

## Crispy Chick'n Burger With Apple Slaw

### INGREDIENTS:

1 package Gardein Crispy Tenders  
4-5 Artisan buns  
Vegan mayo for grilling

### Slaw:

½ large head of green cabbage, sliced thin  
½ small head of purple cabbage, sliced thin  
2-3 carrots, peeled and grated  
1 bunch green onions, thinly sliced  
½ cup fresh parsley, stems removed and chopped  
2 Granny Smith apples, peeled and julienned  
Juice of one lemon

### Dressing:

1 teaspoon celery salt  
1 ½ cups vegan mayo  
¼ cup plus two tablespoons apple cider vinegar  
Freshly ground pepper to taste

### Buffalo Mayo:

½ cup vegan mayo  
2 tablespoons hot wing sauce

### DIRECTIONS:

Combine the shredded cabbage, carrots, parsley, and onions in a large non-metallic bowl. Place the julienned green apples in a smaller non-metallic bowl and toss them with the lemon juice, toss them into the cabbage mixture.

Combine the vegan mayo, apple cider vinegar, celery salt and pepper in a large liquid measuring cup, whisk until smooth then pour over the slaw and toss to coat it all evenly. Chill covered until ready to serve.

In a small bowl combine the vegan mayo and hot wing sauce, whisk until smooth. Store covered and chilled until ready to serve.

Preheat an oven to 400° Fahrenheit. Line a baking sheet with parchment and place the frozen vegan chicken tenders in a single layer. Bake for 8-10 minutes then remove the sheet from the oven to turn them to bake evenly on both sides.

Heat a large flat grill or frying pan to medium high. Spread vegan mayo on the cut sides of each bun and toast them cut side down until lightly browned.

Transfer the toasted buns to a serving plate, top with 3-4 of the crispy tenders and a generous serving of the slaw. Drizzle with the buffalo mayo over the slaw and serve. Makes 4-5 burgers.



## German Brats with Sautéed Apples, Onions, and Sauerkraut

### INGREDIENTS:

#### Brats:

- 1 (14 ounce) package Tofurky Beer Brats
- 2 tablespoons high heat oil (avocado, sunflower, canola)
- 2 teaspoons agave or maple syrup
- Pinch of Toomey's Seasoning, or salt and pepper to taste

#### Apples & Onions:

- 4 Fuji or firm red organic apples, cored and sliced
- 1 medium sweet onion, cut into thin half moons or strips
- 3 tablespoons vegan butter
- ½ teaspoon Toomey's Seasoning, or salt and pepper to taste

#### Accompaniments:

- 1 (25 ounce) jar of Sauerkraut
- German Pretzels
- Assorted Mustards
- Fresh parsley for garnish

### DIRECTIONS:

Heat a large frying pan or flat grill to medium high. Add the three tablespoons of vegan butter and sauté the onions for 5-6 minutes or until they begin to soften and caramelize. Add the sliced apples and continue sautéing until the apples begin to soften and brown. Add ¼ cup apple cider during the cook time and continue cooking until the liquid is reduced. Season with Toomey's seasoning or freshly ground salt and pepper to taste. Transfer the apple mixture to a serving dish and keep warm.

Reheat the large frying pan or flat grill to medium high. Add the high heat oil and syrup, spread the oil and syrup evenly over the pan. Add the beer brats and cook turning them every 2-3 minutes for up to 15 minutes or until they are evenly browned. Season with Toomey's seasoning or freshly ground salt and pepper to taste.

Warm the sauerkraut in a medium saucepan and heat the pretzels in the oven.

Plate a serving of the sauerkraut, top it with a serving of the apples and onions and a brat, then serve each plate with an assortment of mustards.



## Apple Cinnamon Coffee Cake

### INGREDIENTS

½ cup firm tofu, packed  
1 cup applesauce  
½ cup sunflower or neutral light oil  
1 teaspoon vanilla extract  
⅔ cup cane sugar  
2 cups unbleached all-purpose flour  
1 teaspoon baking powder  
½ teaspoon baking soda  
¼ teaspoon pink salt

### Topping

1 large apple, peeled, thinly sliced and chopped  
¾ cup light brown sugar  
¼ cup plus 2 tablespoons flour  
¼ cup plus 2 tablespoons vegan butter  
1 ½ teaspoons ground cinnamon  
1 cup chopped walnuts or pecans  
pinch of pink salt  
2-3 tablespoons powdered sugar, sifted



### DIRECTIONS

Preheat the oven to 350° F. Lightly grease and flour an 8-inch round baking pan and set it aside.

Measure the tofu by packing it into a measuring cup. Place the tofu in the jar of a blender with the applesauce, oil, vanilla, and cane sugar. Blend until smooth stopping to scrape down the sides of the blender as needed.

In a large bowl combine the flour, baking powder, baking soda and salt. Stir to combine. Pour the tofu mixture into the flour mixture, stir until smooth then pour the batter into the prepared baking pan.

### Topping

Spread the chopped apple on top of the batter.

In a small bowl combine the brown sugar, flour, vegan butter, cinnamon and the pinch of salt. Mix well by blending with a fork until it resembles small crumbs, or process in a food processor. Add the chopped nuts then sprinkle the mixture evenly over the top of the cake. Bake for 30-40 minutes or until a toothpick inserted into the center of the cake come out clean.

Cool on a wire rack for 15-20 minutes. Dust the top of the cake with sifted powdered sugar before serving.