

“Crabby” Cakes

(Serves 5)

These are a kind take on the famously known crab cakes.

- 1 lb extra firm tofu
- 3 celery stalks, shredded and minced
- 1 ¼ cup oyster mushrooms, coarsely chopped
- 4 tablespoon vegan mayo (store bought or recipe on back of pamphlet)
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ¾ cup instant oats
- 1 tablespoon soy sauce
- 1 tablespoon Old Bay seasoning
- ¼ teaspoon black pepper
- Juice of 1 to 2 lemon wedges
- 1 teaspoon kelp or crushed nori sheets (optional)
- 1 tablespoon Old Bay seasoning
- ¼ teaspoon black pepper
- Juice of 1 to 2 lemon wedges

1. Press the tofu for 20 minutes. Shred tofu using a cheese grater or shredding blade in food processor and move to large mixing bowl.
2. Add the chopped mushrooms, celery, mayo, onion powder, garlic powder, instant oats, kelp, Old Bay seasoning, and black pepper to the mixing bowl.
3. Let the mixture rest while you preheat the oven to 350°F and grease a cookie sheet or line with parchment paper.
4. Use a ½ cup measuring and your hands to form five patties out of the mixture.
5. Squeeze the lemon juice over the patties and bake for 25 to 35 minutes until the outside

is golden brown and crisp.

6. Top with Rémooulade (recipe follows). Delicious with a salad or on top of some spinach.

(Adapted from Lindsay Shay Nixon's *The Everyday Happy Herbivore*)

Rémoulade

(For “Crabby” Cakes)

- 1 tablespoon vegan mayo
- 1 tablespoon + ¼ teaspoon ketchup
- 1 tablespoon dill relish
- ¼ teaspoon yellow mustard
- ¼ teaspoon Old Bay seasoning

Juice of 1 lemon wedge

Hot sauce, to taste

Mix everything together in a small mixing bowl. And Whoa-la! Instant fancy French sauce.

Vegan Mayo

(for “Crabby” Cakes and for any other mayo occasion)

- 1 12.3-oz firm tofu (Mori-Nu works the best)
 - 2 to 3 tablespoons Dijon mustard
 - 2 teaspoons distilled white vinegar
 - Lemon juice, to taste
 - Agave nectar, to taste
1. Combine everything in a blender.
 2. Add lemon and agave as needed or desired.
 3. Chill until ready to use.



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healthful and
easy

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from animal-free cookbooks.

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Beanballs

(Serves 4)

We have never met anyone who did not instantly fall in love with these little jewels. They are great as a snack, appetizer, on a sandwich, or with pasta and tomato sauce.

- 1 (20 ounce) can (or two 15.5 ounce cans) kidney beans, rinsed and drained
- 2 tablespoons soy sauce
- 2 tablespoons ketchup
- 2 tablespoons water
- 2 cloves garlic
- ¼ teaspoon grated lemon zest
- ½ cup plain bread crumbs (blend up 1 to 2 slices of toast)
- ¼ cup vital wheat gluten
- ½ teaspoon dried oregano
- ¼ teaspoon dried thyme

1. Preheat oven to 375°F
2. Mash the kidney beans in mixing bowl until no whole beans are left (potato masher or fork often works, but feel free to get creative!), but they should still be recognizable as kidney beans, in other words not smooth.
3. Add soy sauce, ketchup, water, garlic, lemon zest, breadcrumbs, wheat gluten, oregano, and thyme and use a fork to mix everything.
4. Use your hands to knead the mixture for

about a minute, until everything is really well combined and firm.

5. Roll the bean mixture into walnut-size balls (you should have twelve to fifteen of them). Be careful not to make them too big, smaller makes for the best texture.

6. Place parchment paper on baking sheet. Bake for fifteen minutes, until lightly browned on the bottom, then flip them and bake for another 10 minutes.

Adopted from Isa Chandra Moskowitz's *Veganomicon*)

Silliness

What do vegan zombies say?

Graaaaaaaains! Graaaaaains!

Why did the tomato blush?

Because he saw the salad dressing.

What did the lettuce say to the celery?

Are you stalking me?

Why did the tomato go out with a prune?

Because he couldn't find a date.

Black Bean Burgers

(Serves 3)

- 1 15-oz can black beans drained and rinsed
- ¼ cup fresh cilantro, minced
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- Cayenne, to taste
- Salt, to taste
- Pepper, to taste
- Breadcrumbs (blend up 1 to 2 pieces of toast)
- 3 burger buns
- Veggie fix-ins (sliced tomato, lettuce, onion, ketchup, and buns)

1. Preheat oven to 350°F and grease a cookie sheet or line with parchment paper.
2. Mash beans with a fork in a large mixing bowl and stir in cilantro, cumin, oregano, cayenne, salt, and pepper.
3. Add breadcrumbs until the mixture isn't too sticky and can be handled. (about ¼ cup of breadcrumbs).
4. If the mixture is still too sticky and difficult to work with, place in fridge for 5 to 10 minutes.
5. Shape mixture into 3 patties.
6. Lightly spray the patties with cooking spray and bake for 7 minutes.
7. Flip, re-spray, and bake for 7 to 10 more minutes until crisp on the outside.
8. Serve immediately on buns with fixins.

(Adapted from Lindsay Shay Nixon's *The Happy Herbivore*)