

Hot Spinach Artichoke Dip

16 oz. organic soft tofu
1 cup cashew pieces, soaked for 4 hours
1 cup vegan mayonnaise
1 cup non-dairy unsweetened milk
1 tablespoon white miso paste (optional)
2 teaspoons garlic powder
1 teaspoon sea salt
Juice of 1 lemon
5 oz package baby spinach, chopped
15 oz. can artichoke hearts, drained and chopped
8 oz. can water chestnuts, drained and chopped

Topping:

1/2 cup vegan parmesan cheese
1/2 cup whole grain dairy free bread crumbs

Accompaniments:

Assorted dairy-free bread and crackers

Preheat the oven to 375 degrees. Lightly oil the inside of a 8-10 inch baking dish or several smaller ramekins, set aside.

Place the vegan mayo, cashew pieces, non-dairy milk, miso paste, garlic powder, sea salt, and lemon juice in the jar of a blender, blend until smooth. Continue processing while adding the tofu into the blender jar a few pieces at a time, blend until smooth.

Transfer the mixture to a medium mixing bowl, stir in the chopped spinach, artichokes and water chestnuts, stir to combine then transfer to the prepared baking dishes.



Quick and Easy Grilled Veggie Kebobs

Simple and delicious, always an easy winner. Pick an assortment of your favorite vegetables and heat up the grill, dinner's ready!

Suggested vegetables

Baby patty pan squash, skewered whole

Cherry tomatoes, skewered whole

Zucchini, cut into chunks

Yellow squash, cut into chunks

Mushrooms, skewered whole

Purple Onion, cut into 1" pieces

Red, yellow, green, orange, bell peppers, cut into 1" inch pieces

1 16 oz. vacuum packed firm tofu, cut into cubes or
vegan sausage cut into chunks

Season with:

Sunflower or oil of your choice for coating and a dry rub seasoning

Serve with:

Your favorite rice

Prepare the rice according to package directions.

Prepare the bamboo skewers by soaking them in water, or try using professional stainless steel kebob skewers for quicker even cooking.

Prepare the vegetables. Place them in a large bowl and coat them lightly with oil. Sprinkle a generous amount of dry rub over them then skewer them alternating the veggies with the tofu or vegan sausage.

Heat the grill to medium high. Cook 4-5 minutes on each side until they begin to brown. Serve with rice and enjoy!



Medallions of Grilled Tofu

1 block firm organic tofu
marinade of choice or dry rub seasonings

Cut tofu into slabs horizontally the cut shapes using a cookie or canopy cutter. Season or marinate then grill on medium high on a lightly oiled flat grill or in a frying pan.

Serve as a center of the plate meat substitute. Any previous method used to season and prepare chicken can be done again using tofu. Marinate it, season it, or even bread it, then cook it on a flat grill for about 4-5 minutes on each side or until it starts to brown. Serve with a side of rice, grains and veggies.



Grilled Veggie Quinoa

For a nice presentation use a mold to shape the salad on your plate

3 1/2 cups filtered water
2 cups lightly toasted quinoa
3/4 teaspoon sea salt
3 1/2 cups assorted grilled vegetables,
chopped (zucchini, bell peppers, onion)
1/2 cup kalamata olives, sliced
1/2 cup green onion, sliced
1/4 cup fresh herbs, minced
2 tablespoons balsamic vinegar or lemon juice
2 tablespoons olive oil
1/4 teaspoon crushed red pepper flakes



Tofu the Ancient Superfood
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In a large sauté pan toast the dry quinoa on medium high heat stirring frequently until lightly browned. Transfer to a medium saucepan, add water and salt. Bring to a boil. Reduce heat to simmer, cover and cook until liquid is absorbed, approximately 10 minutes.

In a small mixing bowl combine the olives, green onions, fresh herbs, balsamic vinegar, olive oil, and red pepper flakes, stir well.

In a large mixing bowl combine the cooked quinoa with chopped grilled vegetables, pour the oil, vinegar and herb mixture over the quinoa and vegetables and stir gently to blend well.



Next Class: Sunday, December 9, 2018
1:00 - 2:30 PM
Pacific Beach Taylor Branch Library

December's Menu: Vegan Holiday Roast, Scalloped Potatoes, Baby Greens Salad with Roasted Pears, Strawberries, Hazelnuts, Vegan Cheese Crumbles and a Fig Balsamic Dressing. Follow this link to register: **Holiday Feast**

For more information on free community classes and special events visit:
www.newoptionsfoodgroup.com



2726 Shelter Island Drive, #305
San Diego, CA 92106