

Toppings, Sauces, etc.

Vegan Parmesan Cheese

(makes 2+ cups)

1 cup hulled sesame seeds, lightly toasted in oven (or buy toasted sesame seeds)

Directions:

Put toasted sesame seeds in blender (blender should be dry inside) and add following:

2/3 cup almond slivers

½ cup cashews

1/3 cup yeast flakes

1 tsp. salt

2 tsp. onion powder

¼ tsp. garlic powder

Coarsely mill in blender and store in refrigerator.

Nondairy Sour Cream

(makes 1+ cups)

1 cup raw cashews

¼ tsp. salt (or to your taste)

1/8 tsp. garlic powder

¼ cup fresh lemon juice

1 ¼ cups boiling water

Directions:

1. Whiz cashews in dry blender.
2. Add boiling water, garlic, and salt – blending continuously.
3. Add fresh lemon juice and whiz on high until smooth and creamy.
4. Chill in refrigerator.

Light Ranch Dressing

1 12 oz. package Mori-nu-tofu
2 tbsp. cold water
2 tbsp. egg free mayonnaise
2 tbsp. Tofutti sour cream
½ tsp. fresh lemon juice
½ tsp. onion powder
1 tsp. saucy ranch seasoning dressing
½ tsp. veggie salt

Directions:

Put all ingredients in blender and blend until smooth. Chill before serving.

Egg Free Mayonnaise

(makes about 1 1/3 cups)

1 10.5 oz. package silken firm tofu
1 ½ to 2 tbs. olive oil
2 tsp. salt
2 tsp. apple cider vinegar
½ tsp. prepared yellow mustard

Directions:

Place all ingredients in blender and process for several minutes until the mixture is very smooth and creamy. Transfer the mayonnaise to a container and chill it in the refrigerator. It will keep for a week.

Deb's Notso Cheeze

(makes 4+ cups)

3 cups cold water
2 cups raw cashews (can use roasted)
2 tbsp. tahini (roasted and pureed sesame seeds)
2 tbsp. nutritional yeast flakes (sold at health food store)
1 tbsp. salt
1 ½ tsp. onion powder
2 tbsp. whole-wheat flour
½ fresh red pepper (or 2 oz. jar of pimiento)
1 tsp. lemon juice concentrate or juice from 1 fresh lemon

Directions:

1. Blend until smooth.
2. Warm over medium heat until thickened, about 20 minutes, stirring often.

Note: Add RoTel original diced tomatoes and green chilies to your taste for hot cheesy Mexican dip. Start with ½ can; add more to heat it up!

This cheese freezes well. It has the very same consistency when thawed from the freezer.

Mark Anthony's Signature Cheese Sauce

3 cups diced potatoes, peeled
2 cups diced carrots, peeled
½ cup nutritional yeast flakes
½ cup water (reserved from the vegetables)
¼ cup olive oil
2 tbs. chicken style seasoning (Better than Bouillon or McKay's)
1 tbs. garlic
1 tbs. onion powder
1 tsp. sea salt
1 tsp. lemon juice (optional)

Directions:

Boil the potatoes and carrots until very tender. Drain veggies, reserving the water, and place veggies in a blender or food processor with all the remaining ingredients. Blend on high for a minute, scrape the sides and blend for another minute on high. You will have a creamy velvety cheese sauce. Add additional reserved veggie water as needed. A powerful blinder, like a Vitamix or Blendtec, makes the smoothest sauce. This base recipe is perfect for nachos, haystacks or any creations needing cheese, such as au gratin potatoes, mac and cheese or stuffed spuds. You can also chill and reuse later. When re-heated, it will again become creamy. For variety, add salsa or herbs. It also works as a fantastic thickener for potato or broccoli soups.

Mexican Salsa

(makes 4 cups, serves 8+)

1 onion, quartered
1 bell pepper, quartered (remove inside seeds)
1 banana pepper (remove inside seeds)
1/2- 1/3 bunch cilantro (depending on your taste)
1 tsp. salt
1 tbsp. lime juice
2 cans (14.5 oz.) tomatoes, peeled, diced

Directions:

Combine all ingredients in a food processor and pulse until you get the consistency you desire.

Note:

To kick up the heat add jalapeño or fresno pepper. For extreme heat add cayenne pepper. (Use gloves when handling).

Deb's Almonaise

(Mayonnaise Substitute, makes 2+ cups)

2 cups cold water
1 ½ cups blanched almonds (to blanch: place almonds in boiling water for 1 minute, rinse with cold water, squeeze almonds out of skin)
1 clove fresh garlic
1 1/2 tsp. salt
Put all the above ingredients in the blender and process until completely smooth.
1 cup cold-pressed virgin olive oil
½ cup fresh lemon juice (concentrated lemon juice will not work)

Directions:

1. Continue blending and slowly add olive oil.
2. Next, slowly add fresh lemon juice.
3. Mixture should thicken and lighten in color.
4. Lemon juice must be added last.

Note: Recipe keeps in glass jar in fridge for about 3 weeks.

Italian Garlic Cream Sauce

(makes 4 servings – to use on various types of pasta)

1/3 cup Earth Balance natural buttery spread
¼ cup (heaping) unbleached all-purpose flour
½ cup Silk Soy Creamer (if not available, use silk soymilk plain)
½ cup Silk Soymilk (plain)
½ cup Tofutti Better Than Sour Cream
1 tsp. garlic salt
4 garlic cloves, minced
1 tsp. McKay's chicken like seasoning

Directions:

1. Sauté garlic in Earth Balance natural buttery spread.
2. Add flour and stir. Add the rest of the ingredients and keep stirring.
3. This is the basic cream sauce; you may add your favorite optional ingredients now. Then serve on any pasta.

Note:

Optional ingredients: marinated dried tomato halves, toasted red peppers (find one that contains no vinegar; it tastes much better), pine nuts, sautéed squash, zucchini, mushrooms, fresh spinach leaves, fresh basil, and artichoke hearts are a few suggestions.

Mixing the Garlic Cream Sauce with your favorite marinara sauce is another delicious option.

Entrees

Macaroni and Cheese

(makes 4 servings)

Preheat Oven to 350 F

2 cups macaroni noodles (preferably whole-wheat)

1 ½ cups Deb's Notso Cheeze

1/3 cup onion, finely chopped

1 ½ cups Silk soymilk (plain)

½ tsp. salt

½ tsp. onion salt

½ tsp. basil

1 to 2 tbsp. Earth Balance buttery spread.

Directions:

1. Cook macaroni according to directions. Drain.
2. In medium bowl mix macaroni, Notso Cheeze, onion, soymilk, and seasonings.
3. The milk should come to just about the level of the macaroni in the dish. (You may need to add more soymilk; it just depends on the level of the milk in the dish.)
4. 1-2 tbsp. Earth Balance buttery spread smoothed onto the top layer of the macaroni and cheese.
5. Bake 350 F for 30 minutes, covered.
6. Serve with vegetarian baked beans and broccoli.

Tofu Scramble with Vegetables (Serves 4)

This tofu recipe is especially good when the tofu is served moist, with the vegetables not overcooked to preserve their bright colors.

1 16 oz. brick firm Tofu

1-2 cloves garlic, pressed

1 t. butter flavored salt

2 t. Bragg Liquid Aminos

¼ t. turmeric

4 fresh mushrooms, sliced, or 1 small zucchini, diced

3 green onions, chopped

1 small tomato, diced

Directions:

1. Crumble tofu into a nonstick skillet and add garlic, salt, Bragg's and turmeric. Cook covered 10 minutes (medium high)

2. Add zucchini or mushrooms and cook uncovered for 5 minutes. Add green onions and cook about 1 minute. Remove from heat and add the tomato.

Variation: for a simple scrambled tofu, leave out the vegetables. Cook until most of the moisture is evaporated and the tofu resembles scrambled eggs. Or bake uncovered in a lightly oiled casserole dish (include vegetables if desired) at 350F for 45 minutes or until it sets up.

Oven Hash Browns (makes 8 cups)

¾ cups water
½ cups raw cashew nuts
½ T. onion powder
½ t. garlic powder
2 T. chicken-like seasoning
½ cups finely diced onion (optional)
2 pounds frozen shredded hash browns (about 8 cups)

Directions:

1. Blend cashews and water with seasonings for at least 1 minute until smooth. (may use 1 cup coconut milk instead)
2. Pour over potatoes and add the diced onion.
3. Place on a nonstick or lightly oiled cookie sheet and place on bottom rack of unheated oven. Turn on the oven to 400F and bake for 20-30 minutes until golden brown on the edges and lightly browned in places on the bottom. Don't over bake, or they will become dry.
4. Pile in a serving dish to retain some of the moisture and serve. The serving dish may be covered and placed in a warm oven. Don't leave them warming for more than 30 minutes- they will begin to discolor.

General Tso's Tofu (makes 4 servings)

Several crowns broccoli, cut, ready to steam, enough for 4 to 5 people
2 ½ cups brown rice + 5 cups water put into rice maker.
1 ½ cups (24 oz.) water-packed extra firm tofu

Step 1: Drying

Directions:

1. Remove tofu from container and wrap each one in a kitchen towel.

2. Set in a large bowl and put a weighted container on it for 15 to 30 minutes (removing excess water from tofu allows it to absorb better).
3. While the tofu is wrapped make the marinade.

Marinade:

¼ cup Bragg's Liquid Aminos
2 ½ tbsp. General Tso Sauce (Iron Chef or your favorite brand)
1 ½ cups water
2 tbsp. grated fresh ginger
2 tbsp. agave nectar
2 tbsp. minced fresh garlic
2 tbsp. sesame oil (optional)
½ tsp. sambal oelek ground fresh chili paste (may increase)

Directions:

1. Mix together the marinade ingredients.
2. Set aside

Step 2: Marinating

1. Remove the weight and unwrap the tofu from the towel.
2. Cut tofu into 1-inch cubes.
3. Add the cube tofu to the marinade, cover and let marinate in refrigerator at least 4 hours, or overnight. Marinating the night before serving this entrée makes the tofu taste much better and is less work on the day it is served.

Step 3: Coating

1+ cup cornstarch

Directions:

1. Remove tofu cubes from the marinade, drain in colander, and set in bowl.
2. Set marinade aside to be used later as a sauce.
3. Gently toss tofu cubes in 1+ cup cornstarch. Make sure that each side gets thoroughly coated and no moisture is present on the tofu. Set tofu aside until ready to fry.

Note: Save the excess cornstarch to be used later in this recipe. You will want to start steaming the broccoli when you are almost finished frying the tofu.

Step 4: Frying (need canola oil)

Directions:

1. Fry the cornstarch-covered tofu in small quantities of canola oil.

2. The oil should be on medium-high heat and hot before you put the tofu into the oil. The tofu should immediately start frying when placed in the oil.
3. Watch carefully and turn to make sure all sides are cooked equally.
4. You will need to add more oil to the pan while frying batches of cornstarch-covered tofu.
5. Transfer fried tofu to a plate lined with paper towels to soak up any excess oil until frying has been completed.
6. Finished tofu cubes should be crispy and slightly browned on the outside and soft on the inside.
7. Take the hot frying pan and pour out excess oil.
8. Take approximately 1 to 2 tablespoons of the excess cornstarch you used to coat the tofu and mix it in the marinade. Put the marinade in the frying pan and bring to a boil. Add 1 tablespoon + 1 teaspoon florida crystals. Turn off heat and set aside.
9. Place cooked rice on a platter. Arrange steamed broccoli around the outside of the rice. Drizzle half of marinade over the rice. Use the other half of marinade in a serving bowl for extra helpings at the table. Place tofu on top of marinade-covered rice.
10. Garnish with 2 chopped scallions and 2 tablespoons to ¼ cup sesame seeds.

Note: For oil-free, bake marinated tofu in the oven at 350F for 15 to 20 minutes on a cookie sheet. Another way to use less oil is to spray nonstick skillet with Pam and heat to medium-high. Spray Pam on the coated tofu and place in skillet to fry. Turn tofu cubes, spray with Pam again, and continue to fry. Turn and spray with Pam until all sides are brown.

Veggie Burgers (makes 36 burgers)

4 packages tofu silken – drained
3 onions – finely chopped
4 cans Worthington burger
4 cups crushed Ritz crackers
2 cups rolled oats
4 tablespoons Bragg’s Liquid Aminos
1 teaspoon granulated garlic
½ teaspoon salt
6 tablespoons gluten flour
2 bell peppers – chopped
4 teaspoons beef-like seasoning

Directions:

Cook onion and bell peppers in small amount of olive oil. In food processor, blend tofu, liquid aminos, beef-like seasoning and veggie burger. Combine the rest of ingredients and form into balls, then using wide mouth canning jar ring to make sized burgers. Spray pam and bake for 20 minutes or fry n nonstick pan with small amount of olive oil.

Soups and Salads

Cream of Potato Soup

(makes 4 servings)

6 large red potatoes (cubed) that have been scrubbed and any blemishes or eyes removed.

1 cup Silk soymilk (plain)

¼ cup unbleached all-purpose flour

1 tbsp. garlic salt

½ cup Tofutti Soy Sour Cream

3 scallions, chopped (the whole scallion)

Directions:

1. Place potatoes in a large pan.
2. Add water 1 to 2 inches above the potatoes.
3. Bring to boil until tender.
4. Remove from heat.
5. Take ½ of the water out of the pan and save.
6. Blend milk, flour, and half of the potatoes until smooth.
7. Add this to the pot of cooked cubed potatoes.
8. Stir and turn heat to medium.
9. Add Tofutti Soy Sour Cream and continue to stir.
10. Add garlic salt.
11. Add additional “saved water” for desired consistency. Garnish with scallions and serve with a salad.

Egg (Tofu) Salad

1 lb. Firm tofu (drained)

2 green onions – chopped

½ cup mayonnaise

2 tablespoons sweet pickle relish

¼ teaspoon mustard

Directions:

Mix together, add salt to taste. Serve on wheat bread.

Mock Chick Salad

1 can of diced chick – drain well
chopped celery
chopped onion
chopped olives
sweet pickle relish
mayonnaise to taste

Directions:

Mix together well. Good for sandwiches or salads.

Baked Treats

Peanut butter and honey cookies

(makes about 20 cookies)

- 2 cups dry-roasted peanuts
- 1 cup whole wheat pastry flour or oats
- ½ cup honey (warmed in the microwave)*
- 1 teaspoon vanilla
- 1 teaspoon salt (omit if peanuts are salted)

*Note: This is a critical step. The honey is the liquid in the recipe. It needs to pour like water or the mix will seem dry and if too much water is added, the cookies will be tough.

Directions:

1. Place peanuts and flour in a food processor and whiz for about 1 minute until nuts and flour are about the same texture. (Takes about 1 minute. In a Vita-Mix, using the plunger it takes only about 30 seconds).
2. Place flour and nut mixture in a mixing bowl and add salt. Mix in the honey and vanilla. Stir together and then mix with your hands. (if your food processor is large enough, you can mix the honey and vanilla in the processor. Turn on briefly to mix.)

Note: the dough should hold together without being dry or crumbly. If needed, add a tablespoon of water, but be careful not to get it so wet that it sticks to your hands. It should like piecrust. If it is too dry, the cookies will crumble and not hold together, but if too wet, they will be hard to handle and the baked cookies will be hard. A little extra flour can be worked in if the dough is too sticky!

3. Pinch off pieces of dough and roll into balls the size of walnuts. Place on a cookie sheet and press flat with hands. Then press flatter with a fork, dipping the fork in water as needed to keep it from sticking to the dough (or use a plastic fork- it won't stick even if dry, but will break unless you press on the tines).
4. Bake at 350F for about 10 minutes. Watch them carefully. They are done when just beginning to brown on the edges. I can think of nothing that burns so easily as peanut butter cookies. So take them out before it looks like they're done! Let them cool on the cookie sheet before removing.

Variation: Gluten-free cookies

Replace whole wheat flour with 1 cup brown rice flour and 2 tablespoons cornstarch.

Coconut Banana Cookies

(makes 8 dz.)

- 2 cups unbleached flour
- 2 tablespoons baking powder
- 1 teaspoon salt

1 cup flaxseed meal
1 cup walnuts chopped
1 cup dates chopped
4 cups ripe mashed bananas
2 cup shredded coconut

Directions:

Mix dry ingredients in separate bowl. In another bowl mix wet ingredients, then add dry to it. Stir. Scoop by teaspoons into bowl of shredded coconut, and each one into the coconut. Place onto cookie sheet and bake for 12-14 minutes at 375F. Cookies will be moist.

Impossible Pie

(serves 8)

2 cups canned coconut milk or 1 ½ cup Silk coconut milk
4 oz or 1 stick earth Balance butter
2 teaspoons vanilla
6 teaspoons egg replacer
1 cup sugar
½ cup flour
½ teaspoon salt

Directions:

Put above ingredients into blender, combine thoroughly. Pour into bowl. Add 2 cups coconut (shredded) 2 cups crushed pineapple. Mix and pour into 10 inch pie plate. Bake in Pre-Heated oven at 375 for 40-50 minutes or until set. Serve at room temp.

Pineapple Oatmeal Cookies

(makes 4 dz.)

4 cups brown sugar
1 cup soy margarine
2 teaspoon pure vanilla
4 tablespoons corn starch
8 tablespoons water
2 cups whole pastry flour or unbleached
2 teaspoons baking powder
1 teaspoon salt
5 cups oats

2 cups chopped walnuts
2 cups diced pineapple or Craizins

Directions:

Bake at 350 for 12-14 minutes

Drop dough by rounded spoons about 2 inches apart

No Shortening Biscuits

(yield 10 biscuits)

1 C white wheat flour
1 C unbleached flour
1 tablespoon Rumford baking powder
½ teaspoon salt
¾ to 1 cup soy or Almond milk
¼ cup olive oil (light)

Directions:

Preheat oven at 400. Stir dry ingredients together in large mixing bowl, pour in oil and cut it in with pastry cutter or use two table knives, gradually stir in milk, mix until mixture forms a ball, separating from sides of bowl. Roll dough out on a floured surface and cut into biscuits. Bake at 400 oven for 12 to 15 minutes until golden brown.

Coconut Macaroons

(makes about 20)

2 cups unsweetened, flaked coconut
1 cup whole wheat pastry flour or brown rice flour
2 tablespoons cornstarch
1 teaspoon salt
1 ½ cups raw carrot pieces or diced apple
2 tablespoons sugar (optional)
1/3 cup honey, warmed slightly to make it pour
1 teaspoon vanilla

Directions:

Step 1. Place 1 cup coconut in a food processor with whole what or rice flour and salt. Blend with the steel blade for 1 minute.

Step 2. Add remaining cup of coconut, dice apple or carrot and raw sugar, and blend about 20 seconds to blend in the apple.

Step 3. Add the honey and vanilla and blend again about 20 seconds or until is mixed.

Step 4. Scoop out dough with a small ice-cream scoop, or drop into mounds on cookie sheet. Flatten, if desired. Bake at 350 F for about 15 minutes. They will be soft, but lightly brown on the bottom. Cool on the cookie sheet.

Chewy Oatmeal Cookies

(makes about 24)

$\frac{3}{4}$ cup brown sugar

1 cup coconut milk $\frac{3}{4}$ teaspoons salt

1 cup whole wheat flour

2 teaspoons *Ener-G Baking Soda** or 1 teaspoon regular baking powder

1 $\frac{1}{2}$ cup quick oats

$\frac{3}{4}$ cup raisins

$\frac{1}{2}$ cup sliced almonds or chopped walnuts (optional)

1 cup diced fruit such as peaches, apples, pears, crushed pineapple, mangos, persimmons

Directions:

Step 1. Combine brown sugar and coconut milk in a mixing bowl, stirring until creamy. Add flour, salt, baking powder and stir just until mixed. Add remaining ingredients, folding in the fresh fruit last.

Step 2. Scoop onto cookie sheet with a spoon or small ice-cream scoop. The mix should be soft, but firm enough to stay in small mounds. Flatten slightly with a fork or rubber spatula (dip in water to avoid sticking)

Step 3. Bake for about 15 minutes at 350 F or until lightly browned on top and bottom.

Bran Muffins

(makes 12 muffins)

Preheat oven to 350 F

1 cup 100% apple juice

$\frac{1}{4}$ maple syrup

20 dates, pitted (1 $\frac{1}{4}$ cups). Cut each date in half to ensure pits are gone.

1.2 cup applesauce (unsweetened)

2 tbsp. molasses

$\frac{1}{4}$ cup flaxseed meal

1 cup whole wheat flour
½ cup all-purpose unbleached flour
½ walnuts, chopped
1/3 wheat bran
1/3 oat bran
½ salt
2 ½ tbsp. Ener-G baking powder

Topping (optional)

3 tbsp. melted or softened Earth Balance buttery spread
3 tbsp. flordia crystals
1/3 pecans, chopped
1/3 whole wheat flour
3 tbsp. wheat germ, toasted

Mix the topping ingredients together and set aside

Directions:

Step 1. Mix apple juice, maple syrup, dates, applesauce, and molasses in blender. Set aside

Step 2. Put remaining ingredients in a bowl and stir to mix together.

Step 3. Pour wet ingredients into dry ingredients

Step 4. Spoon into 12 muffin containers

Step 5. Sprinkle tablespoon topping on each muffin

Step 6. Do not press topping down on mixture. Pressing it down makes it hard, and it has a better appearance “crumbly.”

Step 7. Bake 25 minutes or until toothpick comes out clean.

Note: You can also add ½ cup raisins.