

MILLET PILAF

1 c. millet	½ t. grated fresh ginger
3 c. water	1 t. freshly grated orange zest
1 t. salt	½ c. chopped dried cranberries
1 t. extra virgin olive, canola, or grapeseed oil	½ c. chopped apricots
1 garlic clove, minced	¼ t. nutmeg
¼ c. red onion, finely chopped	¼ t. cinnamon
½ c. shredded carrots	salt, to taste
¼ c. fresh lemon juice	½ c. chopped toasted pecans

In a large saucepan over medium heat, heat the water with a teaspoon of salt until the water comes to a boil. Add the millet, and bring to a boil again. Cover and cook for 20 minutes over low heat or until the water is absorbed. In a large skillet, heat the oil over medium heat. Sauté the minced garlic and then add the onion and carrots. Cook about 10 minutes.

Combine the lemon juice, ginger, orange zest, dried cranberries, and apricots. Simmer in a small skillet until warm. Set aside.

Add cooked millet to sauteed vegetables. Then add cranberry apricot mixture and toss. Season with the spices and salt. Garnish with toasted pecans.

PINTO BEAN DOUBLE CORN TACO SALAD

1 package Italian Field Roast sausage	2 cups shredded soy cheese
2 teaspoons taco seasoning mix	1 cup corn
3 cups cooked pinto beans	1 cup soy mayonnaise
1 large head lettuce, shredded	1 tablespoon salsa
4 medium tomatoes, seeded and diced	leaf lettuce
1 medium onion, chopped	crushed tortilla chips

In a skillet, cook sausage over medium heat. Add pinto beans and stir in 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.

Taco Seasoning Mix

1 T. chili powder	1/2 t. garlic powder	1/2 t. onion powder	1/8 t. cayenne pepper	1/4 t. oregano
1 t. salt	1 t. cornstarch	1/2 t. paprika	1 1/2 t. ground cumin	

Mix together and pour into airtight container.

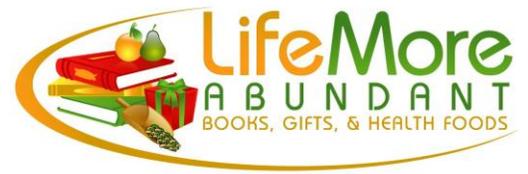
GRANOLA PEANUT CREAM PARFAIT

Peanut Butter Cream

1 ¼ c. Earth Balance peanut butter	¼ c. soy milk
1 ¼ c. sucanat	1 T. vanilla
2/3 c. Mori Nu firm or extra firm tofu	

Combine all ingredients in food processor and blend until smooth.

Assemble:



Layer bottom of parfait glass with **French Vanilla granola**. Top with slices of **bananas**. Spoon peanut butter cream on top. Garnish with a dollop of soy whip cream.

***** BONUS RECIPE *****

PEANUT BUTTER ORBITS

¼ c. peanut butter
1 T. agave nectar
2 T. sesame seeds

¼ c. wheat germ
3 T. flaxseed meal

Mix all ingredients well with a spoon. Shape them into balls. Roll them in a mixture of additional flaxseed meal and wheat germ. Makes 8.