

**Happy New Year Salsa**  
**by Pat & Lorrie Rather**

Ring in the New Year with this simple salsa made with black-eyed peas---traditionally known to bring good luck, and in this case possibly good health! Be sure to invite all your friends because this dish feeds a crowd!

2 cans (16 oz. each) black-eyed peas, rinsed and drained	1 tomato, seeded and chopped
2 Cups frozen (thawed) or canned corn	1 small red onion, chopped
1 red bell pepper, chopped	2 stalks of celery, chopped
1 green bell pepper, chopped	1 Tbsp Tabasco sauce (to taste)
	½ Cup balsamic vinegar

Combine first seven ingredients in a large bowl. Add balsamic vinegar and Tabasco sauce to taste. Toss gently with vegetables. Serve with corn chips.  
BEST WISHES FOR A HAPPY HOLIDAY from Pat & Lorrie!

**Quinoa Salad**  
**by Dr. Carol Stoutland**

2 Cups quinoa (dry) soaked 5 hours or overnight.

Drain and rinse the quinoa. Cook in 2 Cups water. (Bring to a boil, lower heat to low and simmer for 8-10 minutes.) Take off lid and fluff with fork off and on to help steam escape and reduce stickiness. Chill overnight.

Mix with:

2-3 large carrots, shredded  
½-1 bunch parsley (or cilantro)  
2 cloves garlic (minced)

Dressing: (Blend until thick.)  
Juice from 1 lemon (2 Tbsp.)  
4 T olive oil

**Raw Pizza**  
**by Rob Culclasure and Lindsay Gasik**

Crust:

1 Cup flax seeds  
1 Cup oat flakes

2 Cups carrot greens  
water  
spices

Grind the flax seeds. Put all ingredients in a food processor and run until desired texture. Add enough water to achieve a thick, pasty consistency. We added cumin, coriander, garlic, cayenne, sage mustard, and thyme. Spread the mixture onto sheets and dehydrate.

Sauce:

2 Cups sunflower seeds  
1 green or red bell pepper

water  
spices

Remove the seeds from the bell pepper. Then, same as the crust, put all the ingredients in a food processor and run until it reaches a creamy texture. We added paprika, coriander, garlic, oregano, cayenne, mustard, marjoram, and salt. Mix well then spread a thick layer onto dried crust.

Toppings:  
A few carrots  
1 onion

1 tomato  
Almost anything!

Grate the carrots. Dice and dehydrate the onion (or use a fresh purple onion). Dice the tomato, Spread the toppings evenly on the pizza and serve.

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### **Mujadrah>**

#### **M'jadrah>**

### **M'jadra > Rice and Lentil Pilaf: The Ultimate Middle Eastern Comfort Food!** by Hilliard Gastfriend

Below are the basic ingredients. The recipe scales up quite nicely, so you may double or even triple the recipe.

½ Cup lentils, red or green/brown  
1 large onion, diced  
1-1/2 Tbsp olive oil (or other vegetable oil)  
Pepper and salt to taste

1 Cup brown rice  
2 cloves garlic (or more!), minced or diced  
2-1/2 Cups water or vegetable stock

Wash lentils and rice before using. Saute onions, garlic, and lentils in olive oil until onions are translucent. Add water or vegetable stock and bring to a boil. Add brown rice and return to boil. Cover, reduce heat, and simmer until all water is absorbed. Fluff the pilaf gently with a fork and add salt and pepper to taste.

May be used as a main course or as a side dish.

#### Variations:

1. Add small amounts of cooked potatoes to sauté mixture.
2. Add small amounts of pasta when adding water.
3. Add ¼ Cup of red and green peppers for a festive, holiday look.
4. Experiment by adding different spices, such as cumin and cayenne.

### **Carrot Cake**

by Sandy Itzkowitz

½ Cup grated carrot  
(Can also use zucchini instead of carrots.)  
1-1/4 Cup chopped dates  
1 Cup raisins  
1-1/4 Cups water  
½ Cup unsweetened applesauce  
1 tsp cinnamon

1 tsp allspice  
½ tsp nutmeg  
¼ tsp cloves  
2 Cups whole wheat pastry flour  
1 tsp baking powder  
1 tsp baking soda

Oil and flour and 8" x 8" pan. Preheat oven to 350 degrees. Combine carrot, dates, raisings, water, applesauce, cinnamon, allspice, nutmeg, and cloves in a saucepan. Bring to a boil, reduce the heat and simmer 5 minutes. Cool. In a large bowl, sift together the flour, baking powder and baking soda. Add the carrot mixture and stir just until mixed to a cookie dough consistency. Bake for 45-50 minutes.

### **Chewy Chocolate Cookies** **by Linda Sappington**

1-1/4 Cup Earth Balance soy margarine, softened  
2 Cups sugar  
2 egg equivalents (Ener-G Egg Replacer)  
2 tsp vanilla extract  
2 Cups flour (your choice)  
3/4 Cup baking cocoa  
1 tsp baking soda  
1/2 tsp salt (optional!)  
1-1/2 Cups vegan chocolate chips  
1/2 Cup finely chopped walnuts or pecans \*\*

In a large mixing bowl, cream Earth Balance and sugar. Add egg replacement and vanilla; blend well. Combine flours, cocoa, baking soda and salt (if using); gradually blend into creamed mixture. Stir in chocolate chips and nuts. Drop by teaspoonfuls onto ungreased cookie sheet. Bake at 350 degrees for 8-9 minutes. Cool about 1 minute before removing cookies to wire racks. Yield: 4 dozen

Variations:

o Other egg replacements:

1/4 Cup soy yogurt = 1 egg

1-1/2 tsp Ener-G Egg Replacer + 2 Tbsp water = 1 egg

1/2 blended banana = 1 egg

1/4 Cup silken tofu blended = 1 egg

\*\* If not using nuts, add additional chocolate chips.