

Grilled Tofu Sandwich

1 16 oz. pkg. 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. Cover the tofu and zucchini ribbons with seasonings or marinade and chill 2-3 hours. Grill the tofu and zucchini, 2-3 minutes on each side. Spread vegan mayo on the bread and layer the grilled tofu, zucchini, tomato and lettuce. Slice and serve warm.

Mock Chicken Salad

1 16 oz. block of firm tofu
1 cup celery, diced
1/2 cup green onions, chopped
1/2 cup fresh parsley, chopped
1/2 cup sliced almonds
1 cup vegan mayonnaise
1 teaspoon onion powder
1 teaspoon garlic powder
3/4 teaspoon dried tarragon
3/4 teaspoon Beau Monde
1/2 teaspoon Sea Salt
1/2 teaspoon fresh ground pepper



Step 1) Drain the tofu then crumble it into small pieces by hand or with a fork in a medium mixing bowl.

Step 2) Add the remaining ingredients and stir until blended. Chill for a few hours to let the flavors develop then serve with crackers, in lettuce cups, in a sandwich, or on a salad.

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 golden 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.

