

Recipe Summary
Diabetes Food for Life Nutrition & Cooking Class
April-June, 2010 Series

Class Text: Dr. Neal Barnard's Program for Reversing Diabetes

Recipe	Source	Page	Rating	Raters		Average Rating
				Name	Comments	
Black Bean Dip	Cancer Survivor's Guide	107	5	Pat W.		5
BLT Salad	Class Text	220	5	Dorie K.	This was a great dinner salad with the Orange Couscous Pilaf. The salad dressing was great! Used organic soy Bacon Bits.	3.5
BLT Salad	Class Text	220	2	Anna L.	I didn't like how the bread became soggy.	3.5
Breakfast Sweet Potato Pudding			4	Beth W.	Good even on day 2.	4
Chana Masala	http://smittenkitchen.com/2010/02/chana-masala/		4	Anna L.	Cooked with no oil. It was still good. I also made it with less spice. This recipe is better on day 2 and will cure any craving for Indian food.	4
Cheesy Sauce	Cancer Project Class Handout		4	Anna L.	It was good. (Recipe also on www.AlaskaVeg.org/AVSRecipe.html)	4
Cheesy Sauce	Class Handout		4	Anna L.		4
Cheesy-Beany Spread	Class Handout		5	Pat W.	Very good. (Recipe also on www.AlaskaVeg.org/AVSRecipe.html)	5
Chicken Style Seasoning	Cooking with Compassion	102	5	Pat W.	Good. (Recipe also on www.AlaskaVeg.org/AVSRecipe.html)	5
Chili	Class Handout		4	Beth W.		4
Chocolate Mousse	Cancer Survivor's Guide	215	5	Beth W.	Easy, good and everyone liked it!	5
Cream of Broccoli Soup	Cancer Survivor's Guide	122	5	Pat W.	Very Good, Filling	5
Cream Root Soup	Cancer Survivor's Guide	123	4	Pat W.	Made many modifications to match what I had on hand.	4
Garbanzo Guacamole			4	Beth W.	Good and easy to make.	4
Good for Company Salad	Class Handout		5	Pat W.	Even good when I made it.	5
Grilled Portobella Burger	http://www.foodnetwork.com/recipes/food-network-kitchens/grilled-portobello-burger-with-onion-jam-recipe/index.html		5	Pat W.	Everyone liked it!	5
High Protein Oat Waffles	Class Text	196	3	Beth W.	The taste was "OK". The consistency was strange.	3
Orange Couscous Pilaf	Class Text	232	4	Dorie K.	Really yummy and quick. Good cold.	4.5
Orange Couscous Pilaf	Class Text	232	5	Beth W.	It smells so good as it is cooking. It's great.	4.5
Orange-Applesauce Date Cake	Class Text	242	5	Pat W.	Delicious, a little heavy but moist and flavorful!	4.5
Orange-Applesauce Date Cake	Class Text	242	4	Beth W.		4.5
Peanut Butter Chocolate Bars	Joy of Vegan Baking	129	5			5
Pumpkin-Raisin Muffins			5	Beth W.	Substituted cooked yams. Yummy!	5
Roasted Sweet Potatoes	Class Text	236	5	Elaine A.	I used ground spices and it was great.	5
Spinach Hummus	Class Text	200	5	Ronata E.	Really good flavor, but too much garlic (used 6 cloves).	5
Sweet Potatoes & Apples	McDougall Quick & Easy Cookbook	208	5	Anna L.	Good, good - a substitute when you want something sweet.	5
Tangy Potato Salad	Cooking with Compassion	69	5	Elaine A.		5
Tofu Burrito	Cancer Survivor's Guide	186	5	Pat W.	Delicious.	5
Tofu Scrambler	Class Text	192	4	Ronata E.	Delicious, really like the spice mix.	4
Wheat berry Pancakes	Class Text	197	5	Elaine A.	My grandkids loved them. A sure test of how good they are.	5
Whole Wheat Tortilla Chips	Delisa		5	Beth W.	These are so good and easy to make.	5
Yes-You-Can Black Bean Chili	Class Handout		4	Anna L.	This is a easy, fast recipe to make and it's delicious to eat. Can wrap in a tortilla or use a lettuce leaf for a delicious, yummy and low calorie meal.	4

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Cancer Project Food for Life Nutrition & Cooking Class
April - June, 2010 Class Series

Class text: The Cancer Project, Cancer Survivor's Guide

Recipe	Source	Page	Rating	Raters Name	Comments	Average Rating
Black Bean Dip	Class Text	107	4	Floyd M.		4
Braised Kale	Class Text	173	5	Tiffany M.	Very Good. Used veggie broth, braggs (1Tbsp) and tamari (1 Tbsp)	5
Cheesy-Beany Spread	Class Handout		5	Cecilia P.	Important to use a food processor. The blender didn't work.	5
Double Bean Soup	No recipe		3	David T.		3
Easy Bean Salad	Class Text	140	5	Amie	All organic: 1 cup black beans, 1 cup corn, 1/2 cup finely chopped Jicama, 1/2 cup chopped red onion, 1/2 cup chopped red bell pepper, 1 tsp cumin, 2 tsp diced garlic, 2 tsp chili powder, sea salt to taste, drizzle with lime juice, pinch of cayenne, 2 Tbsp cilantro. Served on lettuce or spinach.	4.5
Easy Bean Salad	Class Text	140	4.5	Cecilia P.		4.4
Easy Bean Salad	Class Text	140	5	Denise M.	Substituted garbanzo beans for black-eye peas.	4.4
Easy Bean Salad	Class Text	140	5	Ingrid H.	I added balsamic vinegar also to give it a little more flavor.	4.4
Easy Bean Salad	Class Text	140	3	Karen C.		4.4
Frozen Thawed Tofu	Class Handout		5	Pamela N.		5
Gluten "Chicken"	Class Handout		5	Pamela N.		5
Pan Seared Portobello Mushrooms	Class Text	206	4	Pat W.	Delicious.	4.5
Pan Seared Portobello Mushrooms	Class Text	206	5	Tiffany M.	Very Good. Served them with whole grain sandwich thins, vegan mozzarella cheese, lettuce, tomato, orange bell peppers. Family approved.	4.5
Peanut Butter Chocolate Bars	Joy of Vegan Baking	129	5	Ruthann C.	Wonderful snack bars	5
Potato Salad	Class Text	145	3	Pat W.	Potatoes too crunchy. Need to cook longer.	3
Roasted Sweet Potato Wedges	Class Text	114	5	Darlene M.		5
Vegan Omelet	www.veg.org		3	Karen C.		3