Whole Wheat Pita Pockets

Soft whole wheat round breads with a pocket inside! Yield:

8 whole pita pockets (or 16 halves) Ingredients:

1 1/4 cup warm water (110-115 degrees)
1 tablespoon oil
1 teaspoon salt
2 teaspoons sugar
2 3/4 cups whole wheat flour
1/3 cup gluten*
1 1/2 teaspoons dry yeast Instructions:

1. In a large bowl, combine first 4 ingredients. Add the gluten and 1 cup of the flour, along with the yeast, and stir to mix. Add remaining flour and knead to make a soft dough. (Add additional flour if necessary during kneading.)

Alternately, if you have a bread machine, you can put the ingredients in the pan in the order listed and use the dough cycle. Skip to step 3 if using your bread machine!

2. Put your dough into a bowl, lightly oil the top, and cover. Set in a warm place to rise, until almost double (about an hour). I like to turn my oven on for a minute or two, then turn it off, and let the dough rise in there, since our house is cool.

3. Punch dough down and turn onto a lightly floured surface. Using a sharp knife, cut dough into 8 equal pieces. Form each piece into a ball. On a lightly floured surface, roll each ball into a 6- or 7-inch circle.

4. As you roll the rounds, set them aside on a lightly floured countertop or table, and cover loosely with a towel. Let rise for about 25-35 minutes, until slightly puffy. (The rounds will still be thin though! :D)

5. Preheat oven to 500 degrees. Place 2 rounds, side-by-side, onto a wire rack, such as is used for cooling things. Place rack in the middle of the oven. Bake for 4-5 minutes, until puffy and just slightly browned. (If bread is too browned, it will be dry and not pliable.)

6. Remove rack from oven and immediately wrap/layer pita breads in a damp towel, to soften. Continue baking the remaining breads, layering them between damp towels as soon as they're baked. Allow breads to completely cool.

7. Cut pita breads in half, or split the top edge, and fill as desired.

8. Store pitas in a plastic zipper bag in the fridge for a few days, or place in the freezer for longer storage. To re-warm pitas, wrap them in a damp towel and then wrap in foil. Place in a warm (200-250 degree) oven for about 20 minutes.



Whole Wheat Pita Pockets

This recipe is from Tammy's Recipes.

Overnight Challah French Toast

Chunks of challah tossed with egg and milk, topped with fruit and a crumb topping before being baked Yield:

16 servings Ingredients:

1/2 of a large loaf of challah, torn into large chunks (about one square inch) – this should make about 12 cups of torn chunks and should fill your 9×13-inch baking dish about 3/4 full.
5 eggs
3 tablespoons sugar
2 teaspoons vanilla
3 cups milk

3 cups of fresh or frozen berries, cut into bite-sized pieces (We have used cranberries and strawberries so far, and I'm sure blueberries would work, also.)

Crumb topping ingredients:

3/4 cup flour
1/2 cup brown sugar
3/4 cup quick oats
1 teaspoon cinnamon
1/2 cup (1 stick) butter, softened Instructions:

1. Grease a 9×13-inch baking dish. Place torn challah in a layer in the baking dish. (Dish should be at least 3/4 full.)

2. In a medium-sized mixing bowl, lightly beat the eggs, sugar and vanilla. Add the milk and mix. Pour over the bread. Cover dish and refrigerate overnight.

3. Combine crumb topping ingredients in a bowl and cut together until a coarse crumb mixture forms. Cover (or put

into a ziplock bag or container) and refrigerate or save until the morning. I also make sure the fruit is all ready for the morning, by chopping if needed.

4. In the morning, stir the bread mixture in the baking dish, and smooth out into a layer in the bottom again. Sprinkle fruit over the top and then sprinkle the crumb topping over the fruit.

5. Bake at 375 degrees (350 degrees if using a glass baking dish) for about 55-60 minutes, until the center is set. If you pulled the dish out of the fridge right before you bake it, then put the dish in the oven before you turn on the oven. If the dish has been out at room temperature for 30+ minutes you can pre-heat the oven if you wish.

6. Serve hot and enjoy! We also like the leftovers, cold.



Overnight Challah French Toast

This recipe is from Tammy’s Recipes.

Crusty Home-Style Bread Bowls

Ingredients:

1 cup warm water (110-115 degrees F)
1 tablespoon sugar
1 teaspoon salt
2 3/4 cups all-purpose flour
2 teaspoons dry yeast
1 egg yolk
1 tablespoon water
Instructions:

1. In mixing bowl, combine water, sugar, and salt.

2. Add flour and yeast (start with 2 cups of the flour). Stir and
then knead to make a smooth, slightly sticky dough. Knead for about 5
minutes. Cover and let rest for 10 minutes

3. Grease the outsides of eight 6-ounce glass custard cups (oven-safe). Place cups upside down on ungreased cookie sheets.

4. Divide dough into 8 equal pieces. Pat or roll each piece into a
5-6 inch circle, on a lightly floured surface (or oil your hands and
just form the dough in your hands). Shape dough over the outsides of the
greased cups. Allow dough to touch cookie sheet, but not to curl under
the edges of the cups.

5. Cover and let rise in a warm place for 20 minutes or until slightly puffy.

6. Pre-heat oven to 375 degrees F. Mix egg yolk and water; brush
gently over the bread bowls. Bake for 18-22 minutes, until bread is done
and bowls are golden brown. Remove from oven and immediately, carefully
remove bread from bowls. (I used oven mitts, since bowls and bread are
very hot.)

7. Cool bread bowls upright on wire rack. Serve with chili or soup of your choice!



Crusty Home-Style Bread Bowls

Spicy Chicken Chili

Ingredients:

2 red or green bell peppers, chopped
2 cloves garlic, minced
1 large onion, cjopped

2 tablespoons vegetable oil
2 cups diced tomatoes (if canned, do not drain)
1 1/2 cups chicken broth or water
1 can (15.5 ounces) kidney beans, rinsed and drained
2 cups salsa (choose heat intensity to suit your tastes)
1 cup frozen or canned/cooked corn
4 teaspoons chili powder
1 teaspoon freshly ground cumin
1/8 teaspoon cayenne pepper, optional (use only if you like hot chili!)
salt and pepper, to taste
2 cups cooked cubed chicken Instructions:

1.
Saute peppers, garlic, and onion in oil. Add tomatoes, chicken broth,
beans, salsa, and corn. Season with chili powder, cumin, and peppers.

2. Bring to a boil; reduce heat and simmer, uncovered, for about 40 minutes, until chili is thicker. Add chicken; simmer 10 minutes longer, adding additional water if needed. Season with salt to taste.



Spicy Chicken Chili

This recipe is from Tammy’s Recipes.

Wheat Berry Soup

Ingredients:

2 cups wheat berries
3 quarts of water, approx.
1 1/2 pounds inexpensive beef roast or steak
1 1/2 cups chopped onion
2 cloves garlic, minced
1 1/2 cups chopped celery
2 teaspoons salt (or more, depending on your preference)
1/2 teaspoon black pepper
Instructions:

1. Soak wheat berries in 4 cups of the water for 12-24 hours.

2. Trim fat from meat and dice into bite-sized pieces.

3. In a large stock pot, brown meat with onion and garlic. When meat
is browned, add the celery and part of the water (maybe about 6 cups),
so that the meat is completely covered.

4. Cover the pot, and bring to a boil. Stir, cover again, reduce heat, and simmer for about 30 minutes.

5. Add the wheat berries (including the water in which they have been
soaking), cover, and bring back up to a boil. Reduce heat and simmer,
covered, for about 2 1/2 hours. The wheat is fully cooked when the
berries are soft, chewy, and split.

6. Add an additional 2-4 cups of water to make the broth/soup the desired strength. We like less broth, but if you prefer a more watery soup, you might want to add a little more water. Season with salt and pepper.



Wheat Berry Soup

Roasted Pumpkin Seeds

Ingredients:

2 cups raw pumpkin seeds
1 1/2 tablespoons butter
1/2 teaspoon salt
1/8 teaspoon garlic salt
2 teaspoons Worcestershire sauce
Instructions:

1.
Rinse the raw pumpkin seeds in a colander or strainer, and remove
excess water (either by shaking the strainer, or tossing the seeds onto a
clean, dry dish towel).

2. Melt butter in a sauce pan. Stir in the salts and Worcestershire sauce. Add pumpkin seeds and stir thoroughly to coat.

3. Spread pumpkin seeds in a single layer across a large,

ungreased baking sheet.

4. Bake pumpkin seeds at 275 degrees for about 60 minutes, until crisp, stirring at 15 minutes, 30, 40, and 50 minutes.

5. Allow pumpkin seeds to cool, and then store in an air-tight container or bag.



Roasted Pumpkin Seeds

Golden Veggie Fried Rice

A medley of brown rice cooked in Golden Monkey tea, fried with onion, carrot, broccoli, and bits of egg, peas, and corn
Yield:

6 servings
Ingredients:

3 cups water*
3 tablespoons Golden Monkey black tea leaves (dry)**
1 1/2 cups brown rice
1 stick butter, divided

1 medium onion, chopped
1 large carrot, peeled and grated
1/3 cup frozen corn
1/3 cup frozen green peas
2 cups chopped (bite-size) fresh broccoli florets
3 eggs, beaten
1/2 tablespoon soy sauce
1 teaspoon salt
black pepper, to taste
Instructions:

1.
Heat water to nearly boiling. Add tea leaves and steep for 3-5 minutes.
Strain leaves from tea. Put hot tea into a medium-size saucepan. Add
rice, and then proceed to cook rice according to package instructions,
subtracting 5 minutes from the suggested cooking time for your rice.***

2. Meanwhile, melt 1/4 cup (1/2 stick) of the butter in a large
non-stick skillet over medium heat. Add onion and carrots, and cook and
stir until onions are translucent and carrots are tender.

3. Add corn, peas, and broccoli, and continue cooking until
vegetables are crisp-tender. Pour this vegetable mixture into a bowl and
set aside.

4. Return skillet to heat, and melt remaining 1/2 stick of butter.
Increase heat to medium-high, and add beaten egg. Cook and stir
constantly until egg is fully cooked, breaking it into little bits as it

cooks.

5. Add cooked rice to egg, reduce heat to medium, and cook for 5 to 10 minutes, stirring occasionally.

6. Sprinkle soy sauce, salt, and pepper. Add vegetables, and cook and stir until seasonings are evenly distributed and mixture is well-heated, about 5-10 minutes.



Golden Veggie Fried Rice

Spinach Rice Casserole

An easy baked side dish of spinach, rice, and cheese
Yield:

4-6 servings
Ingredients:

9 or 10 ounces fresh spinach leaves
1 tablespoon water
1 teaspoon dried onion (or 2 tablespoons of fresh, minced onion)

1 cup cooked rice (measurement is after cooking, not before)
1 cup (4 ounces) shredded cheddar cheese
1/3 cup milk
2 eggs, beaten
1 teaspoon salt
1 tablespoon Worcestershire sauce, optional
Instructions:

1. Place spinach and water in a large pan or skillet. Cover and cook over medium-low heat until spinach leaves wilt.

2. In a large mixing bowl, combine all other ingredients. Add the
wilted spinach and stir. Pour into a greased 8×8-inch square baking
dish.

3. Bake at 325 degrees for 35-40 minutes, until set in the middle. (Test with fork.)

To freeze this casserole: Freeze (uncooked) instead of baking. Thaw and bake, or bake from frozen, covered, for about 60 minutes at 325 degrees, or until hot and set.



Spinach Rice Casserole

This recipe is from Tammy’s Recipes.

Broccoli and Cheese Mina

A savory mina, made from layered matzos with a filling of broccoli, onions, egg, and three cheeses
Yield:

4-6 servings (as a main dish) or 8 servings (as a side dish)
Ingredients:

4 cups of bite-sized fresh broccoli florets (or one 14-ounce bag of frozen broccoli)
1 small onion, chopped
8 matzo squares
1/4 cup (1/2 stick) cold butter, chopped
2 1/4 cups (10 ounces) shredded cheddar cheese
1 1/4 cups cottage cheese
3/4 cup freshly grated Parmesan cheese
2 green onions, chopped
5 eggs
3 tablespoons water
2 cloves garlic, minced
Instructions:

1. Boil or steam broccoli and onion until broccoli is bright green and crisp-tender. Drain.

2. Wet 4 matzos (briefly) under running water, then set aside to
soak. Matzos should be slightly soft after soaking, but not soggy or
falling apart.

3. Butter a large baking sheet. The baking sheet needs to be large
enough to place all 4 matzos in a single layer. Use two sheets

if
necessary.

4. Place the dampened matzos on the greased sheet(s). Top with even
layers of broccoli and onion, shredded cheddar cheese, cottage cheese,
Parmesan cheese, and green onions.

5. In a small bowl, lightly beat the eggs and water. Pour slightly
less than half of the egg mixture over the broccoli and cheeses.

6. Wet the remaining matzos and place on top, again, in a single
layer. Pour the remaining beaten egg over the top. Sprinkle minced
garlic, and dot with half of the butter.

7. Bake at 375 degrees for 20 minutes. Dot with remaining butter and return to oven. Bake 10 minutes longer, or until the mina is golden brown and crisp on top. Serve hot or warm.



Broccoli and Cheese Mina

This recipe is from Tammy’s Recipes.

Mushroom Lasagna

This
recipe uses the usual noodles and cheeses that you would expect to use
for everyday lasagna, but the sauce is white, rich, and buttery, and
loaded with lots of sliced mushrooms!
Yield:

8 servings
Ingredients:

8 ounces lasagna noodles
1 pound sliced, fresh mushrooms
5 tablespoons butter
2 cloves garlic, minced
1/2 teaspoon salt
1 teaspoon lemon juice
1/4 cup plus 1 tablespoon all purpose flour
3 cups milk
1/2 cup chopped parsley, divided
15 ounces ricotta cheese
2 cups (8 ounces) shredded mozarella cheese
1/2 cup grated parmesan cheese
Instructions:

1. Cook lasagna noodles according to package directions; Drain well and set aside.

2. Saute mushrooms and garlic in melted butter in large skillet over medium heat, stirring constantly, until tender.

3. Stir in salt and lemon juice. Reduce heat to low. Add the flour,
and cook for 1 minute, stirring constantly. Gradually add milk; cook
over medium heat, stirring constantly, until mixture is

thickened and
bubbly. Add 1/3 cup parsley, stirring well.

4. Spread 1 cup of the mushroom mixture in a lightly greased 9×13-inch baking dish. Layer 1/3 of lasagna noodles over mushroom
mixture. Spread 1/3 of mozzarella cheese over ricotta cheese. Spread 1
cup of mushroom mixture over mozzarella cheese. Sprinkly with 1/3 of
parmesan cheese. Repeat layers twice. Sprinkle with remaining parsley.

5. Cover and bake at 350 degrees for 30 minutes or until lasagna is hot and bubbly. Let stand for 10 minutes before serving.



Mushroom Lasagna

This recipe is from Tammy’s Recipes.