

ACBC

Recipes

Volume 1



CAROLINA ADVENTIST CHRISTIAN BOOK CENTER

ACBC Recipes September 2015

Featuring Vegetarian Burger

Ma's Easy & Delicious Oat Patties



1 can Worthington Vegetarian Burger

3 eggs

1 1/2 cups quick oats (more if you prefer-I think the more the better!)

1 pack Onion Soup Mix

Directions: Mix all ingredients well. Shape into patties and fry in light olive oil over medium heat.

Brown on both sides.

Makes approximately 15 bun-sized patties.

Submitted by Jessica V. of North Carolina

Chili Presto

1 can Worthington Vegetarian Burger

1 T olive oil

4-6 cups V-8 juice (original)

27 oz can 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.

Simmer 15 minutes & presto---chili!

Submitted by Jayme R. of North Carolina

Vege Empanadas

1 can Worthington Vegetarian Burger

Chopped onion, chopped garlic, chopped bell pepper

Chopped hard boiled eggs

Cooked rice

Raisins

Cumin & pepper

Directions: In pan with oil sauté onion and chopped garlic until softened.

Add Vegetarian Burger, cumin, pepper, bell pepper, cooked rice, and chopped hard boiled eggs.

Stir for 5-8 minutes. Add raisins and stir for another 2 minutes.

For the empanada dough use Goya Empanada disc.

Place vegetarian meat in empanada dough, make empanada and fry them.

Submitted by Myrtha S. of North Carolina

ACBC Recipes October 2015

Featuring Vegetable Skallops

Ocean Fillets



- 1 cup Vegetable Skallops, shredded or ground
- 1 cup Diced Chik, drained and shredded
- ¼ cup onion, finely chopped
- 1 teaspoon lemon juice
- 1 tablespoon mayonnaise
- 1 teaspoon McKay's Chicken Style Seasoning
- 2 eggs
- 1 tablespoon or more cracker meal

Coating Mix:

- ½ cup flour and ½ cup cracker meal

Directions: Put Vegetable Skallops and Diced Chik in grinder or shred in food processor. Mix all ingredients together well. Add cracker meal until desired consistency is reached. Form into patties and dip both sides in the coating mixture. Brown in skillet with oil or vegetable spray. Serve with tartar sauce or lemon juice.

Submitted by Julienne B. of Minnesota

Stir Fry Skallops



- 1 can Loma Linda Vegetable Skallops
- 1 small onion, finely chopped
- 2 tomatoes, chopped
- 1 bag frozen green pepper and onion blend
- 1 tablespoon soy sauce

Directions:

In large skillet, sauté the onion and tomato in olive oil. Add the green pepper and onion blend, and one can of Vegetable Skallops, whole or sliced. Simmer 8-10 minutes. Add soy sauce, salt and pepper to taste.

Submitted by N.A. of North Carolina

Vegetarian Stroganoff



1 can Loma Linda Vegetable Skallops
1 onion, diced
4 ounce can mushrooms, drained-save juice
1/2 teaspoon garlic salt
2 tablespoons parsley flakes
1 envelope George Washington Broth
2-3 tablespoons soy sauce
6 ounces sour cream (may use vegan sour cream)

Directions:

Slice Vegetable Skallops into 1/4 inch strips and brown in lightly oiled pan.
Add onion and mushrooms and sauté.
Add remaining ingredients except sour cream
Simmer for 15 minutes.
Add mushroom liquid.
Just before serving add sour cream.
Serve over cooked noodles or rice.

Optional version: Add 2 cans mushroom soup with 2 cans milk, and 1/4 cup grated Colby or cheddar cheese. Add water if too thick or more cheese to thicken more.

Submitted by Avis W. of South Dakota

Baked Skallops

1 can Loma Linda Vegetable Skallops
Grapeseed Vegenaïse, or other non-dairy mayonnaïse
Nutritional Yeast

Directions: Drain Vegetable Skallops and pat dry.
Dip each Skallop in Vegenaïse then roll in nutritional yeast to coat.
Place on baking sheet lined with parchment paper or lightly oiled.
Bake at 350 degrees for 30 minutes or until lightly browned.
Serve with tartar sauce or barbeque sauce.

Submitted by G.M. of North Carolina

ACBC Recipes November 2015

Featuring FriChik

Black Bean FriChik Enchiladas



1 can (13 ounce) FriChik, diced
1 small can tomato sauce
1 large can mild enchilada sauce
1 can black olives, sliced
1 (15 ounce) can of black beans
4 ounces shredded cheddar cheese
1 package large or medium flour tortillas
1 pint sour cream
Mild hot sauce (optional)

Directions:

Mix the enchilada sauce with the tomato sauce.
Pour half of the mixture in a greased 9x13
casserole dish.

Place one of the flour tortillas in the casserole
dish in the sauce mixture.

Place a spoonful each of black beans, FriChik,
sour cream, and black olives in the center of
the tortilla.

Sprinkle a little cheese and add some hot sauce
(optional).

Roll the tortilla and place it to one side of the
casserole dish.

Repeat the same process with each tortilla
until the pan is full.

Pour the remaining mixture of the
enchilada/tomato sauce over the tortillas.

Sprinkle with cheese and remaining black
olives as desired.

Bake at 350 degrees for 35-40 minutes (cheese
should be browned).

Submitted by Julienne B. of Minnesota

Frito Taco Casserole

1 can (13 ounce) FriChik, coarsely chopped
1 can (4 ounce) mild green chilies, diced
1 can (16 ounce) vegetarian refried beans
2 cups shredded cheddar cheese or Mexican cheese blend
2 cups Fritos or corn chips of your choice, divided
1 medium yellow onion, chopped
2 cups cooked rice
1 cup salsa
¼ cup water

1 (1.25 ounce) packet taco seasoning

Directions: Preheat oven to 350 degrees Fahrenheit

In a large skillet, sauté onions in a small amount of olive oil, until softened and translucent.

Add chopped FriChik and brown for a couple of minutes. Add taco seasoning, salsa, chilies, and water.

Simmer for 5 minutes over low heat. Remove from heat and stir in rice, cheddar cheese, and refried beans, and transfer mixture to a 9 x 13-inch baking dish. Top with 1 cup Fritos and bake for 30 minutes, or until cheese is melted and dish is warmed through. Remove from oven, top with remaining Fritos and serve hot. Serves 6-8.

Submitted by Marcy N. of Arizona

Peruvian Fried Rice “Chaufa”

2 cans (13 ounce) FriChik, chopped
1 ginger root, minced
2 bell peppers, chopped
1 package fresh chives
5 tablespoons soy sauce
4 eggs, beaten and divided
2 cups cooked rice

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

Savory FriChik



2 (13 ounce) cans of FriChik Original
1 small onion, finely chopped
1 red or green pepper, diced
1 garlic clove, grated
1 teaspoon Italian seasoning
1 teaspoon Smoked Paprika
1 package Mayacamas Savory Herb Gravy
3 tablespoons olive oil
2 tablespoons coconut oil

Directions:

Chop the FriChik in small pieces and set aside in a bowl.

*Place olive oil and coconut oil in skillet on low heat.

Sauté diced pepper, onion and garlic in oils until cooked.

Add chopped pieces of FriChik stirring until blended.

Prepare gravy mix separately and add to FriChik mixture

Cover skillet and simmer on low heat for 15 - 20 minutes.

Serve over cooked brown rice. Serves 6-8.

*Important- sauté on low heat since using olive and coconut oils.

Submitted by Rachel S. of North Carolina

FriChik Sandwich Spread

1 can FriChik, drained
4 ounces cream cheese, softened
1 stalk celery, finely chopped
½ cup salad dressing (Miracle Whip)

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

ACBC Recipes December 2015

Featuring Loma Linda Products

Chorizo Vegetable Soup



½ can Spicy Chorizo
2 carrots, chopped
½ medium onion, chopped
1 celery stalk, chopped
2 potatoes, peeled and chopped
1 can (15 ounce) tomato sauce
½ bag frozen mixed vegetables
Pepper, cumin, oregano, bay leaf

Directions: In a pan sauté the Spicy Chorizo; add the carrots, celery, and onion and sauté until soft. Add the tomato sauce, potatoes, mixed vegetables and seasonings. Add water to cover and simmer until potatoes are cooked.

Submitted by N.A. of North Carolina

Chik'n and Pasta Shell Soup



1 can Chik'n Chunks or Diced Chik, drained
2 large carrots, diced
1 small onion, chopped
1 celery stalk, diced
2 tablespoons McKay's Chicken Style Seasoning

32 ounces vegetable stock
1-2 tablespoons olive oil

Directions: Sauté the carrots, celery and onions in olive oil until softened. Add Chik'n Chunks or Diced Chik, vegetable stock and McKay's seasoning. Simmer slowly for thirty minutes. Add cooked pasta shells in the remaining two minutes.

Submitted by Rae S. of North Carolina

Roasted Tomato Soup



1 can Diced Chik, drained
12 Roma tomatoes (or whatever variety you prefer)
1 bulb garlic
32 ounces vegetable stock
Dried basil
Dried oregano
Olive oil

Directions: Preheat oven to 450 degrees. Cut the tomatoes in half and place them face down on a baking sheet. Drizzle olive oil over the tomatoes covering them. Sprinkle over the tomatoes 2 teaspoons dried basil, 2 teaspoons dried oregano, salt and pepper to taste. Take an entire bulb of garlic and cut off the top piece that is holding the cloves together. Place the bulb on a piece of aluminum foil, drizzle olive oil inside the bulb and wrap it up.

Let the tomatoes and garlic roast in the oven for approximately 35 minutes or until the skin begins to peel off of the tomatoes and the garlic is soft. Remove and let cool to room temperature or cool to the touch. Peel off the tomato skins to prevent "sticks" in the soup. Remove the garlic cloves from the bulb.

Using a stock pot, add 32 ounces of vegetable stock and heat on low. Blend the tomatoes, all of the juices from roasting, and the garlic pieces on high for 2 minutes. Pour the blended mixture into the stock pot. Add 1 can Diced Chik, drained. Add 2 teaspoons dried basil, 2 teaspoons dried oregano, and salt and pepper to taste. Allow the flavors to mix together for approximately 30 minutes on low-medium heat. Eat with French bread! Enjoy!

Submitted by Kadina H. of Illinois

Chicken Chili

1 can Diced Chik, drained
1 large can chili beans
1 large can diced tomatoes
1 onion, chopped
Chili powder, to taste

Directions: Add all ingredients to a large sauce pan or slow cooker. Heat on medium until heated through and the onions are soft.

Submitted by Susan H. of Iowa

ACBC Recipes January 2016

Featuring Big Franks

All in One Dish



3-4 Big Franks, sliced into rounds

2 large carrots, sliced

1 onion, slivered

4 potatoes, skins on, sliced

2 tablespoon McKay's Chicken Seasoning

¼ cup olive oil

2 cups cooked brown rice (or other rice)

Sauce: 1 cup liquid from Big Franks can (add water/vegetable stock if needed to equal 1 Cup)

1 (10 ounce) can tomato soup

½ teaspoon each of dried basil and oregano leaves

1 tablespoon McKay's Chicken Style Seasoning

Mix all in pan and warm on stove.

Directions: Layer sliced carrots in bottom of 9 x 13 baking dish. Layer the sliced potatoes next and top with the slivered onions. Pour the olive oil over the vegetables and sprinkle McKay's Chicken Style seasoning evenly over the top. Add a layer of cooked rice and finish with a layer of Big Franks. Spoon the sauce over the top of the casserole. Bake 1 hour in a 350 degree oven.

Submitted by Cyndy S. of South Dakota

Chili Dogs



1 can Big Franks

2 cans Loma Linda Five Bean Chili

8 flour tortillas (6-8 inch)

1 package (8 ounce) shredded cheddar cheese

Directions: Preheat oven to 350 degrees.

Spread 1 can of chili with beans in the bottom of a 9 x 13 inch baking dish.

Roll each Big Frank inside a tortilla and place them in the baking dish seam side down on top of chili with beans.

Top with remaining can of chili with beans, and sprinkle with shredded cheese.

Cover baking dish with aluminum foil and bake for 30 minutes.

Submitted by Marcy N. of Arizona

Big Franks Egg Roll Appetizers



1 can Big Franks

1 package egg roll/spring roll wrappers

Oil for frying

For variety add any of the following items before you roll them.*

Cheese, black beans, salsa

Dill pickle spears or pickle relish

Onions and sauerkraut

Directions: Thaw egg roll wrappers per package directions.

Dry the Big Franks with paper towels. Place an egg roll wrapper diagonally and fold up the bottom corner about 1 inch. Place a Big Frank on folded edge and roll snugly about half-way. Fold in both sides of the wrapper over the Big Frank ends and continue rolling. Moisten the top corner with water to seal the roll. Pour oil into a skillet until it is about one inch in depth. Heat the oil. Place egg roll in oil with the seam side down. Fry over medium heat and cook on all sides until nicely browned. Remove and drain on paper towels. **Make sure the egg roll is sealed well or wet ingredients may spill out and cause the oil to splatter.*

Submitted by N.A. of North Carolina

Salchipapas (Franks with Fries)

1 can Big Franks, sliced diagonally

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

Oil for frying

Sauce:

¼ cup ketchup

¼ cup mayonnaise

1 tablespoon brown mustard

Peruvian Salsa Criolla:

2 red onions, thinly sliced

1 jalapeño, seeded and thinly sliced

1 tablespoon chopped cilantro or parsley

2 tablespoons lime juice

1 tablespoon vinegar

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

ACBC Recipes February 2016

Featuring Tender Bits

Stroganoff



1 can Tender Bits, whole or cut into strips

1 packet Lipton Onion Soup Mix

8 ounces sour cream

1 can mushroom soup

3/4 cup water

1 tablespoon soy sauce

Fresh spinach, shredded (optional)

Directions: Lightly brown Tender Bits in olive oil in a large skillet. Add in sour cream, mushroom soup, and water. Stir in onion soup mix and simmer for 10 minutes. Add soy sauce. Serve over noodles of your choice. Optional-add fresh shredded spinach on top of serving.

Submitted by Jayme R. of North Carolina

Tender Bits Kabobs



1 can Tender Bits, drained

1/4 Cup French Salad Dressing

1/4 Cup Apricot Jam

1 Tablespoon sesame seeds

Vegetables of choice such as: Zucchini, bell pepper, radish, onion, mushroom, green onion, cherry tomato, potato (may use pineapple if desired)

Metal or bamboo skewers (soak bamboo skewers in water before assembling and grilling)

Directions: Mix French salad dressing and apricot jam. Coat the Tender Bits in the sauce and sprinkle with sesame seeds.

Cut the vegetables into uniform pieces. Slide Tender Bits and vegetables onto the skewers alternating to make appealing. Grill for 8-10 minutes or until desired doneness.

Submitted by N.R. of North Carolina

ACBC Recipes March 2016

Featuring Choplets

Choplets with Roasted Apples & Brussels Sprouts



1 can Loma Linda Choplets

1 Gala apple cut into ½ inch wedges

3 tablespoons plus 2 teaspoons olive oil, divided

2 teaspoons rosemary, finely chopped

1 teaspoon each kosher salt, paprika, garlic salt, ground cinnamon, chili powder, ground red pepper

3 tablespoons light brown sugar

3 tablespoons apple cider vinegar

Directions:

1. Preheat oven to 325°. Stir together spices, 1 tablespoon brown sugar, 1 teaspoon rosemary, and 1/2 teaspoon salt in a small bowl. Rub Choplets with 1/2 teaspoon olive oil; marinate in the spiced brown sugar mixture.

2. Whisk together apple cider vinegar and remaining brown sugar, rosemary, 1/2 teaspoon salt. Slowly whisk in remaining 3 tablespoons olive oil until blended. Place apples, Brussels sprouts, and 1/4 cup vinegar mixture in a large bowl, and toss to coat.

3. Place Choplets in center of a lightly greased (with cooking spray) heavy-duty aluminum foil-lined sheet pan; place apple mixture around Choplets.

4. Bake at 325° for 8 minutes. Transfer Choplets to a serving platter, and cover with foil to keep warm. Stir apple mixture in sheet pan, and spread into an even layer.

5. Increase oven temperature to broil, and broil apple mixture 3 to 4 minutes or until browned and slightly charred. Transfer apple mixture to a medium bowl. Toss together apple mixture and remaining vinegar mixture. Season with kosher salt, and serve with Choplets.

Submitted by Robert C. of North Carolina

All in One Casserole

1 can Choplets, drained, chopped (or torn)

4 medium potatoes, sliced

1 small can mushrooms

1 small onion, sliced

1 can mushroom soup

½ 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

ACBC Recipes April 2016

Featuring Loma Linda Products

Inside Out Stuffed Pepper Casserole



- 1 can Vegetarian Burger
- ½ cup chopped onion
- 1 can (16 ounce) stewed tomatoes
- 1 large green pepper, chopped
- 1 cup uncooked long grain rice
- 1 teaspoon Worcestershire Sauce
- ½ teaspoon salt
- ¼ teaspoon pepper

Directions:

1 cup shredded cheddar cheese (optional) Mix all ingredients together (except cheese) and put in a casserole dish. Cover and bake for 1 hour at 350 degrees or until rice is tender. Uncover, sprinkle with cheese, and put bake in oven until cheese melts.

Submitted by Janie H. of North Carolina

Chik-en Sensational Casserole



- 2 cans FriChik, diced
- 1 can cream of celery soup
- 1 medium onion, finely chopped
- 1 cup mayonnaise
- 1 box Uncle Ben's Wild and White Rice
- 1 medium jar chopped pimentos
- 1 can French style green beans, drained
- 1 can sliced water
- 1 can Durkee Fried Onions

Directions: Cook rice according to directions on the box but reduce water to 2 cups.

Mix all ingredients together in a large bowl (except for the dried onions).

Pour into 9x13 casserole dish.

Bake at 350 degrees for 25-30 minutes.

Remove from oven and cover with the Durkee Fried Onions. Put back in oven for another 5 minutes or until golden brown.

Submitted by Lydia C. of Minnesota

Taco Lettuce Wraps



1 can Loma Linda Taco Filling
1 head leaf lettuce
1 medium onion, minced
Salsa
Shredded cheddar cheese

Directions:

Heat Taco Filling and onion in skillet. Place on lettuce leaf. Top with favorite taco toppings such as salsa, cheese, olives, tomatoes, sour cream.

Submitted by N. R. of North Carolina

Very Yummy Meatballs



1 can Vegetarian Burger
1 cup pecan meal
1 large onion, diced
1 cup shredded cheddar cheese
4 eggs, or 4 egg whites and 2 yolks, beaten
1 heaping cup corn flakes
¼ teaspoon garlic powder

Sauce:

1 tablespoon lemon juice
½ cup catsup
1 teaspoon chili powder
¾ teaspoon salt
6 tablespoons margarine or butter
¼ brown sugar
½ cup water

Directions:

Meatballs: Mix all ingredients together and let stand for 10 minutes. Shape into balls with ice cream scoop and place on sprayed or greased cookie sheet. Bake at 350 degrees for 25 minutes.

Sauce: Put all ingredients into saucepan and cook until boiling.

Baking instructions: Cover baked meatballs with sauce and warm thoroughly in oven.

Note: Meatballs can be baked ahead of time and sealed in a baggie until ready to use. They freeze well. Reheat in oven rather than microwave for best consistency.

Submitted by Avis W. of South Dakota

Cashew FriChik Casserole



2 cups diced FriChik
1 cup finely diced onion
2 tablespoons butter
1 cup finely diced celery
1 can mushroom soup
1 cup water
1 small can mushrooms (optional)
1/2-1 cup toasted cashews
1 small can Chow Mein noodles
Potato chips, crushed
1 can chopped water chestnuts (optional)
Directions: Sauté onions and celery in butter until onions are translucent.
Add to rest of ingredients. Mix well.
Place in 1 1/2 quart baking dish that has been sprayed with cooking spray.
Top with finely crushed potato chips.
Bake 45-50 minutes at 350 degrees.
Slivered almonds can be substituted for cashews.
Submitted by Avis W. of South Dakota

Mexican FriChik Casserole



1 large can (42 ounce) FriChik
1 can diced tomatoes with green chilies
1 bag (16 ounce) shredded Mexican blend
1 can cream of mushroom soup
1 can cream of celery soup
1 bag Fritos Corn Chips
Chili, onion, and garlic powder
Directions:
Cut FriChik into small pieces and place in bottom of 9x13 baking dish.
Sprinkle with chili, onion, and garlic powders.
Combine soups and tomatoes. Pour over FriChik. Cover with the shredded cheese. Crush Fritos and place on top. Cover and bake at 350 degrees until hot and bubbly.
Submitted by Jackie D. of North Carolina

Chicken Enchiladas



2 cans (13 ounce) Loma Linda FriChik
1 can cream of mushroom soup
1 carton (16 ounce) sour cream
1 tablespoon McKay's Chicken Seasoning
1/4 teaspoon white pepper
1 can (4 ounces) green chilies
3 cups shredded Cheddar cheese
3 cups Monterey Jack cheese
1 small onion, finely chopped
12 medium sized tortillas

Directions:

Mix all ingredients (except tortillas) together, setting aside 1/2 cup each of the Cheddar and Monterey Jack cheese.

Wrap 3 tablespoons of the mixture in each tortilla. Place seam side down in a greased 9x13 glass dish.

Spread remaining mixture over enchiladas. Sprinkle with reserved cheese.

Bake at 350 degrees for 35 minutes.

Submitted by Deborah F. of North Carolina

Chik'n Stuffed Peppers

2 cans (13 ounce) Chik'n Chunks or Diced Chik
4 large peppers (green/yellow/orange/red)
1 garlic clove, minced
2 cups vegetable broth
1/4 teaspoon dried basil
1 can (14-1/2 ounces) diced tomatoes, undrained
1 cup fresh mushrooms, chopped
1 package (6 ounces) long grain brown and wild rice blend

1/3 cup celery, sliced
1/3 cup onion, chopped
2 tablespoons butter
1/4 cup carrots, finely chopped
1/4 teaspoon dried thyme
1/4 cup zucchini, chopped
1/4 cup grated Parmesan cheese

Directions:

Cut tops off peppers; remove seeds. In a large kettle, cook peppers in boiling water for 3 minutes. Drain and rinse in cold water. Place upside down on paper towels; set aside.

In a large saucepan, sauté the onion and garlic in butter until tender. Cut the Chik'n Chunks into small pieces and add broth, rice (with contents of seasoning packet), celery, carrot, basil and thyme; bring to a boil. Reduce heat; cover and simmer for 25 minutes or until the rice is almost tender.

Remove from the heat; stir in the tomatoes, mushrooms and zucchini. Spoon rice mixture into the peppers; place in a greased 2-quart baking dish. Spoon the remaining rice mixture around peppers.

Cover and bake at 350° for 25-30 minutes or until the peppers are tender and filling is heated through. Uncover and sprinkle with Parmesan cheese; bake 5 minutes longer. Yield: 4 servings

Submitted by Robert C. of North Carolina

Causa Rellena Peruano

Peruvian Potato Salad



3 cans Loma Linda Fishless Tuna, finely chopped

½ cup red onion, chopped

7 yellow potatoes

3 limes, juiced

1 stalk celery, finely chopped (optional)

3 tablespoons vegetable oil

1/2 cup Veganaise or mayonnaise

Salt, pepper, garlic powder to taste

3-4 hard boiled eggs, sliced

Black olives, sliced

Parsley leaves

Directions:

Cook potatoes in salted boiling water until tender.

Peel and mash them, adding salt, pepper, and garlic powder to taste. Mix the vegetable oil and lime juice into the potatoes and set aside.

In a separate container add the Fishless Tuna, Veganaise, red onion and celery.

Season with salt and pepper to taste.

Press half of the potato mixture into the bottom of a pan and spread evenly.

Add a layer of the Fishless Tuna salad and press down. Cover with the other half of potato mixture, pressing down.

Garnish with parsley leaves, slices of hard boiled eggs and sliced black olives.

For individual salads lightly oil the inside of a can with both ends cut off and use as a mold to form the salad layers.

Optional sauce: Mix lime juice with Veganaise and drizzle over salad. May use Diced Chik in the filling.

Submitted by Norma S. of North Carolina

Prime Stakes Tacos

2 cans of Loma Linda Prime Stakes

2 cloves garlic, minced

A pinch cayenne pepper

12 small corn tortillas (5 to 6 inches in diameter)

3 cups shredded red cabbage

½ cup chopped cilantro leaves

1 lime, cut into wedges

2 cups Avocado Lime Salsa (see recipe below)

Avocado Lime Salsa:

1 large cucumber peeled, seeded and cut into chunks (about 2 cups)

2 avocados, cut into chunks

½ red onion diced

2 limes, juiced (about ¼ cup)

¼ cup chopped cilantro leaves

2 jalapeno chilies, chopped, plus more to taste

Place cucumber, avocado and onion in a large bowl and add lime juice and salt. Add cilantro and chilies and toss gently.

Directions: Preheat oven to 350°.

Drain gravy from 2 cans of Prime Stakes and heat them in the oven with garlic for about 20 minutes.

Remove from oven and let sit for 10 minutes.

Carve into thin slices.

Warm tortillas by placing them on the grill for about 30 seconds, turning once or place 6 tortillas at a time between 2 moist paper towels and microwave for 45 seconds.

Wrap in cloth napkin or place in a tortilla warmer to keep warm

Place the slices of carved Prime Stakes, warm tortillas, cabbage, cilantro, lime and Avocado Lime Salsa in serving dishes and let diners make their own tacos at the table.

Submitted by Robert C. of North Carolina

Submit your favorite recipe at

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We hope you enjoy trying the recipes in this complimentary booklet.

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