

Healthy Gourmet Recipes by Dr. Allocca

Dr. John A. Allocca
19 Lorraine Court
Northport, New York 11768
(631) 757-3919
www.allocca.com
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Migraine Headache Prevention

What Causes Migraine Headaches?

Imbalances in brain chemistry have a large range of effects on emotions, behavior, and brain circulation.

The size of the blood vessels in your head, as well as other functions, are controlled by signals transmitted along nerves. Neurotransmitters are the chemical substances that actually do the passing of signals along nerves. Normally, a part of your brain sends signals along the nerves to keep the blood vessels in your head at a constant size. However, if there are not enough neurotransmitters in the brain, to control the size of the blood vessels in your head, they will continually enlarge until they cannot stretch any longer. The enlarged blood vessels will create a tremendous amount of pain, hence, the migraine headache.

Serotonin and norepinephrine are the two main neurotransmitters used in the brain to control the size of blood vessels as well as other functions. These neurotransmitter levels can be diminished by allergic reactions, inflammation, poor absorption of nutrients into the brain, poor metabolism of nutrients in the brain, chemicals that deplete them, excessive depletion (over usage) lowering them or because there are not enough nutrients in the brain to produce more.

The loss of serotonin and norepinephrine may be quantified in three stages. Stage 1 is the first level below normal whereby insomnia is experienced. Stage 2 is the next lower level whereby depression is experienced. Stage 3 is the next lower level whereby a migraine headache is experienced.

Dr. Allocca spent 28 years developing the migraine protocol. He developed the world's first and only biochemical model of migraine in 1997.

How Can Migraines Be Prevented?

An individualized non-drug program can be developed for you to prevent migraines. There are various factors that

complicate migraines. Each individual is unique and has different complications.

A thorough computerized evaluation is made utilizing symptoms, blood tests, and urine tests. A customized program will be produced for you to follow to prevent migraines and for general health. The system used for this evaluation is called "Orthomolecular Reprogramming," (OMR) which was developed by Dr. Allocca.

All of the tests we perform are intended for dietary and nutritional assessment only.

Biography

John A. Allocca, ScD, PhD, CCN

Dr. John A. Allocca earned his Doctor of Philosophy degree in Clinical Nutrition at St. Martin University in 1997, a Doctor of Science degree in Biophysics at Pacific Western University in 1981, Masters degree in Bioengineering at Polytechnic University in 1979, and completed a dissertation and most course work for a Doctor of Philosophy degree in Physics at Columbia Pacific University, national board certification in Clinical Nutrition from the Clinical Nutrition Certification Board in 1996, and ordained as a Minister of Spiritual Counseling at the New Seminary in 1990.

He has worked as a research scientist and technical director of the pulmonary lab at Mt. Sinai Medical Center in New York City, a research scientist for Langer Biomechanics, Doll Research, Long Island College Hospital, and the Albert Einstein College of Medicine. He founded Andromeda Research, Inc. in 1984, Allocca Technical, Inc. in 1990 and Allocca Biotechnology, Inc. in 1999. Dr. Allocca is well versed in creative solutions to biomedical challenges in many areas of medicine.

He has authored several scientific books, papers and articles. His latest book is Essential Nutrition For Anti-Aging And Anti-Cancer. His biographies are published in Who's Who in the World, Who's Who in Science, Who's Who in Frontier Science, etc.

Part 1

Wheat, Gluten, Dairy, Egg, And Yeast Free Recipes

APPETIZERS

Baba Ghannouj

2 large eggplants (about 2 pounds)
1/4 cup lemon juice
3 tablespoons cold pressed sesame oil
2-3 cloves garlic, finely mashed
4 tablespoons sesame seeds
1/2 teaspoon sea salt
1/2 teaspoon black pepper
Preheat oven to 450° F.

Peel and grate the eggplants. Bake grated eggplant in a casserole with cover for 45 minutes. Remove from oven and let stand until cool. Simmer garlic in oil a few minutes or until lightly brown. Mix all ingredients with an electric mixer for 1 minute. Place mixture in a bowl, cover and refrigerate for one day. Remove from refrigerator 30 minutes before serving. Serve with vegetables.

Bean Dip

3 tablespoons cold pressed olive oil
2 onions or 6 cloves garlic, chopped
2 (15-oz.) cans refried beans
3/4 cup water
1/2 teaspoon basil
1/4 teaspoon black pepper
1/2 teaspoon oregano
1/2 teaspoon parsley
1/2 teaspoon sea salt

Using a deep skillet, sauté the onions or garlic in olive oil until dark brown. Lower heat and add remaining ingredients. Cook for another 5 minutes. Serve with vegetables.

Bean Salad

16 oz. can kidney beans, drained
16 oz. can garbanzo beans, drained
1/2 to 1 onion or 3 cloves garlic, finely chopped
1/2 cup oil and lemon dressing recipe
Mix the above ingredients together and serve.

Hummus

16 oz. can garbanzo beans, do not drain
3 tablespoons cold pressed olive oil
1 clove garlic or more, finely mashed
1 teaspoon parsley
3 tablespoons lemon juice
dash of cayenne pepper

Add garbanzo beans with the water that is in the can, sesame oil, garlic, lemon juice, cayenne, and 1/4 cup of the cooking water to a food processor. Process until smooth. Add more water if mixture is too thick. Allow to chill in the refrigerator for at least one hour. Spread on a flat platter and garnish with parley. Serve with vegetables.

Indian "Red" Relish

1 onion or 3 cloves garlic, chopped
8 oz. tomato paste
3 tablespoons cold pressed olive oil
1/2 teaspoon cayenne pepper
1 teaspoon curry
1/4 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon lemon juice
1/4 cup water

Mix all above ingredients. Serve with vegetables or corn chips. You can also add one 15 oz. can of kidney beans and some pine nuts (pignoli).

Pumpkin Spread

2 cups pumpkin, cooked
3/4 cup fructose
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 teaspoon ground clover
1/2 teaspoon ground ginger
1/2 teaspoon sea salt

Mix above ingredients together and stir frequently over a low heat for 10 minutes. Let cool for 30 minutes and refrigerate.

Salmon Spread

1/2 pound salmon, cooked
3 teaspoons cold pressed olive oil
1/8 teaspoon cayenne pepper
1/2 teaspoon basil
1/4 cup lemon juice
1/4 teaspoon sea salt
1/8 teaspoon black pepper

Blend salmon in food processor. Gradually add oil. Add the remaining ingredients and continue blending until mixture is smooth. Cover and store in refrigerator. Serve chilled.

SOUPS

Corn Chowder

4 cups water
2 tablespoons corn starch
2 tablespoons tapioca flour
2 tablespoons potato flour
3 tablespoons cold pressed olive oil
16 oz. corn kernels
2 potatoes, peeled, sliced small
2 cups rice milk
1/2 teaspoon sea salt
1/4 teaspoon black pepper
1 tablespoon vegetable soup powder
1 teaspoon parsley
1 teaspoon basil

Mix corn starch, tapioca flour, and potato flour with cold water. Add remaining ingredients. Bring to a boil. Lower heat, cover, and simmer for 1 hour.

Grain & Vegetable Soup

12 cups water (3 quarts)
1 cup lentils
1/2 cup brown rice
1/4 cup millet
1/4 cup amaranth
1/2 pound mushrooms, sliced
6 scallions or 2 cloves garlic, sliced
4 stalks celery, sliced
4 carrots, sliced
7 cloves garlic, chopped
2 tablespoons parsley
2 teaspoon basil
1/2 teaspoon ginger
1/8 teaspoon or more cayenne pepper
1/2 teaspoon black pepper
1 teaspoon sea salt

Bring water to a boil in an 8-quart pot. Add ingredients and allow to boil for 3 minutes. Lower heat and simmer for 1 hour. Stir occasionally. Serve hot. Leftover soup can be frozen. Serves 6 to 8 people.

Squash Soup

3 tablespoons cold pressed olive oil
1 onion or 3 cloves garlic, chopped
1 butternut squash, chopped
2 apples, chopped
2 cups vegetable broth recipe
1 cup liquid non-dairy cream
1/4 teaspoon black pepper
1-1/2 teaspoons curry
1/2 teaspoon sea salt

Sauté onions in olive oil until lightly brown in an 8-quart pot. Add squash and apples. Continue cooking until squash and apples are soft. Remove pot from heat and blend ingredients in the pot with a hand blender or transfer to a tabletop blender. Add remaining ingredients, stir and cook for 15 minutes at low to medium heat. Soup can be served hot or cold.

Vegetable Broth

6 cups water
2 large potatoes, chopped into 1/2" pieces
1 cup carrots, sliced
1 cup celery, sliced
1 cup another other vegetables
4 cloves garlic, chopped
1 onion, chopped (optional)
1 teaspoon basil
1 teaspoon black pepper
1 teaspoon parsley
1/2 teaspoon sea salt

Put all vegetables into a 8-quart pot, add water, cover and slowly cook for 30 minutes. Strain and serve warm. Use vegetables for another meal.

BREADS & MUFFINS

Banana Nut Muffins

2 cups brown rice flour
1 cup tapioca flour
2 tablespoons potato starch flour
2 tablespoons baking powder (non-aluminum)
2 tablespoons fructose
1 teaspoon xanthan gum
1/2 teaspoon agar agar
1/2 teaspoon sea salt
4 medium bananas, peeled & mashed
3/4 cup almonds or walnuts, chopped
1-3/4 cups rice milk
2 tablespoons cold pressed sunflower oil
1 teaspoon vanilla extract

Preheat oven to 350 F

Mix dry ingredients with electric mixer. Slowly add rice milk while mixing. Add canola oil and vanilla extract. Add bananas. Spoon mixture into an oiled muffin pan. Bake at 350 F for 45 minutes or until top is light brown. Remove muffins from the pan and cool on a cake rack. Makes 12 muffins.

Blueberry Muffins

2 cups brown rice flour
1 cup tapioca flour
2 tablespoons potato starch flour
2 tablespoons baking powder (non-aluminum)
3 tablespoons fructose
1 teaspoon xanthan gum
1/2 teaspoon agar agar
1/2 teaspoon sea salt
1-3/4 cups rice milk
2 tablespoons cold pressed sunflower oil
1 teaspoon vanilla extract
1 cup blueberries or other fruit

Preheat oven to 350 F

Mix dry ingredients with electric mixer. Slowly add rice milk while mixing. Add canola oil and vanilla extract. Add blueberries. Spoon mixture into an oiled muffin pan. Bake at 350 F for 40 minutes or until top is light brown. Remove muffins from the pan and cool on a cake rack. Makes 9 muffins. Add a little water to the unused muffin spaces.

Brown Rice Bread

2 cups brown rice flour
1 cup tapioca flour
2 tablespoons potato starch flour
2 tablespoons baking powder (non-aluminum)
2 tablespoons fructose
2 teaspoons xanthan gum
1 teaspoon agar agar
1/2 teaspoon sea salt
1-1/4 cups rice milk
1 tablespoon cold pressed olive oil

Preheat oven to 350 F

Mix dry ingredients with dough hooks. Slowly add rice milk while kneading. Add olive oil. Dough will be slightly sticky. Press into an oiled loaf pan with a lightly oiled spatula. Bake at 350 F for 60 minutes or until top is medium brown. Remove from the pan and cool on a cake rack. Variations, add 2 teaspoons of Italian seasoning or other seasoning to your taste.

Brown Rice Foccacia Bread

1 cup brown rice flour
1/2 cup tapioca flour
1 tablespoon potato starch flour
1 tablespoon baking powder (non-aluminum)
1 tablespoon fructose
1 teaspoon xanthan gum
1/2 teaspoon agar agar
1/4 teaspoon sea salt
3/4 cup rice milk
1/2 tablespoon cold pressed olive oil

Preheat oven to 400 F

Mix dry ingredients with dough hooks. Slowly add rice milk while kneading. Add olive oil. Dough will be slightly sticky. Press into an oiled 8-inch baking pan with a lightly oiled spatula. Brush top with olive oil. Add chopped onions or garlic, salt, pepper, oregano, fresh basil, thinly sliced tomato. Bake at 400 F for 25 minutes or until crust is medium brown. Remove from the pan and cool on a cake rack.

Corn Muffins

2 cups yellow corn meal
1/2 cup brown rice flour
1/2 cup tapioca flour
2 tablespoons potato starch flour
2 tablespoons baking powder (non-aluminum)
3 tablespoons fructose
1 teaspoon xanthan gum
1/2 teaspoon agar agar
1/2 teaspoon sea salt
1-3/4 cups rice milk
2 tablespoons cold pressed sunflower oil
1 teaspoon vanilla extract
1 cup corn kernels (optional)

Preheat oven to 350 F

Mix dry ingredients with electric mixer. Slowly add rice milk while mixing. Add canola oil and vanilla extract. Add optional corn kernels. Spoon mixture into an oiled muffin pan. Bake at 350 F for 40 minutes or until top is light brown. Remove muffins from the pan and cool on a cake rack. Makes 9 muffins. Add a little water to the unused muffin spaces.

SAUCES

Curry Sauce

3 tablespoons cold pressed olive oil
1 onion or 3 cloves garlic, chopped
1/2 cup water or more
1/2 teaspoon black pepper
1/2 teaspoon cardamom
A dash of cayenne
1-1/2 teaspoon curry
1 teaspoon ginger powder
1/2 teaspoon sea salt

Sauté onions or garlic and oil in a 3-quart pot. Add remaining ingredients. Bring to a boil. Simmer for 5 minutes.

Ginger Sauce

1/2 cup water
1 vegetable broth recipe
3 tablespoons ginger
4 tablespoons lemon juice
1/2 teaspoon sea salt
1 tablespoon fructose

Simmer for 10 minutes. Use over stir-fry vegetables, sprouts, etc.

Marinara Sauce

3 tablespoons cold pressed olive oil
4 large cloves garlic, chopped
1 onion, chopped (optional)
1/2 pound mushrooms, sliced
2 (28 oz.) cans whole peeled tomatoes
1 tablespoon oregano
1 tablespoon parsley
1 tablespoon basil
1/2 teaspoon sea salt
2 tablespoons fructose
1/2 teaspoon black pepper
1/2 teaspoon or less crushed red pepper
6 fresh basil leaves, chopped

In an 8-quart pot, sauté garlic and onions until brown. Add mushrooms and continue to cook. Puree tomatoes in blender for 10 seconds or mash with fork and add to pot. Add all other ingredients and cook uncovered at medium-high heat for 30 minutes stirring frequently. Serve and/or freeze or refrigerate immediately. DO NOT allow sauce to stand for any period of time to cool. Serves over 2 pounds of quinoa pasta.

Oil and Garlic Sauce over Rice or Quinoa Pasta

3 tablespoons cold pressed olive oil
6 cloves garlic, finely chopped
1 teaspoon parsley
1/2 teaspoon oregano
1/2 teaspoon sea salt
1/8 teaspoon black pepper
1/4 cup soup broth

Sauté garlic until brown; let cool for 2 minutes. Add rest of ingredients and continue cooking for 5-10 minutes. Serve over brown rice or quinoa pasta and/or vegetables. Serves 2 people.

Pesto Sauce

2 cups fresh basil leaves
1 cup parsley
1/4 cup cold pressed olive oil
1/3 cup pine nuts (pignoli)
2 cloves garlic, pressed

Mix in a food processor or blender, heat mildly and pour over 1/2 to 1 pound of brown rice or quinoa pasta. Serves 2 people.

Tahini Sauce & Dressing

1 cup sesame tahini
1/2 cup or more water
4 tablespoons lemon juice
4 tablespoons cold pressed olive oil
1/2 teaspoon sea salt
1/2 teaspoon black pepper

Mix above ingredients in a blender until smooth. If used as a salad dressing, add more water.

Tomato Sauce

3 tablespoons cold pressed olive oil
1 onion chopped (optional)
4 cloves garlic, chopped
2 (28 oz.) cans tomato puree
2 tablespoons fructose
1 tablespoon oregano
1 tablespoon fresh basil
1 tablespoon parsley
1/2 tablespoon sea salt
1/2 teaspoon black pepper
6 fresh basil leaves, chopped
1 pound mixed vegetables

In an 8-quart pot sauté garlic and onions in oil until brown. Add remaining ingredients. Simmer 2 hours, stirring every 15 minutes. Serve over 2 to 4 pounds of quinoa pasta. Serves 6 to 8 people.

Zesty Tomato and Basil Sauce

2 (28 oz.) cans of diced tomatoes
6 cloves of garlic, finely chopped
2 oz. fresh basil (about 6 leaves) or more, chopped
1 teaspoon parsley
1 teaspoon oregano
1/2 teaspoon sea salt
1/2 teaspoon black pepper
Dash of cayenne
3 tablespoons cold pressed olive oil
2 tablespoons cold pressed olive oil for later
1 pound of pasta or brown rice

Begin cooking pasta or use pre-cooked brown rice. Sauté garlic in 3 tablespoons olive oil until lightly brown. Add remaining ingredients except the 2 tablespoons of oil. Cook for 15 minutes. Pour over pasta or rice. Add 2 tablespoons of oil and stir. Serve warm.

MAIN DISHES

Beans or Chicken Creole

3 tablespoons cold pressed olive oil
1 large onion or 3 cloves garlic, chopped
6 cloves of garlic, chopped
1/2 green pepper, chopped
15 oz. can garbanzo beans, drained and 15 oz. can red kidney beans, drained or 1-1/2 pound chicken breasts, cut into 3/4 inch pieces
2 stalks of celery, diced
1 large bay leaf
1 teaspoon basil
1/8 teaspoon black pepper
1/8 teaspoon cayenne pepper
1 teaspoon parsley
1/2 teaspoon sea salt
15 oz. tomato puree
2 cups water

Heat oil (high-medium) in deep sauté pan. Sauté onion for 10 minutes or until brown. Add garlic and green pepper, and continue cooking for another 5 minutes. Add all other ingredients and continue cooking for 10 minutes. Serves 2 to 4 people.

Beans and Rice Casserole

3 tablespoons cold pressed olive oil
1 large onion or 3 cloves garlic, chopped
4 cloves of garlic, chopped
1-1/2 cups brown rice
3-1/2 cups water
15 oz. tomato puree
15 oz. can garbanzo beans, drained
15 oz. can red kidney beans, drained
1/2 green pepper, chopped
1/2 teaspoon sea salt
1/4 teaspoon black pepper
1 teaspoon basil
Dash of cayenne pepper to taste
1 teaspoon parsley

In a 6-quart pot, sauté onions or garlic for 10 minutes or until light brown. Add green pepper, and continue cooking for another 5 minutes. Add rice and sauté for another minute. Add all other ingredients. Bring to a boil. Lower heat and simmer for 45 minutes.

Biryani

Assorted vegetables (potatoes, peas, broccoli, string beans, etc.)

3 tablespoons cold pressed olive oil

1/4 cup raisins

1/4 cup shredded coconut

1 curry sauce recipe

1 brown and wild rice recipe

Sauté vegetables in a wok or large sauté pan. Add curry sauce, raisins, and coconut. Serve over brown rice.

Blackened Tuna

2 tuna filets or steaks

3 tablespoons cold pressed olive oil

1 onion or 3 cloves garlic, chopped

1 teaspoon or more black pepper

1/4 teaspoon sea salt

1 teaspoon parsley

3 oz. baby spinach

Place the olive oil in a large sauté' pan at medium-high heat. Add the onions and cook until slightly brown. Push the onions to the edge around the pan. Add black pepper to both sides of the tuna. Place the tuna in the center of the pan. Add the other spices to everything in the pan. Cook the tuna until it is browned. Turn over and brown the other side. The tuna is done when the center is cooked. Serve over a bed of spinach. Serves two.

Brown Rice Burgers

1/2 cup brown rice flour

2 tablespoons tapioca flour

1 teaspoon potato starch flour

1/2 teaspoon agar agar

1/4 cup sesame seeds

3/4 cup cooked brown rice

1/4 cup cooked lentils

1/4 onion or 2 cloves garlic, chopped

2 tablespoons cold pressed olive oil

1 teaspoon basil

1 teaspoon parsley

1/2 teaspoon sea salt

Mix all above in a bowl. Make patties and bake at 350 F for 25-30 minutes (or in fry pan). Makes 3 to 4 large burgers.

Chicken Cacciatore

3 tablespoons cold pressed olive oil

1 onion or 3 cloves garlic, chopped

3 cloves garlic, chopped

3 (15 oz.) cans tomato puree

1 whole chicken cut up in pieces

2 tablespoons fructose

1 tablespoon oregano

1 tablespoon parsley

1/2 tablespoon sea salt

1/4 teaspoon black pepper

2 basil leaves

1 pound mixed vegetables chopped

Brown garlic in oil in a small fry pan. Add onions and brown. Put all ingredients together in an 8-quart pot. Simmer 1 hour, stirring every 15 minutes. Serves 4 people.

Chili

3 tablespoons cold pressed olive oil

1 large onion or 3 cloves garlic, chopped

4 cloves garlic, finely chopped

1 green pepper, chopped

15 oz. can diced tomatoes

15 oz. can tomato puree

15 oz. can garbanzo beans, drained

15 oz. can kidney beans, drained

1 cup water

1 teaspoon basil

1/2 teaspoon black pepper

6 teaspoons chili powder

1 teaspoon oregano

1 teaspoon parsley

1/2 teaspoon sea salt

Heat oil in an 8-quart pot at medium heat. Sauté onions, garlic, and peppers until brown. Add remaining ingredients. Cover and simmer for 60 minutes. Add more water if sauce is too thick. Serves 6 people.

Chopped Meat (Turkey) Allocca Style

2 tablespoons cold pressed olive oil
1 onion or 3 cloves garlic, chopped
1/2 green pepper, finely chopped
15 oz. can tomato sauce puree
1 pound chopped turkey
1 teaspoon oregano
1/2 teaspoon parsley
1/2 teaspoon basil
1/2 teaspoon garlic powder
1/2 teaspoon sea salt
1/8 teaspoon black pepper
Dash cayenne pepper

Sauté onions and garlic. Place remaining ingredients in a 4-quart pot, cover and cook for 10 -15 minutes over a medium heat, stirring frequently. Serve hot. Serves 2 people.

Curry Casserole

3 tablespoons cold pressed olive oil
3 cloves garlic, chopped
1 1/2 cups brown rice
3 1/2 cups water
15 oz. can lentils, do not drain
1 head broccoli, chopped
2 carrots, sliced
2 medium potatoes, cubed
1/2 cup shredded coconut
1/2 teaspoon sea salt
1/2 teaspoon black pepper
1/2 teaspoon cardamom
A dash of cayenne, to your taste
1 1/2 teaspoon curry
1 teaspoon ginger powder

In a 6-quart pot, sauté garlic in oil until slightly brown. Add rice and sauté for another minute. Add remaining ingredients. Bring to a boil. Cover, lower heat, and simmer for 45 minutes.

Filet of Sole with Mustard Sauce

1 pound filet of sole
2 tablespoons mustard
3 tablespoons cold pressed olive oil
1 tablespoon lemon juice
1/2 cup water
1/2 cup almonds, chopped
1/8 teaspoon black pepper

Preheat oven to 400 degrees

Wash filet with water. Layout in a glass baking dish. Mix above ingredients in a bowl and pour over filet. Garnish with slices of lemon and parsley. Bake in oven for 20 minutes at 400 degrees F. Serves 2 people.

Healthy Salad

Romaine lettuce
Spinach
Cabbage, sliced
Onions, chopped (optional)
Red or green pepper, cut up
Bean sprouts
Mushrooms, sliced
Carrots, shredded
Tofu
Avocado
Any other vegetables you enjoy

Use quantities of the above appropriate for the number of people being served.

Japanese Style Beans or Chicken with Ginger Sauce

3 tablespoons cold pressed sesame oil
1 onion or 3 cloves or garlic, chopped
1/2 green pepper, chopped
15 oz. can garbanzo beans, drained and 15 oz. can red kidney beans, drained or 1-1/2 pound chicken breasts, cut into 3/4 inch pieces
1/2 cup sesame seeds
1/2 pound bean sprouts
1 ginger sauce recipe

Sauté onions and peppers until onions are lightly brown. Add bean sprouts and continue for 5 minutes. Add remaining ingredients and 3/4 of ginger sauce recipe to the skillet with the onions and peppers. Add 1/4 cup of ginger sauce recipe to skillet with bean sprouts. Continue cooking both skillets for another 5-10 minutes or until meat is done. Serves 2 to 4 people.

Kale and Rice Casserole

3 tablespoons cold pressed olive oil
4 cloves garlic, chopped
1-1/2 cups brown rice
3-1/2 cups water
1 large bunch of kale, chopped
1 tablespoon lemon juice
1/2 teaspoon sea salt
1/4 teaspoon black pepper
1 teaspoon basil
1/2 teaspoon parsley
1/2 teaspoon oregano

In a 6-quart pot, sauté garlic in oil until slightly brown. Add rice and sauté for another minute. Add remaining ingredients. Bring to a boil. Cover, lower heat, and simmer for 45 minutes.

Kale with Oil and Garlic over Rice or Quinoa

Pasta

3 tablespoons cold pressed olive oil
1 onion or 3 cloves garlic, chopped
2 cloves or more garlic, chopped
1 cup brown rice
1 cup of wild rice
4 cups of water
1 bunch of kale, cut up
1/2 pound Shitaki mushrooms, sliced
1 teaspoon parsley
1 teaspoon oregano
1 teaspoon basil
1/2 teaspoon sea salt
1/8 teaspoon black pepper

Bring water to a boil. Add brown rice and wild rice. Cover and simmer for 45 minutes. Begin cooking the rice 15-20 minutes before the above. Heat oil in a skillet. Add onions, and mushrooms. Sauté until mushrooms and onions are brown. Add remaining ingredients and sauté another 10 minutes. Serve over brown rice or quinoa pasta. Serves 2 to 4 people.

Lasagna

56 oz. tomato sauce recipe
1-1/2 pounds rice or quinoa lasagna noodles, cooked and drained
16 oz. tofu
1 teaspoon basil
1 teaspoon parsley
1 teaspoon oregano
1/2 teaspoon sea salt
1/2 teaspoon black pepper

Preheat oven to 350 degrees F.

Mix tofu, basil, parsley, oregano, salt, and black pepper. Cook the lasagna noodles, drain, and rinse with cold water. Layer ingredients into a 15 x 10 x 2 pyrex casserole, starting with sauce, then noodles, and Tofu mixture, ending in a layer of sauce. Bake for 40 minutes. Serves 6.

Meat (Turkey) Loaf

3 tablespoons cold pressed olive oil
2 onions or 6 cloves garlic, chopped
1 green pepper, chopped
1/2 pound fresh mushrooms, sliced
8 oz. tomato sauce
2 pounds lean chopped turkey
1 tablespoon oregano
1/2 teaspoon parsley
1/2 teaspoon black pepper
1/2 teaspoon basil
1/2 teaspoon sea salt

Sauté onions till brown and put aside. Sauté mushrooms till brown and put aside. Mix all above ingredients except tomato sauce. Make into a loaf and cover with tomato sauce. Bake in oven at 425 degrees for 60 minutes. Serves 2 to 4 people

Olive and Rice Casserole

3 tablespoons cold pressed olive oil
1 onion or 3 cloves of garlic, chopped
4 cloves garlic, chopped
1-1/2 cups brown rice
3-1/2 cups water
2 (6oz dry wt) cans California black olives, chopped
1/2 teaspoon sea salt
1/4 teaspoon black pepper
1 teaspoon basil
1/2 teaspoon parsley
1/2 teaspoon oregano

Drain olives and set aside water. Add more water to make a total of 4 cups. In a 6-quart pot, sauté garlic and onions in oil until slightly brown. Add rice and sauté for another minute. Add remaining ingredients. Bring to a boil. Cover, lower heat, and simmer for 45 minutes.

Pizza

2 cups brown rice flour
1 cup tapioca flour
2 tablespoons potato starch flour
2 tablespoons baking powder (non-aluminum)
2 tablespoons fructose
2 teaspoons xanthan gum
1 teaspoon agar agar
1/2 teaspoon sea salt
2 teaspoons Italian seasoning
1-1/4 cups rice milk
1 tablespoon cold pressed olive oil

Preheat oven to 400 F

Mix dry ingredients with dough hooks. Slowly add rice milk while kneading. Add olive oil. Dough will be slightly sticky. Press into an oiled 11 x 17 inch baking pan with a lightly oiled spatula. Add tomato sauce, olive oil, and other toppings. Bake at 400 F for 25 minutes or until crust is medium brown.

Portabello Casserole

3 tablespoons cold pressed olive oil
1 onion or 3 cloves of garlic, chopped
4 cloves garlic, chopped
1 pound Portabello mushrooms, diced into 3/4" squares
1-1/2 cups brown rice
3-1/2 cups water
6 oz. baby spinach
1/2 teaspoon sea salt
1/4 teaspoon black pepper
1 teaspoon basil
1/2 teaspoon parsley
1/2 teaspoon oregano

In a 6-quart pot, sauté garlic and onions in oil until slightly brown. Add mushrooms and sauté for another 5 minutes. Add rice and sauté for another minute. Add remaining ingredients. Bring to a boil. Cover, lower heat, and simmer for 45 minutes.

Rice or Quinoa Pasta Allocca

3 tablespoons cold pressed olive oil
2 medium onions or 6 cloves garlic, chopped
6 cloves garlic, chopped
1 red bell pepper, chopped
1/2 pound mushrooms, sliced
1/2 pound of green vegetable (kale, broccoli, etc.)
15 oz. can pitted black olives, drained and chopped
15 oz. can diced tomatoes
1/2 teaspoon basil
1/4 teaspoon black pepper
Dash of cayenne pepper
1/2 teaspoon oregano
1/2 teaspoon parsley

1/2 teaspoon sea salt

1 brown rice recipe

Pre-cook brown rice recipe. Place oil in each of two deep skillets. Sauté the onions and peppers in one skillet for 10 minutes (medium heat). In the other skillet sauté the mushrooms for 10 minutes (medium heat). Add the garlic to the skillets with the onions and peppers and continue to sauté for another 10 minutes. Add the vegetable to the skillet with the mushrooms and continue to sauté for another 10 minutes. Add the black olives and tomatoes to the skillet with the onions. Add the herb's and spices evenly to both skillets. Continue cooking both skillets for another 10 minutes. Pour contents of both skillets over brown rice or quinoa pasta and mix thoroughly.

Rice or Quinoa Pasta Fasulli

3 tablespoons cold pressed olive oil
1 onion or 3 cloves garlic, chopped
4 cloves garlic, finely chopped
15 oz. can of white beans (do not drain)
1 teaspoon basil
1/2 teaspoon black pepper
1 teaspoon parsley
1 teaspoon oregano
1/4 teaspoon crushed red pepper
1/2 teaspoon sea salt
8 oz. vegetable broth recipe
One bunch of Arugala or Spinach
1 brown rice recipe

Pre-cook brown rice recipe. Heat (medium) oil in skillet. Add onions, garlic, herbs, and spices. Sauté until onions are slightly brown. Begin cooking rice. Lower the heat under skillet slightly and add beans and broth. Sauté another 10 minutes. Place raw Arugala or raw spinach to bottom of bowl. Add cooked mixture and brown rice or quinoa pasta. Stir and serve. Serves 2 people.

Rice Salad (cold)

1 brown rice recipe
1/2 head of broccoli tips, cut up
1/2 to 1 onion or 2 cloves garlic, chopped
1/2 green or red pepper, chopped
1/2 pound mushrooms, chopped
1 carrot, sliced
2 (half inch) slices of green cabbage cut into pieces
Oil & lemon dressing recipe

Pre-cook brown rice recipe and cool. Chop above ingredients. Add all ingredients in a large salad bowl. Serve cold.

Salmon or Tuna – Allocca Style

3 tablespoons cold pressed olive oil
1 large onion or 3 cloves garlic, chopped
2 salmon or tuna filets
1/2 teaspoon black pepper
1/4 teaspoon sea salt
1 teaspoon parsley
6 fresh basil leaves, chopped
3 oz. fresh organic baby spinach

Remove the skin from the filet using a paper towel to grip it. Place the olive oil in a large sauté pan at medium-high heat. Add the onions and cook until slightly brown. Push the onions to the edge around the pan. Place the salmon filet in the center of the pan. Add basil to the onions around the edge of the pan. Add the other spices to everything in the pan. Cook the salmon until it is browned. Turn over and brown the other side. The salmon is done when the center is white. Serve over a bed of spinach. Serves two.

Stuffed Grape Leaves

Filling: Use brown rice with onions and peppers recipe. Soak grape leaves for 24 hours or use fresh ones. Spread out in a colander. Put oil in a 6-quart pot. Fill each grape leaf with approximately one teaspoon of filling mixture and fold tightly. Place close together in the pot. Add just enough water to cover the stuffed leaves. Cover and simmer for 30 minutes. Serve hot. Top with tahini sauce. Serves 2 to 4 people.

Tofu Pie

Dough:
1 cup brown rice flour
1/2 cup tapioca flour
1 tablespoon potato starch flour
1 tablespoon baking powder (non-aluminum)
1 tablespoon fructose
1 teaspoon xanthan gum
1/2 teaspoon agar agar
1/4 teaspoon sea salt

3/4 cup rice milk
1/2 tablespoon cold pressed olive oil
Filling:
7.5 oz. Tofu
1/4 cup soy mozzarella cheese, shredded (optional)
1 tablespoon cold pressed olive oil
1/4 onion or 1 clove garlic, finely chopped
1/2 teaspoon parsley
1/2 teaspoon basil
1/2 teaspoon oregano
1/2 teaspoon sea salt
1/4 teaspoon black pepper

Preheat oven to 400 F

Mix dry ingredients with dough hooks. Slowly add rice milk while kneading. Add olive oil. Dough will be slightly sticky. Cut dough in half. Press one half into an oiled 8-inch baking pan with a lightly oiled spatula. Add filling. Place second half of dough on top. Brush top with olive oil. Bake at 400 F for 25 minutes or until crust is medium brown. Remove from the pan and cool on a cake rack. Serves 1-2 people.

Vegetable and Grain Casserole

3 tablespoons cold pressed olive oil
2 onions or 6 cloves garlic, chopped
1 red pepper, chopped
1/2 pound mushrooms, sliced
1 cup brown rice
1/2 cup wild rice
8 cups water
1 cup lentils
1/4 cup millet
1/4 cup amaranth
15 oz. can diced tomatoes
2 carrots, sliced
Other vegetables, chopped (spinach, bok choy, kale, etc.)
1 teaspoon basil
1/2 teaspoon black pepper
Dash of cayenne pepper
1 teaspoon garlic powder
1 teaspoon oregano
1 teaspoon parsley
1 teaspoon sea salt

In a 8-quart pot, sauté onions, peppers, and mushrooms. Add rice and sauté for another minute. Add remaining ingredients. Bring to a boil. Cover and simmer for 45 minutes. Serves 6 to 8 people.

Un-Stuffed Grape Leaves

3 tablespoons cold pressed olive oil
4 cloves garlic, chopped
1-1/2 cups brown rice
3-1/2 cups water
8 oz. jar of grape leaves, thoroughly washed, chopped
1 tablespoon lemon juice
1/2 teaspoon sea salt
1/4 teaspoon black pepper
1 teaspoon basil
1/2 teaspoon parsley
1/2 teaspoon oregano

In a 6-quart pot, sauté garlic in oil until slightly brown. Add rice and sauté for another minute. Add remaining ingredients. Bring to a boil. Cover, lower heat, and simmer for 45 minutes.

SIDE DISHES

Broccoli with Tomato Sauce

3 tablespoons cold pressed olive oil
1 onion or 3 cloves garlic, chopped
3 cloves garlic, chopped
1 large head of broccoli tips
2 (15 oz.) cans tomato puree
1 tablespoon fructose
1 teaspoon oregano
1 teaspoon parsley
1/2 teaspoon sea salt
1/8 teaspoon black pepper
1 basil leaf

Sauté garlic in oil. Add onions and brown. Put all ingredients together in a 6-quart pot. Simmer 30 minutes. Serve over rice.

Brown & Wild Rice

1 cup of brown rice
1 cup of wild rice
4 cups of water

Bring to a boil, cover, and simmer for 45 minutes.

Brown Rice and Grain Mixture

5 cups of water
1 cup brown rice
1/2 cup wild rice
1/2 cup lentils
1/4 cup millet
1/4 cup amaranth
2 cups fresh vegetables, cut up (optional)
1/2 onion or 2 cloves garlic, chopped (optional)

Place ingredients in a 6-quart pot and bring to a boil. Cover and simmer for 45 minutes. Stir every 5-10 minutes. Stir frequently or the mixture will stick to the bottom.

Brown Rice with Onions and Peppers

5 cups of water
2 cups brown rice
1/2 cup wild rice
1 onion or 3 cloves garlic, chopped
1 green pepper, chopped
1 teaspoon parsley
1 teaspoon basil
1 teaspoon oregano
1/2 teaspoon sea salt
1/8 teaspoon black pepper
2 tablespoons cold pressed olive oil

Place all ingredients except oil in a 6-quart pot and bring to a boil. Reduce heat, cover and simmer for 45 minutes. Stir every 5-10 minutes. When mixture is cooked, remove from heat and add oil.

Corn Grits

1 cup corn grits
2 cups vegetable broth recipe
1 teaspoon cold pressed olive oil

Bring to a boil and cook at medium heat for 10 minutes.

Dahl

3 tablespoons cold pressed olive oil
1 onion or 3 cloves garlic, chopped
1/2 cup water or more
1/2 teaspoon black pepper
1/2 teaspoon cardamom
A dash of cayenne
1-1/2 teaspoon curry
1 teaspoon ginger powder
1/2 teaspoon sea salt
15 oz. can lentils, do not drain

Sauté onions or garlic and oil in a 3-quart pot. Add remaining ingredients. Bring to a boil. Simmer for 30 minutes.

Falafel

1/4 cup cold pressed sunflower oil
15 oz can garbanzo beans, do not drain
6 cloves garlic, chopped
1 tablespoon sesame tahini
3/4 cup brown rice flour
1 teaspoon xanthan gum
1/2 teaspoon agar agar
1/2 teaspoon baking powder (non-aluminum)
1 tablespoon basil
1/2 teaspoon black pepper
1/2 teaspoon curry
1 tablespoon parsley
1/2 teaspoon sea salt
dash of cayenne (optional)

Place garbanzo beans with water, and garlic into blender and finely chop. Mix all the remaining ingredients in a mixing bowl except the oil. Place oil into sauté pan and heat at medium temperature. Place about a 2 tablespoons of mixture or use a small ice cream scoop, into hot oil and cook until golden brown. Remove from oil and place on paper towels to drain. Serve separately or on a bed of spinach or lettuce or rice. Top with tahini sauce.

Mashed Potatoes or Yams

6 baking potatoes or Yams
1/2 onion or 2 cloves garlic, chopped
1/2 teaspoon parsley
1/2 teaspoon basil
1/4 teaspoon sea salt
1/8 teaspoon black pepper
1 cup water or rice milk

Bake potatoes in a covered dish for 1 hour at 350° F. While hot, place potatoes (whole with skins) in a large bowl, mash with a masher and add the above ingredients. Continue mashing until somewhat smooth.

Mushrooms and Onions in Garlic & Oil

3 tablespoons cold pressed olive oil
1 onion or 3 cloves garlic, chopped
1 clove or more garlic, chopped
1 pound shitaki or portabello mushrooms, sliced
1 teaspoon parsley
1 teaspoon oregano
1 teaspoon basil
1 tablespoon lemon juice
1/2 teaspoon sea salt
1/8 teaspoon black pepper

Heat oil in a skillet. Add onions, and mushrooms. Sauté until mushrooms and onions are brown. Add remaining ingredients and sauté another 10 minutes.

Oil and Lemon Dressing

1/4 cup lemon juice
1/2 cup cold pressed olive oil
1/2 teaspoon basil
1/2 teaspoon parsley
1 teaspoon oregano
1/2 teaspoon garlic powder
1/8 teaspoon black pepper
1/4 teaspoon sea salt

Mix all ingredients together in a jar or container. Shake well just before using.

Potato Pancakes

4 tablespoons cold pressed olive oil
4 Potatoes (1-1/2 pounds)
2-1/2 cups water
1 onion or 3 cloves garlic, chopped
1-1/2 cups wheat/gluten-free pancake mix
1/2 teaspoon sea salt
1/4 teaspoon black pepper

Wash the potatoes and wrap them loosely in waxed paper. Bake in a microwave oven for 11 minutes. Place potatoes in a large bowl and mash with a potato masher. Add liquid ingredients and beat mixture. Add the remaining ingredients and mix well. Heat skillet (medium-high). Place a small amount of oil on the skillet and distribute evenly. Add mixture and cook until small holes begin to show. Flip over and cook other side.

Potato Salad

6 medium potatoes
1/2 cup eggless mayonnaise
1/4 cup water
2 tablespoons cold pressed olive oil
1/2 teaspoon sea salt
1/4 teaspoon black pepper
2 teaspoons parsley
1-2 teaspoons chives

Steam potatoes or bake potatoes in a microwave oven for 12 minutes. Refrigerate potatoes until cold. In a large bowl, mix the remaining ingredients. Slide or dice potatoes. Do not remove skin from the potatoes. Add the cold potatoes and mix again.

Risotto

3 tablespoons cold pressed olive oil
4 cloves garlic, chopped
1-1/2 cups brown rice
3-1/2 cups water
14 sun dried tomato halves
1/2 teaspoon sea salt
1/4 teaspoon black pepper
1 teaspoon basil
1/2 teaspoon rosemary
1/2 teaspoon parsley
1/2 teaspoon oregano

Place sun dried tomatoes in a blender with 1 cup of water. Grate at slow speed until tomato pieces are small. In a 6-quart pot, sauté garlic in oil until slightly brown. Add rice and sauté for another minute. Add tomato mixture, 2 1/2 cups of water, and the remaining ingredients. Bring to a boil. Cover, lower heat, and simmer for 45 minutes.

Roasted Potatoes and Onions

8 potatoes, 3/4 inch diced
3 onions or 6 cloves garlic, chopped
1/4 cup cold pressed olive oil
1-2 cups of water
1/4 teaspoon black pepper
1/2 teaspoon garlic powder
1/2 teaspoon basil
1/2 teaspoon oregano
1/2 teaspoon parsley
1 teaspoon rosemary
1/2 teaspoon salt

Preheat oven to 400° F.

Place diced potatoes and onions in a 9 x 12 x 2 pyrex baking dish. Pour olive oil over top. Mix the remaining ingredients. Pour water over the top of the potatoes and onions. Bake in the oven for about 1-1/2 hours. Stir with wooden spoon every 15 minutes.

Steamed Vegetables

6 pieces of broccoli tips
3 slices of cabbage, cut up
2 carrots, sliced
2 potatoes, 1/2 inch diced
2 pieces of kale, cut up
1/2 cup peas
1/2 cup corn kernels
Add any additional vegetables you like
1/2 teaspoon basil
1/2 teaspoon parsley
1/2 teaspoon oregano
1/2 teaspoon sea salt
1 tablespoon cold pressed olive oil

Place potatoes and cabbage in steamer pot and steam for 15 minutes. Add the rest of the ingredients and steam for an additional 5 minutes. For microwave: cover all vegetables and cook for 10 minutes) Add spices as desired.

Stuffed Artichokes

3 tablespoons cold pressed olive oil
6 cloves garlic, finely chopped
6 large-size artichokes
1 teaspoon basil
1 teaspoon parsley
1 teaspoon oregano
1/4 teaspoon sea salt
1/8 teaspoon black pepper

Cut off artichoke stems and trim 1/2 inch from tops of leaves. Separate leaves slightly to allow for stuffing. Sauté garlic and oil until brown. In a large bowl mix together above ingredients. Spoon mixture into the artichokes and place in a steamer pot and steam for 30 minutes at medium heat.

Tossed Salad

Arugala
Endive
Radicchio
Garbanzo beans
Oil and lemon dressing

Use quantities of the above appropriate for the number of people being served.

DESSERTS

Egg Substitute

- 1 teaspoon tapioca flour
- 1/2 teaspoon potato starch flour
- 1/4 teaspoon xanthan gum
- 1/8 teaspoon agar agar
- 1/2 teaspoon baking powder (non-aluminum)
- 2 tablespoons water

This substitute approximately equals 1 egg in recipes.
Use only in baking recipes.

Almond Soy Flan

- 1 package (7-1/2 oz.) Tofu
- 2 cups soy milk
- 1 banana
- 1/4 cup fructose
- 1 teaspoon agar agar
- 1 teaspoon almond extract
- 1 teaspoon vanilla extract
- 3/4 cup chopped almonds
- Honey and cinnamon (for topping)

Mix all ingredients except almonds and honey in a blender. Blend a high speed until mixture is smooth. Pour into a 4-quart pot and heat for 10 minutes at medium heat, while stirring. Place a small layer of chopped almonds on the bottom of five 300ml Pyrex dishes. Pour heated mixture into dishes. Refrigerate for 2 hours or more. Top with a little honey and a dash of cinnamon.

Banana Icing

- 6 medium banana's
- 1/2 cup almonds, chopped
- 1/2 cup carob chips
- 1/4 cup fructose
- 1-1/2 cups shredded coconut

Mash banana's with a potato masher or fork until smooth. Add remaining ingredients and refrigerate for 2 hours. Add a little more water if mixture is too dry. Serve immediately or cover and refrigerate.

Banana Pudding or Pie Filling

- 3 well ripened bananas
- 1/2 rice milk
- 1 tablespoon fructose
- 1 teaspoon vanilla extract
- 1/4 cup almonds or walnuts, chopped
- 1/4 teaspoon agar agar
- 8 Strawberries or other berries

Put bananas and rice milk into a blender and blend until smooth. Add a little more rice milk if mixture is too dry. Simmer ingredients in a 4-quart pot. Stir until mixture is well

blended. Pour into pyrex cups, then refrigerate. Top with berries. If used as a pie filling, you do not need to simmer the mixture – add to pie crust.

Carob Brownies

- 2 cups brown rice flour
- 1 cup tapioca flour
- 2 tablespoons potato starch flour
- 2 tablespoons baking powder (non-aluminum)
- 2 teaspoons xanthan gum
- 1 teaspoon agar agar
- 1-1/4 cups carob powder
- 1 cup shredded coconut
- 1 cup carob chips
- 1/2 teaspoon sea salt
- 1 cup walnuts or almonds, coarsely, chopped
- 2 tablespoons cold pressed sunflower oil
- 1/2 cup fructose
- 2 teaspoons vanilla extract
- 1 3/4 cups or more of rice milk

Preheat oven 350 degrees F.

Mix dry ingredients. Add liquid ingredients and mix well for a slightly loose mixture. Pour into an oiled 10 x 15 pyrex baking pan and spread evenly. Bake 40 minutes. Allow to cool completely. Cut into squares and remove from baking dish.

Halvah

- 1 cup sesame seeds
- 2 tablespoons fructose

Grind sesame seeds in a small electric seed/nut/coffee grinder. Pour sesame meal into a larger bowl and mix fructose into the meal with a large spoon. Add a little water if the mixture is too dry. Make small balls about 3/4". Roll balls in sesame seeds or shredded coconut, then refrigerate.

Pie Crust

1 cup yellow corn meal
1/4 cup brown rice flour
1/4 cup tapioca flour
1 tablespoon potato starch flour
1 teaspoon baking powder (non-aluminum)
2 tablespoons fructose
1/2 teaspoon xanthan gum
1/4 teaspoon sea salt
1/2 cup rice milk
3 tablespoons cold pressed sunflower oil
1/2 teaspoon vanilla extract

Preheat oven to 350 F

Mix dry ingredients with electric mixer. Slowly add rice milk while mixing. Add canola oil and vanilla extract. Press into an oiled baking pie plate with a lightly oiled spatula. Add filling and bake at 350 F for 50 minutes or until crust is light brown. Allow to cool completely before serving.

Pie Filling - Apple

2 large apples, peeled and sliced
3/4 cup water
1 teaspoon lemon juice
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon agar agar

Cover and simmer on low heat for 2 minutes. Add to pie crust.

Pie Filling - Blueberry

16 oz blueberries
3/4 cup water
1/4 teaspoon agar agar

Cover and simmer on low heat for 2 minutes. Add to pie crust.

Pumpkin Pudding or Pie Filling

2 cups pumpkin or squash, cooked
1/4 cup fructose
1 teaspoon vanilla
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1/4 teaspoon agar agar
1 rice milk

Simmer ingredients in a 4-quart pot. Stir until mixture is well blended. Pour into pyrex cups, then refrigerate. If used as a pie filling, you do not need to simmer the mixture – add to pie crust.

Tofu Cheesecake

16 oz soft tofu
4 tablespoons sesame tahani
1/4 cup fructose
2 tablespoons lemon juice
1 teaspoon pure vanilla extract

Preheat oven to 350° F.

Puree tofu in a mixing bowl until smooth. Add remaining ingredients. Spoon into a pie crust. Bake at 350° F. for 35 minutes. Allow to cool at room temperature. Top with fresh strawberries or blueberries.

Part 2

Wheat and Gluten Recipes

(for those who are not sensitive to wheat and gluten)

BREADS AND MUFFINS

Banana-Walnut Muffins

5 medium ripe bananas, peeled and mashed
2/3 cup fructose
1/3 cup cold pressed sunflower oil
1 teaspoon vanilla extract
1-1/3 cups whole wheat pastry flour
2 teaspoons baking powder (non-aluminum)
2/3 cup walnuts, finely chopped
3/4 teaspoon ground nutmeg
3/4 teaspoon salt

Preheat oven to 375 degrees F.

Stir together bananas, fructose, oil, and vanilla in a large bowl. In separate bowl, combine flour, baking powder, walnuts, nutmeg, and salt. Stir dry mixture into wet ingredients and mix until just blended.

Place paper cup liners in muffin pans. Spoon batter into muffin cups, filling each almost to the rim. Bake until golden brown on top and a toothpick inserted into the center comes out clean, 20 to 25 minutes. Place pan on wire rack to cool for 5 minutes. Remove muffins from pan and continue to cool them on the rack. Makes 12 muffins.

Cranberry or Blueberry Muffins

4 cups cranberries or other fruit
3 cups fructose almond granola
1 cup whole wheat pastry flour
1 cup chopped almonds
1/3 cup sesame seeds
1/2 teaspoon baking powder (non-aluminum)
2 teaspoons ground cinnamon
1 teaspoon nutmeg
1 cup cold pressed sunflower oil
1 cup fructose
1 cup luke warm water
2 teaspoons almond extract

Preheat oven to 350 F.

Mix dry ingredients, then add liquids & mix well. Pour into a 13 x 9 x 2 Pyrex baking dish or muffin pan/cups. Mix with spoon if distribution of cranberries is uneven. Bake for 30 minutes at 350 F. Serve warm or cold.

Oatmeal Scones

4-1/2 cups whole wheat pastry flour
2 cups rolled oats
5 teaspoons baking powder (non-aluminum)
1 teaspoon sea salt
1 cup almonds, chopped
1 cup raisins
2 cups water
1 cup fructose
1/2 cup cold pressed sunflower oil

Preheat oven 425 degrees F.

Mix dry and liquid ingredients separately. Add liquid to mixture to dry mixture. Knead dough for 10 minutes. If dough is too dry, add a little water. If dough is too sticky, add a little flour. Turn out onto a lightly floured board and roll out until 1/2 thick. Cut into triangles and place on a lightly oiled baking sheet. Bake for 12 to 14 minutes or until top is lightly brown. Cool on a wire rack.

Pita Bread

- 1 cup warm water (110 F)
- 1 tablespoon fructose
- 1 package dried yeast (1/4 oz.)
- 3 cups whole wheat flour
- 1-1/2 teaspoons sea salt
- 1 tablespoon cold pressed olive oil

Put warm water in a small bowl. Add fructose and mix well. Dissolve yeast in water mixture and let stand for about 10 minutes.

Add flour, salt, oil, and water mixture and knead for 10 minutes. Add more flour if sticky. Place dough into a large bowl coated with oil. Cover with a damp towel and let rise in a warm place for 1 hour.

Punch dough down, turn it out, and knead again for 2 minutes. Divide into 6 equal parts. Form each part into a round dough ball. Place dough ball in oil bowl again and let rise for another 15 minutes.

Preheat oven to 475 f.

Roll each ball out to about 1/4 inch in thickness. For thinner or thicker Pita's, roll the dough out thinner or thicker. Place them on an ungreased cookie sheet and bake on lowest possible oven rack for 8-10 minutes or until they are puffed and golden brown.

Garlic Pita Bread

- 3 tablespoons cold pressed olive oil
- 3 cloves garlic, pressed
- 1/4 teaspoon basil
- 1/4 teaspoon oregano
- Dash of black pepper
- Dash of sea salt

Preheat oven to 350 degrees F.

Spoon mixture over pita bread and bake in oven or a few minutes or until bread is slightly brown.

Quick Nut Bread

- 3 cups whole wheat pastry flour
- 4 teaspoons baking powder (non-aluminum)
- 1 teaspoon sea salt
- 1/4 cup cold pressed sunflower oil
- 1 cup fructose
- 2 teaspoons vanilla extract
- 1-1/2 cup water
- 1 cup finely chopped walnuts, almonds or pecans

Preheat oven 350 degrees F.

Combine flour, baking powder and salt in a bowl in an electric mixer and mix well. Add remaining ingredients while mixing. Place into an oiled loaf pan (9 x 5 x 3). Bake at 350 degrees for 60 - 70 minutes. Cool in pan 10 minutes; loosen edges and remove from pan. Finish cooling on wire rack.

SNACKS

Oatmeal

- 4 cups soy milk
- 1/4 teaspoon sea salt
- 1 teaspoon cinnamon
- 2 tablespoons fructose
- 1-1/2 cups blueberries or strawberries, sliced apples, cut each into 8 pieces, peel & slice thin or 2 cups unsweetened apple sauce
- 2 cups of rolled oats

Add all ingredients above except the rolled oats to a pot and bring almost to a boil. Add oats immediately. Lower the heat slightly and continue to cook for 10 minutes. Stir frequently. Serves 4 people.

MAIN DISHES

Buritos

- 6 whole wheat flour tortillas (burrito size)
- 1 (16 oz.) can black beans (do not drain)
- 1 (16 oz.) can refried beans (black or brown)
- 1 onion chopped
- 3 tablespoons cold pressed olive oil
- 1 teaspoon basil
- 1 teaspoon black pepper
- 1 dash of cayenne pepper
- 1 teaspoon oregano
- 1 teaspoon parsley

Romaine lettuce, arugala, or spinach

Preheat oven to 350 degrees F.

Sauté onions in olive oil until brown. Lower heat. Add beans and spices. Cook until mixture is smooth. Place 1/6 of mixture on a tortilla and add greens. Fold edges inward, then roll. Bake in ungreased Pyrex dish for 15 minutes at 350 degrees F.

Healthy Salad

Protein enriched or whole wheat penne or rotini pasta

Romaine lettuce

Spinach

Cabbage, sliced

Onions, chopped

Red or green pepper, cut up

Bean sprouts

Mushrooms, sliced

Carrots, shredded

Tofu

Avocado

Any other vegetables you enjoy

Use quantities of the above appropriate for the number of people being served.

Lasagna

56 oz. tomato sauce

1-1/2 pounds (dry) protein enriched lasagna noodles, cooked and drained

16 oz. Tofu

8 oz. soy mozzarella, shredded

1 teaspoon basil

1 teaspoon parsley

1 teaspoon oregano

1/2 teaspoon sea salt

1/2 teaspoon black pepper

Preheat oven to 350 degrees F.

Mix Tofu with mozzarella, basil, parsley, oregano, salt, and black pepper. Cook the lasagna noodles, drain, and rinse with cold water. Layer ingredients into a 15 x 10 x 2 pyrex casserole, starting with sauce, then noodles, and Tofu mixture, ending in a layer of sauce. Bake for 40 minutes. Serves 6.

Pasta Allocca

1 pound protein enriched or whole wheat pasta

6 cloves garlic, chopped

1 red bell pepper, chopped

1/2 pound mushrooms, sliced

1/2 pound of green vegetable (kale, broccoli, etc.)

3 tablespoons cold pressed olive oil

1 (16 oz. can) pitted black olives, chopped

1 (16 oz. can) diced tomatoes

1/2 teaspoon basil

1/4 teaspoon black pepper

Dash of cayenne pepper

1/2 teaspoon oregano

1/2 teaspoon parsley

1/2 teaspoon sea salt

Place the olive oil in a deep skillet. Sauté' the onions and peppers for 5 minutes (medium heat). Add the mushrooms and cook for 5 minutes (medium heat). Add the

garlic to the skillet and continue to sauté for another 5 minutes. Add the remaining ingredients and continue to sauté for another 10 minutes. Begin cooking the pasta (8-10 minutes). Continue cooking until pasta is cooked. Drain pasta. Place into pasta dish and pour contents of both skillets over pasta and mix thoroughly. Serves 2 to 4 people.

Pasta Salad (cold)

1 pound protein enriched or whole wheat ziti or other pasta

1/2 head of broccoli tips, cut up

1/2 to 1 onion, chopped

1/2 green or red pepper, chopped

1/2 pound mushrooms, chopped

1 carrot, sliced

2 (half inch) slices of green cabbage, cut into pieces

Oil & lemon dressing

Begin cooking pasta. Chop above ingredients. Drain pasta when done into a colander. Rinse with cold water and drain completely. Add all ingredients in a large salad bowl. Serve cold.

Pizzalocca

1 tablespoon fructose

1-1/2 cups warm water (110 F)

1 package (1/4 oz.) dried yeast

2-1/2 cups whole wheat pasty flour

2 cups unbleached white flour

1 teaspoon salt

3 tablespoons cold pressed olive oil

Tomato sauce, vegetables, and soy cheese for top

Dissolve the fructose in the warm water and sprinkle the dried yeast on top. Leave in a warm place for 10 to 15 minutes or until frothy.

When yeast is ready, mix all ingredients. Add a little extra flour if dough is sticky. Knead dough for 10 minutes, then put into a large, oiled bowl. Cover with damp towel and let rise for one hour in a warm place.

Preheat the oven to 425 F.

Remove dough after it has risen. It should be about doubled in size. Roll dough out with rolling pin to fit a lightly oiled 11" x 17" cookie sheet. Add tomato sauce (as in above recipe) and spread evenly. Add grated garlic, onion, mushrooms, garlic salt, oregano, Italian seasoning, pepper, and any vegetables you desire, such as zucchini. Sprinkle oil lightly over top and bake for 20 minutes or until dough is brown. Serve warm. Serves 2 to 4 people.

SIDE DISHES

Couscous

1 cup whole wheat couscous
1-1/2 cups water
1 tablespoon powdered vegetable broth
2 tablespoons cold pressed olive oil
1/4 teaspoon sea salt

Bring water to a boil. Add remaining ingredients, stir, and remove from heat. Cover and let sit for 5 minutes. Fluff up with a fork.

Falafel

16 oz can garbanzo beans with water, finely chopped
6 cloves garlic, finely chopped
1 tablespoon sesame tahini
3/4 cup whole wheat flour
1/2 teaspoon baking powder (non-aluminum)
1 tablespoon basil
1/2 teaspoon black pepper
1/2 teaspoon curry
1 tablespoon parsley
1/2 teaspoon sea salt
dash of cayenne optional
1/4 cup cold pressed sunflower oil for cooking

Place garbanzo beans with water, and garlic into blender and finely chop. Mix all the remaining ingredients in a mixing bowl except the oil. Place oil into sauté' pan and heat at medium temperature. Place about a 2 tablespoons of mixture or use a small ice cream scoop, into hot oil and cook until golden brown. Remove from oil and place on paper towels to drain. Serve separately or on a bed of spinach or lettuce or rice. Top with tahini sauce

Potato Pancakes

4 Potatoes (1-1/2 pounds)
2-1/2 cups water
4 tablespoons olive oil
1 onion, finely chopped
1-1/2 cups multigrain pancake mix
1/2 teaspoon sea salt
1/4 teaspoon black pepper

Wash the potatoes and wrap them loosely in Saran wrap. Bake in a microwave oven for 11 minutes. Place potatoes in a large bowl and mash with a potato masher. Add liquid ingredients and beat mixture. Add the remaining ingredients and mix well.

Heat skillet (high to medium). Place a small amount of oil on the skillet and distribute evenly. Add mixture and cook until small holes begin to show. Flip over and cook other side.

Stuffed Artichokes

6 large-size artichokes
1-1/2 cups whole wheat bread crumbs
1 teaspoon basil
1 teaspoon parsley
1 teaspoon oregano
6 cloves garlic, finely chopped
3 tablespoons cold pressed olive oil

Cut off artichoke stems and trim 1/2 inch from tops of leaves. Separate leaves slightly to allow for stuffing. Sauté garlic and oil until brown. In a large bowl mix together above ingredients. Spoon mixture into the artichokes and place in a steamer pot and steam for 30 minutes at medium heat.

DESSERTS

Anise Toast

- 1/4 cup fructose
- 2 teaspoons anise seeds
- 1-1/3 cup whole wheat flour
- 2 teaspoons baking powder (non-aluminum)
- 1/4 cup water

Preheat oven to 350 F.

Mix above ingredients with electric mixer at high speed until mixture becomes very sticky. Add a little more water if mixture is too dry. Place mixture in a well greased loaf pan and bake for 20-25 minutes or until top is slightly brown at 350 degrees F. Remove from oven and let loaf cool for 15 minutes. Slice loaf into 1/2 inch thick slices. Toast slices on both sides in the broiler part of the oven.

Apple Crisp

- 8 tart apples
- 1 tablespoon cinnamon
- 1/4 cup cold pressed sunflower oil
- 1/2 cup fructose
- 1 cup oat granola
- 1/2 cup water

Peel apples, slice into a casserole. Make topping by mixing the oil, cinnamon and granola. Pour water over apples, then top with granola mixture. Add a little more water if mixture is too dry. Bake at 375 F. for 40-45 minutes or until apples are soft.

Baklava

- 1 package (16 oz.) fillo dough
- 1/4 cup cold pressed sunflower oil for fillings, plus more for layers
- 1 cup coarsely ground walnuts
- 2 cups fructose
- 3 cups water or more
- 1/4 teaspoon lemon juice
- 1 tablespoon cinnamon
- 1 teaspoon vanilla

Preheat oven to 375 F.

Mix walnuts, 1/4 cup oil, fructose, cinnamon, lemon juice, cinnamon, and vanilla, and water. Add a little more water if mixture is too dry.

Cut the fillo dough to fit well into a 12 x 9-inch pan. Lightly oil the bottom of the pan. Layer the first sheet. Sprinkle it with some of the oil. Layer two more sheets or until the first half of the dough has been used then the layer of filling. Continue layering the fillo dough sprinkled with oil as before until all the dough is used. Cut the Baklava diagonally and bake at 375 F. for 30 to 45 minutes.

Brown Rice Crispy Cookies

- 3 cups brown rice cereal
- 1 cup fructose granola
- 1/2 cup almonds, chopped
- 1 cup whole wheat pastry flour
- 1 teaspoon baking powder (non-aluminum)
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1/2 cup fructose
- 1 teaspoon almond extract
- 1/2 cup cold pressed sunflower oil
- 1/2 cup cold water
- 1/2 cup carob chips (optional)

Preheat oven to 350 F.

Mix dry ingredients, then add liquids and mix well. Add a little more water if mixture is too dry. Spoon out onto a lightly oiled cookie sheet with a tablespoon and flatten slightly. Bake 10-12 minutes or until slightly brown. Cool on a wire rack. Makes 12-18 cookies.

Carob Brownies

- 1 cup rolled oats
- 3 cups whole wheat pastry flour
- 1-1/4 cups carob powder
- 1 cup shredded coconut
- 1 cup carob chips
- 2 teaspoons baking powder (non-aluminum)
- 1/2 teaspoon sea salt
- 1 cup walnuts, coarsely chopped
- 3/4 cup cold pressed sunflower oil
- 1 cup fructose
- 2 teaspoons vanilla extract
- 2 cups of water or more

Preheat oven 350 degrees F.

Mix dry ingredients. Add liquid ingredients and mix well. Add more water if mixture is too dry. Pour into an oiled 10 x 15 pyrex baking pan and spread evenly.

Bake 25-30 minutes. Allow to cool completely. Cut into squares and remove from baking dish.

Carrot Cake

2 cups whole wheat pastry flour
2-1/2 teaspoons baking powder (non-aluminum)
2 teaspoons cinnamon
1 teaspoon salt
1 cup cold pressed sunflower oil
1 cup fructose
2 cups carrots, grated
1/2 cup almonds, chopped
3 teaspoons almond extract

Preheat oven to 350 F.

Combine dry ingredients together. Add liquid ingredients and mix. Add a little water if the mixture is too dry. Put into a 13 x 9 inch greased pan or tube pan and bake at 350 F for 45-55 minutes. See "BANANA ICING" for top.

Oatmeal Cookies

3 cups rolled oats
3 cups whole wheat pastry flour
1 cup almonds - chopped
1/3 cup sesame seeds
2 teaspoons baking powder (non-aluminum)
3 teaspoons ground cinnamon
3 teaspoons ground nutmeg
1 cup raisins
3/4 cup cold pressed sunflower oil
1 cup fructose
2 cups water
2 teaspoons almond extract

Preheat oven to 350 F.

Mix dry ingredients, then add liquids & mix well. Let stand a minute or two (until firm). Spoon out onto a very lightly oiled cookie sheet with a tablespoon or medium size ice cream scoop, and flatten slightly. Bake 10-12 minutes or until slightly brown. Cool on a wire rack. Makes approximately 2 dozen cookies.

Raisin-Walnut Health Cake

2 cups whole wheat pastry flour
1/2 cup toasted wheat germ
2 teaspoons baking powder (non-aluminum)
1 teaspoon nutmeg
1 teaspoon cinnamon
1/2 teaspoon salt
1/2 cup fructose
1/4 cup cold pressed sunflower oil
1-1/2 cups walnuts, chopped

3 cups raisins
1 teaspoon vanilla
1 cup water
2 apples, shredded
2 carrots, grated

Preheat oven to 350 F.

Mix all of the above ingredients, place in a well greased pan and bake in a preheated oven at 350 F for 45-50 minutes or until the cake pulls away from the sides of the pan. Cool on rack. If desired, use banana icing or sprinkle top with cinnamon and nutmeg.