

(In class we used freshly peeled and sliced cucumbers instead of the zucchini ribbons, try either version. They are both delicious, a lot like a chicken or turkey sandwich. It's the new white meat and you can find this sandwich on the menu at Jimbo's deli's at Horton Plaza, it's called the Lone Star and it's made with southwestern seasonings, tofu, veggies, and avocado)

Grilled Tofu Sandwiches, *the new white meat!*

1 16 oz. block of firm organic tofu
marinade or seasonings
olive oil
ribbon sliced zucchini
vegan mayo
tomato, lettuce, sliced
bread

Slice the tofu into 1/4-inch rectangle slabs and slice the zucchini into thin lengthwise ribbons by hand or using a mandolin. Marinate and refrigerate a few hours or coat lightly with olive oil and and sprinkle with your favorite seasoning blend.

Heat a flat-grill on medium high. Place the tofu and zucchini on the grill in a single layer and cook each side until lightly golden brown.

Spread vegan mayo on the bread and layer the grilled tofu, sliced zucchini, tomato and lettuce. Use toothpicks to hold the sandwich together. Slice and serve warm.

Lavosh Pinwheel Sandwiches

(We used Follow Your Heart Pesto Vegan Mayo in class, find lots of vegan meat and cheese alternatives at [Baron's Market](#) on West Point Loma Blvd)

Lavosh flat bread
vegan deli meats
vegan cheese
baby lettuce and assorted veggies
vegan mayo, hummus, or vegan cream cheese
salt & pepper to taste



Chef Darren Denny, Grilled Tofu Sandwiches
San Diego Yacht Club Point Loma Rotary Meeting



*The Lone Star Sandwich
Jimbo's, Horton Plaza*

Get Ready for Meatless Monday
Point Loma Hervey Branch Library

Lay the flatbread down on a cutting board, spread the vegan mayo or substitute with hummus or vegan cream cheese. Next, place an even layer of the vegan deli meats, cheese, lettuce and any of your favorite veggies, onion, sprouts, grated carrot...just be mindful that the veggies will have to roll like sushi. Then fold over then side nearest you and roll the flatbread firmly until you reach the end and have a perfect rolled sandwich.

With the seam side down use a serrated knife and cut one inch slices through the roll. Arrange on a plate and serve. Make in advance if you can, chilling the roll for a few hours before slicing makes it easier to cut.

Vegan Chocolate Chip Cookies

- 1 cup vegan butter
- 1/2 cup firmly packed soft organic tofu*
- 3/4 cup cane sugar (unbleached sugar)
- 3/4 cup light brown sugar
- 1 teaspoon vanilla
- 2 1/2 cups unbleached all purpose flour*
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt (optional)
- 1 cup chopped walnuts (macademia or pecan)

Preheat the oven to 350 degrees and line two baking sheets with parchment.

Use a blender or electric mixer and cream the butter, sugar, tofu, and vanilla until smooth.

Combine the flour, baking soda and sea salt in a large mixing bowl, stir to blend. Transfer the creamed mixture into the flour mixture, add the chocolate chips and nuts. Mix well then spoon onto prepared baking sheets. Bake for 10-12 minutes or until lightly

brown and slightly firm to the touch. Remove from the oven and transfer to wire racks to cool. Store in a sealed container for up to two weeks.

* For best results use a denser organic tofu made with nigari (the minerals from sea salt). Nigari tofus are higher in protein and perform better at binding ingredients.

