



Science of Spirituality

VEGETARIAN QUICK START RECIPES

from **V**EGETARIAN **C**REATIONS* COOKBOOK

*SK Publications, 4S175 Naperville Road, Naperville, IL 60563 • 630.955.1200

SAVORY GINGERED TOFU

This is excellent served alone or used to enrich grain and vegetable dishes.

- 1 pound firm tofu, drained
- 2 tablespoons olive oil
- 2 tablespoons tamari or soy sauce



- 2 cloves garlic, pressed
- 1 teaspoon grated fresh ginger

• Cut tofu into 1-inch cubes. Combine olive oil, tamari or soy sauce, garlic and grated ginger in a bowl. Add tofu and marinate at room temperature for at least 30 minutes, turning tofu occasionally. • Place tofu and marinade in a shallow baking dish. Bake for 50 to 60 minutes at 350° F. Turn tofu cubes several times during baking. Cooking is complete when tofu is firm and nicely browned.

Yield: 4 servings

BULGAR PILAF

Pilaf doesn't always mean rice. Try bulgar for a tempting alternative.

- 1 cup uncooked medium-grain bulgar
- 2 tablespoons butter or margarine
- 2 cups boiling vegetable broth

- 1 cup canned whole tomatoes, drained and chopped
- 1/2 teaspoon salt



• In a 2-quart saucepan, sauté uncooked bulgar in a small amount of the butter or margarine until grain is slightly browned. Add remaining ingredients and bring to a boil. Cover, reduce heat, and simmer for about 45 minutes.

Yield: 4 to 6 servings

EGGPLANT CAVIAR

Enjoy this popular pâté as an appetizer.

- 1 medium-sized eggplant
- 1 medium-sized onion, sliced
- 2 tablespoons olive oil



- 1/4 cup chopped fresh parsley
- 1 tablespoon lemon juice
- 1 teaspoon salt

• Prick eggplant and bake in a pan for 400° F. for 1 hour. • Allow to cool, then remove skin and cut pulp into small chunks. Squeeze or press excess liquid from eggplant. • In a small skillet, sauté onion in a 1 tablespoon of the olive oil for about 5 minutes or until transparent. • Combine remaining olive oil with all ingredients in a blender or food processor and purée. Serve as a dip or spread.

Yield: about 2 cups

TROPICAL OATMEAL

Let this Hawaiian variation brighten a cold winter morning.

- 2 cups water
- 2 cups milk
- 2 cups old-fashioned rolled oats
- 2 tablespoons shredded coconut
- 2 tablespoons chopped pecans

- 2 or more tablespoons chopped dried pineapple

- Garnish:*
- Shredded coconut
 - Chopped dried pineapple



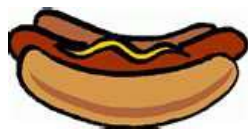
• In a 2-quart saucepan, bring water and milk to a low boil. Stir in uncooked oats, coconut, pecans and pineapple. Reduce heat and simmer covered for 10 to 15 minutes, stirring occasionally. • Spoon into bowls and garnish with additional coconut and pineapple. Serve with butter, brown sugar and/or milk, if desired.

Yield: 4 to 6 servings

SOY DOGS WITH SAUERKRAUT

Here is an old standby with new variations.

- 1 cup ketchup
- 2 tablespoons olive oil
- 1 teaspoon honey
- 8 vegetarian hot dogs



- 8 hot dog buns
- Chopped onion
- Prepared mustard
- 1 cup sauerkraut, well-drained

• Combine ketchup, olive oil and honey in a saucepan. Add hot dogs. Bring to a low boil. Reduce heat and simmer covered for 15 minutes. • Warm buns. Place hot dogs in buns and spoon some of the sauce over each. Top with onion, mustard and a row of sauerkraut.

Yield: 8 soy dogs

OLIVE PASTA SALAD

An ideal salad for a potluck or picnic.

- 1 pound uncooked small spiral, shell or mostocolli pasta
- 4 medium-sized tomatoes, cut into wedges or 18 cherry tomatoes, halved
- 1 cup pitted black olives, drained

- 1 6 oz. jar marinated artichoke hearts, drained
- 2/3 cup cubed Swiss cheese or smoked mozzarella (optional)
- Italian dressing



• Cook pasta to the al dente stage according to package instructions. Drain in a colander, then rinse under cold running water until cooled. • In a bowl, combine pasta with tomatoes, olives, artichokes and cheese. Pour 1/2 cup or more Italian dressing over salad and toss well. • Refrigerate until well chilled. Serve cold.

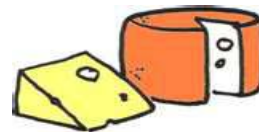
Yield: 6 servings

BROILED BEAN SANDWICHES

Try this recipe for wholesome hot sandwiches that will satisfy the heartiest appetite. A creative use for leftover beans.

- 1 cup cooked kidney beans or lentils, well drained and mashed
- 2 to 3 tablespoons ketchup
- 1/2 teaspoon curry powder or oregano
- 2 whole pita breads

- 1/2 cup chopped onion
- 2 ounces Cheddar cheese, sliced or shredded
- Alfalfa sprouts or lettuce
- Sliced tomato



• In a small saucepan, heat beans or lentils with ketchup and curry powder or oregano until warm. Preheat broiler. • Spread mixture on top of pita bread. Sprinkle with onion, then top with cheese to cover. Place under broiler until cheese melts. Watch closely. • Remove to serving plates. Pile alfalfa sprouts or lettuce on top and decorate with tomato slices. Serve at once.

Yield: 2 open-faced sandwiches

CORN CHOWDER

Here is a fast, easy and popular soup.

- 1 medium-sized onion, sliced
- 1 tablespoon vegetable oil
- 1-1/2 cups cooked potatoes, diced
- 3/4 cup water



- 1 17-ounce can cream-style corn
- 1-1/2 cups milk
- Salt and pepper

• In a heavy 3-quart saucepan, sauté onion in vegetable oil until soft and golden. • Stir in all ingredients except salt and pepper. Heat thoroughly. Add salt to taste and a generous sprinkling of pepper.

Yield: 4 servings

Science of Spirituality is an international, nonprofit multi-denominational organization under the direction of Sant Rajinder Singh Ji Maharaj dedicated to love, unity, and peace.