

Vegan Vegetable Frittata

1 1/2 cups diced peeled potatoes
1 1/2 Tbsp. olive oil
1/2 cup diced onion
1/2 cup diced red bell pepper
1/2 cup diced zucchini
1 clove garlic, minced
1/3 cup diced tomatoes
1/4 cup chopped parsley
1 lb. firm tofu
1/2 cup unsweetened soy milk
4 tsp. cornstarch
2 Tbsp. nutritional yeast
1 tsp. prepared mustard
1 tsp. salt
1/8 tsp. turmeric
1/8 tsp. black pepper

- Preheat the oven to 375°F.
 - In a pan over medium heat, sauté the potatoes in the olive oil for 5 minutes, add the onion, and sauté until translucent. Add the peppers, zucchini, and garlic and sauté until all are just soft. Add the tomatoes and parsley and sauté until warm, about 1 minute. Remove from the heat.
 - In a food processor, combine the tofu, soy milk, cornstarch, nutritional yeast, mustard, salt, turmeric, and pepper. Process until smooth.
 - In a large bowl, fold the sautéed vegetables into the tofu mixture.
 - Spoon the mixture into an oiled quiche or pie pan. Bake for 35 to 45 minutes, or until the frittata is firm to the touch. Remove from the heat and let stand 10 minutes before serving.
- Makes 4 to 5 servings*

Read more: <http://www.peta.org/recipes/vegan-vegetable-frittata/#ixzz3LCpyzAMB>



Spinach Lasagna

225g egg-free lasagne noodles
2 10-oz. packets frozen chopped spinach, thawed and drained
450g soft tofu
450g firm tofu
1 tbsp. sugar
75ml soy milk
1/2 tsp. garlic powder
2 tbsp. lemon juice
3 tsp. minced fresh basil
2 tsp. salt
1.2lt tomato sauce (passata)

- Cook the lasagne noodles according to the packet directions. Drain.
- Preheat the oven to 350°F/180°C/ Gas Mark 4.
- 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. Stir in the spinach.
- Cover the bottom of a 9-inch-by-13-inch baking dish with a thin layer of tomato sauce, then a layer of noodles (use about one-third of the noodles). Follow with half of the tofu filling. Continue in the same order, using half of the remaining tomato sauce and noodles and all of the remaining tofu filling. End with the remaining noodles, covered by the remaining tomato sauce. Bake for 25 to 30 minutes.

Makes 6 to 8 servings

Read more: <http://www.peta.org/recipes/spinach-lasagna-metric/#ixzz3LCxICCLC>

