

PUMPKIN PIE

PIE CRUST

- | | |
|-----------------|------------------|
| 1 c quick oats | ¼ c tahini |
| ¼ c wheat germ | 2 t egg replacer |
| ½ c almond meal | 1 T honey |



1. Preheat oven at 180°C.
2. Dissolve egg replacer in 4 T water
3. In a large bowl, add all the ingredients. Mix well.
4. Oil a pie dish and press mixture into the dish evenly.
5. Bake for 20-25 mins or till light brown

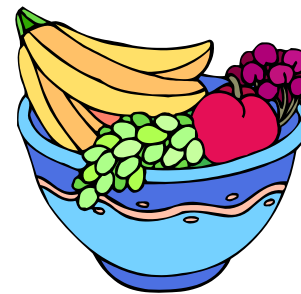
PIE FILLING

- | | |
|---------------------|------------------------|
| 2 c pumpkin pieces | ½ c cornstarch (flour) |
| 1 c soy milk | ¼ t coriander* |
| 1 t vanilla essence | ¼ t cardamom* |
| ¼ t ginger powder | 1/3 c honey |
| ½ t salt | |

* The coriander and cardamom are a substitute for cinnamon.

1. Steam pumpkin well.
2. In a large bowl, place pumpkin and all ingredients.
3. Using stick blender, mix into a soft texture.
4. Transfer mixture to a medium saucepan and stir over heat till it thickens.
5. Pour into prepared baked crust.
6. Chill and serve

EATING FOR HEALTH



RECIPE CLUB
26 JULY, 2011

MEDITERRANEAN VEGETABLE SOUP

QUINOA WITH BLACK-EYED BEAN TOPPING

PUMPKIN PIE

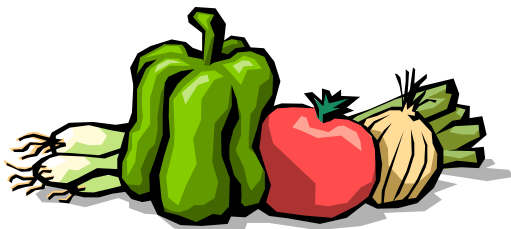
The next meeting will be held on 23rd August, 2011.

MEDITERRANEAN VEGETABLE SOUP

2 c brown lentils
2 T cold pressed olive oil
2 medium onions, chopped
2 medium potatoes, chopped
2 medium carrots, chopped
2 large celery sticks with leaves chopped
3½ litres water
Good pinch of both dry mint and basil
½ t turmeric
2 T tomato paste
¼ c parsley
1½ t salt
2 t beef style stock powder

1. Soak the lentils in water overnight. Rinse.
2. In a large saucepan, add lentils, water and all other ingredients.
3. Bring to the boil.
4. Turn heat down half way to simmer.
5. Cook for 35-45 minutes.

Serves 6-8



QUINOA WITH BLACK EYE BEAN TOPPING

1 c black-eyed beans, uncooked	1 c water
2 T tomato paste	1 c frozen peas
2 medium onions, chopped	½ t each of basil, mint, coriander, ginger, turmeric
1 large zucchini, chopped	
2 large carrots, chopped	
2 x 400g cans diced tomatoes	
1 c chopped celery	2 t beef style powder
4 cloves garlic	¼ t cumin
¼ c chopped parsley	1½ t cold pressed olive oil
2 t salt	1 t sugar

1. Cook black-eyed beans until soft..
2. In a large non-stick pan, add oil and sauté onions and garlic for 2-3 minutes.
3. Add diced tomatoes, water and all the dry ingredients, stirring frequently. Continue cooking for 3 minutes.
4. Add carrots, zucchini, celery, peas. Cook for another 3 minutes
5. Add parsley, black-eyed beans. Simmer for 8-10 minutes.
6. Serve with quinoa or roast potatoes.

Serves 6

TO COOK QUINOA (pronounced 'KEEN-WA')

Rinse 1 cup of quinoa in a small strainer or run quinoa under running water. Drain. Place quinoa in a small saucepan. Add 2 c water. Bring to the boil. Reduce heat and simmer with lid on till water is absorbed. This takes about 10-15 minutes.