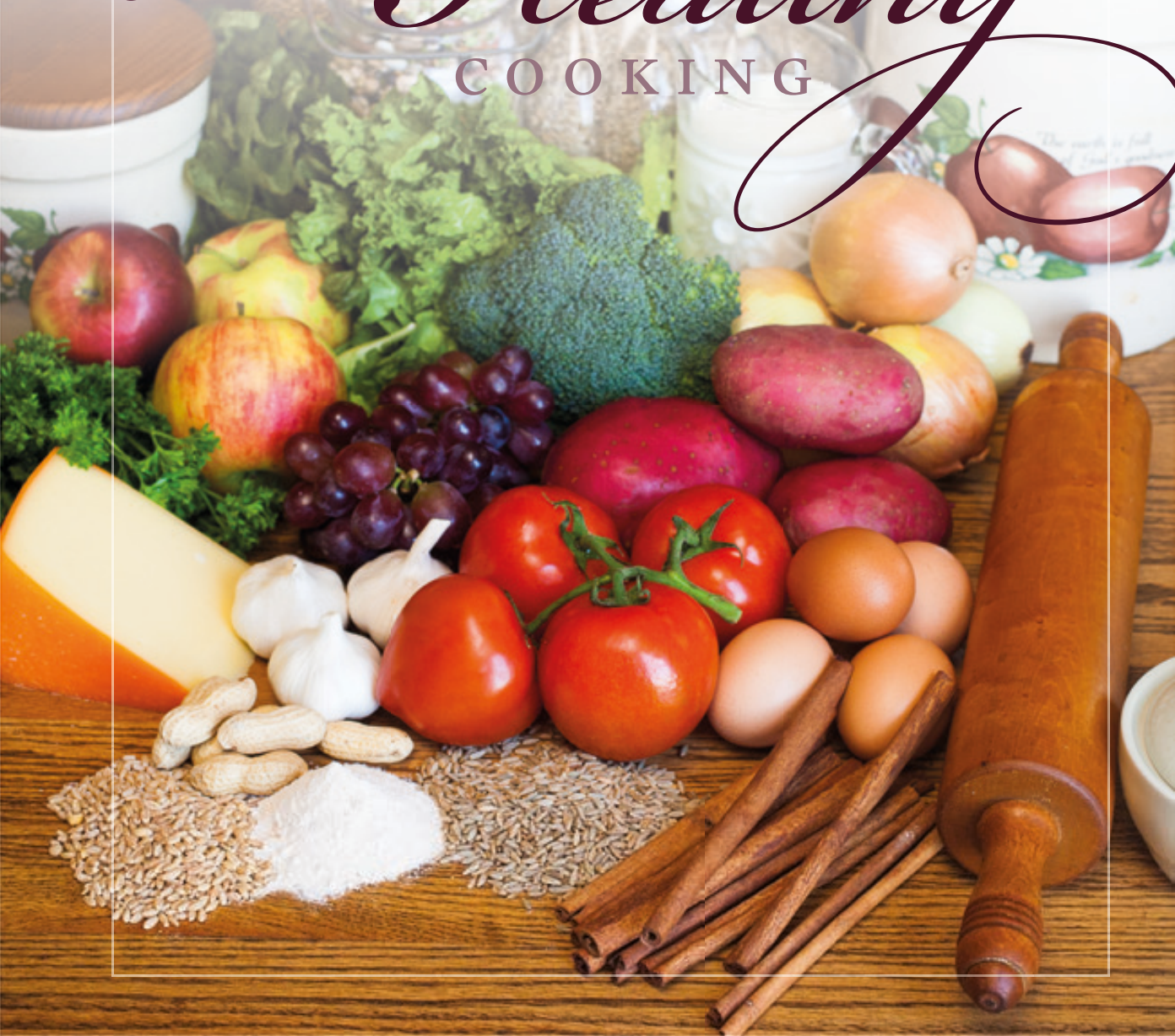


Good AND
Healthy
COOKING



Stepping Into Health

Stepping Joyfully

Whatever steps we are taking toward healthy homemaking, we homemakers do need to keep in mind that healthy foods do not make a happy home. Our children and husband thrive in a home where mother is cheerful and laughing, not stressed when she occasionally needs to serve foods that don't meet her 'healthy' standard because of lack of time and energy. Joy can boost our health as much as healthy foods, while heaviness and stress can cause sickness and diseases. The Bible says that bitterness is as rottenness in the bones. Repenting of bitterness in my life was a huge part of healing my body from rheumatoid arthritis.

Family Steps

In my home I want healthy cooking to be a family interest. Healthy foods can taste so good! And since first impressions are often lasting impressions, I try to make it taste especially good when I serve it the first time. Putting it in a pretty dish helps too.

When my children help me prepare a meal, they are so much more apt to enjoy the food, especially when we all make a big deal out of thanking them for the meal!

When I plan ahead and don't rush through meal preparation, I can enjoy having my little ones helping me.

Putting a meal on the table is so much more than food. It is togetherness in serving others. It is fellowship with those we love. It is HOME.



Breakfast Pizza

Pizza or Bread dough

1 pound nitrate-free bacon, ham or sausage, cooked

2 cups cooked and shredded potatoes

1 cup shredded cheese

6 eggs, beaten

½ teaspoon salt

⅛ teaspoon black pepper

Roll pizza dough thin in a large 11"x17" pan, or use two smaller round pans. I use refrigerated leftover bread dough from day before. I like to use my cast iron skillet. Spread bacon, ham or sausage on crust. Top with potatoes, cheese, eggs, salt and black pepper. Top with more cheese if desired. Bake uncovered at 375° for 25 minutes. If you bake it in cast iron you may need to bake about 10 minutes longer.



Verily, verily, I say unto you, He that heareth my word, and
believeth on him that sent me, hath everlasting life,

AND SHALL NOT COME INTO CONDEMNATION;

but is passed from death unto life.

John 5:24



Glazed Cinnamon Biscuits

- 2 cups fresh ground flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ cup butter, softened or cubed
- ¾ cup buttermilk or whole milk
- 3 Tablespoons cinnamon
- ½ cup sucanat, coconut sugar or honey
- ¼ cup chopped pecans or walnuts
- 3 Tablespoons butter

Mix first four ingredients together well; add milk. Mix together well with your hands. Roll the dough onto a floured counter top. Add more flour as needed, roll and pat dough to about ½" thick. Turn the dough around as you roll, making sure its not sticking to the counter. When your dough is about ½" thick, spread cinnamon, sugar or honey, and pecans or walnuts over the dough. Fold

dough in half, then fold over again. Cut biscuits with biscuit cutter. All the loose dough can be folded into biscuits. Melt three tablespoons butter in your baking dish, then place biscuits in hot baking dish or cast iron skillet. Bake at 425° for 20 minutes. Make a glaze while they bake.

Glaze

- 8 oz. cream cheese, softened
- ¾ cup honey or maple syrup

Whisk cream cheese and honey, or maple syrup until smooth. Pour over biscuits when done baking. Let sit 5–10 minutes before serving if you can wait that long!



Breadsticks

- 1½ cups warm water
- 1 Tablespoon yeast
- 2 Tablespoons extra virgin olive oil
- 1 Tablespoon sucanat, maple syrup, or honey
- 1¼ teaspoons salt
- 4 cups flour

Seasoning Mixture:

- ½ cup butter
- 3 Tablespoons extra virgin olive oil
- 1 teaspoon garlic powder
- ½ teaspoon salt
- 2 Tablespoons parsley flakes

Mix first two ingredients and set aside for five minutes. Add olive oil, sweetener, salt and flour. Let rise for 1 hour. On a large cookie sheet with sides, roll out this dough. Add more flour if it's too sticky. Set aside.

Seasoning Mixture: In a saucepan melt butter. Add rest of ingredients. Pour this mixture over the dough in the pan. With a pizza cutter, cut the dough into strips. Let this rise until almost double in size. Bake for 15–18 minutes.



Egg Salad Sandwiches

- 1 dozen hard-boiled eggs,
coarsely grated
- 1 onion, chopped
- 1 teaspoon salt
- 1 cup sour cream or plain Greek yogurt,
or homemade mayonnaise
- 1 Tablespoon honey or maple syrup,
optional
- ¼ teaspoon black pepper
- 1 teaspoon raw apple cider vinegar or
some leftover pickle juice
- 1 Tablespoon mustard

Mix well, then refrigerate until serving.

Variation:

- Adding chopped sweet pickles or pickle relish makes it delicious!

– *How to make perfect, easy to peel, hard-boiled eggs: Cover the eggs with water. Bring to a rolling boil and turn the heat off. In 12 minutes turn the heat back on until boiling. Cool slightly in cold water and peel immediately. Very fresh eggs are hard to peel.*

– *Filled Eggs: Instead of grating the eggs cut them in half lengthwise. Remove the yolks and smash in food processor. Add remaining ingredients. Put this mixture in a plastic bag and snip a little corner off. Squeeze the filling onto the eggs. A bit like using a cake decorator.*



Neither is there salvation in any other:
for there is none other name
under heaven given among men,
whereby we must be saved.

Acts 4:12

Rhubarb Cream Dessert

Crust:

- ½ cup butter, softened
- 1 cup fresh ground flour
- ¼ cup sucanat

Filling:

- 3 cups fresh, diced rhubarb
- ½ cup sucanat
- 1 Tablespoon flour

Cream Filling:

- 2 (8 ounce) cream cheese
- ½ cup maple syrup or honey
- 2 eggs

Topping:

- 1 cup sour cream
- 2 Tablespoons maple syrup or honey
- 1 teaspoon vanilla

Press crust ingredients into a 9"x13" pan. Mix filling ingredients and pour over crust. Bake at 375° for 15 minutes. Mix cream filling ingredients together well and pour over rhubarb. Bake again for 30 minutes. After cake is baked immediately pour topping on top. Bake 5 more minutes. Enjoy!



Good and Healthy Cooking brings a mother's wisdom and experience right to your kitchen table. Amanda and her daughters assure you that nutritional cooking for a family is actually simple and economical. The recipes in Good and Healthy Cooking contain:

no white flour, no white sugar, and no hydrogenated oils,

and still use mostly common ingredients that you can find in your pantry.

Imagine a healthy meal your family digs into eagerly because it looks and tastes good. And you feel fulfilled because you spent time in the kitchen with your little ones, teaching them the basics of nutritional foods, and teaching them the joy of serving others.

Good and Healthy Cooking offers full-color photos for each recipe, easy-to-understand details on unrefined fats and oils, natural sweeteners, whole grains, and much more. Use Good and Healthy Cooking today and invest in the health and well-being of your family's future, by serving them only the best!



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