

Baby Kale Salad with Tofu Tahini Lemon Dressing

A high octane fuel salad, add additional veggies, rice, beans or grains for a super protein rich and delicious entree salad

Salad:

- 1 box baby kale
- 2 green onions, sliced
- 1 cup alfalfa sprouts or micro greens (optional)
- 1/4 cup sunflower seeds

Dressing:

- 1/2 cup tofu
- 1/4 cup grapeseed or canola oil
- 1/4 cup tahini paste (ground sesame paste)
- juice of two lemons
- zest of one lemon
- 1 1/2 teaspoons garlic powder
- 1/2 teaspoon ground cayenne
- 1/4 teaspoon smoked paprika
- 1 teaspoon sea salt
- 1 scallion (cut into pieces)
- Add water (up to 1/2 cup) to adjust desired thickness and texture



Place the kale, chopped onions and sprouts in a large salad bowl.

Combine all ingredients for the dressing in a blender and blend until smooth, gradually add water until you reach your desired thickness. Can be used as a dressing or a dip. Store in an airtight container refrigerated for one week.

Vegan Mac N Cheese

- 1 16. oz. package elbow macaroni
- 1 medium russet potato, peeled and cubed
- 3 carrots, peeled and cut into chunks
- 1/2 onion, chopped
- 1 1/2 cups raw cashew pieces
- 1 cup coconut milk
- 3 tablespoons nutritional yeast
- 1 1/2 teaspoon garlic powder
- 1 teaspoon onion powder
- juice of one lemon
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground black pepper



pinch of smoked paprika

Vegan Mac N Cheese continued....

1 cup water

1/2 cup fresh parsley, chopped

Bring a large pot of water to a boil, add the potatoes and carrots and boil for 10-12 minutes or until they are tender. Remove them from the water with a slotted spoon and transfer them to the jar of a blender. Add the dried pasta to the boiling water and cook the pasta until tender, about 8-10 minutes.

While the pasta is boiling add the chopped onion, cashews, coconut milk, nutritional yeast, garlic powder, onion powder, lemon juice, salt, cayenne pepper, black pepper and smoked paprika. Blend on high speed, add water gradually until you get a thick creamy consistency.

Drain the cooked pasta and transfer to a bowl, pour the sauce over the pasta and top with chopped fresh parsley. Serve hot.

Or, place the Mac N Cheese in a oiled 9 x 13 inch baking pan and top with breadcrumbs. Cover with foil and bake in a preheated 400 degree oven for 35 minutes, remove the foil and continue baking another 10-15 or until the top begins to brown lightly. Serve hot, top with your favorite hot sauce or red chili pepper flakes.

Vegan Pumpkin Bars

Super ugly but delicious pumpkin bars! We forgot the baking soda and our little oven didn't have even heat and we frosted the bars before cooling and the frosting melted. One was made with walnuts, the other without. Students ate it all and loved it anyway, we will try this again!

1 1/2 cups sugar

1 cup cooked or canned pumpkin

1/2 cup vegetable oil

1/2 cup soft tofu, packed

1 2/3 cups unbleached all purpose flour

1 teaspoon baking soda

1/2 teaspoon baking powder

1 teaspoon cinnamon

1/2 teaspoon nutmeg

1/4 teaspoon cloves or allspice

3/4 teaspoon sea salt

1/2 cup chopped walnuts (optional)

1 can Betty Crocker cream cheese frosting (vegan)



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Preheat an oven to 375 degrees. Combine the sugar, pumpkin, oil and tofu in the jar or a blender and blend on high until smooth, or

place ingredients in a large bowl, use an electric mixer or whisk briskly until well blended and smooth.

Prepare a 9x13 inch baking pan by lightly oiling the inside bottom and sides, dust lightly with flour. (we had a small oven and used two 8 inch rounds)

In a medium mixing bowl combine flour, baking soda, baking powder, spices and salt. Stir until blended. Transfer the blended pumpkin mix into the flour mixture, stir until well-mixed. Add walnuts if desired.

Bake for 25-30 minutes or until a toothpick inserted in the center comes out clean. Cool and spread vegan cream cheese frosting over the top.



Tip: Take any traditional recipe and veganize it!

Keys to successful vegan pastry and baking:

- Replace butter with vegan butter, coconut oil, or a vegetable oil
- Replace eggs with tofu, 1/4 cup tofu equals 1 egg
- use unbleached cane sugar
- use unbleached wheat flour

Check the ingredients on labels, some convenience products are accidentally vegan like the Betty Crocker Vegan Cream Cheese Frosting or Duncan Hines Chocolate Fudge Frosting