

# **2016 Cat's Cup Culinary Challenge**



**June 15, 2016**  
**Bates College Dining Service**

### **Located at the Bakery**

Vegan Mojito Cupcakes

S'mores Dip

Graham Cracker Cookies

Strawberry Ice Cream Bread

PB Ice Cream Bread

Strawberry Butter

Maple Pudding Cake

### **Located at the Bobcat Bar**

Zucchini Delight

Honey Beets

Loaded Cheeseburger Casserole

Broiled Haddock with Herbed Soufflé Topping

Chicken Strips Sliced for Sandwiches

Mole Sauce

Jungle Cat BBQ Sauce

Mango/Peach BBQ Sauce

Southwest Lentil & Brown Rice Bake

Roasted Corn with Grilled Red Onions

### **Located at the Brick Oven**

Tofu Bites with Peanut Lime Sauce

Chipotle BBQ Seitan with a Creamy Vegan Slaw

### **Located at the Grill**

Whiskey Steak

Sweet n' Sticky Chicken Thighs

### **Located at the Pasta Bar**

Mediterranean Fish Salad

Saltine Toffee Bark

**Located at the Salad Bar**

Vegan Potato Salad

Roasted Corn Salsa

Spicy Pickles

Mustard Pickles

**Located at the Vegan Bar**

Stretch a Buck Tempeh, Beans & Rice Burgers

Tofu Salad

## *At the Bakery*

### **Vegan Mojito Cupcakes**

**Yields 12 servings**

#### **Ingredients**

- 1 c. soy milk
- 2 t. fresh spearmint
- 1  $\frac{1}{3}$  c. all-purpose flour
- 1 T. cornstarch
- $\frac{3}{4}$  t. baking powder
- $\frac{1}{2}$  t. baking soda
- $\frac{1}{2}$  t. salt
- $\frac{1}{4}$  c. vegetable oil
- $\frac{3}{4}$  c. sugar
- zest of 1 lime
- juice of 1 lime
- 2 t. dark rum (optional)
- 1 t. vanilla extract

#### **Frosting Ingredients**

- $\frac{1}{4}$  c. margarine
- $\frac{1}{4}$  c. silken tofu
- 2 c. organic powdered sugar (or to desired texture)
- $\frac{1}{2}$  t. fresh lime juice
- $\frac{1}{2}$  t. dark rum (optional)
- a couple of sprigs of fresh mint

#### **Directions for cupcake**

1. Begin by bringing soy milk and spearmint to a boil and then turn off and let steep for ten minutes. In the meantime, combine flour, cornstarch, baking soda, baking powder and salt into a larger bowl.

2. Preheat oven to 350°F and line your cupcake pan. Now remove the spearmint leaves from the soy milk, adding the sugar, oil, zest, juice and rum to the soy milk. Whisk together and add to dry ingredients. Whisk until batter is smooth.
3. Fill cupcake liners  $\frac{2}{3}$  of the way, topping them off with any extra batter. Place on center of rack of your oven and bake for approximately 16 minutes, or until the top feels firm to a gentle touch.

### **Directions for frosting**

1. Beat margarine and tofu, add sugar, rum, lime juice and mint.
2. Top your cupcakes!

### **S'mores Dip**

**Yields 8-10 servings**

#### **Ingredients**

- 1 qt. chocolate chips
- 1 qt. half and half
- 1 bag mini marshmallow
- 1 bottle caramel sauce (optional)
- 12 circle ( $\frac{1}{2}$  inch balls) graham cracker cookies (see recipe)
- 12 rectangle cut graham cracker cookies (see recipe)

#### **Directions**

1. In a double boiler melt chocolate chips and add half & half.
2. Place graham cracker baked cookie circle in cupcake liners.
3. Scoop chocolate on top.
4. Place layer of marshmallows.
5. Bake in 400°F oven for 3-5 minutes.
6. Garnish with rectangle baked graham cookie.
7. Serve warm.

## **Graham Cracker Cookies**

**Yields 12 servings**

### **Ingredients**

- 2 c. all-purpose flour
- 2 c. crushed graham cracker
- 2 t. baking soda
- 2 t. cinnamon
- 1 t. salt
- 1  $\frac{1}{3}$  c. softened butter
- 1 c. brown sugar
- 1 c. honey

### **Directions**

1. Pre heat oven to 350°F.
2. In mixing bowl cream butter, sugar and honey in to a light and fluffy batter.
3. Scrape down sides of bowl.
4. Turn mixer to low speed and add all dry ingredients. Mix until combined.
5. Form 12  $\frac{1}{2}$  inch balls. Place on sheet pan.
6. Roll rest of dough out on lightly floured surface to  $\frac{1}{4}$  of an inch thick. cut desired shape with paring knife. Place on baking sheet pan.
7. Bake for 8 minutes or until lightly golden.
8. Let cool.

## **Strawberry Ice Cream Bread**

**Yields 16 servings**

### **Ingredients**

- 2  $\frac{1}{2}$  gal. full fat strawberry ice cream
- 7  $\frac{1}{2}$  qt. self-rising flour
- 2 c. sugar for sprinkle (optional)

- 3 qt. chopped fresh strawberries

## **Directions**

1. Pre heat oven to 350°F.
2. In a bowl mix the ice cream, strawberries and flour together until combined.
3. Scoop batter in to a well-greased 8x4 bread pan.
4. Sprinkle with sugar (optional).
5. Bake for about 45 minutes.
6. Check with tooth pick in center if it comes out clean it is done.
7. Serve with your favorite butters.

## **PB Ice Cream Bread**

**Yields 16 servings**

### **Ingredients**

- 2 ½ gal. full fat snickers or PB Cup ice cream
- 7 ½ qt. self-rising flour
- 2 c. sugar for sprinkle (optional)

### **Directions**

1. Pre heat oven to 350°F
2. In a bowl mix the ice cream and flour together until combined.
3. Scoop batter in to a well-greased 8x4 bread pan.
4. Sprinkle with sugar (optional).
5. Bake for about 45 minutes.
6. Check with tooth pick in center if it comes out clean it is done.
7. Serve with your favorite butters.

## **Strawberry Butter**

**Yields 10 servings**

### **Ingredients**

- 1 c. crushed strawberries
- ½ c. unsalted butter (room temperature)

- 2 T. confectioners sugar

## **Directions**

1. In a large bowl, crush strawberries using the back of a spoon or a potato masher; set aside.
2. In the bowl of an electric mixer fitted with paddle attachment, beat butter on medium speed until light and fluffy, about 2-3 minutes. With mixer on low speed, add crushed strawberries and confectioners' sugar, beating just until incorporated.
3. Serve immediately.

## **Maple Pudding Cake**

**Yields 6 servings**

### **Ingredients**

- 1 ¼ c. maple syrup
- ¾ c. heavy cream
- 2 t. cider vinegar
- pinch of salt
- 6 T. softened unsalted butter
- ⅓ c. sugar
- 1 egg
- ½ t. vanilla
- 1 c. cake flour (not self-rising)
- 1 t. baking powder
- ¼ t. salt
- special equipment: 8 inch square 2 inch deep baking dish

### **Directions**

1. Put oven rack in upper third of oven and preheat oven to 350°F.
2. Stir together maple syrup, heavy cream, cider vinegar, and salt in a small sauce pan and bring to a boil, then remove from heat.
3. Beat together butter and sugar in a bowl with an electric mixer until light and fluffy, about 1 minute.



4. Add egg and vanilla, then beat until just combined (batter will be very thick).
5. Sift flour, baking powder, and salt together into egg mixture and stir with a rubber spatula until just combined.
6. Pour  $\frac{1}{3}$  c. syrup mixture into baking dish.
7. Divide batter in bowl into 6 mounds with rubber spatula and spoon each mound onto syrup mixture in baking dish, spacing mounds evenly.
8. Pour remaining syrup mixture over and around mounds.
9. Bake until topping is golden and firm to the touch approximately 25- 30 minutes.
10. Serve warm, with crème fraiche or sour cream if desired.

### **At the Bobcat Bar**

#### **Zucchini Delight**

**Yields 8-12 servings**

#### **Ingredients**

- 1 can tomato soup
- 1 T. lemon juice
- 1 t. sugar
- 2 minced garlic cloves
- 1 t. salt
- 6 c. sliced zucchini
- 1 c. thin sliced white onions
- 1 c. diced green peppers
- 1 c. sliced mushrooms
- 2 T. grated parmesan cheese

#### **Directions**

1. Combine soup, lemon juice, sugar, garlic and salt in a sauce pan on the stove top.
2. Mix well.

3. Add all vegetables.
4. Bring to a boil.
5. Cover and cook for 20 minutes or until veggies are crisp and tender.
6. Stir in cheese before serving.

## **Honey Beets**

**Yields 6-8 servings**

### **Ingredients**

- ¼ c. unsweetened apple juice
- 2 T. apple cider vinegar
- 1 T. honey
- 2 t. corn starch
- 1 lb. sliced beets
- 1 t. salt
- 1 t. pepper

### **Directions**

1. Over the stove top cook apple juice, vinegar, honey, and corn starch over medium heat until it simmers.
2. Stir in beets and cook 3-5 minutes.
3. Season with salt and pepper.

## **Loaded Cheeseburger Casserole**

**Yields 10 servings**

### **Ingredients**

- 6 lbs. ground hamburger
- ½ lb. diced white onion
- 2 ½ lbs. shredded yellow cheddar
- to taste salt
- to taste pepper
- ⅓ c. olive oil

## **Garnish Ingredients**

- 1 lb. shredded lettuce
- 1 lb. diced red onion
- 1/5 lb. diced tomato
- 1 lb. diced pickles
- 1 lb. diced bacon

## **Garnish Ingredients (in squirt bottles)**

- 1/2 c. ketchup
- 1/2 c. mustard
- 1/2 c. BBQ sauce

## **Directions**

1. Cook burger and onion in olive oil until no pink is visible and the temperature reaches 165°F. Drain well, let cool.
2. Mix in remaining ingredients, distribute evenly into hotel pans.
3. Heat oven to 350°F.
4. Bake casserole 20-25 minutes or until temperature reaches 160°F.
5. Remove from oven and place in hot box for service.
6. Top each pan with garnishes for service.

## **Broiled Haddock with Herbed Soufflé Topping**

**Yields 120 servings**

### **Ingredients**

- 30 lbs. haddock filets
- 3 c. olive oil
- 1/4 c. salt
- 1/4 c. pepper

### **Ingredients for Soufflé Topping**

- 1 gal. mayonnaise
- 1 c. dried tarragon
- 1 c. dried dill
- 1 c. dried basil

- 20 egg whites

## **Directions**

1. Pre-heat broiler.
2. Place haddock filets into greased hotel pans. Top with olive oil, salt and pepper.
3. Broil haddock for 3 minutes rotate pans and broil for 2-3 more minutes.
4. Remove pans from broiler and top each piece of fish with soufflé topping. Place in broiler until lightly browned and fluffy.

## **Chicken Strips Sliced for Sandwiches**

**Yields 8 servings**

### **Ingredients**

- 1 boneless skinless grilled chicken breast cut into strips

### **Directions**

1. Grill the chicken until the internal temperature reaches 165°F.
2. Serve on your favorite bread and toppings.

## **Mole Sauce**

**Yields 6 to 8 servings**

### **Ingredients**

- ¾ c. ketchup
- 1 T. butter
- 1 T. brown sugar
- 1 T. unsweetened cocoa powder
- 1 T. cider vinegar
- 1 ½ t. spicy brown mustard
- ¾ t. smoked paprika
- ½ t. kosher salt
- ½ t. dried oregano
- ¼ t. garlic powder
- ¼ t. cinnamon

- ¼ t. onion powder

## **Directions**

1. Whisk ingredients together in a sauce pan and heat slowly for 10-15 minutes, until smooth and heated through.

## **Jungle Cat BBQ Sauce**

**Yields 12 servings**

### **Ingredients**

- ¼ c. finely chopped white onions
- 1 clove minced garlic
- 2 T. cooking oil
- ¾ c. ketchup
- ⅓ c. vinegar
- 1 T. Worcestershire sauce
- 2 t. brown sugar
- 1 t. celery seed
- 1 t. dry mustard
- ½ t. salt
- ¼ t. pepper
- ¼ t. hot sauce

## **Directions**

1. Cook all together.
2. Coats about 12 servings of chicken

## **Mango/Peach BBQ Sauce**

**Yields 12 servings**

### **Ingredients**

- 2 c. chopped mango
- 2 c. chopped peaches
- ½ c. chopped red bell pepper
- ½ c. chopped onion

- 1 T. chopped fresh garlic
- ¼ c. chopped jalapeño
- ¼ c. wine vinegar
- ¼ c. brown sugar
- ¼ c. lime juice
- ¼ c. molasses
- 1 T. salt
- 1 T. paprika
- 1 T. olive oil
- 1 c. water
- ½ c. corn starch

### **Directions**

1. In a small sauce pan heat olive oil and simmer onions, peppers and garlic until translucent.
2. Add mango and peach, cook for 5 minutes add wine vinegar, jalapeno, lime juice, brown sugar and molasses. Simmer for 10 minutes stirring occasionally.
3. Add spices to taste.
4. Mix water and corn starch in a small bowl until smooth. Add to heated sauce and simmer until thickened.

### **Southwest Lentil & Brown Rice Bake**

**Yields 10 servings**

#### **Ingredients**

- 1 c. chopped onion
- 1 c. chopped red and green bell peppers
- 2 T. chopped garlic
- ¾ c. brown lentils
- ¾ c. brown rice
- 3 c. vegetable broth
- 1-15 oz. can diced tomatoes
- 1-6 oz. can diced green chilies

- 2 T. southwest seasoning blend
- 2 t. black pepper
- 2 t. dried oregano
- 1 t. thyme
- 1 t. salt
- 2 c. shredded cheddar cheese

## **Directions**

1. Preheat oven to 375°F.
2. Combine all ingredients (except cheese) in a baking dish and mix well.
3. Cover and bake for 50 minutes.
4. Uncover and top with shredded cheese. Return to the oven until cheese has melted.

## **Roasted Corn with Grilled Red Onions**

**Yields 160 servings**

### **Ingredients**

- 40 lbs. frozen kernel corn
- 15 lbs. sliced red onions
- 3 c. olive oil
- ¼ c. salt
- ¼ c. pepper
- chopped parsley for garnish

### **Directions**

1. Heat grill on medium high.
2. Preheat oven to 375°F.
3. In a large tub mix corn, olive oil, salt and pepper. Evenly distribute corn into greased hotel pans.
4. Roast corn for 15 minutes, stirring occasionally until golden brown.

5. While corn is cooking place onion slices on sprayed grill. Cook for 5 minutes on each side.
6. Rough chop onions and mix with corn for service.
7. Garnish with chopped parsley.

### **At the Brick Oven**

#### **Tofu Bites with Peanut Lime Sauce**

**Yields 8-10 servings**

#### **Ingredients**

- 4 lbs. tofu (40 pieces per block)

#### **Ingredients for Marinade**

- 1 c. soy sauce
- ½ c. maple syrup
- ½ c. ketchup
- 4 T. vinegar
- 2 T. hot sauce
- 1 t. crushed red pepper
- 4 T. sesame seeds
- 1 t. garlic powder
- 1 t. black pepper
- 1 ½ T. liquid smoke

#### **Ingredients for Peanut Lime Sauce**

- ½ c. lime juice
- 4 T. lime zest
- 2 c. peanut butter
- 2 ½ T. brown sugar
- 4 c. vegetable stock
- 2 t. salt
- 2 T. minced garlic
- 2 bunches parsley



- 2 bunches cilantro

## **Directions**

1. Cut tofu in to 40 slices (sticks)
2. Make your marinade by combining all ingredients and mixing. Marinate your tofu overnight.
3. Combine the peanut lime sauce ingredients and blend. Put aside.
4. Preheat oven to 375°F.
5. Place tofu on baking pans. Bake each side for 15 minutes.
6. Place on serving tray with sauce on the side.

## **Chipotle BBQ Seitan with a Creamy Vegan Slaw**

**Yields 6-8 servings**

### **Ingredients**

- 16 oz. chopped roughly or shredded seitan
- 1 lb. diced small white onion
- 2 T. Southwest Seasoning
- 1 t. celery salt
- 2 c. BBQ Sauce
- ½ c. chipotles in adobo sauce (chopped small)
- 3-4 pieces focaccia bread or any other fancy crusted bread cut in half

### **Ingredients for Vegan Slaw**

- ½ c. vegan mayonnaise
- 2 T. white vinegar
- 3 T. sugar
- 1 t. lime juice
- 3 c. shredded cabbage
- ¼ c. shredded carrots

## **Directions**

1. Chop seitan in to small pieces.
2. Place in a crock pot on low heat.
3. Dice onion in to small pieces. Place in sauté pan and cook. Add BBQ Sauce and chipotle peppers with sauce.
4. Add to the crock pot with seitan. Reserve some of the BBQ sauce for later. Add southwest seasoning and celery salt. Cook for 2 or so hours. Set and forget it.
5. Cole slaw is best if made the night before.
6. Premake slaw mix.
7. Whisk together vegan mayo, sugar, vinegar and lime juice. Add to slaw mix.
8. Cut bread in half.
9. Place seitan on each half. Top with slaw and drizzle with more sauce.
10. Enjoy.

## **At the Grill**

### **Whiskey Steak**

**Yields 4 servings**

#### **Ingredients**

- 2 lbs. beef round steak, 1 inch thick
- salt and pepper to taste
- 2 cloves garlic, crushed
- 1/3 c. sweet-hot mustard, divided
- 4 slices bacon
- 1 T. olive oil, or as needed

#### **Ingredients for the Marinade**

- 3 T. chopped fresh rosemary
- 2/3 c. bourbon whiskey
- 2 T. Worcestershire sauce

- 1 T. brown sugar
- 1 T. lemon juice

### **Directions for marinade**

1. Mix all ingredients until well blended. Pour over steaks and marinate overnight.

### **Directions for cooking steaks**

1. Season the steaks on both sides with salt and pepper. In a small bowl, mix together the garlic and all but 2 teaspoons of the mustard. Place the steaks on a plate, and spread half of the garlic mustard mixture over one side of them. Let stand for 30 minutes.
2. Heat a large skillet over medium-high heat. Fry bacon until crisp, and then remove from the pan, leaving the grease. Crumble the bacon and set aside.
3. Heat the bacon grease in the skillet over medium-high heat, and add olive oil if necessary to cover the bottom of the pan. Fry steaks mustard side down for about 5 minutes, until golden brown. While the steaks are frying, spread the remaining garlic and mustard over the top. Flip the steaks over, and fry for about 2 minutes, until browned. Remove steaks to a serving platter, and keep warm.

## **Sweet n' Sticky Chicken Thighs**

**Yields 6-12 servings**

### **Ingredients**

- ¼ c. extra virgin olive oil
- 3 T. tamari or liquid amino
- 3 T. balsamic vinegar
- 2 T. honey
- 4 chopped garlic cloves
- 1 t. crushed red pepper
- 1 lemon (zested & juiced)

- 8 to 12 (1 ¾ lbs.) skinless chicken thighs
- scallions to garnish

## **Directions**

1. Whisk together olive oil, tamari or liquid amino, balsamic vinegar, honey, garlic, red pepper, lemon zest and juice.
2. Pour over chicken and marinate overnight.
3. Grill chicken thighs.
4. Garnish with scallions

## **At the Pasta Bar**

### **Mediterranean Fish Salad**

**Yields 4 servings**

#### **Ingredients**

- 3 c. cooked rice
- 1 lb. cooked Pollock
- ⅓ c. coarsely chopped Kalamata olives
- ⅓ c. coarsely chopped sun dried tomatoes
- ¼ c. chopped parsley
- ¼ c. chopped basil

#### **Dressing Ingredients**

- ¼ c. olive oil
- 4 T. red wine vinegar
- 2 T. fresh lemon juice
- salt & pepper to taste

#### **Directions**

1. Combine dressing ingredients and blend well.
2. Combine all salad ingredients in a bowl.
3. Top with dressing.

## **Saltine Toffee Bark**

**Yields 6-12 servings**

### **Ingredients**

- 10 saltine crackers
- ¼ c. butter
- ¼ c. sugar
- ½ c. semi-sweet chocolate chips
- 2 oz. (enough to sprinkle on top) toffee bits (Heath Bar)

### **Directions**

1. Line a sheet pan with foil.
2. Arrange crackers in a single layer on foil.
3. In a sauce pan over medium heat melt butter. Stir in sugar and bring to a boil. Cook for 1-2 minutes or until sugar dissolves.
4. Pour evenly over crackers and bake at 350°F for 8-10 minutes or until bubbly.
5. Remove from oven and immediately sprinkle chocolate chips on top. When they begin to melt, spread evenly over the top.
6. Sprinkle toffee bits on top.
7. Let cook and refrigerate for 1 hour.
8. Break into pieces and store in airtight container.

## **At the Salad Bar**

### **Vegan Potato Salad**

**Yields 6-10 servings**

### **Ingredients**

- 8 quartered medium red potatoes
- ¼ c. diced dill pickles
- 2 stalks diced celery
- ¼ c. diced scallions
- 4 T. chopped fresh parsley
- 1 c. vegan mayonnaise

- 1 T. mustard
- 2 T pickle juice
- 1 t. salt
- 1 t. pepper
- 1-3 T. sugar (optional)

### **Directions- How to Cook the Potatoes**

1. Bring 4 qts. water to boil in a large deep saucepan.
2. Add 1 t. salt and the cubed potatoes. Bring back to a boil, reduce heat to simmer and cover.
3. Simmer on low until they are tender, 8-10 minutes. Do not overcook.
4. Drain potatoes and plunge them in cold water to cool quickly.
5. Cover potatoes and chill in refrigerator until needed.

### **Directions for Potato Salad**

1. Combine all ingredients except potatoes in a large mixing bowl.
2. Add salt and pepper to taste.
3. Gently stir in potatoes.
4. Cover and chill salad before serving.
5. Store in an airtight container in the refrigerator for up to 3 days.

### **Roasted Corn Salsa**

**Yields 8 servings**

#### **Ingredients**

- 1 T. vegetable Oil
- 1 ½ c. frozen corn
- 1 chopped onion
- 1 chopped poblano chili pepper
- 1 chopped serrano chili pepper
- 3 minced garlic cloves
- 4 chopped roma tomatoes
- ¼ c. cilantro

## **Directions**

1. In large skillet heat oil over medium/high heat.
2. Cook corn, onion, peppers and garlic in hot oil.
3. Stir tomatoes, cilantro and salt into corn mixture.
4. Serve warm or room temperature.
5. Garnish with tortilla chips, jicama slices or sweet pepper strips.

## **Spicy Pickles**

**Yields 8 servings**

### **Ingredients**

- 1 qt. cucumbers

### **Ingredients for Pickling Liquid**

- 2 c. apple cider vinegar
- ¼ c. salt
- ¼ c. sugar
- ¼ c. dry mustard
- ¼ c. chili powder
- ¼ c. cayenne
- ¼ c. garlic powder
- ¼ c. onion powder

## **Directions**

1. Combine all ingredients for pickling liquid in a pot.
2. Heat on stove and then allow to cool to room temp.
3. Thinly slice cucumbers and pack them into a jar.
4. Pour room temperature liquid into jar.
5. Allow to rest overnight.

## **Mustard Pickles**

**Yields 8 servings**

### **Ingredients**

- 1 qt. cucumbers

## **Ingredients for Pickling Liquid**

- 2 c. apple cider vinegar
- ¼ c. salt
- ¼ c. sugar
- ¼ c. dry mustard

## **Directions**

1. Combine all ingredients for pickling liquid in a pot.
2. Heat on stove and then allow to cool to room temp.
3. Thinly slice cucumbers and pack them into a jar.
4. Pour room temperature liquid into jar.
5. Allow to rest overnight.

## **At the Vegan Bar**

### **Stretch a Buck Tempeh, Beans & Rice Burgers**

**Yields 4 servings**

#### **Ingredients**

- 1 c. cold leftover white or brown rice
- 1 lb. tempeh
- 1 (15 ounce) can pinto beans, rinsed and drained
- palmful chili powder
- 1 ½ t. cumin, half a palmful
- 1 ½ t. coriander, half a palmful
- 1 T. grill seasoning (recommended: Montreal Seasoning)
- 1 T. canola oil
- 1 ripe avocado
- 1 clove garlic, grated or finely chopped
- 1 lime, zested and juiced
- 1 jalapeno or serrano pepper, seeded and finely chopped
- ½ small red onion, finely chopped
- ½ c. vegan sour cream
- 4 red leaf lettuce leaves



- 1 ripe tomato, sliced
- 4 vegan rolls split

## **Directions**

1. Combine rice, tempeh and beans with spices and grill seasoning.
2. Form 4 big patties from the mixture then heat 1 tablespoon oil, in a large skillet over medium heat. Cook patties 7 to 8 minutes on each side.
3. While burgers cook, combine avocado with garlic, lime zest, juice, jalapeno and red onion. Mash to roughly combine, and then stir in the vegan sour cream.
4. Place burgers on vegan rolls with lettuce and tomato and top with vegan sour cream guacamole.

## **Tofu Salad**

**Yields 6-12 servings**

### **Ingredients**

- 2 ½ lbs. tofu
- 1 T. Montreal chicken seasoning
- 1 t. poultry seasoning
- salt and pepper to taste

### **Topping Mix Ingredients**

- 2 stalks chopped celery
- 1 chopped tomato
- ½ chopped green pepper
- 1 chopped cucumber
- ½ chopped red onion
- ½ shredded carrots
- ½ c. spinach

## **Dressing Ingredients**

- ¼ c. lemon juice
- ¼ c. olive oil

## **Directions**

1. Cut tofu in small pieces. Add montreal chicken seasoning, poultry seasoning and salt and pepper mix well. Add to tofu and toss to coat tofu evenly.
2. Fry in canola oil till light brown
3. Combine all topping ingredients and tofu in a bowl.
4. Mix dressing ingredients and add to salad.