

>>Baked Lima Beans

full box lima beans
2 onions
1 teaspoon garlic powder
1/2 teaspoon salt
2.5 teaspoons nutmeg
1 teaspoon sugar
1/2 cup oil
1 can sauce

Soak lima beans overnight. Drain and boil until tender. Pour in 9x12 baking dish. Dice onions finely and sauté in oil until soft. Add tomato sauce and seasonings. Pour over beans and add hot water to cover and bake at 350 for 45 minutes – 1 hr. Add water as needed to prevent drying.

>>Chocolate Cake

1 box chocolate cake mix (works with spice cake as well)
1 can pumpkin

Mix cake mix and pumpkin thoroughly. It will look strange at first, but be patient and keep mixing. Spread in greased 9x13 inch pan and bake at 350 for about 30 minutes or until toothpick comes out clean.

>>Lemon-Herb Quinoa Salad (cold)

1 cup Quinoa
2 cups vegetable broth
2 garlic cloves
2 tablespoons fresh lemon juice
1 1/2 tablespoons extra virgin Olive Oil
1/2 teaspoon salt
1/2 teaspoon pepper
2 1/2 tablespoons coarsely chopped fresh parsley leaves plus garnish
1 coarsely chopped fresh Basil leaves
2 green onions, thinly sliced
2 medium vine ripened tomatoes, diced (about 1 3/4)
1/2 medium cucumber cut lengthwise into quarters, then cut crosswise into 1/4-inch pieces
Lemon wedges for garnish

- 1) In fine mesh strainer, thoroughly rinse quinoa with cold water; drain. In small sauce pot, heat broth and Quinoa to boiling over High heat. Reduce heat to Low; cover and cook 13–15 minutes or until liquid is absorbed. Transfer Quinoa to large bowl and refrigerate for 45 minutes.
 - 2) Meanwhile, in small bowl whisk together garlic, lemon juice, oil, salt & Pepper; stir in herbs.
 - 3) Fluff Quinoa with fork; fold in onions, tomatoes & Cucumber; add lemon juice mixture and gently toss to combine.
 - 4) Cover & Refrigerate at least 2 hours or up to 1 day in advance to allow flavors to meld. Serve garnished with lemon wedges and parsley, if desired.
- Makes up to 5 1/2 cups

>>Couscous Pudding

2 cups almond milk
1/4 cup sugar
1/4 teaspoon almond extract OR vanilla
salt
3/4 cup couscous
1/2 cup dried cherries (optional)
1 cinnamon stick
toasted sliced almonds (optional)
honey (optional)

Bring 2 cups **almond milk**, 1/4 cup **sugar**, 1/4 teaspoon **almond extract** (or **vanilla**) and a pinch of **salt** to a boil in a saucepan over medium heat. Add 3/4 cup **whole-wheat couscous**, 1/2 cup **dried cherries** and 1 **cinnamon stick**; cover and cook 2 minutes. Remove from the heat and let sit, covered, 8 minutes. Fluff with a fork, remove the cinnamon stick and divide among bowls. Top with **toasted sliced almonds** and **honey**, if desired.