

Sesame Tofu

Marinade:

1/3 c. fresh lemon juice	1/4 c. Liquid Aminos
2 Tbs. dark sesame oil	1 Tbs. minced fresh ginger
1 lg. clove garlic, pressed	1 lb. extra firm tofu, cut into 1/4 in. slices
1-2 Tbsp. dark sesame oil for frying	

Whisk together all ingredients except tofu. Put marinade into a gallon sized plastic storage bag. Place cut tofu side by side into bag. Make sure marinade covers all. Remove air from bag and allow to sit 1 hour. If the tofu sits too long, the ginger flavor will be too strong. Heat 1 Tbs. of oil in a large skillet. Remove tofu from bag allowing excess liquid to drain off. Carefully sear tofu until it is brown on both sides. Repeat with remaining oil and any tofu slices. Allow to sit on paper towels to cool. Serve cut into smaller pieces for dipping into the peanut satay sauce, or spread the sauce onto the tofu and garnish with a sprinkling of fresh minced chives.

Recipe continued on next card

(Barbara Kerr) ABNR 394

Sesame Tofu

Recipe continued from previous card

Satay Sauce:

1/4 c. water	1 c. lite coconut milk
1/4 tsp. cayenne pepper	1 c. all natural smooth peanut butter
2 tsp. dark sesame oil	1/4 tsp. salt
3 Tbs. sucanat	1 scant tsp. fresh lemon zest
1/8 tsp. ground cloves	pinch ground cinnamon

Blend till smooth. If serving as a dip, sprinkle with chopped roasted peanuts. Makes 2 1/4 cups.

(Barbara Kerr) ABNR 395

BBQ Meatballs

2 boxes vegetarian meatballs	1/2 c. favorite BBQ sauce
1/4 c. blackberry all fruit jam	1/8 tsp. salt

Saute meatballs in 1 Tbs. olive or vegetable oil until browning and getting crisp. In a medium saucepan whisk together remaining ingredients. Simmer on low until melted and bubbly. Add meatballs and simmer on low 5 minutes. Cover and allow to sit for flavors to blend. Serve either from a bowl or platter with a container of toothpicks or skewers nearby. Makes approximately 64 meatballs.

(Barbara Kerr) ABNR 396

Baked Fiesta Spinach Dip

1 c. chopped onion	1 Tbs. olive oil
1 c. chunky salsa	1 (10 oz.) pkg. chopped spinach, thawed and squeezed dry
1/2 c. chopped black olives	1 c. Vegenaise
2 c. crumbled extra firm tofu	1/2 c. water (if baking)
1 Tbs. Chik'nish seasoning	
1/3 c. chopped toasted pecans	

Preheat oven to 400 degrees. In a medium skillet, over medium heat, saute onion in oil until tender. Stir in salsa and spinach and olives, cooking 2 minutes more. In a medium mixing bowl stir together tofu, Vegenaise and Chik'nish. Stir into spinach mixture; top with a few sprinkled pecans. If baking, stir in water and place mixture into a 10 inch round shallow baking dish. Top with pecans. Bake about 30 minutes or until hot and bubbly (cover with foil during last 15 minutes to prevent burning) Serve hot. Makes about 6 1/2 cups.

(Barbara Kerr) ABNR 397

Carrot Raisin Cheese Ball

1/2 c. finely chopped carrots	8 oz. Tofutti Better Than Cream Cheese
1 1/4 c. toasted pecans, divided	1/8 tsp. salt
1/2 c. raisins, soaked 10 minutes in boiling water	

In a meium bowl stir by hand the cream cheese. In a food processor finely chop the carrots, drained raisins, and 1/2 c. of the pecans all separately. Stir into cream cheese along with salt until well combined. If making the dip/sandwich spread you will not need the remaining 3/4 c. pecans. To make the cheese ball, process the remaining pecans into crumbs. Place half of the crumbs onto a plate. Spoon the entire mixture into your free hand. Carefully form into a ball. Mixture is not stiff. Set ball onto crumbs; wash hands and carefully press other half of crumbs up sides and on top using a spoon to help. Do not try to roll. Refrigerate 2 hours on plate. When ready to serve carefully move to serving dish using a small spatula. Makes about 2 cups. Serve with ginger snaps, crackers, apple slices or small toast squares.

(Barbara Kerr) ABNR 398

Baked Potato Dip

1 1/2 c. baked potato (skinned)	1/4 + 1/8 c. Tofutti Better Than Sour Cream
3/4 c. Silk soymilk, original flavor	2 Tbs. fresh minced chives
3/4 tsp. salt	1/8 + pinch cayenne pepper

In a medium bowl, mash warm potaoes with a large fork. Stir in remaining ingredients until well combined. Don't make completely smooth. Top with a few extra chopped chives for garnish. Serve with toast squares, blanched asparagus, fresh broccoli or green beans, and crackers. I like to put this dip into a "squash" bowl to serve.

To make a squash bowl, bake a 2 lb oval squash at 300 degrees for 1 hour and 20 minutes. Remove from oven and allow to cool. Using a "v" shaped cutter, make cuts around top of squash forming a circle and connecting the cuts. Remove top and using a spoon, carefully remove seeds and stringy center. Rinse and pat dry. Fill with dip and replace top. Set in refrigerator to cool.

(Barbara Kerr) ABNR 399

Peanut Butter Cup Fondue

1/2 c. Sunspire Vegan Carob Chips 1 c. Silk Creamer, regular or french vanilla
1/4 c. milled cane sugar 1/4 + 1/8 c. creamy all natural peanut butter
1 tsp. pure vanilla

In a medium saucepan, combine carob and creamer. Cook over low heat, stirring constantly, until carob melts and mixture is smooth. Add milled cane sugar and peanut butter. Cook until slightly thickened. Remove from heat. Stir in vanilla. Transfer to a fondue pot or serve warm directly from the saucepan. This dip is also great served at room temperature. Makes 2 cups.

(Barbara Kerr) ABNR 400

Honey Curry Dip

1 c. honey 2 Tbs. curry powder

In a small saucepan heat honey and curry until simmering. Cook for 1 minute. Cover and let stand for 30 minutes to overnight. Serve warm or at room temperature.

(Barbara Kerr) ABNR 401

Bill's Killer Chili

1 c. favorite BBQ sauce 4 (15 oz.) cans dark red kidney or pinto beans
2 Tbs. chili powder 3 (15 oz.) cans spicy stewed tomatoes
1/2 c. ketchup 2 jalapeno peppers, sliced in half with seeds removed
2 Tbs. olive oil 2 medium onions, diced medium
1 c. celery, diced small 1 (12 oz.) bag sausage style crumbles
2 tsp. salt, divided 2 peppers, yellow or red, diced small

In a 6 quart Dutch oven place beans, stewed tomatoes and jalapenos. Simmer uncovered while you saute the onion mixture. In a large skillet heat oil. Add onions and saute until brown around the edges. Add the celery, crumbles, and 1 tsp. salt. Continue cooking until the crumbles brown and the celery is softened. Stir onion mixture into the Dutch oven, combine well. Add the remaining 1 tsp. salt, diced peppers, chili powder, BBQ sauce, and ketchup. Simmer for 20 minutes on low until peppers are soft. Remove jalapeno peppers before serving.

(Barbara Kerr) ABNR 402

Curried Bacon Bit Peanut Dip

1 c. Tofutti Better Than Sour Cream 1/3 c. vegetarian bacon bits, chopped
1/4 tsp. curry powder 1/3 c. dry roasted salted peanuts, chopped
1/8 tsp. salt

In a small bowl combine all ingredients. Stir well. Serve cold with bell pepper wedges, celery, chips and crackers. This recipe is best made just before serving. Makes 1 1/8 c.

(Barbara Kerr) ABNR 403

Hot-cha-cha Peanuts

2 Tbs. Earth Balance Margarine 1/4 tsp. cayenne pepper
1 lb. roasted, salted peanuts 4 tsp. chili powder
1 tsp. paprika 1 tsp. salt
1/2 tsp. milled cane sugar

In a 2 quart saucepan melt the margarine and cayenne together. Add peanuts and stir well coating all. Place peanuts on a foil lined cookie sheet with sides and bake at 300 degrees for 15 minutes. In a small bowl stir together remaining seasonings. Remove peanuts from the oven and sprinkle with seasoning; toss to coat well. Bake an additional 15 minutes. Cool and drain on paper towels.

(Barbara Kerr) ABNR 404

Pineapple or Mango Dip

1 c. Silk Soy Yogurt, plain 1 1/2 c. fresh or canned pineapple or mango
2 Tbs. milled cane sugar 1 Tbs. honey or to taste
1 Tbs. fresh lime juice

Blend until smooth. Adjust sweetness depending on the ripeness of the fruit. Cover and refrigerate for 1 hour. Serve with strawberries, kiwi, star fruit, papaya chunks, cantaloupe, honeydew, cherries, vanilla wafers or small pancakes. Makes 2 1/4 cups.

(Barbara Kerr) ABNR 405

BBQ Bean Dip

1 c. Tofutti Better Than Sour Cream 1 (15 oz.) can Bush's Chili Beans, mild
3 Tbs. favorite BBQ Sauce 1/8 tsp. cayenne pepper

Blend all until smooth. Serve with blue corn chips, seasoned pita chips, bagel chips, or veggies. Makes 3 cups.

(Barbara Kerr) ABNR 406

Green Salsa

3 c. water 1 lb. tomatillos, shucked and washed
1 Tbsp. cider vinegar 1/2 c. coarsely chopped scallions
1/3 c. coarsely chopped fresh cilantro 1/3 c. coarsely chopped fresh parsley
1 tsp. ground cumin 1 jalapeno pepper, seeded and finely chopped
1/2 tsp. salt 1 med. cucumber, seeded and coarsely chopped
2 Tbsp. fresh lime juice 1/2 c. green pepper, coarsely chopped
fresh cilantro for garnish

In a medium saucepan, bring water to a boil. Drop in the tomatillos and cider vinegar. Bring water back to a boil, lower heat to medium low and simmer for 5 minutes. Drain tomatillos and submerge them in ice water. In a food processor, combine tomatillos with remaining ingredients. Process until thick (do not puree). Transfer to a serving bowl. cover and refrigerate for 2 hours to overnight. Garnish with fresh cilantro. Makes 3 cups.

(Barbara Kerr) ABNR 407

Peanut Butter Pie

Filling:

3/4 c. pure maple syrup 1 (12.3 oz.) box silken extra firm lite tofu
1 tsp. pure vanilla 3/4 c. all natural smooth peanut butter
1/8 tsp. salt 1/2 c. water
1/4 c. cornstarch 1-2 Tbs. chopped roasted peanuts

In a blender combine the maple syrup, tofu, peanut butter, vanilla, and salt; blend until smooth. In a small saucepan stir together the water and cornstarch until dissolved. Heat, stirring constantly until mixture thickens into a clear thick ball. Add immediately to blended ingredients and blend until smooth. If you allow the cornstarch to cool before blending, the pie will be lumpy. Pour into cooled crust, chill 4 hours. Garnish top of pie with 1-2 Tbs. chopped roasted peanuts just before serving.

Recipe continued on next card

(Barbara Kerr) ABNR 408

Peanut Butter Pie

Recipe continued from previous card

Graham Cracker Crust:

- 1 1/4 c. all natural honey graham crackers, crushed into crumbs
- 1/4 c. milled cane sugar
- 1/4 c. Earth Balance Margarine, melted

In a food processor turn crackers into crumbs. In a medium bowl, combine crumbs and milled cane sugar. Stir in melted margarine until crumbs are well coated. Press into the bottom and sides of an 8 or 9 inch pie plate. Bake at 350 degrees for 10 minutes. Allow to cool before adding filling.

(Barbara Kerr) ABNR 409