



The Ultimate Spaghetti Sauce

Combine in a medium bowl:

1 block (14-16 oz) tofu, crumbled extra firm or firm
2 Tbsp. yeast flakes
1 tsp. chili powder
1/2 tsp. garlic powder
1 Tbsp. Braggs liquid aminos or soy sauce
1 Tbsp. olive oil
1/4 tsp. liquid smoke

Mix well and spread on a nonstick baking sheet. Bake at 350 degrees for 30 minutes, stirring once.

In a medium-sized pot, heat together:

Baked tofu mixture from above
3-5 cups spaghetti sauce, homemade or store-bought

Serve over cooked pasta.

Meatballs: I served Impossible brand meatballs.

Caesar Salad

Mix well the following for dressing:

1/4 tsp. garlic powder
7 tsp. lemon juice
1/2 tsp. Braggs or vegan Worcestershire sauce
4 1/2 Tbsp. oil
1/4 tsp. salt
1/3 cup vegan parmesan cheese

For salad, tear into bite-sized pieces:

1 medium head of leaf lettuce

Pour dressing over lettuce and toss. Then add:

1/3 cup vegan parmesan cheese
Croutons

Toss and serve immediately.

Garlic Bread

Stir together:

3/4 cup margarine
2 Tbsp. olive oil
2 Tbsp. minced garlic
1/4 cup minced fresh parsley or 1 Tbsp. dried parsley
Slice in half lengthwise:
1 loaf French or Italian bread

Spread above mixture on cut sides of bread. Bake at 325 degrees for 3 to 5 minutes or until starting to brown.

Cherry Crisp with Berries

Preheat the oven to 375°F with a rack in the center position. Lightly butter and set aside an oven-safe pie dish, roughly 9-inches in diameter.

Fruit Filling:

1 quart sour cherries, stemmed and pitted
1 cup fresh blueberries
1 cup fresh blackberries
1/3 cup agave syrup
2 tablespoons tapioca starch
1 teaspoon vanilla
1/4 teaspoon kosher salt
zest of 1 lemon

Mix all filling ingredients. Place the fruit mixture in the pie dish and spread evenly into a thick layer.

Crisp Topping:

1/2 cup almond meal or flour
1/2 cup all-purpose flour
1/4 cup old-fashioned rolled oats
2 tablespoons packed brown sugar
1/4 teaspoon ground cinnamon
2 pinches kosher salt
4 tablespoons cold unsalted vegan butter

Whisk together the almond meal, all-purpose flour, rolled oats, sugar, cinnamon, and salt. Cut the butter into 1/2-inch cubes and using your fingers, distribute it into the dry ingredients. Use your fingers to press the mixture together until clumps and crumbs form.

Cover fruit evenly with crumb mixture. Bake for 30 to 40 minutes, or until top is golden brown and fruit is bubbling slightly. If needed, place the pie dish on a baking sheet to catch any drippings. Cool 10 to 15 minutes before serving.

Whipped Topping: I served CocoWhip brand whipped topping.

