

# Crowd-Pleasing Recipes and Ideas

## Easy Vegan Food Sample Ideas:

- 1) Spread tofu salad or hummus on tortillas/wraps. Add baby spinach, grated carrots and sprouts. Roll up, slice and serve with toothpicks.
- 2) Hummus dips with "whole grain" crackers or baby carrots
- 3) Spiced pre-baked tofu (sold in flavors like teriyaki and Thai peanut) cubed and served with a toothpick.
- 4) Sample out alternative milks in small sample paper cups. Almond chocolate and vanilla & Soy chocolate and vanilla.

## Vegan Salad from Daily Co-Op in Athens, GA

- 2 blocks of firm well drained tofu
- 1/2 cup nutritional yeast
- 1 cup Veganise
- 2 stalks of finely chopped celery
- 1/2 minced (red) onion
- 2 minced pickles
- 1 t. turmeric
- 1.5 t. dill
- 1 t. salt

Break up tofu into crumbles in a bowl. Mix in remaining ingredients. Makes about five, 8 oz. containers. Sample on whole grain crackers or tortilla chips.

## **Crock Cheeze** from Rae Sikora

1 cup organic raw cashews  
4 oz. red pimentos (come in 4 oz jars)  
1/2 cup organic lemon juice (do not use bottled lemon juice)  
6 T . nutritional yeast  
2 tsp salt  
1 tsp onion powder  
1/2 tsp garlic powder

Blend cashews in blender or food processor until powdery. Add rest of ingredients and blend until very smooth. Chill. Serve with "whole grain" crackers.

## **Chick Pea "Tuna" Salad** from JoAnn Farb, author of Get Off Gluten

4 cups cooked or canned Chick Peas (aka Garbanzo beans)  
2 tsp powdered kelp  
4 tsp wheat-free tamari  
1 T BS lemon juice  
½+ cup Vegenaïse  
2 stalks of celery finely diced  
3 T BS of finely diced onion or green onion  
¼ tsp ground dill weed or ground dill seed  
½ tsp paprika

Drain the chick peas and put them into a large bowl. Use a potato masher and partially mash them – not to a totally blended mush, only enough so each bean is a little bit flattened, and a few chunks remain.

Sprinkle in the kelp, add the tamari, lemon juice and Vegenaïse and mix well.

Add the onion, celery, dill and paprika and stir. Serve on a bed of lettuce, with rice crackers, or as a sandwich filling with lettuce and tomatoes.

## Decadent Delightful Brownies from Rae Sikora

1 1/2 cups unbleached flour  
1/2 cup cocoa  
1 1/2 cups brown sugar  
3/4 teaspoon baking powder  
1 1/2 teaspoons baking soda  
1 teaspoon salt  
3/4 cup coffee  
3/4 cup soy milk  
1/3 cup vegetable oil  
1/2 cup walnuts, roasted and chopped (optional)  
1/2 cup chocolate chips or carob chips  
Glaze for extra decadence  
7 ounces dark Belgian chocolate (optional)  
5 ounces margarine (optional)

12 servings, 35 minutes, 10 minutes prep

1. Sift together the flour, sugar, baking powder and soda, and salt.
2. In a separate bowl, combine the coffee, soy milk, and oil.
3. Add the liquid to the dry ingredients and mix; then stir in the nuts and chocolate chips.
4. Pour batter (it will be quite liquidy) into a greased 9x9" pan.
5. Bake at 325° for 25 minutes, or until a toothpick inserted in the middle comes out clean. (If you use a deeper pan, the baking time will be substantially longer.)
7. For glaze- melt the chocolate and margarine and whisk, then drizzle over brownies.