

Micheff Sisters, "With Thankful Hearts"

Mama's Meatloaf

- 1 medium onion, finely minced
- 1 c. celery, finely minced
- 2 cloves garlic, minced
- 1/4 c. non-hydrogenated margarine
- 1 c. mushrooms, finely chopped
- 1/2 c. chopped red bell pepper
- 2 c. shredded carrots
- 2 c. quick oats
- 1 c. finely chopped walnuts
- 1 c. almond meal
- 1 tsp. salt
- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano
- 1 Tbsp. McKay's beef-style seasoning
- 1 - 2 c. seasoned bread crumbs
- 1 c. cooked lentils
- 1 - 2 c. soy milk as needed
- 1 - 2 c. ketchup

In a large nonstick skillet, combine margarine, onion, carrots, celery, mushrooms, peppers and garlic, Sauté until onion is clear. In a bowl, combine oats, nuts, seasonings and bread crumbs. Add the sautéed vegetables and lentils.

Mix in soy milk as needed - until mixture holds together well. Spray a 5 x 9-inch baking pan and pat mixture down firmly. Spread ketchup on top. Bake at 375 degrees for 1 hour. **Brenda Walsh**

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Stuffed Squash

- 1 1/2 c. chopped celery
- 1 c. chopped onion
- 1 c. chopped fresh mushrooms
- 1/4 c. extra-virgin olive oil or soy margarine
- 6 c. herb-seasoned stuffing
- 2 c. water
- 2 Tbsp. McKay's chicken style seasoning
- 2 acorn squash, cut in half, seeds removed, and 1/2-inch cut off the bottom

1. Sauté vegetables in the oil or margarine until onion is clear. In a small bowl, combine the vegetables, breadcrumbs, and chicken-style seasoning. Stir, adding water as needed for mixture to hold together
2. Spoon the stuffing into squash, mounding it until full. Bake at 350 degrees for about 45 - 60 minutes or until squash is tender and stuffing is golden brown on top. Sprinkle with chopped fresh parsley. Serve hot.

Add a little more soy margarine if too dry. Try adding nuts or dried fruit to enhance the flavor and texture. **Cinda Sanner*

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Roasted Lemon Garlic Potatoes

16 c. raw potato chunks
2 c. onion slivers
2 Tbsp. McKay's chicken-style seasoning
2 Tbsp. chives
1 Tbsp. dill
2 Tbsp. nutritional yeast flakes
1 tsp. low sodium salt
1 Tbsp. fresh garlic, minced
1/2 c. olive oil
1 Tbsp. fresh lemon juice

Put potato chunks into a large mixing bowl. Mix the lemon juice, olive oil, chicken style and salt together until blended. Pour over potatoes and add garlic, yeast flakes, chives and dill and mix until everything is evenly coated. Pour the potato mixture onto two baking trays and bake in the oven at 375 degrees for 45 minutes to 1 hour or until golden brown and tender. Cook the onions in the microwave until almost clear. When the potatoes have been in the oven for about 40 minutes, place the onions on top of the potatoes and bake until golden in color.

Yield: 24 half-cup servings **Linda Johnson**

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Cornbread Pudding

1 cup. flour
1 c. cornmeal
1/2 c. sugar (Florida Crystals)
1 tsp. salt
1 Tbsp. baking powder
2 Tbsp. cornstarch
1 c. soymilk
2 Tbsp. canola oil
1 c. corn, canned or fresh
2 15-oz. can cream style corn
1 c. Tofutti Better Than Sour Cream

In a large mixing bowl, combine the corn and cream style corn, soymilk, oil and soy sour cream. Stir in cornmeal, flour, cornstarch, sugar, salt and baking powder. Mix well and pour into an 11-qt. round baking dish. Bake in a preheated 350 degree oven for 45 - 50 minutes. Top should be golden and spring back when touched.

Yield: 4 cups (suggested serving size - 1/2 cup)

This is an old-fashioned southern recipe but it's rich, moist, delicious corn flavor is sure to be a crowd pleaser wherever you live! You can have all kinds of fun with this recipe by adding jalapeño peppers, pimentos, green chilies, black olives and oh so many other ingredients!

Brenda Walsh

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Pumpkin Pie Squares

COOKIE CRUST:

2 c. ginger cookie crumbs
1/4 c. sugar
4 Tbsp. margarine, melted

FILLING:

3 3/4 c. canned pumpkin
1 c. plain soymilk
1/4 c. cornstarch
1/4 c. margarine, melted
1/2 c. honey
1/2 c. pure maple syrup
1 tsp. vanilla extract
1 Tbsp. ground cinnamon
1/2 tsp. allspice
1/4 tsp. ginger
1 Tbsp. molasses
1/4 tsp. salt

1. To make cookie crust: Combine the cookie crumbs, sugar and margarine and stir until well mixed. Press into a 9 x 13 inch baking dish that has been sprayed with a non-stick cooking oil spray. Set aside.
2. Filling: Place all filling ingredients into a medium mixing bowl and stir until thoroughly combined. Pour over crust and bake in a 425 degree oven for 15 minutes, then reduce oven temperature to 350 degrees and continue baking for 40 minutes. Remove from oven and cool on rack for 15 - 20 minutes before cutting into squares. Store in refrigerator. Squares will be firm when completely cooled.

Yield: 15 squares **Cinda Sanner**

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Cranapple Crisp

6 c. apples, cut in large dices
1 c. apple juice concentrate
1/2 c. water
1/2 c. whole berry cranberry sauce
2 Tbsp. wheat germ
1 c. quick oats
1/4 c. cane juice crystals
2 Tbsp. unbleached white flour
1/4 c. soy margarine
1/4 tsp. sea salt

1. Place the apples, water and apple juice concentrate in a saucepan and cook until tender. Add extra water if needed. When the apples are cooked, add the cranberry sauce and pour into a small baking dish. (I always add the cranberries after the apples are cooked. otherwise the whole dessert turns pink!)
2. Mix the oats, cane juice crystals, flour and salt together. Cut in the margarine and mix. Sprinkle the mixture on top of the crisp. Bake at 350 degrees for 25 - 30 minutes. **Linda Johnson**

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