

Creative Cooking

S2 PROGRAM 6

AROUND THE WORLD IN 7 DAYS!
NICOLE BRAXTON • DCC0000018

MAMA MIA!



LASAGNA

INGREDIENTS

- 1 pack basil
- 1 pack thyme
- 2 (16 oz) packs firm tofu
- 2 (8 oz) jars tomato sauce
- 1 pack of lasagna noodles (cooked)
- 2 packs frozen chopped spinach
- 1 onion chopped
- 4 garlic cloves chopped
- 1 Tbsp salt
- 2 Tbsp garlic
- 3 Tbsp chicken style seasoning
- 2 Tbsp nutritional yeast
- ¼ cup Italian seasoning
- 1 cup Just Mayo

INSTRUCTIONS

Sauté onions, garlic, and your favorite seasonings in olive oil or water. Now add spaghetti sauce and additional seasonings if needed in the pot. In a separate bowl crumble tofu with your hands and season with chicken style seasoning, nutritional yeast flakes, herbs, spices and 1 cup of Just Mayo (add more mayo if needed to create a creamy consistency). In a skillet sauté spinach and onions with 1 Tbsp of garlic powder. Now mix this with tofu. Begin layering your lasagna in a square or rectangle baking pan in this order: 1) Sauce; 2) Noodle; 3) Tofu & Spinach; 4) Noodle; 5) Sauce; 6) Noodle; 7) Sauce. Lastly, cover lasagna with aluminum foil and bake in the oven on 375°F for 35 minutes covered and 7 minutes uncovered (Be sure to check and make sure the lasagna does not overcook).

EGGPLANT PARMIGIANA

INGREDIENTS

- 2 Tbsp nutritional yeast flakes
- 2 minced garlic cloves
- 1 tsp fresh rosemary chopped
- ½ cup extra virgin olive oil
- 1 eggplant sliced into ¼ inch slices

- 3 tomatoes
- ½ tsp kosher salt
- 1 Tbsp bread crumbs
- 2 Tbsp vegan parmesan cheese
- 2 Tbsp fresh shredded basil leaves

INSTRUCTIONS

Sprinkle kosher salt on each slice of eggplant. Let it sit for 2 hours. Rinse and dry with towel. In a separate bowl mix garlic, oil, nutritional yeast flakes, vegan parmesan and salt.

To Bake: Preheat the oven to broil. Set aside 1 Tbsp of liquid mixture. Now brush both sides of the eggplant with herb and parmesan mixture. Brush baking dish with water or oil then add slices of tomato and lastly slices of eggplant. Sprinkle bread crumbs on both sides of the eggplant. Broil for 15 minutes until the outside is golden. Drizzle the Eggplant with the 1 Tbsp of liquid mixture. Serve hot.

ASPARAGUS

INGREDIENTS

- 7 to 10 asparagus
- 3 Tbsp water
- 2 tsp Italian seasoning
- 1 Tbsp garlic
- 1 tsp chicken style seasoning
- 1 tsp oregano
- 6 garlic cloves minced
- ½ lemon squeezed
- salt to taste

INSTRUCTIONS

Heat the skillet and place asparagus inside. Add 1 Tbsp of water and let the ingredients warm. Add garlic cloves. Sauté for 1 minute. Add additional seasonings and sauté for 1 minute. Add additional water and cook until tender. You may add additional water to reach your desired texture. Lastly squeeze the lemon juice over the asparagus and serve.