



Strawberry Breakfast Cake

Ingredients

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 T baking powder
- 2 T corn starch
- ½ tsp. salt
- ¼ cup sugar
- ¼ cup oil
- ½ cup Tofutti Better Than Sour Cream
- 2 tsp. pure vanilla extract
- ½ cup pure maple syrup
- 1 cup original flavored almond milk
- 1 cup fresh strawberries – cut in small pieces

1/9 Steps

Step 1

In a small size bowl put the melted margarine and all the rest of the crumb ingredients except for the sliced strawberries and set aside till ready to use.

Step 2

In a large mixing bowl put all the dry ingredients and mix together. Make a well in the middle of it all and put all the wet ingredients except for the fresh strawberry pieces and strawberry jam. Mix together until blended and carefully fold in the strawberry pieces. Pour the mixture into a 9

½ cup strawberry jam

Crumb Topping:

¼ cup vegan margarine, melted

¼ cup sugar

1 cup quick oats

¼ cup all-purpose flour

1 cup fresh strawberries, sliced

by 13 by 2-inch pan that has been sprayed with vegetable spray. Gently spread batter to cover pan. Divide the jam into thirds placing it some on both ends and in the middle of cake. Carefully spread the jam around on top of batter. Sprinkle the crumb topping on top and place the sliced strawberries on top of crumbs. Bake at 350 degrees for 40-45 minutes or until a toothpick inserted in middle of cake comes out clean. If desired drizzle with a glaze. Serve hot or cold.

Quinoa, Corn, and Avocado Salad

- 1 lime
- 2 medium avocados, halved, seeded, peeled, and chopped
- 1 1/2 cups cooked quinoa
- 1 1/2 cups frozen whole kernel corn thawed (I like to grill fresh corn)
- 1 cup cherry tomatoes, halved
- 1/2 cup finely chopped red onion
- 1/4 cup snipped fresh cilantro

1. Remove 1 1/2 teaspoon zest and squeeze 2 tablespoons juice from lime. In a large bowl gently stir together lime juice and zest and remaining ingredients. Season to taste with sea salt.

EGGLESS EGG SALAD

- 2 (14 oz) pkg water packed tofu, firm or extra firm, well drained
- 4 stalks celery finely diced
- ½ small onion finely diced
- ½ cup pickle relish
- ½ cup vegan mayonnaise
- 1 Tbs vegan chicken style seasoning
- 1 ½ tsp garlic powder
- 1 tsp onion powder
- 1 or 1 ½ tsp salt
- ¼ tsp turmeric (optional for color)

Drain the excess water from the tofu. Mash the tofu in a large bowl with a fork or potato masher. Add remaining ingredients and mix well. Chill before serving.

1/3 cup serving: Cal 119, Fat 9g, Chol 0, Sodium 219mg, Carbs 4g, Fiber 1g, Sugar 0, Protein 7g.

Thai Mock Chicken and Noodle Soup

Serves 4

1 Tablespoon oil (canola or olive)
1 garlic clove, minced
1 package Quorn chicken tenders
1/2 teaspoon turmeric
1/4 teaspoon cayenne pepper
1 can lite coconut milk
3 3/4 cup chicken stock, hot *
2 tablespoons lemon or lime juice
4 tablespoons crunchy peanut butter
1 cup thread noodles broken into small pieces
1 tablespoon chopped scallions
1 tablespoon chopped fresh cilantro
salt and freshly ground black pepper to taste
shredded coconut and finely chopped fresh red chili, to garnish

1. Heat the oil in a large pan. Add the garlic and fry for 1 minute until light golden. Add the Quorn chicken and spices and stir-fry for 3 to 4 minutes.
2. Pour coconut milk into the hot chicken stock and stir until it dissolves. Pour onto the quorn chicken and add the lemon or lime juice, peanut butter, thread noodles.
3. Cover the pan and simmer for 15 minutes. Add the scallions and fresh cilantro, season well with salt and freshly ground black pepper. Simmer for 5 minutes longer.
4. Meanwhile, heat the shredded coconut and chili in a small dry skillet for 2 to 3 minutes, stirring frequently, until the coconut is light brown.
5. Pour the soup into bowls and garnish with with shredded coconut and chili.

*To get a vegetarian broth use a couple of Tablespoons of McKay's Chicken seasoning.

Quick Curried "Chicken"

3 cups hot cooked brown rice
1 medium green bell pepper
1 medium red bell pepper
1 pound "chicken" substitute , cut into 1-inch pieces
1 tablespoon ground curry powder
2 teaspoons cornstarch
1/2 teaspoon ground ginger
1/4 teaspoon salt
1 garlic clove, pressed
1 can (14 ounces) light coconut milk
1 can (14 ounces) pineapple chunks in juice, drained
2 tablespoons snipped fresh cilantro leaves
Chopped peanuts or toasted coconut (optional)

1. Prepare rice according to package directions; keep warm.
2. Meanwhile, cut bell peppers and "chicken" into 1-inch pieces. In a bowl, combine curry powder, cornstarch, ginger and salt; mix well. Add "chicken"; toss to coat evenly.
3. Heat skillet over high heat until hot. Lightly spray pan with nonstick cooking spray. Add "chicken" and garlic. Cook and stir 6-7 minutes. Remove from the skillet.
4. Reduce heat to medium-high. Add bell peppers; cook and stir 1-2 minutes. Stir in coconut milk, pineapple and chicken; bring to a boil. Reduce heat; simmer over low heat 15 minutes or until sauce thickens. Add cilantro; mix gently. Serve over rice. Sprinkle with peanuts or toasted coconut, if desired.

From: **Fredrich Dengel** fredrichdengel@mac.com
Subject: A good recipe for cooking school. Cardiologist was already asking when I'm teaching a class again!
Date: March 23, 2017 at 7:54 PM
To: **Joan Cinquemani** jcinquemani@nsw.rtr.com

One Pot Peanut Sauce Noodles Serves 2-3

Ingredients:

1 Tbs sesame oil (optional)
2.25 c water
6 oz brown rice Pad Thai noodles, or other noodles or use angle hair pasta
1/2 c or more sliced or coined carrots
1/2 of a large red bell pepper sliced thinly
5-6 oz very firm tofu (3/4 c or 3/4 of an 8 oz block)—cut into cubes
2 Tbs scallions chopped
Zest of 1/2 a lime
2-3 tsp sriracha—some people like more (I used only 1 tsp)
2-3 tsp soy sauce -low sodium
1/2 tsp garlic powder or 2 tsp minced garlic (or both! if you like garlic)
1 Tbs ginger paste or minced ginger
3 Tbs or more almond butter or peanut butter
1 tsp lime or lemon juice
1/2 tsp white vinegar
1 Tbs sugar
1/4 tsp salt or to taste
(If you want this more creamy-add 1/2 c coconut milk and 1-1& 3/4 c water)
cayenne to taste (1/3 tsp or more)—I used none

1/2 heaping cup chopped celery or bok chop or baby spinach leaves
1 Tbs or more of either cilantro or basil or both for garnish
Roasted peanuts for garnish

Instructions:

1. In soup pot, Brown garlic, ginger and tofu to golden in sesame oil. Toss in veggies and cook for 1 min. Then add water, noodles and the rest (up to the cayenne). Make sure noodles are covered by water (can add a little if needed). If you don't want to use oil, start with the water, add the noodles and places veggies, etc. on top. Some folks like to add a green chili here as well.
2. Bring the pot to boil over medium heat. Stir occasionally to make sure the but butter mixes in and the noodles cook evenly. Once boiling well, add in the celery or bok chop or spinach. Cook just another min.
3. Check noodles for doneness. Taste and adjust sweet, hot spice and lemon for your taste.
4. Add cilantro or fresh basil last. Let sit another minute before serving. Garnish with peanuts (peanuts are a legume and add protein!), red pepper flakes or a squeeze of lime.

Easy Thai Noodles

8 ounces brown rice noodles, or other whole grain noodles

1/4 cup water

3 tablespoons reduced-sodium soy sauce or Bragg Liquid Aminos

2 tablespoons brown rice syrup or agave syrup

2 tablespoons lime juice

4 cloves garlic, minced

1 12 ounce package frozen Asian-styled mixed vegetables

1 cup mung bean sprouts

1/4 cup snipped fresh cilantro

1/4 cup chopped green onions

3 tablespoons chopped unsalted roasted peanuts

Lime wedges

1. Cook noodles according to package directions; drain
2. Meanwhile, in a large saucepan combine the next five ingredients. Bring to boiling. Stir in frozen vegetables. Cook 5 minutes or until crisp-tender.
3. Add cooked noodles and bean sprouts; toss to coat. Cook 2 minutes or until heated through.
4. To serve, top noodle mixture with green onions, cilantro and peanuts. Serve with lime wedges.

Shortcut Baklava

1 1/2 C. coarsely ground walnuts or pistachios
1/4 C. granulated sugar
1/4 C. agave nectar
2 T. Vegan butter, melted
1 1/4 t. ground cinnamon
1/4 t. ground ginger
1 t. pure vanilla extract
1 sheet frozen vegan puff pastry, thawed
Confectioners' sugar

Preheat the oven to 400 degrees. Line a baking sheet with parchment paper or a silicone baking mat and set aside. In a medium bowl, combine the walnuts, granulated sugar, agave, vegan butter, cinnamon, ginger and vanilla and mix well to combine. Set aside.

Unroll the puff pastry onto a lightly floured work surface. Roll out the pastry to a thin rectangle, about 10 by 12 inches, then cut in half lengthwise. Arrange one piece of the pastry on the prepared baking sheet. Sprinkle the nut mixture evenly over the pastry. Top with the remaining pastry and pinch the edges together to seal the filling inside. You should have a filled pastry rectangle about 5 by 12 inches. Prick the top of the pastry with a fork and sprinkle the top of the pastry with a light dusting of confectioners' sugar.

Bake until golden, about 18 minutes, then use a metal spatula to gently slide the baklava onto a cooling rack to cool. When ready to serve, transfer to a cutting board and cut into slices. Serve warm.