

Free Vegetarian Cooking Class

August 26, 2010

NO BAKE FALAFEL

- 15-oz. can *chickpeas*, well drained and mashed
- 1/2 small red onion, very finely chopped or 2 green onions, chopped
- 3 tbsp. finely chopped fresh parsley
- 2 garlic cloves, minced
- 1 tablespoon chopped fresh cilantro
- 1/4 teaspoon ground *cumin* (or to taste)
- 2 – 3 tablespoons *Veganaise*
- *Spike* and *cayenne pepper*, to taste

Mix all ingredients together and allow to chill. Serve with as a filling for a sandwich on pita bread or as a dip with tortilla chips.

VEGAN BREAKFAST SANDWICH

- 1/2 cup onion, diced
- 1/2 cup mixed red and green peppers, diced
- 1 clove garlic, minced
- 1/2 cup broccoli florets
- 16 oz. package *tofu*, firm or extra firm, drained and mashed
- 3 tablespoons *nutritional yeast*
- 1/4 teaspoon *turmeric*
- 1 tablespoon *Bragg liquid aminos*
- 1 package *Mexican Chipotle sausage*
- *vegan cheese*, grated or sliced
- *Ezekiel sesame rolls*, English muffins, bagels, or pita

Coat skillet with non-stick cooking spray. Sauté onion, peppers, garlic, and broccoli. Add tofu, turmeric, Braggs, and sausage. Allow to cook until heated thoroughly. Add vegan cheese and allow to melt. Spoon tofu sausage mixture on to bread.

BAKED BEANS AND KIELBASA

- 2-16 oz. cans *navy beans*
- 1 package *Tofurky kielbasa*, sliced
- 1/2 cup *maple syrup*
- 1 cup diced tomatoes
- 1 onion, chopped
- 1 tablespoon fresh grated ginger
- 1 tablespoon dry mustard
- 2 tablespoons *Bragg liquid aminos*
- 1 tablespoon *Bakon seasoning*

Place all ingredients in a greased casserole dish. Bake at 350 degrees for 2 hours.

KIELBASA AND CABBAGE

- 1 tablespoon olive or *grapeseed oil*
- 1 onion, chopped
- 2 garlic cloves, minced
- 1/4 teaspoon crushed red pepper flakes
- 2 teaspoons *Spike*
- 1 teaspoon *Bakon seasoning*
- 2 teaspoons caraway seeds or rosemary (optional)
- 1/2 cup *No Chicken Broth*
- 1 large head cabbage, cut into wedges
- 1 package *Tofurky Kielbasa*

In a large skillet, sauté onions, garlic, red pepper flakes, Spike, and caraway seeds or rosemary. Add cabbage and kielbasa, and gently stir. Cover and cook over medium heat for 10 to 15 minutes.

BANANA, DATE, COCONUT COOKIES

- 8 pitted dates
- 1 banana
- 1 1/2 cups coconut flakes

Place ingredients in a [food processor](#), and process until smooth. Mixture should be moist, but not gooey. Bake at 325 degrees 10-15 minutes, until done. Cookies will be soft, but should cook enough to have a golden brown bottom and hold together well.

TOFU PUDDING

- 1 (12 ounce) package extra firm tofu, drained and cubed
- 1/4 cup sucanat
- 1/2 cup walnuts
- 1/4 cup pure maple syrup
- 1 tablespoon fresh lemon juice

Place tofu, sucanat, walnuts, maple syrup, and lemon juice in a food processor. Process until smooth. Cover and chill to thicken for pie filling, or serve immediately as pudding.