

Forward

Forward? Does anybody really read these things? I for one normally don't, however I suppose you are reading this one, so I'll try to make it interesting.

"Well, My Kids Eat It....", what a strange title this is for a cook-book. How did I come up with this you ask? Well you see, it's like this...Coming from an Italian family, my eating habits seemed very peculiar and were quite different than they are now. People would ask me different questions about how I ate, knowing I was concerned about a healthier lifestyle. After talking a bit they would say, "That's great but my kids would never eat that way." My answer would be "Well, my kids eat it....."

Becoming vegan was not an overnight experience, I eliminated meats one at a time because of my love for the animals. As I heard of the cruelty involved to each of these farm animals I refused to eat them. The first to go, was lamb and veal, then pork and beef. Finally, I read about the conditions the factory farmed chickens were kept under and I refused to eat those, too. Then I heard that fish suffocate! Well no more fish for me! I felt that I could not even remotely be involved in the torture these animals go through. How could anyone treat God's creatures in this manner. All of God's creation was put here for us to oversee. I do not feel that God intended for us to abuse these animals. He gave them to us for our use, and not to be abused.

So a lacto-ovo vegetarian I became. Now mind you my family did not see my point. They pacified me up to chicken, that's where they drew the line! Since I am the cook of the household, I cooked for my husband and two kids and separately for me. My third child came in 1992.

In 1993 on a summer camping trip to up-state New York, we stopped in a cruelty-free store run by the Woodstock Friends of Animals. The store had many books on vegetarianism but mostly vegan related books. I spoke to one of the sales man and he asked me if I was vegan and I replied that I was vegetarian. He steered me over to books on vegan life styles, so of course I bought them. As I read, I had learned of the major cruelty involved in the egg and dairy industry. No longer is Bessie, the cow, a part of the family as she was for centuries, but a commodity for some dairy farmer. Now she is kept in a stall with her calf who is kept there long enough, about 24 hours, to allow her milk to come in and then after taking away her calf, she is hooked to a milk machine. If her calf is a boy, he is placed in stall in a head lock for six

Well, My Kids Eat It...

weeks for veal. If the calf is a girl she is raised on formulas until it is old enough to be impregnated like her mother and the process starts all over again. No longer are the chickens running free outside to feel the sunshine but kept in over crowded conditions that promote cannibalism amongst them, that they have to be beaked! And by now everyone knows of the "downed cow" issue, in the beef industry, that is up for Congress to ban. Is this how God intended for us to be caretakers of His Creation! I don't think so. I became vegan within 24 hours of purchasing those books and so did my husband. Well, now the kids, you see, had no choice!

The books I bought not only discussed the cruelty aspect, but also but the health problems involved in eating a diet of animal proteins and animal fats. The major diseases of our era are a result of eating animals. Cancer, heart disease, diabetes and obesity, just to name a few. For us Christians, the body is the temple of the Holy Spirit, and it is our obligation to keep that temple clean and not polluted by ingesting a diet that is harmful.

Ok, what can my family eat that will be not only be taste pleasing, but nutritious? So my imagination needed to work over time. I had to please a 13 year old, a 10 year old and a 1 year old. The baby was easy, since up to this point she did not have any dairy or eggs. So her transition from mother's milk to rice and soy milk was a breeze. All of her baby foods were processed in the food processor from what I was eating. She, I can say, is vegan from birth. God's timing was great! But my other two children were a different story. My imagination and my basically Italian cooking did the trick. The foundation of the Italian cuisine is vegetarian with the emphasis on pasta of course, but we built on from there. I finally learned to satisfy my family.

I am now a nutrition student and through my courses of study I have learned how unhealthy a diet of animal fat proteins really is. There are tremendous health benefits in a vegan diet. Whole grains are also needed to be added to the diet. White flour and white rice for example need to be replaced with whole wheat flour and brown rice. I have eliminated white flour from the following recipes except Italian Zeppoles. In that recipe, unbleached flour is used since whole wheat pastry flour is too heavy. All refined sugar is eliminated, except in the Carob Chip Cookies, Brownies and Cake Frosting recipes. Sucanat is a good choice for those instead of refined white sugar. Also when ever possible, try to obtain organic ingredients in making these or and any other recipes.

From me and my family, to you and yours! I hope that your Kids Will Eat It...Too!

Table of Contents

BREAKFAST

Delicious Oats	11
Great Granola	12
Scrambled Tofu	13
Breakfast Burrito	14
Scrambled Tofu and Potatoes	15
Oat Pancakes	16
Apple Pancakes	17
Veggie Cheese Breakfast Crapes	18
Bacon and Eggs?	20

BREADS

Daily Bread	23
Corn Bread	24
Banana Bread	25
Dumplings	26

SOUPS

Split Pea Soup	29
Escarole and Bean Soup	30
Many Bean Soup	31
Onion Soup	32
Corn Chowder	33
Very Veggie Vegetable Soup	34

SAUCES AND DRESSINGS

French Salad Dressing	37
Vegetable Pasta Sauce	38
Non-Dairy Cheese Sauce	39
Brown Sauce	40
Mexican Salsa	41
Carrot-Tomato Pasta Sauce	42

SIDE DISHES

Braised Spinach	45
Bean Salad	46
Orzo with Peas	47
Braised Broccoli	48
Zucchini Fritters	49
Grilled or Broiled Portabello Mushrooms	50
Cous Cous and Vegetables	51
Sauted Mushrooms	52
Oriental Green Beans	53

MAIN DISHES

Lentil Stew	57
“Wannabees” Oatmeal-Tofu Burgers	58
Rice Oriental	59
Brown Rice and Chick Peas	60
TVP Stir-Fry	61
Stuffed Acorn Squash	62
Spicy Eggplant in Garlic Sauce	63
Brown Rice and Beans	64
Un-Meatloaf	65
Pot Pie	66
Un-Chicken and Potatoes	68
Sesame Carrot Pasta	69

ITALIAN SPECIALTIES

Un-Meatballs	73
Eggplant and Pasta	74
Ziti with Beans and Escarole	75
Broccoli and Pasta	76
Pasta Fagioli	77
Whole Wheat Fettucine with Broccoli Rabe	78
Italian Zeppoles	79

DESSERTS

Carob Chip Cookies.	83
Brownies	84
Cake Frosting	85