



Eggless Pasta

1/2 cup organic firm tofu, packed
2 tablespoons olive oil
2 tablespoons water
1 1/2 cups semolina flour
1/2 teaspoons salt

Step 1) In the jar of a blender, combine the tofu, olive oil and water, blend until smooth.

Step 2) Measure the semolina flour and salt in a medium mixing bowl. Transfer the tofu mixture into the flour and salt, stir to form a dough. Transfer the dough to a lightly floured surface (use the semolina flour to dust the surface of your cutting board).

Step 3) Knead for about 10 minutes until smooth. Place the dough in a ziplock bag or wrap it with plastic and allow it to rest for 20 minutes.

Step 4) Prepare to cut the pasta and bring a large pot of water to a boil. Roll and cut the pasta using an Atlas cutter or pasta machine then place the noodles in the boiling water and cook for about 3-4 minutes or until the noodles are al dente or firm and floating the the water. Drain the pasta and serve hot with sauce.

Tofu Ricotta Cheese

1 16 oz. organic firm tofu, drained
1 1/4 cups soy milk
2 tablespoons nutritional yeast
1 1/2 teaspoons onion powder
1 1/2 teaspoons garlic powder
1/4 teaspoon nutmeg (optional) salt and pepper to taste

Place all ingredients in the jar of a high speed blender and blend until smooth. Add extra milk gradually if needed. To make raviolis prepare two sheets of pasta, place spoonfuls of the tofu ricotta in a checkerboard pattern. Brush a light amount of water on the pasta around the filling

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then place the second layer on top, gently press the pasta together around the filling. Cut and place in boiling water for 4-5 minutes until they float and become firm.

Additional Suggested Uses: Use as in vegetable lasagne, stuffed shells, or as a base for other dishes including quick and easy quiches and hot dips.

Vegan Pesto

2 tightly packed cups of fresh basil
¼ cup flat leaf parsley
1 cup walnuts, pistachios, hemp seed or almonds
1 clove garlic, minced
1/3 – ½ cup olive oil
1tsp sea salt
Freshly ground black pepper
1 tbsp lemon juice

Place all ingredients in a food processor or blender and process until slightly chunky. Use on pizza, with pasta or served with vegetables.

Vegan Alfredo Sauce

1 small head of cauliflower, steamed
1 cup cashews
1 1/2 teaspoons onion powder
1 large clove garlic
1 tablespoon nutritional yeast (or substitute with 1 tablespoon lemon juice)
1 cup non-dairy unsweetened milk (almond, soy, flax, rice, hemp)

Step 1) Combine all ingredients in the jar of a blender and blend until smooth. Serve hot with pasta.



Tofu Ricotta can be used to make a variety of additional recipes including baked vegan cheese, hot dips, and a variety of quiches.