

# Micheff Sisters "Island Delights" - 07063

## Tropical Salad

1 c. fresh pineapple, diced  
1 c. fresh mango, diced  
1 c. fresh kiwi, sliced  
1 c. peaches, sliced  
1/2 c. bananas, sliced  
1 c. fresh strawberries, sliced  
1/2 c. blueberries  
2 c. fresh baby spinach  
1 recipe Mango Dressing  
1/4 c. fresh grated coconut  
1/2 c. sliced almonds

1. Mix all the fruit together. Wash the baby spinach and lay it on a serving platter.
2. Pour the fruit mixture on top leaving an inch of green showing all the way around the platter.
3. Drizzle the mango dressing on top and sprinkle with fresh grated coconut and almonds.

**Yield:** 15 half-cup servings

*We try to eat light in the evenings and enjoy simple fruit salads like this one. It is quick and easy and yet... oh so good. **Linda Johnson***

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## **Mango Dressing**

1 c. mango juice  
2 Tbsp. cornstarch  
2 Tbsp. cold water  
sprinkle of cinnamon

1. Mix the cornstarch and cold water together and set aside.
2. Put the mango juice in a medium-sized pan and bring to a slow boil. While stirring, add the cornstarch and mix until slightly thickened.
3. Sprinkle some cinnamon in and mix until blended. Chill sauce. Serve over Tropical Salad.

**Yield:** 16 Tbsp.

*This dressing is delicious! Pineapple or white grape peach juice can be used instead of mango juice. Enjoy. **Linda Johnson***

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## Spicy Peanut Noodles

1/3 c. peanut butter  
3 - 4 Tbsp. lemon juice  
2 Tbsp. Braggs liquid aminos or soy sauce  
2 Tbsp. chili paste  
2 tsp. sugar  
1 clove garlic, finely minced  
1/2 c. lite coconut milk  
1 med. red bell pepper  
2/3 c. carrots, julienne-cut  
2/3 c. water chestnuts, rinsed and drained  
2 Tbsp. toasted sesame oil  
1 c. Edamames (green soy beans), pre-cooked and removed from pods  
8 oz. Pad Thai noodles (may substitute flat rice noodles or linguine)  
1/4 c. crushed peanuts for garnish  
4 lime wedges

1. Cook noodles according to package directions. Drizzle on 1 tablespoon sesame oil. Toss and set aside.
2. In a large saucepan, over medium heat, combine the first seven ingredients. Stir until smooth. Set aside.
3. In a skillet, sauté red pepper, carrots and water chestnuts in 1 tablespoon sesame oil until crunchy-tender. (Color should still be vivid) Add noodles, edamames and peanut sauce. Toss to mix well and place in serving dish. Squeeze fresh lime juice over dish and garnish with crushed peanuts

**Yield:** 6 cups

*If you like things a bit spicier, add a teaspoon crushed red pepper to the peanut sauce. This goes well with vegetable fried rice and sesame tofu. **Brenda Walsh***

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## Island Vegetable Stir Fry

2 c. pea pods, cut into 1/2-inch pieces  
1 1/2 c. grated carrots  
1 med. onion, chopped  
1 med. red bell pepper, seeded and chopped  
1 c. broccoli florets  
1 c. chopped water chestnuts  
2 c. water packed tofu, cut into cubes (optional)  
1 1/2 c. water  
2 Tbsp. McKay's Chicken Style seasoning  
1/2 tsp. vegetable seasoning, or to taste  
1 Tbsp. canola oil  
2 Tbsp. toasted sesame oil  
6 c. cooked brown rice

1. In a large saucepan, mix water with the chicken style seasoning, canola oil and vegetable seasoning. Add the chopped onion and cook until clear. Add the tofu and cook for 3 - 4 minutes.
2. Add the rest of the vegetables and cook until tender but still firm, and water has cooked down. Add the rice and sprinkle with the sesame oil. Stir well and continue to cook for about 10 minutes. Serve warm.

**Yield:** 22 half-cup servings

*When ordering vegetable fried rice at a restaurant, I always ask for extra vegetables and that they leave the customary eggs out. I like to add the tofu to give some protein to this dish, but it's optional. Delicious and good for you.*

**Cinda Sanner**

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## Mock Crab Cakes

1 med. onion, finely diced  
1 c. celery, finely chopped  
1 Tbsp. olive oil  
2 14-oz. packages water-packed firm tofu  
2 c. cooked brown rice  
2 c. fresh whole wheat bread crumbs  
1/2 c. Vegenaïse or any soy mayonnaïse  
1/4 c. parsley, fresh or dried  
1 tsp. crushed basil  
1 tsp. salt  
1/2 c. Seafood Seasoning Mix (vegetarian)  
1/3 c. crushed seaweed sheets (nori sushi sheets)  
1 Tbsp. powdered kelp  
1 tsp. lemon juice

### CRUMB MIXTURE:

2 c. seasoned bread crumbs  
2 Tbsp. paprika  
Mix together in a small bowl and set aside.

1. In a skillet, sauté onions and celery in olive oil until clear. Put in large mixing bowl and combine all the rest of the ingredients. Mix together well - until mixture will hold its shape. If too dry, add a little extra vegenaïse, if too wet, add a few extra bread crumbs. Mixture should just hold together to form a patty.
2. Gently press patties into the crumb mixture and place on an oil-sprayed baking sheet. Spray tops of patties with oil spray and bake at 375 degrees oven for 30 minutes. Remove from oven and spray with oil spray. Turn patties over gently with a spatula.
3. Spray tops of patties with oil spray and return to oven for an additional 30 minutes or until golden and crispy. Remove from oven and place on a serving platter. Garnish with fresh parsley and grape tomatoes. Serve with tartar sauce.

**Yield:** 24 3-inch "crab cakes"

*These are wonderful for anyone missing that "seafood" flavor! The kelp and seaweed in this recipe give it the "fishy" taste. I think you could almost fool someone into thinking this was the "real thing". If you don't like seafood...this is not the recipe for you!*

**Brenda Walsh**

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## **Seafood Seasoning Mix**

1 c. nutritional yeast flakes  
2 Tbsp. onion powder  
2 tsp. garlic powder  
2 tsp. paprika  
1 tsp. celery seed  
2 tsp. turmeric  
2 tsp. dried parsley  
2 Tbsp. McKay's chicken style seasoning

1. Blend all ingredients together in a blender until smooth. Let sit for 1 minute before removing lid to blender.
2. Pour into a glass container. Can be stored on shelf for approximately 3 months

**Yield:** 1 1/4 cups seasoning mix **Brenda Walsh**

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## **Tartar Sauce**

1 c. Vegemaise  
1/2 tsp. salt  
1/2 c. sweet relish (made with lemon juice)  
1 tsp. onion powder  
1 1/2 Tbsp. lemon juice  
3 Tbsp. dehydrated onion  
1 - 2 Tbsp. honey

Mix all ingredients together. Refrigerate for 1 - 2 hours or until cold. Add more honey if you like it sweeter, or more lemon juice if you like it a bit more tart.

**Yield:** 1 1/2 cups **Brenda Walsh**

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## **South Pacific Shish Kabobs**

12 long shish kabob skewers  
2 med. zucchini, cut into 12 slices  
2 med. yellow squash, cut into 12 slices  
12 small button or baby portabella mushrooms  
1 small eggplant, peeled and cubed  
12 pieces of pineapple, fresh or canned  
24 pieces of red bell pepper  
24 pieces of homemade gluten, or your favorite canned gluten  
2 cups Teriyaki sauce

1. On each shish kabob skewer, put 1 mushroom, 1 zucchini slice, 1 yellow squash slice, 1 red pepper slice, 1 piece of gluten, 1 square of eggplant, another piece of gluten, 1 piece red pepper and a piece of pineapple.
2. When finished, place all 12 shish kabobs in a casserole dish and pour the Teriyaki sauce over them. Allow to marinate for 30 - 60 minutes. Remove each shish kabob from the sauce and place onto a baking sheet that has been sprayed with oil spray.
3. Place in preheated 425 degree oven for 15 - 20 minutes, or until vegetables are tender and slightly browned. You may also put these on a grill to cook. Serve with brown rice, wild rice or saffron rice.

**Yield:** 12 shish kabobs

*These are delicious and beautiful! You can also add grape tomatoes and pieces of sweet onion if you like. Amount of vegetables needed may vary according to the size of the skewers used.*

**Cinda Sanner**

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## **Pina Colada**

3 c. pineapple frozen pineapple chunks  
3 - 4 Tbsp. coconut milk  
3 Tbsp. pure maple syrup  
1/4 c. white grape peach juice  
1 orange slice for garnish  
1/4 c. grated coconut for garnish

1. Place all ingredients except orange slices and grated coconut in blender and blend until smooth. 2. Garnish with a slice of fresh orange and sprinkle with shredded coconut. Serve right away.

**Yield:** 5 half-cup servings

*This quick and easy dessert is sure to please your sweet tooth. It is also refreshing on a hot summer day. Enjoy. **Linda Johnson***

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