

Cooking with Amanda – Barbecues, Picnics and Salads

Class 2 – Vegan Picnic and Sandwiches

Tofu Mayo

Makes 1½ cups.

Ingredients:

- 1 12 ounce package firm or extra-firm, low-fat silken tofu
- ½ - ¾ teaspoon salt
- ¼ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon sugar or other sweetener
- 2 teaspoons Dijon mustard
- 1 tablespoon apple cider vinegar

Combine all ingredients in a blender or food processor. Process until completely smooth. Chill thoroughly before using.

Mock Tuna Salad Spread

Serves 6

Ingredients:

- 1 15-ounce can garbanzo beans, drained and rinsed, or 1.5 cups cooked garbanzos
- 1 celery stalk, finely chopped
- ¼ cup onion, finely chopped
- 2 tablespoons sweet pickle relish
- ¼ cup fat-free vegan mayonnaise or tofu mayo
- 1 tablespoon lemon juice
- 1 teaspoon mustard of choice (optional)

Coarsely chop beans in a food processor, or mash beans with a potato masher. Do not over process to a smooth consistency: you want it to have some texture. Place beans in a bowl with the remaining ingredients. Mix well and chill.

Hummus wraps

Makes 8 wraps

Ingredients:

- 1 cup store-bought or homemade hummus or bean dip
- 8 whole-wheat tortillas
- 4 carrots, grated
- 8 Romaine lettuce leaves, 1 cup baby spinach leaves, or other spring greens
- Cucumber and/or red bell pepper sticks

Spread hummus or bean spread thinly on tortillas, and then add lettuce or greens, carrots, and cucumber and/or red bell pepper sticks in a line across the middle of the tortilla. Roll up each tortilla tightly and secure with toothpicks. Cut between the toothpicks into the desired size of roll.

Other sandwich ideas:

Smoked or baked marinated tofu (brands such as Trader Joes, Wildwood)

Veggie deli slices (brands such as Field Roast, Tofurky, or Yves)

Vegan cheeses and spreads (brands such as Miyoko's, Follow Your Heart, Daiya)

Bean spreads (brands such as Better Bean)

Salad greens, lettuce, cucumber slices, red pepper sticks.

Vegan coleslaw or sauerkraut