

# TOFU SALAD



- 1- 14 oz package extra firm tofu, crumbled
- 1/3 cup Vegenaïse
- 2 tablespoons mustard
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt & pepper, to taste
- 1 tablespoon lemon juice
- 1/2 an onion, chopped
- 1/2 a bell pepper, chopped

*Mix it together and eat it on a salad or sandwich!*

# I HAD TO WORK LATE TACO SALAD



- One can refried beans
- ¼ cup salsa
- ½ an onion, chopped
- Handful of cheddar shreds (*Daiya*)
- Beyond Meat crumbles (*optional*)

*Dump that stuff in a dish and broil it in the oven for a few.  
Then take it out and add:*

- Sliced avocado
- Tofutti sour cream
- Lime juice
- Lettuce

*Eat it with chips and a fork!*

# BAKED HAM MAC-N-CHEEZE



- One pound spiral pasta (*I like tinkyada!*)
- 3 tablespoons olive oil
- 1 head of cauliflower, chopped fairly small
- Salt & pepper
- 2 tablespoons coconut oil (*or Earth Balance*)
- 2 tablespoons flour or GF flour (*any kind works*)
- 3 cups almond milk
- 1 tablespoon of nutmeg
- 1 package of Daiya mozzarella, 1 package of Daiya cheddar (*blocks or shreds*)
- diced veggie ham or hot dogs (*Lightlife or Tofurky*)
- A few dashes of liquid smoke
- A dash of Lemon juice
- 1/2 cup of almond flour
- 1/2 cup nutritional yeast
- 1/4 cup chopped parsley

*Cook the pasta just to al dente (about a minute less than you normally would) in salted water with a dash of olive oil (keeps it from sticking) and set aside. I like to go ahead and transfer the pasta to my big baking dish.*

*At this point, have all your ingredients laid out. You'll need to go from one step to the next pretty quickly, and keep stirring so it doesn't stick.*

*Preheat your oven to around 400.*

*Heat a large stockpot on high (just use the same one you used for the pasta).*

*Add about 3 tablespoons olive oil and the chopped cauliflower to the pot, stirring almost constantly. Sprinkle with a little salt and black pepper, 1 tablespoon of nutmeg (double it if you like nutmeg!), and a dash of liquid smoke. Keep stirring until the cauliflower changes color, about 5 minutes. Add*

# BAKED HAM MAC-N-CHEEZE

(continued)



*2 tablespoons coconut oil and 2 tablespoons flour to the pot, stirring to form a paste around the cauliflower. Keep stirring until your roux is toasty golden, about 2 minutes.*

*Reduce the heat. Immediately start adding the almond milk, a little at a time. (You can always add more- you can't take it out!) By adding it slowly, you'll avoid lumps, but keep stirring! (The only lumps you want are the cauliflower.)*

*Stir in the mozzarella and cheddar cheese. Keep stirring or it will stick (it'll take a few minutes for the cheese to melt and get smooth- turn the heat back up if needed). Once it's smooth, turn the heat off.*

*Stir in the chopped ham. Smell and taste your cheesy sauce. Does it need more salt, black pepper, nutmeg, liquid smoke? If you like it a little zippy, add a splash of lemon juice now. If you want it sharper, add some nutritional yeast. Add these things a little at a time, and keep tasting until you've got it how you want it.*

*Combine your sauce with your cooked pasta, coating the pasta well, and spreading it evenly in the baking dish. Better taste it again here to be sure. :-)*

*In a little bowl, mix 1/4 cup chopped parsley, 1/2 cup nutritional yeast, 1/2 cup almond flour, salt and pepper. Taste it, and adjust to taste. Sprinkle this very generously over your pasta. Pop it in the oven for about 15 minutes, then broil it for 2 minutes (or until nice and brown on top).*

# PEANUT CURRY NOODLES



- 1 lb brown rice spaghetti (*or fettuccine*) cooked al dente and drained
- 1-2 carrots, chopped small
- 3-4 green onions, chopped small
- 1 small bell pepper, chopped small
- 1 package extra firm tofu, chopped small (*optional*)

## Sauce:

- 1 cup peanut butter
- 3 tablespoons maple syrup
- 2 tablespoons curry powder
- 2 tablespoons minced garlic
- 2 teaspoons ginger powder
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 1 can or carton of coconut milk (*1- 1 1/2 cups*)

*Blenderize all the sauce ingredients, adjusting to taste, and dump the chopped veggies and sauce on the pasta while still hot. Stir and cover (with the heat off) for 5 minutes. Then eat it!*

# JOSHUDY DE GALLO



- 4 tomatoes
- 1-2 onions
- 1 bunch fresh cilantro
- 1-2 tablespoons lime juice
- Salt to taste
- 1-2 tablespoons minced garlic
- 1 bell pepper, or jalapenos/ habaneras (*optional*)

*Chop your veggies by hand, or with a chopper. Add all your ingredients to a bowl and stir. Eat with chips, or add to a taco salad!*

# OREO CHEEZECAKE



- About 50 Newman Os, or Kinickinick GF sandwich cookies
- 2 tablespoons melted coconut oil
- 1/2 cup raw cashews
- 1- 11oz container of So Delicious Culinary coconut milk
- 2 packages of Tofutti cream cheese
- 1 package of silken tofu (*firm or extra firm*)
- 1 cup of tofutti sour cream
- A few dashes of lemon juice
- 1 cup sugar (*any*)
- 1/2 teaspoon salt
- 1 tablespoon arrowroot (*or tapioca, or organic cornstarch*)
- 2 tablespoons Vegan Egg (*algae based- optional for a harder cheesecake. If you can't find it, just double the arrowroot or use some egg replacer*)
- 1/2 cup Earth Balance
- 1/4 cup flour (*GF all purpose, or white whole wheat*)

*Put some of the cookies in your Vitamix or personal blender and pulse to chop, a handful at a time, dumping the crushed ones into your baking dish. Keep doing this til you have enough for a nice crust, and pour melted coconut oil over the cookie crumbs, using your fingers to combine and press into the bottom of your dish. Set your yummy crust aside.*

*Combine the cashews and the coconut milk in your blender. Mix until smooth. Dump into a mixing bowl. Next, add the tofu, earth balance, vanilla, and lemon juice to your blender. Add about 3 tablespoons or so of water to your coconut milk carton, shake it really good, and dump the rest of it into the blender. Mix until smooth, and then dump into the mixing bowl.*

*Add the cream cheese, sugar, arrowroot, vegan egg, salt, and flour to the mixing bowl. Use an emersion blender to combine. Keep mixing until it's really smooth. (if you have a big blender or food processor, you can just do it all in there. But don't try to immersion blend the cashews or tofu- they need real blending!)*

# OREO CHEEZECAKE

*(continued)*



*Taste your filling. Does it need more lemon juice, sour cream, salt? Adjust it to your liking.*

*Add some cookie pieces to the bowl and stir (you can pulse em, crush em with a rolling pin, break em up with your hands, whatever)*

*Turn your oven to 335. Once it's heated, dump the filling into your crust, and sprinkle more cookie pieces over top. Pretty!*

*Bake your cheesecake for a full hour. If it's not a little brown around the edges, let it go another 15 minutes or so. Then turn the oven off and leave it in there for another hour. When you remove it from the oven, let it cool before you put it in the fridge. Then let it chill in the fridge overnight (or at least 4 hours) Yum!*