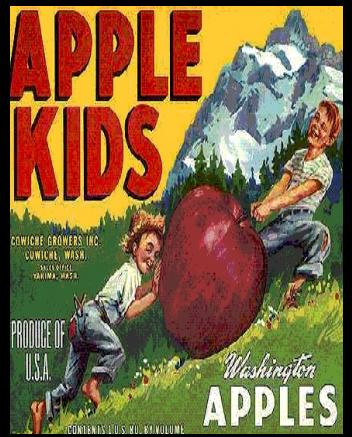
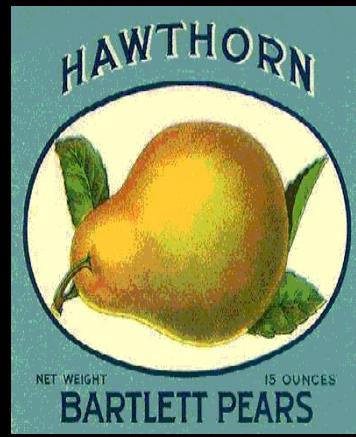


The Reversal Sampler



Recipes
&
Tips

Keith Yates
2009



Welcome to my Sampler

The purpose of this book is to illustrate that you can enjoy great eating with reduced fat and cholesterol. I also want to instill some adventure in preparing food and show how easy it is to change recipes to the “reversal” way of living.

This is not a cookbook per se, it contains a few recipes, these are the samplers, to get you going, the rest is up to you.

A BRIEF HISTORY

On May 3rd 1981, I had a heart attack while playing golf and survived. Unstable angina was my next challenge. On the advise of my doctors I agreed to have a by-pass which took place on September 9, 1981.

On my return home my angina was gone, now the challenge was to figure what I should be doing. Luck was on my side when my family doctor sent me to Dr. Schaman.

I thrived at this clinic and started to do a little jogging and gradually started to run. My heart disease was behind me. So I thought. Little did I know that this disease does not go quietly into the night; it lurks just out of sight waiting and doing its damage.

Ten years of running. What a thrill. Until one morning when I went for my run my life came crashing down on me. It just hit me out of nowhere. My angina was back with no warning signs. My by-pass had failed. I struggled to make it home and called my doctor who got me into see my cardiologist. I didn't need to hear what he had to say. I knew what was happening.

He prescribed some pills and nitro and suggested that I consider having another by-pass. This was a no brainier, I wasn't going to have another by-pass, I needed time.

Have you ever noticed when you think you are up against a wall with no place to go that something comes along. That something was at a Monday Night Class. Doctor Schaman talked about Dr. Dean Ornish and his work in reversing heart disease. All I remember was this sounded good to me and purchased his book on the way home. I decided I would give it a try. I didn't tell anyone what I was up to. I just started following what I read in the book. It was amazing how soon I started to feel better, not great, just better. I told Dr. Schaman what I was up to and I told my cardiologist who informed that no one could follow that program.

It didn't take too long, maybe six months until I just noticed my angina was gone. It was a gradual thing every week I felt better. I guess you can't argue with this. A year after the cardiologist who suggested I have a second by-pass, took me off all medications. That was sixteen years ago and I have never looked back.

I still have heart disease and it is just waiting for me to drop my guard. If you decide to give “Reversal” a try and if it works for you, remember this will be a life long commitment. It's worth it.

Keith

About This Book

The index was purposely left out, I want the reader to read the whole book; it is not very long. The book is not really a cookbook, it's more of a training manual to get your brain thinking outside the box.

A few tips were added along the way. I still want you to look at a recipe and think how you can remove the fat and cholesterol. The best way to do this, is to copy the recipe and start crossing out the things you shouldn't have. Then go back and write in what you think you could use in order to make it work. After a while it will become second nature to remove and add.

**Get
The
Fat
Out
Entrées**

Metric Measurement Conversion Chart

Abbreviations

tsp. = Teaspoon | T. = Tablespoon | c. = Cup
And a 'stick' of butter = 1/2 cup, or 1/4 pound

	1 teaspoon	5 ml	
1/4 ounce	1 teaspoon	7 ml	
1/2 ounce	1 Tablespoon	15 ml	
1 ounce	2 Tablespoons	28 ml	
2 ounces	1/4 cup	56 ml	
4 ounces	1/2 cup	110 ml	
6 ounces	3/4 cup	170 ml	
8 ounces	1 cup	225 ml	
9 ounces		250 ml	1/4 liter
10 ounces	1 1/4 cup	280 ml	
12 ounces	1 1/2 cup	340 ml	
16 ounces	2 cups	450 ml	
18 ounces	2 1/4 cups	500 ml	1/2 liter
20 ounces	2 1/2 cups	560 ml	
24 ounces	3 cups	675 ml	
32 ounces	4 cups	900 ml	
36 ounces	4 1/2 cups	1000 ml	1 liter

GASSY JOE'S

One can with five kinds beans

B.B.Q. sauce to your taste, maybe a couple of tablespoons (read the label you don't want added fat)

Hamburg Buns

Onion

Fat Free Plain Yogurt

Mrs. Dash (one of my favorite spices) I'm waiting for royalties as I always promote their product.

Put the contents of the can of five kind of beans and BBQ sauce into a food processor, and process just a few seconds or you can just mash it. You don't want it looking like baby food.

Heat in a saucepan with chopped onion and add Mrs. Dash.

Fill the Hamburg Buns with bean mixture, add a slice of tomato, and or dill pickle, and a tablespoon yogurt (the yogurt will increase the protein).

Serve with a salad.

A simple meal, lots of protein and low in fat.

You are on your way to "Reversal", simple "eh".

TVP

Another one of my favorite products is TVP (textured vegetable protein). You can purchase this product in bulk food stores, but watch what you buy.

TVP, made from Canadian soybeans, has a darker brown colour than products brought in from off shore.

It looks like ground up dog kibble. Don't be turned off by its looks, this is a great product, with lots of protein.

It can replace meat in pasta sauce, stews or anything where you want to replace ground beef.

Here is another recipe high in protein that will get you started.

Tip

You will notice I always add fat free yogurt to recipes.

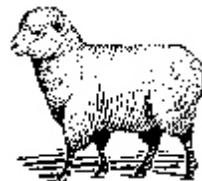
The reason is to increase the amount of protein.

It also adds taste to your cooking.

SHEPHERD'S PIE

(no sheep were hurt in this recipe)

This is a great way to get rid of leftover Mash Potatoes.



Leftover Mash Potatoes

Tablespoon of chopped onion

¾ cup Fat Free low sodium Chicken Broth or Beef Broth

¾ cup TVP

Frozen Peas do not thaw (optional)

Salt (optional) and pepper

Preheat oven to 325F

In an oven safe dish, spray lightly with cooking spray.

In a small bowl add the TVP and chicken broth, let sit for a few minutes (TVP will take up the flavour of the broth).

Fat free vegetable broth can also be used.

Add the TVP and peas to your dish.

Spread the mash potatoes evenly over the top.

If it looks dry add more broth and sprinkle with Mrs. Dash.

Heat oven to 325°.

Bake until the potatoes are starting to brown.

Serve with root vegetables and a fat free yogurt.

THINK ORANGE

Another fat free meal

This is for all the university students who survived on Kraft Dinner.

I know the orange colour of the cheese mix looks gross, but this is a great luncheon product if you don't add the margarine and stick to skim milk.

This old product has lots of protein (6 grams per serving).

So put on your sunglasses and give it a try, it might bring back memories of those great old days of surviving university.

If you never went to uni mate, don't get your britches in a knot just keep eating it, you maybe smarter than the ones who quit.

Here is a hint: just before you drain the pasta, add a couple of leaves of chopped romaine lettuce.

Let it wilt in the pot then drain.

Add some chopped tomato, you know what comes next, the orange stuff.

Tip

*For better tasting salads,
remove seeds from tomatoes*

CHEESE LESS PIZZA

For all those who thought they would have to give up pizza forever, read on. This is the best tasting pizza ever.

One medium (12") pizza crust. You can make your own or if you are a novice at pizza making, just purchase one at your local store. Remember to read the label, find one that has very low fat content.

2 cups of un-sweetened Apple Sauce

Pizza toppings, mushrooms, tomatoes, shredded carrots, broccoli, sliced zucchini, small florets of cauliflower, sliced red onion or any other vegetable you like, just remember you want vegetables that will cook fast.

Garlic powder

Basil

In a saucepan add the applesauce.

Cook over medium heat, stirring now and again, until reduced by half.

Preheat your oven to 450°.

Spray pizza pan with cooking spray.

Add prepared pizza crust and spread half of the reduced applesauce to 1" of the edge.

Sprinkle with garlic powder and basil*.

Add your choice of topping from the list above.

Spread remaining reduced applesauce over the vegetables.

Bake for 15 to 20 minutes until the edge of crust is lightly browned.

(*To your taste)

Serve at once.

You can also make this as a dessert pizza by replacing the vegetables with sliced apples and adding some cinnamon.



BOXED VEGETARIAN THINGS

There are lots of products saying they are like meat. They are not and most of them taste awful.

If you rely on these products you will likely fail at "Reversal".

Take it from me, make your own dishes, make them colourful , presentation is everything.

I always say if it looks good on the plate, it will likely taste good in your mouth.

Tip

I have switched from using regular table salt to sea salt.

You need to use only half as much as regular salt.

ANYONE FOR FRENCH FRIES

Here is a simple way to get your fries and still live to tell about it.

Slice the potatoes, not too thick.

Place parchment paper over a cookie sheet and add the potatoes making sure there is space around each slice.

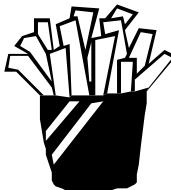
Bake in a 400° oven for about 10-12 minutes or until crisp.

If you want to add a little grease, spray the potatoes on the pan with a little Pam or like product (remember 1 second spray adds 1 gram of fat) to give you a browner product.

For something a little different use Sweet potatoes prepared the same way just a little different taste.

Note: Sweet potatoes cook faster than regular potatoes.

Don't burn them.



RICE, LENTILS AND VEGGIES

2 cups Fat Free Beef Broth

2 medium potatoes cut into cubes

1 medium carrot sliced thin

½ cup chopped onion

½ cup chopped celery

1 clove garlic, minced

1 can of brown lentils (drained)

½ teaspoon Mrs. Dash

2 med. zucchini, cut in slices

You can add mushrooms if you wish.

Heat broth, add potatoes, carrots, onion, celery, and lentils.

Cover and simmer for about 20 minutes or until potatoes are tender.

Add zucchini.

Cover and simmer for 10 more minutes.

Serve over hot cooked rice.

Again you can increase the protein by adding fat free yogurt to each serving

I HATE TOFU STIR FRY

**1/4 cup of Low sodium Soy Sauce
1 tablespoon Fat Free Beef or Chicken Broth
1 package of firm Tofu (don't buy the stuff in the water.)
1 potato cut into French fry size
1 carrot cut into French fry size
1 stock celery thinly sliced
1 zucchini thinly sliced
1 small broccoli floweret cut into small pieces
1 clove of garlic minced
1/4 teaspoon of Chili power
2 tablespoons of Broth
1 carton of frozen chopped spinach (thaw in microwave)**

Mix soy sauce into broth in a small bowl.

Slice Tofu into 3/4 inch squares.

Place in a single layer in a shallow dish.

Pour soy sauce mixture over tofu.

Stir to coat all surfaces.

Let stand for 20 minutes.

In the mean time:

Add 2 Tablespoons of broth to a non-stick skillet.

Add prepared vegetables, garlic and chili powder. Stir fry over medium heat, until the vegetables are tender.

Add the Zucchini stir fry for an additional 3 minutes.

Add the Tofu.

Cook for 2 more minutes until the sauce is thickened.

Add the spinach and cook for 5 minutes longer.

When you serve, add a tablespoon of fat free yogurt.

Tip

A lot of recipes can be adapted for use in the "Reversal" program; just take your time and go through the ingredients. Meat in pasta can be replaced by TVP. For stir frying use wine, apple juice or broths.

In baking you can use the fat replacement in this book or applesauce.

To replace an egg yolk use two egg whites.

To replace cheese use low fat or better still use fat free cheese slices. They work well and have better taste than some the so call low fat varieties.

THE OMELET

I think everyone knows how to make an omelet.

Just in case you don't, I am going to give an easy one to make.

Makes an omelet for one person.

2 Egg Whites

Three or Four Button Mushrooms Diced

2 Slices of Tomato (cut up)

1 Slice of Fat Free Cheese Slices

In a nonstick frying pan sprayed lightly with Pam add the mushrooms and the tomato.

Cook on medium heat for a couple of minutes.

Remove from the pan and set aside.

In a small, bowl lightly beat the egg whites just to add some volume.

Reheat the nonstick pan.

Add the eggs and turn the pan to coat the bottom with the egg whites.

Just cook for a few seconds.

On one side add the mushrooms and tomato.

Over the top add the sliced cheese.

Now fold the other side over the mushrooms, tomato and cheese and cook for a few more seconds, just to let the cheese melts.

Slide off the pan on to your plate.

Add some Tabasco sauce or chill sauce and enjoy. If you are cooking for more than one use two pans and double everything.



Tip

In a couple of the recipes in this book I suggest you use FAT FREE cheese slices.

They add a lot more cheese flavour than low fat or soy cheese.

Try adding about two to four slices to macaroni and cheese.

Add to milk to make a cheese sauce, I think you will agree this tastes better than the pretend products.

BOOZY SPICY PASTA WITH CREAM SAUCE

This is recipe I use, when company is coming.

It never fails to gain compliments.

1/4 Cup of Red Wine (or you can use broth or apple juice)

4 garlic cloves, minced

1/2 teaspoon of Authentic Louisiana Hot Sauce*

Sea Salt

1 can crushed tomato puree (28 ounce)

1 pound of penne dried pasta

2 Tablespoons of vodka (optional)

1 cup of Fat Free Evaporated Skim Milk

In a large skillet (must be large enough to hold the pasta), combine the wine (or broth/apple juice), garlic, Hot Sauce and a pinch of sea salt.

Stir to mix.

Cook over medium heat just until the garlic softens (2 to 3 minutes).

Add the crushed tomatoes; stir to blend and simmer uncovered until, the sauce begins to thicken (about 15 minutes).

Taste for seasoning (maybe a little Mrs. Dash).

In a large pot, bring 6 quarts of water to a boil.

Add 1 teaspoon of salt, (to taste or omit) add the penne, stir to keep from sticking.

Cook until tender. Drain thoroughly.

Add drained pasta into skillet with sauce.

Toss.

Add vodka and toss again then add the evaporated skim milk and toss again.

Cover and reduce heat to low.

Let rest for a couple of minutes to allow the sauce to penetrate the pasta.

Transfer to warmed bowl.

Serve at once.

Serve with French Bread and a green salad or fresh fruit, enjoy.

*Hot Sauce is a President's Choice product available at Zehrs.

CARAMELIZED ONIONS

I was asked how to caramelize onions without fat.

The best way I came up with is to cook the onions in a little broth until they look opaque. Continue cooking onions until all the liquid is evaporated.

To keep onions from sticking to pan, stir until lightly browned.

Or try using the New Pam Professional High Heat Spray.

SOMETIMES I FEEL LIKE MEAT OR FISH

I like everyone to think vegetarian but sometimes you just want something else.
Here are a couple of suggestions.

Lou's Peameal Bacon

1 slice 0.5 g Fat per slice

Saturated Fat .125 g

Cholesterol 12.5 mg

I think a bacon and tomato sandwich would go pretty well with this product.

It has less fat than pretend bacon.

Solid White Albacore Tuna in water.

½ can 1 g Fat

0 Saturated Fat

25 mg Cholesterol

If you used this product in pasta your fat serving would be even less than the numbers above, unless you ate the whole thing yourself.

These products are to be used occasionally not every day maybe once a week.

CHICKPEA 69 CENT SANDWICH SPREAD

This is a very easy way to have a sandwich that is healthy with lots of protein and fibre

1 19 oz. Can Chickpeas drained and rinsed

1 Tablespoon Low Fat Dressing (may I suggest Coleslaw fat free dressing)

add some onion to your taste

½ teaspoon of garlic powder

¼ teaspoon dill

pepper (you will not need salt)

Place check peas in a food processor don't over process or just mash them with a potato masher. You don't want it looking like baby food.

Cool in the refrigerator for about 15 minutes.

Spread on your bread, add tomato, lettuce and dill pickles.

The perfect sandwich spread for you and cheap too!

Store leftovers in refrigerator in an airtight container.

This also make a great dip just add more garlic and serve with low fat crackers.

CHICKPEA CRISPY PATTIES

New Pam High Heat Spray

½ Onion finely chopped

1 clove garlic, minced

1 teaspoon cumin

Parsley

1 can 19 oz. Chickpeas, drain and rinse

2 egg whites

¼ cup All Purpose Flour

Pepper and Salt to taste

Use a large frying pan sprayed with High Heat Pam, add onion, garlic and cumin.

Stir until the onions are opaque, add parsley.

Set aside.

In a food processor, purée the chickpeas until smooth. (If you don't have a food processor use a potato masher).

Place in large bowl and add onion mixture, egg whites, flour, salt and pepper.

Form (½ inch patties) by using heaping tablespoons of mixture. If you have a patty maker use it.

Spray frying pan with more High Heat Pam, heat to medium heat, add patties brown on each side. If you make them, ahead, cool on a wire rack and place on a baking sheet.

Cover with plastic wrap and store for one day in the refrigerator.

Reheat in a 375° oven. Don't forget to remove the plastic wrap. You can also freeze the patties and reheat from frozen in the oven or on the BBQ. Don't over heat.

Serve on a hamburg bun. Add your own condiments

**The
Good
Stuff
Dessert**

DRIED FRUIT PURÉES

If you want to get the fat out of your baking, here is the solution.

¾ cup of ready-to-eat dried apricots

5 tbsp water

Place the fruit in a food processor with water. Process until fairly smooth (like cooked oatmeal).

To use in recipes simply substitute the fruit purees for the fat.

This works great in cakes, muffins and cookies.

You can also use dates or prunes in place of the apricots, or if you are lazy you can use strained baby prunes.

Just remember to replace fat, measurement for measurement.

BANANA BLACK & WHITE BARS

½ cup oat bran

1½ cups all-purpose flour

2 teaspoons baking powder

½ teaspoon baking soda

½ teaspoon salt

1 cup sugar

½ cup + 2 tablespoon apple sauce

2 egg Whites

1/3 cup skim milk

2 tablespoons unsweetened cocoa

1 large ripe banana, mashed

Preheat oven to 350°F.

Lightly spray 9 inch baking pan with nonstick cooking spray.

In medium bowl, combine oat bran, flour, baking powder, baking soda and salt.

In large bowl, combine sugar, applesauce and egg whites.

Add flour mixture to applesauce mixture; stir until well blended. (Mixture will look dry).

Remove ¾ cup of batter to small bowl, add skim milk and cocoa; mix well.

Add banana to remaining batter.

Mix well; spread into prepared pan.

Drop tablespoonfuls of cocoa batter over banana batter.

Run knife through batters to marble.

Bake 35 minutes or until toothpick inserted in centre comes out clean.

Cool on wire rack 15 minutes; cut into bars.

**KEITH'S
FABULOUS FRUIT CAKE**

2008

1 cup - White Flour

¾ cup - White Sugar

1 teaspoon - Salt

½ teaspoon - Baking Powder

½ cup - Frozen Apple Juice Concentrate thawed (do not add water)

4 tablespoons - Apple Sauce

3 Egg Whites lightly beaten

1 jar - Maraschino Cherries (drain & pat dry with paper towels)

(red or green cherries or mix them)

½ cup- Chopped Dates

½ cup- Raisins

½ cup-Peaches chopped (drain & pat dry with paper towels)

½ cup- Pineapple Tidbits (drain & pat dry with paper towel)

HEAT OVEN TO 300° F.

In a large bowl mix, flour, sugar, salt, baking powder, ½ cup apple juice concentrate, applesauce and egg whites.

Fold in cherries, dates, raisins, peaches and pineapple tidbits.

Mix well, pour into a 9" x 5" loaf pan lightly sprayed with Pam.

Bake for 1½ to 2 hours depending on your oven.

Then cover cake with foil and bake 15 minutes longer.

Check with a toothpick inserted in center until it comes out clean.

Let cake stand in pan for 15 minutes, before removing.

Cool well before cutting.

Tip

When purchasing raisins, read the label.

*Many packaged raisins have been soaked
in oil to pump them up.*

*Sometimes it is better to spend a little more
for a better, healthier product.*

OPTIONAL GLAZE

In a small bowl mix:

½ cup of powdered sugar (icing sugar),

1 tsp. water

2 tbsp. Frozen Apple juice concentrate.

Stir until well mixed.

Drizzle over cake while still hot.

Cool cake completely before storing.

To store: wrap in plastic wrap, then in foil and then refrigerate.

Can be frozen for up to 3 months.

NOTE: Althought this cake has no added fats it is still loaded with calories; eat in moderation.

I started making this cake sixteen years ago, after going on the “Reversal” wanting to enjoy the familiar foods of Christmas.

With luck I happened to see a recipe for a fruitcake but it was loaded with fat and whole eggs.

I went to work eliminating fat and egg yokes and replacing them with healthy alternatives. My playing around brought forth this cake; I hope you and your family enjoy it.

Each year I change the recipe just a little. This year I used frozen apple juice concentrate and added canned peaches.

***Note: I have been reducing the sugar in this recipe a bit every year.
My next reduction will be to zero, I feel there is enough sugar in the fruit.***



GINGERBREAD FRUIT MUFFINS

**2 cups All Purpose Flour
2 teaspoons baking powder
½ teaspoon, ground ginger
½ teaspoon salt
½ teaspoon of cinnamon
¼ teaspoon ground cloves
½ cup sugar
½ cup + 2 tablespoons Apple Sauce**

¼ cup Apple Juice

¼ cup molasses

1 egg white + *2 tablespoons egg replacement*

1 can of fruit (small 14.0 oz.) drained.

Any of the following: peaches, pears, pineapple, Chopped

Preheat oven to 400° F.

Line muffin cups with paper liners.

↗ In large bowl combine flour, baking powder, ginger, salt, cinnamon and cloves.

↗ In small bowl, mix sugar, applesauce, apple juice, molasses, egg, plus egg replacement.

↗ Stir applesauce mixture into flour mixture just until moistened.

Fold in chopped fruit.

↗ Spoon evenly into prepared muffin cups.

↗ Bake 20 minutes or until toothpick inserted comes out clean. Cool completely.

*2 tablespoons of fat free sour cream or yogurt can be used as a replacement.

Tip

When baking cookies use parchment paper on baking sheet to reduce fat.

CHERRY CRANBERRY CHOCOLATE BARS

**1 cup, all purpose flour
1 tablespoon cocoa powder
½ teaspoon ground cinnamon
½ teaspoon, baking soda
¼ teaspoon, salt
2 tablespoons applesauce
¼ cup each of chopped maraschino cherries (patted dry) or canned cherries or fresh or frozen.
¼ cup of dried cranberries
2 teaspoons lemon juice
1 egg white, beaten, plus 1 tablespoon of fat free sour cream.
2 tablespoons white sugar
Tablespoon frozen orange juice (use straight from the can)**

- Mix the flour in a bowl with cocoa powder, cinnamon, baking soda and salt.
 - Fold, in applesauce (do not beat).
 - Chop the maraschino cherries or other options from above.
 - Mix the cherries and cranberries with lemon juice.
 - Stir the dry ingredients into the fruit mixture.
 - Mix well.
 - Spread mixture into a 8" x 8" nonstick pan, smoothing the surface.
 - Bake in a preheated oven 350° F. for 20 minutes or until firm to the touch.
- Allow to cool, in pan, for 10 minutes, then cool on a rack.
Brush the top with orange juice and leave to cool before cutting

Tip

Canned or fresh fruit should always be well drained and patted dry with paper towels before being used in a recipe

OATMEAL COOKIES

1 cup, all-purpose flour

1 teaspoon, baking powder

½ teaspoon baking soda

½ teaspoon salt

¼ cup applesauce

2 tablespoons fat replace (see beginning of this section)

½ cup white sugar

½ cup firmly packed light brown sugar

2 egg whites

1 teaspoons vanilla

1 1/3 cups uncooked rolled oats

½ cup raisins (optional)

Preheat oven to 375°.

Line cookie sheet with parchment paper.

In a small bowl, combine the flour, baking powder, baking soda and salt.

In a large bowl, add applesauce and fat replacement, add white sugar and brown sugar, eggs and vanilla, stir until blended.

Add flour mixture to applesauce mixture.

Stir until blended.

Fold in oats and (raisins, if desired).

Drop rounded teaspoons of dough 2 inches apart onto prepared cookie sheet.

With a wet fork flatten each cookie .

Bake 10 to 12 minutes or unit lightly browned. Cool 5 minutes on cookie sheet.

Remove to wire rack, cool complete.

Make 3 dozen cookies.

Tip

*When using applesauce in baking,
I suggest you fold the applesauce in, rather
than beating it in.*

*Applesauce sometimes settles to the bottom of
your baking if you beat it too much.*

CARROT APRICOT LOAF

1¾ cups, all-purpose flour

1 teaspoon, baking powder

¼ teaspoon baking soda

¼ teaspoon salt

½ cup white sugar

½ cup finely shredded carrots

½ cup applesauce

2 egg whites, beaten lightly

2 tablespoons of fat replacement (see front of this section)

1/3 cup, apricots cut into small pieces

☛ Preheat oven to 350° F. Coat a non-stick loaf pan with cooking spray.

☛ In a large bowl combine flour, baking powder, baking soda and salt.

☛ In a small bowl add sugar, carrots, applesauce, egg whites and 2 tablespoons of fat replacement.

☛ Stir in applesauce mixture into flour, just until moistened. (The Batter will be thick).

☛ Fold in apricots.

☛ Spread batter in prepared pan.

Bake 45 to 50 minutes or until a skewer comes out clean.

Cool in pan for 10 minutes.

Remove from pan cool on wire rack, turn over, cool completely.

When cooled wrap in plastic wrap and store at room temperature.

Tip

When using eggs for baking they should be at room temperature.

New Product

*Pam Professional High Heat spray
works great*

PASTRY

(My mother would roll over in her grave, if I used something like this.)
This works for a one crust pie, with lattice topping.

1 cup, all purpose flour

1/4 teaspoon salt

1/2 cup corn syrup

2 tablespoons fat free evaporated milk

Heat oven to 425°

Mix flour and salt in a bowl.

Combine the syrup and milk and add all at once to the flour mixture.

Stir with a fork until thoroughly mixed.

Shape the pastry into a ball; chill in fridge for 10 minutes.

Remove from frig and place between two sheets of wax paper lightly dusted with flour.

Roll the pastry into a circle large enough to fit a 8" pan sprayed with vegetable oil.

Place pastry in pan, cut off edges with a knife.

Press edges with a fork.

Use left over pastry to make a lattice for the top.

Prick bottom with a fork.

Add filling. Cover edges with foil to keep from browning to fast.

Bake for 35 minutes at 425° F.

BEST VEGETARIAN BEGINNERS COOKBOOKS

The New Laurel's Kitchen

by Laurel Roberson, Carol Flinders & Brian Ruppenthal

Moosewood Cookbook

By Mollie Katzen

Horn of the Moon Cookbook

By Ginny Callan

Ten Talents

By Rosalie Hurd (Dr. and Mrs. Frank J. Hurd

The Vegetarian Feast

By Martha Rose Shulman

Some of these books have been in print for awhile and may be found in Used Bookstores for a good price.

Just remember Vegetarian cooking may be high in fat and may need to be adjusted for the reversal program.

Keith



THE AUTHOR

Keith Yates

*I would like to thank my wife Jean and our
children Paul and Susan, for putting up with my
recipes, some were good, bad and awful.
Never ask my daughter about the green pie.*

*Thanks to my editor, Mary Jarvis for all her help
and guidance*

*Dr. John Schaman who help me stay alive and
well over the past 28 years and his wonderful
staff.*

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