

Easy Vegan Recipes

Fried unChicken

- 1 tsp. salt
- 1/2 tsp. onion powder
- 1 tsp. pepper
- 1 tsp. garlic powder
- 2 cups unbleached white flour
- 4 tbsp. nutritional yeast flakes
- 4 tbsp. yellow mustard
- 1/2 cup water
- 1 lb. mock chicken, diced or torn into chunks (I recommend Chic-ketts by Worthington Foods. It's in the freezer in a roll that looks like a roll of cookie dough with brown and red packaging.)
- 3 1/2 cups vegetable oil

Mix together the salt, onion powder, pepper, garlic powder, flour and nutritional yeast in a deep bowl. In a separate bowl, dilute the mustard with the water and stir until soupy. Add 1/3 cup of the flour mixture to the mustard mixture and stir until the batter thickens. Dip large chunks of the mock chicken into the mustard batter, then drop each chunk into the flour mixture and coat with the desired amount of "crust". Fry the chunks in hot oil on nearly high heat in a large skillet until crispy golden brown, turning as needed. Serve hot or cold.

Stuffed Peppers

- 1 cup orzo pasta
- 2/3 cup fresh parsley
- 1/4 cup soy parmesan cheese
- 2 tbsp. chopped walnuts
- 1 1/2 tsp. dried basil
- 1 tsp. salt, divided
- 1 clove garlic
- 1/4 cup olive oil
- 12 oz. veggie burger crumbles (Morningstar Farms recommended)
- 1 medium tomato, seeded and chopped
- 4 bell peppers
- 1 12-oz. jar tomato sauce

Heat the oven to 350 degrees. While oven is heating, cook the orzo according to the package directions. Drain. Place the parsley, soy parmesan, walnuts, basil, 1/2 tsp. salt and garlic in a food processor or blender and pulse until blended. With the food processor running, slowly add the olive oil and process until smooth to form a pesto. In a large bowl, combine the veggie burger crumbles, orzo, pesto, 1/2 tsp. salt and the chopped tomato. Cut the tops off the peppers and scrape out the insides, removing the seeds. Fill the peppers with the veggie burger mixture and put the tops back on them. Pour the tomato sauce into an 8-inch glass baking dish. Place the peppers upright in the dish and bake for 20 minutes. Makes four servings.

Tofu Scramblers (From Scratch)

- 1 package firm tofu, drained and crumbled
- 3 tbsp. canola oil
- 2 tbsp. Braggs Liquid Aminos (a tamari/soy sauce alternative available at any health food store)
- 1 tsp. turmeric
- 1/2 tsp. chili powder
- 1 small onion, minced
- 1 small tomato, minced

Drain the tofu of all water and press it with a dishcloth or paper towel to take out excess moisture. Set aside. In a medium skillet, add the oil and sauté the onions over medium heat until soft. Add the tomatoes and stir for one minute. Add all the other ingredients. (Make sure you are crumbling the tofu with your hands into the skillet as the last ingredient.) Rinse your hands of excess tofu and then, using a spatula, begin breaking the tofu up further and mix together all ingredients over medium heat. Continuously mix and make sure to keep rotating the tofu in the pan so it won't burn or scorch. Keep doing this for about 5 minutes. Turn off heat and serve with hash browns and toast.

Tofu-Spinach Lasagna

* It's so good no one will know it's vegan.

- 1/2 lb. lasagna noodles
- 2 10-oz. packages frozen chopped spinach, thawed
- 1 lb. soft tofu
- 1 lb. firm tofu
- 1 tbsp. sugar
- 1/4 cup soy milk
- 1/2 tsp. garlic powder
- 2 tbsp. lemon juice
- 3 tsp. minced basil
- 2 tsp. salt
- 4 cups (2 jars) vegan tomato sauce

Cook the lasagna noodles according to the package directions. Drain and set aside on a towel. Be careful not to let them stick together. If this happens, run warm water over them to separate. Heat oven to 350 degrees. Squeeze the spinach as dry as possible and set aside. Place the tofu, sugar, soy milk, garlic powder, lemon juice, basil, and salt in a food processor or blender and blend until smooth. Cover the bottom of a 9x13 baking dish with a thin layer of tomato sauce, then a layer of noodles (use about one-third). Follow with a layer of half of the tofu filling and half of the spinach. Continue in the same order using half of the remaining tomato sauce and noodles and all of the remaining tofu filling and spinach. End with the remaining noodles, covered by the remaining tomato sauce. Bake for 25 to 30 minutes. Makes six to eight servings.