

Belgian Waffles



Makes 6 servings

Total Time: 9 minutes

Ingredients

10 ounces tofu, firm
1-2 cups of tofu or soy or lowfat milk
2 tablespoons canola oil
2 tablespoons honey or sugar
1 teaspoon lemon juice
1 teaspoon pure vanilla extract
 $\frac{3}{4}$ cup whole wheat flour
 $\frac{3}{4}$ cup all-purpose flour sifted
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{3}{4}$ teaspoon salt
2 cups Apricot Sauce
1 banana sliced
 $\frac{1}{2}$ cup pecans

Directions

Preheat Waffle iron. Place tofu or 1 cup milk, honey or sugar, lemon juice, and vanilla extract in blender and blend until smooth. Sift flour, baking powder, baking soda, and salt. Fold liquid ingredients into the sifted dry ingredients and mix. Add chopped nuts to batter, if desired, or use to garnish. (if using firm tofu (which has less moisture), the waffle batter could be too thick. Thin with additional milk until slightly thicker than pancake batter.) Place amount of batter in the waffle iron according to waffle iron directions. (Use any waffle iron for this recipe; however, a Belgian waffle iron, which takes about 4 minutes per waffle, makes a crisper waffle.) Cook until golden brown. Top Waffle or pancakes with apricot sauce and place sliced bananas and nuts on top of sauce. Serve immediately.

Apricot Sauce

2 16 oz cans pitted apricots, packed in fruit juice, undrained, $\frac{1}{4}$ teaspoon pure vanilla extract (optional),
Place apricots and vanilla in blender or food processor and blend until desired consistency. Blend until smooth or chunky depending upon personal preference. Place on waffle

Recipe taken from More Choices eat well live well

Roasted Vegetable Pitas with Creamy Herb Dressing



Makes 2 servings

Total Time: 20 minutes

Ingredients

1 cup yellow summer squash, cut in ½ -inch diagonal slices

1 red pepper, cut into wedges

1 small onion, cut into eight wedges

2 garlic cloves, thinly sliced

1 large tomato, cut into eight wedges

½ cup spinach leaves, washed and torn into bite-size pieces (optional)

1 ½ teaspoons olive oil

1 ½ teaspoons fresh oregano, chopped or ½ teaspoon dried oregano

1 ½ teaspoons fresh basil, chopped or ½ teaspoon dried basil (optional)

¼ teaspoon salt (optional)

1/3 cup creamy herb dressing

2-4 whole-wheat pit pocket halves

Directions

Prepare and cut vegetables. Combine in mixing bowl all the above ingredients except the tomatoes and creamy dressing. Toss vegetable mixture to lightly glaze the vegetables with olive and herbs. Spoon vegetable mixture onto a broiler pan or cookie sheet coated with nonstick cooking spray. Broil 5 minutes; add tomatoes and spinach leaves to vegetable mixture and stir. Baste with additional marinade and broil for 5 additional minutes, or until vegetables are just tender and lightly browned. Tomatoes and spinach should be just warmed; if you prefer the tomato softer, add with vegetable mixture at the beginning of the 10 minutes. Prepare the Creamy Herb Dressing while the vegetable is broiling. Divide vegetable mixture evenly between the two pita halves. Drizzle 2 tablespoons creamy dressing over each pita sandwich. Serve.

Creamy Herb Dressing

½ cup 1% tofu, soft, 2 tablespoons tofu or soy, or low-fat milk, 2 tablespoons olive oil, 2-3 tablespoons lemon juice, 1 teaspoon honey, ¼ teaspoon salt, ¼ teaspoon garlic powder, 2 teaspoons fresh dill or ½-1 teaspoon dried dill

Combine all ingredients except the dill in the blender and blend until smooth. Scrape the sides of the blender as needed. Add more milk as needed. Add more milk as needed to get the consistency that is quite thick and pourable. Pour into bowl and stir in the dill. Add more lemon juice if a tangier taste is preferred.

Recipe taken from More Choices eat well live well

Italian Vegetable Soup



Makes 8 servings

Total time: 40 minutes

Ingredients

4 cups water

4 teaspoons vegetable broth or McKay's Chicken Style Seasoning or Chicken-like Seasoning

2 large tomatoes, chopped and seeded (1 cup)

2 medium carrots sliced (1 cup)

1 medium stalk of celery sliced (1/2 cup)

1 medium onion, chopped (1/2 cup)

2 garlic cloves, minced

1 tablespoon fresh parsley, chopped

1 1/2 teaspoon fresh basil, chopped or 1/2 teaspoon dried basil

1/4 teaspoon salt

1 whole bay leaf

1/2 cup uncooked macaroni

1 15-oz can red or white kidney beans, rinsed and drained

1/4 cup green beans, cut

2 small zucchinis, cut into 1-inch slices (2 cups)

Directions

In a large saucepan, heat water, vegetable broth, tomatoes, carrots, celery, onion, garlic, parsley, basil, salt, and bay leaf to boiling. Reduce heat. Cover and simmer 15 minutes. Stir in macaroni, beans, green beans and zucchini. Heat to boiling, reduce heat. Cover and simmer for 10 to 15 minutes, or until macaroni and vegetables are tender. Remove bay leaf and serve warm.

Chicken like Seasoning

1/3 cup nutritional yeast flakes, 3/4 tsp. dried green bell pepper, 1/4-1/2 tsp. salt, 1/2 tsp dried celery flakes, 1/2 tsp garlic powder, 1 tsp. onion powder, 1/2 tsp. sage, 1/2 tsp. thyme, 1/4 tsp. marjoram, 1 tablespoon parsley flakes.

Mix all ingredients and grind into a powder in an electric Moulinex, or by hand with mortar and pestle. Store in sealed container.

Recipe taken from More Choices eat well live well

Pineapple-Banana Breakfast Shake



Makes 4 servings

Total Time: 5-10 minutes

Ingredients

2 cups canned crushed pineapple, drained

1 ½ cups ice cubes

1 1/3 cups Tofu Yogurt

2 medium bananas, coarsely chopped

½ cup apricot nectar

¼ teaspoon pure vanilla extract (optional)

1 kiwifruit, peeled and sliced

Directions

In blender, combine the pineapple, ice cubes, yogurt of choice, bananas, apricot nectar, wheat germ, and vanilla extract. Blend until smooth. Serve in tall glasses; garnish with kiwi slices.

Tofu Yogurt or Sour Cream

1 10 ounces container 1% tofu, soft

2 tablespoons canola oil

1 tablespoon lemon juice

1 ½ teaspoons honey

½ teaspoon salt

Combine all ingredients in the blender or food processor and blend until smooth. Chill until serving

Recipe taken from More Choices eat well live well

Past with Basil and Tomatoes



Makes 5 servings

Total Time: 30 minutes

Ingredients

8 ounces dried penne pasta

2 tablespoons olive oil

¼ cup fresh Parmesan cheese, finely grated or Cheeseless “Parmesan” cheese

½ cup green onion, chopped

8 Roma tomatoes, cored, seeded and chopped

1 ½ cups lightly packed, chopped fresh basil leaves, plus some sprigs

Directions

Bring water to a boil over high heat. Stir in pasta and cook until just tender, about 10 minutes. Drain well; pour into a wide serving bowl. Add 1 tablespoon olive oil and 2 tablespoons Parmesan cheese (optional); mix well and keep warm. In a 10 to 12-inch nonstick skillet over medium-high heat, stir in onions in remaining oil until limp, about 5 minutes. Add tomatoes and stir just until tomatoes are hot, about 2 minutes; stir in chopped basil. Pour tomato mixture over hot cooked pasta. Garnish with basil sprigs and optional Parmesan cheese.

Recipe taken from More Choices eat well live well

Herbed “Chicken” Couscous and Vegetables



Makes 4 servings

Total Time: 20 minutes

Ingredients

1 cup fresh mushrooms, sliced

1 12 ½ oz. can Worthington Low-Fat FriChick, chopped

Or

1 10 oz. package firm tofu, cubed

1 teaspoon olive or canola oil

1 cup green peas, frozen

1 tablespoon fresh parsley, chopped

½ teaspoon dried basil, crushed

1/8 teaspoon dried oregano, crushed

¼ teaspoon salt (optional)

¼ teaspoon garlic powder

2/3 cup uncooked couscous

1 medium tomato, peeled, seeded and chopped

Directions

In nonstick skillet over medium-high heat, cook mushrooms and Worthington Low-Fat FriChick or tofu cubes in oil of choice until tender and lightly browned. Stir in peas, parsley, basil, oregano, salt, and garlic powder, and add 1 cup water in saucepan; bring to a boil. Remove from heat; stir in couscous. Cover and let stand for 5 minutes. Stir in tomatoes. Serve immediately.

Recipe taken from More Choices eat well live well

Muesli-Nut Fruit Salad



Makes 1 or 2 servings

Total Time: 10 minutes

Ingredients

Fruit Salad:

- ½ cantaloupe, peeled and cut into 1-inch pieces
- 1 small apple, peeled, cored and cut into bite-size pieces
- 1 mango, peeled and cut into chunks
- 1 banana, thinly sliced
- 2 peaches, coarsely chopped
- 5 strawberries, fresh or frozen, cut in slices

Muesli-Nut Topping

- ¼ cup quick or rolled oats
- ¼ cup unsalted cashews, almonds, pecans or walnuts
- 2-4 tablespoons of unsweetened, shredded coconut
- 1 tablespoon sesame seeds
- 1/8 teaspoon ground cinnamon
- ½ cup raisins, dried blueberries, or dates (optional)
- 2 cups Tofu Yogurt or Non-fat yogurt

Directions

In a medium-size mixing bowl, combine the fruit. In a food processor, combine the oats, nuts, coconut, sesame seeds, and cinnamon. Process with on/off turns until coarsely ground; do not over process or the mixture will become paste. Sprinkle over the fruit. Stir in the raisins, dried blueberries, or dried fruit of choice. Serve topped with yogurt of choice.

Recipe taken from More Choices eat well live well

French Bread Pizza with Beans and Chunky Vegetables



Makes 8 servings

Total Time: 30 minutes

Ingredients

Crust- 4 5-inch long pieces of French or Italian Bread

Topping

2 cups chunky vegetable tomato sauce, purchased or made

1 15 1/2 -ounce can pinot or cannellini (white kidney) beans, drained and rinsed

½ small red onion, halved and thinly sliced

2-4 tablespoons fresh basil, chopped or ½ teaspoon dried basil

1/8 teaspoon garlic powder

2 cups Cheeseless “cheese” sauce or grated, reduced fat, part-skim mozzarella cheese

Fresh chopped basil for garnish

Directions

Preheat oven 425 degrees F. Line a large cookie sheet with foil; spray with nonstick cooking spray. Cut each piece of bread in half horizontally. Hollow out center of each to form 3/4 -inch-thick shell. Save bread crumbs for another use. If necessary, cut thin slice off rounded bottom of each piece so it will sit firmly while baking. Place on cookie sheet, hollowed side up. Set aside. In large bowl, combine Chunky Vegetable Sauce, beans, onion, basil, and garlic powder; mix well. Divide mixture evenly among shells, spreading almost to edges. Spoon cheese sauce over tomato layer, or sprinkle with grated cheese. Top cheese layer with additional chopped fresh basil, if desired. Bake at 425 degrees F. for 15 minutes, until cheese sauce is bubbly or the sprinkled cheese is melted and lightly browned, and the filling is hot.

Recipe taken from More Choices eat well live well

Chicken Stew



Makes 12 servings

Total Time: 20 Minutes

Ingredients

1 tablespoon oil
1 medium onion, finely minced
1 cup celery, diced
1 cup carrots, diced
6 cups water
2 cups potatoes, peeled and diced
2 cups frozen mixed vegetables
3 ½ tablespoons Chicken style seasoning
1 tablespoon dried parsley
½ teaspoon salt
1 cup chicken substitute or gluten Steaks
1 cup cold nondairy milk, unsweetened
1/3 cup corn starch

Directions

Heat oil in a large skillet over medium. Add onion and cook until translucent, stirring occasionally, about 3 minutes. Add celery and carrots to skillet; cook until softened, about 4 minutes, stirring occasionally. Add remaining ingredients, except milk and cornstarch. Simmer until all vegetables are tender. Combine milk and cornstarch in a small bowl, mix until smooth. Stir into cooked vegetables and simmer about 5 minutes, until thickened.

From Give Them Something Better cookbook by Stephaine Howard

Nut Gravy



Makes 4 servings

Total Time: 15 minutes

Ingredients

5 cups water, divided

1 1/4 cups brazil nuts

1/3 cup cornstarch

2 Tablespoons onion powder

2 1/2 Tablespoons nutritional yeast flakes

1 1/2 Tablespoons Bragg's Liquid Aminos or low sodium soy sauce

2 teaspoons beef style seasoning

1 teaspoon salt to taste

Instructions

Place 2 1/2 cups water and all remaining ingredients in blender.

Blend on high until very smooth and creamy, about 4 or 5 minutes; transfer to a medium saucepan.

Add remaining 2 1/2 cups water to blender; blend briefly to clean out the blender. Transfer to saucepan with nut mixture.

Cook on medium heat until thick and creamy, stirring constantly to prevent burning.

From Give Them Something Better cookbook by Stephaine Howard

7 Layer Salad



Makes 8 servings

Total Time: 22 minutes

Ingredients

Salad

1 cup frozen peas

1 small head green lettuce (rinsed, dried, and chopped)

3 stalks celery (thinly sliced)

3 medium ripe tomatoes (chopped // divided)

2 large carrots (shredded or thinly sliced // I used this mandolin with the medium blade attachment)

5 stalks green onions (thinly sliced // or sub 1/2 red onion)

1 cup Coconut Bacon (or Eggplant Bacon // plus more for topping)

DRESSING

1 1/2 cups Vegan Mayonnaise* (1 1/2 batches of our vegan mayo yield 1 1/2 cups)

1 Tbsp. lemon juice

2-3 Tbsp. maple syrup (or sweetener of choice, i.e. cane sugar // plus more to taste)

Instructions

Add peas to a small saucepan (in a steamer basket if you have one) with a splash of water and heat over medium-low heat until just thawed and warmed through (but not cooked) - about 2-3 minutes. Then drain off any excess water and transfer to a small bowl. Set aside. To a large serving dish (I used [this one in white](#)), add chopped lettuce. Then top with celery, peas, tomatoes, shredded carrots, green onions, and coconut or eggplant bacon. Set aside. To a medium mixing bowl, add vegan mayo (homemade or store-bought), lemon juice, and maple syrup. Whisk to combine. Taste and adjust flavor as needed, adding more lemon juice for acidity or maple syrup for sweetness. Top the salad with all the dressing and use a spoon to smooth into an even layer. Optional: top with more coconut bacon and vegetables, such as tomato or green onion. You can enjoy this as is or cover and refrigerate up to 4-6 hours. Store leftovers (dressing separate from salad) in the refrigerator up to 3-4 days, though best when fresh. Dressing will keep up to 1 week.

<https://minimalistbaker.com/vegan-7-layer-salad/>

Pasta Primavera



Makes 4 servings

Total Time: 15 minutes

Ingredients

3 Tbs. olive oil

3 cloves garlic, minced (1 Tbs.)

1 tsp. grated lemon zest

8 oz. fusilli pasta

2 small yellow squash, halved and cut into 1/2-inch-thick slices

1 medium orange bell pepper, cut into 1-inch pieces

8 oz. small broccoli florets (3 cups)

2 cups halved cherry tomatoes

8 green onions, thinly sliced (1/2 cup)

1/2 cup torn fresh basil leaves

Directions

Combine oil, garlic, and lemon zest in small bowl. Set aside. Cook pasta in large pot of boiling, salted water according to package directions. Add squash and bell pepper 4 minutes before end of cooking time. Add broccoli 3 minutes before end of cooking time. Drain pasta and vegetables, reserving 1/2 cup cooking water. Return pasta mixture to pot, and stir in tomatoes, green onions, basil, oil mixture, and reserved cooking water. Heat over medium-low heat until tomatoes are hot. Serve with Parmesan cheese, if desired.

<https://www.vegetariantimes.com/recipes/one-pot-pasta-primavera>

Roasted Pears with Oatmeal Crumble



Makes 2 servings

Total Time: 25 minutes

Ingredients

1 Tbs. plus 1 tsp, unsalted vegan butter

2 Tbs. all-purpose flour

2 Tbs. old-fashioned oats

1 Tbs. vegan brown sugar (not packed)

1 Tbs. green pumpkin seeds

¼ tsp. ground cinnamon

½ tsp. lemon zest

Dash of salt

4 large firm-ripe pears, unpeeled, halved and cored

Directions

Preheat oven to 375 degrees F. Line a baking sheet with foil or parchment paper. In a small bowl, use a fork to cut butter into flour until the mixture resembles coarse cornmeal. Stir in the oats, sugar, pumpkin seeds, cinnamon, zest and salt until well combined. Cut a thick slice off the rounded side of each pear half so pears will sit flat. Place pear halves on prepared backing sheet. Sprinkle 1 ½ tablespoon crumble on each pear half. Bake until crumble is golden and pears are tender, about 25-30 minutes. Serve hot or warm

Recipe from A Better Way of Life

Twice Baked Potatoes



Makes 8 servings

Total Time: 1.5 hours

Ingredients

4 large baking potatoes

¼ cup vegan sour cream

½ cup soy milk

¼ cup shredded vegan cheddar cheese

2 Tbs. vegan margarine

2 Tbs. soy bacon bits

Salt and Pepper to taste

2 Tbs. sliced chives

Directions

Preheat oven to 400 degrees F. Bake potatoes for 1 hour, or until tender. When potatoes are done, remove from oven and lower the temperature to 375 degrees F. Allow potatoes to cool slightly, then cut out a wedge approximately ¼ the size of the potato from the top. Scoop the potato filling into a bowl. Add the vegan sour cream, soy milk, vegan cheese, margarine, and vegan bacon bits to the potato filling and mash the filling or use a hand mixer to blend. Season with salt and pepper to taste. Spoon the mixture into the potato skins. Top each with chives and bake for another 15 minutes.

Recipe from A Better Way of Life

Oven Roasted Potatoes



Makes 6 servings

Total Time: 40 minutes

Ingredients

5 medium red-skinned potatoes, washed and cut into bite-sized cubes

2 tablespoons oil

2 cloves garlic, minced

2 ½ teaspoon salt

1 teaspoon onion powder

Directions

Preheat oven 400 degrees F. Coat a large baking sheet with non-stick cooking spray. Steam potatoes until soft, or microwave on high 6 minutes. Place potatoes in a large bowl; drizzle with oil and sprinkle with garlic, salt, and onion powder. Stir to coat. Place potato mixture in a single layer on prepared backing sheet. Bake 20 to 30 minutes until potatoes are brown.

Recipe by Give Them Something Better

Pineapple Muffins



Makes 18 muffins

Total Time: 45 minutes

Wet Ingredients

1 can (20 oz.) crushed pineapple, packed in pineapple juice, undrained

2/3 cup unsweetened applesauce

¼ cup water

2 tablespoons lemon juice

1 tablespoon flax seed

Dry Ingredients

2 cups oat flour

2 cups whole wheat pastry flour

2/3 cup cane juice crystals or sugar

2 tablespoons aluminum-free baking powder

1 teaspoon salt

Topping-1/4 cup raw sugar

Directions

Preheat oven 350 degrees F. Coat muffin tins with non-stick spray or line with cupcake liners.

Mix flax seeds and hot water together in a small bowl. Set aside. Mix dry ingredients together in a large bowl. Add wet ingredients, including reserved flax seed mixture; stir until combined, but don't over mix. (The batter will be thick.) Fill each muffin cup ¾ full and sprinkle with sugar.

Bake 20 to 30 minutes, until a toothpick inserted in the middle comes out clean. Allow to cool at least 15 minutes before serving.

Recipe by Give Them Something Better

Mediterranean Avocado Salmon Salad



Makes 4 servings

Total Time: 20 minutes

Ingredients

Marinade/Dressing

- 3 tablespoons olive oil
- 2 tablespoons lemon juice fresh squeezed
- 1 tablespoon red wine vinegar (optional)
- 1 tablespoon fresh chopped parsley
- 2 teaspoons garlic minced
- 1 teaspoon dried oregano
- 1 teaspoon salt
- cracked pepper to taste

1 pound (500 g) skinless salmon fillets

Salad

- 4 cups Romaine (or Cos) lettuce leaves, washed and dried
- 1 large cucumber diced
- 2 Roma tomatoes diced
- 1 red onion sliced
- 1 avocado sliced
- 1/2 cup feta cheese crumbled
- 1/3 cup pitted Kalamata olives (or black olives), sliced (optional)
- Lemon wedges to serve

Directions

Whisk together all of the marinade/dressing ingredients in a large jug. Pour out half of the marinade into a large, shallow dish. Refrigerate the remaining marinade to use as the dressing later. Coat the salmon with the marinade. Heat 1 tablespoon of oil in a skillet or grill pan over medium-high heat. Sear salmon on both sides until crispy and cooked to your liking. While salmon is cooking, prepare all of the salad ingredients and mix in a large salad bowl. Slice salmon and arrange over salad. Drizzle with the remaining UNTOUCHED dressing. Serve with lemon wedges.

<https://cafedelites.com/salmon-salad/#wprm-recipe-container-55081>

Chicken Cacciatore



Makes 6 Servings

Total Time: 50 minutes

Ingredients

6 skinless chicken thighs bone-in
Salt and pepper to season
2 tablespoons olive oil (more if needed)
1 medium onion diced
2 tablespoons minced garlic (or 8 cloves)
1 small yellow bell pepper (capsicum), diced
1 small red bell pepper (capsicum), diced medium
1 large carrot peeled and sliced
10 oz. (300g) mushrooms sliced
1/2 cup pitted black olives
8 sprigs thyme
2 tablespoons each freshly chopped parsley and basil plus more to garnish
1 teaspoon dried oregano
150 ml red wine
28 oz. (820g) crushed tomatoes
2 tablespoons tomato paste
7 oz. (200g) Roma tomatoes halved
1/2 teaspoon red pepper flakes

Directions

Season chicken with salt and pepper. Heat oil in a heavy cast iron skillet. Fry the onion until transparent (about 3-4 minutes) then add in the garlic and sauté until fragrant (about 30 seconds). Add the peppers, carrot, mushrooms and herbs; sauté for 5 minutes until vegetables are beginning to soften. Add the chicken and sear on both sides until golden (occasionally mix the vegetables around the chicken in the pan so they don't stick). Pour in the wine; allow to simmer and reduce down (about 5-6 minutes). Add the crushed tomatoes, tomato paste, Roma tomatoes and chill flakes. Season with salt and pepper to your tastes. Continue to cook over stove top OR in the oven following the instructions below.

FOR STOVE TOP: Mix all of the ingredients together; cover with lid, reduce heat to low and allow to simmer (while stirring occasionally) for 30-40 minutes or until the meat is falling off the bone. Add in the olives, allow to simmer for a further 10 minutes. Garnish with parsley and serve immediately. **FOR THE OVEN:** Transfer the covered skillet to a preheated oven at 375°F (190°C) and cook for 50 minutes. Remove the lid and cook for an additional 20 minutes until the chicken is tender and falling off the bone, and the sauce has reduced down.

<https://cafedelites.com/chicken-cacciatore/#wprm-recipe-container-40527>

Easy Breakfast Quesadillas



Makes 3 servings

Total Time 20 minutes

Ingredients

6 eggs

¼ cup low fat milk

Salt and Pepper to taste

½ green pepper diced

3 tablespoons unsalted butter divided

6 slices Turkey Bacon cooked, drained and roughly chopped

½ cup shredded cheddar low fat cheese divided

6 medium whole wheat tortilla shells

Directions

In a medium bowl, whisk eggs, milk, salt and pepper. Add green peppers and stir to combine. Set aside. In a large skillet, melt 2 tablespoons butter over medium heat.

Add egg mixture and cook until no longer runny, stirring often. Remove eggs to separate plate. In the same skillet (wipe, if needed), melt 1 tablespoons butter over medium heat. Place one tortilla shell in middle of pan.

Top with 1/4 cup cheese, leaving a 1/2-inch border around tortilla. Spread eggs in an even layer on top of cheese, followed by turkey bacon and a sprinkling of more cheese, if desired. Place second tortilla shell on top of egg mixture and lightly press down. Heat for 2-3 minutes on both sides, or until shell is slightly golden and cheese is melted. Repeat with remaining tortilla shells. Serve immediately.

<https://www.pumpkinnspace.com/easy-breakfast-quesadillas/> edited by Rita Sartin

Teriyaki Stir-Fry Over Rice



Makes 6-8 servings

Total Time: 30 minutes

Ingredients

2 large potatoes, chopped

2 carrots sliced

1 tablespoon olive oil

1 small onion, chopped

½ red bell pepper, chopped

2 celery stalks, sliced

4 garlic cloves, minced

½ cup roasted peanuts, or nuts of choice

4-6 cups cooked, long-grain brown rice

Teriyaki sauce

½ cup low-sodium soy sauce

¼ cup brown sugar or honey

½ tablespoon cornstarch

2 tablespoons water

Directions

Steam potatoes and carrots until tender. Set Aside and keep warm. Stir-fry over medium-high heat in a nonstick skillet in olive oil and onion, red pepper and celery until tender, about 6 minutes. Add garlic and cook an additional 2 minutes. Add steamed potatoes and carrots and toss well. Toss in ½ cup peanuts or nuts of choice, and serve on a bed of rice. To prepare Teriyaki sauce: In a small bowl combine ½ tablespoon cornstarch with 2 tablespoons of water and stir until cornstarch is dissolved. Cook until sauce comes to a boil and is slightly thickened. Add more water if a thinner consistency is desired. Add soy Sauce and sweetener of choice.

Recipe from Recipe taken from More Choices eat well live well

Tofu Tikka Masala



Makes 6 Servings

Total time: 45 minutes

Ingredients

2 12 to 14-ounce blocks extra firm tofu

2/3 cup 2% plain Greek yogurt*

2 tablespoons minced fresh ginger

1 tablespoon minced garlic — about 3 cloves

2 teaspoons ground coriander

2 teaspoons garam masala**

2 teaspoons ground cumin

3/4 teaspoon kosher salt

2 tablespoons water

FOR THE MASALA (SAUCE):

2 tablespoons coconut oil — or canola oil

1 medium head cauliflower — cut into florets

1 medium yellow onion — diced

1 tablespoon minced fresh ginger

1 tablespoon minced garlic — about 3 cloves

1/2 teaspoon kosher salt

1/2 teaspoon ground black pepper

2 tablespoons tomato paste

1 1/2 teaspoons garam masala

1 1/2 teaspoons turmeric

1/8 teaspoon cayenne pepper

1 28-ounce can crushed tomatoes

1 14-ounce can low sodium vegetable broth or chicken broth

1 package frozen peas — 10 ounces

1/2 cup 2% plain Greek yogurt*

1/4 cup fresh cilantro — roughly chopped

For serving: naan — Indian flatbread—my fave! — or prepared brown rice

Directions

Prepare the tofu: Wrap 1 block of tofu in several layers of paper towels or a clean kitchen towel and gently press out as much water as possible. Change the towels and press again. Do not squeeze so hard that the tofu breaks apart or loses its shape, but do try to press out a good amount of the water. Repeat with the second block. Cut into 1 to 1 1/2-inch pieces. In a large bowl, stir together the yogurt, ginger, garlic, coriander, garam masala, cumin, salt, and water. Add the tofu pieces and stir gently until they are evenly coated. Let marinate at room temperature for 30 minutes or refrigerate for longer (up to overnight). When ready to bake, place the racks in the upper and lower thirds of your oven and preheat the oven to 400 degrees F. Line two rimmed

baking sheets with parchment paper and lightly coat the paper with nonstick spray. Arrange the tofu pieces on the baking sheets in a single layer so that they are not touching one another (discard any extra marinade). Bake in the upper and lower thirds for 15 minutes, then remove the pans from the oven, flip the pieces over and return the pans to the oven, switching their positions on the upper and lower racks. Bake for 15 additional minutes, until tofu is deeply golden (see blog photos above). Set aside.

While the tofu bakes, prepare the masala (sauce): Heat the coconut oil over medium low in a Dutch oven or similar sturdy, deep pot. Once hot, add the cauliflower, onion, ginger, garlic, salt, and black pepper. Cook, stirring occasionally, for 1 minute, then increase the heat to medium and continue cooking until the vegetables are tender and the onion is translucent, about 10 minutes. Do not let the onion brown—if it starts to turn brown, reduce the heat and continue cooking until soft. Add the tomato paste, garam masala, turmeric, and cayenne. Cook and stir constantly for 30 seconds, until very fragrant.

Stir in the crushed tomatoes and broth. Bring to a boil. Reduce the heat to low and simmer, stirring occasionally and scraping the bottom of the pot with a wooden spoon or rubber spatula to prevent the sauce from sticking, until it is thickened slightly, about 15 minutes.

Remove the pan from the heat and let cool for 1 minute. Stir in the peas, then the 1/2 cup yogurt. Stir in the cooked tofu to warm through. Taste and add additional salt and pepper as desired. Sprinkle with cilantro and serve warm with naan bread or brown rice.

<https://www.wellplated.com/tofu-tikka-masala/#wprm-recipe-container-46627>