

Dinner with the Doctor October 30, 2023

“Haystacks”

Haystacks

- Base layer: Baked Chips or brown rice
- Next layer: Blanca’s beans
- Toppings:
 - Chopped lettuce
 - Diced cucumbers
 - Diced tomatoes
 - Shredded carrots
 - Diced peppers
 - Sliced olives
 - Sliced green onions
 - Sour cream
 - Salsa
 - Cheese sauce

Tofu Sour Cream

Ingredients:

- 1 package morinu tofu (firm)
- 1/4 cup canola oil (can cut back on this)
- 2 Tbs lemon juice
- 1 tsp honey
- 1/2 tsp salt

Directions:

1. Blend until creamy.
2. Chill

Blanca’s Beans

Ingredients:

- 1 pound or 2 1/2 cups pinto or mixed beans
- 6 cups water
- 1 large onion, chopped
- 1 large green pepper, chopped (optional)
- 1-2 cloves minced garlic
- 4 stalks celery chopped (optional)
- 4 cups canned tomatoes or juice
- 2 1/2 – 3 tsp salt (less if desired)
- 1/2 tsp savory
- 1/2 tsp marjoram
- 1 Bay leaf

Directions:

1. Bring beans to a boil
2. Turn off heat and let soak overnight
3. Drain water off and discard (helps prevent gas!)
4. Pour fresh water on (cover beans by about an inch)
5. Simmer until tender (about 3 hours) or pressure cook for 45 minutes
6. Add tomatoes.
7. Saute onion, pepper, celery, and garlic.
8. Add all ingredients and simmer one hour longer with top off.
9. May add chopped parsley if desired.
10. Good eaten the next day, too

Note: if you decide to do in pressure cooker. You can add ALL ingredients at the same time (including salt).

For “Salsa” Recipes and “Cheese Sauce” Recipes visit

dwtdhixson.com

Nathel's Cookies

Carob Clusters

Ingredients:

- 2 cups sliced, blanched almonds (blanched means skins removed)
- 1 cup raisins
- 3 cups barley malt-sweetened carob chips
- 2/3 cup peanut or almond butter

Directions:

1. Roast 2 cups sliced blanched almonds in a 300 degree Fahrenheit oven for 10 minutes, and let them cool
2. Wash 1 cup raisins and pat them dry with a paper towel.
3. Combine raisins and almonds in a mixing bowl.
4. Combine the following in a saucepan and heat on medium-low, stirring constantly
 - 5. 3 cups barley malt-sweetened carob chips
 - 6. 2/3 cup peanut or almond butter
7. When the carob chips have melted, pour this mixture of the raisins and almonds.
8. Mix well.
9. Drop tablespoon sized clusters onto a sprayed cookie sheet.
10. Refrigerate.
11. When the clusters are firm, put them into a container.
12. Store in the refrigerator or freezer.

Walnut Maple Cookies

Ingredients:

- 1 1/2 cup walnuts, ground in food processor
- 2/3 cup whole wheat flour
- 1 tsp salt
- 1/3 cup flaxseed meal
- 1/3 cup carob chips
- 2 Tbs + 1/2 cup pure maple syrup
- 2 tsp vanilla

Directions:

1. Preheat oven to 350 degrees Fahrenheit. Prepare the baking sheet by spraying with cooking spray, then heating the tray in oven till needed.
2. Mix walnuts, flour, flaxseed meal, salt, and carob chips.
3. Stir in maple syrup.
4. Place spoonfuls of cookie dough on prepared baking sheets. Flatten and shape into cookie.
5. Bake 12-15 minutes, watching carefully so they don't burn.