

You do not have resell or giveaway rights to this book. Only customers that have purchased this material are authorised to view it. If you think you may have an illegally distributed copy of this book, please contact us via email at justin@dogtreatrecipes.com.au to report illegal distribution.

All rights reserved. Unauthorised distribution, resale, or copying of this material is unlawful. No portion of this book may be copied or resold without written permission. I reserve the right to use the full force of the law in the protection of my intellectual property including contents, ideas and expressions contained herein.

TABLE OF CONTENTS

TAMAGO ROLLS	5
CUCUMBER ROLLS	6
OSHINKO ROLLS	7
CARROT ROLL	8
VEGGIE ROLL	9
INARI	10
CRUNCHY INARI	11
BEEFY INARI	12
CHICKEN INARI	13
TAMAGO INARI	14
BEEFY OMELETTE BAGS	15
CRUNCHY OMELETTE BAGS	16
FISHY OMELETTE BAGS	17
CHESSY CUKE OMELETTE BAGS	18
CHICKY OMELETTE BAGS	19
FISHY ROLL	20
SHROOM ROLL	21
BEEFY ROLL	22
KITTY ROLL	23
BONY SUSHI	24
BEEFY RAVIOLI	25
BOCK BOCK BARK RAVIOLI	26
POPEYE RAVIOLI	27
KIBBLE RAVIOLI	28
CHUNKY RAVIOLI	29
BEET PASTA	30
POPEYE PASTA	31
MEATY PASTA	32
PUNKIN' PASTA	33
FROOTLES	34

EGGY CASSEROLE	35
FIESTA CHICKEN QUESADILLAS	36
FIESTA BEEF QUESADILLAS	37
FIESTA EGG QUESADILLAS	38
GREEN FIESTA QUESADILLAS	39
TAIL-WAGGING TOSTADAS	40
GROWLIN' GUACAMOLE GRITS	41
Mexi-Meatloaf	42
TEXAN TATERS	43
MEXICAN ICE PUPS	44
BARKIN' BUFFALO WINGS	45
COYOTE CRUST	46
POT PAWS	47
PUPPY PICNIC POTATOES	48
MAC & CHEEZE	49
DOG WOK	50
GREEN DOG WORK	51
YUMMY GYROS	52
SNUFF-a-LICIOUS BELL PEPPERS	53
TWO TATER SALAD	54



International Foods:
Dogs *Do* Eat Sushi!



TAMAGO ROLLS

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	6 pieces	30 minutes	5 minutes	★★★★

INGREDIENTS

- 1 sheet nori seaweed
- 360 ml (1 1/2 cups) sushi rice
- 2 eggs

QUICK TIPS

Asian grocery stores carry both nori and sushi rice grains. You can ask the clerks or check online for the best ways to cook the rice.

PREPARATION & COOKING

Beat the eggs and cook as you would an omelette, but use a smaller frying pan so the omelette is thicker.

Place the sheet of nori onto a bamboo sushi rolling mat. Roll a handful of sushi rice into a log shape and place in the middle of the nori. Using your fingers, spread the rice evenly over the nori until within 1/2" of the edge. Place a strip of omelette down the middle of the sushi rice. Lift the side of the mat closest to you and slowly roll away from your body. Roll the mat over so that the top edge of the nori meets the rice on the bottom edge. Gently continue rolling and shaping the sushi by applying even pressure.

Slice into manageable pieces using sharp knife.

CUCUMBER ROLLS

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	6 pieces	30 minutes	0	★★★★

INGREDIENTS

- 1 cucumber, peeled and slivered
- 1 sheet nori seaweed
- 360 ml (1 1/2 cups) sushi rice

FUN FACT:

The cucumber actually comes straight from Asia, just like sushi!



They may not be able to use chopsticks, but your dog will love the bite-sized pieces, sticky rice, and crunchy fillings in sushi. And maybe, if you're lucky, he'll share with you!

PREPARATION & COOKING

Place the sheet of nori onto a bamboo sushi rolling mat. Roll a handful of sushi rice into a log shape and place in the middle of the nori. Using your fingers, spread the rice evenly over the nori until within 1/2" of the edge. Place several slivers of cucumber down the middle of the sushi rice. Lift the side of the mat closest to you and slowly roll away from your body. Roll the mat over so that the top edge of the nori meets the rice on the bottom edge. Gently continue rolling and shaping the sushi by applying even pressure.

Slice into manageable pieces using sharp knife.

OSHINKO ROLLS

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	6 pieces	30 minutes	0	★★★★

INGREDIENTS

- 3 slices oshinko (Japanese pickled radish)
- 1 sheet nori seaweed
- 360 ml (1 1/2 cups) sushi rice

HEALTHY HINT:

Oshinko is available in Asian food markets as well as online. While the concept of pickled radish may not sound that appetizing, its taste is similar to a pickle with a much crunchier texture. And since both radishes and vinegar are great antioxidants, it's the perfect combo for your dog.

PREPARATION & COOKING

Place the sheet of nori onto a bamboo sushi rolling mat. Roll a handful of sushi rice into a log shape and place in the middle of the nori. Using your fingers, spread the rice evenly over the nori until within 1/2" of the edge. Place several slices of oshinko down the middle of the sushi rice. Lift the side of the mat closest to you and slowly roll away from your body. Roll the mat over so that the top edge of the nori meets the rice on the bottom edge. Gently continue rolling and shaping the sushi by applying even pressure.

Slice into manageable pieces using sharp knife.

CARROT ROLL

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	6 pieces	30 minutes	0	★★★★

INGREDIENTS

- 1 carrot, sliced
- 1 sheet nori seaweed
- 360 ml (1 1/2 cups) sushi rice

FUN FACT:

Additional carrots in the diet can help prevent dandruff and other skin conditions.

PREPARATION & COOKING

Place the sheet of nori onto a bamboo sushi rolling mat. Roll a handful of sushi rice into a log shape and place in the middle of the nori. Using your fingers, spread the rice evenly over the nori until within 1/2" of the edge. Place several slices of carrot down the middle of the sushi rice. Lift the side of the mat closest to you and slowly roll away from your body. Roll the mat over so that the top edge of the nori meets the rice on the bottom edge. Gently continue rolling and shaping the sushi by applying even pressure.

Slice into manageable pieces using sharp knife.

VEGGIE ROLL

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	6 pieces	30 minutes	0	★★★★

INGREDIENTS

- 1 carrot, peeled and shredded
- ½ avocado, sliced
- 1 stalk celery, sliced
- 120 ml (1/2 cup) sprouts
- 1 sheet nori seaweed
- 360 ml (1 1/2 cups) sushi rice

QUICK TIPS:

This variety of veggies is a powerful punch of vitamins and minerals wrapped in a convenient pouch and a puppy-pleasing crunch.

PREPARATION & COOKING

Place the sheet of nori onto a bamboo sushi rolling mat. Roll a handful of sushi rice into a log shape and place in the middle of the nori. Using your fingers, spread the rice evenly over the nori until within ½” of the edge. Arrange the carrot, avocado, celery, and sprouts down the middle of the sushi rice. Lift the side of the mat closest to you and slowly roll away from your body. Roll the mat over so that the top edge of the nori meets the rice on the bottom edge. Gently continue rolling and shaping the sushi by applying even pressure.

Slice into manageable pieces using sharp knife.

INARI

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	6 pieces	20 minutes	0	★★★★

INGREDIENTS

- 6 fried bean curd pockets
- 120 ml (1/2 cup) sushi rice
- 15 ml (3 tsp) bone meal

HEALTHY HINTS:

While serving your pup too many bean-derived foods isn't a good idea (it encourages gas – ew), these bean pockets help make convenient snacks that can aid digestion if not served too often.

PREPARATION & COOKING

Wet your fingers slightly and open the flap of one of the inari pockets. Add a small amount of rice, just enough to fill the pocket, and sprinkle with 2 ml (1/2 tsp) bone meal. Close the flap and lay face-down on a plate until ready to serve to your pampered pooch.

CRUNCHY INARI

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	6 pieces	20 minutes	0	★★★★

INGREDIENTS

- 6 fried bean curd pockets
- 120 ml (1/2 cup) sushi rice
- 15 ml (3 tsp) bone meal
- 1 carrot, peeled and slivered

Quick Tips:

If you have any leftover carrots, mix the shreds into your dog's dry food.

PREPARATION & COOKING

Wet your fingers slightly and open the flap of one of the inari pockets. Add a small amount of rice and carrots, just enough to fill the pocket, and sprinkle with 2 ml (1/2 tsp) bone meal. Close the flap and lay face-down on a plate until ready to serve to your pampered pooch.

BEEFY INARI

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	6 pieces	20 minutes	0	★★★★

INGREDIENTS

- 6 fried bean curd pockets
- 120 ml (1/2 cup) sushi rice
- 120 ml (1/2 cup) beef, cooked and shredded

Healthy Hint:

Beef contains a great deal of vitamin B12, a preventer of anemia.

PREPARATION & COOKING

Wet your fingers slightly and open the flap of one of the inari pockets. Add a small amount of rice and beef, just enough to fill the pocket, and sprinkle with 2 ml (1/2 tsp) bone meal. Close the flap and lay face-down on a plate until ready to serve to your pampered pooch.

CHICKEN INARI

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	6 pieces	20 minutes	0	★★★★

INGREDIENTS

- 6 fried bean curd pockets
- 120 ml (1/2 cup) sushi rice
- 120 ml (1/2 cup) chicken, cooked and shredded

VARIATIONS:

For really meaty pockets, leave out the rice and stuff only with chicken!

PREPARATION & COOKING

Wet your fingers slightly and open the flap of one of the inari pockets. Add a small amount of rice and chicken, just enough to fill the pocket, and sprinkle with 2 ml (1/2 tsp) bone meal. Close the flap and lay face-down on a plate until ready to serve to your pampered pooch.

TAMAGO INARI

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	6 pieces	20 minutes	5 minutes	★★★★

INGREDIENTS

- 6 fried bean curd pockets
- 120 ml (1/2 cup) sushi rice
- 2 eggs

FUN FACT:

Sushi chefs have a special pan for preparing omelettes. Rather than a shallow round pan, it's a much deeper square frying pan.

PREPARATION & COOKING

Beat and scramble eggs.

Wet your fingers slightly and open the flap of one of the inari pockets. Add a small amount of rice and egg, just enough to fill the pocket, and sprinkle with 2 ml (1/2 tsp) bone meal. Close the flap and lay face-down on a plate until ready to serve to your pampered pooch.

BEEFY OMELETTE BAGS

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	3 pieces	30 minutes	5 minutes	★★★★

INGREDIENTS

- 4 eggs
- 360 ml (1 1/2 cups) sushi rice
- 1 slice roast beef, chopped
- 60 ml (1/4 cup) sliced carrots
- 6 herb stems (coriander, cilantro, etc.)

HEALTHY HINT:

These are great treats to give your dog after a long, successful training session. The wide range of flavours will make him realize all that work was worthwhile!

PREPARATION & COOKING

Beat eggs and cook as you would an omelette, but use larger pan for a thinner, lighter consistency. When finished, slice omelette into three separate pieces. Refrigerate for one hour.

Place herb stems on cutting board and run the back of a cutting knife down the stems to tenderize and flatten them. After removing omelette from the refrigerator, place ball of sushi rice and 1/3 of beef and carrots in the centre of one omelette piece. Draw sides up and around contents and gather, just as if wrapping a gift. Tie one of the tenderized herb stems around the “neck” of the bag. Allow to chill for another hour before serving.

CRUNCHY OMELETTE BAGS

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	3 pieces	30 minutes	0	★★★★

INGREDIENTS

- 4 eggs
- 360 ml (1 1/2 cups) sushi rice
- 60 ml (1/4 cup) sliced oshinko (Japanese pickled radish)
- 60 ml (1/4 cup) sliced carrots
- 6 herb stems (coriander, cilantro, etc.)

SUBSTITUTIONS:

Don't feel like venturing out for sushi rice and oshinko? Try using 1 120 ml (1/2 cup)s white rice sprinkled with vinegar and 60 ml (1/4 cup) sliced dill pickles.

PREPARATION & COOKING

Beat eggs and cook as you would an omelette, but use larger pan for a thinner, lighter consistency. When finished, slice omelette into three separate pieces. Refrigerate for one hour.

Place herb stems on cutting board and run the back of a cutting knife down the stems to tenderize and flatten them. After removing omelette from the refrigerator, place ball of sushi rice and 1/3 of oshinko and carrots in the centre of one omelette piece. Draw sides up and around contents and gather, just as if wrapping a gift. Tie one of the tenderized herb stems around the "neck" of the bag. Allow to chill for another hour before serving.

FISHY OMELETTE BAGS

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	3 pieces	30 minutes	0	★★★★

INGREDIENTS

- 4 eggs
- 360 ml (1 1/2 cups) sushi rice
- 1 can smoked salmon, sliced
- 60 ml (1/4 cup) sliced carrots
- 6 herb stems (coriander, cilantro, etc.)

SUBSTITUTIONS:

No smoked salmon? Mix up a quick batch of tuna salad and use it instead.



PREPARATION & COOKING

Beat eggs and cook as you would an omelette, but use larger pan for a thinner, lighter consistency. When finished, slice omelette into three separate pieces. Refrigerate for one hour.

Tuna isn't just for kitties anymore – a small serving of it is a nutritious, delicious treat for your pup and can be substituted for many other meats.

Place herb stems on cutting board and run the back of a cutting knife down the stems to tenderize and flatten them. After removing omelette from the refrigerator, place ball of sushi rice and 1/3 of salmon and carrots in the centre of one omelette piece. Draw sides up and around contents and gather, just as if wrapping a gift. Tie one of the tenderized herb stems around the “neck” of the bag. Allow to chill for another hour before serving.

CHESSY CUKE OMELETTE BAGS

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	3 pieces	30 minutes	0	★★★★

INGREDIENTS

- 4 eggs
- 360 ml (1 1/2 cups) sushi rice
- 1 cucumber, peeled and sliced
- 15 ml (1 T) cream cheese
- 6 herb stems (coriander, cilantro, etc.)

FUN FACT:

Is your pup cool as a cucumber? If she lived in ancient England, this would have meant she was lying on a bed of cucumbers to lower a high fever.

PREPARATION & COOKING

Beat eggs and cook as you would an omelette, but use larger pan for a thinner, lighter consistency. When finished, slice omelette into three separate pieces. Refrigerate for one hour.

Place herb stems on cutting board and run the back of a cutting knife down the stems to tenderize and flatten them. After removing omelette from the refrigerator, spread cream cheese on each piece and place ball of sushi rice and 1/3 of cucumber in the centre of one omelette piece. Draw sides up and around contents and gather, just as if wrapping a gift. Tie one of the tenderized herb stems around the “neck” of the bag. Allow to chill for another hour before serving.

CHICKY OMELETTE BAGS

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	3 pieces	30 minutes	0	★★★★

INGREDIENTS

- 4 eggs
- 360 ml (1 1/2 cups) sushi rice
- 1 chicken breast, cooked and shredded;
OR
- 2 pieces chicken lunchmeat, chopped
- 6 herb stems (coriander, cilantro, etc.)

FUN FACT:

The chicken is the closest living relative of that infamous bully, the Tyrannosaurus Rex.

PREPARATION & COOKING

Beat eggs and cook as you would an omelette, but use larger pan for a thinner, lighter consistency. When finished, slice omelette into three separate pieces. Refrigerate for one hour.

Place herb stems on cutting board and run the back of a cutting knife down the stems to tenderize and flatten them. After removing omelette from the refrigerator, place ball of sushi rice and 1/3 of chicken in the centre of one omelette piece. Draw sides up and around contents and gather, just as if wrapping a gift. Tie one of the tenderized herb stems around the “neck” of the bag. Allow to chill for another hour before serving.

FISHY ROLL

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	6 pieces	30 minutes	0	★★★★

INGREDIENTS

- 2 cans smoked salmon
- 30 ml (2 T) cream cheese
- 120 ml (1/2 cup) sprouts
- 1 sheet nori seaweed
- 360 ml (1 1/2 cups) sushi rice

VARIATIONS:

Nori is also used by the Welsh, who call it “laver.” Try making the traditional Welsh dish laverbread by boiling it, mixing it with oatmeal to form small balls, and lightly baking or frying.

PREPARATION & COOKING

Cut the cream cheese into small rectangular pieces.

Place the sheet of nori onto a bamboo sushi rolling mat. Roll a handful of sushi rice into a log shape and place in the middle of the nori. Using your fingers, spread the rice evenly over the nori until within 1/2” of the edge. Arrange the salmon, cream cheese, and sprouts down the middle of the sushi rice. Lift the side of the mat closest to you and slowly roll away from your body. Roll the mat over so that the top edge of the nori meets the rice on the bottom edge. Gently continue rolling and shaping the sushi by applying even pressure.

Slice into manageable pieces using sharp knife.

SHROOM ROLL



Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	6 pieces	30 minutes	0	★★★★

INGREDIENTS

- 250 ml (1 cup) shiitake mushrooms, steamed
- 1 slice roast beef, chopped
- 1 sheet nori seaweed
- 360 ml (1 1/2 cups) sushi rice

HEALTHY HINTS:



Shiitake mushrooms are legendary in Japan for their disease-fighting capabilities. From sore throats to cancer tumors, shiitakes can kick a dog's immune system into overdrive to fight any illnesses they encounter.

PREPARATION & COOKING

Place the sheet of nori onto a bamboo sushi rolling mat. Roll a handful of sushi rice into a log shape and place in the middle of the nori. Using your fingers, spread the rice evenly over the nori until within 1/2" of the edge. Arrange the beef and mushrooms down the middle of the sushi rice. Lift the side of the mat closest to you and slowly roll away from your body. Roll the mat over so that the top edge of the nori meets the rice on the bottom edge. Gently continue rolling and shaping the sushi by applying even pressure.

Slice into manageable pieces using sharp knife.



Mushrooms are natural disease fighters and dogs love their pungent taste.



BEEFY ROLL

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	6 pieces	30 minutes	0	★★★★

INGREDIENTS

- 4 slices roast beef, chopped
- ½ avocado, sliced
- 1 sheet nori seaweed
- 360 ml (1 1/2 cups) sushi rice

HEALTHY HINT:

Have a pregnant pooch in the house? Avocados help support pregnancy as well as young puppies, so try mashing a bit of avocado into her dry food.

PREPARATION & COOKING

Place the sheet of nori onto a bamboo sushi rolling mat. Roll a handful of sushi rice into a log shape and place in the middle of the nori. Using your fingers, spread the rice evenly over the nori until within ½” of the edge. Arrange the beef and avocado down the middle of the sushi rice. Lift the side of the mat closest to you and slowly roll away from your body. Roll the mat over so that the top edge of the nori meets the rice on the bottom edge. Gently continue rolling and shaping the sushi by applying even pressure.

Slice into manageable pieces using sharp knife.

KITTY ROLL



Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	6 pieces	30 minutes	0	★★★★

INGREDIENTS

- 1 can tuna fish
- 15 ml (1 T) mayonnaise
- 1 sheet nori seaweed
- 360 ml (1 1/2 cups) sushi rice

QUICK TIPS:



If you *do* have a kitty sibling in the house, encourage animal harmony and let them share the roll! You can even sprinkle a bit of catnip into the feline portion.

PREPARATION & COOKING

Combine tuna and mayonnaise to form light tuna salad.

Place the sheet of nori onto a bamboo sushi rolling mat. Roll a handful of sushi rice into a log shape and place in the middle of the nori. Using your fingers, spread the rice evenly over the nori until within 1/2" of the edge. Arrange the tuna down the middle of the sushi rice. Lift the side of the mat closest to you and slowly roll away from your body. Roll the mat over so that the top edge of the nori meets the rice on the bottom edge. Gently continue rolling and shaping the sushi by applying even pressure.

Slice into manageable pieces using sharp knife.



If you have leftover tuna the next time you make Kitty Rolls, try mixing it with a fruit or veggie-based baby food. It may look disgusting to people, but dogs love it!



BONY SUSHI

Category	Serves	Preparation Time	Cooking Time	Experience
Japanese	6 pieces	30 minutes	0	★★★★

INGREDIENTS

- 6 slices ham
- 6 slices dairy-free cheese
- 360 ml (1 1/2 cups) sushi rice

HEALTHY HINT:

Be certain ham is thoroughly cooked. Pork products can place your pup at greater risk for trichinosis.

PREPARATION & COOKING

Layer ham and cheese slices on top of one another. Using a bone-shaped cookie cutter (or other doggie-themed cutter), cut shapes from ham and cheese layers.

Place cookie cutters on a cutting board and moisten with water. Pack densely with sushi rice using the back of a spoon. Hold spoon in place and slowly lift cutter free from rice. Place corresponding ham and cheese slices on top of rice and chill for one hour before serving.

BEEFY RAVIOLI

Category	Serves	Preparation Time	Cooking Time	Experience
Italian	6	20 minutes	5 minutes	★★★

INGREDIENTS

- 36 won ton wrappers
- 3 potatoes, peeled and baked
- 50 ml (4 T) sunflower oil
- 6 garlic cloves, minced
- 40 ml (3 T) fresh basil, minced
- 90 ml (6 T) bone meal

QUICK TIPS:

Sure, it's easy to just serve these cooked, but you can also place the finished ravioli back in the oven at a low heat (about 200 degrees) and dry them out further. Then take the ravioli to the park, training... wherever!



Whether you use won ton wrappers or homemade dough, your pooch will love ravioli.

basil,

PREPARATION & COOKING

Mash fully baked potatoes in a large bowl. Stir in oil, garlic, and bone meal until thoroughly combined.

Arrange 18 won ton wrappers on cutting board. Spoon potato mixture into the centre of each, then cover with 18 remaining wrappers. Use a fork to press the edges of the wrappers into a tight seal. Allow ravioli to dry slightly (about 30 minutes) before boiling.

When ready, add ravioli to 6 quarts of boiling water and cook for 4 minutes. Drain, cool, and separate into 6 individual servings to be stored in zipper bags.

BOCK BOCK BARK RAVIOLI

Category	Serves	Preparation Time	Cooking Time	Experience
Italian	6	20 minutes	5 minutes	★★★

INGREDIENTS

- 36 won ton wrappers
- 450 g (1 pound) chicken, cooked
- 40 ml (3 T) sunflower oil
- 150 ml (1/2 cup) unsweetened apple puree
- 250 g (8 oz) peas, mashed

FUN FACT

Only one breed of dog, the Basenji, doesn't bark.

PREPARATION & COOKING

Shred or chop chicken and place in a large mixing bowl. Stir in oil, peas, and apple puree until thoroughly combined.

Arrange 18 won ton wrappers on cutting board. Spoon chicken mixture into the centre of each, then cover with 18 remaining wrappers. Use a fork to press the edges of the wrappers into a tight seal. Allow ravioli to dry slightly (about 30 minutes) before boiling.

When ready, add ravioli to 6 quarts of boiling water and cook for 4 minutes. Drain, cool, and separate into 6 individual servings to be stored in zipper bags.

POPEYE RAVIOLI

Category	Serves	Preparation Time	Cooking Time	Experience
Italian	6	20 minutes	5 minutes	★★★

INGREDIENTS

- 36 won ton wrappers
- 900 g (2 pounds) fresh spinach, chopped
- 30 ml (2 T) sunflower oil
- 4 garlic cloves, minced
- 120 ml (1/2 cup) plain yogurt
- 120 ml (1/2 cup) grated cheese
- 1 egg

HEALTHY HINTS:

Know how to tell how healthy a veggie is? The darker the color, the more nutritious – now guess how healthy that dark green spinach can be!

PREPARATION & COOKING

Heat olive oil over medium-low heat and sauté garlic for one minute. Add spinach, cover, and cook for 3 minutes or until spinach wilts. Allow to cool for 15 minutes. Place in large bowl and mix with cheeses and egg. Place eggshell in microwave for 20 seconds, then grind to a fine powder in food processor and add to spinach mixture.

Arrange 18 won ton wrappers on cutting board. Spoon spinach mixture into the centre of each, then cover with 18 remaining wrappers. Use a fork to press the edges of the wrappers into a tight seal. Allow ravioli to dry slightly (about 30 minutes) before boiling.

When ready, add ravioli to 6 quarts of boiling water and cook for 4 minutes. Drain, cool, and separate into 6 individual servings to be stored in zipper bags.

KIBBLE RAVIOLI

Category	Serves	Preparation Time	Cooking Time	Experience
Italian	6	20 minutes	5 minutes	★★★

INGREDIENTS

- 36 won ton wrappers
- 250 ml (1 cup) dry food
- 50 ml (4 T) sunflower oil
- 3 garlic cloves
- 60 ml (1/4 cup) unsweetened fruit puree
or 2 jars baby food fruit

QUICK TIPS:

Won ton wrappers can usually be found in your produce section or with the refrigerated pasta. They may also be called “egg roll wrappers.”

PREPARATION & COOKING

Puree dry food, oil, garlic, and fruit in food processor until smooth.

Arrange 18 won ton wrappers on cutting board. Spoon food mixture into the centre of each, then cover with 18 remaining wrappers. Use a fork to press the edges of the wrappers into a tight seal. Allow ravioli to dry slightly (about 30 minutes) before boiling.

When ready, add ravioli to 6 quarts of boiling water and cook for 4 minutes. Drain, cool, and separate into 6 individual servings to be stored in zipper bags.

CHUNKY RAVIOLI

Category	Serves	Preparation Time	Cooking Time	Experience
Italian	6	20 minutes	5 minutes	★★★

INGREDIENTS

- 36 won ton wrappers
- 1 jar Vienna sausages, sliced
- 15 ml (1 T) garlic powder
- 3 sprigs fresh basil
- 250 ml (1 cup) fresh carrot, shredded
- 60 ml (1/4 cup) carrot juice

FUN FACT:

Garlic has been used for medicinal purposes for over 3,000 years. It must be doing *something* right!

PREPARATION & COOKING

Puree garlic powder, basil, carrot, and juice in food processor until smooth.

Arrange 18 won ton wrappers on cutting board. Spread carrot mixture into the centre of each and top with one or two chunks of Vienna sausage, then cover with 18 remaining wrappers. Use a fork to press the edges of the wrappers into a tight seal. Allow ravioli to dry slightly (about 30 minutes) before boiling.

When ready, add ravioli to 6 quarts of boiling water and cook for 4 minutes. Drain, cool, and separate into 6 individual servings to be stored in zipper bags.

BEET PASTA

Category	Serves	Preparation Time	Cooking Time	Experience
Italian	450 g (1 pound)	40 minutes	4 minutes	★★★

INGREDIENTS

- 400 ml (1 1/3 cups) semolina flour
- 170 ml (2/3 cup) all-purpose flour
- 2 eggs
- 100 ml (1/3 cup) beet puree

HEALTHY HINTS:

If you're making your own beet puree, be sure to add the greens to the mix. They're the most nutritious part of the plant.

PREPARATION & COOKING

Break eggs into a small bowl and place shells in the microwave for 30 seconds. Blend to a fine powder. Combine the flours and egg shell powder in a large mixing bowl or on a work surface and form a mound. Pour eggs and beet puree into the well and begin gradually mixing with a fork.

Place dough on a lightly floured surface and begin kneading until smooth. If the dough becomes too sticky, sprinkle with flour. Cut into pieces and roll each to 1/32" thickness. Let pasta dry for 10 minutes on floured surface.

Cut noodles to an easily manageable length and width and boil for 4 minutes. Cool before serving to your pasta-loving puppy.

POPEYE PASTA

Category	Serves	Preparation Time	Cooking Time	Experience
Italian	450 g (1 pound)	40 minutes	4 minutes	★★★

INGREDIENTS

- 400 ml (1 1/3 cups) semolina flour
- 170 ml (2/3 cup) all-purpose flour
- 2 eggs
- 250 ml (1 cup) frozen chopped spinach, thawed and drained

FAMILY FUN:

This pasta is great eating for the whole family, but you can also get your kids involved in the cooking by letting them squeeze the juice from the thawed spinach. The squishy texture will keep them squeezing until it's completely dry!



PREPARATION & COOKING

Break eggs into a small bowl and place shells in the microwave for 30 seconds. Blend to a fine powder. Combine the flours and egg shell powder in a large mixing bowl or on a work surface and form a mound. Pour eggs and spinach into the well and begin gradually mixing with a fork.

This pasta may be made for pups, but we're pretty sure you'll like it, too. Make a few extra batches and freeze the dough for easy use later.

Place dough on a lightly floured surface and begin kneading until smooth. If the dough becomes too sticky, sprinkle with flour. Cut into pieces and roll each to 1/32" thickness. Let pasta dry for 10 minutes on floured surface.

Cut noodles to an easily manageable length and width and boil for 4 minutes. Cool before serving to your pasta-loving puppy.

MEATY PASTA

Category	Serves	Preparation Time	Cooking Time	Experience
Italian	450 g (1 pound)	40 minutes	4 minutes	★★★

INGREDIENTS

- 400 ml (1 1/3 cup) semolina flour
- 170 ml (2/3 cup) all-purpose flour
- 2 eggs
- 250 g (8 oz) baby food meat puree

SUBSTITUTIONS:

If your dog has a sweet tooth, you can substitute fruit puree or baby food fruit for the baby food meat.

PREPARATION & COOKING

Break eggs into a small bowl and place shells in the microwave for 30 seconds. Blend to a fine powder. Combine the flours and egg shell powder in a large mixing bowl or on a work surface and form a mound. Pour eggs and baby food into the well and begin gradually mixing with a fork.

Place dough on a lightly floured surface and begin kneading until smooth. If the dough becomes too sticky, sprinkle with flour. Cut into pieces and roll each to 1/32" thickness. Let pasta dry for 10 minutes on floured surface.

Cut noodles to an easily manageable length and width and boil for 4 minutes. Cool before serving to your pasta-loving puppy.

PUNKIN' PASTA

Category	Serves	Preparation Time	Cooking Time	Experience
Italian	450 g (1 pound)	40 minutes	4 minutes	★★★

INGREDIENTS

- 400 ml (1 1/3 cups) semolina flour
- 170 ml (2/3 cup) all-purpose flour
- 2 eggs
- 1 can unsweetened pumpkin puree

Fun Fact:

The largest pumpkin ever weighed 1,06450 g (1 pound)s.

PREPARATION & COOKING

Break eggs into a small bowl and place shells in the microwave for 30 seconds. Blend to a fine powder. Combine the flours and egg shell powder in a large mixing bowl or on a work surface and form a mound. Pour eggs and pumpkin into the well and begin gradually mixing with a fork.

Place dough on a lightly floured surface and begin kneading until smooth. If the dough becomes too sticky, sprinkle with flour. Cut into pieces and roll each to 1/32" thickness. Let pasta dry for 10 minutes on floured surface.

Cut noodles to an easily manageable length and width and boil for 4 minutes. Cool before serving to your pasta-loving puppy.

FROOTLES

Category	Serves	Preparation Time	Cooking Time	Experience
Italian	450 g (1 pound)	40 minutes	4 minutes	★★★

INGREDIENTS

- 400 ml (1 1/3 cup) semolina flour
- 170 ml (2/3 cup) all-purpose flour
- 2 eggs
- 250 g (8 oz) baby food fruit or unsweetened applesauce

QUICK TIPS:

Top this pasta with the Green Gravy on page 106 for a great healthy treat!

PREPARATION & COOKING

Break eggs into a small bowl and place shells in the microwave for 30 seconds. Blend to a fine powder. Combine the flours and egg shell powder in a large mixing bowl or on a work surface and form a mound. Pour eggs and fruit into the well and begin gradually mixing with a fork.

Place dough on a lightly floured surface and begin kneading until smooth. If the dough becomes too sticky, sprinkle with flour. Cut into pieces and roll each to 1/32" thickness. Let pasta dry for 10 minutes on floured surface.

Cut frootles to an easily manageable length and width and boil for 4 minutes. Cool before serving to your pasta-loving puppy.

EGGY CASSEROLE

Category	Serves	Preparation Time	Cooking Time	Experience
Mexican	450 g (1 pound)	20 minutes	35 minutes	★★★

INGREDIENTS

- 6 corn tortillas
- 12 eggs
- 120 ml (1/2 cup) water
- 60 ml (1/4 cup) dry milk
- 480 ml (2 cups) cheese
- 15 ml (1 T) sunflower oil
- 300 ml (1 1/4 cups) sliced mushrooms
- 250 g (8 oz) corn
- 250 ml (1 cup) Beef Gravy (page 101)

SUBSTITUTIONS:

If you can't find corn tortillas, flour tortillas will also work but have a lower nutritional content.

PREPARATION & COOKING

Layer tortillas on the bottom of a greased casserole dish. Beat eggs, milk, and water in a large mixing bowl. Stir in cheese and pour over tortillas. Bake at 180°C (350°F) for 35 minutes and cool in refrigerator. Heat oil over medium heat and sauté mushrooms and corn. Stir in beef sauce.

When ready to serve, cut egg into 12 pieces and top with mushroom sauce.

FIESTA CHICKEN QUESADILLAS

Category	Serves	Preparation Time	Cooking Time	Experience
Mexican	6 pieces	10 minutes	10 minutes	★★

INGREDIENTS

- 3 corn tortillas
- 480 ml (2 cups) non-dairy cheese shreds
- 2 chicken breasts, cooked
- 2 cloves garlic, minced
- 30 ml (2 T) sunflower oil
- 2 sprigs fresh thyme, minced

FUN FACT:

Alektorophobics have an overwhelming fear of chickens.

PREPARATION & COOKING

Shred chicken breasts and mix with cheese shreds, garlic, and thyme. Spoon mixture onto half of each tortilla; fold top half of tortilla over bottom half. Heat oil in a large skillet and place quesadillas in skillet. Cook for 3 minutes or until bottom is brown, then flip and cook other side. Continue to alternate sides until cheese shreds have melted enough that two halves are sealed together. Cut each quesadilla in half and cool thoroughly before serving.

FIESTA EGG QUESADILLAS

Category	Serves	Preparation Time	Cooking Time	Experience
Mexican	6 pieces	10 minutes	10 minutes	★★

INGREDIENTS

- 3 corn tortillas
- 480 ml (2 cups) non-dairy cheese shreds
- 4 eggs, scrambled
- 2 cloves garlic, minced
- 30 ml (2 T) sunflower oil
- 2 sprigs fresh thyme, minced

HEALTHY HINT:

Eggs are extremely high in vitamin D, the vitamin necessary to aid calcium absorption into the bones. This is especially important for older dogs whose bones and joints may not be in tip-top shape.

PREPARATION & COOKING

Mix eggs with cheese shreds, garlic, and thyme. Spoon mixture onto half of each tortilla; fold top half of tortilla over bottom half. Heat oil in a large skillet and place quesadillas in skillet. Cook for 3 minutes or until bottom is brown, then flip and cook other side. Continue to alternate sides until cheese shreds have melted enough that two halves are sealed together. Cut each quesadilla in half and cool thoroughly before serving.

GREEN FIESTA QUESADILLAS

Category	Serves	Preparation Time	Cooking Time	Experience
Mexican	6 pieces	10 minutes	10 minutes	★★

INGREDIENTS

- 3 corn tortillas
- 480 ml (2 cups) non-dairy cheese shreds
- 250 ml (1 cup) broccoli, chopped
- 120 ml (1/2 cup) green cabbage, shredded
- 120 ml (1/2 cup) peas, mashed
- 30 ml (2 T) sunflower oil
- 2 sprigs fresh thyme, minced

VARIATIONS:

While this recipe's theme is green, red cabbage is actually more nutritionally potent than its green counterpart. Feel free to substitute the same amount of red cabbage for the green.

PREPARATION & COOKING

Mix peas, cheese shreds, cabbage, and thyme and spread mixture onto half of each tortilla. Sprinkle broccoli on top of cabbage mixture. Fold top half of tortilla over bottom half. Heat oil in a large skillet and place quesadillas in skillet. Cook for 3 minutes or until bottom is brown, then flip and cook other side. Continue to alternate sides until cheese shreds have melted enough that two halves are sealed together. Cut each quesadilla in half and cool thoroughly before serving.

TAIL-WAGGING TOSTADAS

Category	Serves	Preparation Time	Cooking Time	Experience
Mexican	4	10 minutes	30 minutes	★★★

INGREDIENTS

- 4 pita rounds
- 190 g (6 oz) cooked squash, pureed
- 190 g (6 oz) grilled chicken, sliced
- 250 ml (1 cup) non-dairy cheese shreds
- 700 ml (3 cups) red cabbage, shredded
- 60 ml (1/4 cup) cilantro leaves
- 60 ml (1/4 cup) basil leaves

QUICK TIPS:

Pita rounds can usually be found in the bakery section of your grocery store. If they carry a selection, choose whole wheat or spinach pita over white.

PREPARATION & COOKING

Arrange pitas on a cookie sheet. Spread squash puree on each and top with chicken, cabbage, herbs and cheese shreds. Bake at 148°C (300°F) for 30 minutes. Turn off heat and allow to cool in oven for 2 hours before serving.

GROWLIN' GUACAMOLE GRITS



Category	Serves	Preparation Time	Cooking Time	Experience
Mexican	4	20 minutes	15 minutes	★★

INGREDIENTS

- 250 ml (1 cup) grits
- 700 ml (3 cups) low-sodium chicken broth
- 15 ml (1 T) unsalted butter
- 1 avocado
- 1 lime
- 5 ml (1 tsp) bone meal

FUN FACT:

Grits are an old Tex-Mex favourite. They're also popular throughout the rest of the southern United States – a town in North Carolina holds an annual Grits Festival.



Add a few baked tortilla chips to this recipe for some canine-pleasing crunch!

PREPARATION & COOKING

Bring chicken broth to a boil and whisk in grits. Boil for 1 minute, then simmer for 15 minutes. After removing from heat, stir in butter and bone meal and refrigerate for 1 hour.

Peel and quarter avocado. Cut each half into quarters and place in a bowl. Halve lime and squeeze juice from each side over avocado. Using a fork, mash and whip avocado until consistency is smooth and fluffy.

When grits have chilled, mix into guacamole. Serve alone or mixed into dry food.



Mexi-Meatloaf

Category	Serves	Preparation Time	Cooking Time	Experience
Mexican	4	20 minutes	90 minutes	★★

INGREDIENTS

- 680 g (1 1/2 pounds) ground beef
- 2 eggs
- 60 ml (1/4 cup) cilantro leaves
- 1 lime
- 1 corn tortilla
- 4 non-dairy cheese slices

FAMILY FUN:

This is a great recipe to get the kids involved and for the whole family to share. If you don't like non-dairy cheese, use it on only 1/4 of the loaf and use plain cheese on the "people" side.



Who doesn't love meatloaf? Well, maybe vegetarians...

PREPARATION & COOKING

Halve lime and squeeze juice into food processor; add remaining ingredients except cheese in food processor and place in loaf pan. Top with cheese slices.

Cook at 135°C (275°F) for 90 minutes. Turn off oven and allow to cool for two hours. Slice loaf into four pieces and freeze or refrigerate leftovers in zipper bags.

TEXAN TATERS

Category	Serves	Preparation Time	Cooking Time	Experience
Mexican	6	20 minutes	20 minutes	★★

INGREDIENTS

- 4 potatoes, baked
- 15 ml (1 T) sunflower oil
- 1 sweet bell pepper, chopped
- 5 ml (1 tsp) garlic powder
- 15 ml (1 T) Worcestershire sauce
- 250 ml (1 cup) non-dairy cheese shreds
- 5 slices roast beef, chopped

SUBSTITUTIONS:

If you don't have any roast beef in the house, try substituting cooked ground beef.

PREPARATION & COOKING

Skin potatoes and blend in food processor until smooth. Add remaining INGREDIENTS and puree. Spread into casserole dish and bake at 180°C (350°F) for 20 minutes, then turn off heat and allow to cool in oven for 2 hours. Separate into 6 zippered bags and refrigerate or freeze leftovers.

MEXICAN ICE PUPS

Category	Serves	Preparation Time	Cooking Time	Experience
Mexican	2 dozen	15 minutes	0	★

INGREDIENTS

- 1 avocado
- 1 lime
- 5 ml (1 tsp) bone meal
- 60 ml (1/4 cup) carob chips, melted
- 60 ml (1/4 cup) dry milk
- 120 ml (1/2 cup) water

HEALTHY HINTS:

If you have an older pup whose joints can use the calcium boost from this recipe, keep up the healthy bone and joint care by taking your pooch swimming at least once a week. It's a low-impact activity that can help strengthen joint tissue and alleviate pain.

PREPARATION & COOKING

Peel and quarter avocado. Cut each half into quarters and place in a medium-sized bowl. Halve lime and squeeze juice from each side over avocado and add bone meal. Using a fork, mash and whip avocado until consistency is smooth and fluffy.

Stir in melted carob chips, dry milk, and water and combine thoroughly. Pour or scoop into ice cube trays and freeze overnight.

Caution: Thaw slightly before serving in the dog days of summer!

BARKIN' BUFFALO WINGS

Category	Serves	Preparation Time	Cooking Time	Experience
American	18	10 minutes	0	★★

INGREDIENTS

- 18 boneless chicken wings
- 60 ml (1/4 cup) honey
- 30 ml (2 T) lime juice
- 5 ml (1 tsp) garlic, minced
- 120 ml (1/2 cup) whole wheat flour

QUICK TIPS:

Check the sauce section on page 100 and add one for a Chicago-style poochy party!



Your dog would just love to get his chompers around these chicken wings.

PREPARATION & COOKING

Mix honey, lime juice, and garlic in a large bowl and place whole wheat flour in a zippered bag. Add chicken wings to bag two at a time and shake until coated with flour. Arrange on a greased baking sheet and bake for 15 minutes at 148°C (300°F), then use pastry brush to coat wings with honey mixture. Cook an additional 15 minutes or until done.

Cool thoroughly before serving.

Caution: **Never** feed your dog traditional buffalo wings. Chicken bones can cause choking, dental problems, and internal bleeding.

COYOTE CRUST

Category	Serves	Preparation Time	Cooking Time	Experience
American	2 dozen	15 minutes	0	★

INGREDIENTS

- 950 ml (4 cups) whole wheat flour
- 15 ml (1 T) baking powder
- 30 ml (2 T) unsalted butter
- 180 ml (3/4 cups) dry milk
- 360 ml (1 1/2 cups) water
- 15 ml (1 T) bone meal

FUN FACT:

This tough bread is a Native American dish originating with the Ojibwa tribe.

PREPARATION & COOKING

Combine all dry INGREDIENTS in a large bowl, then cut in butter. Stir in water and mix just until dough clings together. Work dough into a round and place on greased cookie sheet. Bake for 30 minutes at 200°C (400°F). Allow to cool overnight.

POT PAWS

Category	Serves	Preparation Time	Cooking Time	Experience
American	6	20 minutes	30	★★

INGREDIENTS

- 2 pie crusts
- 120 ml (1/2 cup) carrots, sliced
- 120 ml (1/2 cup) peas
- 120 ml (1/2 cup) potatoes, diced
- 2 chicken breasts, diced and cooked
- 150 ml (1/2 cup) dry milk
- 250 ml (1 cup) water

VARIATIONS:

Does your pup have favourite veggies? You know, the ones he always steals from your salad bowl while you're not looking? Feel free to substitute them for any of the veggies in this recipe.



You'll be begging your dog for a taste of his delicious pot-pie style dinner!

PREPARATION & COOKING

Place one pie crust in greased pie tin. Combine veggies, chicken, milk, and water in a bowl and pour into pie crust. Place other crust on top of filling and seal to bottom crust.

Bake for 30 minutes at 180 C (350 F) degrees. Cool for two hours before serving.

PUPPY PICNIC POTATOES

Category	Serves	Preparation Time	Cooking Time	Experience
American	10	25 minutes	0	★★

INGREDIENTS

- 5 potatoes, boiled
- 3 hard-boiled eggs
- 250 ml (1 cup) celery, chopped
- 120 ml (1/2 cup) cucumber, chopped
- 2 ml (1/2 tsp) garlic powder
- 15 ml (1 T) mustard
- 60 ml (1/4 cup) Miracle Whip

QUICK TIPS:

This low-dairy variation on people potato salad will have your whole family salivating... while your pup is the only one enjoying the prize!

PREPARATION & COOKING

Chop potatoes and eggs and combine with remaining INGREDIENTS in a large bowl. Refrigerate overnight and separate into 10 portions. Refrigerate or freeze in zipper bags.

MAC & CHEEZE

Category	Serves	Preparation Time	Cooking Time	Experience
American	10	15 minutes	10 minutes	★★

INGREDIENTS

- 1 package macaroni, cooked
- 250 ml (1 cup) non-dairy cheddar cheese shreds
- 60 ml (1/4 cup) rice milk
- 60 ml (1/4 cup) peas

VARIATIONS:

.....

This classic has as many variations as there are stars in the sky. Feel free to try yours, but remember that your pup shouldn't have too much dairy, excessive amounts of fat, or pork. If you're worried about an ingredient, do some research online or try to come up with a more feasible substitution.

PREPARATION & COOKING

Heat cheese shreds and rice milk in a saucepan over medium heat until it melts. Stir often. When melted, pour over drained pasta and mix in peas. Allow to cool for 30 minutes prior to serving. Refrigerate or freeze leftovers in zipper bags.



This cheesy treat doesn't need to upset your pup's tummy with dairy problems. By using lactose-intolerant or vegan cheese shreds, you get all the flavour without the lactose. If the consistency is a little too sticky, try adding a bit of rice milk.

Stir in melted carob chips, dry milk, and water and combine thoroughly. Pour or scoop into ice cube trays and freeze overnight.

DOG WOK

Category	Serves	Preparation Time	Cooking Time	Experience
Chinese	4	15 minutes	10 minutes	★★

INGREDIENTS

- 5 ml (1 tsp) sunflower oil
- 2 chicken breasts, sliced
- 250 ml (1 cup) carrots, sliced
- 250 ml (1 cup) mushrooms, sliced
- 1 zucchini, peeled and sliced into rounds
- 2 yellow squash, peeled and sliced into rounds
- 120 ml (1/2 cup) almonds, chopped
- 480 ml (2 cups) rice, steamed

VARIATIONS:

Try this stir fry with any number of INGREDIENTS, from egg to bamboo shoots and anything in between. Try to steer clear of beans, but beyond that let your dog's tongue be your guide!

PREPARATION & COOKING

Spread oil on bottom of nonstick skillet. Brown chicken strips in skillet over medium heat, then add carrots and cook for 3 minutes. Stir in mushrooms, zucchini, and squash, adding almonds when squash begins to soften. Toss INGREDIENTS for two minutes over heat.

Allow to cool for one hour, then mix with rice and separate into four portions. Freeze or refrigerate leftovers in zipper bags.

GREEN DOG WORK

Category	Serves	Preparation Time	Cooking Time	Experience
Chinese	4	15 minutes	10 minutes	★★

INGREDIENTS

- 74 ml (5 T) olive oil
- 1 cucumber, sliced
- 1 green bell pepper, chopped
- 1 zucchini, sliced
- 170 ml (2/3 cup) green cabbage, chopped
- 250 ml (1 cup) broccoli, chopped
- 400 ml (1 1/3 cups) broccoli or alfalfa sprouts
- 60 ml (1/4 cup) low-sodium vegetable broth
- 10 ml (2 tsp) bone meal
- 480 ml (2 cups) rice, steamed

Healthy Hint:

Green bell peppers have more vitamin C by weight than any citrus fruit.

PREPARATION & COOKING

Heat oil in nonstick skillet over medium heat. Saute cucumber, broccoli, pepper, and zucchini for 5 minutes, then stir in cabbage and sprouts. Add chicken broth and bone meal and stir over heat for 5 minutes.

Allow to cool for one hour, then mix with rice and separate into four portions. Freeze or refrigerate leftovers in zipper bags.

YUMMY GYROS

Category	Serves	Preparation Time	Cooking Time	Experience
Mediterranean	4	15 minutes	5 minutes	★★

INGREDIENTS

- 4 rounds whole wheat pita bread
- 8 slices roast beef, chopped
- 250 ml (1 cup) yogurt
- 1 cucumber, peeled and chopped
- 4 leaves cabbage

Helpful Hint:



You might hear 20 different pronunciations of the word “gyro” on any given day. Which is correct? YEE-row.

PREPARATION & COOKING

Slice top layer of pita bread to form a pocket and arrange one leaf of cabbage inside each pita pocket. Combine roast beef, yogurt, and cucumber in a mixing bowl and stir thoroughly. Spoon beef mixture into pita pocket and place pockets on cutting board. Using two knives, cut pockets into manageable pieces and place in food bowl.

Leftover pockets can be stored whole or chopped in refrigerator until ready to serve.



SNUFF-a-LICIOUS BELL PEPPERS

Category	Serves	Preparation Time	Cooking Time	Experience
Mediterranean	4	15 minutes	30 minutes	★★★

INGREDIENTS

- 2 bell peppers, halved and seeded
- ¾ pound ground beef, browned
- 120 ml (1/2 cup) water
- 100 ml (1/3 cup) brown rice
- 15 ml (1 T) Worcestershire sauce
- 60 ml (1/4 cup) fresh basil leaves, chopped
- 30 ml (2 T) almonds, chopped

PREPARATION & COOKING

Boil peppers for three minutes; drain and cool. Combine beef, water, rice, Worcestershire sauce, and basil in a large saucepan or skillet. Bring to a boil, then reduce heat, cover, and simmer for 20 minutes.

Spoon meat mixture into pepper halves and place in greased baking dish. Sprinkle with almonds and bake for 15 minutes at 190°C (375°F).

Allow to cool for one hour before serving. Refrigerate leftovers in sealable container.

VARIATIONS:

The almond in this recipe is a way of getting extra crunch and teeth-cleaning power into a tasty treat. Feel free to substitute nearly any other nut you may have on hand, but avoid macadamias as the fat content is fairly high.



TWO TATER SALAD

Category	Serves	Preparation Time	Cooking Time	Experience
Caribbean	7	15 minutes	30 minutes	★★

INGREDIENTS

- 1 potato, peeled
- 1 sweet potato, peeled
- 250 ml (1 cup) corn
- 30 ml (2 T) lime juice
- 40 ml (3 T) fresh basil, chopped
- 1 clove garlic, minced
- 40 ml (3 T) sunflower oil
- 1 cucumber, chopped
- 60 ml (1/4 cup) almonds, chopped

HEALTHY HINT:

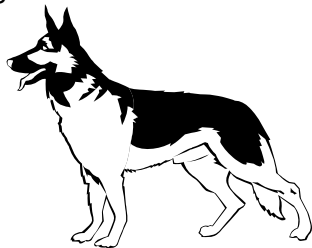
The potato contains some amount of nearly every vitamin and mineral required by the canine body. And guess what – the ones it doesn't include are covered by the other ingredients in this recipe!

PREPARATION & COOKING

Quarter both potatoes. Place plain potato in a large saucepan, cover with water, and bring to a boil. Reduce heat and simmer for 10 minutes. Add sweet potato and cook 15 minutes more. Add corn kernels and cook for 30 seconds. Drain. Run veggies under cold water.

In a separate bowl, whisk together lime juice, herbs, and oil. Stir in cucumber.

Cube potatoes and stir into dressing. Chill for 1 hour and stir in almonds. Leftovers can be refrigerated in an airtight



Disclaimer: PrivateRights .com developed these e-books to provide access to valuable information. Although we make every effort to offer only accurate information, we cannot guarantee that the information we make available is always correct or current. PrivateRights .com does not warrant or make any representations as to the quality, content, accuracy, or completeness of the information, text, graphics, links and other items contained in these e-books. Consequently, no one should rely upon any information contained herein, nor make any decisions or take any action based on such information. Private Rights .com or any subsidiaries are not responsible for any action taken in reliance on the information contained herein and for any damages incurred, whether directly or indirectly, as a result of errors, omissions or discrepancies contained herein.