

Grilled Tofu Sandwiches

1 16 oz. block of firm organic tofu
marinade or seasonings
olive oil
ribbon sliced zucchini
vegan mayo
tomato, lettuce, sliced
bread

Slice the tofu into 1/4-inch rectangle slabs and slice the zucchini into thin lengthwise ribbons by hand or using a mandolin. Marinate and refrigerate a few hours or coat lightly with olive oil and and sprinkle with your favorite seasoning blend.

Heat a flat-grill on medium high. Place the tofu and zucchini on the grill in a single layer and cook each side until lightly golden brown.

Spread vegan mayo on the bread and layer the grilled tofu, sliced zucchini, tomato and lettuce. Use toothpicks to hold the sandwich together. Slice and serve warm.



Mock Chicken Salad

- 1 16 oz. block of Organic Herbal San Diego Soy Dairy Tofu
- 1 cup celery, diced
- 1/2 cup green onions, chopped
- 1/2 cup fresh parsley, chopped
- 1/2 cup sliced almonds
- 1 cup vegan mayonnaise
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 3/4 teaspoon dried tarragon
- 3/4 teaspoon Beau Monde
- 1/2 teaspoon Sea Salt
- 1/2 teaspoon fresh ground pepper

Drain the tofu then crumble it into small pieces by hand or with a fork in a medium mixing bowl. Add the remaining ingredients and stir until blended. Chill for a few hours to let the flavors develop then serve with crackers, in lettuce cups, in a sandwich, or on a salad.



Tofu Scramble Breakfast Burritos

For the tofu:

- 1 16 oz package tofu
- 1 teaspoon turmeric
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 tablespoons olive oil

For the rice:

- 1 package Spanish Rice
- 1 15 oz. can diced tomatoes
- Filtered water according to package directions
- 2 tablespoons vegan butter

For the veggies:

- 2-3 medium zucchinis, diced
- 1 red bell pepper, diced
- 1 10 oz. package frozen organic corn
- 2 tablespoons vegan butter
- Juice of two limes

Accompaniments:

- Black Beans
- Flour tortillas (check ingredients, not all flour tortillas are vegan!)
- Salsa
- Guacamole
- Vegan Sour Cream

Prepare the rice according to package instructions.

Chop and prepare the veggies.

Drain the tofu, crumble it and add the seasoning. Heat a large skillet and add two tablespoons of olive oil. Stir-fry the tofu until it begins to lightly brown, remove it from the skillet and set it aside, cover and keep warm.



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Melt two tablespoons of vegan butter in the same large skillet, add the diced red onion, saute for 3-4 minutes then add the remaining zucchini, bell pepper and frozen corn. Cook an additional 5-6 minutes stirring occasionally until the vegetables have softened. Pour the lime juice over the veggies and set aside.

Heat the tortillas and beans. Assemble burritos adding the rice, tofu scramble, veggies, beans and accompaniments. Roll your burritos and serve hot! Leftovers are great reheated!

