

BLACK BEAN BURGERS

- ½ onion, diced
- ½ green pepper, chopped
- 2 garlic cloves, minced
- 1 jalapeno pepper, chopped
- 1 can black beans, well drained
- 1 teaspoon agave nectar
- 3 tablespoons salsa
- 2 tablespoons cilantro, chopped
- 1 teaspoon cumin
- ½ cup flour
- 2 slices bread, crumbled
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ¼ teaspoon salt
- ⅛ teaspoon cayenne pepper

Sauté onion, green pepper, garlic, and jalapeno pepper. Mash beans in food processor. Transfer to a bowl and add remaining ingredients. Mix well. Form into patties and fry in skillet sprayed with non-stick cooking spray. Serve with avocado cilantro mayonnaise.

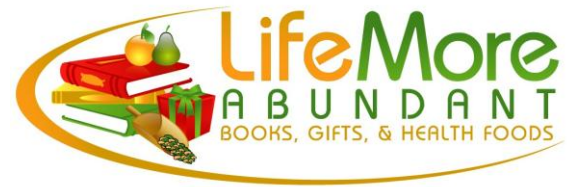
Avocado Cilantro Mayonnaise

- ½ -1 cup soy mayonnaise
- ½ c. soy milk, , ½ t. onion powder, 1 t. salt, ½ c. oil, and juice of 1 lemon
- 1 avocado
- ¼ c. cilantro

LENTIL BURGERS

- 1 cup red lentils
- 2 cups fresh bread crumbs
- 1 tablespoon garam masala
- 1 teaspoon chicken style seasoning
- ¾ cup corn kernels
- 2 tablespoons olive or rapeseed oil
- 1 onion diced
- 1 carrot finely diced

Heat 1 tablespoon oil and sauté onion with spices. Add carrot, lentils, 2 cups water, and chicken style. Allow to simmer for 25-30 minutes. Place lentils in bowl and cool 10 minutes. Add bread crumbs and corn and form into patties. Form into patties and refrigerate for at least 30 minutes. Fry in skillet sprayed with non-stick cooking spray. Serve with mango chutney.



Apple Walnut Cake

- 1 1/2 cups canola or rapeseed oil
- 2 cups dry sweetener (fructose, Florida Crystals, etc.)
- 1/2 cup soft silken tofu
- 2 tablespoons vanilla
- 3 cups flour (1 1/2 cups whole wheat pastry flour & 1 1/2 cups unbleached)
- 1 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1 cup chopped walnuts
- 3 cups diced apples

Preheat the oven to 350°F. In a food processor, combine the oil, sugar tofu, and vanilla. In a separate bowl, sift the flour, baking soda, and salt. Add sugar mixture and blend for 2 minutes. Fold in the walnuts and apples. The batter will be stiff. Pour it into a greased and floured 10-inch tube or Bundt pan. Bake the cake at 350°F for 1 hour and 15 minutes.