

CHICKEN WRAP

- 1 package Chickette, thawed and chopped
- 1 teaspoon chili powder
- 1/4 teaspoon each of salt, onion powder, and garlic powder
- 1/8 teaspoon each of cumin, cayenne, and paprika
- 1 tablespoon lime juice
- 1 1/2 cups coleslaw blend
- 1/4 cup vegan ranch dressing
- 1/2 cup shredded vegan cheese
- 1/2 cup grape tomatoes, quartered
- 4 (10 inch) whole wheat tortillas
- 1/2 cup salsa
- 1/4 cup Tofutti sour cream

Combine first 4 ingredients. Cook in skillet sprayed with non-stick coating until lightly browned. Remove mixture from skillet and add lime juice, coleslaw, ranch dressing, cheese, and tomatoes. Spoon chicken mixture down centers of tortillas. Fold in sides of tortillas, then roll up burrito-style. Secure with toothpicks, if desired. May grill, seam-sides down, 8 to 9 minutes or until golden brown on all sides, turning occasionally or just serve with salsa and sour cream.

CHICKEN MILANO

- 1 tablespoon Earth Balance
- 2 cloves garlic, minced
- 1/2 cup sun-dried tomatoes, chopped
- 1 cup no-chicken broth, divided
- 1 cup soy creamer
- 1 package Chickette, thawed and chopped
- salt and cayenne pepper to taste
- 2 tablespoons oil
- 2 tablespoons chopped fresh basil
- 8 ounces dry fettuccini pasta

In a large saucepan over low heat, melt Earth Balance; add garlic and cook for 30 seconds. Add the tomatoes and 3/4 cup of the chicken broth; increase to medium heat and bring to a boil. Reduce heat and simmer, uncovered, for about 10 minutes or until the tomatoes are tender. Add the soy creamer and bring to a boil; stirring. In a large skillet over medium heat, warm oil and saute chicken.

In the same skillet, over medium heat, bring 1/4 cup no-chicken broth to a boil; stirring the pan juices. Reduce slightly and add to the cream sauce; stir in basil and adjust seasonings to taste.

Meanwhile, bring a large pot of lightly salted water to a boil. Add fettuccine and cook for 8 to 10 minutes or until al dente; drain, transfer to a bowl and toss with 3 to 4 tablespoons of the sauce.

Reheat the sauce gently if needed. Transfer the pasta to serving plates; top with chopped Chickette and coat with the cream sauce; serve.

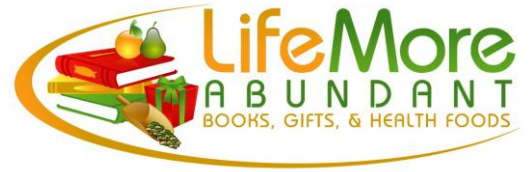
SWEET AND SPICY CHICKEN

- 2 tablespoons honey
- 1/4 cup soy sauce
- 1 teaspoon sesame oil
- 2 tablespoons chopped scallions
- 1 teaspoon lemon juice
- 2 teaspoons chopped fresh ginger root
- 2 teaspoons chopped garlic
- 1 teaspoon red pepper flakes
- 2 cans gluten

Mix together first 8 ingredients in a small bowl. Heat in skillet until it becomes thick. Add gluten to sauce and continue to cook for 5-6 minutes. Garnish top with 1/2 teaspoon sesame seeds and cashews.

GREEK CHICKEN

- 1 pound uncooked pasta
- 1 tablespoon olive oil
- 2 cloves garlic, crushed
- 1/2 cup chopped red onion



- 2 cans gluten or 1 package Chickette, thawed and chopped
- 1 (14 ounce) can marinated artichoke hearts, drained and chopped
- 3 large tomatoes, chopped
- 1/2 cup soy cheese or crumbled seasoned tofu (optional)
- 1/2 cup black olives
- 3 tablespoons chopped fresh parsley
- 2 tablespoons lemon juice
- 2 teaspoons dried oregano
- salt and pepper to taste
- 2 lemons, wedged, for garnish

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain. Meanwhile, heat olive oil in a large skillet over medium-high heat. Add garlic and onion, and saute for 2 minutes. Stir in the gluten or Chickette. Reduce heat to medium-low, and add the artichoke hearts, tomato, soy cheese or tofu, parsley, olives, lemon juice, oregano and cooked pasta. Stir until heated through, about 2 to 3 minutes. Remove from heat, season to taste with salt and pepper, and garnish with lemon wedges.

MOUSSAKA

- 1 eggplant
- 4 tablespoons olive oil
- 3 garlic cloves, minced
- 1 1/2 cups beef flavored textured vegetable protein (tvp) + 3 cups hot water
- 1 tablespoon oregano
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1 1/2 cups crushed tomatoes or tomato puree
- 1 cup water
- 1/2 cup Tofutti sour cream
- 2 onions, chopped
- 1 cup shredded soy cheese
- 1 cup chopped parsley (optional)

Chop eggplant, place in bowl and mix with 1 tablespoon of olive oil. Heat remaining olive oil in skillet and sauté garlic and onions. Add eggplant, oregano, salt, and cayenne pepper and continue to cook until eggplant becomes soft. Add crushed tomatoes, water, and rehydrated tvp and allow to simmer. Sprinkle cheese and parsley on top. Top with extra sour cream. Serve over brown rice, whole wheat pasta, or sliced potatoes.

GRANOLA COOKIES

- 1/2 cup oil
- 1/2 cup honey or agave
- 2 teaspoons Ener-G egg replaced
- 3 tablespoons water
- 1 tablespoon vanilla
- 1 1/2 cups (3/4 cup unbleached + 3/4 cup whole wheat)
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups granola
- 1/2 cup dried fruit, nuts, or carob chips

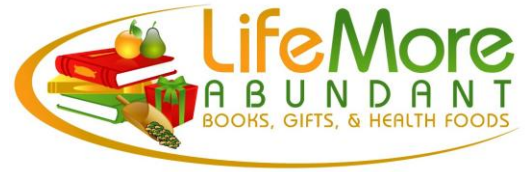
In a medium bowl, combine oil and agave. In a blender blend together the EnerG and warm water until its frothy. Add this and vanilla extract to the agave mixture. Stir in dry ingredients and mix well. Add granola, meal, baking powder, salt, and dried fruit, nuts, or chips (if using).

Drop tablespoonfuls of dough onto oiled baking sheets leaving space between each cookie. Bake for 10-15 minutes, until the cookies are lightly browned. Place the baking sheets on cooling racks. Let the cookies stand for 5 minutes. Transfer the cookies to the wire rack using a spatula. Let cool completely before storing in an airtight container.

NO BAKE GRANOLA BARS

- 3 cups granola
- 1/2 cup nuts OR seeds
- 1/3 cup chilled mini chocolate chips OR carob chips OR dried fruit
- 1/4 cup liquid sweetener of choice (brown rice, agave, maple syrup, or honey)
- 1/4 cup Sucanat
- 1/2 cup peanut or almond butter
- Pinch of salt
- 3/4 teaspoon vanilla extract OR almond extract
- 1/2 teaspoon cinnamon (optional)

Combine granola and nuts, seeds, or dried fruit in a large mixing bowl. Set aside. Heat sweeteners in a small



saucepan on medium low, stirring occasionally. Bring to a slow simmer, stir for 20 seconds. Add nut butter, salt and cinnamon, stirring constantly until the mixture starts to thicken. Remove from heat and stir in vanilla. Pour liquid mixture over dry mixture, stir until evenly coated. Stir in chilled chocolate OR carob chips. Press firmly into a greased 11"x7" pan with wet fingers or a small piece of waxed paper. Let set on the counter for an hour, or in the fridge or freezer for less time. Once set, cut into granola sized bars. Keep in an airtight container at room temperature or store long term in the freezer.