



BLACK RICE SALAD I

1 1/2 tablespoons olive oil
1/2 red bell pepper, chopped
1/2 yellow bell pepper, chopped
1 medium onion, chopped
1 cup forbidden (black) rice
1 bay leaf

1 clove garlic
1 3/4 cups no chicken broth
1 (14-ounce) can cannellini or pinto beans, rinsed and drained (or white beans, lentils, or red beans)
salt, to taste

Heat oil over medium heat in a 3- or 4-quart pot. Set aside a tablespoon of chopped red and yellow peppers for garnish. Add onion and remaining peppers to hot oil and cook until onion is translucent and peppers are fragrant, stirring occasionally, about 7 minutes. Do not let the vegetables brown.

Stir in rice, bay leaf and garlic clove. Stir to coat rice with oil and lightly toast it, about 1 minute. Stir in broth, season with salt and cayenne pepper and bring to a boil. Cover pot and reduce heat to a slow simmer. Cook until rice is tender and liquid is mostly evaporated, 30 to 35 minutes.

When ready to serve, heat beans in a small saucepan. Reserve a few of the beans for garnish and add the rest to the warm rice, stirring gently to combine. Top rice with remaining white beans and reserved red and yellow bell peppers.

BLACK RICE SALAD II

1 cup forbidden rice
salt
2 tablespoons Braggs liquid aminos
2 teaspoons toasted sesame oil
juice of 1/2 lime

2 tablespoons celery, chopped
1 cup roasted, unsalted cashews
1/2 red bell pepper, finely chopped
1/2 yellow bell pepper, finely chopped
6 green onions (scallions), thinly sliced

Put the rice, 2 cups water, and a pinch of salt in a pan. Bring to a boil, then cover, reduce the heat, and simmer gently until the liquid is absorbed and the rice is tender, about 30 minutes. Meanwhile, whisk the Braggs, sesame oil, lime juice, and celery together in a salad bowl. Add the cashews, red and yellow bell peppers, and green onions. When the rice is ready, add it to the mixture and toss to coat everything well. Add lime juice to taste. Serve warm or at room temperature.

FRUITTY COUSCOUS

1 1/3 cups dry couscous
1 3/4 cups water
2/3 cup slivered almonds
1/2 cup packed dried apricots, chopped
2/3 cup dried cranberries or raisins

1 teaspoon cumin
3 scallions, thinly sliced with greens
2 tablespoons canola oil
2 tablespoons lemon juice
1 pinch salt

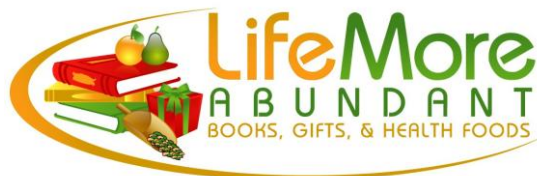
Cook couscous. Combine all ingredients; toss. Serve at room temperature or chilled.

CURRIED COUSCOUS

1 1/3 cups couscous
1 3/4 cups water
3/4 cup sweetened dried cranberries
1 tablespoon curry powder
1 teaspoon salt
1 teaspoon agave nectar
1/2 orange, juiced

2 to 3 tablespoons extra-virgin olive oil
3 to 4 scallions, sliced
2 tablespoons chopped fresh Italian parsley leaves
1/2 lemon, juiced
3/4 cup chopped walnuts, toasted

Stir the couscous, cranberries, curry powder, salt, and agave nectar together in a heatproof bowl. Bring water to a boil and pour it over the couscous. Add the orange juice. Give it a big stir, cover the bowl tightly and let it stand, giving it a big stir once or twice, until the water is absorbed and the couscous is tender, about 5 minutes.



Fluff up the couscous with a fork. Add the olive oil, scallions, parsley, lemon juice, and walnuts. Stir around until everything is distributed evenly throughout the couscous. Make up to 2 hours ahead of time and keep at room temperature until you're ready to serve. Check the seasonings just before you serve the salad and add salt to taste.

HEALTHY COUSCOUS SALAD

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| 1/2 cup whole wheat couscous | 2 garlic cloves, minced |
| 1/2 cup boiling water | 1/2 cup black olives |
| 1 cup diced plum tomatoes, peeled & seeded | 1 tablespoon fresh oregano, chopped |
| 1/2 cup diced cucumber, seeded | 1/3 cup Braggs salad dressing |
| 1/4 cup finely chopped red onion | 1/4 teaspoon salt |
| 1 tablespoon fresh parsley, chopped | |

Combine couscous and water in large mixing bowl and let sit until water is absorbed. Combine salad dressing and salt. When couscous is cool, fluff with a fork and add remaining ingredients and dressing. Toss to combine. Serve at room temperature or cover and refrigerate for up to 24 hrs.

SWEET AND SOUR TENDER BITS

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| 1 cup Tender Bits | 1/4 cup chopped green onions |
| 1 can (6 oz.) orange juice concentrate undiluted | 1 can (11 oz.) mandarin oranges drained |
| 6 cups washed torn spinach | 1/2 cup unsalted cashews |
| 1/2 cup chopped celery | 1/2 cup sweet and sour salad dressing |

In a small bowl, combine LOMA LINDA Tender Bits and orange juice; allow to marinate at least 30 minutes. In a large bowl, combine spinach, celery, green onions, mandarin oranges and cashews. Drain Tender Bits and add to salad mixture. Toss gently with sweet and sour dressing.

TENDER BIT SCALLOPINI

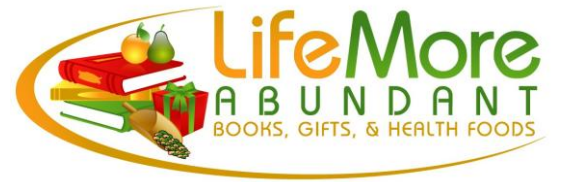
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| 1 can Tender Bits | 1 red pepper, cut in strips |
| Breading mix | 2 garlic cloves, minced |
| 16 oz. diced tomatoes | 1 tablespoon rosemary, chopped |
| 1 onion, sliced | 1/2 cup green olives |

Coat Tender Bits with breading mix. Bake at 350 degrees for 35 minutes on cookie sheet sprayed with non-stick spray. Saute onion, pepper, and garlic. Combine baked Tender Bits with sautéed vegetables and remaining ingredients in casserole dish and bake for 25 minutes.

APPLESAUCE CAKE

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| 2 1/2 cups whole wheat flour | 1/4 cup canola oil |
| 1/2 cup quick oats | 1/3 cup frozen apple juice concentrate |
| 1 teaspoon baking soda | 1 3/4 cup unsweetened applesauce |
| 1 teaspoon baking powder | 1 teaspoon vanilla |
| 1 tablespoon cinnamon | 1 tablespoon lemon juice |
| 1/2 teaspoon allspice | 2 tablespoons ground flax seed, beaten with 2 |
| 1/2 teaspoon nutmeg | tablespoons water until frothy |
| 1/2 teaspoon salt | 1/2 cup each of nuts and raisins |

Pre-heat oven to 350 degrees F. Lightly oil a 9 x 13 inch cake pan with vegetable oil. Combine the flour, oats, baking soda, baking powder and spice in a large mixing bowl. Add the apple juice concentrate, applesauce, vanilla and lemon juice to the dry ingredients and stir till just combined. Stir in the whipped flax seed. Add nuts



and raisins. Pour batter into prepared pan and bake for 50 minutes. Remove cake from oven and cover with aluminum foil for 10 minutes before removing from pan.