

MHS Vegetarian Cookbook

Corrections

From the Editors: Since publication, the following errors have been discovered. We apologize for the inconvenience this has caused our readers.

<u>Page</u>	<u>Recipe</u>	<u>Should be</u>
43	Mayonnaise	Oil quantity should be about 1 1/4 c. For correct amount, slowly add oil until thick.
64	Lemon Tahini Dressing	Add 1/2 c. tahini.
65	Sesame Dressing	This recipe has 70 calories and 7 gms. fat per T.
74	Enchilada Sauce	Should be 3/4 tsp. sea salt, or to taste. Please note that this recipe is quite spicy; for milder flavor, reduce chili blend.
84	Tofu Tidbits	Add 1/2 c. nutritional dry yeast flakes to dry mixture; add 1/4 c. oil to baking pan. This recipe has 30 gms. fat per serving.
133	Spirulina Drink	1/2 T. Spirulina; Has .75 gms. protein perac cup.
138	Country Biscuits	Substitute 1 T. "Spike" or other herb blend; Cut in 2 T. butter.
158	Tomato Bisque	8 cups cherry tomatoes.
166	Strawberry Vinegar	Recipe has 10 calories per T.
170	Golden Italian Dressing	This is not a "low calorie" dressing.
180	Yogurt	Cook on the stove, not in a double boiler.
187	Kasha Casserole	The title should be "Kashi" which is a brand name, not "Kasha" which is a type of grain. Use 2 c. cooked "Kashi."