

Sweet & Sour Pasta Salad

Prep Time 10 minutes • Cook Time 10 minutes • Serves 8

- 1 12 oz. package EDEN Kamut Vegetable Spirals or any EDEN Spirals
- 1 15 oz. can EDEN Kidney Beans, drained
- 1 15 oz. can EDEN Garbanzo Beans, drained
- 1 15 oz. can EDEN Black Beans, drained or EDEN Black Soybeans
- 1/2 cup green onions, finely chopped
- 1/4 cup red onion, finely minced
- 1 medium cucumber, chopped
- 1 medium red bell pepper, chopped



Dressing

- 1/3 cup EDEN Brown Rice Vinegar
- 1/4 cup EDEN Extra Virgin Olive Oil
- 1 1/2 Tablespoons dried basil
- 2 Tablespoons EDEN Barley Malt Syrup
- 2 Tablespoons organic maple syrup
- 2 Tablespoons EDEN Shoyu Soy Sauce

Cook pasta as package directs. Rinse, drain, and place in a bowl. Add beans and vegetables. Prepare dressing. Mix into salad.

Per serving 353 Calories, 8g Fat (21% calories from fat), 14g Protein, 57g Carbohydrate, 10g Fiber, 0mg Cholesterol, 372mg Sodium

Sweet Black Soybeans

Prep Time 5 minutes • Cook Time 10 minutes • Serves 3

- 1 15 oz. can EDEN Black Soybeans, drained
- 1 1/2 Tablespoons EDEN Barley Malt Syrup
- 1/2 teaspoon EDEN Shoyu Soy Sauce

Place beans, barley malt, and shoyu in a saucepan. Bring to a boil, reduce flame to medium, simmer for 5 to 10 minutes until most liquid has evaporated.

Per serving 163 Calories, 7g Fat (34% calories from fat), 13g Protein, 16g Carbohydrate, 8g Fiber, 0mg Cholesterol, 90mg Sodium

Black Eyed Pea & Pasta Salad

Prep Time 20 minutes • Cook Time 10 minutes • Serves 10

- 1 12 oz. package EDEN Kamut Elbows
- 3 15 oz. cans EDEN Black Eyed Peas rinsed, drained
- 1 1/2 cups organic tomatoes, diced
- 1 1/2 cups organic fresh or frozen sweet corn, blanched 2 minutes
- 1 cup green bell pepper, diced
- 1 cup red bell pepper, diced
- 1/2 cup red onion, minced
- 3/4 cup green onion, finely chopped
- 1 medium cucumber, score skin with a fork, quartered, sliced



Dressing

- 1/3 cup EDEN Apple Cider Vinegar
- 2 1/2 Tablespoons EDEN Sweet Sorghum
- 2 1/2 Tablespoons organic maple syrup
- 1/3 cup EDEN Extra Virgin Olive Oil
- 4 cloves garlic, minced
- 1 Tablespoon dried oregano
- 2 Tablespoons dried basil
- 1/4 cup EDEN Shoyu Soy Sauce, or to taste
- 1/8 teaspoon cayenne pepper, optional, for spicier flavor



Cook pasta per package directions, rinse and drain. Place the pasta, tomatoes, corn, green and red peppers, green onion, red onion, and cucumber in a medium mixing bowl. To prepare the dressing, place all ingredients in a blender and pulse several seconds, or place in a sealed glass jar and shake vigorously to mix. Pour the dressing over the salad and toss to mix. For the best flavor, chill 1 hour before serving or serve at room temperature.

Per serving 366 Calories, 10g Fat (23% calories from fat), 15g Protein, 56g Carbohydrate, 10g Fiber, 0mg Cholesterol, 431mg Sodium



To replace sugar use 1/4 cup less liquid in the recipe for each cup of barley malt or sorghum.

Multi-Grain Waffles with Sweet Sorghum

Prep Time 10 minutes • Cook Time 20 minutes • Serves 8

- 1/2 cup EDEN Rye Flakes
- 1/2 cup EDEN Kamut Flakes
- 2/3 cup EDEN Millet
- 1/2 cup organic unbleached white flour
- 1/4 teaspoon EDEN Sea Salt
- 2 teaspoons non-aluminum baking powder
- 3 Tablespoons EDEN Extra Virgin Olive Oil
- 1 Tablespoon EDEN Apple Cider Vinegar
- 1 1/2 cup Vanilla EDENSOY
- 1 cup EDEN Sweet Sorghum

Place the flakes in a blender or food processor and grind into coarse flour. Place in a mixing bowl. Place millet in the blender and grind 4 to 5 minutes into flour. Add millet flour, white flour, sea salt and baking powder to bowl and mix. In a separate bowl combine oil, vinegar, and EDENSOY. Mix and let sit 3 to 4 minutes until thick like buttermilk. Add this soy buttermilk to dry ingredients and blend. Heat a waffle iron and lightly oil. When hot reduce setting to low (1-3). Ladle batter into waffle section, close cover and cook, about 2 to 3 minutes or until the cover lifts without sticking. Remove waffle and repeat. Makes 8 six inch round waffles.

Per Serving 289 Calories, 7g Fat (21% calories from fat), 4g Protein, 53g Carbohydrate, 3g Fiber, 0mg Cholesterol, 186mg Sodium



EDEN Organic Sweeteners



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EDEN® Organic Sweeteners

EDEN Barley Malt and Sweet Sorghum syrups are traditionally made with methods that protect their value and appealing flavor. No additives of any kind whatsoever are used.

EDEN Barley Malt Syrup's sugars are from its sprouting enzymes that convert its carbohydrates to healthy sweet simple sugars. Genetically engineered enzymes and dubious chemicals that speed up these processes are completely avoided. Artisan maltsters finesse this creation using only traditional know-how.

From seed, through packaging into glass jars, great care is taken to prevent any adulteration at any step. Three important ingredients are skill, patience, and practice.



Traditional Malt Syrup

Malting is ancient. A simple process that transforms grain into wholesome sweetness in the miracle of sprouting. EDEN Barley Malt Syrup is made using just two ingredients: U.S.A. family farm organic whole grain malting barley and pure water. In a 30 to 45 day period the barley is sprouted converting carbohydrates to sugars, kiln roasted, cured, mashed, and cooked down into a thick sweet concentrate. Its enticing caramel flavor and malt fragrances add warm appeal to baked goods, glazes, sauces, and cereals.

EDEN Barley Malt sweetness does not stress us like refined sugars. It slowly metabolizes with its many nutrients. The sugar profile is 76% maltose, 1-6% glucose, 6% sucrose, and 2% fructose. Use it one-for-one to replace honey and molasses in recipes. To replace sugar, use 1/4 cup less liquid for each cup of barley malt used.

'Sugar of the Plains'

EDEN Sweet Sorghum is organically grown and prepared by Amish families in central Iowa. It is made of *Sorghum bicolor (L.) Moench*, a variety with tall cane and high juice content. Sorghum stalks are pressed for bright green juice that's slow fire, stainless steel kettle cooked into sweet syrup. Eight gallons of green cane juice cooks down to one gallon of sweet sorghum.

Sorghum syrup is often incorrectly called 'molasses' or 'sorghum molasses'. Molasses is made from sugar cane or beets. EDEN Sweet Sorghum is not molasses.

Sweet sorghum was once the most important sweetener in the U.S.A., before it was replaced by refined sugar. It was called the 'Sugar of the Plains.' EDEN Sweet Sorghum is a wiser, nourishing, gluten free sweetener that is regaining popular following because it is so much better for you.



Oat Bars

Prep Time 30 minutes • Serves 24

- 2 cups EDEN Oat Flakes or any EDEN Whole Grain Flakes
- 1/2 cup EDEN Barley Malt Syrup
- 1/3 cup organic almond butter
- 1/2 teaspoon organic cinnamon
- 1/2 teaspoon pure vanilla extract
- 1/2 cup EDEN Tamari Roasted Almonds, coarsely chopped

Place all ingredients in a mixing bowl. Moisten your hands slightly and mix all ingredients thoroughly. Moisten your hands repeatedly to prevent sticking, and form the mixture into equal sized balls or bars. No Bake! Arrange on a serving platter.

Walnuts, Pecans, Hazelnuts or any other nuts can also be substituted or combined in this recipe.

Per serving 85 Calories, 4g Fat (38% calories from fat), 3g Protein, 11g Carbohydrate, 2g Fiber, 0mg Cholesterol, 76mg Sodium



Baked Squash with Sorghum, Walnuts & Cranberries

Prep Time 10 minutes • Cook Time 50 minutes • Serves 4

- 2 medium acorn or any winter squash
- 1 teaspoon EDEN Extra Virgin Olive Oil
- 2 oz., 1/2 pack EDEN Dried Cranberries or EDEN Dried Wild Blueberries
- 1/3 cup walnut pieces, dry pan toasted
- 1/2 cup EDEN Sweet Sorghum

Preheat oven to 350°. Cut the squash in half and remove seeds. Lightly oil the skin of the squash and place on an oiled baking pan. Bake 45 to 50 minutes until tender. Remove from the oven. Place walnuts and cranberries in the hollowed out portion of the squash. Drizzle about 2 tablespoons of sorghum over each squash and serve.

Per serving 271 Calories, 2g Fat (6% calories from fat), 2g Protein, 62g Carbohydrate, 4g Fiber, 0mg Cholesterol, 14mg Sodium



Caramel Corn Mix Up

Prep Time 10 minutes • Cook Time 12 minutes • Serves 8

- 1/2 cup EDEN Popcorn
- 3 Tablespoons EDEN Extra Virgin Olive Oil
- 1/2 teaspoon EDEN Sea Salt, optional
- 2 4 oz. packages EDEN All Mixed Up, EDEN All Mixed Up Too or EDEN Wild Berry Mix
- 1/2 cup EDEN Barley Malt Syrup
- 1/2 cup organic maple syrup

Pop the corn per the package directions and place in a large mixing bowl with the snack mix. Bring the syrups almost to a boil in a small saucepan. Reduce flame to low and simmer 5 to 7 minutes, stir often. Pour hot syrup over the corn/snack combination and mix it to evenly coat.

Preheat oven to 350°. Spread the mixture on a large baking sheet and bake 3 to 5 minutes. Over baking will burn the syrup! Immediately remove the caramel corn from the sheet to prevent sticking to the sheet and place it in a serving bowl.

Per Serving 349 Calories, 27g Fat (53% calories from fat), 10g Protein, 44g Carbohydrate, 6g Fiber, 0mg Cholesterol, 185mg Sodium



EDEN Pure Sweetness

- U.S.A. family farm organic
- Traditional – no test tube enzymes
- Sweetness that metabolizes slowly
- Sorghum – Only at edenfoods.com