



Grilled Tofu Sandwich

1 16 oz block extra firm tofu (San Diego Soy Dairy or the vacuum-packed brands work best)
Avocado oil spray
Lemon Pepper (or your favorite poultry seasoning)
Vegan mayonnaise
10 slices bread (whole grain, sour dough or rye)
2 heirloom tomatoes, sliced
1 avocado, sliced thin
1/4 purple onion, sliced thin
1/4 hot house cucumber, sliced thin
1/2 head red or green leaf lettuce

Heat a grill to medium high. Remove the tofu from the package, lay it on its side and cut the block into 10 one-fourth slabs. Spray each piece on both sides with high heat avocado oil and transfer to the hot grill. Cook 2-3 minutes on each side until they begin to brown. Transfer to a plate and sprinkle both sides with the seasonings.

For each sandwich toast two slices of bread lightly, spread vegan mayo over one side of each of the two slices.

Transfer the bread to a serving plate or parchment paper. Layer the cucumbers and avocado over the bottom slice, sprinkle with seasoning or freshly ground pink salt and pepper. Next layer on two slices of tomato and sliced purple onion to taste. Top it with two slices of the seasoned grilled tofu, lettuce and second piece of bread.

Secure the sandwich with picks or wrap it in parchment then cut it in half and serve. Grilled tofu is a great plant-based substitute for traditional hot turkey or chicken sandwiches.

White Dressing & Sauce Base

INGREDIENTS:

1 12.5 oz. Silken Tofu (shelf stable tetra-pak)
1 cup raw cashew pieces, soaked for 4 hours
1 1/2 teaspoons white miso paste
1 teaspoon dijon mustard
1 teaspoon maple or agave syrup
Juice of 1/2 lemon



DIRECTIONS:

Drain the tofu and cashews, place them in a blender jar with the remaining ingredients and blend on high until smooth.

Use the this oil-free basic white sauce as a substitute for mayonnaise or sour cream. Or, blend in any infinite variety of herbs and seasonings to create dipping sauces and gourmet spreads. Serve hot or cold. Store sealed and refrigerated for up to seven days.

Grilled Tofu Veggie Kebobs

Assorted Seasonal Vegetables

1 16 oz. pkg. Firm Organic San Diego Soy Dairy Tofu, drained
skewers
marinade

Cut the tofu into 1-inch cubes. Slice the vegetables into 1-inch chunks and alternate the tofu and veggies on bamboo skewers. Pour marinade over the skewers, cover and chill for 2-3 hours.

Cook on a medium high flame for 12-15 minutes, turning to cook evenly. Serve warm with rice or grains.

Recipes provided by Liz Gary. For information on upcoming classes and special events visit www.newoptionsfoodgroup.com