

# Healthy Recipe Cookbook



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## Protein Salad

Combine lettuce (romaine, red and green leafy, and endive) in a salad bowl. Add any raw, neutral vegetables, of your choice. Top with tomato wedges, and any nut, except almonds.

Protein Salad Dressings:

1. Combine a ½ cup of toasted or raw pecans, with 1 cup of tomato puree.
2. Use plain tomato puree or tomato sauce.
3. Mash up one avocado, and add a ½ cup of tomato puree.
4. Puree fresh tomatoes and/or fresh cucumbers.
5. Drizzle plain Tahini over top of salad.
6. Mix 3 tablespoons of Tahini, with a ½ cup of tomato puree.
7. Puree 1 tomato and 1 cucumber, with 2 tablespoons of Tahini.
8. Puree ½ a green pepper with 1 cucumber.



## Nutty Burger

Combine the following ingredients in a bowl:

- 2-1/2 cups of pecans, finely chopped
- ¼ cup cooked Buckwheat Groats (optional)
- ¾ cups cooked brown rice
- 1 cup coarsely chopped pecans
- ¾ cups tomato puree
- ½ teaspoon dry mustard

Drop the amount necessary to form the size of a hamburger on a hot, flat waffle iron sprayed with non-stick cooking spray. Cook until dark brown. Serve wrapped in Savoy Cabbage leaves with tomato puree and sliced tomatoes. Optional: spread tomato puree on a rice taco shell. Lay puree side on a cabbage leaf, and top the other side of the taco with puree. Lay the nutty burger on top of this, and add more puree.

## Healthy Hamburger

- 2 cups chopped pecans
- 1/3 cups flax seed
- 1/3 cups cooked brown rice
- 1 cup tomato puree
- 5 tablespoons cooked buckwheat or cooked brown rice

Combine a ½ cup of the pecans, rice, flax seed, and Sunflower Butter in a food processor, and chop until fine. Pour contents into mixing bowl, and set aside. Chop the remaining pecans until coarse. Add to mixture. Drop on the flat side of a hot waffle iron that has been sprayed with non-stick cooking spray. Brown. Makes 12 burgers.



## Tomato Nut Bread

Preheat oven to 500 degrees. Combine the following ingredients:

- ¾ cups rice flour
- 1-3/4 cups crushed tomatoes, fresh or canned
- 2 tablespoons water
- 2 cups chopped pecans

Pour mixture onto a baking sheet, treated with non-stick cooking spray. Bake at 500 degrees, for 8 to 10 minutes. Cut into desired size and shape. Serve plain, or with a topping. Bread will firm as it cools. Serving suggestions: serve alone, or with a meal, or snacks. Serve as a sandwich bread, topped with sliced tomatoes, sliced cabbage, green pepper rings, cucumber slices, lettuce, or diced celery. To serve as hors d'oeuvres, cool and cut into 1-1/2 inch squares, or use cutters for different shapes. Serve plain, or with a topping.

## Fish 'N Rice Casserole

Layer a casserole dish with the following:

- Cooked brown rice
- Chopped celery, including the leaves
- Steamed, broiled, or canned fish
- Top with brown rice
- Add 3 tablespoons water

Cover the casserole with foil, and heat in a 500 degree oven about 15 minutes, or until heated the whole way through. If a crunchy top is desired, remove foil for the last three minutes.



## Starch Salad

Combine lettuce in salad bowl, with any raw, neutral vegetable. Top with any raw, neutral, or starch vegetable. Add chopped almonds (raw or roasted). Top with pureed cucumbers, or the pimento bean topping.



## Stuffed Baked Potato

Cut whole baked potatoes in half, and scoop out the inside, leaving the shell intact, and place in bowl. Mash, and add chopped celery, diced green and red peppers, and enough water to make the mixture creamy. Place mixture back in the shells, and sprinkle with chopped, toasted almonds.

## Sweet Cakes – Snack Cakes

Spread almond butter on a plain or buckwheat rice cake.

Top with any of the following:

- Maple syrup
- Sliced, baked, sweet potato
- Mashed, baked, sweet potato
- Diced celery
- Green pepper rings and toasted almonds
- Sliced cucumbers



## Raisin Bread and Jam

Combine 2 cups of raisins with 2 cups of water, and boil in a saucepan for four minutes. Set half of the mixture aside, and stir remaining mixture into 2 cups of rice flour, and 2 cups of water. Pour onto a hot, flat waffle iron that has been treated with non-stick cooking spray and brown. Blend  $\frac{1}{4}$  cup of water and 1 cup of cooked brown rice into a fine consistency in a food processor. Add the remaining raisin mixture. Serve the sauce hot or cold on top of the raisin bread. Eat the first day of preparation, as they will dry out quickly. Tastes like toast and jelly.



## Plain Waffles

Mix the following ingredients:

- $\frac{1}{4}$  cup Buckwheat Flour
- $\frac{3}{4}$  cups Brown Rice Flour
- $\frac{2}{3}$  cups distilled water

Pour mixture onto a hot waffle iron that has been treated with non-stick cooking spray. Cook about three minutes or until light brown. Remove and top with pure maple syrup or molasses. Option: add  $\frac{1}{4}$  cup of Buckwheat Grouts, or chopped almonds, for added texture.

## Plain Corn Cakes

Mix the following ingredients:

- 1 cup corn meal
- ¼ cup brown rice
- 1-1/4 cups water

Pour mixture onto a hot waffle iron that has been sprayed with non-stick cooking spray. Cook until light brown.



## Dried Fruit Jam

Hydrate dried fruit by soaking overnight in distilled water, or boil the water and fruit for four minutes. Drain fruit and set liquid aside. Puree fruit. Add enough liquid to make jam consistency. (Use remaining water for the waffle batter.) Serve jam on plain waffles, dried fruit waffles, rice cakes, rice crackers, or plain corn cakes.



## Dried Fruit Waffles

Hydrate dried fruit by soaking overnight in distilled water, or boil the water and fruit for four minutes. Drain fruit and set liquid aside. Puree or mash fruit, and set liquid aside. Puree or mash fruit, and add to plain waffle recipe, using the liquid in place of water in the recipe. Cook on hot waffle iron sprayed with non-stick cooking spray. Brown and top with Dried Fruit Jam.

## Fantastic Fruit Waffle

Follow the plain waffle recipe. Add 1-1/4 cups of fresh or frozen blueberries and 1-1/4 cups of fresh sliced or frozen strawberries. Combine all ingredients and pour into a hot waffle iron that has been sprayed with non-stick cooking spray. Cook 3-5 minutes or until light brown. Serve topped with fresh or canned pineapple (in its own juices). Add a few blueberries, strawberries, and white grapes, and you're ready for a terrific treat! For variety, try plums, pears, raw apples, or dried, soaked apples.



## Punch Bowl Fresh Fruit Cake

Double the Fantastic Fruit Waffle recipe. Crush 2 cups of strawberries and combine with 1 can of crushed pineapple, the juice from 1 can of pineapple rings, and 1-1/2 cups of white, seedless grapes. Layer mixture between the waffles, in a deep glass bowl. Decorate with pineapple rings, whole strawberries, and white grapes. Serve 4-5 people.



## Blackberry-Cherry Pancakes

Use the Plain Waffle Recipe and add 1-1/2 cups of fresh or frozen blackberries. Pour on a hot, flat waffle iron that has been sprayed with non-stick cooking spray, making a thin pancake. Top with 12 ounce package of frozen, sweet, dark cherries, which have been pureed until frothy. Serve immediately.

## Crispy Corn Cakes

Combine following ingredients:

- 1 cup plain corn meal
- 1-1/4 cups water

**Optional:**

- ¼ cup chopped green pepper
- 1 cup chopped sweet red pepper
- 4 ounce can of pimentos

Spoon onto the flat side of a hot waffle iron sprayed with non-stick cooking spray. Press down the top of the waffle iron to reach desired thickness. Cook until brown and serve immediately (they will get tough as they cool).



## Corn Cake breakfast

Follow the directions for Crispy Corn Cakes, above, then top hot corn cakes with maple syrup or molasses.



## Beans and Potatoes

Use small red potatoes (or quarter larger potatoes) and steam until done. Add fresh, broken, or French cut green beans and steam for 8 minutes. Stir beans and potatoes into the water used for steaming and cook until beans are desired texture. Stir again, cover and let stand 5 minutes for flavors to blend.

## Cornbread Sandwich

Puree cooked beans and cooked brown rice. Stir in various neutral, raw, chopped vegetables, such as red and green peppers, celery, carrots, cabbage, etc. Top corn bread or crispy corn cakes with broken lettuce pieces, and the above mixture, and complete sandwich with green pepper rings and cucumber slices.



## Sweet Beets

Slice or dice red beets and bake or boil them in maple syrup.



## Red Ruby Mine

Peel and mash 2 large baked sweet potatoes. Add:

½ cup water

¼ cup maple syrup

½ cup chopped, cooked beets

Pour mixture in a 6"x10" casserole dish. Drizzle more maple syrup over top. Broil until casserole starts to brown; cover with chopped almonds and continue to brown as desired.

## Red Potato Puffs

Cut small potatoes into ¼ inch slices and bake on a slightly greased pan (or aluminum foil) in oven at 400 degrees until brown.



## French Baked Potatoes

Cut baking potatoes lengthwise into ½ inch strips. Prepare cookie sheet with non-stick cooking spray or aluminum foil. Bake at 400 degrees, for 45 minutes, or until lightly browned.



## Cream of Buckwheat (Pocono Brand)

Prepare Cream of Buckwheat according to directions on box. Serve topped with crushed, toasted almonds and pure maple syrup. Makes a great hot cereal breakfast.

## Perfect Rice Pudding

Combine following ingredients:

- 4 cups cooked brown rice
- 1-1/4 cups water
- 1 cup chopped figs or raisins
- ½ cup maple syrup

Pour into a 5"x10" baking dish. Bake at 400 degrees for 25 minutes. Pour ¼ cup of maple syrup on top, and broil until it bubbles (about 2 minutes).



## Almond Molasses Delight

Combine following ingredients:

- ½ cup brown rice flour
- ¼ cup tapioca flour
- ¼ cup buckwheat flour
- ½ cup warm water
- 2 to 3 tablespoons of molasses
- 1 cup of chopped or slivered almonds

Pour onto a preheated waffle iron that has been sprayed with non-stick cooking spray. Cook 3 to 5 minutes or until light brown. If desired, top with more molasses.



## Fruit Cooler

Puree 1 cup of seeded cold watermelon and 1 cup of cold cantaloupe until white froth appears on top. Pour into your favorite glasses, and trim with a melon wedge on the glass.

## Fruit Cobbler

Spray 9"x13" baking dish with non-stick cooking spray. Line dish with 2 cups of blueberries and 2 cups sliced peaches. In separate bowl, combine 1-1/2 cups rice flour, 1-1/2 cups mashed peaches and ¾ cups water. Pour mixture over the fruit and bake at 500 degrees for 10 minutes. Serve as is, or top with 3 cups mashed peaches, and ½ cup pineapple, combined.



## Pineapple Peach Cobbler

Combine 2-1/2 cups of rice flour and 2-1/2 cups of crushed peaches (optional: 1 cup blueberries) and 1 cup water. Stir until it is the consistency of pancake batter. Pour into a cookie sheet sprayed with non-stick cooking spray. Bake at 500 degrees for 7-8 minutes. Do not brown. Cool, cut into squares and layer with crushed peaches and pineapple. Or use as a cake roll and fill with peaches and pineapple, using toothpicks to hold it together. Top with more fruit mixture.



## Melon Float

Puree equal amounts of watermelon and cantaloupe until frothy. Pour over cubed cantaloupe and/or honeydew melon.

## Frozen Banana Ice Cream

Freeze very ripe bananas. Remove from freezer, and rinse under hot water until skins can be easily removed. After removing the skins, cut bananas up and puree. Serve topped with sliced, fresh bananas.



## Banana Shake

Use the Banana Ice Cream recipe. Allow bananas to thaw more, before blending, or use the recipe as is, and add a small amount of water and blend.



## Cream of Raspberry

Prepare cream of buckwheat according to the directions on the box and set aside. Puree 1, 12 ounce package of frozen raspberries and 1-1/2 cups of canned, crushed pineapple (in its own juice) until light and creamy. Pour over the cream of buckwheat and serve.

## **Banana Salad**

Thinly slice two bananas, and serve over a bed of chopped Endive or Romaine lettuce.



## **Cream of Rice**

Prepare according to suggestions on the box. Serve with white seedless grapes, or other fresh fruit of your choice.



## **Perfect Breakfast**

Peel, slice, mash up, or just eat 2-3 fresh ripened bananas. Bananas should always be eaten alone. However, it is ok to wrap each banana in a fresh leaf of Romaine or green leafy lettuce.

## Pineapple and Peach Delight

Combine sliced fresh peaches and crushed pineapple in a bowl, with puffed, brown rice. Add more pineapple juice as desired.



## Sandwich Nut Bread

Combine the following ingredients in a food processor, and chop to a medium fine consistency:

- ¼ cup flax seed
- 1 cup sunflower seeds
- 1 cup pumpkin seeds
- 1 cup pecans
- 3 tablespoons Sunflower Nut Butter

Add the following:

- 2/3 cups cooked Cream of Buckwheat
- 3 tablespoons Buckwheat flour
- 3 tablespoons distilled water

Blend well. Drop 2 tablespoons of mixture on the flat side of a hot waffle iron that has been sprayed with non-stick cooking spray. Cook to desired color, and top with Sesame Butter, tomatoes, lettuce, tomato puree, and sliced green peppers.



## Starchy Vegetable Soup

Steam collards and carrots. Add cooked green peas, black-eyed peas, and small red potatoes. Add 1 small shredded sweet potato for sweetness. Add 2 tablespoons of potato flour to thicken. Bring to a boil, then serve as a soup or over brown rice.

## Variety Vegetable Casserole

Line the bottom of a casserole dish with 2 cups of brussel sprouts, and 2 diced carrots. Add ½ cup of water, and cover with foil. Bake at 450 degrees, for 4-5 minutes, until the vegetables are steamed. Remove from oven, and add a layer of cooked rice and cooked black beans. Bake for another 15 minutes. Serve topped with diced celery and diced red and green sweet peppers.



## Nut Crackers

Combine any nuts and seeds, except almonds, in a food processor along with enough nut butter to make it stick together. Drop, by tablespoon, on the flat side of a waffle iron that has been sprayed with non-stick cooking spray. Cook until crisp.



## Rimato Soup

Precook brown rice with 2 cups of water to 1 cup rice. Add 3 cups of stewed tomatoes or tomato juice. Bring to a boil. Just before serving, add celery, green peppers, or any other neutral vegetable of your choice. Pour into soup bowl, and serve topped with nuts. Pecans are best.

### **Stuffed Yellow-Neck Squash**

Steam 2 whole, medium yellow-neck squash. Slice squash in half, lengthwise, and scoop out seeds. Add 1 cup of chopped nuts and ½ cup of tomato puree, to the seeds. Mix, and stuff the squash halves. Serve on a bed of cooked brown rice. Pour a small amount of tomato puree over each half, and top with diced green peppers. Surround plate with fresh, green, leafy lettuce.



### **Open Sesame Rice Cake Sandwich**

Add 2 tablespoons of distilled water to 1 cup of Sesame Tahini, and whip. Spread over brown rice cakes, and top with sliced tomatoes, green pepper rings, and pecans. (Toasted sunflower seeds, toasted pumpkin seeds, and walnuts also make a great topping. All nut butters, except almond nut butter, make a great spread, in addition to the Sesame Tahini butter.)



### **Salmon Noodle Casserole**

Layer a casserole dish with one layer of cooked buckwheat noodles. Add a layer of celery leaves and chopped cabbage. Next, add a layer of cooked salmon, and another layer of noodles. Cover with foil, and bake in a 450-500 degree oven, until warmed through. If a crunchy top is desired, bake uncovered for about 3 minutes.

## Quick and Easy

Pour tomato puree over heated brown rice, and top with pecans, and diced green peppers. (Avocado can be substituted for the pecans.)



## Stuffed Tomato

Cut a whole, ripe tomato into six sections, leaving the base connected. Drain and rinse a small can of pink salmon. Combine salmon with diced avocado, and stuff into tomato. Serve on a bed of leafy green lettuce. This makes a delicious looking, great tasting meal.



## Nutty Avocado Salad

Slice or dice avocado, then add chopped pecans and sunflower seeds. Serve on a bed of leafy green lettuce.

## Pimento Bean Mixture

- 1 can of whole pimentos, and juice of 1 whole sweet red pepper
- 1 cup cooked, drained, Great Northern White Beans
- ½ cup cooked brown rice

Blend ingredients. (If canned beans are used, rinse, to remove some of the salt.) This mixture is great as a topping on baked potatoes, as a dressing for starch salads, as a dip for raw vegetables or rice crackers, or as a spread for rice cakes, rice crackers, or cornbread.



## Corn Casserole

Mix 2 cups of cooked, drained corn, with 1 cup of the Pimento Bean Mixture. This may be served as is, or broiled briefly in the oven. Top with green and red sweet peppers, and serve.



## Spring Salad

Combine small, green garden peas, lettuce, diced celery, diced green peppers, carrots, and toasted almonds. Toss and top with Pimento Bean Mixture as a dressing.



## Breakfast Ideas

1. Melon (or a combination of various melons)
2. Melon Float
3. Pineapple and Peach Delight
4. Banana Ice Cream
5. Banana Shake
6. Banana Salad
7. Banana Roll-ups
8. Plain Bananas
9. Any acid and sub-acid fruits combined with puffed rice
10. Any acid or sub-acid fruits combined and served over rice cakes
11. Punch Bowl Fresh Fruit Cake
12. Cream of buckwheat, maple syrup, and almonds
13. Cream of buckwheat and any fresh fruit
14. Cream of buckwheat and any dried fruit cooked with it
15. Plain Waffle and Dried Fruit Jam
16. Fantastic Fruit Waffle
17. Cream of rice and any fresh fruit or frozen fruit
18. Cream of rice with any dried fruit cooked with it
19. Almond Molasses Delight
20. Cream of Raspberry
21. Red Ruby Mine
22. Plain Corn Cakes with molasses or maple syrup
23. Perfect Rice Pudding
24. Cooked brown rice boiled for 4 minutes with any dried fruit
25. Cooked brown rice topped with molasses and almonds
26. Cooked brown rice and any fresh, frozen, or canned, unsweetened fruit



## Protein Take-Outs

1. Open Sesame- use suggestions from recipe, put on rice cake, immediately, before eating
2. Quick and Easy (heated or room temperature) on lettuce
3. Nutty Avocado Salad
4. Brown rice (hot or cold) toasted, or raw seeds and nuts
5. Tomato Nut Bread, plain, or as recipe suggests
6. Neutral or Protein Salad (raw vegetables)
7. Neutral, raw vegetables, dipped in nut butter
8. Sandwich Nut Bread- eat alone, or as suggested in recipe
9. Nut Crackers topped with Tahini and cucumber slices
10. Rimato Soup (hot or cold) and leaf lettuce; optional- rice cakes, rice crackers, Sandwich Nut Bread, Tomato Nut Bread



## Starch Takeouts

1. Sweet Cakes recipe
2. Red Ruby Mine and lettuce
3. Spring Salad
4. Pimento Bean Mixture, with any of the recipe suggestions
5. Cornbread Sandwich
6. Neutral and/or starch raw vegetables dipped in almond butter
7. Pimento Bean Salad, mixed with left over potatoes, chopped celery, green peppers, and lettuce



## Fruit Takeouts

1. Banana Salad
2. Left over Punch Bowl Fresh Fruit Cake
3. Combine acid and sub-acid fruits- eat plain, or add puffed rice
4. Pineapple and Peach Delight
5. Lots of bananas, plain
6. Cantaloupe or Honeydew- sliced in half, or the whole thing
7. Watermelon chunks



## Protein Switching-Over Meals

It is recommended that salad be eaten with other foods to help break the salad dressing habit.

1. Broiled flounder or trout  
Brown rice topped with cubed fresh tomatoes or tomato puree and chopped green pepper  
Neutral Salad
2. Broiled or grilled lean steak  
Brown rice  
Neutral or Protein Salad
3. Broiled or grilled salmon steaks  
Brown rice, chopped raw celery, green and red pepper rings  
Steamed brussel sprouts  
Neutral Salad or leaf lettuce
4. Boiled shrimp in tomato puree served on a bed of brown rice  
Steamed broccoli  
Neutral or Protein salad
5. Layer brown rice, lean ground beef (browned in non-stick cooking spray) along with tomato puree, chopped green peppers in celery  
Steamed green beans  
Neutral or Protein Salad
6. Broil a mixture of lean group beef and tomato puree- serve on a bed of brown rice topped with thick tomato slices, tomato puree, and green pepper rings
7. Broiled chicken breast served on a bed of brown rice, topped with chopped, raw celery  
Steamed broccoli  
Leaf lettuce and celery sticks and tomato wedges
8. Salmon Noodle Casserole  
Neutral or Protein Salad or celery sticks  
Leaf lettuce, cucumber strips and green pepper strips
9. Nutty Avocado Salad on a bed or brown rice  
Leaf lettuce and sliced tomatoes



## Protein Main Meals

1. Rimato Soup  
Non-acid Salad
2. Stuffed Yellow Neck Squash  
Steamed whole green beans  
Neutral or Protein Salad
3. Nutty Avocado Salad on bed of brown rice  
Sliced tomatoes and lettuce
4. Red Ruby Mine  
Brown rice  
Steamed Broccoli  
Leaf lettuce and celery sticks
5. Brown rice topped with fresh tomato cubes and toasted pumpkin seeds  
Steamed brussel sprouts  
Raw yellow squash strips  
Green pepper strips  
Leaf lettuce
6. Quick and easy- fresh tomato slices and crisp leaf lettuce



## Starch Main Meals

1. Baked potato with Pimento Bean Mixture and diced green peppers  
Steamed green peas (fresh or frozen) sprinkled with raw or toasted almonds  
Salad with leaf lettuce, carrots, celery and cucumbers
2. Finger meal of raw or toasted almonds  
Oven French Baked Potatoes or Red Potato Puffs  
Carrot sticks  
Lettuce and green and red sweet pepper rings
3. Dried beans on bed of brown rice topped with any raw, chopped vegetable (green and red sweet peppers, shredded carrots, chopped celery, chopped cabbage)  
Sweet Beets  
Neutral or Starch Vegetable Salad
4. Dried beans and rice topped with chopped red and green sweet peppers  
Steamed collards or mustard greens  
Carrot sticks  
Corn Bread
5. Baked potatoes filled with shredded carrots  
Salad with leaf lettuce, chopped celery, red and green peppers (served on plate with potato)
6. Steamed corn (on or off the cob) topped with raw sweet peppers  
Steamed fresh or frozen French style green beans and small red potatoes  
Neutral or Starch Salad topped with whole, raw or toasted almonds
7. Green beans and corn topped with toasted almonds  
Stuffed Baked Potato or Potato Puffs  
Neutral or Starch Raw Vegetable Salad
8. Cornbread Sandwich  
Carrot sticks  
Celery sticks
9. Red Ruby Mine  
Green peas on bed of brown rice  
Neutral or Starch Raw Vegetable Salad
10. Starch Vegetable Soup topped with toasted almonds  
Starch Raw Vegetable Salad
11. Variety Vegetable Casserole  
Neutral or Starch Raw Vegetable Salad or leaf lettuce and carrot sticks

