

Kyong Weathersby, “Thanksgiving All Year Around”

Stuffing

1 c. water
1 onion, chopped
2 stalks celery, diced
3 carrots, peeled, diced
2 green onions, chopped
1/4 c. fresh parsley, minced
2 cloves garlic, minced
1/2 tsp. sea salt
3 Tbsp. nutritional yeast flakes
1/2 Tbsp. olive oil
4 c. dry stuffing cubes

Into a large saucepan, pour 1 cup water and bring to a boil. When water starts to boil, add remaining ingredients except stuffing cubes. Cover and cook until vegetables are crisp-tender. Remove from heat. Add stuffing, tossing gently to moisten evenly. Cover, let stand 5 minutes.

You can make your own stuffing cubes by cutting whole wheat bread into cubes and baking at 250 degrees for about 45 minutes, or until dry. **Kyong Weathersby**

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Stuffed Turkey Roll

3/4 c. raw cashews
2 c. water
1/4 c. nutritional yeast flakes
1 tsp. sea salt
1 Tbsp. chicken-like seasoning
1 tsp. onion powder
1/2 tsp. garlic powder
2 c. vital gluten flour
2 Tbsp. whole wheat flour
1 recipe of cooked stuffing

1. Preheat oven to 325 degrees. Blend all ingredients except gluten flour, whole wheat flour and stuffing until smooth. Mix gluten flour & whole wheat flour in a large bowl. Pour blended mixture into gluten flour mixture. Mix and knead until it holds together.
 2. Cut parchment paper into 15-inch x 20-inch piece. Lay it on the countertop. Put gluten on the parchment paper and spread out to 10-inch x 14-inches. Put cooked stuffing down the middle. Wrap the stuffing with the turkey gluten to form a roll. Wrap the turkey gluten with the parchment paper, then wrap it in foil. Bake for 1 1/2 hours. When done, unwrap, and cut into 1-inch thick slices and serve with your favorite gravy. Delicious!
- Kyong Weathersby**

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Chicken or Turkey Gravy

1 1/2 c. water
1/2 c. additional water
2 1/2 Tbsp. chicken-like seasoning
3 Tbsp. cornstarch
2 Tbsp. nutritional yeast flakes

Bring 1 1/2 cups water to a boil in a saucepan. In a cup, mix remaining 1/2 c. water with remaining ingredients. Pour mixture into boiling water. Cook, stirring, until thickened. **Kyong Weathersby**

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Sweet Potato Turnover

FILLING:

1 20-oz. can sweet potatoes, or 4 c. cooked sweet potatoes
1/2 c. turbinado sugar
1/4 tsp. sea salt
1 tsp. coriander
2 tsp. vanilla

DOUGH:

2 c. unbleached white flour
1/4 c. wheat germ
1 tsp. sea salt
1/2 c. canola oil
1/2 c. hot water

1. To make filling, rinse canned sweet potatoes, and drain well. Mix all filling ingredients together and mash until smooth. Set aside.
2. To make dough, combine all dry ingredients, and mix. Add canola oil and hot water. Mix well with a flour blender or fork. Divide into 12 balls.
3. To make turnovers, flatten and shape each ball into a 5-inch circle. Place about 1 1/2 tablespoonsful of filling in the middle, fold over and seal edges tightly. Place on oil-sprayed cookie sheet. Prick pastry with fork. Bake at 420 degrees for 12 - 15 minutes. **Kyong Weathersby**

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Cucumber Salad

4 c. cucumbers, thinly sliced
1 1/4 tsp. sea salt
2 Tbsp. fresh parsley, chopped
1 clove garlic, minced
3 Tbsp. fresh lemon juice
3 Tbsp. turbinado sugar

Place cucumbers and sea salt in a bowl. Mix thoroughly. Let stand for 30 minutes. Add remaining ingredients, mix well. Serve fresh, or allow to marinate overnight. **Kyong Weathersby**

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Cranberry-Nut Mini Muffins

2 c. unbleached white flour
1/4 c. wheat germ
1/2 c. turbinado sugar
1 Tbsp. Ener-G baking powder
2 Tbsp. ground flaxseeds
1/2 c. chopped walnuts
1 tsp. sea salt
1 tsp. ground coriander
1/2 c. cranberry juice
2 Tbsp. canola oil
1 tsp. vanilla
1 14-oz. can whole berry cranberry sauce
30 walnut halves for garnish

Preheat oven to 350 degrees. Mix together all the dry ingredients except walnut halves. Add liquid ingredients and mix well. Transfer into an oil-sprayed mini muffin pan. Put one walnut half on the top of each muffin. Bake for 30 - 35 minutes, or until a toothpick inserted into the center comes out clean. Cool for 5 minutes before removing from pan. Cool completely on wire rack.

*Variation: You can use fresh cranberries instead of cranberry sauce. Process the cranberries in food processor until coarsely chopped, and add an additional 1/2 cup of turbinado sugar and 1/2 cup more cranberry juice. **Kyong Weathersby***

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