Chew's Challenge

DARE to DREAM NETWORK 3ABN
d2dnetwork.tv

Herbed Sandwich Spread

Ingredients

1 pound tofu
2/3 cup bread crumbs
1 cups ground walnuts and pecans
1 cup vegan mayonnaise
1 tsp. salt
3 Tbsp chicken style seasoning
2 garlic cloves
1 finely chopped celery stalk

Stuffed Shells (Ricotta filling)

Ingredients

Large cooked shells
1-2 32oz jar marinara sauce
4 cups vegan cheese sauce
1 package of daiya cheese
4 cups tofu, crumbled
1/4 cup lemon juice
4 tsp sweetener of choice
1 tsp onion powder
2 tsp salt
4 tsp basil
2 tsp garlic powder
4 Tbsp nutritional yeast flakes

© 2015 D2D/3ABN