

Micheff Sisters "Meals for Two"

Roasted Walnut Salad

1/4 c. carrots, shredded
1/4 c. red seedless grapes, sliced
1/4 c. red cabbage, shredded
1/2 c. broccoli florets
1/4 c. pineapple tidbits, fresh or canned
1/2 c. fresh strawberries, sliced
1/4 c. roasted walnuts
2 green frilly lettuce leaves

1. Mix all the above ingredients together except for the walnuts and lettuce leaves.
2. Pour the Honey Pineapple Dressing on the salad and lightly stir until it is well mixed.
3. Place the lettuce leaves on two plates and put half of the salad on each lettuce leaf. Garnish with the roasted walnuts.

Yield: 2 one-cup servings

To roast the walnuts, put the nuts on a microwaveable plate and microwave for about a minute, or until they are lightly browned and have a roasted aroma to them. **Linda Johnson**

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Honey Pineapple Dressing

1/4 c. Vegenaïse
1 tsp. pure maple syrup
1 Tbsp. pineapple juice

Mix until blended and pour over salad.

Yield: 5 Tbsp. plus 1 tsp.

*This salad makes a great supper meal. Just add some homemade dinner rolls with fruit-sweetened jam and a cup of your favorite hot soup. My husband and I have found that as we get older, in order to maintain our weight, we have to eat less of even the "good foods" - especially in the evening. We have found that this helps us to have more energy and sleep better. **Linda Johnson***

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Stuffing Tartlets

2 c. chopped celery
1 large onion, chopped
1 c. chopped mushrooms
8 c. seasoned bread crumbs
1/2 c. olive oil or soy margarine
3 c. water
2 Tbsp. McKay's Chicken-style Seasoning
20 slices of turkey-style veggie meat

1. Sauté onion, celery and mushrooms in the margarine or olive oil until onion is clear.
2. In a large bowl, stir the cooked onion, celery and mushrooms into the seasoned bread crumbs. Mix the chicken-style seasoning into the water and pour over the bread crumb mixture. Stir until well mixed, and set aside.
3. Spray your muffin tins with a non-stick cooking spray. Gently place a vegetarian turkey-style slice into the bottom of each muffin cup. Spoon the stuffing on top of the vegetarian turkey slice. Bake at 350 degrees for about 15 minutes, or until stuffing is golden brown on top. Serve hot with your favorite gravy.

Yield: 20 servings

*This is my favorite way to serve stuffing! It is elegant, easy and delicious! If the stuffing is too dry when you are mixing it, then add a little more of the soy margarine. My kids love the leftovers the next day - that is if there are any. **Cinda Sanner***

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Stuffed Peppers

1/2 c. onion, diced
2 Tbsp. olive oil
1/2 c. vegeburger, such as Yves Ground Round
1 c. uncooked rice, preferably brown rice
1 tsp. salt
1 quart tomatoes (home canned is best)

1. Sauté the onion in olive oil until clear. Add the vegeburger and salt. Stir to mix, then add the dry rice and mix well.
2. Spoon mixture into two hollowed-out red, yellow or orange bell peppers and place in a small cooking pot. Pour canned tomatoes over the top, placing a lid on it and bring to a boil. Turn down on low and let simmer for approximately 1 to 2 hours or until rice is tender, but not mushy.

Yield: 2 stuffed peppers

Serve these hot with a green vegetable and a fresh salad! I love to add crusty Italian bread with olive oil, served on small plates for dipping. **Brenda Walsh**

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Honey Corn Bread

1/4 c. whole wheat pastry flour
1/4 c. unbleached white flour
1/4 c. cornmeal
1/8 tsp. sea salt
1 tsp. Rumford baking powder
1 Tbsp. canola oil
1 Tbsp. honey
1/4 c. plus 3 Tbsp. soy milk
1/4 c. sweet corn
1 tsp. vanilla

1. In a small bowl, mix all the dry ingredients together. Add all the rest of the ingredients, mixing just until blended.
2. Divide the batter into 4 and fill muffin tins. Bake at 360 degrees for 8 - 10 minutes or until golden brown and a toothpick inserted in the middle of muffin comes out clean. Enjoy!

Yield: 4 regular sized muffins - approximately 1/4 c. batter per muffin. **Linda Johnson**

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Elegant Potato and Gravy Boats

5 large potatoes, boiled until cooked

1 8-oz. container Tofutti Better than Cream Cheese, Herb and Chive flavor

1 17 1/4-oz. package frozen puff pastry sheets

1. While cooked potatoes are still hot, mash with the Better than Cream Cheese until creamy. Add salt to taste.
2. Cut the thawed puff pastry sheets into muffin-sized squares. Place each square into a muffin tin and spoon some of the potato mixture on top. Bake according to the package directions until pastry is brown and crispy.
3. Remove from oven and place each potato tart onto your serving platter. With a small spoon, make a small "well" in the middle of the potato mixture. Spoon just a small amount of your favorite gravy mixture in the "well". Serve immediately.

Yield: 10 servings

*This is a unique and elegant way to serve potatoes and gravy! It is great for a buffet or as an appetizer. **Cinda Sanner***

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Peanut Butter Carob Pie

PEANUT BUTTER MIXTURE:

7 oz. Mori-Nu tofu (half of a package)
1/2 c. peanut butter
1/4 c. honey
2 Tbsp. oil
1/2 tsp. vanilla
pinch of salt

CAROB MIXTURE:

1/2 c. barley-sweetened carob chips
1/2 c. peanut butter
2 Tbsp. Rice Crispies Cereal
2 5-inch baked pie shells of your choice
non-dairy whipped topping, optional

1. Blend first six ingredients in blender until smooth and creamy. Set aside.
2. In a glass bowl, place 1/4 c. peanut butter. Spread evenly, covering the bottom and sides of the bowl. Add the barley-sweetened carob chips. Melt in the microwave approximately 1 minute, or until melted. **DO NOT OVERHEAT**, as it will harden and become crumbly and unusable. Let stand for one minute, then stir together until smooth.
3. Add 2 tablespoons Rice Crispies. Spread carob mixture into baked mini pie shells. Freeze until set, then add peanut butter mixture and return to freezer until completely frozen. Serve just slightly thawed. Garnish with non dairy whipped topping, carob curls / chopped peanuts.

Yield: two 5-inch mini pies

*Disposable foil pie tins work well for this. Even though this recipe is "for two", I would go ahead and double the recipe so that you always have some on hand - just in case company drops in. This is so creamy and good and goes with just about any meal. Enjoy! **Brenda Walsh***

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