



*Cookin' Up Good Health Holiday Recipes  
From The  
Cookin' Up Good Health Cooking School*

*Donna Green-Goodman, MPH*

Health Educator, Author, Host, Breast Cancer Survivor

Lifestyle Therapeutix

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# Donna Green-Goodman, MPH

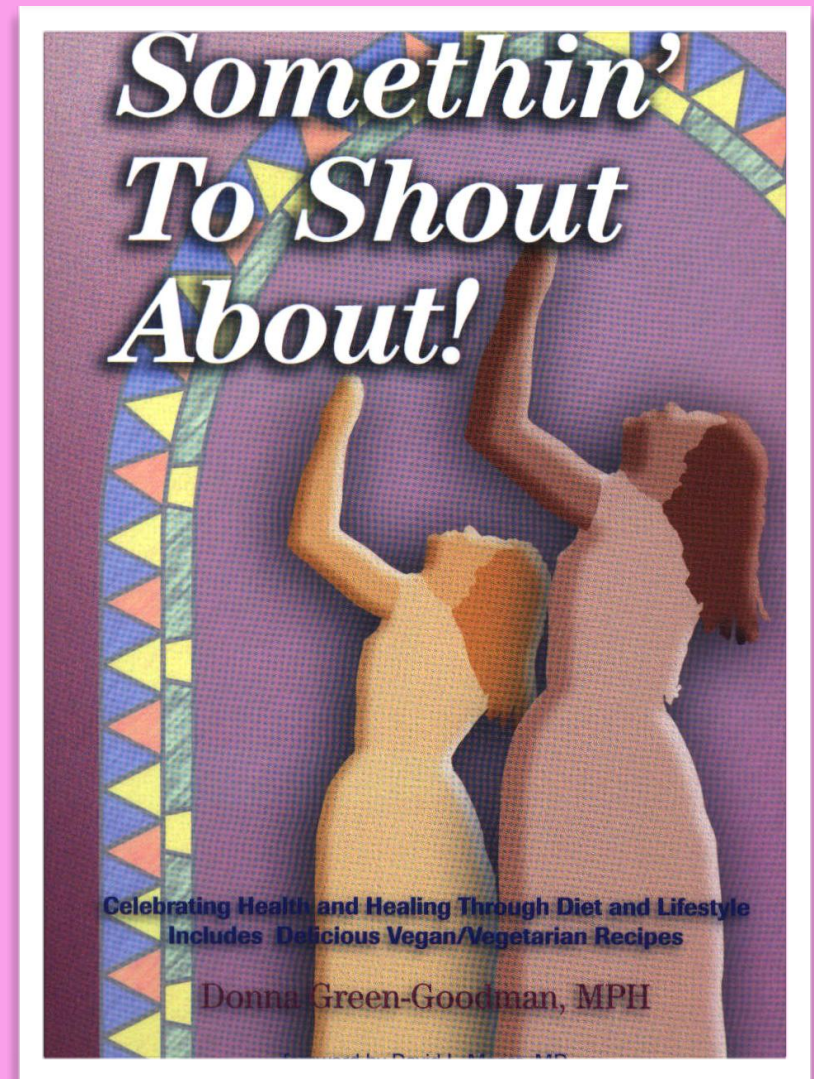
- ~ Career in Public Health Nutrition and Education
  - ~ University Faculty
  - ~ Dept. of Public Health
  - ~ Community Health
  - ~ Home School Mom
- ~ Author
- ~ Cooking Show Host
- ~ Lifestyle Therapeutix
- ~ Breast Cancer Survivor





# Why I Chose Plant-Based

- ~ Summer 1996, 37 years old
- ~ Following Fibroadenoma
- ~ No family history; breastfed my son for 18 months
- ~ Biopsy, lumpectomy, right axillary dissection
- ~ Invasive, aggressive, metastatic, estrogen positive; 6 of 17 lymph nodes positive
- ~ Recommended treatment-chemo, stem-cell transplant, chemo, radiation, tamoxifen
- ~ Overweight, migraines, constipation, gynecological issues, insomnia, stress etc.
- ~ 21 Years Breast Cancer Free



# Let's Rock and Roll

- ~ Make the Decision
- ~ Look at
  - ~ Money
  - ~ Refrigerator/Cupboard
  - ~ Culture
- ~ Plan Your Meals
- ~ Gather Recipes/Food Prep Tips
- ~ Create a Shopping List
- ~ Go Shopping
- ~ Cookin' Up Good Health!!





# Salad Dressings

## **Pam's Easy Creamy Italian Salad Dressing**

1 package Good Seasons Italian Salad Dressing Mix  
¼ cup lemon juice  
¾ cup water  
½ cup canola or olive oil  
1 package of Mori-nu Soft, Silken Tofu

In a blender place all ingredients. Blend until smooth. Add more water to make dressing pourable, if needed. Serve.

## **Like Raspberry Vinaigrette Dressing**

¼ cup lemon juice  
½ cup canola oil  
½ - 1 can white grape raspberry concentrate (depending on your preference)  
1 package Good Season's Italian Salad Dressing Mix

Mix all ingredients well! Serve!

## **Avocado Salad Dressing**

1 medium, ripe avocado, peeled and sliced  
Juice of one lemon and/or lime (depending on your preference, I use both)  
1/3 cup water or more to desired consistency  
Honey and salt to taste, optional

In a blender, place the peeled and sliced avocado. Add lemon and lime juices and water to make it thick but pourable. Add optional honey and salt to taste. Serve immediately. (Color darkens, longer it sits). YIELD: 16 servings. **VARIATION: Add 1/2 small cucumber, 1 handful fresh basil, 1 small container plain, non-dairy yogurt, 2-3 cloves garlic, water to desired consistency.**

*Hampton Creek makes some amazing vegan salad dressings if you want to grab and go!! [eatjust.com](http://eatjust.com)*



# NOT Turkey

## **Herb Marinade**

1/2 cup olive oil

1/4 teaspoon of each - garlic powder, onion powder, Pepper-Like seasoning, thyme, parsley, rosemary, sage.

1-2 teaspoons McKay's Chicken Style Seasoning

Mix well and use to marinate your favorite veggie foods. **Yield 1/2 cup**

## **Herbed Veggie Chicken**

6-8 vegan Chicken Breasts - Gardein, Quorn OR 16-20 Vegan Chicken Drumsticks- VegeUsa

1 recipe Herb Marinade

Place vegan chicken in an oven proof dish. Coat with enough Herb Marinade to cover each piece and let sit for 1 hour or up to overnight. Place in 400 degree oven and bake till golden brown and desired crispness. Serve.

**Serves 6-8**

## **Herbed Vegan Turkey**

1 whole vegan turkey

2 cups pineapple juice

1 onion sliced

6-8 cloves garlic, crushed

1 bag whole baby carrots

3 stalks celery

6-8 baby red potatoes

1 red onion, sliced

1-2 bell peppers/ your favorite color

Cornbread Dressing

2 recipes of Herb Marinade

Pineapple Juice Marinade

Soak 1 whole vegan turkey overnight in pineapple juice, garlic and onions.

In morning, drain pineapple marinade into a cup. Stuff "cavity" with your favorite Cornbread Dressing. Place vegan turkey in roasting dish and place veggies around it. Mix about a 2 cups of pineapple marinade with herb marinade. Brush over vegan turkey. Then pour about 1-2 cups of combined marinade over veggies. Cover and bake at 350 degrees for about 45 minutes. Uncover and continue basting and baking until desired browning is noted. Place in center of table and commence the "carving". **Serves 12-15**



ETV - PHOTOGRAPHY



# Mac N Cheese

## Judy's Slammin' Mac 'n Cheese

2 -4 cups soy macaroni noodles or your favorite whole grain  
4 cups water  
2 tablespoons Earth Balance margarine  
1 tablespoon heaping, Tofutti Better than Sour Cream  
1 tablespoon lemon juice  
2 teaspoons salt  
1 package Follow Your Heart VEGAN cheddar cheese, grated  
½ package Follow Your Heart VEGAN Mozzarella cheese, grated  
½ package Follow Your Heart VEGAN Smoked Gouda, grated  
*(DAIYA Slices also work well in this recipe and they have a variety of flavors)*  
1/2 -1 cup Nutritional yeast flakes, or more to taste  
1/4 - 1/2 cup flour  
2 cups plain soy milk, more/less to your preference  
Garlic powder, Onion Powder, McKay's NO MSG Chicken Style Seasoning, Turmeric, salt to taste

Grate cheese and mix evenly. Boil macaroni in the water to desired tenderness. Drain and immediately add margarine, ¾ of the cheese and the sour cream. Stir, letting the heat from the macaroni melt the margarine, cheese and sour cream. Add nutritional yeast flakes, lemon juice, salt, flour and milk. Add additional seasonings to taste. Place in a casserole dish and add remaining grated cheese to the top. Cover and bake at 350° about 30 minutes (cheese on top should be melted). Uncover and turn the oven to broil. Broil macaroni to desired brownness. Remove from oven and serve. **Serves 8-10**



Visit the Lifestyle Therapeutix!! YouTube Page for Demo  
[https://www.youtube.com/watch?v=IT\\_ZJdcOP2E&t=110s](https://www.youtube.com/watch?v=IT_ZJdcOP2E&t=110s)

# Collard Greens

## **Southern Collards**

2 pounds collard greens

Olive oil

2 small red onions, finely chopped

2 garlic cloves, crushed

2/3 cup vegetable broth or water

1 T. NO MSG-McKay's Chicken Style Seasoning or more to taste

1 red bell pepper, seeded and sliced

**Bakon Seasoning** to taste (optional)

Sort and wash collards. Strip leaves from stalks and thinly cut. Steam over a pan of boiling water until slightly wilted, about 5 minutes. Transfer to strainer or colander to cool. Press out excess water. In large skillet or saucepan, heat some olive oil. Saute the onions until lightly browned. Add garlic and stir fry one to two minutes. Add greens, bell pepper and remaining broth. Mix well. Over low heat, cover and cook 15 minutes or until of desired tenderness. (**Bakon Seasoning** gives the greens that traditional, down-home, smoked flavor)

*Can't find McKay's? Look for Better Than Bouillon Vegetarian No Chicken Base OR Imagine Vegetarian No Chicken Broth.  
Can't find BAKON? Look for Liquid Smoke*

*Want to see a demo? <https://www.youtube.com/watch?v=PeJnyLNyeWA>*





# Sweet Potatoes/Yams

## **Sweet Potato Souffle**

4-6 medium sweet potatoes, cooked and peeled  
½ cup evaporated cane juice crystals  
2 tablespoons margarine, melted  
½ - ¾ cup orange juice  
½ - ¾ cup Silk vanilla creamer  
½ cup flour, more if needed  
1 teaspoon vanilla flavoring  
Dash of salt  
Jamaican allspice to taste

### **Topping**

¾ cup of margarine, melted  
1 cup flour  
1 cup sugar  
1 cup nuts, optional

In a mixing bowl, mash sweet potatoes. Add sugar, orange juice, milk, salt, vanilla and a little allspice. Add flour a little at a time till soufflé mixture is desired consistency. You may need to add more milk or juice. Pour into a baking dish. Mix topping ingredients and crumble on top of soufflé. Bake in 350° oven till soufflé is set and topping is lightly browned, about 45 minutes. **Serves 8-10**

## **Slow-cooked Candied Sweet Potatoes**

Vegetable Spray

4-6 medium sweet potatoes, peeled and sliced  
1 cup natural sugar  
1 ½ cups orange juice  
1 teaspoon orange zest  
1 teaspoon vanilla

Your favorite spices - coriander, Jamaican allspice, etc.

Spray pan with vegetable oil spray or rub with coconut oil. Place sweet potatoes in crockpot. Mix together all other ingredients and pour over sweet potatoes. Cover crockpot and turn on. Cook on low for 4-6 hours or on high for 2-4 hours or until tender.

**Serves 4-6**

## **Simple Skillet Sweet Potatoes**

4 medium-large sweet potatoes  
1 tablespoon vegetable margarine or coconut oil  
¼ cup maple syrup  
¼ cup natural sugar  
⅓ cup orange juice  
¾ cup fresh, diced pineapple  
Your favorite spices to taste  
Vanilla flavoring to taste

Wash, peel and cut sweet potatoes to desired size. In a heavy skillet melt margarine. Add sweet potatoes and stir to coat. Add sweeteners, spices and optional vanilla. Bring to boil. Cover. Reduce heat and simmer till tender. **Serves 6-8**



# Fresh Cranberry Sauce

## **Fresh Cranberry Sauce**

2 (12 ounce) bags of fresh cranberries  
1 (12 ounce) can frozen juice concentrate – white grape, cranberry/  
raspberry, apple OR orange  
1 teaspoon vanilla  
Orange zest (optional)

Place cranberries in a small pot and add your choice of juice concentrate, vanilla and optional orange zest. Bring to a boil and reduce heat to a simmer. Start listening for “cranberry pops”. Stir occasionally. When liquid has thickened, turn off and serve or refrigerate and serve well chilled. Garnish with nuts or more orange zest. You can always add cornstarch if it is not quite thick enough for you. **Serves 6-8**

## **Berry Fruit Relish**

1 can unsweetened crushed pineapple in its own juice  
1 can whole berry cranberry sauce or plain cranberry sauce  
2 cups frozen, unsweetened sliced strawberries  
2 cups frozen, unsweetened blueberries  
2 cups frozen, unsweetened raspberries  
1 cup chopped pecans  
Grated coconut (optional)

Mix all ingredients. Allow to chill thoroughly before serving. Excellent as a side dish with a main meal, over waffles or with granola for breakfast. This is also great to make in the summer time and freeze for later use. Garnish with optional grated coconut. **Serves 16-20**

*Cranberries are beneficial for the digestive system from top to bottom. They benefit the immune system. And, in cancer they block, inhibit and kill cancer cells. And, the leftover sauces makes a great smoothie with pineapples and orange juice.*





# Cornbread

## **Southern Cornbread**

1 ½ cups yellow or white whole grain cornmeal  
½ cup yellow or white whole grain grits  
½ cup whole wheat pastry flour  
2 tablespoons sweetener (optional)  
1 teaspoon salt  
4 teaspoons Featherweight baking powder  
1 tablespoon EnerG egg replacer  
1 ¾ cups vanilla flavored soy milk  
2 tablespoons olive or coconut oil  
hot water  
vegetable oil spray or coconut oil

Heat oven to 400 degrees. Measure all dry ingredients into a mixing bowl. Mix all liquid ingredients together. Add all at once to dry ingredients. Stir, adding enough hot water to make a smooth batter. Remove skillet from oven. Pour cornbread batter into muffin tins. Place in 400 degree oven and bake until done. **Serves 6-8**

**Variations:** Add corn and bell peppers or mild green chilies to the batter. Add 1 heaping tablespoon of soy sour cream and 1 tablespoon honey to batter. Add some crumbled veggie bacon to batter.

## **Cornbread Dressing**

1 recipe above cornbread  
1 medium onion  
1-2 stalks celery  
½ medium green bell pepper  
1 bag herb flavored cubed stuffing mix  
Hot water  
Seasonings like McKay's Chicken Style, garlic powder, sage

Sauté vegetables in a little olive oil. In a large bowl, crumble cornbread. Add seasoned stuffing mix and sautéed vegetables. Add seasonings, adjusting for taste. Add hot water, adjusting to desired moistness. Pour mixture into a baking dish that has been sprayed with vegetable spray. Bake covered (if you like it soft) or uncovered (if you like it drier) at 350° until done, about 45 minutes to 1 hour.

*Variation: Use ASPARAGUS juice as part of liquid. It gives a wonderful turkey flavor. Also, add small pieces of Vegan Chicken or Turkey to mixture.*



# Hawaiian Rolls

## **Hawaiian Rolls**

4 cups white whole wheat flour  
2 cups bread flour  
9 *tablespoons garbanzo bean juice*  
1 cup pineapple juice, slightly warm  
1/2 cup non-dairy milk, slightly warm  
3/4 cup natural sugar  
2 teaspoons salt  
1/2 teaspoon ground ginger  
1 teaspoon vanilla flavoring  
2 tablespoons yeast  
4 tablespoons Earth Balance margarine, melted  
4 tablespoons Coconut Oil, melted

Pour 2 tablespoons yeast and 3 tablespoons of the sugar into your mixer bowl. Add warm pineapple juice and milk. Let stand till bubbly. While yeast is bubbling, sift flour into another bowl and stir. Measure garbanzo bean juice into a cup and whisk till bubbly. When yeast is bubbly, add garbanzo bean juice, rest of sugar, salt, ginger, vanilla, margarine and coconut oil. Mix till blended with dough hook. Add 4 cups of the flour. Mix with dough hook till blended. Add up to 2 more cups of flour to get a tacky but not wet dough. Mix for about 3-5 minutes. Cover and let rise in a warm place until double in size, about 1-1 1/2 hours. Stir down and place on floured area. Shape into rolls and place on baking sheet that has been sprayed with vegetable spray. Let rise again, until double....about an hour. Bake in a 350 degree oven until golden brown. Brush tops with melted butter or coconut oil. YUM!!!!



*What to do with the garbanzo beans? Email [ltxclinic@gmail.com](mailto:ltxclinic@gmail.com) and ask for the hummus recipe.*



# Pound Cake

## Lisa's Luscious Pound Cake

3 cups unbleached flour (may mix unbleached and whole wheat pastry)  
2 cups evaporated cane juice crystals or turbinado sugar  
4 teaspoons aluminum/baking soda free Baking Powder, heaping  
1 teaspoon salt  
1 ½ cups your favorite soymilk, plain or vanilla  
½ package silken tofu, firm (blended till smooth)  
2 tablespoons your favorite vanilla flavoring, alcohol-free  
1 cup canola oil  
2 tablespoons lemon juice-reserved

Preheat oven to 350°. Mix dry ingredients together in a bowl. In a blender, blend liquid ingredients, flavoring and tofu together. Slowly pour liquid mixture into dry mixture and gently blend together with a spoon or spatula. Be careful not to over-mix. Batter will initially be coarse. Add 2 tablespoons of lemon juice to the batter and mix briefly. Batter will become smoother from lemon juice. Pour batter into prepared Bundt pan. Bake for 50 to 55 minutes or until a toothpick inserted in the center comes out clean. Cool for 30 to 45 minutes before applying frosting or glaze. **Yield: 20-24 servings**

## Auntie Donna's Yum Yum Eggnog Ice Cream

2 c. Silk Nog Soy Milk  
1 package Mori-Nu Firm or Extra-firm silken Tofu  
1 c. sweetener (turbinado, honey, evaporated cane juice, 100% white grape juice or apple juice concentrate)  
1 container of Tofutti Better Than Cream Cheese  
2 t. alcohol free vanilla flavoring

Add all ingredients to the blender. Blend until smooth. Pour into ice cream freezer/maker and follow manufacturer's directions. (I use the type of ice cream maker that has a cylinder that you freeze. Really easy to use and makes the best ice cream you ever tasted.) This recipe is absolutely delicious with sweet potato pie or peach cobbler. The ***Silk Nog Soy milk is only available during the holiday season.*** So, if you like it, stock up and put some in the freezer. My husband and son try to drink it by the quart. There is NO artery clogging cholesterol or saturated animal fat in it at all. Yet, it is full of beneficial soy isoflavones.

Concerned about soy? <http://www.pcrm.org/health/health-topics/soy-and-your-health>

Demo - <https://www.youtube.com/watch?v=otf5va5EPNM>



# Sweet Potato Pie

## Sweet Potato Pie

### *Prepared pastry crust for 2 crust pie*

6 medium sweet potatoes, cooked and mashed

¼ cup flour

1½ cups evaporated cane juice sugar

½ cup soy margarine, melted

1 teaspoon lemon extract

Pinch of salt

Mix all ingredients well. Pour into prepared pie pan. This recipe usually makes three regular pies or two deep dish pies. Bake at 375° till browning is noted, about 40 minutes.

**Variation:** Substitute SUCANAT for the evaporated cane juice, add soy milk or SilknoG for creaminess, and about ½ -1 teaspoon coriander. The final product is browner and has a richer more pungent taste. **Serves 6-8**

### **Whole Grain Pie Crust**

2 cups flour

2 whole wheat **OR**

1 whole wheat + 1 unbleached **OR**

1 whole wheat + 1 oat **OR**

2/3 cup whole wheat + 2/3 cup unbleached + 2/3 cup oat

1 teaspoon salt

1/2 cup water

1/2 cup canola oil

In a bowl, mix flour and salt. In a separate bowl mix water and oil together with a wire whisk. Add liquid to dry ingredients. Form into ball. Cut ball in half. Place dough half between two pieces of waxed paper and roll out into pie shape. Remove top sheet of waxed paper and place crust into pie pan. Remove other piece of waxed paper. Repeat with other dough half. Fill with desired filling. **Yield: 2 pie crusts**

*Variation: Use to make pot pie. Use to make empanada or Jamaican Patty and add turmeric for flavoring.*





# Whipped Topping

## **Whipped Topping**

Liquid off 2 cans of *garbanzo beans*

1-1 1/2 cups natural sugar

2 teaspoons vanilla extract (optional)

1/4 heaping teaspoon cream of tartar

Pour ingredients into a bowl and mix for about 10-15 minutes with a two prong mixer or whisk attachment in a stand mixer until the topping fluffs up and the peaks hold! ENJOY!!

*Works well in baking and making other non-dairy ingredients. I use the juice in my Hawaiian Rolls! And other bean juices work too. Google AQUAFABA*



# Party Punch

## **Party Punch**

1 64-ounce carton of orange, peach, mango juice blend

1 46-ounce can of pineapple juice

1 32-ounce bottle mango juice

2 cups pink guava juice

2 cups water

6 peach flavored caffeine-free herbal tea bags

Optional: your favorite sweetener to taste

Mix all ingredients and let sit for at least two hours in order for tea to steep. Serve cold. Add carbonated water or fresh ginger for a little zing!!

*Did you know that 1 mango has 564mg of potassium? that's even more than a banana!!! Now you know!!!*





# Sorrel

## **Sorrel**

8-10 cups water

1 cup Dried Sorrel (sorrel flowers, hibiscus flowers)

1 Large piece fresh ginger, cut or chopped

Your favorite sweetener to taste - fruit juice, honey, natural sugar, stevia

Bring water to a boil in a large pot. Add sorrel and ginger. Reduce heat, cover and let simmer for 20 minutes. Strain. Add sweetener and adjust to taste. Serve hot or cold.

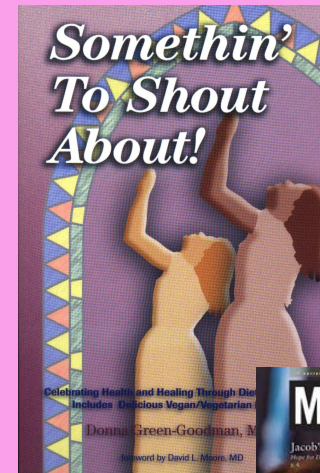
**Yield: About 1/2 gallon**

*Traditionally a part of the Carribbean culture, Sorrel is delicious warm or cold!*



# Good To Know

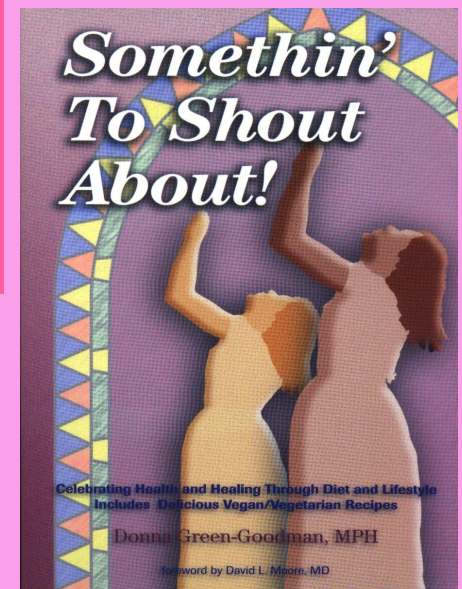
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*YOU CAN DO THIS*  
*Cookin' Up Good Health!*  
*Celebrating The Journey to Plant- Based Eating*  
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