

# NATURE'S



# FOOD PATCH

## Market & Café

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### ***What to Do with Tofu, 10/15/14*** *The Vegabond Chef, Brad Myers*

#### ***Ingredients (Pumpkin Mousse):***

- 1 ½ cans pumpkin puree
- 1 package firm tofu (drained, pressed)
- 1 can full-fat coconut milk
- ¼c agave
- 1t cacao
- 1t pumpkin pie spice
- 2t cinnamon
- 1t vanilla extract
- Pinch salt
- Soy whip cream and cinnamon/coconut sugar, garnish

#### ***Directions:***

Add all ingredients to blender except for garnish. Blend for 2ish minutes until it is very smooth. Chill for at least 4 hours. Garnish and serve.

#### ***Ingredients (Tofu Quiche):***

- 1-2 garlic gloves, minced
- 1/2 c bell peppers diced fine
- 1/2c onion, diced fine
- 1c crimini (or white) mushrooms, halved and sliced thin
- 1 handful of spinach, cut into thin ribbons
- ¼c almond milk, plain, unsweetened
- ¼c cashews, soaked for 15 minutes or less
- 1 package firm tofu, drained and pressed
- 3/4 c Daiya cheese
- 1t Italian herbs
- 2t nutritional yeast
- 1t corn starch
- 1t tahini
- 1-2t turmeric
- 1/2t onion powder
- 1/4t smoked paprika
- ½ bunch of green onion, diced fine
- 1t salt
- 1/2t pepper

#### ***Directions:***

Chop the garlic, bell peppers, onion, and mushrooms and sauté at medium high for 5 minutes, add spinach and cook another minute. Take off heat and set aside. Put cashews and almond milk into blender and blend on high for a minute. Make sure it forms a vortex, but is not too wet. You may add extra dry cashew to thicken if necessary. Press water out of tofu and put in food processor. Add all remaining ingredients to the food processor (except green onions) and puree until smooth. Add the tofu mixture into the sauté pan with the vegetables and mix thoroughly. Fold in chopped green onion. Put mixture into silicon muffin cups and bake for 35-40 minutes at 375 degrees.