

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 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.

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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.

Easy Mac 'n Cheeze

Prep Time: 20 minutes
Bake Time: 25-30 minutes

INGREDIENTS:

4 medium Yukon Gold potatoes, peeled and cut into chunks
3 medium carrots, peeled and cut into chunks
1 16 oz. package elbow macaroni (or gluten-free pasta)
1/2 cup Nooch it! or Kelly's cashew-based gourmet vegan parmesan cheese
1/2 cup hemp hearts
1 1/2 teaspoons garlic powder
1 1/2 teaspoons onion powder
1/4 teaspoon ground cayenne pepper (optional)
1 cup non-dairy unsweetened milk or creamer
Juice of one lemon
2 teaspoons dijon mustard
1 teaspoon sea salt
Freshly ground black pepper to taste



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Topping:

1 cup dairy-free bread crumbs or chickpea crumbs
1/4 cup Nooch it! or Kelly's cashew-based gourmet vegan parmesan cheese
1/4 cup hemp hearts
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
2 tablespoons fresh parsley, stems removed and chopped fine
Freshly ground sea salt and pepper to taste

DIRECTIONS:

Preheat the oven to 350. Prepare a large pot of water and cook the pasta according to package instructions, drain and set aside.

Place the potatoes and carrots in a steamer basket and steam until tender. Transfer them to a blender jar, add the vegan parm, hemp hearts, garlic powder, onion powder, cayenne, non-dairy milk or creamer, lemon juice, dijon mustard, salt and pepper. Blend until smooth, adjust the seasonings to taste.

Combine the pasta and sauce in a large bowl. Transfer it to a 9x13 in baking dish or divide it for use with a variety of individual ramekins.

Combine all the ingredients for the topping in a small bowl, sprinkle the pasta with the topping then transfer the baking dishes to a preheated oven. Bake for 25-30 minutes or until the top begins to brown.

(Try adding frozen peas, blanched broccoli, or sautéed sliced vegan sausages to your pasta for before baking for a more hearty casserole. Serve hot. Store leftovers covered and refrigerated for up to 5 days.)

Recipe courtesy of Liz Gary. For a listing of free local community cooking classes and special events visit www.newoptionsfoodgroup.com.