

PINEAPPLE CHICKEN STIR-FRY

Sauce:

- 1 1/2 Tbsp. Bragg's liquid aminos
- 2 Tbsp. unsweetened pineapple juice
- 1 Tbsp. chicken style seasoning
- 1 Tbsp. water
- 2 cloves garlic, finely minced
- 1 tsp. cornstarch

Stir-Fry:

- 8 oz. vegetarian chicken, cut into 1-inch pieces
- 1 tsp. reduced-sodium soy sauce
- 1Tbsp. grated fresh ginger
- 1 Tbsp. sesame oil, divided
- 1 small carrot, sliced into 1/4-inch pieces
- 1/2 medium green bell pepper, seeded and cut into 1/2-inch pieces
- 1/2 cup snow peas, cut in half lengthwise
- 1/3 cup chopped green onion, green part only
- 1 cup pineapple chunks, fresh or canned in unsweetened juice and drained

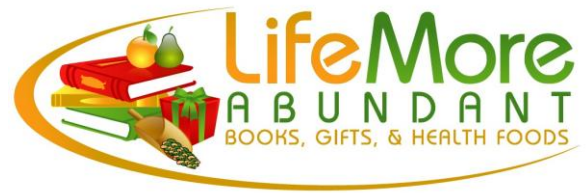
In small bowl, whisk together sauce ingredients and set aside. In another small bowl, mix chicken with soy sauce, vinegar and ginger. Set aside to marinate.

In nonstick skillet, heat 1/2 Tbsp. oil over medium-high heat. Add carrot and green pepper, stir-frying for 3 minutes. Add snow peas and stir-fry another 2 minutes. Remove vegetables from pan and set aside. Add remaining oil to hot pan. Add marinated chicken. Stir-fry constantly until chicken is cooked through, about 3 minutes. Return vegetables to pan. Add onion and stir-fry for 1 minute. Add pineapple. Stir sauce and pour over mixture. Stir-fry until sauce thickens, 1-2 minutes. Serve over brown rice or on whole wheat tortilla.

CHICKEN WALDORF SALAD

- 2 cups (8oz.) diced veggie chicken
- 1 small Granny Smith apple, peeled, cored and diced
- 1/2 cup seedless red or green grapes or dried cranberries
- 4 Tbsp. chopped walnuts
- 1/2 cup chopped celery
- 1/4 cup soy mayonnaise
- Romaine lettuce

In mixing bowl, combine all ingredients. Serve immediately or allow to chill.



RIPE PEAR SALAD WITH BOSTON LETTUCE AND RICOTTA CHEESE

Romaine lettuce, washed and torn
2 ripe Bartlett pears, halved, cored and sliced
2 Tbsp. chopped walnuts or pecans (may toast)
1/4 cup tofu ricotta cheese

Dressing:

1/4 cup orange juice
1 Tbsp. lemon juice
1 Tbsp. honey or agave
2 tsp. walnut or canola oil

Arrange lettuce equally on four plates. Top with equal amounts sliced pears. Sprinkle 1/2 tbsp. nuts over each salad. Dollop 1 tbsp. tofu ricotta in the center of each salad. Whisk together dressing ingredients. Drizzle over each salad and serve.

DOUBLE CORN TACO SALAD

1 package Gimme Lean sausage
1 large head lettuce, shredded
4 medium tomatoes, seeded and diced
1 medium onion, chopped
2 cups shredded soy cheese
1 cup corn
1 cup soy mayonnaise
1 tablespoon salsa
leaf lettuce
crushed tortilla chips

In a skillet, cook sausage over medium heat. Stir in half of the taco seasoning. Remove from the heat; stir in shredded lettuce, tomatoes, onion, corn and cheese. In a small bowl, combine mayonnaise, salsa and remaining taco seasoning. Pour over salad and toss to coat. Line a large bowl or platter with leaf lettuce; top with taco salad. Sprinkle tortilla around edge. May add chopped avocados and Tofutti sour cream.

SPICY SAUSAGE SALSA

1 package veggie Kielbasa or sausage, halved and sliced
1 onion, finely chopped
1 minced jalapeno pepper
2 garlic cloves, minced
1/2 cup chopped cilantro
4 tomatoes, diced
3/4 cup tomato juice
2 Tbsp. cornstarch
2 Tbsp. water
1 1/2 cups green pepper, diced
1 cup red pepper, diced
Juice of 1 lime

Cook sausage in 1 teaspoon of olive oil with onion, pepper, garlic, and cilantro. Add tomatoes, cornstarch and water. Bring to a boil. Combine remaining ingredients and refrigerate overnight.