



Challenge Day 15

Chew's Challenge



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Herbed Sandwich Spread

Ingredients

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



Stuffed Shells (Ricotta filling)

Ingredients

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

