

Conscious Cuisine:

Healthy Recipes From
Unity Inn

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UNITY INN: THEN AND NOW



Chef Michael Willett, Unity Inn

Rediscovering Your Wholeness

By Rev. Kelly Isola

How aware are you of the relationship between your mind and body? The mind/body relationship is like the relationship between water and wetness. You cannot put water on one side of the room and wetness on the other side. Similarly, our minds and bodies are inseparable. When you experience harmony in mind, you experience harmony in body. And when you have a sense of well-being and peace within your body, you are at peace *with* your body.

So how can we eat in a way that creates inner and outer peace?

Health means enhancing our bodies and minds in every way—through exercise, spiritual practices, relationships, rest and relaxation, spending time in nature, being of service to others, and of course, good nutrition. Connecting to our wholeness is the cornerstone to a happy, healthy, meaningful and abundant life.

Healthy Foods, Happy Mind

Good nutrition is essential for the realization of wholeness, as is one's emotional and spiritual work. And believe it or not, eating healthy foods supports all of us in collectively raising the energy, consciousness and commitment to transform our lives and our world.





From left to right: Andrew Summers (sous chef), Robin Harvey, Tim Clark (chef manager), and Maggie Handke (baker).

This booklet is intended to help you seize the opportunity to transform your own life through mindful eating and better nutrition.

As far back as the early 1900s, Unity co-founder Charles Fillmore noted and encouraged a growing trend toward conscious food choices:

“There is a relationship between thinking and eating, and as you grow spiritually, the character of your food and all that pertains to eating may have to be changed in conformity with the new order of things.”

Charles and Myrtle Fillmore made sure Unity students and employees had food that nourished the body as well as the soul. The Unity Vegetarian Inn (as it was originally called) opened in 1906, offering diners hot meals reflecting the Fillmores’ belief

that a fruit and vegetable diet was consistent with biblical directives and the best thinking in nutritional science.

By the 1920s, Unity Inn was one of the largest vegetarian cafeterias in the world, serving as many as 10,000 meals a week. And although today Unity Inn serves meat dishes, the restaurant honors the heritage of Charles and Myrtle—and the preferences of modern health-conscious diners—by offering daily vegetarian entrées.

Within These Pages

In this booklet, we have collected recipes from Unity Inn past and present to support you in becoming more aware of your mind/body connection and in creating your healthiest, most vibrant self—the whole you that can climb mountains, create works of art, launch new adventures, and take on the world!

As you try these recipes, notice how the food you eat makes you feel on a physical, emotional, psychological and even spiritual level. Awareness is everything. When you become more conscious of your relationship with food, you also become freer to make healthy choices, which, in turn, raises your overall energy, vitality and well-being.

Happy wholeness!

About the Author: Rev. Kelly Isola, MDiv, is a popular speaker and writer with a passion and commitment for awakening and inspiring individuals to a greater realization of their own divinity. She is host of the Unity Online Radio program *Spiraling Consciousness*. For more information, visit www.kellyisola.com.

*I am healthy, happy
and whole!*

Meet the Experts:

Chef Michael Willett

Unity Inn Chef Michael Willett's philosophy on food is simple: Provide wholesome food prepared well. His passion for cooking comes from his desire to "cook like grandma." He sees cooking with love as a dying art in the hustle and bustle of today. With his quick yet nutritious recipes, Chef Michael upholds the tradition of a wholesome meal, lovingly prepared.



Chef Michael's culinary experience began in his Kansas City, Missouri-area childhood home, where he cooked dinner for his family to help his working mom. His education continued in the U.S. Navy, where he learned international cooking techniques and recipes while serving in the Mediterranean. While there, he quickly developed a passion for the

open-air markets and the nutritional value of fresh produce. He brought that passion back to the Kansas City area, where he worked in several prestigious restaurants, including Café Allegro and La Bodega, before coming to Unity Inn.

Chef Michael and his wife, Robin, have two daughters, Chloe and Gigi.

Watch videos of
Chef Michael sharing
recipes and tips at
unity.org.

Susan Smith Jones, Ph.D.

With 30 years of experience at the University of California, Los Angeles (UCLA), teaching students, staff and faculty how to be healthy and fit, Susan Smith Jones has established herself as one of the world's foremost experts on diet and nutrition, high-level wellness, natural remedies, balanced living and human potential. She is the author of more than 26 books and 1,500 magazine articles about these topics.



Selected as one of the top 10 Healthy American Fitness Leaders by the President's Council on Physical Fitness and Sports, Susan teaches that the body is designed to be self-repairing, self-renewing and self-sustaining, and that the power to live a radiantly healthy life is within everyone's grasp.

Nutrition information for this booklet has been provided by Susan from her books *Health Bliss*, *The Healing Power of Nature Foods*, and *Recipes for Health Bliss*. Visit www.susansmithjones.com for more information.

Summer Tomato Salad

3 large well-shaped tomatoes, garden fresh, if available
One-half red onion, finely diced
8-10 fresh whole basil leaves (washed)
1-2 oz. blue cheese, crumbled
Salt and pepper to taste
Drizzle of extra virgin olive oil

With a paring knife, score an X on the bottom of the tomatoes. Put a pot of water on to boil, large enough to hold the tomatoes. Have a big bowl of ice water ready.

Core tomatoes, and put in boiling water, just until the skin begins to blister. Remove from boiling water, then submerge in ice water for about one minute. At this point, the skins should easily peel off.

Now, make thick, hearty slices crossways. To assemble, shingle tomato slices on platter, and tuck basil leaves between slices. Sprinkle diced red onion and blue cheese crumbles on top. Lightly drizzle with olive oil, and season with salt and pepper to taste.



FROM THE EXPERTS

Chef's Notes:

This can be a beautiful dish when artfully arranged. Try to slice your tomatoes evenly and consistently, and select pretty basil leaves. This is honestly one of my very favorite summer salads. It is simple and so good!

Susan Says:

Tomatoes provide vitamin C, potassium, chromium, biotin, lutein and zeaxanthin, alpha- and beta-carotene, the B vitamins (B₆, niacin, folate, thiamine and pantothenic acid), and lots of lycopene. Lycopene, in addition to being a pigment that contributes to the tomato's red color, is a member of the carotenoid family and an important part of the antioxidant defense network of the skin. In combination with other nutrients, it can raise the sun-protection factor (SPF) of the skin. Numerous epidemiological studies have found that people who eat lots of tomatoes are significantly less likely to get cancer (according to a review published in the *Journal of the National Cancer Institute* in 1999). Study results were strongest for prostate, lung and stomach cancer, although there's some evidence that tomatoes protect against breast, ovarian and other cancers too. Lycopene again appears to be the source of the protective benefit.



*As each day dawns, I recommit
to living a healthy life.*

Gazpacho Soup



- 6 Roma tomatoes, coarsely chopped
- 1/2 Tbsp. fresh garlic, chopped
- 2 cucumbers, peeled, seeded and chopped
- One-half red onion, diced
- 1 large green bell pepper
- 3 cups tomato juice
- 2 Tbsp. extra virgin olive oil
- 1 tsp. kosher salt
- 2 Tbsp. chopped Italian parsley
- Juice from three limes
- Croutons for garnish

Pre-chop all ingredients, then put everything into a blender or food processor, except for tomato juice, croutons and limes. Pulse five to eight times, then add tomato and lime juices. Let it sit in the refrigerator for at least 45 minutes to marry the flavors. Serve ice-cold on a hot summer day. Garnish with croutons just before serving.

FROM THE EXPERTS

Chef's Notes:

I prefer my soup to be chunky, so there is texture in this recipe. I like to use V8 for the tomato juice.

Susan Says:

In the mid-1700s, Scottish naval surgeon James Lind discovered that drinking the juice of limes and lemons prevented scurvy, the scourge of sailors on long voyages. Soon British ships carried ample stores of the fruits. It was later learned that vitamin C deficiency caused scurvy, and that limes are very high in this essential nutrient.

Like lemons, limes are useful as flavoring agents. However, unlike their yellow counterpart, limes don't impart a distinctive taste of their own when used as a cooking ingredient; instead, they tenderize and heighten the flavors of other foods.

So, whether you eat or drink, or whatever you do, do everything for the glory of God.

—1 CORINTHIANS 10:31

Fresh Relish

2 tomatoes, diced

1 cucumber, seeded, peeled and diced

1/4 of a red onion, finely diced

1 Tbsp. capers, chopped

2 stalks of celery

6 stalks of cilantro leaves, stems removed

Juice of 2 limes

Pinch of salt

Add all ingredients together, and let rest for 10 minutes. Tomatoes will render water. Drain and serve.



FROM THE EXPERTS

Chef's Notes:

Makes a wonderful fresh topping to an entrée, such as baked chicken or fish. You can also serve as a dip with pita chips or crackers.

Even in the dark winter months, I like to make this relish as a reminder of spring and summer. A spoonful over a freshly cooked piece of fish adds bright color and flavor. The citrus and salt make me yearn for warmer weather to come.

Susan Says:

Cucumbers contain a digestive enzyme, erepsin, which breaks down protein and cleanses the intestines. Low in calories, cucumbers offer a good source of fiber and a fair amount of vitamin C, potassium, folate, B-complex, and the amino acids methionine and tryptophan. The skin of the cucumber contains some vitamin A, so I encourage you to buy organic varieties or Kirby cukes—the kind used for pickles—so you don't need to peel them. Unlike commercially grown varieties, organic cucumbers are not sprayed with wax to slow spoilage.

*Eating in healthy,
nourishing ways brings me
energy and vitality.*

Pomodoro Sauce

2 cans (28 oz. each) of peeled Italian tomatoes

1 can (14 oz.) diced tomatoes

1 leek, white part only, cleaned and halved


2 Tbsp. fresh garlic

Salt and pepper to taste

Olive oil

Optional: 1 tsp. dried red chili flakes

In a stainless-steel pot, heat bottom over stove, adding olive oil, then garlic and leek. Cook for about five minutes, just until the leek softens and garlic becomes pungent and golden. Add tomato products and bring to a boil. Immediately drop heat to simmer, then let cook for about 30 minutes. Add salt and pepper to taste (and optional dried red chili flakes).



*I sparkle with
the joy of Spirit.*

FROM THE EXPERTS

Chef's Notes:

This recipe makes enough sauce for two vegetable lasagnas. If you don't plan to use it all, it can be stored in the freezer in an airtight container for up to three months.

I grew up in a multicultural setting. A friend's grandmother always had a batch of red sauce or "gravy" on the stove. This is my version. I really like the leeks in here. It is a quick sauce, so it will be a vibrant red. It is a great base for other tomato sauces.

Susan Says:

Garlic is a rich source of unique sulfur compounds that keep your body chemistry in balance. Similar compounds to those found in onions, leeks and chives, sulfur compounds are thought to be responsible for garlic's antibacterial and antifungal activities, as well as its ability to slow cholesterol synthesis, lower blood pressure, reduce atherosclerosis, and inhibit platelet aggregation. The sulfur compounds even may prove to fight cancer. In the Iowa Women's Health Study, women who ate garlic at least once per week had a 32 percent lower risk of colon cancer than those who ate none. Research at the National Cancer Institute is showing that garlic extracts can both slow the proliferation of cancer cells and cause abnormal cells to self-destruct. (I've taken Kyolic Aged Garlic Extract for more than 35 years.)

In European studies, garlic has been shown to help eliminate lead and other heavy metals from the body. It also is effective in removing worms and other parasites from the alimentary canal, boosting immune function and improving the action of the liver and gallbladder.

Green Beans With Cilantro Pesto

1 lb. fresh green beans, tips trimmed and washed
1 bunch fresh cilantro, cleaned with stems trimmed
1 Tbsp. fresh garlic, chopped
1/4 cup sliced almonds
1/2 cup extra virgin olive oil
1 Tbsp. feta cheese crumbles



To make the pesto:

In a food processor or blender, add cilantro leaves and garlic. Pulse until it reaches a slurry consistency. Turn food processor to “run” and begin drizzling oil into the bowl. Add 1/8 cup of almonds and one teaspoon of feta cheese crumbles to the food processor. It should be running continuously, and the mixture should be vibrant green and the consistency of a thin paste. Season to taste with salt.

To cook the green beans:

In a sauté pan, add 1/4 cup of water and bring to a boil. Then add green beans and cook until tender, (about seven minutes). Drain excess water, add two tablespoons cilantro pesto, toss well, and serve. Garnish with feta cheese and toasted almonds.

FROM THE EXPERTS

Chef's Notes:

If you don't have a food processor, you can use a blender on a low setting for the pesto. Watch your green beans so they don't overcook. They should be bright green and tender, while still maintaining a little crispness.

This is a different way to utilize cilantro. I blanch my green beans to get a brilliant green color, then sauté quickly with cilantro for a different Middle East taste.

Susan Says:

Fresh **green beans** are rich in vitamins A and B complex, calcium and potassium. You'll also find they're good sources of folate, magnesium and vitamin C. They've long been considered a diuretic and beneficial in treating diabetes. With their abundance of potassium, they supply the alkaline needs of the pancreas and salivary glands. Note that the yellow (wax) bean is considered inferior to the green bean in nutritional value.

Next time you're making fresh vegetable juice at home in your juicer, throw in a few of these green beauties. You'll reap the benefits of their nutrients, and you'll get extra chlorophyll to boot. I also cut green beans into thin strips (or in half) and dry them at a low temperature in my food dehydrator. They make a tasty treat, especially when seasoned with some herbs and spices.

Better is a dinner of vegetables where love is ...

—PROVERBS 15:17

Roasted Mushrooms

- 1 lb. button mushrooms, washed and cleaned
- 1 lb. crimini mushrooms, washed and cleaned
- 2 Tbsp. garlic
- 1 Tbsp. Dijon mustard
- 3 Tbsp. olive oil
- 1/4 cup sherry
- Salt and pepper to taste
- 1 Tbsp. chopped Italian parsley

Preheat oven to 325 degrees. Quarter mushrooms and place in a large mixing bowl. Add all ingredients and toss well. Turn onto a baking sheet, spread evenly, and cook for 20 minutes.



FROM THE EXPERTS

Chef's Notes:

These are wonderful to keep in the refrigerator. The sugars caramelize to bring out a spectacular flavor. They are wonderful in egg dishes, or any time as a substitute for raw mushrooms. These just bring a lot more flavor to the table.

Mushrooms and sherry have a very pleasant union. I like to make my marinade, do a quick toss so mushrooms are coated and then straight into the oven. The smell and taste of those when you take them out of the oven is nothing short of magical.

Susan Says:

A longtime staple of many Asian diets, **mushrooms** are fat-free, very low in calories, and rich in minerals; and some varieties (such as shiitake) are rich in plant chemicals that may boost immune function. Japanese studies have shown that shiitake mushrooms help fight cancer, infection and such autoimmune diseases as rheumatoid arthritis and lupus. They contain the phytonutrient lenitan, which is a biological response modifier that boosts the function of tumor-fighting interleukin-1 and cancer-cell killers known as T lymphocytes. ... Some Japanese studies have shown that these mushrooms also may lower cholesterol and blood pressure.

Parsley is a bona fide storehouse of synergistic nutrients that rejuvenate and detoxify the body. A good source of vitamin C, iron, calcium, sodium, beta-carotene, vanadium, manganese and chlorophyll, parsley can be used in so many ways.

Parsley is our best source of the volatile oil apiol, which improves appetite and digestion by increasing blood circulation to the digestive tract, thereby enhancing absorption of nutrients.

Vegetable Lasagna

1 qt. Pomodoro (or canned tomato) sauce
2 zucchini squash
2 yellow squash
16 oz. Ricotta cheese
8 oz. shredded Mozzarella cheese
Dash of salt

First, cut the squash lengthwise in thin strips using a mandoline or sharp knife. Lay the strips out flat side-by-side and lightly salt. Let sit for 20 minutes to draw excess water from the vegetables and intensify the flavor.

Preheat oven to 350 degrees. Place the squash on a baking sheet or broiling pan and lightly roast for about 15 minutes.

Next, oil a lasagna pan or 9-by-13 baking dish. Ladle a small amount of sauce on the bottom of the pan. Layer the first level of squash. When the pan is covered, begin a layer of ricotta cheese. Use dollops of ricotta, then spread evenly.

Between each layer, put down a layer of squash and Pomodoro sauce (see page 12), then a thin layer of mozzarella. Start the process over, from the point of laying down the squash.

Repeat layers until the pan is full, usually about four layers.

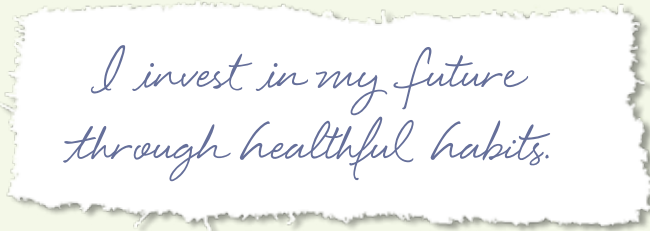
FROM THE EXPERTS

Chef's Notes:

This is a wonderful dish that works well, vegetarian or not. The difference here is the use of squash instead of lasagna noodles. It lightens up the dish and does not make you feel overly full after eating. At home I add a layer of Italian turkey sausage for my protein, but it works just as well as a vegetarian dish. If adding sausage, layer on top of squash before Pomodoro sauce.

Susan Says:

Members of the same family as melons and cucumbers, all types of **squash** are gourds—fleshy fruits protected by a rind. Summer varieties provide some folate and vitamins A and C. Winter varieties are extremely rich in beta-carotene and are a good source of potassium and fiber. Squash boasts the phytonutrient alpha lipoic acid, which, among many other benefits, has been found to prevent wrinkles and premature aging (good news for baby boomers).



*I invest in my future
through healthful habits.*

Pajas Cookies

2 cups pecans
2 Tbsp. unsalted butter
1 cup dried apricots, chopped
2 1/2 cups shredded coconut
1 cup chocolate chips
1 can (14 oz.) sweetened
condensed milk



Preheat oven to 325 degrees. Toss pecans in melted butter, then pour onto parchment-lined baking sheet. Bake for 10 minutes. Let cool, chop pecans, and mix with other ingredients. Bake for an additional 10 minutes. Cookies will not change shape when baking.



See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food.—14

FROM THE EXPERTS

Chef's Notes:

These cookies are gluten-free and super tasty. A friend of mine gave me this recipe, and I must admit they quickly became my favorite cookies. All the flavors meld together in perfect harmony. Dare I say *heavenly*?

Susan Says:

Apricot's malic- and citric-acid content give a lemony bite to this otherwise sweet, buttery fruit, a plum relative that originated in Asia.

The fruit's unique mix of healing compounds makes it a powerful ally in protecting the eyes and preventing heart disease. It's rich in beta-carotene and lycopene, compounds that have been shown in studies to fight the process by which the dangerous low-density lipoprotein (LDL) form of cholesterol turns rancid in the bloodstream. This is important because when LDL goes bad, it's more likely to stick to artery walls.

A 13-year study found that those with the highest intakes of carotenoids had a one-third lower risk of heart disease than those with the lowest intakes. In an eight-year study of 90,000 nurses, those with the diets richest in carotenoids had a 25 percent lower risk. Other compounds in this velvety fruit have been found to fight infections and blindness. A study of more than 50,000 nurses found that women who got the most vitamin A in their diets reduced their risk of getting cataracts by more than one-third. Three apricots provide 2,769 IJU of vitamin A, 55 percent of the RDA (Recommended Daily Allowance).

Unity Inn Classic Recipes

Bermuda Salad

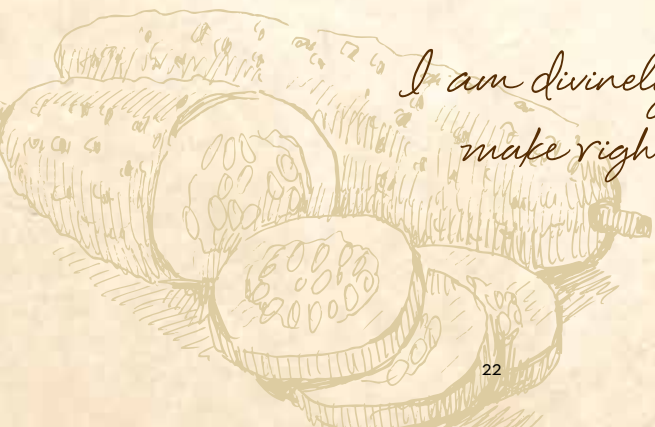
Unity Inn Cookbook ©1923

- 5 small Bermuda onions
- 1 quart string beans
- 1 head lettuce
- 1 bunch watercress
- 1 bunch radishes
- 1 small cucumber
- French dressing



Have beans ready, carefully cooked in boiling salted water. When cold, cover with a little French dressing and stand in a cold place for several hours. At serving time, heap onions, sliced and separated into rings, on a bed of lettuce and watercress; surround with a wreath of beans. Add chopped cucumber to dressing and pour over salad. Cut radishes into roses and place at intervals on top of beans. Dressing should cover salad well.

*I am divinely guided to
make right choices.*



FROM THE EXPERTS

Chef's Notes:

There is a nice contrast between the sweet Bermuda onions and the peppery zest of the watercress. This salad is very pleasant to look at and even more pleasant to eat. There is a fine balance of flavors. To update, I might add a bit of bleu cheese crumbles.

Susan Says:

Watercress is especially kind to the skin. If crushed and applied with a swab of cotton, it relieves irritations and helps heal acne, eczema and other skin irritations and infections. Many herbalists claim that it's a good blood purifier. It contains the highest concentration of antioxidants of any vegetable, says Daniel Nadeau, M.D., medical director of the HealthReach Diabetes, Endocrine and Nutrition Center in New Hampshire, and co-author of *The Color Code*. Watercress is particularly high in vitamin A and calcium and also contains vitamin C, potassium, iron, magnesium and traces of nearly all of the B vitamins.

I enjoy the peppery and bitter taste of watercress in salads, juices and vegetable smoothies. One of my favorite beverages includes watercress, romaine lettuce, spinach, bell pepper, cucumber, carrot, apple, lemon and ginger. This refreshing drink is a great detoxifier, rejuvenator, energizer and alkalizer.

Unity Inn Classic Recipe

Health Bread

The Unity Inn Cookbook ©1966

- 3 cups oatmeal
- 3 tsp. salt
- 2 Tbsp. shortening
- 3 oz. yeast
- 1 cup molasses
- 4 1/2 to 5 cups white flour
- 1 cup raisins
- 3 cups boiling water
- 1 cup lukewarm water
- 1 cup bran
- 1 cup whole wheat flour

Combine oats, salt, shortening, raisins and boiling water in a large bowl. Allow to cool to lukewarm. Add yeast dissolved in a small amount of lukewarm water. Add molasses, bran and whole wheat flour. Combine, then add white flour. Let rise until doubled in size. Punch down and let double in size again. Divide into three loaves, and put into three greased loaf pans. Let rise in pans about 20 minutes. Bake at 350 degrees for about 40 minutes, or until done. Crust should be brown and loaf should have a hollow sound when tapped with finger.

Give us this day our daily bread.

—MATTHEW 6:11

FROM THE EXPERTS

Chef's Notes:

My baker, Maggie, one of the nicest persons I have ever met by the way, still makes health bread. It is quite tasty, with a texture like banana bread, and the bran packs a punch in the fiber department. We always get rave reviews and requests for the recipe when we serve this bread.

Susan Says:

Oats are the one adaptogen grain, meaning they improve resistance to stress and thus support the system being in a healthy state of balance. Oats help regulate the thyroid, soothe the nervous and digestive systems, reduce the craving for cigarettes, and stabilize blood sugar. In fact, the same soluble fiber that reduces cholesterol—beta-glucan—also seems to benefit those who suffer from Type II diabetes. People who eat oatmeal or oat bran-rich foods experience lower spikes in their blood sugar levels than they could get with foods, such as white rice or white bread. The soluble fibers slow the rate at which food leaves the stomach and delays the absorption of glucose following a meal. This is an extremely beneficial effect, as stabilizing blood sugar is the goal of anyone with diabetes.

Unity Inn Classic Recipe

Lentil Loaf

Unity Inn Cookbook ©1923

- 1 cup dried lentils
- 1 stalk celery
- 1 or 2 eggs
- 1 1/2 Tbsp. melted butter
- 1 tsp. salt
- 1/8 tsp. pepper
- 2 tsp. chopped parsley
- 1 or 2 cups soft bread crumbs
- Few drops onion juice
- 1/4 cup milk, vegetable stock, or tomato juice

Soak lentils overnight in cold water. Cook with celery in boiling water for two hours, or until soft. Drain and press through a sieve. To pulp add remaining ingredients. Cool mixture, shape into a loaf and bake. Dried lima beans or kidney beans may be substituted for lentils.



*My life is showered with blessings,
and I accept them with gratitude.*



FROM THE EXPERTS

Chef's Notes:

I love lentils. They are like beans but better. They quickly cook and there is never any danger of them being tough. The employees of Unity love the many vegetarian options we offer, including lentil loaf. We do like to stroll back in time, look at menus and occasionally recreate how people ate 90 years ago. This is a prime example.

Susan Says:

Unlike beans, lentils have no sulfur and so produce very little flatulence. They rank just under soy as the top legume protein source. They're high in calcium, magnesium, sodium, potassium, phosphorus, chlorine and vitamin A. You may want to eat them as a way to help reduce blood cholesterol, control insulin and blood sugar and lower blood pressure. They contain compounds that inhibit cancer. In addition, they help regulate colon function and may assist in the prevention of hemorrhoids.

Like many Americans, I grew up knowing only one lentil variety—a brown and rather bland-tasting legume. Today, we have a greater selection. India has more than 50 multi-colored varieties to choose from, either whole or split and husked. A tasty tiny green French lentil, Le Puy, has a velvety texture and a spicy flavor. It's wonderful, along with an increasing number of heirloom varieties. My favorite way to eat lentils is sprouting them, thus enjoying their full nutritional value as part of live-food recipes.

Unity Inn Classic Recipe

Fruit Salad

Unity Inn Cookbook ©1923

¾ cup apples

¾ cup celery

½ cup green California grapes

½ cup nuts

½ cup marshmallows

Cut grapes in two and remove seeds. Pare and slice apples into thin, small pieces. Chop celery and nuts fine, and cut marshmallows into small pieces. Mix all together and serve on lettuce leaves. Top with a spoonful of whipped cream.



Glorify God in your body.

—1 CORINTHIANS 6:13

FROM THE EXPERTS

Chef's Notes:

I believe this is the standard of classics. Think afternoon tea or ladies' luncheon. The flavors all marry quite well, probably a good reason we still serve this on our salad bar.

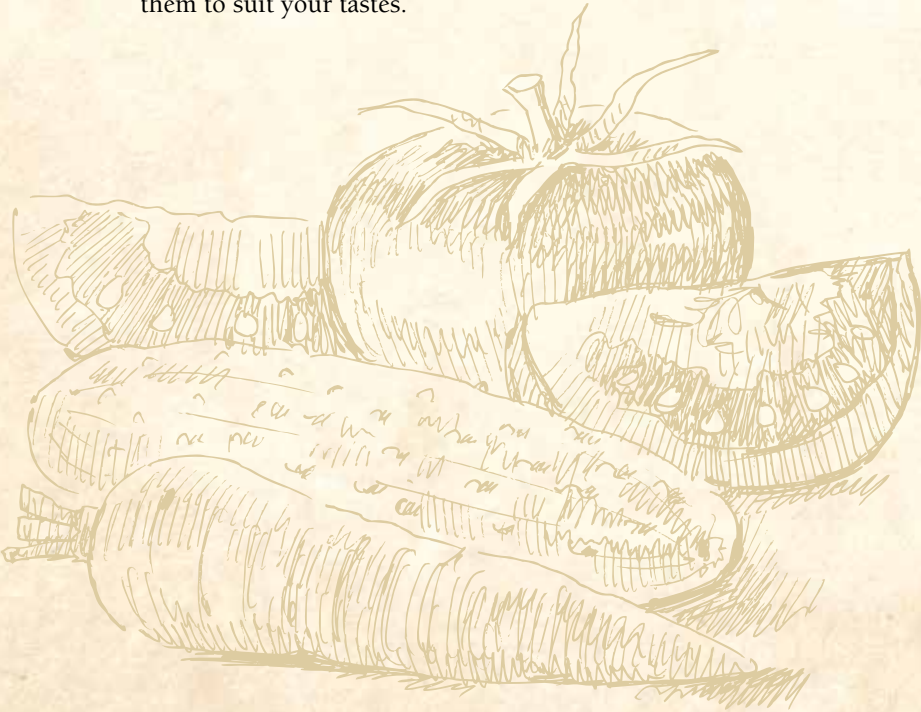
In the 1920s and 1930s, Unity Farms supplied the Kansas City metro area with apples from the orchard, so the Inn always had fresh apples during the harvest months.

Susan Says:

Eating “an apple a day” will most definitely help keep the cardiologist away. Current studies suggest that eating apples regularly reduces the risk of stroke and chances of dying from a heart attack. Apples lower total cholesterol and triglycerides. It's not clear which compounds are responsible, although flavonoids (which are antioxidants) and fiber are possibilities. Although whole apples have more fiber than juice, both forms probably benefit your heart. In a small clinical trial, researchers from the University of California at Davis found that drinking 12 ounces of apple juice daily was more effective than eating two apples per day at reducing oxidation of LDL (“bad”) cholesterol, a heart-disease risk factor. Apples are the best fruit source of catechins, potent cancer-preventive substances. In fact, eating apples appears to decrease the risk of lung cancer, according to an epidemiological study from the Netherlands that was published in 2001. Still, the whole apple with the skin provides the highest level of nutritional value—a powerhouse of nutrients.

Other Unity Inn Classic Recipes

These classic recipes include some ingredients, such as butter and sugar that can be replaced with a healthier option of your choice. They are recipes that have been enjoyed through the years. Please feel free to adjust them to suit your tastes.



Corn Salad

- 3 large ears corn
- 2 onions
- 2 1/2 sweet peppers
- 1/4 head cabbage
- 1/2 stalk celery
- 1 cup vinegar
- 1/2 cup water
- 1/4 cup sugar
- Salt and pepper to taste
- Prepared mustard



Chop cabbage, onions, peppers, corn and celery. Mix well, and add other ingredients, which have been blended together. Cook on stove for 30 minutes.

*I am open and receptive to
new ways of caring for my
body and my health.*

Italian Soup

1 quart vegetable stock
1 can tomatoes
1 onion
1/3 cup flour
Small bay leaf
3 sprigs thyme
1/4 cup carrot
1/4 cup celery
1 cup macaroni
1/2 tsp. peppercorns
3 cloves
3 Tbsp. butter



Cook onion, carrots and celery in butter for five minutes; add flour, peppercorns, bay leaf, cloves and thyme. Cook three minutes, add tomatoes and cook one hour, slowly. Rub through a strainer, add hot stock, salt, pepper and macaroni, which has been cooked for 30 minutes and drained.

Split Pea Soup

2 cups split peas
1 turnip
1 stalk celery
1 carrot
2 onions
4 Tbsp. butter



Soak peas overnight and boil in same water for one hour. Add vegetables that have been cut up and sautéed in butter. Add two quarts water and boil gently for two hours. Put through a sieve, season, reheat and serve with croutons.

Adama Bread

2 cups boiling water
1/2 cup corn meal
1/2 cup sorghum (or molasses)
2 Tbsp. shortening
1 1/2 tsp. salt
1 cake yeast
1/2 cup water
5 cups sifted flour



Put corn meal into large mixing bowl and add boiling water. When thoroughly mixed add shortening, salt and sorghum. Cool to lukewarm. Crumble yeast into 1/2 cup warm water and add to mixture. Add flour until a stiff dough is formed. Knead for about 12 minutes. Put back into bowl, grease top, let rise in warm place until doubled in size. Punch down, fold over edges and let rise to same height again. Form into two loaves and place in two 10-by-5-by-3-inch bread tins. Grease tops. Let rise until center is above top of pan. Bake at 375 degrees. Check for brown crust after 45 minutes. If crust is as brown as desired, cover with foil and continue baking for another 15 minutes.

The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden.—ISAIAH 58:11

Banana Bread

- 2 cups sugar
- 1 cup butter or margarine
- 4 large well-beaten eggs
- 6 mashed bananas
- 1 cup chopped black walnuts
or pecans
- 4 cups sifted flour
- 1 tsp. salt
- 2 tsp. baking powder
- 2 tsp. soda
- 1 cup raisins, cooked and drained



Combine sugar and shortening. Blend well. Add beaten eggs. Add mashed bananas and blend well. Add dry ingredients slowly, beating all the time. Then add raisins and nuts. Pour into two greased and floured loaf pans. Bake for one hour at 325 degrees.

Unity Stew

- 3 carrots
- 4 stalks celery
- 1 large onion
- 1 (10 oz.) pkg. frozen peas
- 1 (14 oz.) can meat substitute
or firm tofu
- 2 large potatoes



Cut up celery, carrots, onion and potatoes. Cook (without salt) until tender. Cook and drain peas. Combine all vegetables with meat substitute. Pour brown gravy (recipe on page 35) over mixture.

Brown Gravy

- 1 qt. liquid (use liquid drained from vegetables with enough
water added to make 1 qt.)
- 1/2 cup flour
- 1/2 tsp. onion salt
- 2 Tbsp. meatless soup seasoning
- 1/2 cup margarine
- 1/2 tsp. celery salt
- 1/2 tsp. garlic salt

Blend flour and margarine. Combine other ingredients and thicken with flour and margarine.

Chili Sauce

- 1 quart canned or fresh tomatoes
- 2 large onions
- 1/2 Tbsp. sugar
- 1/2 tsp. celery salt
- 1/2 tsp. salt
- 1/2 cup lemon juice
- Grated rind of 1/4 lemon

Mix all ingredients except lemon juice and cook slowly until reduced by half. Cool, add lemon juice and it is ready to serve. This may be put through a fine colander and will then be more like ketchup.

Alpine Baked Cabbage

1 medium-sized head of cabbage

Fine bread crumbs

Salt and paprika

Grated cheese

1 egg

1 cup stewed tomatoes

1 cup water

6 Tbsp. cornstarch

1 large onion

1 tsp. salt and 1 tsp. paprika



Wash and chop cabbage fine and cook until tender in boiling water; drain. Grease a baking dish and cover bottom with crumbs; place in a layer of cabbage, season and sprinkle the cheese over all. Alternate these layers until dish is full. Pour a thick tomato sauce over all and sprinkle with crumbs and cheese. Bake in a hot oven for 25 minutes. Serve in the dish with tomato sauce. (Make tomato sauce by rubbing tomatoes through a sieve and cooking with water and cornstarch until very thick; then add onion, salt, paprika and well-beaten egg.)

*Just as I nourish my body
with healthy food, I nourish
my soul with prayer.*

Baked Beans

1 pound navy beans

1 can tomatoes, without liquid

1/2 cup sorghum

3 onions

4 Tbsp. oil

Salt and cayenne

Boil beans until partly done. Add other ingredients and bake at 350 degrees slowly until beans are tender.

Deviled Sweet Corn

4 Tbsp. butter

5 Tbsp. flour

1 1/2 cups milk

1 can corn

3 tsp. Worcestershire sauce

1 1/2 tsps. salt

3/4 tsp. mustard

Paprika

1 egg

Cracker crumbs



Melt butter, add flour and then mix well. Add milk and seasoning and cook until thickened. Add corn, egg and Worcestershire sauce; fill buttered ramekins or scallop shells, cover with buttered cracker crumbs and bake at 350 degrees until crumbs are brown.

*The human mind plans the way,
but the Lord directs the steps.*

—PROVERBS 16:9

Mushroom Rice

1/2 lb. fresh mushrooms

4 Tbsp. oil

1 chopped onion

1/2 tsp. sage or thyme

1 cup rice

Salt and pepper



Clean and wash the mushrooms, cut into small pieces. Cook onion in oil until light brown; add mushrooms with seasoning and sage. Cook until done. Boil rice in boiling, salted water for 20 minutes, drain; pour cold water over it, and drain well. Mix rice and mushrooms, heat well, add plenty of fresh, chopped parsley before serving.

Potato Salmis

8 large potatoes

4 Tbsp. butter

1 chopped onion

Pinch of sugar

1 Tbsp. flour

2 cups hot water

Salt and pepper

1/2 Tbsp. lemon juice

1 Tbsp. chopped parsley



Pare potatoes, cut into slices and put into sauce made as follows: Melt butter, add onion and cook gently until tender but not brown; stir in flour and let brown, add hot water, parsley, seasoning, sugar and lemon juice. Cook all together very gently until done, about 30 minutes. Just before serving, add one table-spoon of butter.



Risotto

- 1 cup rice
- 1/2 pound grated cheese
- 1 sweet pepper
- 1 small onion
- 1 cup solid tomatoes or
2 whole tomatoes
- 1 Tbsp. oil or butter
- 1 tsp. salt



Boil rice 15 minutes. While boiling, put oil, onion and pepper into a saucepan and shake over stove until thoroughly heated. Add tomatoes. Drain rice. Put a layer of rice in a baking dish, and then sprinkle a layer of cheese and then sauce. Alternate layers until dish is full, having last layer of rice, thickly coated with cheese. Place in covered dish for 20 minutes, until cheese is melted. Serve in dish in which cooked.

My body is a temple of God.

Baked Halibut Surprise

- 2 lbs. halibut steaks, fresh or frozen
- 1 cup French dressing
- 2 Tbsp. lemon juice
- 1 can (3 1/2 oz.) French fried onions
- 1/4 cup grated Parmesan cheese
- 1/4 tsp. salt



Thaw frozen fish steaks. Cut into serving-size portions and place in shallow baking dish. Combine dressing, lemon juice and salt, and pour over fish. Let stand for 30 minutes, turning once. Remove fish from sauce and place in a well-greased 12-by-8-by-2-inch baking dish. Crush onions, add cheese, and mix thoroughly. Sprinkle onion and cheese over fish. Bake at 350 degrees 25 to 30 minutes, or until flaky. Serves four to six people.

Eggplant Casserole

- 1 eggplant
- 1 large onion
- 1 egg
- 1 Tbsp. oil
- 1 cup bread crumbs
- Seasoning



Peel and slice eggplant. Cook in salted water until tender. When done, strain off liquid and mash fine. Heat oil in frying pan; add onion and fry. Add this to eggplant; then add crumbs, egg and seasoning. Beat well and turn into a buttered casserole. Bake at 350 degrees for about 15 minutes. Remove from oven and just before sending to table, grate a well-browned piece of toast over the top.

Stuffed Bell Peppers

- 3 medium bell peppers
- 1 cup veggie burger
- $\frac{3}{4}$ cup cooked rice
- $\frac{1}{4}$ cup fine-grated cheddar cheese
- $\frac{1}{2}$ cup finely chopped onion
- 2 Tbsp. margarine
- 1 (4 oz.) can tomato sauce
- 1 egg, slightly beaten



Cut peppers in half crosswise and remove seeds. Simmer in salt water for five minutes. Combine cooked rice with remaining ingredients and stuff the peppers. Place upright in greased baking dish. Add a small amount of water for steaming. Cover and bake for 50 minutes at 350 degrees. Garnish with grated cheese and serve with tomato sauce.

Into your hand I commit my spirit; you have redeemed me, O Lord, faithful God.

—PSALGÄÇ1:5

Stuffed Tomatoes

- 4-5 tomatoes
- 2 Tbsp. butter beans
- 2 Tbsp. fine bread crumbs
- Parsley
- Salt and pepper to taste
- 1 Tbsp. cheese
- 1 egg



Cut tomatoes in half and scoop out the center. Pass beans through a wire sieve, mix with bread crumbs, cheese and seasoning, bind with egg, and fill tomatoes with mixture. Bake in a hot oven until slightly brown, taking great care that the skins do not break. These may be served hot on toast, or with macaroni piled around and a tomato sauce. They may even be used cold as salad, with a good dressing on top.

Bread Pudding

Crumbled bread, cinnamon rolls or stale doughnuts—
enough to half fill a buttered baking pan

- 2 $\frac{1}{2}$ cups scalded milk
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ tsp. nutmeg
- 1 tsp. vanilla
- 4 eggs (slightly beaten)

Scald milk and immediately add sugar, nutmeg, vanilla and eggs. Pour over bread until pan is almost full. Bake at 400 degrees for 15 minutes, then at 350 degrees for 20 minutes.



Oatmeal Cake

1 1/4 cups boiling water
1 cup quick-cooking oats
1 stick butter
1 cup white sugar
1 cup brown sugar
2 eggs
1 1/3 cup flour
1/2 tsp. salt
1 tsp. soda
1/2 tsp. nutmeg
1 tsp. cinnamon



Pour boiling water over oats and butter. Cover and let stand for 20 minutes. Stir in sugar and eggs, and blend well. Sift together flour, salt, soda, nutmeg and cinnamon. Add to first mixture. Pour into greased, floured pan and bake at 350 degrees for 45 minutes.

Topping

1/4 cup plus 2 Tbsp. butter
1/4 cup light cream
1/2 cup sugar
1/2 cup coconut
1 cup nuts
1 tsp. vanilla
1/2 tsp. lemon extract

*I am uplifted by the
Christ presence within.*

Cook butter, cream and sugar together until bubbly. Remove from heat. Add rest of ingredients. Pour over cake while still warm.



Table Blessings

God, we thank You for our blessings, for friends, for health, and for the fulfillment of all our needs. Bless this food to our use and us to Your service. Amen.

God, we thank You for Your bountiful care of us, Your children. We thank You for every blessing that is ours, for our friends and loved ones, for work and play, and for food for mind and body. We ask Your blessing that we may realize our oneness with You and Your abundant good. Amen.

God, we thank You for the shelter of this home; it is blessed by Your peace. We thank You for the food before us; it is Your substance blessed for the nourishment of our bodies. We thank You for the friendship around this table; it is blessed by Your love. We give thanks that we are blessed and that in turn we are a blessing to others. Amen.

Dear God, we thank You for this food. Bless it to the use of our bodies as Your spirit blesses our souls. Amen.

Thank You, God, for our food, our home, and our loved ones. Lead us and direct us. Amen.

Unity Inn: Then and Now

Unity Inn and Unity Farm—The Perfect Combination for Conscious Food Choices

Unity Village, Missouri, was once known by the name Unity Farm. For nearly 50 years, Unity Farm was famous for its orchards, cider and other fresh products, such as eggs and milk.

At the height of its operations, Unity Farm had 5,000 apple trees producing 16 varieties of fruit. Workers produced 14,000 gallons of cider each fall.

The big barn on Colbern Road could store 7,000 bushels of apples during the winter. In the barn kitchen, workers made jams and jellies, apple butter and syrup. Besides apple, the orchard had 400 other fruit trees—including peach, cherry, plum and persimmon. One hundred beehives helped pollinate the orchard as well as blackberries and 12 acres of grapevines.

The farm even had a herd of 40 goats, satisfying the Fillmores' fondness for goats' milk. Outside the main gates, drivers on Highway 50 could stop and buy produce and honey.



Today's Unity Village: Celebrating Life's Moments

Did you know Unity Village hosts more than 70 weddings each year? Or that our lovely Mediterranean-style buildings hold a total of 9,000 square feet of meeting space?

Each year hundreds of people celebrate life's special moments in the Rose Garden, on the Bridge of Faith or at one of our historic chapels. Thousands more visit the campus to attend retreats, events, classes, business meetings and civic functions.

Unity Inn provides full-service catering for all these activities. The newly remodeled dining and banquet facility can seat up to 300 people. During the course of a year, Chef Michael and his team create everything from breakfast buffets to box lunches, eye-pleasing appetizers to elegant sit-down dinners. Whatever the fare, the emphasis is on fresh, delicious food, prepared with love.



How May We Serve You?

Through prayer, publishing and spiritual education, Unity is always here to support you in expressing your divine potential for a healthy, prosperous and meaningful life:

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Call Silent Unity® at 1-800-NOW-PRAY (669-7729) for personal prayer anytime, day or night, or visit www.silentunity.org to submit your prayer request online.

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- Spiritual online radio programming 24/7 at www.unityonlineradio.org.
- *Daily Word* messages and related content at www.dailyword.com.

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