**April -Allergy Free**

**Mandarin Orange Salad**

12 Servings

*Ingredients for salad:*

9 cups Romaine lettuce or mixed green, bite size

1 can mandarin oranges, reserve liquid

1 can sliced water chestnuts, drained

1 cup celery, chopped

2 green onions or ½ small red onion, sliced

Toss all ingredients together.

*Ingredients for dressing:*

6 tbsp oil

3 tbsp sugar

3 tbsp flavored vinegar

1 ½ tsp cilantro

¼ hot sauce

½ cup chopped pecans (optional)

Salt and pepper to taste

Reserved mandarin liquid

Combine ingredients together. Add reserved mandarin juice to dressing to taste.

**Peachy Keen Cake**

*Ingredients:*

¾ cup butter, softened

8oz cream cheese, softened

1 ½ cups sugar

3 tsp baking powder

2 beaten eggs

½ tsp imitation almond extract

½ tsp vanilla extract

1 29oz can peach halves, drained, rinsed, pureed

2 ½ cups flour

4 egg whites

¼ tsp cream of tartar

In a large bowl, beat butter, cream cheese, and sugar until light and fluffy. Add baking powder, eggs, extracts, and peaches. Mix well. Add flour. Mix well. Set aside. In a separate bowl, beat egg whites with cream of tartar until form soft peaks. Gently fold egg whites into cake batter. Pour into a greased pan(s). Bake at 350° until toothpicks inserted in center comes out clean. Note: for two Tiara pans the baking time was 25 minutes. Another note: add a small box of vanilla pudding mixed with 1 ¾ cups of milk to the center of the two Tiara pans. Cover the cakes and refrigerate until ready to serve. Enjoy!!!

**Bean Cakes Supreme**

*Ingredients for beans cakes:*

3 15oz cans black beans, drained, rinsed

1 red bell pepper, seeded, chopped

3 to 6 green onions, chopped

2 to 3 carrots, grated

1 ½ tsp garlic powder

1 ½ tsp onion powder

1 ½ tsp chili powder

2 tsp cumin

½ cup salsa, drained

*Ingredients for topping:*

1 16oz frozen corn

½ sweet onion, thinly sliced

1 16oz jar salsa

1 bagged greens- lettuce, spinach

½ cup chopped parsley or cilantro

Combine all bean cake ingredients by mashing them using a potato masher. Form into small patties or as a 9x13 casserole. Cover with foil. Bake at 350° for 20 to 30 minutes. Remove foil. Bake for another 5 to 10 minutes. Roast onions until wilted. Roast corn until brown. Assembly: place greens or plate. Place bean patty on top. Add roasted corn, onions, salsa, and parsley to taste.

**Strawberry-Orange Smoothies**

3 servings (1 cup each)

*Ingredients:*

3 containers (6oz each) Yoplait Light very vanilla yogurt

1 bag (10oz) frozen strawberries

2 tbsp orange juice

1 tbsp honey

In blender, place ingredients. Cover; blend on medium speed until smooth. Add more honey to taste if desired. Pour into 3 glasses. Serve immediately.

**Cookie-Brownie Bars (Gluten Free)**

24 Bars

*Ingredients for cookie:*

1 box (19oz) Betty Crocker Gluten Free chocolate chip cookie mix

½ cup butter, softened

1 tsp gluten free vanilla

1 egg

*Ingredients for brownie:*

1 box (16oz) Betty Crocker Gluten Free brownie mix

¼ cup butter, melted

2 eggs

Heat oven to 350°. Grease bottom only of 13x9 inch pan with shortening or cooking spray. In medium bowl, stir cookie ingredients until soft dough forms. Drop dough by rounded tablespoonfuls onto bottom of pan. In another medium bowl, stir brownie ingredients until well blended. Drop batter by tablespoonfuls evenly between mounds of cookie dough. Bake 30 to 35 minutes or until cookie portion is golden brown. Cool completely, about 1 hour. For 24 bars, cut into 6 rows by 4 rows.

**Oatmeal Dream Dates**

*Ingredients:*

1 8oz package pitted dates, coarsely chopped

1-1/2 cups 100% orange juice

2-1/2 cups all purpose flour

1-1/2 cups firmly packed brown sugar

½ tsp salt

3 sticks margarine or butter, chilled, cut into pieces

2 cups oatmeal

1-1/2 cups shredded coconut, divided

1 cup chopped nuts

Heat oven to 350°. In medium saucepan, combine dates and orange juice; bring to a boil. Reduce heat; simmer 15 to 20 minutes or until thickened, stirring occasionally. Remove from heat; cool slightly. In a large bowl, combine flour, sugar, and salt. Cut in margarine with pastry blender or two knives until mixture is crumbly. Stir in oats, 1 cup coconut and nuts; mix well. Reserve 4 cups of oats mixture for topping. Press remaining oat mixture evenly onto bottom of ungreased 13x9 inch baking pan. Spread date mixture evenly over crust to within ¼ inch of edges. Sprinkle with reserved oat mixture. Sprinkle with remaining ½ cup coconut, patting gently. Bake 35 to 40 minutes or until light golden brown. Cool completely in pan on wire rack. Cut into bars. Store tightly covered.

**Applesauce**

4 cups

*Ingredients:*

4 lbs apples, McIntosh, Granny Smith, Golden delicious, or combination

½ cup agave nectar or honey

2 whole cinnamon sticks

1 tbsp fresh lemon juice

Peel, core, and quarter the apples. Place in a saucepan with just enough cold water to cover the bottom of the pan. Add the cinnamon sticks. Bring to a simmer, cover, and cook until the apples are tender, about 15 minutes. Stir in the agave or honey and lemon juice. Simmer uncovered for 10 minutes. Remove cinnamon sticks and press the apples through a food mill or process in a food processor for a smooth applesauce.

**Raspberry Sauce**

2 cups

*Ingredients:*

2 cups fresh or frozen raspberries, organic when possible

¼ cup agave nectar

1 tsp fresh lemon juice

1 tsp real vanilla extract

Place raspberries, lemon juice, and agave in a 2 quart saucepot and bring to a boil over high heat. Stir until raspberries have fallen apart. Remove from heat and stir in vanilla. Stain though a fine sieve while still hot. Cool to room temperature off the heat and serve.

**Apple Muffins**

12 muffins

*Ingredients for muffins:*

4 tbsp dairy-free margarine, melted

¼ cup unsweetened applesauce

1 cup soy or rice milk

2 cups unbleached all purpose flour

3 tsp baking powder

½ tsp salt

1 tsp ground cinnamon

¼ tsp ground nutmeg

½ cup granulated sugar

1 ½ cups diced, peeled apples, divided

*Ingredients for topping:*

¼ cup granulated sugar

½ tsp ground cinnamon

Preheat oven to 375°, and spray a 12 cup muffin pan with dairy-free baking spray. In the bowl of a stand mixer fitted with the paddle attachment, combine the melted margarine, applesauce, and soy milk. In a separate medium bowl, mix together the flour, baking powder, salt, the 1 tsp cinnamon, nutmeg, and ½ cup sugar with a wire whisk. Add the dry ingredients to the apple mixture, and stir by hand with a rubber spatula just until combined. Fold in the 1 cup chopped apple. Do not over mix. Using a cookie scooper, fill the prepared muffin cups with batter, and top each with the remaining ½ cup diced apples. To make the topping, in a small bowl, combine the ¼ cups sugar and the ½ tsp cinnamon, and sprinkle the mixture over the muffins. Bake for 20 to 25 minutes, or until inserted cake tester comes out clean.

**Almond Sugar Cookies**

*Ingredients:*

1 cup butter, softened

¾ cup sugar

1 tsp imitation almond extract

2 cups flour

½ tsp baking powder

Cream butter and sugar until light and fluffy. Add remaining ingredients. Mix well. Using medium scoop, roll dough into a ball. Cut in half and roll again. Place 2 inches apart onto a greased cookie sheet. Flatten with bottom of a glass. Bake at 400° for 10 minutes. Enjoy!!!

**Vegetarian Potato Pizza**

6 Servings

*Ingredients:*

3 medium baking potatoes, peeled

1 small onion

1 egg yolk

1 tbsp potato flour or cornstarch

½ tsp salt

2 tbsp olive oil

2 cups of your favorite sliced vegetables like zucchini, mushrooms, onions, bell peppers, and broccoli

2 tsp dried Italian seasonings

1 tsp chopped garlic

1 cup shredded mozzarella cheese

Shred potatoes and onion into a bowl of water; drain well, squeezing out excess moisture. In a large bowl combine potato and onion, egg yolk, flour, and salt. Mix well. In a spring form pan, heat 2 tsp of oil in a 500° oven for 2 minutes. Remove from oven and press potato mixture in bottom of pan and up the sides. Brush the top with 2 tsp of oil. Return to the oven for about 30 minutes until potato crust is brown and crisp. In a large bowl, coat the 2 cups vegetables with the remaining oil, seasonings, and garlic. Top potato crust with cheese and spread the veggies on top. Turn the oven down to 425° and return pizza to bake for 15 minutes or until veggies is cooked. Remove siding of the spring form pan and serve.

**Oatmeal Fruit Bars**

*Ingredients:*

2 cups all purpose baking mix

1 cup quick cooking oats

¾ cup brown sugar

½ cup butter or margarine, softened

1 cup preserves, any flavor

1 tbsp warm water

Preheat oven to 400°. Lightly oil an 11x7 in baking dish. Combine baking mix, oats, and brown sugar in a large bowl. Work in softened butter with a pastry blender until you have an evenly crumbly mixture. Put 2 ½ cups of crumb mixture in bottom of prepared pan. Spread evenly and press down firmly. In a small bowl, combine preserves and water. Mix well. Evenly spread preserve mixture on top of crumbs to within ¼ inch of edges. Evenly distribute remaining crumbs on top and gently press into fruit. Bake 25 to 30 minutes until lightly browned. Cool on rack. Cut into bars.