

The Optimal Diet Cookbook Correction Sheet

Compiled by Darlene Blaney

Nearly every new cookbook has its typos and this one was no exception. Though we've received many positive comments on the book, some of the errors significantly change the intended outcome of the recipe. To achieve the best results, please make the following corrections shown here in red.

Please note that if you are not salt sensitive and do not have hypertension, you may want to add a bit of additional salt to some recipes.

On the other hand, whenever CHICKEN-LIKE SEASONING or BEEF-LIKE SEASONING is called for in this book, it assumes you are using Blaney's Chicken-Like or Beef-Like Seasoning. If you are using McKay's Seasoning, the final product will be too salty. Each brand of chicken or beef seasoning has varying levels of sodium. We recommend that you adjust the amount of seasoning to taste when using any brand other than Blaney's.

Page 31: Tofu Crepes: 3 **tsp** baking powder

Page 33: Granola Under Chef's Tip: $\frac{3}{4}$ cup maple syrup or **$\frac{1}{2}$ cup** brown sugar

Page 35: Cashew Oat Waffles: **1 cup of water and $\frac{1}{2}$ teaspoon of salt**

Page 36: Whole Wheat Pancakes: **4 cups of soymilk and $\frac{1}{2}$ teaspoon of salt.**

Page 41: Bran Muffins: **$\frac{1}{3}$ cup olive oil**
 $\frac{1}{3}$ cup honey

Page 42: Banana Nut Bread: 2 cups whole wheat pastry flour
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ cup walnut pieces
2 tsp baking powder
1 tsp finely grated orange or lemon peel
 $\frac{1}{3}$ cup water
 $\frac{1}{3}$ cup raw cashews
 $\frac{1}{3}$ cup honey or $\frac{1}{2}$ cup sugar
1 cup ripe banana, **sliced**
1 tbsp Ener-G Egg Replacer Powder
1 tsp lemon juice

Step: 4: Pour batter into a lightly oil-sprayed **bread/loaf** pan.

Step: 5: Bake at 350° F for **50 minutes** or until inserted toothpick comes out clean.

Page 43: Cornmeal Buns and Breadsticks:

Step: 3: In a separate bowl, dissolve 1 teaspoon honey in 1 cup warm water. Mix in yeast. Let sit until the yeast bubbles. **Add to cooled cornmeal mixture.**

Step: 4: **Add flour**, kneading in 1 cup at a time until dough is not sticky. Set dough in a warm place covered with a towel. Let rise until doubled in size.

Page 44: Mom's Homemade Bread:

Step: 4: Form into loaves and place into lightly oil-sprayed bread pans. **Let sit in a warm place for 1 hour or until doubled in size.**

Step: 5: Bake at 375° F for 15 minutes, then **325° F** for 20 minutes or until golden brown.

Page 45: Corn Bread: 1 can (10oz.) cream-style corn

Page 47: Multigrain Bread: 5-6 cups whole wheat flour

Step: 5: Shape dough into two loaves. Place into lightly oil-sprayed bread pans. Let sit in a warm place for 1 hour or until doubled in size.

Page 49: Ron's Sweet Rolls:

Step: 1: Preheat oven to 350° F. Lightly oil-spray two (9" x 12") baking dishes.

Step: 2: Place dough ingredients in large mixing bowl. Let sit 10 minutes.

Step: 4: Knead in a bread mixer for 3 minutes or hand knead for 10 minutes.

Page 54: Almond Cheese: 2 Tbsp. granulated agar

Step: 1: Place hot water and granulated agar in a small pot. Bring to a boil.

Step: 2: Place remaining ingredients in a blender and blend until smooth.

Step: 3: Add hot agar to blender and blend until mixed thoroughly.

Step: 4: Pour into a container or mold. Cover and refrigerate until firm.

Page 61: Cream Cheese: 1 tbsp granulated agar

Step: 1: Place hot water and granulated agar in a small pot. Bring to a boil.

Step: 2: Place remaining ingredients in a blender and blend until smooth.

Step: 3: Add hot agar to blender and blend until mixed thoroughly.

Step: 4: Pour mixture into a mold or container that has been sprayed with a non-stick spray for easy removal. Refrigerate until set.

Step: 5: Use as a spread for crackers, bagels, or use in recipes that ask for "cream cheese".

Page 86: Bean Salad: 1 can (16oz) cut beans, yellow
1 can (16oz) cut beans, green

Page 89: Cauliflower Salad: 1 can (2oz) black olives, sliced

Page 91: Pasta Veggie Salad: 1 tsp Spike Seasoning (with salt)

Page 96: French Dressing: ¼ tsp celery seed

Page 99: Zestful Lemon-Dill Dressing: ¼ tsp celery seed

Page 107: Chinese Stir-Fried Vegetables: 1 lb (18oz) tofu, firm, cut into bite-sized cubes

Page 113: Stuffed Squash: 4 cups bread crumbs, whole-wheat, fresh (not dry)

Page 117: Black Bean Enchiladas:

Step: 1: Okay...

Step: 2: Pour a ¼ inch layer of Italian tomato sauce in the bottom of a large baking dish. Set aside.

Step: 3: In a large nonstick frying pan, sauté, in a little water, onions, zucchini, and green pepper until soft.

Step: 4: Add black beans, corn, plain tomato sauce, diced tomatoes, basil, and garlic powder. Remove from heat.

Step: 5: Okay...

Step: 6: **Pour remaining Italian tomato sauce evenly over enchiladas.**

Step: 7: Okay...

Step: 8: Okay...

Page 121: Cashew Rice Roast: 2 cups **fresh** bread crumbs, finely ground

Page 122: Falafels: 2 cans garbanzo beans, cooked **and drained** (3 ½ cups)

Page 131: Mexican Tortilla Lasagna: ½ - 1 Tbsp chili powder
1 ½ - 2 cups cooked kidney beans
3 cups tomato sauce
1 cup tomato sauce

Step: 3: Add seasonings, kidney beans, green pepper, spinach, salsa, zucchini, **and 3 cups tomato sauce.**
Simmer until vegetables are soft.

Step: 4: **Pour 1 cup tomato sauce** into a 9" x 12" glass baking dish. Swirl sauce around to cover the bottom of the baking dish.

Page 136: Savory Tofu Roast: 1 pkg **tofu, firm**
3 tsp Ener-G Egg Replacer **powder**

Step: 3: Lightly oil-spray a 9" x 9" glass baking dish. Spread mixture into dish. **Press down firmly.**

Page 144: Blueberry Pie: ¾ cup **Grape-Nuts cereal**

Page 145: Lemon Pie Filling: ½ cup **honey, or ¾ cup sugar**

Page 149: Raspberry-Peach Crumble Cake: **add the ingredient: 1 cup fresh blueberries**

Page 152: Christmas Fruitcake: ¼ tsp **allspice**

Page 154: Pecan Raisin Pie: ¾ cup **water**

Page 155: Tropical Cheesecake: ¾ cup Grape Nuts **Cereal**

Page 159: Nachos: 12 cups baked, unsalted corn chips, or 1 **recipe** Crisped Tortilla Chips

Step: 1: Layer optional ingredients on individual plates in order given, **beginning with corn chips and cheese sauce.**

Page 162: Pina Colada: **Please add to ingredient list: 2 cups cold water**