

Key to Symbols:

M: Milk-free; E: Egg-free; W: Wheat-free; P: Peanut-free; S: Soy-free; N: Nut-free

Appetizer

Veggie Spread

M, E, W, P, S, N

2 (15 oz.) cans black-eyed peas, drained
1 small yellow pepper, finely chopped
1/3 cup red onion, minced
1/2 cup roasted red pepper packed in oil
1/2 cup chopped parsley
1 T olive oil
1 tsp. minced garlic
2 T white wine vinegar
1 tsp. dry mustard
1/4 tsp. salt
dash paprika

In a medium bowl, combine all ingredients and stir well. Cover and chill for several hours or overnight. Serve with allowed bread, toast or chips.

Bread/Muffin

Chocolate Banana Loaf

M, E, P, S, N

2 cups cake flour
2 T unsweetened cocoa powder
1 tsp. baking soda
1/2 tsp. salt
1 large, ripe banana
3/4 cup water
2/3 cup light brown sugar, firmly packed
1/4 cup dark corn syrup
3 T oil
1 T vanilla extract

Preheat oven to 400 degrees. Grease loaf pan. Set aside. In large bowl, combine flour, unsweetened cocoa powder, baking soda and salt. Set aside. In medium bowl, mash banana. Whisk in remaining ingredients. Add to flour mixture, stirring until dry ingredients are moistened. Pour batter into prepared loaf pan. Bake 20 minutes or until toothpick inserted in center comes out clean. Cool in pan 15 minutes. Remove and cool completely.

Christmas Sweet Bread

M, E, W, P, S, N

3/4 cup oat flour

1 ¼ cups white rice flour
1 T xanthan gum
1 tsp. baking soda
1 tsp. ground cinnamon
½ tsp. baking powder
1 cup applesauce
¾ cup sugar
½ cup milk-free, soy-free margarine, melted
3 T water, 3 T oil, 2 tsp baking powder; mixed together
½ cup raisins

Cinnamon Drizzle:

¼ cup confectioner's sugar
½ tsp. ground cinnamon
1 T water

Preheat oven to 350 degrees. Grease a 9x5 inch pan. Set aside. In large bowl, combine flours, xanthan gum, baking soda, cinnamon, and baking powder. Set aside. In medium bowl, combine applesauce; sugar; margarine; and water, oil and baking powder mixture. Stir into flour mixture, mixing well. Stir in raisins. Pour into prepared pan. Bake 40 – 45 minutes, or until toothpick inserted in center comes out clean. Cool in pan 20 minutes. Transfer to cool surface. Combine confectioners sugar, cinnamon and water in bowl to make Cinnamon Drizzle. Spoon over top of loaf.

Corn Muffins

M, E, W, P, S, N

1/3 cup shortening
1/4 cup sugar
1 cup Cream of Rice* cereal
1 T baking powder
2/3 cup warm water
1/4 tsp. salt
1 tsp. vanilla extract
1 tsp. grated lemon rind
2/3 cup cornmeal
1/4 cup raisins (optional)

Preheat oven to 375 degrees. Line muffin tins with paper liners. Cream the shortening and sugar. Mix rice cereal and baking powder in warm water. Combine with sugar and shortening mixture. Mix in remaining ingredients (and raisins, if used). Spoon into muffin cups (small muffins have a better texture). Bake 25 minutes. Makes 8 muffins.

* Be sure to read the label.

Note: These muffins hold together better if you let them cool a few hours or overnight.

Cranberry Bread

M, E, P, S, N

2 cups flour
2 tsp. baking powder
1/4 tsp. salt (optional)
3 T oil
1 1/2 tsp. grated orange peel
1 cup dried cranberries
1 1/2 T water, 1 1/2 T oil, 1 tsp. baking powder; mixed together
1/2 cup orange juice
3/4 cup maple syrup

Preheat oven to 350 degrees. Lightly grease and flour a 9x5-inch pan. In large bowl, sift together flour, baking powder, and salt. Drizzle oil over dry ingredients. Stir briefly with wooden spoon. Mixture will look dry. Add orange peel and cranberries; stir to coat with flour mixture. Set aside. In separate bowl, add water, oil, and baking powder mixture; juice; and syrup. Combine contents of two bowls; mix just enough to incorporate flour. Batter will be stiff. Spoon into prepared pan. Bake 1 hour until bread rises and toothpick inserted in center comes out clean. Remove bread from pan. Cool on wire rack before serving.

Lemony Blueberry Muffins

M, E, P, S, N

1 T plus 1/2 cup sugar, divided
1 1/2 cups flour
1/2 cup yellow cornmeal
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1 (14-oz.) can coconut milk
1 cup frozen blueberries
1 cup apple juice
3 T milk-free, soy-free margarine, melted
1 T lemon zest
1 1/2 T water, 1 1/2 T oil, 1 tsp. baking powder; mixed together

Preheat oven to 400 degrees. Coat muffin tin with cooking spray and sprinkle with 1 T sugar. Set aside. In medium bowl, combine flour, cornmeal, 1/2 cup sugar, baking powder, baking soda, and salt. Stir in blueberries. Set aside. In small bowl, whisk together apple juice; margarine; lemon zest; and water, oil, and baking powder mixture. Stir into flour mixture until dry ingredients are moistened. Spoon batter into muffin cups, 2/3 full. Bake 20 minutes or until toothpick inserted into center comes out clean. Remove from tins and place on wire rack to cool.

Pumpkin-Apricot Bread

M, E, P, S, N

1 3/4 cups flour
1 1/2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. ground cinnamon

1/4 tsp. ground ginger
1/4 tsp. ground cardamom
1/4 tsp. ground coriander
1 cup sugar
1/2 cup dried apricots, chopped
15-oz. can pumpkin purée
3 T water, 3 T oil, 2 tsp. baking powder, mixed together
1/3 cup orange juice
1 tsp. orange peel

Preheat oven to 350 degrees. Lightly grease and flour a 9-inch loaf pan. Set aside. In a large bowl, combine flour, baking powder, salt, cinnamon, ginger, cardamom, coriander, sugar, and apricots. Mix thoroughly. Set aside. In another bowl, whisk together pumpkin puree; water, oil, and baking powder mixture; orange juice; and orange peel. Pour pumpkin mixture into dry ingredients. Stir until batter is well blended. Pour batter into prepared loaf pan and bake 55 to 60 minutes, or until toothpick inserted into the center comes out clean

Breakfast

Chocolate Pancakes

M, E, P, S, N

2 cups flour
3 T sugar
2 T unsweetened cocoa
4 tsp. baking powder
1/2 tsp. salt
2 1/4 cups water
3 T oil

In a deep bowl, mix flour, sugar, cocoa, baking powder, and salt. Add water and oil and stir until batter is completely blended. If the batter is too stiff, add a little more water. Let the batter sit for a few minutes. Preheat griddle. Prepare strawberry sauce (see recipe below). Pour batter onto hot griddle, flip pancakes when bubbles appear on top. Remove to plates and top with strawberry sauce.

Strawberry Sauce

M, E, W, P, S, N

1/3 cup sugar
1/2 cup water
3 T strawberry jam
1/2 cup fresh strawberries, halved

Pour all ingredients into small saucepan. Cook over medium-low heat, stirring constantly. Bring to a slow boil, remove from heat. Spoon over warm pancakes.

Cinnamon Donut Holes

M, E, P, S, N

½ cup milk-free, soy-free margarine, softened
1 cup sugar
3 T water, 3 T oil, 2 tsp. baking powder, mixed together
3 cups flour
1 tsp. baking powder
½ tsp. salt
½ tsp. ground cinnamon
½ cup vanilla rice beverage
½ cup apple juice
1 tsp. vanilla extract

Preheat oven to 350 degrees. Line mini muffin tins with paper liners. Set aside. In large bowl, combine margarine and sugar. Add the water, oil and baking powder mixture. Mix well. Set aside. In large bowl, sift together flour, baking powder, salt and cinnamon. Add to margarine mixture. Blend in remaining ingredients. Fill prepared tins 2/3 full. Bake 15 minutes or until golden brown.

Suggestion: Substitute orange juice for the apple juice or soy beverage for the vanilla rice beverage. Look for juice fortified with calcium.

Dessert

Abe Lincoln's Hats

M, E, P, S, N

1 ¼ cups flour
½ tsp. baking soda
½ cup milk-free, soy-free margarine, softened
½ cup light packed brown sugar, firmly packed
¼ cup sugar
1 ½ T water, 1 ½ T oil, 1 tsp. baking powder; mixed together
3 tsp. vanilla extract

Preheat oven to 375 degrees. In a large mixing bowl, stir together flour and baking soda. Add margarine and blend together. Add sugars and beat until well mixed. Add water, oil, and baking powder mixture and vanilla extract. Beat until well mixed.

Drop dough by rounded teaspoons onto ungreased cookie sheets. Bake 8 to 10 minutes or until cookies are golden brown. Immediately after baking, while cookies are still warm, use a butter knife to cut them into hat shapes. Crumble the excess cookie and set aside. When cookie is completely cooled, frost with chocolate frosting; press excess cookie pieces into the hat's brim.

Alphabet Cookies

M, E, P, S, N

2 ¼ cups flour
½ cup sugar

1 tsp. baking powder
1 tsp. grated lemon peel
¼ tsp. salt
2 T oil
2 T milk-free, soy-free margarine, melted
3 T oil, 3 T water, 2 tsp. baking powder, mixed together
¼ cup water

Preheat oven to 350 degrees. Grease cookie sheets. In large bowl, mix together flour, sugar, baking powder, lemon peel and salt. Add oil; margarine; oil, water and baking powder mixture; and water. Mix well until well blended. Roll dough onto lightly floured work surface. Pull small pieces of dough and roll into ropes. Form each rope into a letter of the alphabet or a number. Place on prepared cookie sheets. Cook 18 minutes. Remove cookies to cooling rack.

Blueberry-Peach Upside-Down Cake

M, E, P, S, N

¼ cup milk-free, soy-free margarine, softened
½ cup light brown sugar, firmly packed
1 (15oz.) can sliced peaches
¼ cup blueberries
1/3 cup shortening
½ cup sugar
1 packet plain gelatin
2 T warm water
1 ¼ cup cake flour
1 ½ tsp. baking powder
½ tsp. salt

Preheat oven to 350 degrees. Drain peaches and reserve ½ cup of liquid. Set aside. Spread margarine in bottom of 8-inch round cake pan. Sprinkle with brown sugar. Arrange peaches and blueberries on top of brown sugar. Set aside. In large bowl, cream together shortening and sugar. In small cup, dissolve gelatin into 2 T warm water. Beat into shortening mixture. Set aside. In medium bowl, combine flour, baking powder, and salt. Add to creamed mixture alternately with ½ cup of reserved peach liquid. Mix well. Carefully pour mixture over peaches and blueberries. Bake 45-50 minutes, or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Invert onto serving plate.

Brown Sugar Shortbread Cookies

M, E, P, S, N

2 ¼ cups flour
½ cup milk-free, soy-free margarine, softened
½ cup shortening
½ cup light brown sugar, firmly packed
¼ cup sugar
1 tsp. salt
1/8 tsp. vanilla extract

Preheat oven to 300 degrees. In large bowl, beat all ingredients until mixture resembles coarse crumbs. Using your hands, knead dough to completely mix all ingredients. Line countertop with plastic wrap. Place dough on top, and cover with more plastic wrap. Roll out ¼-inch thick. Gently remove top layer of plastic. Cut out dough using a 2-inch round cookie cutter. Bake 20 to 25 minutes or until set.

Caramel Cookie Bars

M, E, W, P, S, N

½ cup milk-free, soy-free margarine
1 ¼ cups light brown sugar, firmly packed, divided
1 tsp. salt
2 cups quick oats
1 tsp baking powder
1/3 cup shredded sweetened coconut

Preheat oven to 400 degrees. Grease 9x13- inch baking dish. Set aside. In large saucepan, melt margarine over low heat. Remove from heat and stir in 1 cup brown sugar, salt, oats, baking powder, and coconut. Mix well to combine. Mixture will be crumbly. Press mixture into prepared baking dish. Top with remaining brown sugar. Bake 20 minutes or until light brown in color. Cool completely. Cut into bars.

Chewy Apricot-Raisin Jumbles

M, E, P, S, N

¾ cup light brown sugar, firmly packed
½ cup milk-free, soy-free margarine, softened
1/3 cup apple juice
2 T applesauce
2 cups flour
2 tsp. baking powder
1/2 tsp. ground cinnamon
1/2 tsp. ground nutmeg
1/8 tsp. ground cloves
1 cup dried apricots, diced
1/2 cup raisins

Preheat oven to 350 degrees. In large bowl, beat brown sugar, margarine, apple juice and apple sauce with an electric mixer on medium speed until combined. Stir in flour, baking powder, cinnamon, nutmeg, and cloves. Mix well. Stir in apricots and raisins. Drop by teaspoonfuls onto cookie sheet. Bake 11 to 12 minutes or until lightly browned. Cool on pan 10 minutes. Transfer to cool, flat surface to cool completely.

Chocolate Applesauce Sheet Cake

M, E, P, S, N

2 cups flour
1 cup sugar
1.4 cup firmly packed brown sugar

¼ cup unsweetened cocoa powder
2 tsp. baking soda
2 tsp. cinnamon
¼ tsp. ground cloves 1 ½ cup applesauce
1 ½ cup applesauce
¼ cup oil
2 tsp. vanilla extract

Preheat oven to 350 degrees. Spray 13/9- inch pan with cooking spray. Combine flour, both sugars, cocoa, baking soda, cinnamon, and cloves. Stir well. Add applesauce, oil, and vanilla extract. Beat until well blended. Pour into prepared pan. Bake 30 minutes or until toothpick inserted in center comes out clean.

Note: This recipe works well for cupcakes. Top with your favorite frosting. To decorate for holidays, make stencils of bunnies, pumpkins, and such to place on top of cake and sprinkle with confectioner's sugar.

Chocolate Cupcakes

M, E, W, P, S, N

¾ cup sugar
¼ cup oil
1 T water, 1 T oil, 1 tsp. baking powder, mixed together
1 tsp. vanilla extract
¼ tsp. salt
1 tsp. baking soda
2/3 cup apple juice
1 T lemon juice
1/3 cup unsweetened cocoa powder
1 cup oat flour
¼ cup white rice flour
1 tsp. xanthan gum (available from specialty food or large health food stores)

Preheat oven to 350 degrees. Line muffin tins with paper liners. Set aside. With electric mixer, beat sugar; oil; and water, oil, and baking powder mixture until smooth. Add vanilla extract, salt, baking soda, and apple and lemon juices. Beat well. Beat in cocoa powder, flours, and xanthan gum. Beat 3 minutes. Spoon into prepared muffin tins, 2/3 full. Bake 25 minutes, or until toothpick inserted in center comes out clean. Cool completely. Frost with Raspberry Frosting.

Raspberry Frosting

M, E, W, P, S, N

1 ½ cups confectioners sugar
½ cup seedless raspberry jam

In small bowl, whisk ingredients together until a smooth spreading consistency is achieved. Add more confectioners sugar or jam if necessary.

Fudge Topped Honey Rounds

M, E, P, S, N

1 ¼ cup flour
½ tsp. baking soda
½ T ground ginger
¼ tsp. salt
¼ cup shortening
½ cup honey

Preheat oven to 350 degrees. Lightly grease 2 cookie sheets. Set aside. In large bowl, combine flour, baking soda, ginger and salt. Set aside. In large saucepan, melt shortening and honey. Stir until smooth. Remove from heat, and stir in dry ingredients. Mix well. Roll out dough to ¼ – inch thickness. Cut out using round cookie cutters. Place 1 inch apart on sheet. Bake 10-12 minutes. Transfer to wire racks to cool. Spread tops with Creamy Fudge Icing.

Creamy Fudge Icing

M, E, W, P, S, N

½ cup unsweetened cocoa powder
1 ½ cups confectioner's sugar
3 T hot water
½ cup milk-free, soy-free margarine, melted

In small bowl, combine all ingredients. Stir until smooth. If needed, add more hot water to achieve desired spreading consistency.

Glazed Strawberry Pie

M, E, W, P, S, N

Pie Shell

1 ½ cups quick oats
½ tsp. salt
¼ cup oil
3 or 4 tsp. water

Mix all ingredients together and add water until the mixture forms into a ball. Press into a 9-inch pie pan. Bake at 375 degrees 8 to 10 minutes. Cool before filling.

Pie Filling

1 qt. strawberries, divided
1 cup sugar, divided
1 cup water
2 ½ T cornstarch
⅛ tsp. salt
confectioners sugar

In a saucepan, combine 1 cup strawberries with ¾ cup sugar and 1 cup water. Cook 5 minutes over high heat. Remove from heat and mash with a fork. Add

cornstarch, remaining 1/4 cup sugar, and salt; stir well. Return to heat. Cook until thickened, stirring continuously. Place remaining strawberries in pie shell; pour in strawberry glaze. Chill. Sprinkle confectioners sugar on top just before serving, if desired.

Heavenly Chocolate Cupcakes

M, E, P, S, N

2 cups sugar
1 cup unsweetened cocoa powder
1 cup milk-free, soy-free margarine, softened
2 cups water
3 T oil, 3 T water, 2 tsp. baking powder; mixed together
2 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla extract
4 cups flour

Preheat oven to 400 degrees. Line muffin tins with paper liners. Set aside. In large bowl, combine everything but flour. Beat until well mixed. Stir in flour and mix well. Fill muffin tins 2/3 full. Bake 18 minutes or until toothpick inserted in center comes out clean. Remove to wire rack to cool before frosting.

Minty Frosting

M, E, W, P, S, N

4 cups confectioners sugar
1 cup milk-free, soy-free margarine, softened
1 tsp. salt
2 T water
2 tsp. vanilla extract
1/2 tsp. mint extract

In small bowl, combine confectioners sugar, margarine, salt, water, and vanilla and mint extracts. Beat until light and fluffy. Frost cupcakes.

Hershey's Milk-Free Special Dark Bark

M, E, W, P, S, N

1 (8-oz.) package of Hershey's Unsweetened Baking Chocolate, broken into pieces
1/4 cup plus 1 tsp. shortening
1/8 tsp. vanilla extract
2 cups confectioners' sugar

In medium bowl, microwave chocolate and shortening on high for 1 1/2 to 2 minutes, until mixture is melted and smooth when stirred. Add vanilla extract. Gradually stir in confectioner's sugar. If mixture becomes too thick, knead with clean hands. Spread out in pan. Cover tightly; refrigerate until firm. Break into pieces. Store, well covered, in refrigerator.

Lemon-Apple Loaf Cake

M, E, P, S, N

2 cups flour
2 tsp. baking soda
1 ¼ cups unsweetened applesauce
1 cup sugar
2 T milk-free, soy-free margarine, melted
1 tsp. vanilla extract
1 T water, 1 T vinegar, 1 tsp. baking powder, mixed
¼ cup lemon juice
1 tsp. lemon zest

Preheat oven to 350 degrees. Grease two loaf pans. Set aside. In medium bowl, sift together flour and baking soda. Set aside. In large bowl, combine applesauce; sugar; margarine; vanilla extract and water, vinegar and baking powder mixture. Mix well. Stir in flour mixture. Add lemon juice and lemon zest. Stir well. Pour into loaf pans, bake 35 minutes. Cool 10 minutes, invert loaves onto plate and cool completely. Top with Lemony Glaze.

Lemony Glaze

M, E, W, P, S, N

1 cup confectioners sugar
1 T lemon juice

In small bowl with electric mixer on medium speed, blend all ingredients until smooth. Drizzle over cooled loaf cake.

Old Glory Cupcakes

M, E, P, S, N

1 cup sugar
1/2 cup milk-free, soy-free margarine, softened
3 T applesauce, divided
2 tsp. vanilla extract
1 1/2 cups flour
1 3/4 tsp. baking powder
1/2 cup water

Preheat oven to 350 degrees. Line muffin pan with paper liners. Set aside. In medium bowl, beat sugar and margarine with an electric mixer until well combined. Beat in 2 T of applesauce and vanilla extract. Beat in flour and baking powder. Stir in remaining applesauce. Stir in water until batter is smooth. Spoon into prepared muffin tins, 2/3 full. Bake 20 to 25 minutes, or until toothpick inserted in center comes out clean. Cool completely before frosting.

Topping:

1 (1-lb.) box confectioners sugar

1/3 cup shortening

1/2 tsp. salt

1 tsp. cream of tartar

2 tsp. water

1/4 cup blueberry jam*

6 strawberries, cut in half lengthwise

In medium bowl with electric mixer, combine all ingredients except for strawberries. Beat until mixture is a smooth, spreading consistency. Frost cooled cupcakes. Place a strawberry half on the top of each cupcake.

*Grape jam may be substituted for blueberry.

Raspberry Streusel Bars

M, E, P, S, N

1 1/4 cups quick oats

1 1/4 cups flour

1/2 cup light brown sugar, firmly packed

1 tsp. baking powder

1/4 tsp. salt

1 3/4 stick milk-free, soy-free margarine, melted

1 cup raspberry jam

Preheat oven to 350 degrees. Coat 8-inch square pan with cooking spray. Set aside. In large bowl, combine oats, flour, brown sugar, baking powder, and salt. Stir in margarine until mixture is moistened. The mixture may be crumbly.

Reserve 1 cup of mixture; set aside. Press remaining mixture into bottom of prepared pan. Bake 10 minutes. Remove from oven and spread raspberry jam evenly over crust, to within 1/4 inch of the edges. Sprinkle reserved mixture over jam, pressing lightly. Bake 30 to 35 minutes, or until golden brown. Cool completely on a wire rack. Cut into bars.

Suggestion: Use other flavored jams in place of raspberry jam.

Reindeer Cupcakes

M, E, P, S, N

1 1/2 cup flour

1 cup sugar

1/2 cup unsweetened cocoa powder

1 tsp. baking soda

1/2 tsp. salt

3/4 cup warm water

1/2 cup oil

1 1/2 T water, 1 1/2 T oil, 1 tsp. baking powder, mixed together

2 tsp. vanilla extract

Preheat oven to 350 degrees. Line muffin tin with foil liners. In large bowl, stir together dry ingredients. Whisk in wet ingredients, mixing well. Spoon batter into prepared muffin tin, 2/3 full. Bake 20 minutes or until toothpick inserted in center comes out clean. Cool completely. Frost with Chocolate Buttercream Frosting. Use allowed candies or tinted frosting to create eyes, nose and mouth

on top of cupcake. Give your reindeer antlers by inserting the bottom half of 2 mini pretzels into the top right and left sides of the “face”.

Chocolate Buttercream Frosting

M, E, W, P, S, N

1 lb. confectioners sugar
1/3 cup water
1/2 cup milk-free, soy-free margarine, softened
1/2 cup unsweetened cocoa powder
1 tsp. vanilla extract

In medium bowl, beat all ingredients together with electric mixer until smooth and creamy.

Three Berry Upside-Down Cake

M, E, P, S, N

1/2 cup each: fresh blueberries, chopped strawberries, and blackberries
1/3 cup firmly packed light brown sugar
1/4 cup plus 1 T milk-free, soy-free margarine, divided
1/4 cup water
3/4 cup flour
1 1/2 tsp. baking powder
1/4 tsp. salt
1/2 tsp. vanilla extract
1/2 cup sugar
1 T water, 1 T vinegar, 1 tsp baking powder, mixed together
1/4 cup rice beverage

Preheat oven to 350 degrees. Grease 8-inch cake pan, set aside. In medium saucepan, combine blueberries, brown sugar, 1 T margarine, and water. Bring to simmer over medium-high heat. Let cool 5 minutes. Pour into prepared pan. Set aside. In medium bowl, sift together flour, baking powder and salt. Set aside. In large bowl, beat 1/4 cup margarine, vanilla extract, and sugar with electric mixer at medium speed until creamy. Add water, vinegar, and baking powder mixture, beat well. Add flour mixture, alternating with rice beverage, mix well. Spoon batter evenly over berries. Bake at 350 degrees for 40 minutes. Cool on rack 10 minutes. Transfer to refrigerator to cool completely. Invert on plate to serve.

Wacky Cherry Pie

M,E,P,S,N

1 cup flour
1 tsp. baking powder
1/2 tsp. salt
1 T sugar
6 T shortening
1 T soy free-milk-free margarine
3/4 cup water

1 (20-oz) can cherry pie filling - (be sure to read label)

Preheat oven to 425 degrees. IN small bowl, combine dry ingredients. Add shortening, margarine, and water. Mix with electric mixer 2 minutes. Spoon batter into 9-inch pie pan. Gently spread lightly to cover bottom of pan. Spoon pie filling into center of batter. Spread evenly, being careful not to mix the layers, leaving a 1-inch border of batter around the edge. Bake 45 minutes. Cool completely before serving.

Main Dish

Honey Baked Chicken Strips

M, E, W, P, S, N

4 boneless chicken breasts (or tenders)
1 cup honey
½ milk-free, soy-free margarine, melted
1 ½ tsp. curry powder
½ tsp. mustard powder

Preheat oven to 350 degrees. Cut chicken breasts into long strips. Place in baking pan. Mix remaining ingredients in a bowl and pour over chicken. Bake 1 hour, basting every 15 minutes.

Suggestion: Serve over noodles or rice. For extra sauce to flavor rice or noodles, double the amount of sauce ingredients.

Shepherd's Bake

M, E, W, P, S, N

1/3 cup onion, diced
1 tsp. minced garlic
1 T olive oil
1/2 cup water
1 (16 oz.) bag fresh baby spinach
1 (14.5 oz.) can of whole tomatoes, drained and chopped
1 lb. ground beef, browned, drained
1/2 tsp. salt
1/2 tsp. oregano
dash red pepper
4 large potatoes, peeled and cooked
1 cup rice milk

Preheat oven to 350 degrees. In a small skillet, over medium heat, heat onion, garlic, and oil until onion is tender. Set aside. In large pan, add water and spinach. Cook 5 to 7 minutes, or until spinach is slightly wilted. Drain and set aside. In large bowl, combine tomatoes, ground beef, salt, pepper, oregano and red pepper. Stir and set aside. In a separate large bowl, mash potatoes. Stir in onion mixture and rice milk, beating until smooth. In a medium casserole dish, add ground beef, spreading evenly to form a layer. Add spinach to form a

second layer. Top with the whipped potato, spreading until smooth. Bake uncovered 25 to 30 minutes.

Suggestion: Substitute ground turkey for ground beef.

Pork Spare Ribs

M, E, W, P, S, N

2 1/2 to 3 lbs. pork spareribs
3/4 cup maple syrup
2 T tomato paste, 3 T hot water, 1 T light brown sugar; mixed together
1 T apple cider vinegar
1/4 tsp. onion powder
1/2 tsp. salt
1/2 tsp. dry mustard
1/4 tsp. ground black pepper

Put spareribs in large pot and cover with water. Bring to a boil over high heat. Reduce heat and simmer 40 minutes. Remove from heat and drain. Preheat oven to 350 degrees. In small bowl, combine remaining ingredients and mix well. Drain spareribs and place in shallow pan. Brush one-half of sauce on ribs. Bake 40 minutes or until tender, turning every 8 to 10 minutes to baste with remaining sauce.

Salad/Side Dish

Cold Pasta Salad

M, E, P, S, N

1 box colored spiral noodles,* cooked
1 head broccoli
2 fresh tomatoes, diced
6 green olives, sliced
4 black olives, sliced
1 cucumber, peeled and diced
olive oil
salt, to taste (optional)

Drain pasta and run under cold water. Set aside. Chop broccoli into small pieces; steam or cook in microwave until tender. Drain and run under cold water. In large bowl, combine broccoli, noodles, tomatoes, olives, and cucumber. Stir until well blended. Sprinkle with olive oil and stir again.

Season with salt. Refrigerate for a few hours, if time allows.

Note: You may substitute allowed salad dressing for the olive oil and add additional vegetables, depending on your preferences.

*Be sure to read the label.

Oven Baked Cranberry-Sage Stuffing

M, E, P, S, N

1 cup milk-free, soy-free margarine
1 cup celery, chopped
 $\frac{3}{4}$ cup onion, diced
9 cups soft Italian bread*, cubed
1 tsp. ground sage
1 tsp. ground thyme
 $\frac{3}{4}$ tsp. dried rosemary leaves
1 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. course black pepper
 $\frac{1}{2}$ cup dried cranberries (can substitute raisins if preferred)
 $\frac{1}{4}$ cup hot water

Preheat oven to 325 degrees. Spray casserole dish with cooking spray. Set aside. In skillet over medium heat, sauté margarine, celery and onion, stirring occasionally until onion is tender. Remove from heat. In large bowl, combine bread, margarine mixture, and seasonings. Mix well. Add cranberries and hot water. With clean hands, knead mixture until all bread is moistened. Transfer to prepared dish. Cover and bake 30 minutes. Remove cover and bake an additional 10 minutes.

Soup

Vegetable Broth

M, E, W, P, S, N

10 cups water
1 onion, sliced
1 carrot, peeled and sliced
1 stalk celery, sliced
1 cup parsley, minced
1 clove garlic, chopped
dash of salt

In a large pot over high heat, combine all ingredients except salt. Bring to a boil. Reduce heat to low. Simmer 15 minutes. Strain liquid and discard solids. Season with salt.

Note: This broth can be stored in the freezer for about six months.

Cream of Mushroom Soup

M, E, W, P, S, N

$\frac{1}{4}$ cup onion, minced
1 tsp. celery, minced
dash of garlic salt
3 T milk-free, soy-free margarine
4 oz. mushrooms, chopped
2 T rice flour (can be replaced with 2 T barley or 2 T wheat flour)
1 cup chicken broth
 $\frac{3}{4}$ tsp. salt

1 1/2 cups non-dairy creamer (be sure it's milk-free)

In medium saucepan, sauté onion, celery, and garlic salt in margarine until soft. Add mushrooms and brown. Blend in flour, stirring continuously over low heat until mixed. Add broth, salt, and non-dairy creamer. Bring to boil slowly and simmer 2 minutes. Stir continuously.