

Tofu-Egg Sandwich Filling

2 cups firm tofu
¼ cup finely chopped celery
2 tablespoons diced pimento
2 tablespoon finely chopped red onion
2 tablespoons minced parsley
1 tablespoon nutritional yeast flakes
½ teaspoons each celery salt, onion powder
¼ teaspoons each garlic powder,
scant 1/8 teaspoon tumeric
cashew mayonnaise or Vegennaise and lemon juice, to taste (See recipe below for cashew mayonnaise.)

In a bowl, mash the tofu with a fork, add the celery, pimento, onion, parsley, yeast flakes and seasonings. Add soy mayonnaise, just to moisten. Refrigerate to blend flavors.

Cashew Mayonnaise

1 cup water
½ cup cashew pieces
pinch of garlic powder
¾ teaspoon salt
¾ teaspoon onion powder
2 tablespoons lemon juice

Blend all ingredients, except lemon juice, on high ½ minutes until creamy. Pour into sauce pan and cook over medium-high stirring constantly until thickened (approximately 5 minutes). Remove from heat and stir in lemon juice. Put into covered container and chill. Makes about 1 cup.

Hummus

- 1 – 15 oz. can garbanzo beans, drain and reserve liquid
- 2 – 3 tablespoons sesame tahini or ¼ cup toasted sesame seeds
- 2 – 3 tablespoons lemon juice
- 2 cloves fresh cut or roasted garlic
- ¼ cup chopped fresh parsley or 1 tablespoon dried
- 1 teaspoon olive oil, optional

Place garbanzos, tahini, lemon juice and garlic in a food processor or blender. While blending, add liquid from beans as needed to make desired consistency. Spoon into serving dish. Serve as a dip, spread, or sandwich filling; or thin down with water for a dressing. Delicious over rice or pasta dishes.

For Roasted Red Pepper Hummus: Omit parsley and liquid from the beans. Add 2 roasted red peppers, 1 teaspoon ground cumin, 3 to 4 scallions (cut), and a pinch of sea salt. Process ingredients to desired consistency in a food processor.

Walnut Oat Burgers

- 4 C Water
- 1 C chopped walnuts
- 1/2 C Bragg's Amino Acids
- 1/4 C Nutritional Yeast Flakes
- 1/3 C olive oil
- 1 T or more fresh cilantro
- 1 tsp ground sage
- 1 T sweet basil
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1/8-1/4 tsp all purpose veggie salt (Vegetarian express)
- 1/2 tsp dried thyme
- 1 T dried onion flakes
- 4 C rolled oats (quick are great)

Preheat oven to 350 degrees. Place all ingredients except oats in a large pot and bring to a boil. Add the oats and stir thoroughly, cover and set aside until cool enough to handle. I use my 1/3 C oil measuring cup and scoop mix up and put on greased cookie sheet. Comes out easy since it was oiled already and then just mash with back of plastic scraper/spatula and then bake 15 min on each side. Freezes very well! Yield about 18.

Chickpea Sandwich Filling

1 (19oz) can garbanzo beans, drained and rinsed
½ onion, chopped
1-2 tablespoon vegan mayonnaise (Veganaise)
1 tablespoon lemon juice
1 teaspoon dried dill weed
Salt and herbs to taste
Optional: add 1 celery stalk, chopped and/or sliced black olives

Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix onions, celery and olives if desired, vegan mayonnaise (to taste), lemon juice, dill, salt and other herbs to taste.

Tofu Egg Salad

14 ounces fresh, firm tofu
1 cup vegan mayonnaise (Veganaise)
¾ teaspoon turmeric
1 teaspoon onion powder
½ teaspoon garlic powder
2 teaspoons chicken-style seasons (McKays – Vegan, no msg)
Salt to taste

Optional: ¼ cup dill pickle relish
Optional: ½ cup finely chopped celery

Mash tofu until fine in medium bowl.
Add remaining ingredients and mix well.

Pecan Meatball Hoagie

16 ounces of tofu blended smooth
1 large onion , chopped coarsely
1 cup pecans, chopped coarsely
2 cups round or soda crackers, crushed coarsely
1 ½ teaspoons sage
3 teaspoons garlic powder

Sandwich:

Whole grain hoagie rolls
½ - 2 quarts garlic tomato sauce

Optional: toast bread with a little olive oil and garlic powder on the top.
Optional: vegan mozzarella for the top of hoagie

In blender, blend tofu until smooth. Add a little water to the tofu if necessary to blend. Pour into mixing bowl.

Add remaining ingredients and mix well.

Allow to thicken in refrigerator for 10 minutes. Form mixture into 2-inch balls.

Place on parchment paper lined baking sheet.

Bake at 400 degrees, turning several times, until all sides are browned.

Be careful not to over bake and dry out meatballs in the oven.

Start checking at 10 minutes and bake no longer than 30 minutes.

Put meatballs into hoagie bread, pour some tomato sauce over meatballs, sprinkle some vegan cheese if desired. Place hoagie in oven to melt cheese if desired.



Pimento Cheese-Style Hummus

Delicious as a dip or a sandwich filling. For a soy-free option, try using a couple of tablespoons of almond or rice milk instead of the silken tofu.

Course	Appetizer, Sandwich
Cuisine	Southern, Vegan
Prep Time	10 minutes
Cook Time	2 minutes
Total Time	12 minutes

Servings	6
Calories	137 kcal
Author	Susan Voisin

Ingredients

- 1/3 cup raw cashews
- 1 1/2 cups cooked drained chickpeas, divided
- 3 ounces lite firm or extra-firm silken tofu -1/4 package MoriNu brand
- 6 tablespoons pimentos about 4 ounces, drained well, divided
- 3 tablespoons nutritional yeast
- 2 tablespoons lemon juice
- 2 cloves garlic
- 1 teaspoon spicy brown mustard
- 1/2 teaspoon granulated onion
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper or to taste
- 1 teaspoon salt use less if chickpeas are salted, or to taste

Instructions

1. Place the cashews in a small bowl and cover them with water. Allow them to soak at least 2 hours and up to overnight.
2. Drain the cashews. Put half of them into the food processor along with half of the chickpeas, the silken tofu, 4 tablespoons pimentos, and all remaining ingredients. Process until it's as smooth as you can get it. Then add the remaining cashews and chickpeas and pulse about 10 times until chickpeas and cashews are broken but not completely smooth.
3. Check seasonings and add more red pepper and salt to taste. Transfer into a serving bowl and stir in the remaining 2 tablespoons of pimentos. Refrigerate for at least an hour to allow flavors to blend.

Chickpea Salad Sandwiches



Recipe courtesy of Trisha Yearwood

Show: Trisha's Southern Kitchen | Episode: Trisha Goes to Boot Camp



Chickpeas are high in fiber and protein, so they're the perfect snack. I like the taste of them because they remind me a little bit of black-eyed peas, which I love! Combine them with avocado, a little mayo, and a dash of lime juice, and you've got a light-tasting summer salad that will really fill you up. Yum!

Total: 1 hr
Active: 30 min
Yield: 4 servings
Level: Easy

Ingredients

Chickpea Salad:

- Two 15-ounce cans chickpeas (garbanzo beans), drained and rinsed
- 1 large ripe avocado, peeled and pitted
- 1/4 cup finely chopped green onion
- 1/4 cup freshly squeezed lime juice (about 2 limes)
- 2 tablespoons mayonnaise
- 2 tablespoons yellow mustard
- 2 teaspoons minced garlic
- Salt and freshly ground black pepper
- 1/4 teaspoon cayenne pepper, optional

Sandwiches:

- 4 whole-wheat pitas
- 1/2 English cucumber, sliced thin, for serving
- Sprouts, for serving
- Sliced radishes, for serving
- Green leaf lettuce, shredded, for serving

Directions

For the chickpea salad: In a medium bowl, using a fork or pastry blender, mash the chickpeas and avocado together until incorporated, but still chunky. Add the green onion, lime juice, mayonnaise, mustard, garlic, salt and pepper, and stir until mixed. If you want a spicy hot kick, add the cayenne. Refrigerate for at least 1/2 hour before serving.

For the sandwiches: Cut the pitas horizontally to create pockets. Spread the chickpea salad mixture into each pita pocket. Top with cucumber slices, sprouts, radishes and lettuce.

Adapted from "Trisha's Table: My Feel-Good Favorites for a Balanced Life" by Trisha Yearwood © Clarkson Potter 2015. Provided courtesy of Trisha Yearwood. All rights reserved.



My Private Notes