

TASTY TREATS

POTATO SKINS WITH VEGAN CHEESE SAUCE

(makes 12 skins)

INGREDIENTS

- 6 baking potatoes
- 1 handful chives
- 1 red bell pepper
- ½ red onion

TOFU PIECES

- 1 medium block of firm tofu (approx 6" x 4" x 2" block)
- 1 Tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp all purpose seasoning or bullion or chicken style seasoning

CHEESE SAUCE

- ¼ cup flour
- 4.5 cups vegetable stock
- 1 cup Nutritional yeast flakes
- 1 Tbsp olive oil
- ½ Tbsp garlic powder
- ¼ tsp salt
- 1 Tbsp lemon juice

DIRECTIONS

1. Lightly coat potatoes in olive oil then salt and wrap in aluminium foil. Bake for 1 hour at 400°F.

While the potatoes are cooking prepare the cheese sauce, tofu bits and vegetables.

2. *The Tofu:*

Cut the block of tofu into small ½ inch cubes. Gently mix the cubes with the olive oil, paprika, onion powder, garlic powder, and all purpose. Be mindful not to break the tofu apart while mixing.

Grill tofu for 15-20 minutes until browned and crisp on the edges.

3. *The Cheese Sauce:*

Mix 1 cup of the stock with the flour and whisk well to form a thick lump free paste. Once there are no lumps, add the rest of the stock and then the rest of the ingredients.

Cook the sauce on a medium heat for about 5 minutes. The sauce will start to thicken and almost stick to the sides, once at the stage, the sauce is done.



4. *The Vegetables:*

Finely mince the pepper, chives and red onion.

5. *Composing the skins:*

Once the potatoes are cooked, leave them in the baking dish, allow them to cool then slice each potato in half and scoop out the contents leaving about ½ inch of potato in the skins.

6. Sprinkle the skins with a little salt, then red onion, then red pepper.

7. Add a good table spoon or more of cheese sauce in each skin, sprinkle with more of the pepper and onion and now the tofu and chives too.

8. Bake the skins again for 20 minutes at 400°F

Bon appetite!