

# Creative Cooking

## S2 PROGRAM 8

AROUND THE WORLD IN 7 DAYS!  
NICOLE BRAXTON • DCC0000020

QUICK  
& EASY



### SCRAMBLED TOFU

#### INGREDIENTS

- 1 (16 oz) pack firm tofu
- 2 Tbsp olive oil
- ¼ cup onion diced
- 3 cloves garlic diced
- 1 stalk celery diced
- ½ red pepper diced
- ¼ cup green bell pepper diced (optional)

#### SEASONINGS:

- 4 Tbsp nutritional yeast flakes
- ¼ tsp kosher salt
- 2 tsp ground thyme
- 1 dash sage
- ¼ tsp Italian seasoning
- ½ tsp turmeric
- 2 Tbsp basil shredded
- 1 tsp liquid smoke
- 3 Tbsp chicken style seasoning
- seasoning to taste

#### INSTRUCTIONS

Sauté with oil: onions, bell peppers, celery and garlic in a skillet with any dry spices you like. Now drain water from tofu in a separate bowl and crush the tofu. Add crushed tofu to skillet. Then add turmeric and the additional seasonings except basil. Cook on low for 5 minutes then add basil and cook for another 5 minutes. Serve immediately.

### BREAKFAST TACOS

#### INGREDIENTS

- scrambled tofu
- 2 Tbsp salsa
- 4 corn tortillas
- hash browns or cubed potatoes
- 2 scallions chopped
- ¼ cup cilantro
- 3 vegan sausage patties crumbled
- 1 tsp Italian seasoning
- 1 Tbsp chicken seasoning
- 1½ Tbsp water or olive oil
- 3 garlic cloves minced
- salt to taste

#### INSTRUCTIONS

Allow water or olive oil to heat in skillet. Sauté garlic, hash browns, chicken seasoning, Italian seasoning and salt to taste. Continue to cook until hash browns are browned. Now add scrambled tofu, cilantro, scallions, sausage patties and cook for 3 to 5 minutes. In a separate skillet warm tortillas, cooking them on each side for around 3 minutes. Complete by adding breakfast mixture into the tortilla and top with drizzled salsa.

### COCONUT LIME OATMEAL

#### INGREDIENTS

- 2 cups soy milk or almond milk
- 2 Tbsp sweetened coconut
- Zest of 1 lime
- 3 tsp honey
- ⅛ tsp coriander
- 1 cup quick oats
- seasoning to taste

#### INSTRUCTIONS

Combine all ingredients in a saucepan. Cook on low heat for 10 minutes.