

## VEGAN LENTIL PATTIES

- 1 cup dry green lentils,
- 1 large raw potato, grated very fine
- 1 carrot, grated
- 1/2 cup celery, minced
- 1 onion minced
- 2-3 garlic cloves, crushed
- 1/4 cup mild salsa OR 1/4 cup canned, chopped tomatoes and 1 fresh jalapeno, diced
- 1/4 cup bread crumbs
- Salt to taste

Cook lentils for 1/2 hour in about 2 cups of water. While the lentils are cooking, mix all other ingredients except bread crumbs in a medium-sized mixing bowl. Saute for 5 minutes in 1 tablespoon of olive oil.

Drain lentils quickly, and add vegetable mixture. Mix in bread crumbs, and let the mixture sit for about 10 minutes. Form into patties and bake on cookie sheet sprayed with non-stick cooking spray. Bake at 375 degrees for 20 – 25 minutes.

## TOFU HERB SPREAD

- 2 garlic cloves
- 1 cup fresh basil
- 1 cup fresh Italian parsley
- 1/4 cup fresh celery leaves
- 2 tablespoon fresh chives
- 1 package silken tofu (10.5 oz)
- 2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 1/2 teaspoon salt

Place the garlic, basil, parsley, celery and chives in a food processor and chop until fine and thoroughly mixed. Add remaining ingredients and process until creamy. Good as a spread, a dip, or a pasta filling.

## PIMENTO CHEESE SAUCE

- 1 cup water
- 3/4 cup cashew pieces
- 1 tablespoon tahini
- 3 tablespoons nutritional yeast flakes
- 1 1/4 teaspoon salt
- 2 teaspoons onion powder
- 1 garlic clove
- 1/2 cup pimentos
- 2 tablespoons fresh lemon juice

Blend all ingredients on high until creamy.

## HUMMUS

- 2 cups cooked garbanzo beans
- 6 tablespoons fresh lemon juice
- 1 1/8 teaspoon salt
- 1/4 cup tahini
- 2 tablespoons olive oil
- 1/2 cup water or garbanzo juice
- 1 1/4 teaspoon onion powder
- 4 garlic cloves

Blend until smooth.