

Creative Cooking

THE HOLMES SISTERS DDCC000002

EPISODE 2

FOCUS:
POTATO SALAD
AND TOFU



Eat It

JAN'S DELIGHTFUL POTATO SALAD

INGREDIENTS

- 6 medium potatoes cleaned, peeled and cubed
- 1/3 cup of sliced black olives
- 1/3 cup of green peas, thawed
- 1/4 cup red bell pepper, chopped small
- 1/4 cup of celery, chopped small
- 3 Tbsp of sweet relish
- 1 1/2 cup of vegan mayonnaise
- 1 Tbsp cane sugar
- 1 tsp sea salt
- 1/8 tsp turmeric
- dash paprika

INSTRUCTIONS

Boil potatoes until tender about 15 min.

Drain potatoes and let them cool completely. In a large bowl combine cooled potatoes with the remaining ingredients except paprika. Mix together all ingredients. Transfer to a serving bowl and sprinkle with Paprika. Serve Cold.

Juice It

KALE AND APPLE GREEN DETOX SMOOTHIE

INGREDIENTS

- 1 cup almond
- 3/4 cup ice
- 1 1/2 cups kale (chopped)
- 1/2 red or green apple (cored and chopped)
- 1 Tbsp ground flax seed.
- 1 Tbsp honey (optional)/ or 6 dates
- 1 cup of water

CRISPY BAKED HERB CRUSTED TOFU TRIANGLES

INGREDIENTS

- 14-16 oz extra firm tofu (drained and wash)
- 1/2 tsp basil
- 1/2-1 tsp rosemary
- 1 Tbsp nutritional yeast
- 1 tsp onion powder
- 1/2-1 tsp sea salt
- 1/2-1 Tbsp of olive oil
- 1 Tbsp paprika

INSTRUCTIONS

Cut tofu in half length and then diagonal for triangles or cut cube for squares. Lightly toss tofu making sure ingredients are distributed evenly. Lightly spray baking pan with non-stick spray. Put in a preheated oven 450-475° F for 25-30 minutes (oven times may vary); make sure to turn tofu half way through for even crispiness. Take out and enjoy! This is great eaten by itself or over a salad, in wrap or smothered in a vegan sauce over rice or noodles.

Wear It

POTATO UNDER EYE

INGREDIENTS

- 1 small potato

INSTRUCTIONS

Thinly slice potato.
Place under your eye.