**Style Sheet: Food Extras and Recipes**

1. All of the extra foods on this page contain packaged ingredients that would need to be refrigerated and consumed in a few days—if there are leftovers.

2. If you have leftovers, use food label (bright orange circular sticker) to label and mark the date you opened the food. Discard leftovers that are not consumed in 3 days.

3. Ketchup and mustard are condiments that need to be refrigerated when opened.

**Hot Dog**

Coleman natural beef hot dogs are fully cooked and need to be heated in the toaster oven on parchment paper (15 minutes at 350 degrees).

Coleman hot dogs are smaller than other hot dogs and Food for Life Ezekiel sprouted grain hot dog buns may be a little too long. Ezekiel buns are made with organic sprouted wheat, barley, millet, malted barley, lentils, soybeans, and spelt. Sprouting activates phytase, reducing phytic acid (See: “Living With Phytic Acid” on the Westonaprice.org Web site).

If the bun is too large, cut it in half horizontally (as shown). Unsweetend Westbrae or Muir Organic ketchup has no high fructose corn syrup. Organicville Dijon Mustard is also unsweetened.

**Chicken Strips with Ranch Dip**

Follow the directions for heating Applegate chicken strips. Use a piece of parchment paper on a baking sheet. Simply Organic Ranch Dip can be made with 2 cups (16 ounces) plain yogurt (Erivan yogurt comes in an 8 ounce container). Mix ingredients in the white 3-quart mixing bowl and spoon a small portion on small plates for dipping chicken strips.

**Hot Dog with Baked Beans**

Six inch pyrex pie plates can be used to heat hot dogs with Walnut Acres canned baked beans. Note: Pacific’s organic vegetarian baked beans (no pork) are an alternative option. Use the Zyliss can opener to open the beans.

The hot dogs are fully cooked and can be heated with baked beans for 30 minutes at 350 degrees. Place hot pyrex on a trivet or oven mitt (do not place hot Pyrex on the Corelle melamine dishes).

**Hot Dog with Sauerkraut**

Use a six inch pie plate to heat one or more hot dogs with sauerkraut. Eden Foods’ sauerkraut is pasteurized, but organic. Pasteurization kills the beneficial bacteria present in fermented food. At a later date, we will use Sally Fallon’s *Nourishing Traditions* cookbook and Sandor Katz’s *Wild Fermentation*—to learn how to make raw sauerkraut (which needs to be consumed either cold—or, at room temperature). Note: The history of fermented food is described in Bill Mollison’s *Permaculture* book.

If you have trouble opening the jar of sauerkraut, tap the lid around the perimeter with a closed pair of tongs (or something similar that will make small dents). Hot dogs can be placed on top of sauerkraut and heated for 20 minutes at 350 degrees. Place hot pyrex on a trivet (do not place hot Pyrex on the Corelle melamine dishes).