

JUNE NEWSLETTER

“SEEDS ARE FOR SHARING”



MAY WAS MOTHER'S DAY !

JUNE IS FATHER'S DAY . . .

and GRADUATION !

The celebrations continue! The weather is changing from cooler spring days to hotter summer days. These warmer days encourage barbecues and cold plates. One food that seems to be a must at almost every get-together is POTATO SALAD.

I always thought mom made the best potato salad. She would use half salad dressing and half sour cream.

Then a family from Germany came to visit one summer and they added chopped pickles and even pickle juice. So for quite a few years I used mom's recipe and added pickle juice and chopped pickle. It made a very moist salad with a great flavor that we really enjoyed.

But then, just few years ago, I began to look at the nutrition in the ingredients I was using. How many calories were in a serving?

This was also about the time I had developed soy crème from soybeans. One day I decided to use the soy crème to make my own salad dressing. The recipe below is very nutritious and tasty as well, and our family never gets tired of it. So this month as you celebrate with your family and friends, why not try using a very healthier dressing?

The potato salad recipe that follows together with the salad dressing recipe that is made from soybeans is very nutritious and tasty. The soy crème this dressing is made from is simple to make. Soy Crème plus many recipes that call for soy crème are all in the SOY SATISFIED cookbook. But I have also shared the soy crème recipe in the December 2005 newsletter so it can be downloaded for your use.

SOY SALAD DRESSING

2 cups soy crème	2 teaspoons salt
1/3 teaspoon mustard	2 teaspoons cornstarch
1/4 cup sugar	1/4 cup vinegar

Beat together all the ingredients except the vinegar. Heat it on the stove in a double boiler or in the microwave until thickened. Mix in the vinegar and beat until smooth. Store in the fridge in a glass covered jar.

*In this recipe you can use lemon juice instead of vinegar and you can use a sugar substitute in place of the sugar.

“SOY GOOD” POTATO SALAD

4 cups cooked potatoes, diced	1 cup soy salad dressing
6 hard boiled eggs, chopped	1/2 cup sour cream
1/2 cup chopped sour pickles	1/4 cup chopped chives
1 teaspoon salt	1/2 teaspoon pepper

If you need more moisture, add milk or even a bit of the pickle juice.

*Chopped celery or radishes can be added as well.

*You can omit the sour cream and use only the salad dressing.

GRADUATION



June is the month we are usually celebrating with those who are graduating from high school. Graduation is often the beginning of “life away from home”. Your son, daughter or grandchild may be finishing this chapter of their life and moving on to further education or to a career of their choice.

After our sons left home, I often got calls for recipes or advise. It was usually for simple family favorites, recipes that often are not found in cookbooks. Or they wanted to know how to make an exciting new easy to prepare meal with some leftovers.



It wasn't long and these requests led to another cookbook called Cooking Without Mom. It is full of recipes we had often used, but I down sized the recipes and added detailed preparation instructions. It was exactly what our sons needed, but it was soon in demand by bachelors, widowers, new brides, husbands and even moms. This book is still the gift we give to those we know who are graduating from high school.

Below are a few new recipes and ideas that will be added to the cookbook when it comes time to reprint. Why not print the following newsletter and send it along with your teen as he or she begins this journey of independence.

MOVING OUT? . . . CAN'T COOK? . . .

HERE ARE SOME RECIPES FOR YOU!

When I think of teens moving away from home for the first time, three things come to mind.

TEENS usually have little money . . .
Their cupboards are almost bare . . .
And they will need to know what foods to eat so they can remain healthy.

HEALTH NEEDS!

We are all becoming aware of the increase in disease among the young children and teens. We are also learning from research that eating healthier diets can play a big part in fighting and preventing many of these diseases.

ONE OF THE TOP FOODS THAT CAN MEET THE ABOVE 3 NEEDS IS . .

DRIED BEAN !

Your first thought may be, "Oh No . . . Not Beans!

We often consider them to be a food that produces uncomfortable gas and we are never willing to add them to our usual menu. But when we look at the positives . . . we should definitely change our mind . . .

They are very inexpensive. . .they can be bought in bulk for only pennies!
They will keep indefinitely in the cupboard when they are dry!
They are very, very nutritious!
They can make delicious meals!

AND . . .

Here are ways to prevent the gas that can be caused by eating pulses.

1. Begin to eat them in smaller amounts regularly. (2 tablespoons or so to start about 5 times a week or so) Gradually you can increase the amount you eat a day.
2. When preparing them from a dried bean, soak them overnight, throwing out the soaking water. Then rinse them off and throw away the water. Add fresh water, bring them to a boil. Simmer 25 minutes, drain and rinse.

Then they are ready to cook slowly until they are tender as in the recipe below.

This past winter we have read many magazine articles and heard health reports on the benefits of dried beans, peas and lentils in helping fight and prevent diseases.

THERE ARE TWO WAYS TO BUY PULSES

1. Buy them in cans, ready cooked. – chick peas, baked beans, kidney beans etc These can be ready in minutes!
2. Buy them bulk in the store. They can be kept dry for a number of years in the cupboard.

I will share with you how to cook the dried pulses so they are ready to use easily and quickly in many recipes, including those below.

***The beans, peas and lentils are all very nutritious,
but they are saying that the darker colored ones
have an even greater amount of nutrients.!***

I often start with a variety of beans and peas as follows. You can choose the ones you wish to use in the following recipe: These beans or canned beans can then be used in many different ways throughout the weeks.

BAKED BEANS

Wash and soak 1/2 cup of 4 different kinds of dried beans, peas or lentils. (or a total of 2 cups of any one kind) Add lots of water and soak overnight. Drain in the morning, and rinse them well in clean water. Put them into a large pot with an equal amount of water. Bring to a boil, turn the heat down to low and simmer them for 25 minutes. Again drain and rinse off. There will now be 5 cups.

5 cups soaked pulses	1 medium onion, chopped fine
1 toe garlic, minced	1/2 teaspoon mustard
2 teaspoons salt	1/4 teaspoon pepper
1/4 cup honey	3 1/2 cups water
1 1/4 cups tomato juice (or 10 ounce can tomato soup)	
2 tablespoons molasses	

Place beans with the remaining ingredients into a casserole or a small roaster. Cover and bake at 300°F for 4 hours. Check them at half time to see if they are in need of a half-cup or so of more water. Once they are tender, they are done. If not, bake another half hour.

When cool, divide these 5 cups of baked beans into smaller measured amounts. They will keep one week in fridge or months in the freezer. Use them in any of the recipes below:

PIZZA – one 12 inch round pizza

One 12 inch pizza crust 1 cup pizza sauce below*
1 cup chopped pepperoni or other cold cooked meat
1 ½ cup shredded cheddar or mozzarella cheese

PIZZA SAUCE

1/2 cup baked beans (above) ½ cup tomato sauce
1/2 teaspoon oregano powder

Mash & mix, then spread on the baked pizza crust with the sauce, then the meat and finally the cheese. You can add any other vegetables such as peppers, onions or mushrooms.

SPAGGETTI OR LAZAGNA

Below are a few ways of adding nutritious beans to a recipe!

When making either of the sauce recipes on pages 51 in COOKING WITHOUT MOM, add 1/2 cup of mashed baked beans.

When making the LAZAGNA recipes on pages 54 and 55 of COOKING WITHOUT MOM, mash 1 cup baked beans and add to the tomato sauce or soup.

QUESADILLAS – makes 1

2 flour tortillas 1 tablespoon pepper
1 tomato 1 green onion chopped
1/2 cup baked beans 1 cup shredded cheddar cheese
1 tablespoon salsa 1 tablespoon sour cream

Spread tomatoes, peppers, baked beans, onions, cheese. on one tortilla shell. Top with the other shell. Place 1/2 teaspoon of cooking oil into a fry pan. Turn stove on medium heat and place on the element. Place the quesadillas into the pan. Brown one side. Turn and brown the other side. Lift to a plate. Cut into wedges with a pizza cutter. Serve with the salsa and sour cream.

There are many more ways to add some baked beans to a soup, casserole, taco, salad or on the side, with eggs and toast, with a meal, with wieners or at a barbecue. And . . .

COOKING WITHOUT MOM has many other healthy tasty recipes that are simple to make.



In closing, I want to remind you of the special cookbook prices that are available:

New Revised EAT MORE WHOLE GRAINS

- will still be \$2.00 off or \$12.95 until the end of June/06.

SOY SATISFIED AND A MUFFIN A DAY

-
together are still selling for \$16.95
as long as current stock is available.

Order one of each of Winnie's 7 cookbooks . . . save \$23.70

Yes, all seven cookbooks for the low price of \$55.95

For further specials & pricing,
go to the ORDER FORM on this website,
or call or e-mail Winnie.

Enjoy the great outdoors
Sincerely Elaine (Winnie)

About the Author

Winnie is always looking for ways to provide inexpensive, nutritious and yet healthy meals for her family. Once they pass the test and are enjoyed by her family and friends, she is ready and eager to pass them on to others. Winnie wants to see others enjoy the same success that she does. Her ideas, hints and recipes are all found in the cookbooks she has published over the past number of years.

Now as well on her website, under the Freebies button, Winnie shares monthly newsletters with new recipes, ideas and hints. As you read them through, watch for SPECIAL PRICES on a variety of her cookbooks

To view her cookbooks, go to: www.winnieswinningways.ca

