

SPRINKLE Recipes

Mushroom Spaghetti

1-1/2 lbs. sliced mushrooms
1 medium onion, diced
1 green pepper, diced
4 cups tomato puree
2 cups tomato paste
1 cup black olives, sliced
1 tbsp. oregano
2 tsp. basil
SPRINKLE, to taste

Sautee the mushrooms in 1-12 cup oil.
Add rest of ingredients and simmer for
an hour. Serve on whole wheat,
spinach or artichoke noodles.

Poppy Seed Salad Dressing

1 cup honey
1/2 cup apple cider vinegar
1-1/3 tbsp. dry mustard
1-1/2 tsp. SPRINKLE, or to taste
1 tbsp. minced onion
1-1/2 cups oil
2 tbsp. poppy seeds

Blend and serve on salads.

Broccoli-Cauliflower Salad

2 cups chopped raw cauliflower
2 cups chopped raw broccoli
1 cup raw frozen peas
1/2 cup slivered almonds
1 tbsp. SPRINKLE, or to taste

Curry Dip For Raw Vegetables

1 cup mayonnaise
1/2 cup sour cream
1/2 tsp. SPRINKLE, or to taste
1/2 tsp. curry powder
1 tbsp. parsley
1 tbsp. minced onion
1-1/2 tsp. fresh lemon juice
1 tsp. minced green pepper

Mix all and serve as dip for raw
vegetables.

Lasagne

Sauce:

1 lb. lean ground beef (or mushrooms)
1 cup sliced mushrooms (optional)
3/4 cup chopped onion
2 minced cloves of garlic
1 lb. chopped tomatoes (or canned)
2 cups (16 oz) tomato puree
2 tbsp. parsley flakes
2-1/2 tbsp. honey
2 tsp. SPRINKLE , or to taste
1 tsp. basil

Cheese Mix:

3 cups creamed cottage cheese or
ricotta
1/2 cup Parmesan cheese
1 tbsp. parsley flakes
2 tsp. SPRINKLE, or to taste
1 tsp. basil

Simmer the sauce uncovered at least 1
hour. Mix the cheese mix ingredients.
Boil 8 ounces spinach or whole grain
lasagna noodles. Grate 1 lb. of mozza-
rella cheese. Butter a 9"x13" dish.
Layer 1/2 the noodles, then the meat
sauce, the Mozzarella and the cheese
mix. Top it all with extra Parmesan
cheese. Bake at 325 degrees for 45
minutes. Let it set out at least 15 mi-
nutes before cutting. Delicious with a
tossed green salad!

Dill Dip For Raw Vegetables

2 cups sour cream
1 cup mayonnaise
1 tbsp. dill weed
1 tsp. Martin Seasoning, or to taste
1 tbsp. parsley flakes
1 tbsp. minced onion
SPRINKLE, to taste

Mix all and serve as a dip for raw vege-
tables.

Broccoli Casserole

2 cups chopped cooked chicken
4 cups chopped steamed broccoli
1 cup shredded Cheddar cheese
1 cup cooked brown rice
1 cup sliced mushrooms
SPRINKLE, to taste

Mix all the above together and top with 2 cups of white cream sauce. Bake 1/2 hour at 325 degrees.

Cucumber Salad

2 cups sliced cucumbers
1/2 cup sliced green onions
1/8 tsp. onion powder
1 tsp. SPRINKLE, or to taste
1/2 cup sour cream
1-1/2 tsp. vinegar

Mix the onion powder, SPRINKLE, sour cream and vinegar and toss with cucumbers and onions.

Hamburger Skillet Dinner

1/2 cup bacon bits
1 lb. lean ground beef
1 chopped onion
1/2 cup soy sauce
3 large sliced unpeeled potatoes
1 cup celery, sliced
3 sliced tomatoes
1 sliced green pepper
1 medium head cabbage, chopped
3/4 cup water
SPRINKLE, to taste

Brown and drain the hamburger. Add the onion and soy sauce and layer the rest of the vegetables in the order given. Add water and soy sauce and season with SPRINKLE. Cook on high about 2 minutes until boiling and then simmer covered for 15 minutes (until steamed well). Serve with banana yogurt muffins and honey butter.

Ratatouille

2 tbsp. chopped parsley
1 large onion, sliced
1 clove garlic, minced
4 large tomatoes, peeled and quartered
OR 2 cups chopped tomatoes
2 green peppers, chopped
2 small eggplants, peeled and cubed
2 small zucchini, sliced
6 tsp. olive oil
1 tbsp. SPRINKLE, or to taste

Sautee the onions and garlic until tender in 3 tbsp. of the olive oil. Add zucchini, eggplant, green pepper and the other 3 tbsp. of oil. Sautee about 8 minutes. Stir in the SPRINKLE and parsley. Cover skillet and simmer 15 minutes. Serve immediately.

French Onion Soup

2-1/2 cup onions, thinly sliced
4 tbsp. oil
6 cups water
2-1/2 tbsp. SPRINKLE, or to taste
1-1/2 cup shredded mozzarella
1-1/2 cup whole wheat bread cubes
Parmesan cheese

Sautee the onions in the oil until golden brown. Combine SPRINKLE and water and bring to a boil. Add the onions and simmer 1 hour. Top each of 6 bowls with 1/4 cup bread cubes and 1/4 cup cheese. Sprinkle on Parmesan and more SPRINKLE to taste.

Layered Salad

1 head lettuce, broken in small pieces
1/2 cup chopped celery
1/2 cup chopped green onions
1 pkg. frozen peas
2 tsp. SPRINKLE, or to taste
2 cups mayonnaise to spread on layers
8 ounces shredded Cheddar cheese
1/2 soy bacon bits

Put in 9"x13" pan in order given.

Cream of Potato Soup

4 large potatoes, cubed
1/2 cup chopped celery
1/2 cup chopped onion
1 tbsp. SPRINKLE, or to taste
3 cups milk
1 tbsp. butter

Mix the potatoes, celery, onion and SPRINKLE. Cook in water until potatoes are done. Drain if necessary and mash to lumpy state. Add milk, butter and more SPRINKLE to taste.

Potato Salad

2 lbs. unpeeled potatoes
1/2 cup diced celery
1/2 cup diced green onions
1 tsp. prepared mustard
2 chopped hard boiled eggs
2 tbsp. chopped parsley
1 tbsp. SPRINKLE, or to taste
1/2 to 3/4 cup mayonnaise

Boil the potatoes, unpeeled and chopped, in SPRINKLE water. Combine with rest of ingredients and chill.

Honey French Salad Dressing

1 can tomato soup
1-1/2 cup salad oil
1/2 cup apple cider vinegar
3/4 cup honey
1/2 medium onion, grated
SPRINKLE, to taste

Shake well in a covered jar or blend briefly and chill. Shake again before using.

Asparagus Sandwich

6 slices whole wheat bread
6 slices Swiss cheese
2 cups raw milk
4 eggs
2 tsp. SPRINKLE, or to taste
1/8 tsp. cayenne pepper
1/4 tsp. nutmeg
1 chopped onion
18 asparagus spears (or broccoli)
1 cup cheddar cheese, grated

Butter a baking dish and layer the bread slices in the bottom. Mix the milk, eggs, seasonings and onion and pour the mixture over the bread. Bake at 325 degrees for 25 minutes. Then add the Swiss cheese and top with asparagus or broccoli. Bake 10 minutes. Add cheddar and melt until bubbly but not brown.

Taco Salad

1 head lettuce, chopped
2/4 cups chopped green onions
2 chopped tomatoes
1 small can red kidney beans (optional)
1-1/2 cups shredded cheddar cheese
1-1/2 cups crushed stone ground taco chips
1/3 cup sliced black olives (optional)
1/3 chopped avocado (optional)
1/4 tsp. chili powder
1 tsp. SPRINKLE, or to taste
3/4 to 1 lb. browned, drained lean ground beef
Honey French salad dressing

Mix all the ingredients except and toss to mix well. Season beef with more SPRINKLE while cooking. Add beef to salad just before serving and then toss with salad dressing.

Banana Muffins

1/2 stick soft butter
2 eggs
1 cup mashed bananas (3-4)
1/2 cup warm honey
1/4 cup yogurt
1 tsp. Baking soda
1-1/2 cup whole wheat pastry flour
1 tsp. SPRINKLE, or to taste
1 cup rolled oats

Preheat oven to 375 degrees. Butter 18 muffin tins or use cupcake paper liners. Combine the butter, eggs, bananas and warm honey in a mixer bowl. Mix the yogurt and soda and add to the butter mixture and cream it. Stir the flour, add the sprinkle and add to the creamed mixture. Mix just until blended and stir into the oats. Bake 18-20 minutes. Makes 18.

White Cream Sauce

2 tbsp. butter
4 tbsp. brown rice flour
1 cup milk
1 tsp. SPRINKLE, or to taste

Melt butter and cool. Dissolve rice flour in melted butter. Add milk and smooth out any lumps. Cook over medium heat until mixture boils and thickens.