

# Series 9 PBS recipes – The Great American Diet Makeover

## Recipe List:

### Burger and Fries Makeover

Black Bean Burgers with 'Mayo'  
Sweet Potato French Fries  
Spicy Cole Slaw

### Pizza Party Makeover

Tomato Pie  
Hail Caesar Salad

### Tailgate Makeover

Sausage and Pepper Sandwiches  
Where's the Beef Stew  
New Potato Salad

### Chocolate Decadence Makeover

Better Than Milk Shakes  
Chocolate Red Velvet Cake  
Chocolate Chip Cookies

### Comfort Foods Makeover

Not Your Mamma's Meat Loaf  
Chicken-less Pot Pie

### Kids' Faves Makeover

Mac and Cheese  
Grilled Cheese Sandwiches

### Extreme Antioxidant Makeover

Rigatoni with Olives, Capers, and Pine Nuts  
It's All Greek To Me Salad  
Tofu Cheese  
Splendid Spanakopita

### The Great Soup Makeover

"Chicken" Noodle Soup  
Matzo Ball Soup  
Cream of Mushroom Soup

### The Macaroni Makeover

On Top of Spaghetti  
Rich, Tasty, Creamy, Yummy Lasagna

### The Dessert Makeover

18 Carat Gold Carrot Cake  
Watermelon Water Ice  
Cheesecake with Blueberry Glaze

### Family Fave Makeover

Svelte French Toast  
Baked Beans  
You Won't Believe It's Not Mashed Potatoes

### The Great Soy Makeover

Chinese Firecrackers  
Mushroom Broccoli Quiche  
Tempeh Stroganoff

### Chinese Takeout Makeover

Hot & Sour Soup  
Macro Chow Mein  
Almost Traditional Pad Thai

# Series 9 PBS recipes – The Great American Diet Makeover

## Recipe List (cont.):

### Breakfast Makeover

Blueberry Muffins  
Waffles  
Scrambled Tofu with Soy Sausage Patties

### Trick or Treat Makeover

Asteroids  
Peanut Butter Cups  
Chocolate Decadence Brownies  
Candied Apples

### Holiday Feast Makeover

Veggie Vichyssoise  
Stuffed Winter Squash  
Corn Bread & Chestnut Stuffing  
Composed Salad Plate

### The Sandwich Makeover

Lemon-Lime Hummus/Roasted Pepper Wraps  
Lemon-Lime Hummus with Oven Roasted Pita Chips  
Pepper and 'Egg' Subs  
Philly 'Cheesesteaks'

### Cocktail Party Makeover

Pigs in a Blanket  
Guacamole  
Mimosas  
Cosmopolitan

### The Body Makeover (Weight Loss)

Tempeh Salad  
Black Bean Tacos  
Gazpacho Salad

### Your Bone Makeover

Quinoa Salad  
Winter Vegetable-Bean Stew  
Fresh Watercress with Tangy Tangerine Dressing

### Makeover Italian-Style

Farro Salad, Umbria-style  
Antico Dolce Torte

### The Great Pie Makeover

Apple Pie  
Mincemeat-less Pie  
Blueberry Pie

### The Cupcake and Cookie Makeover

Orange-Scented Chocolate Cupcakes  
Applesauce Muffins  
Sheila's Lacy Wafers

### Chocolate Decadence Makeover

Barley and Corn Salad  
French Onion Soup  
Linguini in Creamy Mushroom Sauce

### Your Heart Makeover

Tofu "Cream Cheese"  
Chocolate Chip Cookiesinese Orange Seitan  
Fettuccine Alfredo

### A Diabetes Makeover

Brown Rice & Millet Croquettes  
Millet-Sweet Vegetable Soup  
Blueberry Coffee Cake

# Series 9 PBS recipes – The Great American Diet Makeover

## Burger and Fries Makeover

### Black Bean Burgers with 'Mayo'

1/2 cup diced red onion  
1/2 cup whole wheat bread crumbs  
1/4 cup minced cilantro  
2 tablespoons minced jalapeno pepper  
2 tablespoons soy mayonnaise  
1 teaspoon hot sauce  
1/2 cup pureed silken tofu  
Cracked black pepper  
Sea salt  
2 cups cooked pinto beans, coarsely mashed with a fork  
1 cup fresh/frozen corn kernels  
Extra virgin olive oil  
Vegan mayo  
Greens:  
Extra virgin olive oil  
4-5 leaves kale, washed, shredded  
Sea salt  
Whole grain burger buns

To make the burgers, combine the first seven ingredients in a mixing bowl. Season to taste with salt and pepper. Fold in beans and corn until ingredients are fully combined. Form the mixture into burger-sized patties. Arrange on a plate, cover and refrigerate for 10 minutes to set the patties.

Place a small amount of oil in a skillet over medium heat. Lay patties in skillet and cook, until browned on both sides, about 4 minutes per side. Transfer to a plate and sauté greens. Place a small amount of oil in the same skillet and sauté kale until just wilted, about 2 minutes. Sprinkle with salt and sauté 1 minute more.

Assemble the burgers. Lay a patty on the bottom half of a bun, spoon some greens on top. Spread the cut side of the top half of the bun with vegan 'mayo' and press gently on top of burger. Serve immediately. Makes 4-6 burgers

### Sweet Potato French Fries

2 sweet potatoes, peeled  
Extra virgin olive oil  
Sea salt

Preheat the oven to 450o.

After peeling the potatoes, slice them lengthwise into 1/2-inch thick slices. Slice the slices into 1/2-inch thick spears (like French fries). Toss them with a generous amount of olive oil to coat the potato pieces. Spread over a rimmed baking sheet, avoiding overlap and bake, uncovered, until browned and crisp, about 35 minutes, stirring occasionally to ensure even browning.

Remove from oven and toss with a light seasoning of salt and serve immediately. Makes 3-4 servings

### Spicy Cole Slaw

1 small head green cabbage, finely shredded  
2 cups fresh/frozen corn kernels  
3 roasted red peppers, coarsely chopped  
3/4 cup coarsely chopped cilantro  
1 cup red wine vinegar  
1/3 cup extra virgin olive oil  
1 tablespoon ground cumin  
1 jalapeno chili, finely chopped, (seeds left in for more hot flavor)  
Sea salt

Combine cabbage, corn, peppers and cilantro in a mixing bowl. Whisk together vinegar, oil, cumin, chili and salt to taste. Toss with vegetables to coat. Chill completely to allow flavors to develop. Makes 4-6 servings

## Pizza Party Makeover

### Tomato Pie

Pizza dough:  
1/2 cup warm spring or filtered water

# Series 9 PBS recipes – The Great American Diet Makeover

## Pizza Party Makeover

### Tomato Pie (cont.)

- 1 package active dry yeast
- 3 tablespoons extra virgin olive oil
- 2 teaspoons sea salt
- 1 1/2 cups warm spring or filtered water
- 2 1/2 cups semolina flour
- 2 1/2 cups whole wheat flour
- 1 recipe Tomato Sauce (see lasagna recipe)

In a large bowl, dissolve yeast in warm water. Let stand for 5 minutes, until foamy. Stir in oil and salt. Using a wooden spoon, slowly stir in semolina flour. Slowly stir in whole wheat flour to form a soft, moist dough (which makes a crispy crust). Turn out dough onto a lightly floured surface and knead for 10-15 minutes to achieve a smooth elastic dough. Add flour as needed for kneading, but not too much or the dough will become dry. Transfer dough to a lightly oiled bowl and oil the surface of the dough to prevent a crust from forming. Cover tightly with plastic wrap and set in a warm place to rise until doubled in size, about 2 hours.

While dough rises, prepare the tomato sauce or simply heat through if already made.

Preheat oven to 450°. Lightly flour a round baking stone or lightly oil a pizza tin. Punch down dough and, on a lightly floured surface; roll out to the size of the stone or tin. Transfer dough to the prepared stone and spread sauce over the crust, leaving about 1 inch around the rim. Drizzle with oil and bake for about 30 minutes, until the crust is golden brown. Remove from oven and allow to cool for about 10 minutes before slicing. Makes 1 large pizza

### Hail Caesar Salad

Dressing:

- 1/2 brick silken tofu
- 2 tablespoons stone ground mustard
- 1 teaspoon brown rice syrup
- 1/2 sheet toasted sushi nori, finely shredded
- 2 cloves fresh garlic, finely minced
- Sea salt
- Juice of 1 fresh lemon
- Extra virgin olive oil

Salad:

- 1 head Romaine lettuce
- 3-4 slices whole grain bread, cubed, baked or pan-fried into croutons

Place all dressing ingredients in a food processor or blender, seasoning with sea salt to taste. Puree until smooth, slowly adding oil to achieve the consistency you want for the dressing. You want it to be smooth and thick.

Toss lettuce and croutons with dressing and serve immediately. Makes 3-4 servings

## Tailgate Makeover

### Sausage and Pepper Sandwiches

- Extra virgin olive oil
- 1 red onion, thin half moon slices
- Sea salt
- 3 roasted red peppers, thinly sliced
- 2 roasted green peppers, thinly sliced
- 1 package soy sausage, links halved lengthwise
- 4 whole grain hoagie rolls, split lengthwise

Place a small amount of oil in a skillet over medium heat. Sauté onion, with a pinch of salt until wilted, about 2 minutes. Stir in roasted peppers, season with salt to taste and sauté for 2 minutes more. Transfer to a bowl and wipe out skillet.

Place a small amount of oil in the same skillet and lay split sausage, cut side down over medium heat. Cook (not disturbing the sausage) until browned on the cut side, about 2 minutes. Turn and brown lightly on the other side. Transfer to a plate and wipe out skillet one more time.

Lay rolls, cut side down in the oily skillet and cook over medium-low heat until the bread browns lightly. Remove from skillet.

To assemble, lay 2 sausage halves in a roll, smother with peppers and onions and serve. Makes 4 subs

# Series 9 PBS recipes – The Great American Diet Makeover

## Tailgate Makeover

### Where's the Beef Stew

1 pound seitan, cut into 1-inch cubes  
1/3 cup arrowroot  
Sea salt  
Cracked black pepper  
3 tablespoons extra virgin olive oil  
3 red onions, quartered  
4 carrots, chunk cut  
2 parsnips, chunk cut  
1 large can diced tomatoes  
2 bay leaves  
Spring or filtered water  
4 medium Yukon gold potatoes, cubed  
1 cup frozen peas

Cube seitan. Combine arrowroot with a generous pinch of salt and pepper. Dredge seitan in arrowroot mixture and set aside. Heat oil in a heavy pot and pan fry seitan pieces until the coating is crispy, about 5 minutes. Add onions, carrots, parsnips, tomatoes and bay leaves. Season lightly with salt and pepper and add water to almost cover ingredients. Bring to a boil, cover, reduce heat to low and cook for 20 minutes. Add potatoes, adjust seasonings to your taste and cook until potatoes are tender, about 20 minutes more. Add more water, if needed to keep a stew-like consistency. Remove bay leaves, stir in peas and cook 5 minutes more. Stir gently to combine and serve hot. Makes 4-5 servings

### New Potato Salad

2 pounds new potatoes, 1/2-inch cubes, do not peel  
Sea salt  
1 small red onion, finely diced  
3-4 tablespoons capers, drained, do not rinse  
3-4 ripe tomatoes, diced, do not peel or seed

#### Dressing:

2/3 cup extra virgin olive oil  
3-4 shallots, finely diced  
1/4 cup balsamic vinegar  
Juice of 1/2 fresh lemon  
2 teaspoons brown rice syrup  
3-4 sprigs fresh parsley, finely minced  
2-3 stalks fresh basil, leaves removed, finely diced  
1-2 basil sprigs, for garnish  
Sea salt

Bring a large pot of water to a boil. Add the potatoes, a pinch of salt and cook until just tender, 12-15 minutes. Drain and transfer to a mixing bowl. Mix in red onions and capers. Gently fold in tomatoes. Set aside.

To make the dressing, place oil and shallots in a small saucepan and cook over low heat for 3-4 minutes to soften the shallots. Remove from heat and whisk in balance of ingredients, seasoning with salt to taste--remember the salty flavors of the capers. Allow dressing to cool for about 3 minutes before gently tossing it with the potatoes. Serve warm, garnished with whole basil sprigs. Makes 8-10 servings

## Chocolate Decadence Makeover

### Better Than Milk Shakes

1/2 cup non-dairy, grain-sweetened chocolate chips  
1/2 cup unsweetened soymilk  
3 tablespoons brown rice syrup  
1 cup chocolate soy or rice 'ice cream'  
1/2 cup chocolate soymilk

Place chocolate chips in a heat-resistant bowl. Bring soymilk and rice syrup to a boil and whisk into chocolate to create a smooth syrup. Cool to room temperature before proceeding.

Place all ingredients in a blender and beginning on low and gradually increasing to high, whip to creamy perfection. Makes 1 shake

Note: Vary the shakes by replacing chocolate with frozen strawberries, vanilla soy ice cream and soymilk. Make a vanilla shake by using vanilla ice cream and soymilk, 1 teaspoon pure vanilla extract and 1 cup iced cubes.

# Series 9 PBS recipes – The Great American Diet Makeover

## Chocolate Decadence Makeover

### Chocolate Red Velvet Cake

1 1/2 cups chopped beets  
2 cups whole wheat pastry flour  
1/2 cup semolina flour  
5 tablespoons cocoa powder  
Generous pinch sea salt  
3 teaspoons baking powder  
3 tablespoons beet powder  
1 1/2 cups spring or filtered water (preferably from boiling beets)  
2 teaspoons pure vanilla extract  
1/4 cup avocado oil  
1 1/2 cups brown rice syrup  
2 teaspoons brown rice vinegar

#### Frosting:

3/4 cup non-dairy, grain-sweetened chocolate chips  
1/2 cup vegetarian butter spread (like Earth Balance)  
1/2 cup soymilk  
2 tablespoons brown rice syrup  
1/2 teaspoon pure vanilla extract

Place beets in a pot with several cups of water and bring to a boil. Cook until tender, about 15 minutes. Drain beets, reserving 2 cups of cooking water. Cook this water over medium heat until it has reduced to 1 1/2 cups (needed for recipe).

Preheat oven to 350o and lightly oil and flour 2 8-inch spring form pans.

Whisk together flours, cocoa powder, salt, baking powder and beet powder. Place cooked beets and beet water in a food processor and puree until smooth. Whisk together, in a separate bowl, vanilla, oil, rice syrup and vinegar. Mix beets and wet ingredients into flour mixture to create a smooth batter. Spoon batter evenly into the 2 prepared pans and bake on the center rack for 50 minutes, until the tops of the cakes spring back to the touch or an inserted toothpick comes out clean. Cool on a wire rack for 10 minutes before releasing cakes from pans. Cool completely before frosting.

Make the frosting while the cakes bake. Place chocolate in a double boiler (or in a glass bowl over a pot of boiling water) and whisk until smooth. Mix in butter spread and whisk until smooth. Whisk in soymilk, rice syrup and vanilla until smooth. Transfer to a glass bowl, cover and chill completely. Whisk briskly to loosen before using.

When you are ready to frost the cake, shave the top of one of the cakes to create a flat surface. Place on a platter and spread frosting over the top of the layer. Place remaining cake on top of the frosting and frost the entire cake. Makes 8-10 servings

### Chocolate Chip Cookies

3 1/2 cup whole wheat pastry flour  
2 teaspoons baking powder  
Pinch sea salt  
1 cup brown rice syrup  
1/3 cup almond milk  
1/3 cups orange juice  
2 teaspoons fresh grated orange rind  
1/4 cups avocado oil  
1 teaspoon pure vanilla extract  
1/2 cup pecans-coarsely diced  
1 cup malt-sweetened, non-dairy chocolate chips

Mix together flour, baking powder and salt. Whisk rice syrup, milk, orange juice, oil, vanilla and orange rind until creamy and stir into dry ingredients. Fold in nuts and chocolate chips until well incorporated. Preheat oven to 350o and lightly oil a baking sheet. Drop cookie batter by heaping teaspoonfuls onto sheet and bake for 18-20 minutes, until cookies are golden and firm. Remove to a cooling rack. Makes about 3 dozen

## Comfort Foods Makeover

### Not Your Mamma's Meat Loaf

1 cup brown or green lentils, sorted, rinsed well  
3 cups spring or filtered water  
1 bay leaf  
1 small red onion, finely diced  
2 cloves fresh garlic, finely minced  
1 small carrot, finely diced

# Series 9 PBS recipes – The Great American Diet Makeover

## Comfort Foods Makeover

### Not Your Mamma's Meat Loaf (cont.)

2 cloves fresh garlic, finely minced  
1 small carrot, finely diced  
1 cup quick oats  
3/4 cup grated vegan mozzarella 'cheese'  
1/4 cup whole wheat bread crumbs  
5 ounces tomato sauce  
1 tablespoon barley malt  
1 teaspoon dried basil  
Sea salt  
Cracked black pepper

Place lentils, water, bay leaf, onion and garlic in a sauce pan over medium heat. Bring to a boil, cover and reduce heat to low. Cook until lentils are soft, about 35 minutes. Remove and discard bay leaf and drain away any remaining cooking liquid. Transfer lentil mixture to a mixing bowl.

Preheat oven to 350o and lightly oil a standard loaf pan.

Stir carrot, oats, mozzarella and bread crumbs into cooked lentils. Whisk together tomato sauce, barley malt, basil, salt and pepper to taste and fold into lentil mixture.

Spoon lentil mixture into prepared loaf pan and press the top firmly with a spatula. Bake 35-45 minutes, until the top of the loaf is firm and beginning to brown. Remove from oven and cool for about 10 minutes before inverting loaf onto a platter. Makes 6-8 servings

### Chicken-less Pot Pie

2 recipes Pastry Dough

Pastry Dough:

1 1/2 cups whole wheat pastry flour  
1/4 teaspoon sea salt  
1/4 cup extra virgin olive oil (scant)  
1/4 cup cold almond milk or cold water

Filling:

Extra virgin olive oil  
2 cloves fresh garlic, thinly sliced  
1 small red onion, thin half moon slices  
Sea salt  
1/4 cup whole wheat pastry flour  
2 vegetable bouillon cubes  
3 cups unsweetened soymilk  
1 tablespoon white miso  
2 stalks celery, diced  
1 carrot, diced  
1 small yellow squash, diced  
1 small zucchini, diced  
1 cup fresh/frozen peas  
2 cups shredded seitan  
1/2 teaspoon ground sage

Prepare the pastry dough. Mix flour, salt and oil thoroughly, using a fork to blend ingredients. Slowly add almond milk or water and stir to form a stiff but flexible dough. Gather into a ball and knead 1-2 minutes. Roll out between waxed or parchment paper to create 2 round crusts that are one inch larger than your pie plate (9-inch).

Prepare the filling. Place about 3 tablespoons oil, garlic and onion in a deep skillet over medium heat. When the onions begin to sizzle, add a pinch of salt and sauté for 2-3 minutes. Stir in flour and cook, stirring to create a thick paste. Whisk in bouillon cubes and soymilk and cook, whisking constantly, until the mixture thickens, about 3 minutes. Stir in diced vegetables, seitan, sage and salt to taste until all ingredients are well-incorporated. Cover and set aside.

Preheat oven to 375o. Lay one of the pie shells over the pie plate and, using your knuckles, press the pastry to conform to the pan, trying not to stretch it too much. Allow excess pastry to hang over the sides of the pan. Using a fork, pierce in several places. Spoon the filling evenly into the pie shell. Lay second pie shell over the filling. Trim excess of both crusts even with the rim of the pan. Press the edges of the pie crusts together to seal. Using your thumb and forefinger, crimp the edge of the crust. With a sharp knife, make 4 slits in the top of the pie to allow steam to escape.

Bake for 35-40 minutes, until the crust is golden and firm and the filling is bubbling. Remove from oven and allow to stand at least 10 minutes before serving. Makes 6-8 servings

# Series 9 PBS recipes – The Great American Diet Makeover

## Kids' Faves Makeover

### Mac and Cheese

8 ounces elbow or small shell pasta  
4 tablespoons vegetarian butter spread (like Earth Balance)  
4 tablespoons whole wheat pastry flour  
Sea salt  
Cracked black pepper  
2 cups unsweetened soy milk  
1 cup shredded sharp vegan cheese, grated  
Whole wheat bread crumbs

Bring a large pot of water to a boil with a pinch of salt and cook pasta until it is about 80% done. Drain well.

While the pasta cooks, prepare the sauce. Melt vegetarian butter spread in a sauce pan over medium-low heat. Whisk flour into the melted butter spread and cook, stirring until smooth and bubbly. Stir in a generous pinch of salt. Slowly whisk in soy milk and continue cooking, whisking, until thickened, 3-4 minutes. Stir in cheese and continue to cook until melted.

Preheat oven to 350o and lightly oil an 8 x 10 baking dish. Fill the baking dish by alternating layers of cheese sauce and cooked macaroni. Be sure to end with sauce on the top. Sprinkle generously with bread crumbs and bake until hot and bubbly, 20-25 minutes. Makes about 6 servings

### Grilled Cheese Sandwiches

4 slices whole grain bread  
Vegetarian butter spread, (like Earth Balance)  
4 slices vegan cheese, like mozzarella  
4 slices ripe tomatoes

Preheat a lightly oiled skillet or griddle pan over low heat.

Lay 2 slices of bread on a dry work surface and lightly spread both sides of the slices with vegetarian butter spread. Arrange 2 slices of cheese on the bread, top with 2 slices tomato. Lightly spread the remaining bread with vegetarian butter spread on both sides and press on to the cheese and tomatoes. Lay the 2 sandwiches in the skillet and press down firmly with a spatula. Allow to grill until lightly browned, 2-3 minutes. Turn sandwiches and press with spatula again and cook until lightly browned, 2-3 minutes. Remove from pan, slice in half diagonally and serve immediately. Makes 2 sandwiches

## Extreme Antioxidant Makeover

### Rigatoni with Olives, Capers, and Pine Nuts

1 teaspoon extra virgin olive oil  
2-3 cloves fresh garlic-minced  
2-3 tablespoons capers-drained and lightly rinsed  
1/2 cup pine nuts-pan toasted  
Spring or filtered water  
1 8 oz. package rigatoni  
Hot sauce, to taste  
10-12 pitted olives-minced  
Small handful fresh parsley-minced

Bring a large pot of water to a boil for cooking pasta.

In a skillet, heat oil and sauté garlic lightly. Add capers and sauté for 3-4 minutes. Add walnut pieces, a small amount of water and cover. Simmer 7-8 minutes over medium-low heat. Puree the sauce in a food processor, until walnuts are about half broken. The sauce should be coarse, not smooth.

While the sauce cooks, add pasta to boiling water and cook al dente. When the rigatoni is cooked to your liking, drain well. Do not rinse, but toss immediately with the hot sauce, olives, fresh minced parsley and serve.

### It's All Greek To Me Salad

Dressing:  
1/3 cup extra virgin olive oil  
1 tablespoon fresh lemon juice  
2 cloves fresh garlic, finely minced  
Generous pinch dried basil  
Sea salt  
Cracked black pepper  
2 tablespoons sweet white miso  
1 tablespoon red wine vinegar  
1 teaspoon brown rice syrup

# Series 9 PBS recipes – The Great American Diet Makeover

## Extreme Antioxidant Makeover

### It's All Greek To Me Salad (cont.)

Salad:

- 1 large head Romaine lettuce
- 10-12 cherry tomatoes, halved
- 1 medium cucumber, cut into fine matchstick pieces
- 1 small red onion, cut into very thin half moon slices
- 1/2 pound Tofu Cheese, coarsely crumbled
- 10-12 oil-cured black olives, pitted, halved

Prepare the dressing. Whisk together all ingredients, with salt and pepper to taste. Chill completely to develop flavors.

Hand shred the lettuce into bite-size pieces and combine with balance of ingredients. Just before serving, toss salad with dressing and serve immediately. Makes 3-4 servings

### Tofu Cheese

- About 1 to 1 ½ cups white miso
- 1 pound extra-firm tofu

Spread about 1/4 inch of miso on a plate. Press tofu on top of miso. Cover the rest of the tofu with a 1/4 inch-thick coating of miso, covering it completely. (Any tofu left exposed will spoil.) Cover with cheesecloth and set aside in a cool place to ferment (not the refrigerator). Tofu may pickle anywhere from 12 hours to 4 days, depending on how strong you would like the flavor to become. During fermentation, there will be a delicate beer-like aroma around the tofu. This means that the fermentation process is active. When the tofu cheese is ready, scrape the miso completely from the tofu. Rinse tofu gently under cool water to remove any remaining miso residue.

### Splendid Spanakopita

- 2 tablespoons extra virgin olive oil
- 1/2 small red onion, finely diced
- 2 cloves fresh garlic, finely minced
- Sea salt
- 15-20 cremini mushrooms, brushed free of dirt, coarsely chopped
- Scant pinch ground nutmeg
- 2 sprigs fresh basil, leaves removed, finely shredded
- 4 cups arugula, rinsed well, coarsely chopped
- 4 cups Tofu Cheese, coarsely crumbled
- 1 package phyllo dough, thawed in the refrigerator for several hours before use
- 2 cups (approx) ground almond meal or whole wheat bread crumbs
- Extra virgin olive oil

Place oil, onion and garlic in a skillet over medium heat. When the onions begin to sizzle, add a pinch of salt and sauté for 2 minutes. Stir in mushrooms, a pinch of salt and nutmeg and sauté until mushrooms are beginning to brown, about 7 minutes. Turn off heat, stir in arugula and tofu cheese and season lightly with salt. Transfer to a bowl to cool and set aside.

Preheat oven to 350o and line a baking sheet with parchment paper.

On a dry, flat work surface, remove the sheets of phyllo, cut them in half lengthwise and lay them flat. Cover the phyllo with a damp towel while you work (so it doesn't stiffen). Brush phyllo lightly with oil and sprinkle with ground almonds, using one half sheet at a time. Lay another half sheet on top, brush with oil and sprinkle almonds. Lay a third half sheet on top and brush with oil, no almonds. Place about 1/4 cup of the arugula mixture in one corner of the phyllo layers, fold the other corner over the mixture, forming an angular shape. Continue to fold over on an angle, creating a pastry triangle around the arugula. Place on lined baking sheet and repeat until all the filling is used. Brush each triangle lightly with oil and bake until golden brown and crispy, about 20 minutes. Serve hot or at room temperature. Makes about 20 spanikopita

Note: Any un-used phyllo can be tightly wrapped and kept in the refrigerator for future use. It will keep for several weeks. Do not re-freeze.

## The Great Soup Makeover

### "Chicken" Noodle Soup

- 2 to 3 tablespoon olive oil
- 2 carrots, peeled and diced
- 2 carrots, peeled and diced
- 1 medium onion, finely diced
- 2 stalks celery, diced
- 2 bay leaves
- 6 cups boiling water mixed with faux-chicken bouillon powder, according to package directions (look for Osem and Telma brands, available in the Kosher section of your supermarket)

# Series 9 PBS recipes – The Great American Diet Makeover

## The Great Soup Makeover

### "Chicken" Noodle Soup (cont.)

Salt and pepper, to taste

1 lb. faux chicken, torn into bite-size chunks (try Worthington's Chic-Ketts at Kelloggs.com or NoMeat.com)

2 Tbsp. fresh parsley, minced

1/2 lb. eggless flat noodles (try Mueller's "dumpling" noodles)

Heat the oil in a large pot over medium heat.

Add the carrots, parsnip, onion, and celery and cook until soft, about 5 minutes.

Add the bay leaves, faux-chicken broth, salt, and pepper to the pot, raise the heat, and bring to a boil. Add the faux-chicken chunks, parsley, and noodles, return the soup to a boil, then reduce the heat and simmer for 10 minutes, until the noodles are tender.

Remove the bay leaves and serve.

### Matzo Ball Soup

Matzo balls:

1 1/2 cups matzo meal (whole grain is available in some stores)

12 ounces silken tofu

1/3 cup extra virgin olive oil

1/2 cup sparkling water

Sea salt

Cracked black pepper

2-3 sprigs fresh parsley, finely minced

Soup:

6 cups Vegetable Stock

3 cloves fresh garlic, thinly sliced

1 small yellow onion, diced

2 stalks celery, diced

1 carrot, diced

2-3 tablespoons sweet white miso

2-3 sprigs fresh parsley, coarsely chopped, for garnish

Make the matzo ball mixture first, as it has to chill for at least an hour before proceeding with the recipe.

Place matzo meal in a mixing bowl. In a blender, puree tofu, oil, sparkling water and salt and pepper to taste until smooth. Fold tofu mixture and parsley into matzo, mixing until well-combined. Cover tightly and refrigerate for at least an hour, but overnight is the best.

When you are ready to make the soup and finish the matzo balls, bring a pot of water to a boil with a generous pinch of sea salt. Remove the matzo mixture from the fridge and form into balls, about 1 1/2 inches in diameter. Place prepared matzo balls on parchment and continue forming until all the matzo mixture is used. Carefully drop the matzo balls into the boiling water, cover and reduce the heat to medium. Cook the matzo balls for 35-40 minutes; try not to uncover the pot before 35 minutes are up.

While the matzo balls cook, make the soup. Combine ingredients in a soup pot. Bring to a boil, cover and reduce heat to low. Cook until vegetables are tender, about 15 minutes. You may strain the veggies out of the soup and serve only the broth, which is traditional, but I love to keep the vegetables in the soup. Remove a small amount of hot broth and dissolve miso. Stir into soup and simmer over low heat for 3-4 minutes.

To serve, ladle 3 matzo balls into individual serving bowls and spoon soup over top. Garnish with parsley and serve immediately. Makes 5-6 servings

Vegetable Stock:

1 onion, cut lengthwise into thin slices

Several green onions or a small leek, cleaned and diced

2 cloves garlic, unpeeled

Sea salt

8 or 9 cups spring or filtered water

1 or 2 carrots, diced

2 celery stalks, diced

1 cup diced button mushrooms, brushed clean and left whole

1 or 2 bay leaves

2 fresh parsley sprigs

Fresh or dried basil or rosemary sprigs (optional)

Add onions, garlic, salt and about 1/2 cup of the water to a soup pot over low heat. Simmer about 15 minutes. Add the remaining water and other ingredients and bring the stock to a boil. Reduce heat to low and cook, uncovered, about 1 hour. Pour the stock through a strainer, pressing as much liquid as you can from the vegetables before discarding them. Makes about 6 cups

# Series 9 PBS recipes – The Great American Diet Makeover

## The Great Soup Makeover

### Cream of Mushroom Soup

7 tablespoons extra virgin olive oil  
2 cloves fresh garlic, finely minced  
1 yellow onion, finely diced  
Sea salt  
1 pound fresh button mushrooms, diced  
2 ounces dried porcini mushrooms, soaked until tender, diced  
5 tablespoons whole wheat pastry flour  
3 cups Mushroom Stock  
3 cups unsweetened soymilk  
4 tablespoons mirin or white wine  
2 tablespoons sweet white miso  
4 button mushrooms, caps only  
2-3 sprigs fresh parsley, finely minced, for garnish

Place 4 tablespoons oil, garlic and onion in a soup pot over medium heat. When the onions begin to sizzle, add a pinch of salt and sauté for 2-3 minutes. Stir in mushrooms, a pinch of salt and sauté for 5 minutes. Stir in flour and cook, stirring to create a thick paste, like a roux. Whisk in stock, soymilk and wine and cook, stirring frequently, until the soup returns to the boil. Reduce heat to low and simmer 7-10 minutes, stirring frequently to avoid lumping. Remove a small amount of hot broth and puree miso until smooth. Stir into soup and simmer 3-4 minutes more.

While the miso simmers in the soup, slice the remaining mushrooms and heat the remaining oil in a skillet and sauté the mushrooms until golden, about 3 minutes. Serve the soup garnished with sautéed mushrooms and minced parsley. Makes 6-7 servings

#### Mushroom Stock:

1 onion, cut lengthwise into thin slices  
8 or 9 cups spring or filtered water  
Several green onions or a small leek, cleaned and diced  
2 or 3 dried shitake mushrooms, soaked until tender and thinly sliced  
Sea salt  
2 cups button mushrooms, thinly sliced  
1 carrot, diced  
2 bay leaves  
2 fresh parsley springs

Combine onion and about 1/2 cup of the water in a soup pot over low heat and simmer 1-2 minutes. Add green onions and shiitakes and soaking water with a pinch of salt and simmer 15 minutes. Add the remaining water and other ingredients and bring to a boil. Simmer uncovered over low heat about 1 hour. Strain the stock, pressing as much liquid as possible from the vegetables before discarding them.

## The Macaroni Makeover

### On Top of Spaghetti

1 recipe Tomato Sauce (see lasagna recipe)

#### Meatless balls:

1 cup crumbled soy ground 'meat' (like Gimme Lean)  
1/3 cup finely minced red onion  
1/2-2/3 cup fresh breadcrumbs  
1 teaspoon finely minced fresh basil  
1/2 teaspoon dried oregano  
1/2 teaspoon garlic powder  
1/2 teaspoon sea salt  
1/2 teaspoon cracked black pepper  
1/4 cup tomato paste

1 pound whole wheat spaghetti

Prepare the sauce. Preheat oven to 375o.

Prepare the meatballs. Combine all ingredients well and form into balls. Place on an oiled baking sheet and bake for 20 minutes, turning once, halfway through cooking.

While the sauce and meatballs cook, bring a pot of water to a boil. Add a drizzle of oil and a pinch of salt. Cook spaghetti al dente, about 10 minutes. Drain well, but do not rinse.

Mix meatballs gently into some of the sauce. Toss spaghetti with sauce to coat and serve with meatballs on top. Makes 4-5 servings

# Series 9 PBS recipes – The Great American Diet Makeover

## The Macaroni Makeover

### Rich, Tasty, Creamy, Yummy Lasagna

#### Tomato Sauce:

Extra virgin olive oil  
1 small yellow onion, finely diced  
3-4 cloves fresh garlic, finely minced  
Sea salt  
Generous pinch dried oregano  
1, 6-ounce can tomato paste  
2 large cans diced tomatoes, do not drain juices  
1 carrot, left whole  
2 bay leaves  
3-4 sprigs fresh basil, leaves removed  
Cracked black pepper

#### Lasagna:

1 pound uncooked lasagna noodles (eggless)  
1 pound extra firm tofu, coarsely crumbled  
3 sprigs fresh basil, leaves removed and minced  
3 tablespoons extra virgin olive oil  
Sea salt  
1 package vegan mozzarella, grated

Prepare the tomato sauce. Place a small amount of oil, onion and garlic in a soup pot over medium heat. When the onions begin to sizzle, add a pinch of salt and sauté for 2-3 minutes. Add tomato paste, 2 cans of water (tomato paste can) and stir until smooth. Add tomatoes, a light seasoning of salt, carrot and bay leaves. Bring to a boil; reduce heat to low and cook, covered for 45 minutes, stirring occasionally. Remove carrot and bay leaves; season taste with salt and pepper; stir in basil and cook, uncovered, for 15 minutes more.

While the sauce cooks, bring a pot of water to a boil and cook lasagna noodles until about 80% done, 8-9 minutes. Drain and rinse noodles and place them back in the pasta cooking pot submerged in cold water.

Preheat oven to 400o.

Crumble tofu in a mixing bowl and mix in basil, oil and sea salt to taste. Mix well with your hands to create a ricotta cheese-like texture.

Assemble lasagna by spooning a thin layer of sauce over the bottom of a 13 x 9-inch baking dish. Lay noodles flat on top of the sauce to cover the bottom of the dish. Cover with 1/3 of the tofu mixture, a sprinkling of cheese, sauce to cover and another layer of noodles. Cover with another 1/3 of the tofu mixture, a sprinkling of cheese, sauce to cover and another layer of noodles. Create one more layer with the remaining tofu, a sprinkling of cheese and noodles to cover. Spoon sauce generously over top the lasagna and sprinkle with cheese to cover, allowing sauce to peek through. Cover tightly with foil and bake for 30 minutes. Remove cover and return to oven for another 25 minutes, until the edges have browned lightly. Remove from oven and allow to stand for 15 minutes before cutting into wedges. Makes 10-12 servings

## The Dessert Makeover

### 18 Carat Gold Carrot Cake

2 cups whole wheat pastry flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
1/4 teaspoon sea salt  
1 1/4 cups spring or filtered water  
1 1/4 cups dates, coarsely chopped  
1 cup raisins  
1 teaspoon cinnamon  
1/2 teaspoon ground ginger  
scant pinch ground cloves  
scant pinch ground nutmeg  
1/2 cup carrot, shredded  
1/2 cup chopped walnuts  
1/3 cup frozen orange juice concentrate, thawed

#### 'Cream Cheese' frosting:

1/2 cup vegetarian butter spread (like Earth Balance), softened  
1/4 cup soy milk, rice milk, or other non-dairy milk of choice  
3 cups granulated maple syrup, fine granules  
1 1/2 teaspoons vanilla  
Pan toasted walnut pieces, for garnish

# Series 9 PBS recipes – The Great American Diet Makeover

## The Dessert Makeover

### 18 Carat Gold Carrot Cake (cont.)

Preheat oven to 375o and lightly oil a 9-inch spring form pan.

In a small bowl, sift together the flour, baking powder, baking soda, and salt, and set aside.

In a small saucepan, combine the water, dates, raisins, cinnamon, ginger, cloves, and nutmeg. Bring to a boil, reduce heat, and simmer for 5 minutes.

In a large bowl, place the shredded carrots, pour the hot liquid mixture over the top, and allow to cool completely. Add the walnuts and orange juice concentrate to the carrot mixture and blend well. Add the dry ingredients to the wet ingredients and stir well to combine. Pour the batter into the prepared spring form pan and bake at for 45 minutes or until an inserted toothpick comes out clean.

While the cake bakes, make the frosting. Use a hand-held or stand-up mixer. Place butter spread, soymilk, half the maple granules and the vanilla in a bowl and whip until smooth. Add balance of maple granules and whip until fluffy.

Allow cake to cool for 10 minutes before releasing pan and carefully transferring cake to a plate. Cool completely and frost and garnish with walnut pieces. Makes one 9-inch cake, 6-8 servings

### Watermelon Water Ice

24 ounces seeded watermelon

1/2 cup brown rice syrup

1 tablespoon fresh lemon juice

Lemon slices, for garnish

Place watermelon in a blender and puree until smooth. Add lemon juice and rice syrup and blend to combine. Transfer mixture a large freezer container and freeze. Using a fork, stir the mixture every 30 minutes until it is frozen, about 3 times. Once frozen, rake the water ice until it is loose and coarse, like rock salt. Keep frozen until ready to serve.

To serve, scoop into individual bowls and garnish with lemon slices. Makes 4-5 servings

Note: You can vary the flavors of the water ice by varying the fruit...24 ounces of berries, cantaloupe, peaches, or cherries...all will make lovely water ice.

### Cheesecake with Blueberry Glaze

Crust: (almond-oat-chocolate)

2 cups finely ground, blanched almonds

1 cup finely ground rolled oats

Pinch sea salt

2 ounces non-dairy, grain-sweetened chocolate chips, melted

2 tablespoons avocado oil (reserved)

Filling:

2 pounds firm tofu, coarsely crumbled

1 cup brown rice syrup

1 tablespoon pure vanilla extract

2 tablespoons cashew butter

Pinch sea salt

1/3 cup fresh lemon juice

Grated zest of 1 lemon

2/3 teaspoon turmeric

3 tablespoons arrowroot powder

3 tablespoons agar flakes

1/4 cup vanilla soymilk

Glaze:

2/3 cup Suzanne's Specialties Blueberry Rice Nectar (or brown rice syrup simmered for 15 minutes with 1/3 cup fresh or frozen blueberries)

Juice of one half fresh lemon

Pinch sea salt

Preheat oven to 350o and lightly oil a 9-inch spring form pan.

Make the crust. Combine ground almonds, oats and salt in a mixing bowl with melted chocolate. Mix well to create a moist texture. If the crust mixture seems dry, add oil, by the teaspoon, until the texture is moist. It should gather and not stick to your fingers, but crumble easily.

Press the crust evenly into prepared spring form pan, covering the bottom and up the sides as much as your quantity will allow. Bake for 10 minutes, remove from oven and cool completely before filling.

Make the filling. Place all ingredients in a food processor and puree until smooth and creamy. Spoon ingredients into the cooled crust and bake for about an hour, until the edges of the filling are set, even though the center will still be loose. Set aside until cooled to room temperature and then place the cake in the fridge and chill completely.

# Series 9 PBS recipes – The Great American Diet Makeover

## The Dessert Makeover

### Cheesecake with Blueberry Glaze (cont.)

Before serving, place rice syrup, lemon juice and a pinch of salt in a small saucepan and cook over low heat for 10 minutes. Spoon over the cake and serve. Makes 6-8 servings

## Family Fave Makeover

### Svelte French Toast

1/2 pound silken tofu  
1/4 cup almond milk (or soy, but almond is so nice)  
1 teaspoon pure vanilla extract  
Generous pinch ground cinnamon  
Sea salt  
1/4 cup spring or filtered water  
2 tablespoons avocado oil  
4 slices whole grain bread  
1 cup brown rice syrup  
1 cup fresh fruit, diced or, if using berries, halved or left whole

Place tofu, almond milk, vanilla, cinnamon, a pinch of salt and water in a blender and puree until smooth, the consistency of beaten eggs.

Heat a skillet or griddle pan over medium heat with avocado oil. Dredge bread in tofu mixture on both sides and lay on griddle pan. Cook until browned on both sides, turning once, about 2 minutes per side.

While the toast cooks, make the syrup. Place rice syrup, a pinch of salt and fruit in a sauce pan over medium-low heat and cook until fruit is soft and syrup is runny, about 5 minutes.

Plate 2 slices of French toast on each plate and ladle syrup over top. Makes 2 servings

Note: if you can't get past using tofu in this recipe, replace it with 2 ripe bananas and proceed with the recipe as stated above.

### Baked Beans

2 cups dried cannellini beans, rinsed, sorted  
6 cups spring or filtered water  
2 bay leaves  
2-3 tablespoons extra virgin olive oil  
1 large red onion, diced  
3 cloves fresh garlic, thinly sliced  
Sea salt  
4, 8-ounce cans tomato paste  
1 small can diced tomatoes  
1/3 cup barley malt  
2 teaspoons dried mustard  
Cracked black pepper  
Scant pinch ground nutmeg  
Scant pinch ground cinnamon  
Scant pinch smoked paprika

Place beans and water in a heavy pot with bay leaves and bring to a boil over medium heat. Reduce heat to low, cover and cook until tender, about an hour. Drain and transfer beans and bay leaves to a lightly oiled large casserole dish.

Preheat oven to 300o.

Place oil in a skillet with onion and garlic over medium heat. When the onions begin to sizzle, add a pinch of salt and sauté until translucent, 3-4 minutes. Stir into beans.

Whisk together tomato paste, diced tomatoes, barley malt, mustard, a light seasoning of salt and pepper, and spices. Mix into the beans until well incorporated.

Cover and bake for 3 1/2 hours, stirring frequently and adding a small amount of water, if needed, to keep the beans moist as they bake. Remove cover and bake 30 minutes more to 'set' the beans. Makes 6-8 servings

### You Won't Believe It's Not Mashed Potatoes

1 head cauliflower, broken into florets  
1/8 cup unsweetened soymilk  
3 tablespoons vegetarian butter spread (like Earth Balance)  
Sea salt  
Cracked black pepper

# Series 9 PBS recipes – The Great American Diet Makeover

## Family Fave Makeover

### You Won't Believe It's Not Mashed Potatoes (cont.)

Small bunch fresh chives, finely minced

Place cauliflower in a steamer basket above a pot of boiling water. Cook covered until fork tender, about 12 minutes.

Preheat oven to 325o and lightly oil a 9-inch baking dish. Transfer cauliflower to a food processor or blender. Add soymilk, vegetarian butter spread, salt and pepper to taste, and puree until smooth. Spoon into baking dish and bake uncovered, for about 8 minutes, until bubbly. Fold in chives and serve hot. Makes 3-4 servings

## The Great Soy Makeover

### Chinese Firecrackers

1 brick tofu-cut into 1/2" cubes

Avocado oil for deep-frying

Firecracker sauce:

3 tablespoons soy sauce

2 tablespoons brown rice syrup

2 tablespoons brown rice vinegar

1 tablespoon chili powder

Scant pinch cayenne

Scant pinch powdered ginger

1 cup spring or filtered water

1 tablespoon kuzu-dissolved in small amount cold water

Heat at least 3" of oil in a deep saucepan and when hot enough, deep-fry tofu cubes until golden brown and crispy. Drain on paper and set aside while preparing the sauce.

Heat soy sauce, rice syrup, rice vinegar, chili powder, cayenne, ginger and water in a sauce pan. When warmed through, stir in dissolved kuzu until sauce becomes thick and clear. Stir in tofu cubes until well-coated with sauce and serve garnished with fresh sliced scallions.

### Mushroom Broccoli Quiche

Pastry crust:

1 1/2 cups whole wheat pastry flour

1/4 cup avocado oil

Pinch sea salt

1/4 cup cold spring or filtered water

Quiche:

Extra virgin olive oil

2 cloves fresh garlic-minced

1 onion-diced

1 cup mushrooms-brushed free of dirt and thinly sliced

1-2 stalks broccoli-tiny florets

1 1/2 lbs tofu-extra firm style

3 tablespoons sesame tahini

2 tablespoons umeboshi vinegar or fresh lemon juice

1 teaspoon brown rice syrup

Soy sauce

Small handful black or tan sesame seeds for garnish

To prepare the crust, preheat oven to 350o. Combine flour, oil and salt, mixing with a fork until the mixture is sandy in texture. Add water and continue to mix until the dough begins to gather. Do not over mix or use your hands during this stage of dough prep as it can result in a tough, heavy crust. Gather dough between hands and knead 3-4 times to create a cohesive ball of dough. Roll between 2 sheets waxed paper or pastry cloth into a thin crust. Transfer to a pie plate and without stretching the dough, press it into the pan. Trim away any excess crust, leaving about 1/4" hanging over the edge of the pie pan. Fold the excess back toward the inside of the pan, pinching between thumb and fingers to create a scalloped edge around the crust. Prick the crust with a fork several times over the surface and bake for 10 minutes. Remove from heat and set aside to cool while preparing the filling.

Prepare the quiche filling by heating a small amount of oil in a skillet and sautéing garlic and onions for 2-3 minutes. Add mushrooms and sauté until limp. Set aside. Bring a small pot of water to a boil and quickly blanch broccoli florets until bright green, but still crispy, about 1-2 minutes. Drain and set aside. Next, place tofu, tahini, vinegar, rice syrup and a splash of soy sauce in a food processor and puree until smooth. Transfer to a mixing bowl and fold in broccoli and sautéed vegetables. Spoon evenly into pre-baked pie shell, sprinkle sesame seeds lightly around the rim of the quiche and bake until quiche is firmly set and edges are lightly golden, about 30 minutes. Remove from oven and allow to stand for about 15 minutes before serving.

# Series 9 PBS recipes – The Great American Diet Makeover

## The Great Soy Makeover

### Tempeh Stroganoff

8 oz. tempeh-cubed  
Avocado oil for deep-frying  
Light sesame oil  
1-2 cloves fresh garlic-minced  
Several slices fresh ginger-minced  
1 onion-thin half moons  
2-3 tablespoons whole wheat pastry flour  
6-8 dried shiitake mushrooms-soaked until tender, thinly sliced  
Several button mushrooms-brushed free of dirt, thinly sliced  
2 cups spring or filtered water  
Soy sauce

Heat 3" of water in a deep pot over medium heat. Deep fry tempeh until golden and crispy. Drain on paper and set aside. In a skillet, heat a small amount of oil and sauté garlic, ginger and onion 3-4 minutes. Stirring constantly, slowly add flour to form a creamy coating over the onions. Add mushrooms and stir well. Slowly add water, stirring constantly so it doesn't get lumpy. Add tempeh, season lightly with soy sauce, cover and simmer over low heat for 25 minutes, stirring occasionally to prevent sticking. The sauce will thicken as it simmers, forming a rich, creamy white sauce. Remove from heat and stir gently. Arrange cooked noodles on a serving platter and top with stroganoff. Serve hot.

## Chinese Takeout Makeover

### Hot & Sour Soup

1 teaspoon dark sesame oil  
1 onion-diced  
4-5 cups Vegetable Stock  
3 ribs celery-thinly sliced on a diagonal  
1 carrot-diced  
2 stalks broccoli-small florets and stems peeled and diced  
1 tablespoon brown rice syrup  
2 tablespoons mustard powder  
Sea salt  
1 tablespoon brown rice vinegar  
1-2 fresh scallions-thinly sliced for garnish

Heat oil in a soup pot and sauté the onions until translucent. Add stock and bring to a boil. Add celery, carrots and broccoli stems. Cover and cook over low heat for 10 minutes. Stir in rice syrup, mustard powder and a light seasoning of salt. Add broccoli florets and simmer for 5 minutes more. Remove from heat and stir in rice vinegar. Serve garnished with fresh scallions.

If serving this soup with wonton or dumplings, simply simmer them for the last 5 minutes of cooking, so they are soft, but not doughy.

### Macro Chow Mein

1 package whole wheat spaghetti-cooked al dente  
Safflower oil for deep-frying  
Spring or filtered water  
1-inch piece kombu  
1 onion-half moons  
1 carrot-thick matchsticks  
2 stalks celery-thick diagonals  
1 cup button mushrooms-brushed free of dirt and thickly sliced  
1 cup water chestnuts-drained well  
1 cup Chinese cabbage-shredded  
10-12 snow peas-tips and strings removed, left whole  
1/2 brick tofu-cubed  
Soy sauce  
3 tablespoons kuzu-dissolved in 1/4 cup cold water  
Fresh sliced scallion for garnish

In a deep pot, heat about 3 inches of oil slowly until quite hot. Deep-fry small batches of the spaghetti until golden brown and crispy. Drain well and set aside.

In a medium saucepan, place kombu and about 2 inches of water. Simmer the kombu for 5 minutes and remove. Place all the vegetables, except snow peas, Chinese cabbage and tofu in the pot and cook over low heat until just tender, about 5 minutes. Add balance of vegetables and tofu, season lightly with soy sauce and simmer until cabbage is limp, about 5

# Series 9 PBS recipes – The Great American Diet Makeover

## Chinese Takeout Makeover

### Macro Chow Mein (cont.)

minutes. Stir in dissolved kuzu until a thin glaze forms over vegetables. Arrange chow mein noodles on a serving platter and spoon vegetables and sauce over top. Serve immediately, garnished with sliced scallions.

### Almost Traditional Pad Thai

8 ounces rice noodles, uncooked  
1 tablespoon peanut oil  
3 cloves fresh garlic, finely minced  
2 roasted red bell peppers, thinly sliced into ribbons  
2 large, ripe tomatoes, diced, do not seed or peel  
4 ounces snow peas  
8 ounces extra firm tofu, cut into ¼-inch thick spears  
Soy sauce  
Scant pinch chili powder  
Juice of 1 fresh lime  
2-3 tablespoons finely minced fresh cilantro  
1/4 cup cashews, lightly toasted, coarsely chopped  
3-4 green onions, thinly sliced on the diagonal  
1 cup fresh mung bean sprouts

Bring a large pot of water to a boil and cook noodles until just tender, about 4 minutes. Drain well and set aside.

In a wok or deep skillet, heat oil over medium heat. Stir in garlic and peppers and stir fry for 3 minutes. Stir in tomatoes, snow peas and tofu, season lightly with soy sauce and stir fry until vegetables are tender, about 4 minutes. Add lime juice and bring dish to a low simmer. Cook for 3 minutes, stirring frequently. Stir in cooked noodles and cilantro. Transfer to a serving platter and sprinkle liberally with cashews, green onions and sprouts. Serve immediately. Makes about 4 servings

## Breakfast Makeover

### Blueberry Muffins

1/4 cup vegetarian butter spread (like Earth Balance)  
1/2 cup unsweetened applesauce  
2/3 cup brown rice syrup  
1/2 cup unsweetened soymilk  
1 teaspoon pure vanilla extract  
1 1/2 cups whole wheat pastry flour  
1/2 cup semolina flour  
Generous pinch sea salt  
1 tablespoon baking powder  
2 teaspoons grated lemon zest  
2 cups fresh blueberries, sorted, rinsed, drained

Preheat oven to 350o and line a standard muffin tin with papers or lightly oil and flour.

Whisk together butter spread, applesauce, rice syrup, soymilk and vanilla until emulsified. In a separate bowl, whisk together flours, salt and baking powder. Fold in wet ingredients to create a smooth batter. Fold in zest and berries. Divide batter evenly among the muffin cups, making them each about ¾ full. Bake until the centers of the muffins spring back to the touch, about 35 minutes. Cool on a wire rack. Makes about 12 muffins

### Waffles

1 1/2 cups whole wheat pastry flour  
1/2 cup semolina flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
1/4 teaspoon allspice  
1/4 teaspoon nutmeg  
1 cup apple juice  
3/4 cup soymilk  
1/3 cup unsweetened applesauce  
2 tablespoons avocado or olive oil  
4 tablespoons brown rice syrup  
1 teaspoon pure vanilla extract

# Series 9 PBS recipes – The Great American Diet Makeover

## Breakfast Makeover

### Waffles

Sauce:  
2 red pears or Granny Smith apples, halved, seeded, diced  
1/2 cup brown rice syrup  
Grated zest of 1/2 lemon  
Pinch sea salt

Lightly oil a waffle iron, even if it's a non-stick. Preheat waffle iron.

Whisk together flours, baking powder and soda, salt and spices. Whisk together juice, soymilk, applesauce, oil, syrup and vanilla until well combined. Mix wet ingredients into the dry until a thick batter forms. Cover and set aside while preparing the sauce.

Place sauce ingredients in a small saucepan over medium heat and bring to a boil. Reduce heat and cook, stirring occasionally, until fruit is quite soft. Keep sauce on very low heat while preparing the waffles.

Spoon batter into waffle iron, filling completely. Close the iron and cook until the waffles rise a bit and release from the iron. Transfer cooked waffles to a parchment-lined baking sheet and hold them in the oven while preparing the balance, so everything is warm when you serve.

To serve, place waffles on plates and spoon apple sauce over top. Makes 6-8 waffles

### Scrambled Tofu with Soy Sausage Patties

Extra virgin olive oil  
1/2 small leek, split leek lengthwise, rinse well, slice on the diagonal  
Sea salt  
5-6 button or crimini mushrooms, brushed free of dirt, thinly sliced  
1 small carrot, fine matchstick pieces  
1/2 red bell pepper, peeled, seeded, finely diced  
Generous pinch turmeric  
2-3 fresh scallions, thinly sliced on the diagonal  
10 ounces extra firm tofu, coarsely crumbled  
9 slices vegan soy sausage  
1 small bunch kale, stem tips trimmed, left whole

Place oil and leek in a deep skillet and turn heat to medium. When the leeks begin to sizzle, add a pinch of salt and mushrooms. Sauté until mushrooms begin to release their juices, about 3 minutes. Stir in carrot, pepper, turmeric and a light seasoning of salt. Stir in scallions and tofu. Sauté for 1-2 minutes and season with salt, to taste. Add a small amount of water, cover and steam for 3-4 minutes. Remove cover and stir well to loosen tofu and combine ingredients. Transfer to a serving bowl and cover loosely.

Wipe out the skillet and return to stovetop. Place enough oil to cover the bottom of the skillet and turn heat to medium. Place the sausage patties in the hot oil and cook, turning once until golden brown, about 2 minutes per side. Drain on paper.

While the sausage cooks, bring a medium pot of water to a boil and cook kale until bright green and crisp-tender, 2-3 minutes. Drain and slice into bite-size pieces.

To serve, mound scrambled tofu and greens on individual plates, with 3 sausage patties. Makes 3-4 servings

## Trick or Treat Makeover

### Asteroids

1 cup brown rice syrup  
1 cup almond butter  
1/2 cup malt-sweetened non-dairy chocolate chips  
3 cups crispy brown rice cereal

In a large sauce pan, heat rice syrup and almond butter until creamy. Stir in chocolate chips until they melt. Remove from heat and stir in crispy rice until well-incorporated. Press into a shallow, square casserole dish. Allow to set until firm. Cut into squares and serve. Makes about 1 dozen

Variations: Any nut butter is fabulous in this treat. Peanut butter, cashew or hazelnut butter...yummy.

### Peanut Butter Cups

2 cups non-dairy, grain sweetened chocolate chips  
1 1/2 cups creamy, unsweetened peanut butter  
3-4 tablespoons brown rice syrup or honey  
Pinch sea salt

# Series 9 PBS recipes – The Great American Diet Makeover

## Trick or Treat Makeover

### Peanut Butter Cups (cont.)

Lightly oil a standard mini muffin tin or line the cups with foil candy papers.

Melt the chocolate in a double boiler (place the chocolate chips in a glass bowl over a pan of boiling water and stir until chocolate melts).

Spoon melted chocolate to fill to one-third into each cup. Place tray in freezer while preparing peanut butter.

Combine peanut butter, sweetener and salt in a sauce pan and cook over low heat until the mixture is soft and smooth.

Spoon peanut butter on top of each chocolate cup, filling nearly to the top. Top each cup with chocolate, filling the remainder of the cups. Place tray in the freezer until set. Makes about 24 peanut butter cups

### Chocolate Decadence Brownies

1 1/3 cups granulated maple syrup

3/4 cup unsweetened applesauce

2 tablespoons spring or filtered water

2 teaspoons shelled hempseeds

2 teaspoons pure vanilla extract

1 cup whole wheat pastry flour

1/3 cup semolina flour

3/4 cup unsweetened cocoa powder

1/2 teaspoon baking powder

Generous pinch sea salt

Plain or vanilla soymilk

1 cup non-dairy grain sweetened chocolate chips

1/2 cup macadamia nuts, coarsely chopped

Glaze:

1/4 cup plain or vanilla soymilk

1 teaspoon brown rice syrup or honey

2/3 cup non-dairy, grain sweetened chocolate chips

1/3 cup non-dairy, grain sweetened chocolate chips, coarsely chopped, for garnish

Preheat oven to 350° and lightly oil an 8-inch square baking pan.

Mix together maple granules, applesauce and water in a medium-size bowl. Stir in hempseeds and vanilla. Fold in flour, semolina, cocoa, baking powder and salt, mixing just to combine ingredients. Stir in soymilk to create a smooth, spoonable batter. Fold in chocolate chips and nuts until well-incorporated.

Bake for 40 minutes for chewy brownies and 45-50 minutes for more cake-like brownies. Either way, the brownies should be set when touched.

While the brownies bake, make the glaze. Prepare the glaze by placing soymilk and rice syrup in a small sauce pan and bringing to a high boil. Pour over chocolate chips and whisk to create a smooth, shiny glaze.

When the brownies have cooled, cut into 16 squares and place on a wire rack with a piece of parchment underneath. Spoon glaze over each brownie. Makes 16 brownies

### Candied Apples

6 Red delicious or Granny Smith apples, rinsed well, left whole

Suzanne's Specialties Raspberry Rice Nectar or brown rice syrup

Coarsely chopped macadamia nuts or peanuts

6 Popsicle sticks

Place apples on a tray top side down. Heat rice syrup in a deep sauce pan over medium-low heat for 15 minutes or until it adheres to the surface of a spoon.

Push a Popsicle stick into each apple. Holding the apple by the stick, roll it around in the pan of rice syrup to coat the whole apple. Quickly dip in macadamia nuts and place on a sheet of waxed paper until it sets. Makes 6 apples

## Holiday Feast Makeover

### Veggie Vichyssoise

2 tablespoons avocado oil

3 small/medium leeks, split lengthwise, rinsed free of dirt, diced

1 small yellow onion, diced

2 cups thinly sliced peeled potatoes

2 cups spring or filtered water

1 1/2 cups unsweetened soymilk

# Series 9 PBS recipes – The Great American Diet Makeover

## Holiday Feast Makeover

### Veggie Vichyssoise (cont.)

Sea salt  
Cracked black pepper  
4-5 fresh chives, minced, for garnish

Place oil in a soup pot and sweat leeks and onions over medium heat until quite soft, but not browned, about 7 minutes. Stir in potatoes, water and soymilk, cover and bring to a boil. Reduce heat to low and simmer for 30 minutes. Season to taste with salt and pepper, keeping the flavor light. Simmer 5 minutes more to develop flavors. Transfer soup, by ladles to a food processor or blender and puree until smooth. Serve garnished with fresh chives. Makes 4-5 servings

### Stuffed Winter Squash

1 large winter squash-butternut, hokkaido, hubbard work best  
Spring or filtered water  
Avocado oil

To begin, remove the top of the squash, jack-o-lantern style, so that you can scoop out the seeds and pulp. Replace the top and lightly oil the outer skin. Place in a baking dish with about 1/2-inch water. Bake at 325o, uncovered for about 25 minutes. Remove from oven and allow to cool while preparing the stuffing.

### Corn Bread & Chestnut Stuffing

Corn bread:  
1 1/2 cups corn meal  
1 cup whole wheat pastry flour  
2 teaspoons baking powder  
Pinch sea salt  
2 tablespoons brown rice syrup  
3-4 tablespoons avocado oil  
1 cup spring or filtered water or rice milk

Prepare the corn bread by sifting together the corn meal, flour, baking powder and salt. Whisk together the rice syrup, oil and water. Fold wet and dry ingredients together until just mixed. Do not over mix or bread will be tough and heavy.

Preheat oven to 375o and lightly oil and flour a 9-inch square baking dish. Spoon batter evenly into pan and bake for about 20-30 minutes, until the top of the bread springs back to the touch. Invert on a wire rack and allow to cool before proceeding.

Note that this step can be done ahead of time.

Stuffing:  
1 loaf sourdough bread-crusts removed and cubed  
Corn bread-cubed  
1 pound fresh chestnuts  
Spring or filtered water  
1 cup firm tofu-cut into tiny cubes and deep-fried until golden  
1 teaspoon extra virgin olive oil  
Generous pinch dried rosemary  
Small handful fresh flat leaf parsley-minced  
2 cups Vegetable Stock (see matzo ball soup recipe)  
Soy sauce

To prepare stuffing, preheat oven to 300o. Spread cubes of bread and corn bread evenly on a baking sheet and bake for about 20-30 minutes to dry. Set aside.

Make a small slit in the flat side of each chestnut and place in a saucepan with water to cover. Simmer over medium heat until easily pierced with a knife. Remove from heat and taking 2-3 chestnuts at a time, peel off shells and skin. Set aside.

Heat oil in a skillet and sauté onions and rosemary, with a splash of soy sauce. Add celery, a splash of soy sauce and sauté until tender, about 8 minutes. Season lightly with soy sauce and remove from heat. Stir in chestnuts and fried tofu cubes and transfer to a large mixing bowl.

Add bread and corn bread and mix well, slowly adding stock until stuffing forms a soft ball. Taste and adjust seasoning. Allow to cool completely before stuffing squash.

### Composed Salad Plate

Dressing:  
2 tablespoons prepared mustard  
2 tablespoons balsamic vinegar  
2-3 tablespoons extra virgin olive oil  
2 cloves garlic-finely minced  
Small handful fresh flat leaf parsley-minced

# Series 9 PBS recipes – The Great American Diet Makeover

## Holiday Feast Makeover

### Composed Salad Plate (cont.)

Small amount fresh chervil-minced  
Pinch dried basil  
Sea salt

#### Salad:

Spring or filtered water  
1/2 lb. green beans-trimmed and cut in 1-inch pieces  
Several red radishes-whole  
1 red onion-thin half moons  
1 small bunch watercress-rinsed well and blanched until just tender  
Several black olives-pitted and left whole  
1 cup cooked white navy beans

Whisk together dressing ingredients, seasoning with just a pinch of salt.

Bring a healthy amount of water to a boil and quickly blanch green beans, about 1-2 minutes. Drain and set aside. Trim radishes and boil, whole for 2-3 minutes. Drain and set aside. Blanch onions for 30 seconds. Finally, stir watercress into boiling water and remove after 30 seconds. Plunge into cold water to stop the cooking process and set aside.

Using individual salad plates, arrange the vegetables in an attractive manner. I like to ring the plates with watercress, arrange the onions, beans and green beans in the center and top the salad with several radishes and olives. Just before serving, drizzle the salads with dressing and serve immediately. Don't dress these salads and let them stand for a long time before serving. Mush is too nice a word for what you'll be serving.

## The Sandwich Makeover

### Lemon-Lime Hummus/Roasted Pepper Wraps

4 whole grain wraps  
1 recipe lemon lime hummus  
Several leaves romaine lettuce  
1 jar roasted red peppers, sliced into thick pieces

Lay wraps on a dry, flat work surface. Spread hummus evenly on each wrap, leaving about one half inch around the perimeter uncovered. Lay a large lettuce leaf on hummus and top with roasted peppers to taste. Roll the wraps, jelly roll style, into tight cylinders. Slice in half and wrap in plastic. Makes 8 half wraps

### Lemon-Lime Hummus with Oven Roasted Pita Chips

4 fresh cloves garlic, chopped  
1/2 teaspoon paprika  
2 cups cooked chickpeas  
1/3 cup fresh lemon juice  
1/3 cup fresh lime juice  
1/2 cup sesame tahini  
5-6 tablespoons extra virgin olive oil  
Sea salt  
1/2 teaspoon ground cumin  
1/2 teaspoon chili powder  
Unsweetened soymilk

Place all ingredients in a food processor, seasoning with salt to taste. Puree until smooth, slowly adding small amounts of soymilk to thin hummus to taste.  
Makes 4-5 servings

### Pepper and 'Egg' Subs

Extra virgin olive oil  
2 cloves fresh garlic, minced  
1 yellow onion, thin half moon slices  
Sea salt  
2 roasted red peppers, diced  
1 block extra firm tofu, coarsely crumbled  
Turmeric  
Vegan mayo  
4 whole grain hoagie rolls, split lengthwise

Place a small amount of oil in deep skillet over medium heat. Sauté garlic and onions with a pinch of salt until they wilt, about 3 minutes. Stir in peppers, a pinch of salt and sauté for 4 minutes more, until veggies are quite soft. Stir in tofu and

# Series 9 PBS recipes – The Great American Diet Makeover

## The Sandwich Makeover

### Pepper and 'Egg' Subs (cont.)

a generous pinch of turmeric (for yellow color). Sauté until tofu is warmed through, a bright yellow color is evident and the peppers and onions are well-incorporated into the mix, about 4 minutes.

Spread a thin layer of vegan mayo on both cut sides of each roll. Spoon tofu mixture generously into each roll and serve. Makes 4 subs

### Philly 'Cheesesteaks'

1 pound seitan, shredded  
3 tablespoons extra virgin olive oil  
1 yellow onion, thinly sliced  
sea salt  
4-6 slices vegan cheddar cheese  
4 whole grain hoagie rolls

Shred seitan. Heat oil in a skillet and sauté onions with a pinch of salt until translucent, about 2 minutes. Add seitan and season lightly with salt.

Sauté for 3 -4 minutes. Split rolls and lay a cheese slice in the roll. Top with seitan and onions and serve hot. Makes 4 sandwiches

## Cocktail Party Makeover

### Pigs in a Blanket

1 recipe pizza dough (see tomato pie recipe)  
Vegan Italian "Sausage" cut into 8 pieces  
Avocado oil

Preheat oven to 350o.

Sauté the "sausage" pieces in avocado oil until brown on all sides. In the meantime, roll out dough into a thin layer. Cut into strips a little bit smaller than the "sausage" pieces. Once sausages are browned roll dough strips around sausages to form the "blanket." Bake for about 15-18 minutes, until the pastry is golden. Makes 3 servings

### Guacamole

2 ripe avocados, halved, stone removed  
1/2 red onion, finely minced  
2 serrano chilis, seeds, ribs removed, finely minced  
2 tablespoons finely minced cilantro  
1/4 cup fresh/frozen corn kernels  
1-2 tablespoons fresh lemon juice  
Sea salt  
Cracked black pepper  
1/2 ripe tomato, seeded, coarsely chopped

Using a fork, mash the avocados until smooth. Fold in onion, chilis, cilantro, corn and lemon juice. Mix in salt and pepper to taste and finally, gently fold in tomato. Chill for at least an hour before serving to allow flavors to develop. Makes 3-4 servings

### Mimosas

Chilled fresh orange juice  
Chilled sparkling water  
Fresh lime juice

For each drink, mix together equal amounts of orange juice and sparkling water, with a light squeeze of lime juice. Whisk and serve. Note that these must be mixed to order, as they will get flat and tasteless if made too far in advance. Serve garnished with orange slices.

### Cosmopolitan

1 1/4 cups fresh orange juice  
1/2 teaspoon pure orange extract  
1 1/4 cups unsweetened cranberry juice  
1/4 cup Suzanne's Specialties Raspberry Rice Nectar  
1/2 cup fresh lime juice  
4 cups chilled sparkling water

Whisk together all ingredients and pour evenly into champagne flutes or martini glasses (no reason to avoid the glass ware just because you don't want the alcohol). Serve chilled. Makes 8-10 drinks

# Series 9 PBS recipes – The Great American Diet Makeover

## The Body Makeover (Weight Loss)

### Tempeh Salad

1 8 oz. package of tempeh, steamed for 10 minutes.  
1/4 cup each diced carrot, red onion, celery  
2-3 tablespoons organic sweet relish (found in any natural foods store)  
Generous pinch dried dill  
Vegan Mayo

Cool steamed tempeh to room temperature and crumble into a coarse meal. Toss with diced vegetables, relish, several pinches of dill and vegan mayonnaise to form a creamy salad. Serve chilled over a bed of lettuce or in your favorite sandwich.

NOTE: Some people like to toss in some powdered kelp to create an authentic tuna salad taste in this recipe. Also remember that if you would like the veggies to be tenderer, simply blanch them before using them in the recipe.

### Black Bean Tacos

1 tablespoon extra-virgin olive oil  
4 to 5 cloves garlic, minced  
1 hot chile, seeded and minced  
1 red onion, diced  
Generous pinch of dried basil  
1 carrot, diced  
1 to 2 cups button mushrooms, brushed clean and thinly sliced  
2 cups cooked dried black turtle beans  
Spring or filtered water  
2 tablespoons barley or red miso, dissolved in 2 tablespoons water  
Several chapatti breads, lightly steamed, or taco shells  
Shredded romaine lettuce

Heat the oil in a deep skillet over medium heat. Add garlic, chile, and onion and cook, stirring, 2 to 3 minutes. Add basil, carrot, and mushrooms and cook, stirring, 2 to 3 minutes. Partially mash beans and add to skillet with chili powder. Add about 1/8 inch of water, cover, and simmer over low heat 15 minutes. Stir miso mixture into beans. Simmer 3 to 4 minutes more. Spoon beans into chapatti or taco shells and garnish with shredded lettuce. Serve warm. Makes 5-6 servings

### Gazpacho Salad

Salad:  
6 cups whole grain sourdough bread-crusts removed and diced  
2-3 ripe tomatoes, diced  
1 cucumber-peeled, seeded and diced  
1 red bell pepper-roasted over an open flame, seeded and diced  
Several scallions-diced  
Fresh flat leaf parsley-minced

### Dressing:

2-3 tomatoes, peeled  
1/2 red onion, diced  
2-3 cloves fresh garlic-minced  
1/4 cup extra virgin olive oil  
Sea salt  
6 tablespoons balsamic vinegar  
4 tablespoons umeboshi vinegar

Prepare the vinaigrette by pureeing the tomatoes, onion and garlic until smooth. In a small saucepan, warm the oil with a pinch of salt to make it a bit more digestible. Whisk in the vinegars and mix with the tomato puree.

In a mixing bowl, toss the bread with half the vinaigrette and let it marinate for about 30 minutes. Just before serving, mix together the vegetables, marinated bread and balance of vinaigrette. Serve immediately.

## Your Bone Makeover

### Quinoa Salad

1 cup quinoa  
2 cups spring or filtered water  
Pinch sea salt  
1 cup fresh peas  
1 cup fresh corn kernels  
1 cucumber, peeled, seeded and diced  
1-2 stalks celery-diced  
Juice of 1 lemon

# Series 9 PBS recipes – The Great American Diet Makeover

## Your Bone Makeover

### Quinoa Salad (cont.)

Juice of 1 orange  
1/8 cup olive oil  
Several leaves fresh mint-minced  
3-4 leaves fresh basil-minced  
Soy sauce

Bring water and sea salt to a boil. Add quinoa, bring back to a boil, cover, lower and simmer over low heat for about 30 minutes. All the liquid should be absorbed and the quinoa should get fluffy. Separately blanch the corn and peas and set aside. Whisk together the lemon and orange juice, mint and basil to taste and soy sauce to taste and the olive oil. You should only have a tiny amount of dressing. Believe me; it will go a long way in this salad. Toss the quinoa with all of the vegetables and finally, the dressing. Serve immediately. Do not allow the salad to marinate in the dressing, as the quinoa will take on too much moisture and become soggy.

### Winter Vegetable-Bean Stew

1 teaspoon extra virgin olive oil  
1 leek-halved lengthwise, rinsed and sliced into 1-inch pieces  
2 tablespoons whole wheat pastry flour  
1-inch piece kombu  
1 cup winter squash-cubed  
1 small sweet potato-cubed  
2 carrots-small irregular cut  
1 cup turnips-diced  
2 parsnips-small irregular cut  
1 cup cauliflower florets  
5 cups Vegetable Stock  
1/2 cup white beans-cooked until tender, but unseasoned  
2-3 teaspoons white miso  
1 cup broccoli-tiny florets  
1-2 fresh scallions-sliced thin for garnish

Heat olive oil in a soup pot and sauté leeks for 2 minutes. Slowly add flour, stirring constantly until leeks are coated. Add balance of vegetables, except broccoli and scallions, and gently add stock. Bring to a boil and cover. Cook over low heat for 35-40 minutes. Remove a small amount of broth, puree miso and stir into soup. Add broccoli and simmer until broccoli turns bright green, about 4 minutes. Serve garnished with scallions.

### Fresh Watercress with Tangy Tangerine Dressing

1 bunch fresh watercress-rinsed well and left whole  
Spring or filtered water

#### Dressing:

Juice from at least 2 tangerines  
Generous splash umeboshi vinegar  
Juice of 1 fresh lemon

Bring a pot of water to a rolling boil and quickly blanch watercress; cook about 30 seconds. Plunge into cold water to stop the cooking process and slice into bite-size pieces. Whisk together the tangerine juice, umeboshi vinegar and lemon juice. Keep the dressing on the sweet side, so you may need more tangerine juice. Toss with watercress and chill thoroughly before serving.

## Makeover Italian-Style

### Polenta with Spicy Puttanesca Sauce

4 cups spring or filtered water  
Pinch sea salt  
1 tablespoon extra virgin olive oil  
1 cup yellow cornmeal  
2-3 tablespoons unsweetened soymilk

#### Puttanesca Sauce:

Extra virgin olive oil  
2-3 cloves fresh garlic, crushed  
Sea salt  
Generous pinch crushed red pepper flakes  
1/2 red onion, diced

# Series 9 PBS recipes – The Great American Diet Makeover

## Makeover Italian-Style

### Polenta with Spicy Puttanesca Sauce (cont.)

1 can diced tomatoes  
3-4 tablespoons capers, drained, but not rinsed  
12-18 oil-cured black olives, pitted, coarsely chopped

Whisk together polenta ingredients in a sauce pan and place over medium heat. Cook, stirring constantly until it comes to a boil. Reduce heat to low and cook, stirring frequently, until the center of the polenta pops and bubbles, about 25 minutes. Stir in soymilk to finish.

To make the sauce, place a small amount of oil and garlic in a skillet over medium heat. When the garlic begins to sizzle, add a pinch of salt, crushed red pepper flakes and onion and sauté for 1-2 minutes. Add tomatoes, capers and olives and stir well. Season lightly with salt and cook, stirring occasionally, for 5 minutes.

To serve, spoon polenta into individual bowls and spoon puttanesca over top. Makes 4-5 servings

### Farro Salad, Umbria-style

3 cups spring or filtered water  
1 cup farro, rinsed well  
Sea salt  
3 tablespoons extra virgin olive oil  
1 tablespoon red wine vinegar  
1/2 cup fresh/frozen fava beans (or baby lima beans)  
1/2 cup fresh/frozen baby peas  
2 cups baby arugula  
3 plum tomatoes, diced, do not seed  
3 sprigs fresh basil, leaves removed, left whole

Place water and farro in a sauce pan over medium heat and bring to a boil. Add a generous pinch of salt, cover partially and reduce heat to low. Cook until farro has absorbed all liquid, about 25 minutes. Remove from heat and stir in oil, vinegar and a light seasoning of salt to taste.

While the farro cooks, bring a pot of water, with a pinch of salt to a boil. Cook fresh fava beans for 3 minutes. Add peas and cook 1 minute more. Drain well and cool in a bowl of ice water to stop the cooking. Drain again. Gently fold fava beans and peas into farro mixture.

To serve, arrange arugula on a serving platter and drizzle lightly with olive oil. Just before serving, stir tomatoes and basil into farro, taking care not to break the grain or peas too much in the mixing. Spoon onto arugula and serve. Makes about 4 servings

### Antico Dolce Torte

Dough:

3 cups whole wheat pastry flour  
Generous pinch sea salt  
6 tablespoons avocado oil  
1/2 cup brown rice syrup  
3/4 cup spring or filtered water-boiling

Place the flour, salt, rice syrup and oil in a food processor or electric mixer and mix until blended. Boil water and add to the flour mixture while the mixer or processor is running. Blend only until the particles begin to cling together. Gather dough into a ball, wrap in waxed paper and refrigerate for 1 hour.

Filling:

3 cups walnuts-pan toasted and minced  
2 cups raisins  
1 teaspoon cinnamon  
1/4 cup brown rice syrup  
1/4 cup avocado oil

Blend nuts, raisins and cinnamon in a food processor until a fine meal forms. Do not over process into flour. Scrape into a mixing bowl. In a saucepan, heat oil and rice syrup until it foams and stir immediately into raisin and nut mixture. Divide the filling into 3 separate bowls and set aside.

Glaze:

3 tablespoons avocado oil  
1 1/2 cup brown rice syrup

Heat ingredients until they foam and use it immediately.

To assemble, divide chilled dough into thirds. On a floured surface, roll out one portion at a time into long rectangular shapes-about 30 inches x 5 inches x 1/8 inch thick. Trim strips evenly so the rectangles match.

# Series 9 PBS recipes – The Great American Diet Makeover

## Makeover Italian-Style

### Antico Dolce Torte (cont.)

Preheat oven to 350o and lightly oil a cookie sheet.

Spoon filling from each of the three bowls onto one half of each strip, lengthwise. Fold the other half of the dough over the filling, making filled 30-inch long strips.

Starting at the end of one strip, roll tightly on its side (like you would roll a tire). Overlapping slightly at the edge, attach the next strip and continue to roll. Repeat with the last strip. Now, turn the assembled torte, filling side up onto the cookie sheet. Tie a string midway around the diameter of the torte. Quickly mix the glaze and brush the sides, spooning the balance of glaze over the top. Bake for about 1 hour, until golden brown. When cooled, remove the string from the torte and replace it with a holiday ribbon. Serve sliced in thin wedges with strong demitasse or tea for a festive Christmas morning treat. Makes 1 torte, about 8-10 servings

## The Great Pie Makeover

### Apple Pie

2 recipes Pastry Dough (see chicken-less pot pie recipe)

Filling:

13-14 Granny Smith or Gala apples, peeled, cored, thinly sliced into half moons

9 tablespoons vegetarian butter spread

3 teaspoons pure vanilla extract

1 cup brown rice syrup

Sea salt

1/4 teaspoon ground cinnamon

Lightly oil a 9-inch deep dish pie plate. Divide pastry dough into 2 pieces, one a little larger than the other. Roll each one between waxed or parchment paper into a thin round, the smaller one to be about 11 inches in diameter and the larger one to be about 12 inches in diameter. Press pastry into pie plate, using your knuckles to conform the dough to the dish, but do not stretch the dough too much. Let excess hang over the rim. Prick several times with a fork and set aside.

Preheat the oven to 375o. Make the filling. You will be sautéing apples in 3 batches. Place 3 tablespoons of vegetarian butter spread, a teaspoon of vanilla, 1/3 cup rice syrup and a pinch of salt in a skillet over medium heat. Sauté until the apples wilt and the edges begin to brown about 7 minutes. Transfer cooked apples to a baking sheet to cool and repeat sautéing process with remaining apples and seasonings. Cool to room temperature.

Spoon cooled apples into pie plate, mounding them in the center. Lay the remaining pastry over the apples. Using a sharp knife, trim the excess pastry from the rim and gently pinch together the edges of the pastry to seal the crust. Using your thumb and forefinger, crimp the edge to create a decorative crust.

Make 3 to 4 slits in the top of the pastry to allow steam to escape. Bake for 15 minutes, reduce oven heat to 350o and bake for an additional 40 -45 minutes. The crust should be golden and the filling bubbling. Remove from oven and allow to cool for about 15 minutes before slicing. Makes 1 pie, 6-8 servings

### Mincemeat-less Pie

1 cup raisins

1 cup dried apricots

3 cups apple juice

Pinch sea salt

4 cups tart apples-cored and cut into small chunks

2 tablespoons red miso

1/2 teaspoon allspice

2 tablespoons kuzu-dissolved in 1/4 cup cold water or juice

2 tablespoons fresh grated orange peel

1 tablespoon fresh grated lemon peel

2 tablespoons orange juice

1/2 cup walnuts-pan toasted and broken into small pieces

1 recipe Tartlet Dough

Soak the raisins and apricots together in the apple juice for 6-8 hours. In an uncovered pot, place the soaked fruit, the soaking water, salt and apple pieces. Cook over medium heat for 1 hour. Remove a bit of hot juice and dissolve the miso. Stir into the pot and simmer for 15 minutes more. Mix the spices in very well and then stir in dissolved kuzu until the mixture thickens. Finally, stir in the orange and lemon peel, the orange juice and the walnuts. Set aside to cool as you prepare the pie crust.

Preheat oven to 400o. Thinly roll out pie dough between 2 sheets of waxed paper into a 10-inch circle. Lay over a 9-inch pie pan, pressing it into the pan without stretching the dough. Trim the excess dough around the edges, leaving an even 1/2 inch overhang. Turn the excess dough up toward the edge to form a decorative edge. Prick pie crust with a fork. Bake

# Series 9 PBS recipes – The Great American Diet Makeover

## The Great Pie Makeover

### Mincemeat-less Pie (cont.)

the pie shell 10 minutes. This prevents a soggy crust when serving the finished pie.

Reduce oven temperature to 350o. Pour filling into the pie shell. Bake 30 to 40 minutes, until filling is set. Makes 1 pie, about 10 servings

Note: When making this pie, I like to prepare it as a single crust pie, but you may also prepare double the recipe and make a lattice top. One other thing, this recipe makes really beautiful miniature tartlets, as well as a full-sized pie.

Tartlet Dough:

1 cup whole wheat pastry flour

Pinch of sea salt

Avocado oil

Cold spring water

Whisk the flour and salt together into a bowl. Slowly add about 3 tablespoons of oil, creating the consistency of wet sand. Slowly add water, by the tablespoon, while stirring with a wooden spoon, until the dough gathers, creating a soft consistency. Gather the dough in a ball and set aside to rest, covered with a damp towel.

### Blueberry Pie

2 recipes Tartlet Dough (see mincemeat-less pie recipe)

2 pints blueberries-cleaned

1 teaspoons fresh grated lemon zest

1/2 cup brown rice syrup

Juice of 1 lemon

2 tablespoons kuzu-dissolved in 1/4 cup cold water

Prepare dough and separate into 2 pieces. Roll out thinly between waxed paper and lay one crust over a pie plate. Press into position, without stretching the dough, trimming the excess flush to the sides of the pan. Keep other piece of dough wrapped in waxed paper until ready to use.

Heat the berries and rice syrup through over low heat. Stir in dissolved kuzu until the mixture thickens, about 3 minutes. Remove from heat and stir in lemon juice and zest. Spoon into pie shell filling completely. Moisten the edge of the bottom crust with water. Lay the other crust over top.

Preheat the oven to 400o. Trim excess dough, leaving about 1/2-inch overhang. Fold the overhang under the rim of the bottom crust, and by pinching dough between your thumb and forefinger, pushing the dough between your fingers with the other forefinger; flute the edge of the crust. Next, with a sharp knife, cut a 4" "X" shape in the center of the top crust. Fold back the points of the "X" to make a square opening in the center of the pie. Heat about 3 tablespoons of rice syrup until it foams. Remove from heat and quickly drizzle the top of the pie. Bake for 40 minutes, until the filling begins to bubble and the crust turns golden. Cool pie completely before slicing. Makes 8 servings

## The Cupcake and Cookie Makeover

### Orange-Scented Chocolate Cupcakes

1 1/2 cups whole wheat pastry flour

1/2 cup semolina flour

1/2 cup cocoa powder, Dutch processed is best

2 teaspoons baking powder

Generous pinch sea salt

1/2 cup avocado oil

1 cup brown rice syrup

3/4 cup soy or rice milk

1 teaspoon brown rice vinegar

2 ounces coarsely chopped non-dairy, grain sweetened chocolate chips

2 teaspoons grated orange zest

Chocolate Frosting:

1 cup non-dairy, grain-sweetened chocolate chips

Scant 1/4 cup soy or rice milk

2 teaspoons brown rice syrup

Grated orange zest, for decoration

Preheat oven to 350o and line a 12-cup muffin tin with papers.

Whisk together flours, cocoa powder, baking powder and sea salt. Whisk together oil, rice syrup, soy or rice milk and vinegar until smooth. Mix wet ingredients into dry to create a smooth batter. Fold in chopped chocolate and orange zest, spoon evenly into cupcake cups and bake for 20-25 minutes, until the tops of the cupcakes spring back to the touch.

# Series 9 PBS recipes – The Great American Diet Makeover

## The Cupcake and Cookie Makeover

### Orange-Scented Chocolate Cupcakes (cont.)

Remove from oven and allow to cool enough to handle the cupcakes. Remove from the tin and cool completely on a wire rack.

Make the frosting while the cupcakes cool. Place chocolate in heat-resistant bowl. Bring soy or rice milk and rice syrup to a rolling boil and pour over chocolate. Whisk together until thick and smooth. Cover loosely and set aside for 30-40 minutes to set frosting. Whisk to loosen frosting and spread over the top of each cupcake, garnishing with a sprinkle of orange zest. Makes 12 cupcakes

### Applesauce Muffins

1 cup whole wheat pastry flour  
Pinch sea salt  
2 teaspoon baking powder  
1 cup unprocessed bran  
2 tablespoons wheat germ  
1/2 cup apple juice  
1 teaspoon fresh lemon juice  
1/3 cup brown rice syrup  
1/3 cup unsweetened applesauce  
1 teaspoon pure vanilla extract  
1/2 cup golden raisins  
1 tablespoon maple rice syrup  
1/4 teaspoon cinnamon

Preheat oven to 350o and oil your muffin tins.

Sift together the flour, salt and baking powder. Stir in the bran and wheat germ. Whisk together the apple juice, lemon juice, rice syrup, applesauce, maple rice syrup, cinnamon and vanilla. Add ingredients together, mix in the raisins and continue mixing until just blended. Do not over mix. Fill the muffin cups about 2/3 full with batter and sprinkle the tops lightly with a bit more cinnamon. Bake for about 25 minutes, until a toothpick inserted in the center of the muffins comes out clean. Remove from muffin tins and cool on a wire rack. Makes 1 dozen

### Sheila's Lacy Wafers

1/4 cup avocado or light olive oil  
1/4 cup brown rice syrup  
1/4 cup maple rice syrup  
1/3 cup whole wheat pastry flour  
1/2 cup uncooked quick rolled oats  
1/4 cup very finely chopped almonds or walnut pieces  
1/4 teaspoon pure vanilla or almond extract

Chocolate filling:

1 cup non-dairy, grain-sweetened chocolate chips  
2 teaspoons Suzanne's Specialties Chocolate Rice Nectar  
1/4 cup Eden Rice & Soy Blend or vanilla soymilk

Preheat oven to 350o and line a baking sheet with parchment.

Place oil, rice syrup and maple syrup in a small saucepan over low heat and cook, stirring, until loose. Remove from heat and transfer to a mixing bowl. Stir in flour until smooth. Fold in oats, nuts and extract, mixing well.

Drop batter, by 1/4-teaspoonfuls onto lined sheet, allowing 2 inches in between to allow for spreading. Bake until golden brown, 8-10 minutes. Remove from oven and cool on sheet for 1 minute. Carefully peel cookies from parchment and set aside to cool.

Prepare the filling by placing chocolate chips in a heat-resistant bowl. Bring rice syrup and Eden Blend to a rolling boil over high heat. Pour over chocolate and whisk until shiny and smooth.

Pair similar sized cookies to make wafers. Spread the flat side of one cookie with chocolate and press its partner, flat side to chocolate, making a sandwich. Place on parchment to allow chocolate to set. Repeat with remaining cookies and chocolate. Makes 30-40 filled cookies

## The Great Skin Makeover

### Barley and Corn Salad

3 cups spring or filtered water  
1 cup pearl barley-rinsed and sorted  
Juice of a fresh lime

# Series 9 PBS recipes – The Great American Diet Makeover

## The Great Skin Makeover

### Barley and Corn Salad (cont.)

1/4 cup olive oil  
Sea salt  
1-2 tablespoons prepared mustard  
1/4 cup umeboshi vinegar  
2 teaspoon rice syrup  
1-2 ears fresh corn-kernels removed  
1 small cucumber-peeled, seeded and diced  
1 small red onion-diced  
Small handful fresh parsley-minced

Bring water and a pinch of sea salt to a boil in a medium saucepan. Slowly add barley, cover, reduce heat to low and cook for 40-45 minutes, until barley is tender and water is absorbed. Transfer to a bowl and allow to cool.

Separately blanch the corn and then the onions. Mix together with the cucumber and parsley. Prepare the vinaigrette by whisking the oil, umeboshi vinegar, rice syrup, lime juice, a light sprinkle of salt and mustard. The dressing should have a refreshing, yet spicy taste. Toss the barley, vegetables and lime vinaigrette until well-blended. Allow the salad to marinate for about 30 minutes before serving. This salad is truly great if served lightly chilled.

### French Onion Soup

1 teaspoon extra virgin olive oil  
8-10 onions-thinly sliced in crescents  
Pinch sea salt  
4-5 cups spring or filtered water  
Several pieces brown rice mochi-1/4-inch cubes  
Soy sauce  
Fresh flat leaf parsley-minced  
Sourdough bread croutons

In a soup pot, heat olive oil and begin sautéing onions with a pinch of sea salt. Continue to sauté until lightly browned and quite reduced, as long as 25-30 minutes. Gently add water and bring to a boil. Cover and cook over low heat for about 15 minutes. Add mochi cubes. Season lightly with soy sauce and simmer for about 7 minutes more, until mochi melts and becomes creamy. Serve garnished with parsley and a few croutons.

NOTE: The best croutons are made from slightly stale bread that is cubed and dried in a warm oven until crispy. Another way is to deep-fry the bread cubes just before serving the soup. Sinfully rich!

### Linguini in Creamy Mushroom Sauce

1 package linguini  
1 teaspoon corn oil  
1 onion-diced  
Sea salt  
2 cups button mushrooms-brushed free of dirt and thinly sliced  
1 Portobello mushroom-thinly sliced  
1 1/2 cups Mushroom Stock (see cream of mushroom soup recipe)  
1/2 cup soy or rice milk  
Fresh chives-minced

Heat corn oil in a medium saucepan and sauté the onion, with a pinch of salt, until translucent. Add button mushrooms, a pinch of salt and sauté until limp. Add Portobellos, a pinch of salt and sauté for 2-3 minutes more. Add stock and soy/rice milk, season lightly with salt and bring to a boil. Lower and cook, uncovered for about 30 minutes, until the mushrooms are very soft and the sauce is flavorful.

Bring a large pot of water to a boil and cook the linguini al dente, 4-6 minutes. Drain; do not rinse. Toss immediately with the mushroom sauce and stir in fresh chives. Transfer to a pasta bowl and serve immediately.

## Your Heart Makeover

### Tofu "Cream Cheese"

1 lb tofu-soft style  
2 teaspoons umeboshi paste  
1 teaspoon sesame tahini  
2-3 fresh scallions-minced  
1-2 ribs celery-diced  
1 carrot-grated  
Small handful fresh flat leaf parsley-minced

# Series 9 PBS recipes – The Great American Diet Makeover

## Your Heart Makeover

### Tofu "Cream Cheese" (cont.)

Juice of 1 lemon

Bring a pot of water to a boil and cook tofu for 5 minutes. Drain and then simply puree with ume paste and tahini until smooth. Fold in vegetables and lemon juice, transfer to a serving bowl and chill thoroughly before serving.

### Chinese Orange Seitan

Sauce:

1/2 cup fresh orange juice  
Splash soy sauce  
1/4 cup spring or filtered water  
2 teaspoons arrowroot powder  
Generous pinch powdered ginger  
Splash umeboshi vinegar  
1 teaspoon brown rice syrup

Seitan:

Avocado oil  
1 lb. seitan-cut into strips

Vegetables:

Toasted sesame oil  
Several slices fresh ginger-minced  
2 cloves garlic-minced  
Several scallions-1" pieces  
1 carrot-cut in thin matchsticks  
1-2 stalks broccoli-tiny florets  
1 red bell pepper-seeded and cut into thin strips  
Several button mushrooms-brushed free of dirt and thinly sliced  
1/4 lb. fresh snow peas-cleaned and left whole  
Soy sauce

Combine sauce ingredients and set aside.

In a wok, heat a small amount of oil and stir fry seitan strips for 3-4 minutes. Remove from wok and set aside.

In the same wok, heat another bit of oil and stir fry ginger, garlic and scallions for 1-2 minutes. Add carrot and broccoli and stir fry 2-3 minutes. Stir in pepper and mushrooms and stir fry 2-3 minutes more. Add snow peas, cooked seitan and the sauce, stirring until a clear glaze forms. Serve immediately over rice or pasta.

### Fettuccine Alfredo

The sauce:

1 cup pine nuts  
1 tablespoon sweet white miso  
2 teaspoons umeboshi vinegar  
2 cloves garlic-minced  
1 tablespoon rice syrup  
1/4 cup extra virgin olive oil  
Spring or filtered water  
1 8 oz. package fettuccine

To make this sauce, place nuts and miso in a food processor. Slowly add all the liquid ingredients, except water, until well-blended. Add water in small amounts to adjust the consistency. It should be a gently sweet, mild taste. Transfer to a sauce pan and warm gently for about 1 minute, just to cook the miso and oil, but not enough to turn the vinegar bitter.

Bring a large pot of water to a boil and cook fettuccine al dente. Drain; do not rinse pasta. Toss immediately with sauce and serve.

NOTE: Sometimes, I finish off this sauce with a small amount of fresh lemon juice squeezed over the whole dish just prior to putting it on the table.

## A Diabetes Makeover

### Brown Rice & Millet Croquettes

1/2 cup leftover, cooked brown rice  
1/2 cup leftover, cooked millet  
1/4 cup total onion and carrot-diced  
1/4 cup fresh corn kernels (optional)

# Series 9 PBS recipes – The Great American Diet Makeover

## A Diabetes Makeover

### Brown Rice & Millet Croquettes (cont.)

Fine corn meal  
Safflower oil for deep frying or shallow frying

The above measures are really just a guide. Grain ratios may vary, depending on what you have available. The same goes for vegetables.

Prepare the vegetables and mix in with the grain until well incorporated. Begin warming the oil if deep-frying, over medium heat. With moist hands, form the croquettes into small spheres, thick discs or oblong discs. Pour some corn meal onto a plate and dredge each croquette thoroughly before frying. This will hold the croquette together as well as give it a crispy outer coating. Deep-fry each croquette until golden brown and drain well on paper to remove any excess oil. If shallow-frying, simply heat about 1/4" deep oil in a skillet and fry the croquettes on each side until golden. Drain well. These are great served with a simple dipping sauce consisting of soy sauce, water and fresh grated ginger juice or lemon juice.

Variations: Don't be limited to this combo. Any cooked whole or cracked grains will make delicious croquettes. Rice with bulgur, Millet with cous cous, Barley and corn--the list is virtually endless. And dressed up with some diced veggies worked through, these croquettes are almost a meal in themselves.

### Millet-Sweet Vegetable Soup

1/2 cup millet-rinsed well  
1/4 cup each onion, carrot, winter squash, green cabbage-finely diced  
5 cups spring or filtered water  
2 teaspoons barley miso  
1-2 fresh scallions-thinly sliced for garnish

Rinse millet by placing in a glass bowl and covering with water. Gently swirl grain with your hands to loosen any dust. Drain well.

In a soup pot, layer onion, cabbage, squash, carrot, and then millet. Add enough water to just cover, careful not to disturb layering too much. Cover and bring to a boil over medium heat. Reduce heat and cook soup for 30 minutes. Remove a small amount of broth and puree the miso. Gently stir into the soup and simmer for another 3-4 minutes. Serve garnished with fresh scallions.

### Blueberry Coffee Cake

1 recipe Sure Fire Vanilla Cake  
1 1/2 cups fresh blueberries-sorted, rinsed and well-drained

Topping:  
3 tablespoons maple syrup granules  
3 tablespoons walnuts-minced  
Generous pinch cinnamon

Preheat the oven to 375o and oil and flour an 8-inch round cake pan.

Prepare the cake batter and fold in the blueberries. Take care not to over mix, or the cake will become tough. Spoon the batter evenly into the cake pan and prepare the topping. Simply combine the maple syrup granules, nuts and cinnamon and sprinkle over the top of the cake. Bake for 30-35 minutes, until the top is golden and a toothpick comes out clean when inserted in the center of the cake. Allow to cool in the pan for 10 minutes before turning out. Makes 1 cake, 6-8 servings

Sure-Fire Basic White Cake:  
2 cups whole wheat pastry flour  
1/8 teaspoon sea salt  
1 1/2 teaspoons baking powder  
1/2 cup avocado oil  
1/2 cup brown rice syrup  
1 teaspoon pure vanilla extract  
1/2-2/3 cups almond or grain milk

Preheat oven to 350o. Lightly oil and flour a 9-inch cake pan or loaf pan.

Sift dry ingredients into a mixing bowl. Whisk wet ingredients together. Fold the wet into the dry ingredients, mixing until smooth, but do not over mix. The batter should be thick and spoonable, not runny. Bake for 30-35 minutes, on the center rack, (your baking time may vary 5-10 minutes, depending on your oven; whether it runs warmer or cooler than the temperature indicates, so be patient. But remember; do not open the oven door until the baking time is three-quarters lapsed. Opening before that time is a sure-fire--no pun intended--way to cause your cake to sink). When a toothpick comes out clean when inserted in the center or the top bounces back to the touch, the cake is done. It is best, I have found (having thrown out many a failed cake recipe) to turn the cake out of the pan onto a cooling rack while it is still warm, rather than letting it cool completely. Work carefully, realizing that cakes, especially whole grain-based versions are delicate and you will do fine. Makes 1 9-inch cake or 1 standard loaf