



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 in 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

Pacific Beach Taylor Library
Get Ready for Meatless Mondays

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.