

ACBC

Recipes

Volume 3



CAROLINA ADVENTIST CHRISTIAN BOOK CENTER

Recipes Featuring Chik'n

Asian Lettuce Cups



- 1 can Vege-Burger, Diced Chik or Fried Chik'n (cut into small pieces)
- ½ cup onion, minced
- 1 tablespoon fresh ginger, minced
- 2 cloves garlic, minced
- 3 tablespoons peanut butter
- 1 tablespoons soy sauce or Bragg Liquid Aminos
- ¼ cup hoisin sauce
- 1 tablespoon rice wine vinegar
- 1 can (8 ounce) water chestnuts, diced
- 3-6 green onions, thinly sliced
- 1 head Butter or Bibb lettuce
- Optional:
 - ½ cup carrot and ½ cup cabbage, shredded

Directions: Heat olive oil in a medium skillet and brown the Vege-Burger, Fried Chik'n or Diced Chik.

Add the onion, ginger, garlic and carrots and cabbage if using. Sauté for 2-3 minutes until onion is soft.

In a bowl, whisk the peanut butter, soy sauce, hoisin sauce, and rice wine vinegar until combined.

Add to mixture in skillet coating all pieces with sauce.

Stir in water chestnuts and green onions.

Serve by placing a spoonful in the center of each lettuce leaf.

Tastes great as is or served with your favorite dipping sauce.

Submitted by Alyn S. of South Dakota

Au Gratin FriChik



- 1 can (13 ounce) FriChik, diced
- 1 box Au Gratin Potatoes, any flavor
- ¼ cup onion, diced
- 1 can (14-15 ounce) Lima beans (drained)
- 1/2 cup shredded cheese
- 1 cup French fried onions

Directions: Preheat the oven to 350 degrees

Sauté the onions until translucent

Mix the potatoes as per stove top directions, (but don't bake yet)

Add the onions, lima beans and FriChik and mix

Pour into a lightly sprayed 9x13" casserole dish, bake 10 minutes at 350 Pull out of the oven, cover with the cheese and top with the French fried onions

Put back in the oven and bake another 10 minutes until browned.

Submitted by Kristy B. of North Carolina

Broccoli Chik'n Bake



- 1 can FriChik or Chik'n Bites
- 1 package (10 ounce) frozen broccoli with cheese sauce
- 1 can of Pillsbury Grands Flaky Layers refrigerated Original Bis
- 1 package (10 ounce) mushrooms, chopped

Directions: Heat oven to 350 degrees. Cut FriChik into ½ pieces the broccoli according to the package directions. Pour into a bowl mix in the mushrooms. Cut each piece of biscuit dough into 8 pieces Place evenly in greased 9x13 glass baking dish. Pour broccoli mixture evenly over the biscuit pieces. Bake for 25-30 minutes or until biscuits are golden brown.

Recipe adapted from Pillsbury.com

Chaufa (Peruvian Fried Rice)



2 small cans FriChik, chopped
5 tablespoons soy sauce
1 ginger root, minced
4 eggs, beaten, divided
2 bell peppers, chopped
2 cups cooked rice
1 package fresh chives

Directions: In a pan sauté bell peppers and chives for 5 minutes. In a separate pan combine FriChik, ginger root, and soy sauce and stir for 5 minutes. Add the bell pepper and chives to the FriChik pan.

Add the cooked rice to the pan and stir until well heated. Beat 2 eggs lightly and pour into a non-stick skillet allowing the egg mixture to remain flat. Cook the mixture for about 2 minutes or until cooked through. Remove from pan and cut into small squares. Repeat with the remaining 2 eggs. Add the eggs to the FriChik pan and add additional soy sauce, if needed.

Submitted by N.A. of North Carolina

Chik'n Jambalaya



1 can FriChik, Chik'n Bites or Diced Chik, drained
2 cups cooked brown Basmati rice or wild rice blend
2 tablespoons olive oil
½ cup celery, diced
½ cup green and red pepper, diced
1 medium onion, chopped
1 small eggplant, diced (optional)
12 ounces V8 juice

2 tablespoons Vegetarian Express Golden Broth Seasoning

2 teaspoons Vegetarian Express Veggie Chick Seasoning
¼ teaspoon thyme
¼ teaspoon paprika

Cayenne pepper or Creole Seasoning to taste (optional)

Directions: Cut FriChik into pieces. Sauté vegetables in olive oil until tender. Add the FriChik. Stir in the V8 juice and seasonings. Add the cooked rice and mix well.

Submitted by Elizabeth V. of California

Chicken Salad Mandarin



1 can (13 ounce) can Lima Linda FriChik
1 head iceberg or romaine lettuce
3 tablespoons soy sauce
3 tablespoons lemon juice
1 teaspoon ginger root, grated
1 teaspoon brown sugar
1 clove garlic, minced
3 tablespoons oil
1/3 cup Vegemaise
1 cup sliced celery
1/2 cup cashews, chopped
1/4 cup sliced green onions
1 can (11 ounce) mandarin oranges

Directions:

Roughly dice the FriChik. Chop the lettuce and chill.
Mix soy sauce, lemon juice, ginger root, brown sugar and garlic in a small bowl. Reserve 2 tablespoons of the mixture and pour the rest over the FriChik. Marinate for 1 hour.
Heat oil in medium sized fry pan; add FriChik with sauce and cook until lightly browned. Cool.
Combine FriChik with Vegemaise and reserved soy sauce mixture.
Add lettuce, celery, cashews, onions, and oranges. Toss to blend.
Serve immediately. Makes 4-6 servings.

Submitted by Anne R. of North Carolina

Coconut Chik'n



1 can (13 ounce) Chik'n Bites, Fried Chik'n, or FriChik

½ cup cornstarch

¼ teaspoon sea salt

¼ teaspoon pepper (optional)

1 egg, beaten

½ cup shredded coconut

2-4 tablespoons cooking oil

Directions: Combine cornstarch and seasonings. Heat the oil in a skillet over medium high heat. Dip each piece of Chik'n in the cornstarch mixture, coating all sides. Next dip into egg mixture making sure it coats thoroughly. Coat Chik'n in coconut, rolling and pressing down to coat it well. Place in skillet and brown on all sides. Drain on paper towel to remove any excess oil. Serve with favorite dipping sauce.

Submitted by Sharon L. of Arizona

FriChik Sandwich Spread



1 can (13 ounce) FriChik, drained

½ cup salad dressing (Miracle Whip or Veganaise)

4 ounces cream cheese, softened

1 celery stalk, finely chopped

Directions:

Mash the FriChik with a fork or chop in food processor until fine. Add chopped celery, cream cheese, and salad dressing. Mix well. Serve on buns, bread, or crackers.

Submitted by S.S. of North Carolina

Minnesota Wild Rice & Chik'n Soup



1 can (13 ounce) Fried Chik'n, FriChik, Chik'n Bites, or Diced Chik

1 cup uncooked wild rice blend

1 cup onion, diced

2 stalks celery, finely diced

2 garlic cloves, minced

3 cups vegetable broth

1 ½ cups potato, cubed

3 cups milk substitute - unsweetened almond, cashew or soy milk

¼ teaspoon salt

¼ teaspoon garlic powder

¼ cup chopped fresh parsley, or 1 tablespoon dried parsley

1 recipe Vegan White Cheese Sauce(recipe in Sauces)

Directions: Cook rice according to package directions, omitting salt.

Dice the Fried Chik'n the same size as the diced potatoes. In a large soup pot that has been sprayed with cooking spray, sauté onion and garlic about 3 minutes. Add vegetable broth and diced potato; bring to a boil, cover and reduce heat. Simmer until potato is tender, about 10 minutes.

Add milk substitute. While potato is cooking, make Vegan White Cheese Sauce. Add to soup pot.

Stir until thickened (Cheese sauce will thicken the soup). Add cooked rice, Fried Chik'n and seasonings.

Adapted from Heritage Health Food Recipes

Orange Ginger Chik'n



1 can (13 ounce) Chik'n Bites, Fried Chik'n, or FriChik
2 tablespoons soy sauce or Bragg Liquid Aminos
 $\frac{1}{2}$ cup orange juice
1 teaspoon grated fresh ginger
1 clove garlic, minced
1 teaspoon toasted sesame seed
2 scallions, sliced diagonally
2 tablespoons cornstarch
2 tablespoons water

Directions: Drain the Chik'n, reserving the liquid. In a sauce pan combine the orange juice, soy sauce, ginger, garlic and $\frac{1}{4}$ cup of reserved liquid. Bring to a boil and then turn heat to low and simmer for 5 minutes.

In a separate dish combine the cornstarch with the water to make a slurry.

Slowly add a small amount of the slurry to the simmering sauce, stirring constantly. The sauce will begin to thicken.

Continue adding the slurry a little at a time until the sauce is thick enough to coat the back of a spoon.

Add the Chik'n to the sauce and coat well.

Serve with brown rice, scallions and toasted sesame seeds.

Submitted by N.A. of North Carolina

Peruvian Cau Cau



1 can (20 ounce) Vege-Steak or Chik'n Bites, cut into pieces

4 potatoes, cubed

1 can (15 ounce) diced tomatoes

2 tablespoons minced garlic

1 red onion, finely diced

1 bag (8 ounce) frozen mixed vegetables

Fresh spearmint leaves, roughly chopped

Turmeric, cumin, pepper, and oregano, to taste

2-4 tablespoons cooking oil

Directions: Sauté the onion and garlic until lightly browned. Add the tomatoes, Vege-Steak, potatoes and seasonings and simmer until the potatoes are cooked.

Add the frozen vegetables and simmer another 3-5 minutes. Add the fresh mint and salt to taste.

Serve with rice.

Submitted by Elias S. of North Carolina

Sesame Chik'n Fried Cauliflower



1 can (13 ounce) FriChik or (20 ounce) Chik'n Bites

½ head cauliflower

1 bunch broccoli, cut into florets

1 package frozen snow peas, can use fresh if available

1 large egg

1/4 teaspoon sesame oil

1 teaspoon Vegetarian Express Veggie Chick Seasoning

1-2 tablespoons Bragg Liquid Aminos or soy sauce

1-2 tablespoons toasted sesame seeds

Directions: Cut FriChik into strips. Pulse the cauliflower in a food processor until about the size of rice. Can use a grater or chops finely with a knife. Cut the broccoli into florets and slice the stalks diagonally into thin strips.

Beat the egg and set aside.

Heat the FriChik in a skillet with the sesame oil. Add the broccoli and continue stirring for a few minutes. Add the cauliflower rice and snow peas. Stir for a few minutes, then pour the egg into the pan and scramble it. Season with Bragg Liquid Aminos or soy sauce and sprinkle with the sesame seeds. *Submitted by Karen J. of North Carolina*

Recipes Featuring Vegetarian Burger

Layered Burger Casserole



1 can Vegetarian Burger
1 cup Kraft mayonnaise or sour cream
3 ounces cream cheese, softened
1 jar (16 ounce) Prego spaghetti sauce
6 green onions, chopped
1 package (8 ounce) small noodles
1 cup shredded cheddar cheese
1 tablespoon oil
1 teaspoon salt

Directions: Brown the Vegetarian Burger in 1 tablespoon oil. Add the spaghetti sauce and salt and simmer until well blended. Set aside.

Mix together and set aside the green onions, cream cheese and mayo or sour cream

Cook the noodles as directed

In buttered casserole place a layer of half the noodles, half of sour cream mixture and half of the burger mixture. Repeat and top with the shredded cheddar cheese

Bake at 350 degrees for 20-25 minutes. Serves 8-10

*May add one can of slivered water chestnuts to the Burger mixture.

Submitted by Karen P. of Tennessee

Penne Arrabbiata Casserole



1 can (13 ounce) Vegetarian Burger or Diced Chik, drained
1 box (8 ounce) penne pasta
1 jar (24 ounce) spaghetti sauce of choice (try Spicy Arrabbiata)
1 cup shredded cheese blend of choice (try Colby Jack)
1 8 ounce bag shredded mozzarella cheese
1/2 yellow onion, chopped
3 cloves garlic, diced
1 tsp basil
1 tsp oregano
1/2 tsp garlic salt
1/2 tsp sage
1/4 tsp thyme
3 bay leaves
1/2 stick butter
Salt & pepper to taste

Directions:

Cook pasta al dente in large pot
While pasta is cooking add butter to skillet on medium-high heat. Add Diced Chik, onion, garlic, and seasonings
Cook mixture on medium-high until onions are translucent and butter is sizzling and well incorporated into the mixture
Drain pasta and put back in pot. Add Diced Chik mixture including butter to pasta, stir
Stir in spaghetti sauce and 1 cup shredded cheese blend
Pour mixture into greased 9x13 pan
Layer mozzarella on top and bake at 350 for 15 minutes or until mozzarella is melted.

Submitted by Camden H. of North Carolina

Chili Presto



1 can Vegetarian Burger
1 T olive oil
4-6 cups V-8 juice (original)
1 can (27 ounce) mild chili beans
1 small can petite diced tomatoes

Directions:

In large skillet, brown Vegetarian Burger in oil.
In same pan add the rest of the ingredients.
Add sea salt & chili pepper to taste.
Optional: add sautéed onions and green peppers
Simmer 15 minutes & presto---chili!

Submitted by Jayme R. of North Carolina

Quick & Easy Meatloaf



1 can (19ounce) Heritage Vegeburger
1 can (6 ounce) tomato paste
1/2 green pepper, chopped
1 medium onion, chopped
3 teaspoons The Vegetarian Express Roasted Garlic Red Bell Pepper Zip
1/4 cup ketchup
2 tablespoons brown sugar

Directions: Crumble the Vege-Burger into a bowl.
Stir in 1/2 can of tomato paste. Add the chopped green pepper, onion and seasoning and mix well.
Put in 8x8 greased baking dish or a bread loaf pan.
Mix the ketchup and brown sugar into the remaining tomato paste. Spread over loaf.

Bake at 350 degrees for 1/2-1 hour depending on the thickness of the loaf.

Very easy and delicious recipe.

Submitted by Summer T. of South Carolina

Savory Potato Filled Loaf



½ can (20 ounce) Vegetarian Burger
½ cup lentils, sorted and rinsed
2 cups vegetable broth
2 tablespoons Vegetarian Express Veggie Chik Seasoning
1 cup cooked potatoes, roughly mashed
1 cup onion, chopped
¼ cup fresh parsley, chopped or 1 tablespoon dried
½ cup fresh spinach, chopped, may substitute well-drained frozen
1 egg, beaten, or 1 Neat egg
1 cup bread crumbs
½ teaspoon thyme
1 teaspoon garlic powder
½ teaspoon salt
½ teaspoon soy sauce or Bragg Liquid Aminos
1 package Mayacamas Savory Herb Gravy Mix, prepared per directions

Directions: In a small saucepan combine lentils with vegetable broth and Veggie Chik Seasoning. Cook until lentils are tender and broth has been reduced to about ¼ cup. In another pan, sauté ½ cup onions until lightly browned. Add potatoes, ½ teaspoon garlic powder, 1 tablespoon bread crumbs, thyme, and 1 tablespoon fresh parsley. Remove from heat and set aside.

In a large bowl combine lentils, burger, spinach, remaining onion and parsley, ½ teaspoon garlic powder, egg, and soy sauce. Add bread crumbs gradually until mixture holds together.

Preheat oven to 350 degrees. Place 2/3 of burger mixture in a lightly greased, glass loaf pan. Press it up the sides to form a shell about ½ inch thick. Put potato mixture in shell and top with remaining burger mix. Bake 40-45 minutes, or until top is crusty. Remove from oven and let sit 10-15 minutes. Slice and serve with gravy.

Submitted by Rae S. of North Carolina

Vegan Meatballs



1 can (19 ounce) Heritage Vegeburger
½ onion, finely chopped
½ cup mushrooms, finely chopped
1 small bell pepper, finely chopped
2 cloves garlic, minced
1 tablespoon olive oil
½ cup walnuts, toasted and finely chopped or ground
1 Neat egg
1 handful fresh spinach
1 tablespoon fresh parsley, chopped
½-1 cup bread crumbs
2 teaspoons Italian seasoning
2 teaspoons Vegetarian Express Beef-Like Seasoning
¼ cup water
Kosher salt to taste

Directions: Sauté onions, mushrooms, bell peppers and garlic in olive oil until soft. In a large bowl combine the sautéed vegetables with the vegeburger and mix thoroughly. Mix the Neat egg according to package directions. Stir into the vegeburger until well incorporated. Combine Beef-Like Seasoning with the water and stir into meatball mixture. Chiffonade the spinach and then cut the strips into smaller pieces. Mix spinach, parsley, Italian seasoning and ½ cup bread crumbs into the meatball mixture. Continue adding breadcrumbs until the mixture holds together without crumbling. Add salt to taste.

Preheat oven to 350 degrees. Line baking sheet with parchment paper. With a tablespoon, form balls of mixture and roll in your hand to make even. Place 1-2 inches apart on sheet. Bake 30 minutes turning over halfway through. Check a meatball to see if the center is set. If still too wet, bake at 300 degrees for 15-20 minutes longer. Serve with Chunky Marinara or your favorite sauce

Submitted by N.S. of North Carolina

Recipes Featuring Hot Dogs

Polynesian Hot Dogs



1 can Simple Franks, drained and sliced diagonally in 1 inch pieces

1 can (20 ounce) pineapple chunks, reserve liquid, or fresh pineapple

1 medium green bell pepper, cut in one inch pieces

1 medium red or yellow bell pepper, cut in one inch pieces

1 tablespoon oil

Sauce:

1 cup pineapple juice from can or from frozen concentrate

½ cup dark brown sugar

3 tablespoons apple cider vinegar

½ teaspoon garlic powder

2 tablespoons soy sauce or Bragg Liquid Aminos

Thickener:

2 tablespoons cornstarch

¼ cup water

Directions: Mix the sauce ingredients in a small bowl.

In a separate dish mix the cornstarch and water until smooth. Heat oil in a large skillet over medium-high heat and brown the hot dogs.

Remove them from the pan and the peppers and pineapple. Stir in the sauce and simmer about 5 minutes. Add the cornstarch mixture, stirring constantly until sauce thickens.

Add hot dogs and cook on low heat 5 minutes. Serve over rice.

Adapted from recipe by Judith Hanneman

Salchipapas



1 can (20 ounce) Big Franks or Simple Franks, sliced diagonally

4 potatoes, sliced into strips (or use frozen French fries)

Oil for frying

Sauce:

¼ Cup mayonnaise

1 T brown mustard

¼ Cup ketchup

Peruvian Salsa Criolla:

2 red onions, sliced thinly

2 Tablespoons lime juice

1 jalapeno, seeded and thinly sliced

1 Tablespoon vinegar

1 Tablespoon chopped cilantro or parsley

Salt and pepper to taste

Directions:

Prepare French fries by frying or baking. Fry the Big Frank slices in a lightly oiled skillet until browned.

Combine sauce ingredients in small bowl. Combine salsa ingredients in separate bowl and let marinate at room temperature for 30 minutes.

To serve, pile the French fries on a plate, top with the Big Franks, drizzle with the sauce and finish with the salsa on top.

Submitted by Norma S. of North Carolina

Chili Frank Biscuit Bake



1 can (20 ounce) Big Franks, or Simple Franks
1 can (20 ounce) Loma Linda Chili or 5 Bean Chili
1 can of Pillsbury Grands Flaky Layers refrigerated Original Biscuits
1 onion, chopped
1 green pepper, chopped fine

Directions: Heat oven to 350 degrees. Cut Big Franks into ½ inch rounds.

Sauté onions and green peppers in a lightly oiled skillet until soft. Add Chili and Big Franks and simmer until heated through. Cut each piece of biscuit dough into 8 pieces. Place evenly in greased 9x13 glass baking dish. Pour chili mixture evenly over the biscuit pieces. Bake for 25-30 minutes or until the biscuits are golden brown.

Recipe adapted from Pillsbury.com

Savory Palmiers



1 can Veja-Links or Super Links, drained
2 onions, sliced
2 tablespoons butter
½ cup shredded cheddar cheese
1 sheet frozen puff pastry, thawed
1 large egg, beaten with 1 tablespoon water
2 teaspoons The Vegetarian Express Roasted Garlic Red Bell Pepper Zip

Directions: Sauté the onions in a skillet with the butter on medium heat until the onions have caramelized (30-45 minutes). Mash or grind the links and add the Roasted Garlic Red Bell Pepper Zip seasoning. Roll the pastry out to 10x12 inches. Sprinkle cheese on top, then spread a layer of the link mixture followed by a layer of the caramelized onions.

Roll both of the long sides toward the center until they meet. Chill in the refrigerator for 20 minutes or place in freezer for 10 minutes.

Preheat oven to 400 degrees. Line baking sheet with parchment paper. Slice the roll into 1/3 inch slices. Lay on baking sheet and brush with egg mixture. Bake until golden brown, about 20 minutes.

Submitted by Lucy P. of North Carolina

Tomato Soup Sandwich Spread



1 can (20 ounce) Big Franks
1 can (10 ounce) condensed tomato soup
½ cup walnuts, ground
1 cup Saltine crackers, crushed
1 small onion, minced
Directions: Using a fork, mash 3-4 Big Franks into small pieces or grind in food processor. Combine with the tomato soup, walnuts, and onions. Slowly stir in crushed crackers until you achieve the consistency you like for a spread. Try with Simple Franks, Linketts, Super Links, Veja-Links *Submitted by Angela P. of Iowa*

Veja-Links Veggie Tots



1 can Veja-Links, drained
2 cups cauliflower florets
1 cup broccoli florets
2 cups panko bread crumbs
2 tablespoons Vegetarian Express Lemony Dill Zest
2 eggs, beaten
1 cup shredded cheddar cheese
Dipping Sauce:
1/2 cup mayonnaise
1 tablespoon Vegetarian Express Lemony Dill Zest
1 tablespoons chives, chopped
2 tablespoon water

Directions: Preheat oven to 400. Line a cookie sheet with parchment paper. Mash the Veja-Links with fork or pulse in food processor until small pieces. Boil the cauliflower and broccoli until soft, then chop into small pieces or pulse in food processor until the size of rice. Mix all ingredients together in a large bowl. Scoop a tablespoon of mixture and pressing together, form into a small log about one inch long. Place on baking sheet and bake for 15 minutes. Turn them over and bake an additional 15 minutes until browned and crispy. Mix the dipping sauce ingredients together and serve with the tots.

Submitted by Rachel H. of North Carolina

Recipes Featuring Chops and Steak

All in One Casserole



1 can Choplets, or Dinner Cutlets drained and torn into 1 inch pieces

4 medium potatoes, sliced

1 small onion, sliced

1 small can mushrooms, or ½ cup fresh mushrooms, sliced

1 can mushroom soup

1/2 teaspoon sage

2 tablespoons soy sauce

2 tablespoons margarine

Directions: Arrange sliced potatoes, onions, and Choplets in layers in a casserole dish. Mix remaining ingredients and pour over the layers. Dot the top with margarine. Cover and bake at 375 degrees until potatoes are tender (30-40 minutes). Uncover for last five minutes to brown top.

Submitted by Gary R. of North Carolina

Country Fried Vege-Steak



1 can (20 ounce) Vege-Steak or Vegetable Steaks

1 cup instant potato flakes

½ cup fine corn meal

1-2 tablespoons soy sauce or Bragg Liquid Aminos

½ teaspoon onion powder

1 teaspoon Lawry's Seasoned salt

2-4 tablespoons cooking oil

Directions: Drain and place the Vege-Steaks into a bowl. Add the soy sauce to coat and sprinkle with the onion powder. Marinate for 15 minutes. Mix together the potato flakes, corn meal and seasoned salt.

Heat the oil in a skillet over medium high heat. Dip each Vege-Steak into the breading mixture, pressing down to coat it well. Place in skillet and brown on both sides. Drain on paper towel to remove any excess oil. Serve with favorite gravy recipe.

Submitted by Mary C. of Virginia

Curried Steak



- 1 can Vegetable Steaks
- 3 carrots, cut in ½ inch chunks
- 2 large or 3 medium potatoes, cut into chunks
- 1 tablespoon curry powder, or to taste
- 1/2 teaspoon sea salt
- ½ -1 can coconut milk
- 2 cups water
- 2 cups cooked rice

Directions: Cut the Vegetable Steaks into bite-sized pieces and fry lightly in a skillet. In a large saucepan with 2 cups water, cook the carrots and potatoes until almost tender. Add the Vegetable Steaks, coconut milk, sea salt and curry powder. Let simmer for 5 minutes. Serve over cooked rice.

Submitted by Molly V. of North Carolina

Hungarian Goulash



- 1 can Loma Linda Vegetable Steaks, cut bite-sized
- 2 potatoes, cubed
- 1-2 carrots, chopped into bite-sized rounds
- 1 parsley root, chopped into bite-sized rounds
- 1-2 tomatoes, diced
- 1 medium onion, diced
- 1 small red pepper, diced
- 1 clove garlic, minced
- 1 tablespoon Hungarian paprika
- ½ teaspoon caraway seeds
- 1 tablespoon parsley, chopped
- 4 cups water
- 1-2 tablespoons vegetable oil
- Salt, pepper to taste

1 package egg noodles, cooked per package directions

Directions: Heat the oil in a large pot. Add the onions with a spoonful of water and a pinch of salt. Cook slowly on low heat until the onions are clear. Add the garlic, caraway seeds, tomatoes and peppers. Cook a few minutes and then add the Vegetable Steaks and the paprika.

Add the water, carrots, parsley roots, potatoes and parsley. Cook about 15 minutes until they are tender. Serve on top of the egg noodles.

Submitted by Jane V. S. of California

Philly Cheese Steak Casserole



2 cans (13 ounce) Swiss Stake or Prime Stakes, cut into strips
4 hoagie rolls
Italian Seasoning to taste
1 green bell pepper, sliced into strips
1 red or orange bell pepper, sliced into strips
1 onion, sliced
1 tablespoon vegan Worcestershire Sauce
8 slices Follow Your Heart Mozzarella Cheese, or your favorite cheese
1-2 tablespoons olive oil

Directions:

Preheat oven to 350 degrees. Lightly spray a large casserole dish. Cut hoagie rolls into 1 inch pieces and drizzle olive oil over them.

Stir to coat and then sprinkle Italian Seasoning over the pieces.

Bake in oven until lightly browned, about 10 minutes.

In a large skillet over medium heat, heat 1 tablespoon olive oil. Add onion and peppers. Cook, stirring occasionally until the vegetables are tender.

Add the Swiss Stake and Worcestershire Sauce, stirring gently. Add this to the casserole dish with the toasted hoagie pieces. Toss gently.

Add mozzarella cheese, shredded or torn into small pieces, and stir to distribute evenly.

Bake about 10 minutes until the cheese is melted.

Adapted from recipe at Delish.com

Vegetable Steak Tacos



- 1 can Vegetable Steaks
- 1 can black, pinto, or kidney beans
- 1 jar green stuffed olives, sliced
- 2 tomatoes, thinly sliced in half moons
- 1 onion, chopped
- 1 package shredded Cheddar cheese
- 1 head leaf lettuce
- 1 package taco spice mix
- 1 tablespoon cornstarch
- Taco sauce, 8-10 flour tortillas, Oil

Directions:

Cut Vegetable Steaks into strips or chunks.

Mix taco spice with corn starch. Toss Vegetables Steaks in the mixture and shake off excess.

Fry in lightly oiled skillet until crispy and heated through.

Assemble toppings on a tray or in bowls.

Heat beans in saucepan and warm the tortillas in dry skillet, oven, microwave, or directly on gas burner.

Serve with toppings of choice.

Submitted by N. A. of North Carolina

Choplet Casserole



- 1 can of Choplets, (save the juice)
- 1 can mushrooms, (save the juice)
- 1 container sour cream
- 2 eggs beaten
- Panko Breading

Directions:

Dip Choplets in egg bath, then coat with breading.

Place into a hot skillet and fry until golden brown.

(You can also fry in margarine and skip the egg bath and breading.)

Mix the juice from the Choplets and mushrooms, with the container of sour cream. Add the mushrooms and set aside.

Place the Choplets in a casserole dish and then put the mushroom mix on top of Choplets. Add more Choplets and top with mushroom mixture. This step is completed when you run out of ingredients.

Bake in a preheated oven at 350 F for 30-45 minutes. Enjoy.

Submitted by Jan G. of South Carolina

Recipes Featuring Sausage

Italian Sausage & Rice



1 can Saucettes or Mini-Links
1 jar (16 ounce) spaghetti sauce
½ cup Italian salad dressing
1 medium onion, chopped
1 bell pepper, any color, chopped
Cooked brown basmati rice

Directions: Slice Saucettes into ¼ inch circles. Sauté onions and peppers in large skillet with oil or water. Add sliced Saucettes and heat for a few minutes. Mix spaghetti and Italian salad dressing together and add to pan. Heat through and serve over brown rice or pasta.

Submitted by Valerie L. of Iowa

Pasta with Sausage and Peas



1 bag (8 ounce) Sausage Crumblers or 1 can (19 ounce) Mini-Links
1 package (8 ounce) spaghetti pasta
6 cloves garlic, chopped
½ cup frozen peas
½ cup mushrooms, chopped
1 can (6 ounce) black olives, sliced
1 teaspoon Vegetarian Express Greek Isle Seasoning
¼ teaspoon each of thyme and rosemary
Salt and pepper to taste
¼ cup olive oil

Directions: Cook the pasta per package directions. Sauté the garlic in olive oil over medium heat until lightly browned. If using Mini-Links, crumble them into small pieces with a fork. Add all ingredients to the pan with the garlic and stir until the mushrooms are cooked and the peas are heated through. Toss the mixture with the cooked pasta and serve.

Submitted by Norma S. of North Carolina

Sausage Hash Brown Muffins



1 can (19 ounce) Saucettes or Mini-Links, drained and crumbled
4 cups grated Russet potatoes (about 3-4 potatoes)
1 red onion, finely chopped
 $\frac{1}{2}$ cup corn
 $\frac{1}{4}$ cup fresh parsley, chopped
1 can (4-5 ounce) canned green chilies, chopped
1 tablespoon corn starch
1 tablespoon olive oil (optional)
Salt and pepper to taste

Directions:

Preheat oven to 375 degrees. Grease or spray muffin tin.

Grate the potatoes using the large holes on a cheese grater. Wrap potatoes in a kitchen towel, or several layers of cheesecloth, and twist to squeeze out as much liquid as possible. Alternatively you can squeeze with your hands but the potatoes won't get quite as dry.

In a large bowl, combine the potatoes with the rest of the ingredients. Mix well to distribute sausage bits evenly.

Put about $\frac{1}{4}$ cup of the mixture in each muffin tin. Press mixture down lightly to form a cake.

Sprinkle tops with a dash of salt and bake for 20 minutes at 375 degrees. Then raise the temperature to 425 degrees and bake an additional 10-12 minutes or until the tops are golden brown and the edges are crisped.

Remove pan from oven and let rest for 5 minutes. Run a butter knife around edges and gently lift out.

Serve with your favorite breakfast sides.

Adapted from recipe by the Minimalist Baker

Recipes Featuring Skallops and Tender Bits

Skallop Veggie Pie



1 can Vegetable Skallops, drained
1 medium onion
2-3 celery stalks
2-3 fresh carrots or 1 can cooked carrots
1 can diced new potatoes
1 can mushrooms
3 cups Mayacamas Brown Gravy
Bread crumbs or Corn Flakes
1 unbaked pie shell

Directions:

Dredge each Skallop in bread crumbs or Corn Flakes and brown in lightly oiled skillet

Remove to a plate and cut large pieces into bite-size pieces

Roughly chop (not finely diced) one cup each of onion, celery and carrots

Cook until almost soft, then drain and set aside

Make three cups of brown gravy

Place Skallops in bottom of a deep pie dish

Arrange vegetables and mushrooms over the Skallops

Pour gravy over vegetables until almost covered (you may not need quite three cups)

Break pie crust into medium pieces and place over vegetables until covered. If pie dough is homemade, lay it over the vegetables, crimping dough around the edges

Place pie plate on cookie sheet, in case gravy bubbles over

Bake at 375 degrees for 20-25 minutes, or until pie crust is golden

Submitted by Terry R. of North Carolina

Tender Bits Corbroni



1 can (19 ounce) Tender Bits, drained
12 ounces frozen whole kernel sweet corn
10 ounces frozen broccoli florets
1 medium onion, sweet or as you prefer
1/8 cup olive oil
1 teaspoon garlic salt, or seasoning of choice

Directions: Put olive oil in skillet and set to medium high. Halve onion and then sliver into skillet. Slice Tender Bits into fourths and add the pieces to skillet. Stir fry until Tender Bits are lightly browned. Add corn and broccoli. Cover and cook until done [to your taste]. Add a teaspoon of garlic salt [or regular salt]. Stir and serve.

Submitted by Evelyn N. of North Carolina

Tender Bits Meatballs



1 can (19 ounce) Tender Bits
1 ½ - 2 cups bread crumbs
2 eggs, beaten
6 ounces V8 Juice or tomato sauce
1 onion, finely chopped
1 celery stalk, finely chopped
1 tablespoon McKay's Chicken Seasoning
¼ teaspoon Vegetarian Express Roasted Garlic Red Pepper Zip

Directions: Preheat oven to 350 degrees. Drain the Tender Bits and grind in food processor until it resembles burger. Combine the ground Tender Bits and remaining ingredients in large bowl. Stir well and then let sit until all moisture has been absorbed.

Roll teaspoon size meatballs and place on parchment lined baking sheet. Add more bread crumbs if meatballs are too wet to roll.

Bake for 20-25 minutes, flipping meatballs over halfway through baking time. If not browning, bake a little longer.

Serve with pasta or rice or coat the meatballs with a barbecue sauce and bake a few minutes longer.

Submitted by Sydney A. of New Mexico

Vege Bolognese



1/2 can (20 ounce) Tender Bits or Vege-Burger
1 teaspoon Italian seasoning
1 can (28 ounce) San Marzano tomatoes, crushed
1 medium onion, chopped
2 garlic cloves, minced
1 celery stalk, chopped
1 carrot, chopped
¼ cup flat-leaf parsley
8 fresh basil leaves
Salt and pepper to taste
2-4 tablespoons olive oil
The Vegetarian Express Parma Zaan Sprinkles

Directions:

Place the Tender Bits and Italian seasoning in a food processor and pulse until it reaches the texture of hamburger.

In a large skillet heat the olive oil. Add the onions and garlic and sauté until soft, about 5 minutes. Add the celery and carrot and sauté another 5 minutes. Add the ground Tender Bits or Vege-Burger and sauté for 5 minutes.

In the meantime, stack the basil leaves together and then place the parsley on top. Roll the basil over the parsley and then chiffonade it.

Add the tomatoes, basil, and parsley to the skillet and simmer on medium low heat until the sauce thickens. Season with salt and pepper.

Serve over your favorite pasta and top with Parma Zaan Sprinkles.

Submitted by N.A. of North Carolina

Recipes Featuring Other Great Products

Asian Meatball Hoagie



1 can Tender Rounds
½ cup sweet chili sauce
1 mango, diced
4 radishes, any color, sliced thin
1 carrot, peeled into ribbons
2 green onions, sliced
2 tablespoons lime juice
Leaf lettuce
4 hoagie rolls

Directions: Heat the Tender Rounds in a saucepan, including the sauce from the can. With a slotted spoon, to drain the sauce, place the meatballs into a bowl. Toss with the sweet chili sauce until coated. Mix mango, radish, onion and carrot with lime juice. Toast hoagie buns and place lettuce leaves on each. Add meatballs and top with mango salad.

Submitted by Cathy W. of South Carolina

Nutolene Gluten-free Bread Dressing



1 can Loma Linda Nutolene, cubed
2 cups gluten-free stuffing or seasoned dried gluten-free bread cubes
1 can black olives, sliced, reserve broth
1 onion, chopped
1 cup celery, chopped
1 Massel 7's Chicken Style bouillon cube, or Mckay's Seasoning
½ cup hot water

Directions: Dissolve one bouillon cube in ½ cup hot water. Add the olive broth and mix with the dried bread cubes. Let stand while you prepare the remainder of the ingredients. Add the celery, onion, and Nutolene. Mix all ingredients together adding enough water so the bread cubes are quite moist. Salt and season to taste. Put in a casserole dish. Bake, covered, at 350 degrees for 45 minutes. Serve with cranberry sauce, Mayacamas gravy, mashed potatoes, and green beans!

Submitted by Karen P. of Tennessee

Sabbath Burgers



3 cups old fashioned oats
2 tablespoons The Vegetarian Express Golden Broth
2 teaspoons The Vegetarian Express Roasted Garlic Red Bell Pepper Zip
2 teaspoons The Vegetarian Express Saucy Ranch Seasoning
Pinch of cayenne pepper
1 1/2 cups almond or pecan meal, or any nut you prefer ground, can leave chunky if you like a bit of texture
2 1/2 cups boiling water
Directions: Mix all ingredients together in a heat-proof bowl. Add boiling water as needed to make a soft burger dough. Let rest until it firms up a bit. Using an ice cream scoop form the patties and fry in a lightly oiled skillet until golden brown on both sides. Use for making sandwiches or serve with marinara sauce or gravy.

Submitted by Connie V. of North Carolina

Sweet & Sour Tender Rounds



1 can (19 ounce) Tender Rounds
1 can (20 ounce) crushed pineapple, reserve juice
1/4 cup loosely packed brown sugar
1/4 cup rice wine vinegar
1/4 cup ketchup
1 tablespoon soy sauce or Bragg Liquid Aminos
1 tablespoon arrowroot powder or cornstarch
Sriracha sauce to taste

Directions: In large skillet combine brown sugar, vinegar, ketchup, soy sauce and pineapple juice. Bring to a boil over medium heat.

Make a slurry by mixing the arrowroot powder with a small amount of water and whisk into the sauce. Reduce heat. Add the Tender Rounds, cover and simmer until sauce thickens. Stir in pineapple and add sriracha to taste. Serve over rice.

Adapted from recipe by Ree Drummond

Tamale Pie



1 can (15 ounce) Loma Linda Blue Taco Filling

1 can (15 ounce) chili beans

1 can (15 ounce) black beans

1 red onion, chopped

1 green bell pepper, chopped

1 can black olives, sliced

2 cups Masa Harina Corn Flour

¼ teaspoon salt

2 tablespoons baking powder

2 cups vegetable broth, or water

Enchilada Sauce (See recipe in Sauces)

1-2 fresh limes

Directions: Preheat oven to 350 degrees. Lightly grease a 9x13 baking dish. Whisk Masa, salt and baking powder together.

Add vegetable broth and stir until dough forms. Spread half of dough evenly in the bottom of the baking dish.

Bake for 20 minutes and remove from oven. Drain and rinse the black beans.

Combine Taco Filling, black beans, chili beans, onion and bell pepper in a large bowl. Spoon on top of baked Masa. Top with the remaining Masa and spread evenly to cover filling.

Bake 20-30 minutes or until crust is golden. Remove from oven.

Sprinkle black olives over top. Drizzle with enchilada sauce. Top with spring lettuce mix.

Squeeze juice of lime over lettuce. Serve with lime wedges.

Adapted from brandnewvegan.com

Tuna-Less Ceviche



1 can (13 ounce) Fishless Tuna
1 can coconut meat, chopped to the size of the fishless tuna bits
1 small red onion, cut into slivers
1 small tomato (seeds removed), finely chopped
1/2 cup bell peppers (mix red, yellow, green, and orange for added color)
1 small jalapeno, finely chopped
1 small lemon, juiced
1 lime, juiced
1/2 cup freshly squeezed orange juice
1 tablespoon fresh cilantro, finely chopped
Salt and pepper to taste

Directions:

Drain Fishless Tuna and squeeze out as much moisture as possible. In a bowl, combine the Fishless Tuna, coconut meat, lemon, orange and lime juices.

Marinate for 10 minutes so the Fishless Tuna absorbs the citrus flavors.

Add the rest of the ingredients and mix well.

Serve with tortilla chips.

Adapted from Loma Linda Recipe

Recipes Featuring Vegetables

Cauliflower Piccata



1 head cauliflower
2-3 shallots, diced
1/3 cup vegetable broth
1-2 tablespoons Vegetarian Express Golden Broth
½ teaspoon arrowroot powder
1/3 cup white grape juice
1/3 cup fresh lemon juice
5-6 thin lemon slices
1/3 cup capers, drained
1 tablespoon honey or agave

Directions: Preheat oven to 425 degrees. Cut the cauliflower into uniform-sized florets. Line baking sheet with parchment paper and lay cauliflower on it evenly. Spray with olive oil or moisten with some vegetable stock. Top with the lemon slices. Bake 20-25 minutes, turning halfway through to brown both sides. Remove when done and place in serving dish.

Sauce:

Dice the shallots evenly and sauté in medium skillet until translucent. Whisk the arrowroot powder and vegetable broth together. Add to shallots and reduce heat. Simmer for 3-5 minutes, stirring frequently. Add the white grape juice, lemon juice, honey, and capers. Simmer another minute. Taste and add more honey if needed. Pour sauce over cauliflower and serve.

Submitted by Olivia H. of North Carolina

Greek Roasted Veggie Medley



1 head cauliflower
16 ounces cremini mushrooms
2 cups grape tomatoes
12 cloves garlic
2 tablespoons olive oil
1 tablespoon The Vegetarian Express Greek Isle Seasoning
1 teaspoon Nutritional Yeast Flakes
Salt and pepper to taste
12 Kalamata olives, pitted and halved
1 tablespoon fresh parsley

Directions: Preheat oven to 400 F degrees. Cut cauliflower into equal-sized small florets. In a large bowl add the vegetables and mushrooms. Drizzle with olive oil, then sprinkle on the seasoning, tossing to coat evenly. Place the mixture in a single layer on a baking sheet lined with parchment paper.

Roast for 20-30 minutes, stirring once. Serve garnished with fresh chopped parsley and Kalamata olives.

Great served with Loma Linda Prime Stakes or Swiss Stake
Note: For extra spice add The Vegetarian Express Roasted Garlic Red Pepper Zip

Adapted from recipe at www.jocooks.com

Lemony Dill Pea Pate



2 cups frozen peas, thawed
½ cup walnuts, ground
1-2 teaspoons Vegetarian Express Lemony Dill Seasoning
1 small Spanish onion, minced
¼ cup vegetable broth

Directions: Mash thawed peas with a fork or pulse in food processor. Sauté onions in vegetable broth until soft. Mix peas, onions and seasoning until well blended. Serve on crackers, crostini, or cucumber slices.

Adapted from Unprocessed by Chef AJ

Saucy Ranch Zucchini Strips



1 small to medium zucchini, cut into strips
½ cup non-dairy milk
1 cup crushed crackers
¼ cup flour
1 tablespoon The Vegetarian Express Saucy Ranch Seasoning
Oil for frying
Directions: Combine crackers, flour, and Saucy Ranch Seasoning in a large plastic bag. Dip zucchini strips in non-dairy milk. Place a few at a time in the crumbs and shake to coat. Fry on all sides in skillet.

Summer Squash Gratin



1 small zucchini
1 small yellow summer squash
3-4 carrots
1-2 tablespoons olive oil
¼ teaspoon sea salt
2 tablespoons dried parsley
½ cup Panko bread crumbs
¼ cup Vegetarian Express Parma Zaan Sprinkles

Directions:

Slice the zucchini, summer squash, and carrots very thin. A mandolin works well for uniform slices.
Layer the vegetables in four rows in a 9x13 pan. Alternating colors makes a nice presentation.
Drizzle olive oil over vegetables.
Combine the remaining dry ingredients and sprinkle over top of vegetables.
Cover with foil and bake 30 minutes at 350 degrees.
Test with fork and bake longer if needed (depends on thickness of your slices).
Remove foil and bake 5 minutes more until crumbs are crisp and golden.

Submitted by N.R. of North Carolina

Recipes Featuring Sauces

Chunky Marinara Sauce

Ingredients:

- 1 can (28 ounce) crushed tomatoes
- 1 medium onion, chopped
- 2 cloves garlic, minced
- ½ teaspoon Vegetarian Express Pepper-Like Seasoning
- 2 tablespoons fresh basil, chopped, or 1/2 tablespoon dried
- 1 tablespoon fresh thyme, or 1 teaspoon dried
- 1 tablespoon fresh oregano, or ½ tablespoon dried

Directions: Mix all ingredients together in a saucepan. Simmer for 30 minutes.

Enchilada Sauce

Ingredients:

- 1 can (8 ounce) tomato sauce
- 1 ½ tablespoons chili powder
- ¼ teaspoon ground cumin
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- 1 teaspoon Vegetarian Express Roasted Garlic & Red Pepper Zip
- 2 tablespoons cornstarch
- 1 ½ cups cold water

Directions: Whisk first five ingredients together in a small saucepan. Dissolve cornstarch in the water and slowly add to the sauce. Cook over medium heat, stirring constantly until sauce thickens. *Adapted from brandnewvegan.com*

Vegan White Cheese Sauce

Ingredients:

- 1/2 cup raw cashews
- 2 cups HOT water
- 3 tablespoons tapioca or potato starch
- 2 tablespoons nutritional yeast flakes
- Juice from ½ lemon
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/8 teaspoon liquid smoke (optional)

Directions: Combine ingredients in a powerful blender and blend on high speed for 2-3 minutes, until creamy. *Adapted from Heritage Health Foods*

Recipes Featuring Desserts

Creamy Dreamy Peppermint Patties



½ cup raw cashews, soaked
½ cup coconut oil, melted
3-4 tablespoons agave nectar, or liquid
sweetener of choice
2 tablespoons almond milk
1 teaspoon peppermint extract, or ¼ teaspoon
peppermint oil

Coating:

¾ cup dark chocolate chips
½ tablespoon coconut oil

Original Recipe from Ohsheglows.com

Directions: Place cashews in a bowl and cover with water. Let soak overnight, or for at least 2-3 hours. If your blender isn't great at blending things smooth, I suggest soaking overnight for the best results. Drain and rinse the soaked cashews. Add the cashews, melted coconut oil, agave, milk, and peppermint extract into a high-speed blender. Blend on the highest speed until completely smooth. This can take a couple minutes.

Line a baking sheet with parchment paper and mini cupcake/candy liners. Add a half tablespoon of filling into each liner. Distribute mixture evenly in liner using a toothpick. Freeze, uncovered, for 20-35 minutes, or until firm to the touch. After freezing, pop the patties out of the cupcake liners and set each on top of their respective liner. Return to the freezer for 10 minutes to firm up even more.

Meanwhile, melt the chocolate and coconut oil in a small pot over the lowest heat. When half of the chips have melted, remove it from the heat and stir until all the chips are melted. Allow the chocolate to cool slightly for a few minutes before dunking the patties.

Remove the patties from the freezer and dunk them into the melted chocolate with a fork. Tap the side to shake off excess chocolate and place on parchment paper. Do this step as quickly as possible so the patties don't melt. Reheat chocolate mixture if it becomes too thick.

Return the patties to the freezer until set and the chocolate coating is firm, about 10 minutes. Store leftover patties in the freezer/fridge until ready to enjoy! Makes 22-25 patties.

Submitted by Lisa M. of North Carolina

Joy's Easy Vegan Banana Bread



1 Neat egg substitute
1 cup white flour
1 cup wheat flour
½ -1 cup sugar (I prefer Organic coconut palm sugar)
¾ teaspoon baking soda
¾ teaspoon sea salt
¾ teaspoon cinnamon
½ cup plain soy, almond or any plant milk
1 teaspoon apple cider vinegar
2 cups mashed banana, from about 4 large very ripe bananas
¼ cup vegetable or coconut oil
2 tablespoons maple syrup
1 teaspoon vanilla extract
1 cup or more walnuts (optional)

Directions: Preheat the oven to 350 F. Lightly oil a 9"x5" pan and set aside. (Or 2-4 mini pans)

In a medium-sized mixing bowl, sift together the flour, sugars, baking soda, salt and cinnamon. In a large mixing bowl, whisk together the soy milk and cider vinegar and let stand for 2 minutes.

Mix the Neat egg, mashed banana, oil, maple syrup, vanilla extract, and nuts whisking until well combined. Fold in the milk and apple cider vinegar.

Add dry ingredients to the wet, mixing until just combined (do not overmix!) and pour the batter into the prepared loaf pan.

Bake for about 1 hour, or until a toothpick inserted into the center emerges clean-about 50-60 minutes and for mini loaves 30-40 minutes.

Allow the bread to cool in pan 5-10 minutes then remove & place on a wire cooling rack.

Serve warm, toasted or at room temperature.

Can be left out for 3-4 days or refrigerated up to about a week. (It never lasts that long though)

Also freezes well. (Most ingredients can be organic)

Submitted by Joy A. of North Carolina

Vegan Molasses Cookies



1 Neat egg substitute
½ cup Earth Balance
¼ cup sweet potato or pumpkin puree
¼ cup unsulphured molasses
1 teaspoon vanilla
1 cup granulated sugar
2 ¼ cups all-purpose flour
2 teaspoons baking soda
2 teaspoons ground ginger
1 teaspoon cinnamon
½ teaspoon ground cloves
½ teaspoon kosher salt

Directions:

Mix or sift together the flour, baking soda, spices and salt.

In stand mixer bowl cream the Earth Balance and sugar.

Prepare Neat egg per package directions.

Add to sugar mixture. Beat in sweet potato puree, molasses and vanilla.

Add half of the dry ingredients mixing until incorporated.

Scrape sides of bowl and add remaining half. Do not overmix.

Cover bowl and refrigerate for one hour.

Preheat oven to 350 degrees. Line baking sheet with parchment paper.

With ice cream scoop, form balls of dough and roll in sugar to coat. Place two inches apart on sheet and flatten ball slightly.

Bake 11-13 minutes until center is set. Cookie will be soft and chewy in center with cracked crunchy edges. (For crisper centers bake a few minutes longer.)

Let cookies cool on sheet for 2-3 minutes before transferring to a wire rack.

Submitted by Ruth H. of Iowa



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