



Take Back Your Health
Take Back the Love
Take Back the Fun
Take Back Your Faith
A Health Ministry of the Philadelphia 7th Day
Adventist Church , Burlington, NC

Gold Level Certified Congregation
NC Council of Churches Partners in Health & Wholeness

Good2UGood4U Favorite Recipes for Busy People

*Taste and see that
the Lord is good!*

Psalm 34:8

Visit us at www.thetakebacktour.com

Kid Favorite: Crunchy Kale Chips

1 bunch fresh kale

Extra Virgin Olive oil (EVOO) spray

Seasoning of your choice [Italian style seasoning + sea salt ,
Himalayan Pink Salt or MSG free, reduced sodium seasoning salt]

Pizza pan and oven or Air Fryer

- Wash fresh kale using white vinegar and water as a veggie wash. Pat or shake to dry.
- Cut the leaves off the large stems as much as possible. I find that kitchen shears worked the best to keep the pieces large.
- Spray lightly with olive oil.
- Season to your taste.
 - 1 part Creole seasoning + 2 parts Italian seasoning (sweet basil, rosemary, oregano, thyme, garlic powder); mix and shake on 1 side of the kale to season
 - 1 part Himalayan Pink Salt + 2 parts Italian seasoning (sweet basil, rosemary, oregano, thyme)
- **OVEN:** Bake at 200-300 °F until the curly edges start to turn brown and crispy around 2-3.5 hours
- **AIR FRYER:** Add kale leaves until it fills no more than half the space in the fryer. Cook at 210 degrees for 12-13 minutes.
- Watch carefully or it can burn quickly. The burnt kale smell is not a good one.
- Enjoy. I store in a closed container (for up to 3 weeks) for a quick tasty way to enjoy a serving of vegetables.
- **WARNING!** These crunchy veggies are addictive.

Vegan Cheddar Broccoli Soup

(gluten free, soy free, dairy free)

1 can coconut milk

1 1/2 package Daiya vegan cheddar shreds

1/4 cup of my vegan R. U.M. seasoning *

1 package frozen organic broccoli florets

1 TBSP avocado oil or red palm oil

1/4 cup finely chopped sweet yellow onion

1/4 cup finely chopped organic carrot

3/4 cup water

Dump it all in a pot and cook on medium heat until your desired texture ~20-30 minutes.

Serve with the "My Mama Approved" Vegan Biscuit for a fall/winter treat

*Renee's Umami Max = R.U.M. = 1 part dried sliced shitake mushrooms + 2 parts water from canned chickpeas (or cooked chickpea water)

Marinated in the refrigerator for 2-3 days in a glass jar/container. I use re-purposed glass spaghetti jars. Save the fluid full of umami flavor.

English Muffin Pizza

1. To make sauce with controlled sodium add 1 can no salt dice tomatoes + 1 can crushed no salt tomatoes + ½ TSP Himalayan pink salt +1-2 TBSP Italian seasoning blend + 1 TSP Garlic powder or 1 clove crushed garlic
2. Add 1-2 TBSP sauce according to your preference), then add cheese and any veggie toppings you enjoy.
3. Add to air fryer and set for 250 degrees for 6 minutes or to oven at 350 degrees for 10 minutes.
4. GLUTEN-FREE option: Use gluten-free English Muffins
5. VEGAN OPTION: Use Daiya or SO Delicious Mozzarella style shreds. Use English muffins WITHOUT any dairy. READ labels

English Muffin Breakfast Pizza

1. Use plain English muffins. See note below about which to buy
2. Open pre-slice muffins then spray with olive or avocado oil
3. Add 1/4 cup shredded potatoes
4. Add veggie crumbles
5. Add cheese (cheddar or Daiya vegan cheddar shreds)
6. Add any other vegetable toppings including diced onions or peppers
7. AIR FRYER:
 - Spray again with oil lightly and cook in air fryer at 250 degrees for 6 minutes
8. FOR OVEN COOKING
 - Place on cookie sheet lightly sprayed with olive or avocado oil.
 - Bake at 350 degrees for 10-11 minutes or until your desired crispness.
 - Serve with a side of kale chips and fruit for quick yummy meal
9. GLUTEN-FREE option: Use gluten-free English Muffins
10. VEGAN OPTION: Use Daiya cheddar style shreds. Use English muffins WITHOUT any dairy. READ labels

Frittata Muffins On the Go

1 Package Gardein beefless burger

8 large eggs (local or Nellie's or Pete & Gerry's brand)

½ TSP Himalayan Pink salt

Shredded potatoes (1 medium baking size potato or Simply Potatoes shredded potatoes in refrigerated section)

Cheddar cheese or Daiya dairy-free cheddar style shreds

1. Thaw Gardein burger and chop and cook using avocado oil until brown. Add 1 TBSP onion powder, 1 TSP Turmeric powder and ½ TSP McCormick No MSG rotisserie chicken seasoning
2. Shred one medium size baking potato or use Simply Potatoes shredded potatoes
3. Grease large muffin tin with olive or avocado oil thoroughly
4. Crack 8 large eggs into a bowl
5. Add ½ TSP Himalayan pink salt and mix using a fork or whisk.
6. Add 1 cup shredded potatoes and 1 cup cooked chopped Gardein burger
7. You can also add other toppings including fresh chopped onion, peppers or other vegetables to your preference.
8. Stir all and pour into muffin tin.
9. Top with small amount shredded cheddar cheese or Daiya vegan cheddar shreds
10. Bake at 350 for 30-32 minutes.
11. Allow to cool and carefully remove frittata muffins. This recipe makes 6 large muffins or 8 regular size muffins
12. Make ahead of time for a week of quick breakfast meals when paired with fresh fruit.

Breakfast Sweet Potatoes

This is a slight revision of a recipe by Linda Watson, CookforGood.com. It has been one of my favorite breakfast and evening meals for more than 8 years. REAL comfort food.

Sweet potatoes baked or microwave cooked until soft

½ cup Plain coconut milk yogurt (thicker texture than almond or soy yogurt)

½ TSP cinnamon

½ TSP pure vanilla extract

1 pinch of ground nutmeg

- Wash unpeeled sweet potatoes using white vinegar and water
- Use a fork to poke some holes in each potato.
- Bake for 50-60 min. at 350°F or microwave sweet potatoes until tender.
- Allow to cool for 1-2 minutes. HANDLE carefully as the potatoes will still be hot
- Mix ½ cup yogurt with cinnamon and vanilla extract. Stir well.
- Cut open sweet potato and use a spoon to mash the insides.
- Scoop 1-3 TBSP cinnamon yogurt sauce on top and enjoy

ALTERNATELY: Remove cooked sweet potatoes from the skin and mash well using a potato masher or fork. Apply cinnamon-yogurt sauce on top. This can reveal your artistic side as you can make fun patterns & shapes (hearts, letters) or just drizzle in a zigzag pattern.

NOTE: This sauce can also be used as a fruit or veggie dip for fresh apples or raw sweet potatoes cut into sticks for dipping. 😊

Black Bean Salsa

- 1 15 oz. can black eyed peas, drained
- 1 15 oz. can black beans, rinsed & drained
- 1 15 oz. can whole kernel corn, drained
- 1 14½ oz. diced tomatoes, drained
- 4 oz. diced jalapeno peppers, drained
- 1 medium onion chopped
- 1 small green bell pepper, chopped
- 1 cup Italian salad dressing
- 1 TSP minced cilantro
- 1 TSP cumin
- ½ TSP garlic powder
- ½ TSP creole seasoning or sea salt

1. Mix all ingredients until coated with dressing.
2. Refrigerate overnight before serving
3. Serve as a dip with tortilla chips or a topping over rice.
4. I have never tried freezing it as it never stays around long enough

Black Bean Sweet Potato Dip

2 medium sweet potatoes, diced
1 TBSP extra virgin olive oil (EVOO)
1 15.5 oz. can black beans, drained and rinsed
1 cup low sodium vegetable stock
½ cup water
2 garlic cloves, minced
2 TBSP chili powder
2 TSP ground mustard
1 TSP ground cumin
½ TSP sea salt
1 cup salsa
1 cup shredded cheese or gluten-free, soy free vegan Daiya
"cheddar" shreds
Low sodium tortilla chips

1. In a pot of salted water, boil the sweet potatoes.
2. While the sweet potatoes are cooking, in a medium saucepan on medium heat, add the black beans, stock, water, garlic, chili powder, mustard, cumin and sea salt.
3. Simmer, uncovered, over medium-high heat for 15 minutes.
4. Drain the water from the sweet potatoes; return the sweet potatoes to the pot. Set aside.
5. Once the bean mixture is done, drain and add to the sweet potatoes. Mash with a potato masher.
6. When ready to serve: add equal amounts of the sweet potatoes/black beans, salsa and cheese to a glass bowl.
7. Microwave 1 minute or warm in the oven for 5 minutes. Serve immediately with tortilla chips. Too good and filling for words!

Super Easy Black Bean Burger

1 can black beans, drained
½ cup oatmeal flour (quick cook oatmeal ground in food processor or blender until powder)
1 TSP cumin seed
1 TBSP chili powder
1 TSP garlic powder
1 TSP onion powder
1 TBSP Italian blend seasoning (rosemary, oregano, basil, savory)
1 TSP creole seasoning
½ cup low sodium vegetable broth

1. Add black beans, broth and seasonings to a blender or food processor and mix until smooth.
2. Scoop into a bowl and add oatmeal flour and mix well by hand until desired consistency
3. Form into patties and fry for 2 minutes each side minimum over medium heat.
4. Serve on a burger or with your favorite steamed vegetables.

“My Mama Approved” So Easy Vegan Biscuits

2 ¼ cups coconut cream from 2 13-14 fl. oz. cans cold coconut milk

Brands preferred: Chaokoh, La Fe, Native Forest Organic, Sprouts. Refrigerate 2 cans for 1-2 days. Open can and scoop out the semisolid coconut cream on top and sides of can. Choose brand WITHOUT guar gum or it will not separate.

2 ¼ cups unbleached flour

3 TBSP cane sugar

1 TSP salt

3 TBSP Aluminum free baking powder

1. Add all dry ingredients to a mixing bowl and stir. Leave ¼ cup flour for dusting
2. Add 2 cups coconut cream retrieved from 2 cans refrigerated coconut milk
3. Mix with your hands until the soft dough forms.
4. I press the soft dough flat using only my hands as no rolling pin is needed.
5. Use a biscuit cutter to cut out 2-4 inch size biscuits based on your preference
6. Place in refrigerator for 5-10 minutes.
7. Bake at 425°F for 12-15 minutes.
8. Remove from oven, place on plate and add your favorite vegan butter
9. Enjoy delicious flaky vegan biscuits that even butter lovers will devour.
10. Store cooled biscuits in freezer for up to 1-2 months.

Juice Bubbles [my kids named this drink when they were young]
Frozen concentrate 100% fruit juice (apple, orange, grape)
Sparkling water

Reconstitute thawed juice concentrate with sparkling water instead of regular water. Yummy!

FUN FRUIT BOWLS

1. Add fresh whipped cream (see recipes below) to a waffle cone bowl.
2. Top with fresh fruit. I like to use a mixture of blueberries, red grapes, green grapes, fresh orange slices, strawberries.
3. Easy and yummy. Keep separate and prepare up to 2 hours before serving so the waffle cones do not become too soggy.
4. If serving immediately, you can add some fresh banana slices. Garnish the dish with the extra fruit.

Dairy Whipped cream

16 oz. organic heavy whipping cream ¼ cup powdered organic sugar

½ TSP pure vanilla extract

Whip using a hand mixer with a whisk attachment until fluffy.

Chill in the refrigerator for at least 2 hours. Prepare 20 fruit bowls.

Vegan Whipped cream

PREP: Chill one can coconut milk in the refrigerator for 12-24 hours or longer.

1 can cold coconut milk

1/3 cup powdered organic sugar

1 TSP pure vanilla extract

2 TBSP coconut oil

Whip using a hand mixer with a whisk attachment until fluffy.

Chill in the refrigerator for at least 2 hours. Prepare 20 fun fruit bowls.

Coconut milk banana-mango ice cream

(NO ICE CREAM MACHINE REQUIRED)

1 13.5-14 oz. can coconut milk (full fat version, not the light)

2 medium size bananas

1/4 cup Philippine brand dried mangoes

1 TBSP organic powdered sugar or 1 TSP agave nectar

1/4 TSP pure vanilla extract

2 TBSP water

1. Place can of coconut milk in the refrigerator. For 2-24 hours
2. Cut up 2 bananas in 1 inch size slices and place in the freezer for up to one hour.
3. Reconstitute 1/4 cup dried mangoes in 2 TBSP water and place in the refrigerator for 5-10 min.
4. Add cold bananas, mangoes, sugar (or agave), vanilla & coconut milk to a blender and mix until well blended.
5. Pour in glass bowl with a lid and place in freezer until frozen.*
6. Scoop out like regular ice cream and enjoy. Makes 3.5 cups.
7. Try not to eat the whole thing at once.

Chickpea Potato Curry

1-2 cloves fresh garlic
1-2 TSP fresh grated ginger
1 TBSP ground cumin
1 TSP ground coriander
2 TSP dried cilantro
1 TBSP ground yellow mustard
3-4 TBSP chili powder
1 TBSP ground turmeric
1/2 TSP sea salt or Himalayan pink salt
1 TBSP butter or vegan butter such as Melt Organic
3-4 medium potatoes (red or gold work best)
1 can diced tomatoes, drained
1-2 can chickpeas, drained
2 1/2 -3 cups water
1 TBSP scotch bonnet pepper sauce [if you love spicy]

1. Add 2 1/2-3 cups water to a pot.
2. Peel and cut potatoes into small pieces or use one bag Simply Potatoes diced potatoes with onion. Add to the pot.
3. Add drained chickpeas and tomatoes. **SAVE THE WATER FROM THE CANNED CHICKPEAS** and freeze until use to make Aquafaba or Renee's Umami Max (R.U.M. seasoning)*
4. Add other spices. Stir and cook on medium heat for 30-40 minutes.
5. Serve in a bowl or over brown rice for a tasty flavorful meal.

TAKE BACK YOUR HEALTH Easy Soft Bread

1 cup water heated to 120 to 130 °F

¼ cup Olive or Avocado oil

3 cups unbleached flour

¼ cup raw sugar

½ TSP salt

1 pkg active dry yeast

1. Lightly spoon flour into measuring cup; level off. In large bowl combine all the dry ingredients; mix well.

2. Combine the water and the oil; mix well and pour and knead into dry ingredients. Turn dough out onto lightly floured surface. Knead minutes until smooth.

3. Place dough in bowl; cover with aluminum foil or towel. Let rise in a warm place for 30 to 40 minutes.

4. Take covering off and punch down dough. On lightly floured surface place dough and cover with inverted bowl, and allow to rise for 15 minutes.

5. Shape dough into rolls or loaf. Spray baking pan with olive or avocado oil. Place rolls or loaf in baking pan, cover; let rise in warm place for 35 to 40 minutes or until doubled in size.

6. Preheat oven 350°F. Bake at 350 F (or 390°F for 2 loaves) for 23 to 25 minutes or until brown.

7. Brush top with butter or vegan butter spread or lightly spray with olive or avocado oil on cooling rack.

8. To make whole wheat bread substitute the 3 cups flour for 2 cups unbleached flour and 1 cup whole wheat flour. Prepare as listed.

Veda's Caribbean Black Bean Surprise

- 1 15oz can tomatoes, drained
- 1 15oz can black beans, drained
- 1 cup Frozen corn
- 1½ cups Canned (in 100% juice) or fresh pineapple chunks
- ½ TSP ginger
- 1-2 teaspoons curry powder (to your taste)

Save some of the drained tomato or pineapple juice in case the mixture gets too thick during heating. Heat in a saucepan and serve over brown rice or pasta. You can also add chopped peppers, water chestnuts, *etc.*

Oatmeal Burgers

- 2 cups quick oatmeal (cook in 3 cups water)
- 1 cup chopped walnuts
- 1 medium onion
- 1 cup seasoned breadcrumbs
- 3 eggs beaten
- 1.5 TSP chicken style seasoning

Oil for frying (such as grapeseed, avocado, coconut, red palm oil)

1. Cook oatmeal in 3 cups water according to package directions.
2. In a large bowl place the cooked oatmeal and add the remaining ingredients. Mix well.
3. Form into medium size patties and fry in oil.
4. Makes 12 patties. This may also be served with a mushroom gravy

How to Make Aquafaba

1. Drain a can of chickpeas
2. Whip until it forms white foamy peaks. This can take 6-12 minutes. Use a hand mixer NOT a blender.
3. Add as a vegan egg white replacement for meringues, or egg replacement for muffins, pancakes, pies, cornbread, etc.
4. 3 TBSP Aquafaba = 1 egg. (I get ~ $\frac{3}{4}$ cup per can of chickpeas/garbanzo beans.

Almond Milk On-the-Go

- 1 packet almond butter
- 1 16.9 oz. bottle water

Squeeze packet of almond butter into bottle of water
Shake to mix. Enjoy.

Vegan R.U.M. seasoning

Renee's Umami Max = R.U.M

- 1 part dried sliced organic shitake mushrooms
- 2 parts water from canned chickpeas (or cooked chickpea water)

- Marinate in the refrigerator for 2-3 days in re-purposed glass spaghetti jar/container.
- Drain off rehydrated mushrooms and freeze the rich liquid seasoning in small portion size servings in the freezer. Adds delicious natural umami flavor to soups, vegetables, *etc.*
- You can use the rehydrated mushrooms to make mushroom burgers or blend to make a mushroom gravy.

General Healthy Shopping Tips for Busy People

- NEVER BELIEVE THE HYPE on the front of the box. **FLIP IT OVER** and read the ingredients
- Avoid products that fail the T.M.I. rule (Too Many Ingredients)
- Don't be fooled by marketing language on the packaging. READ the ingredients.
- Avoid foods with ingredients that sound too much like chemicals you cannot pronounce
- Natural sweeteners that can be found in our area include cane/demerara/organic sugar, agave nectar, Stevia , maple syrup, coconut sugar
- Buy fresh fruits and vegetables in season and/or on sale to save \$\$\$
- Reaching your Sodium goals: recommended limit of less than 2,300 mg/day
 - A helpful tip: spaghetti sauce that is on sale is usually full of sodium. Instead stock up on canned low or no sodium crushed tomatoes when they are BG1F or B2G3F (Harris Teeter). Add an Italian spice blend or Mrs. Dash and Himalayan pink salt to make tasty spaghetti sauce that has only 5-180mg sodium per serving versus 450-750mg/serving. **You are in control**
 - Use herbs and spices to flavor your food and use less sodium
 - Ditch the white table salt and use Himalayan pink salt instead. Contains trace minerals including iron, magnesium, calcium, potassium. It has better flavor so you end up using less total sodium to make food taste really -really good.
- It is important to know what to choose and to avoid in ingredients.
 - AVOID artificial colors (*Red #40, yellow #5, etc.*)
 - AVOID artificial preservatives (*BHT, sodium benzoate, etc.*)
 - CHOOSE Organic and/ or non-GMO
 - CHOOSE Low sodium

- CHOOSE Natural sweeteners (cane sugar, organic sugar, agave nectar, stevia, monk fruit, honey, molasses, maple syrup)
 - AVOID artificial sweeteners
 - CHOOSE NATURALLY High fiber foods- Limit those with inulin added as ingredient
 - AVOID trans fat- *If you read the words hydrogenated, partially hydrogenated or interesterified anywhere in the ingredients, put it back regardless of what the front of the package states*
 - AVOID Bleached or brominated flour (try unbleached flour instead- little taste difference)
- Some items to fill my cart first so I limit my junk food but not shock my taste or wallet
 - **#1 Steam In Bag vegetables!!!!**
 - Beans: dry or canned in reduced sodium water (rinse before use)
 - Fruit: fresh, dried, frozen, canned in 100% juice
 - Vegetables: fresh, frozen, frozen (steam in bag), canned in reduced sodium water
 - Sugar in the raw (demerara or organic), stevia, agave nectar, honey, molasses, Polaner All Fruit, maple syrup, coconut sugar
 - Unbleached flour
 - Cereals made only with whole grains, without artificial sweeteners or artificial colors
 - Other whole grains such as brown rice, long grain rice such as basmati or jasmine, oatmeal, cream of wheat, ground flax seed
 - Unsweetened or natural applesauce with no fake colors or sweeteners
 - BEWARE “NO SUGAR ADDED applesauce as these have artificial sweeteners added
 - Good fats: unrefined/virgin coconut oil, extra virgin olive oil (EVOO), avocado oil (safe for high heat), grapeseed oil (safe for high heat frying), red palm oil, ethically harvested palm oil (in place of shortening)
 - Actively seek sales and coupons for natural products including fresh fruits and vegetables. They do exist.
 - Subscribe to coupons.com or a site such as www.thetakebacktour.com

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