

*Happy
Holidays 2021*



LuciaTiffany.com

Easy Tofu Turkey Loaf

5 lbs. extra firm water-packed tofu
1 T. + ¼ tsp. salt (or to taste)
1 Tbs. heaping, dried oregano, crushed
½ t. granulated onion

½ package of phyllo dough (sometimes spelled Fillo, in freezer section by puff pastry)
Non-stick coconut spray (or non-GMO canola, butter flavored is good)

Basting mixture:

1/4 c. toasted sesame oil
1/3 c. Braggs Liquid Aminos
1 T. lemon juice
½ tsp. garlic powder
¼ tsp. turmeric

1. Mash tofu or mix well with hands. Be sure that all of the lumps are out. Add the salt, oregano and onion and mix well.
2. Place in a large cheesecloth folded into 2-4 layers and wring out all the liquid that you can. Might be as much as a cup. You can weight it and put it in the fridge for a while to drain if you want, but if in a hurry just do the wringing and then place the pressed tofu in a large mixing bowl.
3. Prepare the stuffing.
4. Divide the tofu into two portions.
5. Line a sprayed 10x13 casserole dish with about 6 sheets of phyllo, spraying each layer lightly before placing the next. Overlap them so that there is some extra that hangs over all four sides of the dish.
6. Press ½ the tofu into the bottom of the casserole dish. Should be a layer about ¾ inch thick. Press it firmly to help it hold together.
7. Cover this layer with a good layer of the stuffing, about the same thickness (6 cups for this size dish).
8. Put the rest of the tofu in the top layer and press down firmly. Drizzle about ½ of the basting sauce over the top. Make a top crust with the rest of the phyllo sheets, using a pastry brush to brush lightly with the rest of the basting sauce. Save a bit of sauce for the very top sheet and the next basting during the baking. Use the extra phyllo that overlaps the edge of the dish to make a roll around the top edges like the edge of a crust. Brush all with the basting sauce.
9. Cover the loaf with foil and bake at 400°F. for 1 hour. Remove foil. Baste again and return to oven for one more hour and bake at 350°F. Remove from oven and baste one final time. Allow to cool slightly.
10. Cut slices no thinner than ½-inch thick. Serve with the gravy of your choice and cranberry sauce if you wish. This recipe makes great leftovers and the slices can be fried the next day and used in sandwiches.

Pineapple Cranberry Stuffing

2 c. Portobello mushrooms, cubed small (1 large Cap)
1 ½ c. chopped celery (about 3 stalks)
1 c. chopped onion
¼ c. Smart Balance lite or Earth Balance margarine (optional)
½ tsp. salt
8 c. herbed or onion/garlic bread stuffing, dry (check labels carefully for no trans fats/animal products)
1 20-oz. can crushed pineapple, drained
1 c. dried cranberries
1 c. chopped toasted pecans
1 tsp. dried oregano, crushed
1 T. fresh sage, minced (or 1 tsp. dry sage)
2 c. boiling water

1. Sauté mushrooms, celery, onion, margarine and salt until brown and tender, about 10 minutes. (May use a little chicken-flavored broth instead of oil, to prevent scorching.)
2. In a large bowl combine stuffing, sautéed ingredients, pecans, fruits, and spices.
3. Gradually pour boiling water over stuffing mix, ½ c. at a time, tossing 3 or 4 times to coat.
4. Set aside 6 c. stuffing for the turkey. Spoon remaining stuffing into a shallow baking dish. Cover tightly with foil and bake at 325° F. for 35 to 40 minutes.

Portobello Mushroom Gravy

¼ c. Smart Balance margarine (optional)
2 ½ c. cubed Portobello mushrooms
1 c. diced onion
1 ½ t. salt, divided
½ c. w.w. pastry flour or unbleached white (with germ is preferable)
2 c. Silk soymilk, original flavor
2 c. water
1 T. Bill's Best Chik'nish seasoning (or other vegetarian chicken-style seasoning to taste)

1. Sauté margarine, mushroom, onion and ½ tsp. salt until brown. (or dry sauté).
2. Stir in flour and brown the flour. Whisk Bill's Best into a small amount of the water.
3. Add liquids to browned mushroom mixture slowly stirring constantly until smooth.
4. Stir in remaining salt and cook at a low boil until gravy has thickened and reduced slightly.

Cranberry Relish

- 1 bag (12 oz.) fresh or fresh frozen cranberries
- 1 organic naval orange, well washed
- 1 cup Sucanat or coconut sugar (or less, according to taste)
- A bit of fresh, finely grated ginger (optional)

Zest the orange and save the zest. Peel the white off the orange and discard. Cut the orange into quarters. Put the cranberries, ginger, and orange into a food processor till ground up. Turn out into glass dish with cover. Stir in the sugar, cover tightly, and allow to sit in the refrigerator at least overnight. Will keep for at least a week.

Pumpkin Silk Pie Filling

Whip together till frothy:

- ¼ c. water
- 1 T. Ener-G Egg Replacer powder

Place egg replacer in blender and add:

- 1 12-oz. box Extra Firm Lite Silken Tofu
- 1 c. Silk non-dairy creamer, vanilla flavor

Blend until smooth. Add following and blend again until smooth and well-mixed:

- ½ c. Sucanat or Panela
- ½ tsp. salt
- 1 tsp. coriander, ground
- ½-1 tsp. star anise, ground
- 1 can (15 oz.) 100% pure pumpkin

Pour into one unbaked 9-inch pie shell. Bake at 350° F. for 1 hour or until filling appears to be “boiling” slightly around edges. Makes filling for one 9-inch pie.

Grandma's Apple Pie Filling

1 pie shell recipe (Nuttly No-oil Piecrust is good)
6 apples, peeled and sliced
¾ c. frozen apple juice concentrate
1/2 tsp. vanilla
1 Tbs. lemon juice
1/2 tsp. coriander
1 Tbs. cornstarch or flour
Pinch of salt

1. Heat apples in juice 2 to 3 minutes.
2. Add the rest of ingredients. Pour into unbaked pie shell.
3. Cover with unbaked pie crust. Trim the edges with a sharp knife and press together with a fork. Pierce crust in the middle to permit the steam to escape.
4. Bake at 400.F (200.C) for 10 minutes. Lower heat to 350 F.(180.C) for 45 min. minutes more.

Makes 1 pie

Whipped Topping

1 c. water
2 Tbs. agar flakes (or 2 tsp. powder)
½ cup raw cashews, rinsed
1/3 cup honey
½ tsp. salt
1 tsp. vanilla
½ t. coconut extract
¼ tsp. xanthan gum (optional, but especially nice when used as icing)
1 can coconut milk (or 2 cups soy milk)

1. Stir together the agar and water, and bring to a boil, stirring constantly. Reduce heat and simmer for 1-2 minutes.
2. Place remaining ingredients in blender along with hot agar mixture. Blend on high until smooth, adding water as needed to make 3 ½ to 4 cups total mixture (3 ½ total for icing, 4 cups for whipped topping.)
3. Pour into a quart container and chill in refrigerator several hours or overnight. For quicker chilling, use a large, shallow container. *Tip: Since this recipe needs blending twice, leave the blended mixture in the blender and place in refrigerator overnight. Then simply reblend (next step below) saving the work of washing the blender twice!*
4. Before using, place chilled mixture (which will be quite firm, almost sliceable) in blender or food processor, and blend until creamy. If you have a light weight blender, do ½ at a time. It should be the consistency of Cool Whip and spread on a cake very nicely. Try not to add more liquid. The mixture will eventually go through the blades and become creamy if you carefully push it toward the blades with a rubber spatula.
5. After this last reblending, you can freeze and use without reblending and it will still have a nice creamy texture.
6. So make a double recipe and freeze in small containers to use as needed for icing or dessert topping.

Adapted from 7 Secrets Cookbook, Brackett



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Mashed Cauliflower

By Maggie Collins, MPH, RDN, CDCES, DipACLM

Ingredients

- 1 large cauliflower head
- 1 tablespoon light vegan butter or olive oil
- 3 cloves garlic, minced
- 1/4 cup Brazil nuts (optional)
- 1/4 cup unsweetened plain soy milk (optional)
- Salt to taste (start with 1/2 teaspoon)
- Fresh parsley, cilantro, or chives for garnishing (optional)

Instructions

1. Wash cauliflower, cut florets into even pieces, and steam until very tender (about 20 minutes).
2. In the meantime, sauté the garlic in the vegan butter in a small skillet over medium-low heat until slightly browned.
3. Transfer the cauliflower to a large food processor and process until puréed. Add the garlic butter, the Brazil nuts, the soy milk, and salt, and process until well combined.
4. Garnish with fresh herbs and serve warm.

Nutrition Facts

4	
Serving size	1 cup
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 7	9
Saturated Fat 1.5	8
Cholesterol 0	0
Sodium 360	16
Total Carbohydrate 12	4
Dietary Fiber 5	18
Total Sugars 4	
Incl. 0 Added Sugars	0
Protein 6	
Vitamin D 0	0
Calcium 64	4
Iron 2	10
Potassium 703	15

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.



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Peaches n' Cream Delight

By Maggie Collins, MPH, RDN, CDCES, DipACLM

Prep Time	Cook Time	Total Time	Servings
15 minutes	Cooling for at least 1 hour	1 hour and 15 min	24

Ingredients

- 3 jars of peaches (24 oz each)
- 1 Mori-nu tofu, extra-firm
- 1 can coconut milk (14oz)
- 6 tablespoons golden raisins
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- 15 canned or fresh cherries to decorate

Instructions

1. Drain the syrup from the peaches and distribute them into a container (15×10).
2. In a blender add the other ingredients (tofu, coconut milk, raisins, vanilla, and salt) and blend until smooth.
3. Pour the cream over the peaches spreading out evenly to cover most of them.
4. Garnish it with cherries or any other fruits (optional).
5. Refrigerate for at least one hour. Serve chilled.

Bonus Tips

Tip: The cream can be used as a topping for fruits salads or blended with 3 cups of the frozen fruit of your choice to make a delicious ice cream (adjust the sweetness as need with additional golden raisins or maple syrup).

Storage: keep leftovers covered in the refrigerator and consume within 7 days.

Nutrition Facts

24	
Serving size	1/2 cup
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1.5	2
Saturated Fat 1.5	8
Cholesterol 0	0
Sodium 35	2
Total Carbohydrate 19	7
Dietary Fiber 1	4
Total Sugars 16	
Incl. 0 Added Sugars	0
Protein 2	
Vitamin D 0	0
Calcium 12	0
Iron 0	0
Potassium 109	2
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.	



Lucia's Nutty Pie Crust

☆☆☆☆☆

An oil free yet tender pie crust.

Course Dessert
Cuisine Vegan, vegetarian
Keyword oilfree

Prep Time 15 minutes
Cook Time 15 minutes
Servings 8 servings
Calories 119kcal
Author Lucia Tiffany MPH

Ingredients

- 1/2 cup [spelt flour](#) whole grain
- 1/4 cup [oats](#) rolled old-fashioned
- 1/2 cup [cashews](#) raw
- 3 Tbs. [coconut](#) macaroon
- 1/3 tsp. [salt](#)
- 1/2 cup [coconut milk](#) may use water instead and may need slightly less.
- 1 pinch [Sucanat](#)

Instructions

1. Process all ingredients, except water, in. blender until very fine.
2. Place in a mixing bowl and add just enough water or coconut milk to make a manageable ball.
3. Roll out between two sheets of plastic wrap. (Dampening the smooth counter with a little water will make the bottom sheet stay in place).
4. When rolled out , carefully remove wrap from top and with the help of the bottom plastic, place into pie dish.
5. Remove plastic and trim crust edges.
6. Bake at 350 until lightly browned.

Notes

Double recipe if you want an unbaked top crust as well.

Nutrition

Serving: 8th | Calories: 119kcal | Carbohydrates: 10g | Protein: 3g | Fat: 8g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Sodium: 83mg | Potassium: 100mg | Fiber: 2g | Sugar: 1g | Vitamin C: 1mg | Calcium: 7mg | Iron: 2mg