\end{align*}
\]

In heavy saucepan, combine brown sugar and margarine. Bring to a boil over low heat, stirring occasionally; boil 1 minute. In blender container, combine eggs, vanilla & salt; blend at medium speed for 30 seconds; gradually pour hot brown sugar mixture; blend at high speed 1 minute.

Set aside, cool to room temperature. In large bowl, beat whip topping until stiff; fold in butter/sugar/egg mixture. Pour into air-tight container and freeze until firm (overnight). Makes about 1 1/2 quarts.

Options: for chocolate add 1 cup lactose free semi sweet chocolate chips to hot margarine mix (to melt) or add lactose free chocolate syrup to blender mix.

Add 1 c toasted walnuts or allowable fruits into end mixture and fold.
Butternut Apple Crisp

1 small butternut squash (about 1 lb)
3 medium tart apples, peeled and sliced
¼ c corn syrup
¾ c packed brown sugar
1 tbsp cornstarch
1 tsp ground cinnamon
½ tsp salt
OAT Topping
½ c all-purpose flour
½ c quick-cooking oats
¼ c packed brown sugar
6 tbsp cold butter
Vanilla ice cream (rice dream)

Peel squash and cut in half lengthwise; discard seeds. Cut squash into thin slices. In a large bowl, toss the squash, apples, corn syrup.

Combine the brown sugar, cornstarch, cinnamon and salt; stir into squash mixture. Transfer to a greased 13in X 9in X 2in baking dish. Cover and bake at 375 for 20 minutes.

In a small bowl, combine the flour, oats and brown sugar; cut in butter until mixture resembles coarse crumbs. Sprinkle over squash mixture. Bake 25 minutes longer or until squash and apples are tender and topping is lightly browned. Serve warm with ice cream. Yield: 6-8 serving.

By: Kim Pontecorvo
Biscuit Coffee Cake

2 cans refrigerator biscuits (not flakey)
1/3 c firmly packed brown sugar
¼ cup margarine, melted
1/3 cup pecans

Preheat oven to 350
Lightly grease 9X9 inch pan
Arrange biscuits, overlapping edges in pan
Combine remaining ingredients and evenly spread over biscuits
Bake for 15 minutes or until done

By:
Ian Raley
Chocolate Cake with Chocolate Frosting

\[\frac{3}{4} \text{ c Fleishman's unsalted margarine} \]
\[1 \frac{2}{3} \text{ c sugar} \]
\[3 \text{ eggs} \]
\[1 \text{ tsp vanilla} \]
\[2 \text{ c flour} \]
\[\frac{2}{3} \text{ c cocoa} \]
\[1 \frac{1}{2} \text{ tsp baking soda} \]
\[1 \text{ tsp salt} \]
\[1 \frac{1}{2} \text{ tsp baking powder} \]
\[1 \frac{1}{3} \text{ c water} \]

Preheat oven to 350 degrees
Grease a 9 X 13 baking dish and dust lightly with flour
Cream sugar and margarine together
Add eggs and vanilla and beat 1 minute. Combine flour, cocoa, baking soda, salt and baking powder. Add half of flour mixture to sugar mixture, then half of the water to the mixture, stirring just to combine. Repeat with remaining flour mixture and water. Pour into prepared pan and bake about 30 minutes until a toothpick inserted in cake comes out clean.

Frosting:

\[\frac{2}{3} \text{ pkg sifted confectioners powdered sugar} \]
\[6 \text{ tbsp Fleishman's unsalted margarine} \]
\[6 \text{ tbsp cocoa} \]
\[3 \text{ tbsp white corn syrup} \]
\[1 \text{ tsp vanilla} \]
Orange juice as needed

Mix all ingredients by beating with an electric mixer. Add orange juice as needed to achieve consistency desired or spreading.

By:
Christine Akar
Landon’s Famous Pickle Pops

Pour pickle juice into an ice cube tray
Cover with foil
Poke a toothpick in each section of foil

Place in freezer until frozen

By:
Landon Fowler
Farm Rich Pumpkin Pie

1 16 oz can solid pack pumpkin
¾ c farm rich (regular or light)
¾ cup brown sugar
2 eggs
2 tsp pumpkin pie spice
½ tsp salt
1 9 inch pie shell, unbaked

Pour pumpkin, farm rich, brown sugar, eggs, and spices into a blender and process at medium speed for 2 minutes.

Pour into pie shell and bake in preheated 425 degrees oven for 15 minutes. Reduce heat to 350 and continue to bake for an addl 30 to 40 minutes or until a knife inserted near center comes out clean.

By:
Brenda Oliveira
Hershey’s 5 minute Fudgy Brownies

¼ c Hershey’s Cocoa
½ tsp baking soda
2/3 c vegetable oil
½ c boiling water (measure accurately)
2 c sugar
2 eggs
1 1/3 c unsifted all purpose flour
1 tsp vanilla; ¼ tsp salt; ½ c chopped nuts

Stir cocoa and baking soda in mixing bowl; blend in 1/3 c vegetable oil; add boiling water, stir until mixture thickens, stir in sugar, eggs and remaining 1/3 c vegetable oil; stir until smooth; add flour, vanilla, and salt; blend completely; pour into lightly greased 13 X 9 pan for 30-32 minutes for 8” pans. Cool.

By:
Rhonda Svobodny
**1-2-3-4 Cake**

2 light blue bonnet sticks margarine *(dairy free margarine)*
2 cups sugar
3 cups sifted flour
1 tbsp baking powder
½ tsp salt
4 eggs
2/3 c rice milk
1/3 c water
1 tsp vanilla

Cream margarine and sugar adding sugar until well mixed. Stir in eggs, one at a time, beating well after each addition.

Add flour mixture, which baking soda and salt have been added to margarine mixture alternating with rice milk and water. Start and end with flour. Add vanilla. Grease and flour baking pans.

Bake cupcakes on 375 for approximately 15-20 minutes
Bake sheetcake at 350 for approximately 25-30 minutes
Bake cake at 350 degrees for approximately 25-30 minutes. Check cake with fork after 20 minutes to see if done.

Icing: Duncan Hines Classic Chocolate or Vanilla Icing.
By:
Melissa Berling
Nana’s Dolci Di Napoli

(Grandma’s Sweets from Naples)

1 ½ c sugar
6 large eggs
½ c melted shortening
½ c melted oleo
6 c flour
6 tsp baking powder
¼ c soy milk or water
3 ½ tsp lemon extract
2 tsp orange rind

Cream the sugar with the eggs, add the melted shortening and oleo the sugar and eggs, add flour and baking powder to the mixture, add ¼ c of soy milk; mix well, add lemon extract and orange rind to mix, dough should be soft, but not sticky (add a little flour if dough is sticky), roll into balls and place on un-greased cookie sheet, bake at 375 for 12-15 minutes.

Glaze:
3 tbsp melted Crisco
1 1/3 lbs confectioners sugar
3 tsp lemon extract
Boiling water

Melt the Crisco, mix melted Crisco with sugar, pour in boiling water a little at a time until the glaze is the right consistency (not too thick/or too runny), add flavoring; lemon extract. Dip cookie balls into glaze and decorate with sprinkles if desired.

By:
Kelley Salvetti
Raspberry Bars

Crust:
1 c dairy free margarine
2 c flour
18 oz raspberry preserves
½ c sugar
Pinch of salt

Topping:
¾ c flour
¼ tsp salt
¼ c packed brown sugar
½ c white sugar
1/3 c dairy-free margarine

Icing:
½ c powdered sugar
¼ tsp almond extract
3-4 tsp soy milk

Mix together margarine, sugar, flour and salt. Press into a 9 X 13 pan. Bake at 350 for 25 minutes or until light brown. White hot, spread the preserves over the top.

Mix topping ingredients together and sprinkle on top of preserves. Bake at 350 another 30 minutes.

In small bowl, mix icing ingredients together until smooth, adding enough soy milk for desired drizzle consistency. Drizzle over bars when pulled out of the oven. Cut while warm for easier cutting.

By: Kelly & Jay Vosmik
Individual Molten Chocolate Cakes

(an elegant do-ahead dessert)

Melt in microwave: 6 oz semisweet chocolate chips (milk free) 6 tbsp unsalted margarine; sift in & stir until smooth ¼ c unsweetened cocoa; beat on medium speed until soft peaks form 4 large egg whites, 1/8 tsp cream of tartar; gradually add 2 tbsp sugar beating on high until peaks are stiff but not dry.

With rubber spatula, fold ¼ egg whites into chocolate mixture. Carefully fold in remaining whites.

Fill 8 greased, sugared muffin cups ¾ full. Refrigerate until ready to serve. Bake at 400 for 8-9 minutes until cracked on top, but gooey in center. Invert on rack & serve immediately (with lactose free whipped topping, if desired)

By: Mannix Family
Dutch Apple Cake

4 large apples, thinly sliced and peeled
2/3 c sugar
1 tsp cinnamon
3 c flour
2 c sugar
4 eggs
1 tsp baking powder
1 cup oil
¼ c orange juice
2 ½ tsp vanilla

Combine cinnamon & 2/3 c sugar; set aside. Combine all ingredients in order given and beat well. Grease & flour a tube pan. Pour in ½ batter. Over this, arrange ½ of the apples & sprinkle ½ of cinn/sugar mixture. Repeat with batter, apples & cinn/sugar mixture. Bake at 350 for 1 to 1 ½ hours or until cake tests done.

By:
Maureen Bell
Chocolate Cake (loaded with zucchini)

¾ cup oil
1 ¼ c sugar
2 eggs
1 tsp vanilla
2 c grated zucchini
½ c water plus 3 tbsp vinegar (substitute for ½-c buttermilk)
3 tbsp cocoa
½ tsp baking powder
1 tsp baking soda
½ tsp cinnamon
2 ½ c flour
½ tsp cloves
Small bag of chocolate chips (tropical source semi-sweet)

Heat oven to 350 degrees; grease a 9 X 13’’ pan. Mix all ingredients and bake 30-35 minutes. Makes 16-servings.

By: Heidi Pankoke
**Kentucky Pie**

1 c sugar  
1 c flour  
½ c margarine  
2 eggs  
1 c chocolate chips  
1 tsp vanilla

Mix all together and pour in a 9" pie shell (just the bottom crust). Bake at 350 for 40 minutes.

1/3 c & 1 tbsp Crisco  
1 c flour  
½ tsp salt

Mix together and add water to dough consistency. Roll out and place in pie pan.

By:  
Michelle Switzer
**German Chocolate Cake**

2 tbsp oil  
2 tbsp vinegar  
1 tbsp vanilla

Mix dry ingredients in large bowl. Mix wet ingredients in small bowl & whisk together. Add to dry ingredients and mix well. Pour into greased pan. Bake @ 350F for 30-35 minutes.

**Butter Cream Frosting**  
½ c shortening  
½ c dairy free margarine  
1 tsp vanilla  
4 c confectioners sugar  
2-4 tbsp water

Cream shortening & margarine until fluffy. Add vanilla. Gradually add in sugar and water. Beat with mixer until fluffy. By: Tryon Family
Carrot Cake

1 ½ c vegetable oil
1 ½ c sugar
3 eggs, well beaten
1 c crushed pineapple
2 c grated carrots
3 tsp vanilla
2 c flour, sifted
2 tsp baking soda
2 tsp cinnamon
1 tsp salt
2 c flaked coconut
1 c chopped walnuts

Combine oil, sugar, eggs, pineapple (with juice) carrots and vanilla. Sift together dry ingredients; combine mixtures. Add coconut and nuts. Mix batter well and pour into a 9 X 13 greased and floured pan. Bake at 350 40-45 minutes.

Topping:
¼ c dairy free margarine
1 ½ c confectioners sugar
1 tsp vanilla
1 tbsp milk substitute

Blend margarine, sugar and vanilla. Add milk substitute a little at a time to get the proper consistency. Spread on top of cooked carrot cake.

By:
Maureen Dawson
Dairy-Free Cheesecake

1 bar of firm Tofu
1 packet Lemon Jell-O
1 Graham-Cracker crust
1 packet Knox gelatin
½ c confectioners sugar
¼ can Rich's Whipped topping
2 box Danish dessert (or Junket pudding)
2 c strawberries or raspberries

Graham-Cracker Crust
Melt 6 tbsp margarine; add ¼ c confectioner sugar and 1 stack of graham-cracker crumbs. Spread out in pie plate and cook for 10 minutes at 235F. While the crust sits, drain the tofu. Start setting the 2 types of gelatin in 2 separate bowls. Chop the berries. Make the Danish dessert with the favorite type of berry. Using a mixer, mix in tofu, and fold in scoops of semi-settled jell-o. Pour the mix into the graham-cracker crust and let set for 2 hours in the fridge.
By: Ray Mansfield
Lemon Angel Food Cake

2 c sifted superfine sugar, divided
1 1/3 c sifted cake flour (not self-rising)
1 1/2 c egg whites at room temp (10-12 eggs)
1/4 tsp kosher salt
1 1/2 tsp cream of tartar
3/4 tsp pure vanilla extract
1 1/2 tsp grated lemon zest (2 lemons)

Preheat oven to 350 degrees. Combine 1/2 c of sugar with flour and sift together 4 times. Set aside.

Place egg whites, salt, and cream of tarter in a bowl of an electric mixer (whisk attachment) and beat on high speed until the eggs make medium-firm peaks, about 1 minute. On medium speed, add the remaining 1 1/2 c of sugar by sprinkling it over the beaten egg whites. Whisk for a few minutes until thick and shiny. Whisk in the vanilla and lemon zest and continue to whisk until very thick, about 1 more minute. Sift about 1/4 of the flour mixture over the egg whites and fold it into the batter with a rubber spatula. Continue adding the flour by fourths by sifting and folding until it's all incorporated.

Pour the batter into an ungreased 10" tube pan, smooth the top, and bake for 35-40 minutes, until it springs back to the touch. Remove the cake from the oven and invert the pan on a cooling rack until cool.
Easy Summer Ice Cream Cake

1 16 oz can chocolate syrup
½ c peanut butter
36 tofutti cuties (18 berry and 18 vanilla)
2 cartons (8 oz each) Richwhip
1 c chopped nuts (pecans)

Pour the chocolate syrup into a medium microwave safe bowl and microwave 2 minutes on high. Do not allow to boil. Stir peanut butter into hot chocolate until smooth. Allow to cool to room temperature.

Line the bottom of a 9 X 13 dish with 18 Tofutti's.

Spread half the whipped topping over the Tofutti's. Spoon half the chocolate mixture over that. Top with half the chopped nuts. Repeat layers. Freeze until firm - about 1 hour. Cut into squares to serve.

Company will think you layered slices of cake with ice cream and a special sauce. They'll never know how easy this was to make.

By:
Koch Family
Chocolate Chip Oatmeal Cookies

2 sticks margarine, softened
1 c brown sugar
1 c sugar
2 eggs
1 tsp vanilla
1 tsp baking soda
1 tsp baking powder
2 ½ c flour
1 cup dairy free chocolate chips
2 ½ c oatmeal
1 c walnuts

Mix the first group of ingredients together in large bowl. Add the 2nd group of ingredients (may need to stir by hand to mix at the end if dough is too thick for the mixer). Add chocolate chips, oatmeal, and nuts. Stir by hand to mix. Bake at 350 for about 8-9 minutes. May need to bake a bit longer depending on the oven. Bake until light brown and then let cool on cookie sheet for a few minutes (cookies will continue to finish baking while cooling in the pan)
**Apple Spice Cake**

Vegetable oil spray  
3 eggs  
1 ½ c sugar, white  
3 c unbleached flour, white  
2 tsp baking powder  
1 tsp baking soda  
1 tsp cinnamon  
½ tsp nutmeg  
½ tsp allspice  
½ tsp salt  
½ c orange juice, frozen concentrate, thawed  
½ c vegetable oil  
1 tsp vanilla extract  
3 c chopped apples (granny smith) peeled

Preheat oven to 350F  
Prepare 10” bundt pan with vegetable oil spray.  
Beat eggs in a large bowl with an electric mixer until frothy. Add sugar and beat well. In a small bowl, mix dry ingredients together. Add dry ingredients to egg mixture; blend well. Add in orange juice concentrate, oil and vanilla; mix together. Batter will be thick. Fold apples into batter until blended. Pour into prepared bundt pan.  
Bake for 1 hour. Cool on a wire rack for 15 minutes. Allow cake to cool before serving.

By:  
Melissa Manis
Chocolate Cake

3 1-oz squares unsweetened chocolate
½ c margarine
1 lb brown sugar
1 tsp vanilla
3 eggs
2 ½ c sifted cake flour
1 ½ t baking powder
1 ½ t baking soda
¾ t salt
1 ½ c water

Preheat oven to 375F. Put chocolate into a small oven-proof dish and set in oven to melt (10-15 min). Grease and dust with flour the bottom of two 9” round pans or one 9 X13” long oblong pan.

Beat margarine, melted chocolate, brown sugar together; add vanilla and 2 eggs; continue beating until light and fluffy. Sift cake flour before measuring; sift again with the baking powder, baking soda, and salt.

Beat last egg into batter. Add sifted dry ingredients and water and mix well, then turn batter into prepared pan.

Bake in oblong cake pan for 45 min; layers will take about 35 min.

By:
Sharon Howell
Ultimate Cheesecake

Crust:
2 c finely ground graham crackers (30 squares)
1 stick unsalted butter, melted
¼ c toasted almonds, ground up

Filling:
2 8-oz containers Tofutti Better than Crème Cheese
3 eggs
1 c sugar
1 container Tofutti Better than Sour Cream
1/8 tsp vanilla extract or almond extract
½ c semisweet chocolate chips

For the crust: Preheat oven to 325F
In a mixing bowl, combine crust ingredients with a fork until evenly moistened. Lightly coat the bottom and sides of an 8” springfoam pan with nonstick cooking spray.
Pour the crumbs into the pan and using the bottom of a measuring cup or smooth bottom of glass, press the crumbs down into the base and 1” up sides. Refrigerate for 5 minutes.
Filling: Combine the cream cheese and sugar with spatula until smooth and free of any lumps. Add eggs, 1 at a time, continue to combine; add sour cream and vanilla/almond extract; add chocolate chips. The batter should be well mixed, but not over beaten. Pour filling into the crust-lined pan and smooth the top with a spatula.

Set cheesecake pan on aluminum foil and fold up sides around it. Place cake pan in roasting pan. Pour boiling water into roasting pan until water is halfway up the side of the cheesecake pan; the foil will keep the water from seeping into the cheesecake. Bake until cheesecake is slightly firm in center – up to 90 minutes. Let cool in pan for 30”. Chill in the refrigerator, loosely covered for at least 4 hours. Loosen cheesecake from the sides of the pan by running a thin spatula or knife around the inside rim. Unmold and transfer to a cake plate.

By: Forsyth-Denny Family
Old-Fashioned Pralines

A Christmas Treat

2 c brown sugar
1 ½ c water
1 tsp vanilla extract
1 c chopped pecans

Cook the sugar and water together to 240F. Remove from heat and beat until creamy, then add vanilla and pecans. Pour onto parchment lined baking sheet in round wafers.

By:

Ian Raley
Vanilla Pound Cake with Rum Glaze

3 c all-purpose flour
2 tsp baking powder
½ tsp salt
1 stick (1/2 c) Fleischmann's unsalted margarine, softened
½ c vegetable shortening, room temperature
2 c sugar
3 eggs at room temperature, beaten
1 c silk soymilk, vanilla or original flavor
2 tsp vanilla extract

Glaze:
3 tbsp rum or rum extract
1 ½ c confectioners sugar

Preheat oven to 350. Grease and flour a 10” bundt pan or other tube pan with a 12 c capacity. Cream margarine and shortening on medium speed of an electric mixer until smooth; continuing at medium speed, add sugar in a steady stream; scrape the bowl and continue to beat at medium speed until light and fluffy; 4-5 minutes.

Continuing at medium speed, add eggs a tbsp at a time. If batter becomes watery or shiny from adding too much egg at once, beat at a higher speed until smooth; continue until batter is white, fluffy, and his increased noticeably in volume, scraping bowl as needed.

Reduce speed to low and add flour in four parts, alternating with 3 parts soymilk, beat until mixed after each addition; add vanilla and beat just until mixed.

Bake in prepared pan 55-60 minutes or until a tester inserted into the cake comes out clean. Cool cake in pan 10 minutes, then turn onto a cooling rack and cool to room temperature.

Glaze:
Place the sugar and rum or rum extract in a medium bowl. Beat until smooth. Drizzle decoratively over the cake or serve on the side.
By: Donna Miele
Crazy Chocolate Cake

1 ½ c unsifted regular all purpose flour
1 c sugar
3 tbsp unsweetened cocoa
1 tsp soda
½ t salt
6 tbsp salad oil
1 tbsp vinegar
1 tsp vanilla
1 c cold water

Sift flour with sugar, cocoa, soda and salt into an un-greased 9” square baking pan; make 3 depressions; distribute the oil among the depressions; then the vinegar and vanilla. Pour the cold water all over; using a slotted pancake turner, mix all of the ingredients. Use the turner both to stir and to scrape the bottom and corners of the pan so that all is thoroughly mixed. Don’t worry if a few small lumps remain in batter. Bake in a 350 degree oven for 30-35 minutes or until a toothpick inserted comes out clean. Cool in the pan on a rack; serves 9.

By:
Sharon Howell
Chocolate Chip Oatmeal Cookies

2 sticks margarine, softened
1 c brown sugar
1 c sugar
2 eggs
1 tsp vanilla
1 tsp baking soda
1 tsp baking powder
2 ½ c flour
1 c dairy free chocolate chips
2 ½ c oatmeal
1 c walnuts

Mix the first group of ingredients together in large bowl. Add the second group of ingredients (may need to stir by hand to mix at the end if dough is too thick for the mixer). Add chocolate chips and oatmeal and nuts. Stir by hand to mix. Bake at 350 for 8-9 minutes. May need to bake a bit longer depending on the oven. Bake until light brown and then let cool on cookie sheet for a few minutes (the cookies will continue to finish baking while cooling on the pan).

By:
Sharon Howell
**Snicker Doodles**

1 cup shortening
1 ½ cups sugar
2 eggs
2 ¾ c sifted flour
2 tsp baking powder
½ tsp salt

Mix shortening sugar and eggs; sift dry ingredients together, add to creamed mixture and mix thoroughly. Chill dough 1 hour. Roll into balls and roll in mixture of 2 tbsp sugar and 2 tsp cinnamon (more or less); bake at 400 on un-greased sheet 8-10 minutes.

By:
Sheridan Family
ENTRÉE'S

Crispy Chicken

Combine:
2 tbsp lemon juice
1 tsp celery salt
½ tsp garlic salt
½ pint of dairy free sour cream (tofutti works best)
2 tsp Worcestershire sauce
1 tsp paprika
½ tsp salt
Dash pepper

Dip boneless, skinless chicken into mixture and roll in herbal stuffing. Place on a cookie sheet; pour melted margarine over chicken; bake @ 350 for 45 minutes.

By:
Maureen Bell
Tequila Lime Chicken

1 c water
1/3 c teriyaki sauce
2 tbsp lime juice
2 minced garlic
1 tsp liquid smoke
½ tsp salt
¼ tsp ground ginger
¼ t tequila

Marinade pieces of chicken and BBQ

By:
Sharon Howell
Skillet Chicken Stew

1/3 c all purpose flour
½ tsp salt
Dash pepper
1 ½ lbs boneless skinless chicken breasts, cut into 1" pieces
3 tbsp butter or margarine
1 medium onion sliced
3 celery ribs, sliced
3 medium potatoes, peeled and cut into ¾ inch cubes
3 medium carrots, sliced ¼ inch thick
1 c chicken broth
½ c chicken broth
½ tsp dried thyme
1 tbsp ketchup
1 tbsp cornstarch

Combine flour salt and pepper in a shallow bowl; coat chicken. In a large skillet, melt butter, brown chicken; add onion and celery; cook for 3 minutes; stir in potatoes and carrots; combine broth, thyme, ketchup and cornstarch; stir into skillet; bring to a boil, reduce heat; cover and simmer for 15-20 minutes or until the vegetables are tender. Yields 4-6 servings

By:
Sharon Howell
Potato Chip Chicken

1 bag of crushed potato chips
1 whole, cut up chicken or equivalent in pieces
1 stick acceptable margarine, melted
Salt & pepper

Wash chicken and pat dry. Arrange in 9 X 13 pan which has been sprayed with non-stick pan spray. Brush chicken with melted margarine and press on crushed potato chips.
Bake at 375 degrees, approximately 45-60 minutes or until juices run clear and chicken is tender.

By: Janet Hynes
El Pollo Loco Knockoff

6 oz pineapple juice
2 tbsp lime juice
1 tbsp white vinegar
2 cloves minced garlic, crushed
½ tsp salt
½ tsp dried oregano, crumbled
1/8 tsp ground pepper
¼ t finely chopped chili pepper
1 tbsp vegetable oil

Marinade chicken pieces and BBQ
Tastes great with Tortillas!

By:
Sharon Howell
Meatloaf

1 ½ lb ground beef
¼ c soft bread crumbs
2 eggs, beaten
1 small onion
1 tsp seasoned salt
½ tsp dry mustard
¼ tsp pepper
2 tbsp Worcestershire sauce
2 tbsp ketchup

Mix ingredients well; pack into greased 9 ½ X 5 ½ X 2 ¾ inch loaf pan. Bake at 350 for 1 ½ hours.

By:
Collin Bense
Beef & Broccoli Stir Fry

Marinate 1 lb flank steak, sliced into thin strips in:
2 tbsp soy sauce
1 tbsp rice wine vinegar
1 tbsp sugar
½ tsp sesame oil
1 tbsp corn starch
1 clove garlic
1 tsp minced ginger

In wok, heat 2 tbsp vegetable oil and stir fry beef 2-3 minutes until browned. Remove with slotted spoon.

Add ½ cup chicken broth to wok with 1 medium head broccoli, cut into small florets. Cover & cook on high 2 minutes, stirring occasionally. Add 2 tbsp oyster sauce and meat; stir fry until broccoli is tender crisp (2 minutes more). Serve over rice.

By:
Mannix Family
Country Style Chicken

2 cloves of garlic (minced)
2 tsp dried rosemary
2 tbsp parsley
1 tsp salt
¼ tsp pepper
½ c olive oil
1 10 oz package of mushrooms
4 large potatoes cubed
1 bag baby carrots
1 medium onion
1 whole cut up chicken or 8 chicken breast
2/3 c chicken broth or white wine

Preheat oven to 400F
Spray roaster with non stick spray
Combine oil, herbs, salt and pepper in small bowl
In a large bowl combine mushrooms, onion, carrots & potatoes with 2 tbsp of oil & herb mixture; spoon into bottom of roaster.

Place chicken in large bowl and toss with remaining oil mixture. Place chicken in roaster onto top of vegetables. Bake uncovered in oven for 45 min. Add chicken broth, cover and bake for 15 min longer or until done.

By: Mitchell Family
Chicken Marsala

1 ½ lbs chicken breasts  
½ c flour  
½ tsp dried marjoram  
½ c sliced mushrooms  
¼ c sliced green onion  
3 tbsp margarine  
¼ c chicken broth  
¼ c marsala wine

Rinse chicken and shake off excess water. Stir together the flour, marjoram and a little salt and pepper to taste. Lightly press chicken breasts into the flour mixture and shake off excess.

In a large skillet cook mushrooms and green onion in 1 tbsp of margarine until tender. Remove from skillet. In same skillet cook chicken pieces in remaining margarine over medium-high heat, turning to brown evenly. Remove skillet from heat. Return mushrooms and onion to skillet. Carefully add broth and marsala. Cook uncovered, 2-3 minutes or until onion mixture thickens slightly. Transfer chicken to serving platter. Spoon onion/mushroom mixture over top. (serves 4)
Chicken Dijon

⅓ c long grain rice
1 ½ lbs chicken breast
1 tsp lemon pepper
½ tsp onion powder
2 tbsp margarine
2 tsp flour
1 tbsp Dijon mustard
Rich's non-dairy creamer

Cook rice according to package directions. Rinse chicken and pat dry. Sprinkle both sides of chicken with lemon pepper seasoning and onion powder. In a skillet cook chicken in margarine over medium heat for 8-10 minutes or until tender; and no longer pink; turning once. Transfer to platter, keep warm.

For sauce, measure pan juices, add enough creamer to make 2/3 c liquid. Return to skillet. Stir ⅛ c creamer into flour, add to juice mixture; stir in mustard; cook and stir for 1-2 minutes more. Spoon sauce over chicken. Serve with rice. Makes 4 servings.
Chicken & Rice Casserole

1 ½ c raw rice
3 c boiling water
1- 1 ½ lbs chicken breast
1 pkg dry onion soup mix (Lipton is OK)
¾ stick lactose free margarine

Put rice in bottom of large baking dish, pour boiling water over; lay chicken breasts on top; sprinkle onion soup over this and dot with the margarine. Cover tightly. Bake 1 hour at 350F.
**Chicken with Potatoes and Zucchini**

1 - 1 ½ lbs chicken breasts  
3 tbsp olive oil  
¼ c finely chopped onion  
2 cloves garlic, minced  
2 medium potatoes, peeled and sliced thin  
2 medium zucchini, sliced ¼ inch thick  
2/3 c white cooking wine  
2 tsp rosemary or thyme  
1 tsp salt

In a large skillet, brown chicken pieces in hot oil about 15 minutes, turning to brown evenly and adding onion and garlic the last 5 minutes. Add potatoes and zucchini. Combine the wine, rosemary, salt and ¼ tsp pepper; pour over chicken and vegetables. Cover and simmer for 35-40 minutes or till chicken and vegetables are tender. Drain off pan juices. Makes 4 servings.
Oven Fried Pecan Chicken

\[
\frac{1}{2} \text{ c bisquick mix}
\]
\[
\frac{1}{2} \text{ c ground pecans}
\]
\[
1 \text{ tsp paprika}
\]
\[
\frac{1}{2} \text{ tsp salt}
\]
\[
\frac{1}{4} \text{ tsp pepper}
\]
\[
3 \text{ tbsp light Blue Bonnet Margarine (any dairy free)}
\]

Chicken breasts 6-8 single

Combine first 5 ingredients. Set aside. Melt margarine in glass baking dish in oven. Dredge chicken breasts in flour mixture and place in baking dish which margarine has been melted.

Bake uncovered at 350 for 30 minutes. Turn chicken pieces over and bake covered with Reynolds wrap for another 30 minutes.

This chicken dish may be prepared and frozen, but not baked until ready to serve.

By: Melissa Berling
Lemon-Tarragon Roast Chicken with Gravy

Serves 4-6
3-4 lb whole chicken
1 lemon sliced in half
Salt, pepper and garlic powder to taste
1 tbsp fresh or dried tarragon leaves
1 med carrot, chopped coarse
1 med stalk celery, chopped coarse
Water to cover the bottom of the roasting pan

Gravy:
1-2 tbsp cornstarch in ½ c cold water
2 c vegetable or chicken stock
¼ c white wine (optional)
Salt to taste

Preheat oven to 350

Season chicken inside and out with salt, pepper, and garlic powder. Put half the tarragon in the cavity and stuff with the sliced lemon. Pat the rest of the tarragon onto the skin, all over. Place on a greased rack in a roasting pan and allow to stand 10-20 minutes before cooking.

Place the chopped carrots and celery in the bottom of the roasting pan with water that just covers the bottom. The water should not cover the vegetables nor should it touch the chicken on the bottom.

Roast the chicken and vegetables for 1 to 1 ½ hrs, basting every 20 minutes, until an instant read thermometer, inserted into the thickest part of the thigh between the drumstick and breast, shows a temperature of 175 degrees. Check the water in the pan as the chicken roasts; adding if needed. Remove the chicken to a carving board and allow to rest while you make the gravy.
Make Gravy:
Add chicken stock and wine to the roasting pan and place over high heat on the stovetop. Allow to reduce to desired richness. Add cornstarch mixture and salt to taste. Allow to thicken. Strain if desired into serving dish.

By: Donna Miele
**Chicken Soft Tacos**

3 boneless, skinless chicken breasts, boiled
1 c cooked Spanish rice
Spices (chili, onion, garlic powder, salt)
Shredded lettuce
Chopped tomato
Dairy free flour tortilla shells
Tortilla chips

Boil the chicken for about 1 ½ to 2 hours until very tender. Reserve some of the broth. Cool chicken; place ½ to ¾ c uncooked white or brown rice, 1 to 1 ½ c of water and 2 tbsp of salsa or hot sauce into a rice steamer. Mix. Steam until done. Shred chicken into bite sized pieces. Place chicken in mixing bowl. Add 1 c of the chicken broth; add spices to taste (about a tbsp of each) except ½ tsp salt to the chicken. Mix well. Place a serving of chicken on a warm tortilla with rice, lettuce, and a few pieces of tomato. Garnish with tortilla chips. Makes 6-8 servings

By: Kara Edwards
French Onion Salisbury Steak

1 ¼ lb ground chuck
¼ c fresh minced parsley
2 tbsp scallion minced
1 tsp kosher salt
½ tsp black pepper
2 tbsp flour
1 tbsp olive oil
2 c onions, sliced
1 tsp sugar
1 tbsp garlic, minced
2 tbsp tomato paste
2 ¼ c beef broth
⅓ tsp kosher salt
½ tsp dried thyme leaves

Combine chuck, parsley, scallion, salt & pepper; divide evenly into 4 portions and shape each into 1" thick patties; place 2 tbsp flour in a shallow dish; dredge each patty in flour; reserve 1 tsp flour.

Heat 1 tbsp oil in a sauté pan over medium high heat; add patties and sauté 3 min on each side or until browned; remove from pan.

Add onions and sugar to pan; sauté 5 minutes; stir in garlic and tomato paste; sauté 1 min or until paste begins to brown; sprinkle onion with reserved flour; cook 1 minute. Stir in broth, and then add the salt and thyme.

Return meat to pan and bring soup to a boil. Reduce heat to medium-low, cover, and simmer 10 minutes.

By:
Michelle Fitch
Sweet and Sour Beef

2 lbs boneless chuck
2/3 c all purpose flour
2 tsp salt
½ tsp black pepper
2 tbsp margarine
1 tbsp olive oil
1 large onion, chopped
½ c ketchup
¼ c brown sugar
¼ c red wine vinegar
1 tbsp Worcestershire sauce
1 c water
4-6 carrots diagonally sliced

Cut beef into 1 inch cubes; mix flour, salt, and pepper; dredge cubes in mixture. In a skillet, heat margarine and olive oil and brown beef cubes. Place browned beef in a Crock-Pot. Add remaining ingredients except for carrots.

Cover and cook on low for 8-9 hours or on high for 4-5 hours. Add carrots at end and cook for an addl 30 minutes on High. Serve over rice or noodles; serves 6.

By:
Koch Family
Sloppy Joes

1 medium onion, peeled & chopped
1 clove garlic, peeled and minced
1 greenpepper, seeded and chopped
1 tbsp vegetable oil
⅛ lb lean ground beef
1 8-oz can tomato sauce
½ t dried parsley
¼ t dried oregano
1/8 t dried basil
Dash cayenne pepper
Salt to taste
2 hamburger buns

Sauté the onion, garlic and green pepper in the oil for a few minutes, stirring often, until they are limp and beginning to brown; remove the pan and set aside. Break up the ground beef in the pan with a spoon and sauté for a few minutes until it has lost its pink color. Return the vegetables to the pan, add the tomato sauce and seasonings and cook and stir for a few minutes to heat thoroughly and blend the flavors. Serve over buns or toast.
Spicy Pork Chops

3 medium thick pork chops
1 clove garlic; peeled and minced
¼ c orange juice
1 tsp honey
1 tsp Worcestershire sauce
Dash cayenne pepper

Brown the chops on one side in a heavy skillet; turn. Mix the remaining ingredients together and pour them over the chops. Lower the heat and simmer for about 15 minutes, until the pork is tender and the sauce is thick. Watch carefully at the last; the sauce can burn quickly. Serves 2 to 3.
Meat Loaf

1 ½ lb ground meat
¼ c chopped onion
½ tsp parsley
¼ tsp basil
1 egg
½ c bread crumbs
2 tbsp ketchup

Mix all ingredients together. Form into a loaf and transfer into a pan (Coat with ketchup if desired). Bake for 1 hour at 375F.
Italian Meatballs

1 lb ground beef
1 egg
2 tbsp parsley (dried)
½ c dairy free breadcrumbs
1 small onion

Mix all ingredients well; sauté meatball in a pan with oil; brown the meatballs all over; drain the oil off in a bowl; continue heating the meatballs in a pot or with spaghetti sauce.
Beef Tips

Sirloin tip steak - can be cut into bite size pieces or pre-cut
1 onion sliced
Beef broth
Flour
Salt
Pepper

Salt & pepper steak pieces; flour steak pieces; place floured meat in Dutch oven and sauté with sliced onion until meat is very lightly browned; add 1 ½ c of beef broth to meat and onion; cover and bake at 300 degrees for 1 ½ hr.

Mix 2 tbsp of flour with 2 c of beef broth just before removing from oven; add the flour and beef broth mixture to the skillet (this will make gravy); bake 1 addl hour. Serve over rice or noodles

By: Fowler Family
Carolina Corn Dogs

¼ c flour
¼ c cornmeal
1 tsp dry mustard
1 egg, beaten

1 lb all beef hot dogs
2 tsp baking powder
1 tbsp sugar
2 tbsp minced onion
½ c silk or other non-dairy soymilk (if sweetened omit the sugar in recipe)

Combine flour, cornmeal, sugar, mustard and onion; combine egg and milk; mix into dry ingredients; dip dogs into dough, covering completely; fry in hot deep fat until golden brown.

By:
Ray Mansfield
Meat & Rice

1 lb hamburger meat
1 envelope Lipton Beefy Onion Soup Mix
1 envelope brown gravy mix

By:
Gavaranovic Family
Chicken & Sausage Gumbo

6-8 chicken breasts
2 lbs andouille sausage sliced
1 c flour mixed with 1 tsp each black pepper, sage, salt
1 tbsp Tony Chachere's Seasoning Blend
4-5 onions chopped
1 small head celery sliced
4=5 cloves garlic crushed
4 bay leaves
1 tbsp thyme leaves
4-6 cups chicken broth
2-3 # tomatoes diced (optional)

Fry sausage over low heat, covered till most of the grease has cooked out and the sausage is brown. Remove with slotted spoon to colander and rinse under hot water to remove all the grease possible.

Meanwhile, wash the chicken well and dredge in the seasoned flour. Fry the chicken pieces in the sausage drippings over medium heat till golden brown, then place in large pot.

Sauté the vegetables a little at a time in the remaining sausage drippings until tender and then added to the pot with the sausage and chicken.

Add bay leaves, tomatoes, and cover with chicken broth. Simmer gently, covered about 45 minutes. Adjust seasonings (Tony Chachere’s) to taste.

Serve over rice

By:
Kelley Salvetti
SIDE DISHES

Spiced Yams

Serves 6-8
4 lb yams
¾ c plus 2 tbsp unsalted margarine, softened
½ tsp allspice
½ tsp cinnamon
¼ tsp nutmeg
¼ tsp ginger powder
Pinch of ground cloves
1 tbsp minced fresh parsley, for garnish

Preheat oven to 375. Bake yams until soft. Let cool. Scoop out flesh and discard skins. Combine yams with ¾ c margarine and all spices in food processor and process until smooth. Add salt and pepper to taste.

Turn mixture into soufflé dish and dot with remaining margarine. Bake uncovered until lightly browned, about 1 hour. Sprinkle with minced parsley to serve.

By: Donna Miele
Corn Casserole

4 cans white shoe peg corn, drained
2 cans yellow cream style corn
2 tsp chili powder
1 can rotel
2 large onions, chopped
2 small or 1 large bell pepper, chopped
12 strips bacon

Fry bacon and crumble; set aside. In bacon grease, wilt onions and bell pepper; add Rotel and cook until tomatoes and fat separate - about 20-30 minutes. Pour in corn and chili powder; salt to taste, add crumbled bacon; bake at 350 degrees for 30 minutes.

By:
Jackie Morrison
Vegan Mashed Potatoes

Serves 6
2 lbs (about 10 medium) yellow potatoes
2 garlic cloves, peeled
1 tsp sea salt
1 tsp fresh or dried rosemary or thyme
6-8 tbsp extra virgin olive oil
Salt and pepper to taste

Wash the potatoes and peel, if desired. Cut into 1-inch cubes. Place the potatoes, garlic, salt, and herbs in a pot with water to cover by 1 inch. Bring to a boil over high heat. Allow to simmer until potatoes are very soft, about 20 minutes; drain potatoes, reserving 1-2 c of cooking water. Add oil and ¼ c cooking water to the potatoes; beat with a potato masher or hand-held blender or transfer to food processor and process until smooth and fluffy; add oil and/or cooking water as needed to obtain proper consistency.

If the potatoes become too thin, place them in an oven safe pan and bake in a 350 degree oven until they dry out a bit. Add salt and pepper to taste.

By:
Donna Miele
Brown Rice

Converted Rice - 8 oz
1 large jar sliced mushrooms drained
Onion soup 1 package
Margarine 1/8 stick
Boiling water 16 oz
Mix all ingredients together.

Place in a casserole dish; bake for 1 hr 15 min at 300-325 degrees.

By:
Ashley Szoke
Rice Pilaf Turkey Stuffing

$\frac{1}{2}$ c pine nuts or slivered almonds  
$\frac{1}{2}$-c margarine  
1 c finely chopped onion  
3-c uncooked long-grain rice  
$\frac{1}{2}$ c chopped parsley  
$\frac{1}{2}$ t each cinnamon and allspice  
2 t salt  
$\frac{1}{2}$ t pepper  
5 c regular strength chicken broth

Lightly toast the nuts in a 350 degree oven for 5-10 minutes. In a wide frying pan, heat margarine and sauté onion about 5 minutes; add rice and cook; stirring over medium heat for about 4 minutes; blend in parsley, cinnamon, allspice, salt, pepper and toasted nuts.

In another pan boil broth and pour over rice mixture; stir lightly. Reduce heat to low, cover, and simmer until mixture is absorbed (25 minutes). Makes about 9-c stuffing.

By: Sharon Howell
Recipe for American Cheese

2 ¼ c boiling water
1/3 c gelatin powder, unsweetened, “Emes”
1 c cashews, raw, cleaned
3 tbsp nutritional yeast flakes
2 tbsp lemon juice
1 tbsp salt
2 tsp onion powder
1 tsp paprika
¼ tsp garlic powder

Dissolve Emes gelatin in boiling water. Blend cashews with half of the water and Emes until very smooth; combine all ingredients and continue blending until very smooth; pour into a container and refrigerate.

Can be sliced when firm; for grating, freeze first, grate while partially frozen; melts when heated.

For “Jack Cheese” Omit double yeast flakes, lemon juice, and garlic powder.

By: Janet
Ricotta-Style Filling for Lasagna

THIS IS EXCELLENT AND YOU REALLY WILL NOT BE ABLE TO TASTE THE DIFFERENCE!!

In a food processor, combine the following ingredients to a fine grainy texture like ricotta cheese.

1 ½ lb firm tofu
¼ c lemon juice
2 tsp dried basil or 2 tbsp fresh chopped basil
2 tsp honey
1 tsp salt
1 clove garlic or ½ tsp garlic powder

By:
Barb Bense
Additional Food Information

While it is generally not difficult to find non-dairy breads, one consistently good source of non dairy bread, muffins, bagels, rolls, granola bars and mixes is Natural Ovens Bakery of Manitowoc, WI. The products are delicious and contain no dairy, preservatives or trans-fatty acids. They are found in most supermarkets in Wisconsin and perhaps in some other states. For home sale orders call 800-772-0730 or visit their web site at www.naturalovens.com

Amy's Organic Toaster Pops in assorted fruit flavors are non-dairy and delicious. These and other Amy's non-dairy products can be found in the health food section freezer aisle of your supermarket. Visit the web site at www.amys.com

Van's All Natural Gourmet Multi-Grain Waffles are non-dairy and contain no trans fats. Visit the web site at www.vanswaffles.com.

Tofutti products include non-dairy cheese slices, sour cream, cream cheese and frozen desserts. Visit their web site at www.tofutti.com.

For a quickly made non-dairy pizza, use Pillsbury Reduced Fat Crescent Rolls. Make the crust thinner or thicker to suit your taste, and then add veggies, non-dairy cheese (Tofutti brand cheese slices) and/or other toppings.

Tropical source makes semi-sweet dark chocolate chips and peanut butter chocolate chips as well as large chocolate candy bars filled with various flavors. All are dairy-free/parve and can usually be found in the health food aisle of the supermarket or in health food stores. The Tropical Source products are made in Israel, but are distributed by nSpired Natural Foods in San Leandro, CA 91577. Web site www.nspiredfoods.com

Matt’s Cookies come in chocolate chip, oatmeal raisin and peanut butter. The chocolate chip cookies are very tasty. They are all dairy-free/pareve and are baked by Cookie Specialities, Inc. 482 N. Milwaukee Ave., Whelling, IL 60090. They can be found with the regular cookies in the supermarket or at health food stores.
Ghirardelli Premium Baking Cocoa has a tasty brownie recipe on the back of the can and can be used for making hot chocolate with a non dairy milk alternative. Web site www.ghirardelli.com

Submitted by:
Heidi Pankoke

Manufactured Food Company Contact Information

Archway Consumer Hotline 1-888-427-2492

Athens Pastries & Frozen Foods
800-321-2010

Automatic Rolls of N.E.
800-697-2867

Awrey Bakeries, Inc.
800-950-2253

B. I. Bakery Products, Inc.
800-245-2634

Baccone, Ltd.
800-338-5822

Bayer Corporation
1-800-800-4793

Bama Pie, Ltd.
800-331-3765

Best Foods
1-800-338-8831

Borden Inc.
1-800-4-Borden

Boston Cookies (www.bostoncookies.com)
1-800-879-7403
Boston Market Restaurants
  1-800-365-7000

Bremner Biscuit Co.
  800-722-1871

Breyers Ice Cream
  1-800-810-8660

Bubbies Ruggies
  800-881-2824

Butterball
  1-800-323-4848 (turkey talk line)

Celestial Seasonings
  1-800-351-8175

Campbell Soup Company
  1-800-257-8443

Coca-Cola Company
  1-800-438-2653

Coleman Natural Meats
  1-800-442-8666

Con Agra, Inc
  1-800-722-1344

Con Agra Frozen Foods (Butterball)
  1-800-252-0672

Continental Mills, Inc.
  800-426-0955

Coosa Baking Co., Earth Grains
  800-241-1067

Dail Corporation
  1-800-528-0849

DariFree Non-Dairy Beverage
  1-800-497-4834
Decko Products, Inc.
  800-537-6143

Del Monte Foods
  1-800-543-3090

Dijon by Plochman, Inc.
  1-800-843-4566

Dole Packaged Foods Company (not juices)
  1-800-232-8888

Duncan Hines
  1-800-395-4268

Empire Kosher
  1-800-367-4734

Entermann's
  1-800-874-0348

Fleishmann's
  1-800-227-62-02

Frito-Lay, Inc.
  1-800-352-4477

Galaxy Nutritional Foods
  1-800-808-2325

General Mills, Inc.
  1-800-328-1144

Gerber Products Company
  1-800-443-7237

Good Humor-Breyers Ice Cream
  1-800-810-8660

Guttenplan's
  800-392-6997

H & H Bagels/The Excellent Bagel
  800-692-2435
Haagen Dazs
   1-800-767-0120

Health Valley
   1-800-423-4846

Health Choice
   1-800-323-9980

Heinz Bakery Products
   800-346-3044

Hero Nutritionals (makers of “Yummi Bears”) 1-800-500-HERO

Hershey Food Corporation
   1-800-468-1714

Hormel Foods Corporation
   1-800-523-4635

Icebox Bakers/mrs. Feldman's
   800-423-2699

Imperial
   1-800-451-6679

Kellogg Company
   1-800-962-1413

Keystone Pretzel Bakery
   800-338-2784

Klassic Knishes (R.F. Bakery Int'l)
   800-543-2555

Knox Company
   1-800-566-9435

Kraft Foods, Inc.
   1-800-431-1001

   1-800-434-4246
Lactaid
1-800-522-8243

La Francaise Bakery
800-654-7220

Lawler Foods, Inc.
800-541-8285

Leaf, Inc.
1-800-352-4479

Lucks Co.
800-426-9778

Maier’s Bakery
Reading, PA
1-800-984-0989

McCormick & Company
1-800-632-5847

Microgold, Inc.
800-795-1655

Minute Maid
1-800-438-2653

Mott’s U.S.A.
1-800-426-4891

Nabisco, Inc.
1-800-622-4726

New York Frozen Foods, Inc
Columbus, OH 43229

Nutrition Now (makers of “Rhino Calci-Yums”) nutritionnow.com

Ocean Spray Cranberries, Inc.
1-800-662-3263

Playschool
1-800-752-9755 (consumer affairs)
Peppridge Farm
1-888-737-7374

Pesi-Cola Company
1-800-433-2652

Pillsbury
1-800-767-4466

Post Cereals
1-800-268-7807

Proctor & Gamble
1-800-543-7276

Quaker Oats Company
1-800-367-6287

Roman Meal
1-800-922-0017

Rotella's Italian Bakery, Inc.
800-759-0360

Reily Foods
1-800-535-1961

Rhoedes International, Inc.
800-695-0122

RiceTec, Inc.
1-800-232-RICE

Ross Products Division, Abbot Laboratories
1-800-227-5767

Rich's Whip by Morning Star
1-800-441-3321

Safeway
1-888-Safeway (www.safeway.com)

Salerno Cookies
A subsidiary of Parmalat Dairy & Bakery 1780 Burns Ave. St. Louis, MO 63132
Sara Lee Bakery
   1-800-654-SARA

Seven Seas Dressings
   1-800-527-3026

Shake 'n Bake
   1-800-431-1003

The Smucker Co. 1-888-550-9555 (www.smuckers.com)

StarKist Seafood Company
   1-800-252-1587

Stonehedge Farms
   Dover, PA

Sunny Delight
   1-800-526-6960

Sunkist Citrus
   1-800-248-7875

Swanson
   1-800-232-6736

Sweet Sue Kitchens
   1-800-633-3294

Sweetzels Cookies
   Bridgeport, PA 19405
   1-800-932-7323
   610-277-6770 (in PA)
   www.sweetzels.com

Tofutti – www.tofutti.com

Tropicana Products, Inc.
   1-800-237-7799

Vista Bakery, Inc.
   1-800-553-2343

Vitamite
   1-800-443-3930
Vermont Maple Cookie Company (www.vermontmaplecookie.com)
Brattleboro, VT
(802) 258-2453

Wall-Rogalsky Milling Company
800-835-2067

Willy Wonka's Candy
1-800-299-6652

Wilkins-Rogers, Inc.
800-735-3585

Wendy's International
1-800-443-7266 - Ingredient questions

Westbrae Natural - makers of West Soy
www.westbrae.com
1-800-soy-milk

Wortz Company
800-334-7185

THANK YOU!!!

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