

3ABN Today Recipes

Teresa & Michelle Wilson , "Breakfast Menu" • show 04099

Country Omelette

- 1/2 c. chopped onions
- 2 Tbsp. olive oil
- 2 c. mashed tofu
- 4 tsp. Bill's Best chicken seasoning
- 1/2 tsp. onion powder
- 1/4 tsp. garlic powder
- 1/4 tsp. salt
- 2 Tbsp. parsley
- 1 sm. green pepper diced
- 1 c. portabello mushrooms chopped
- 1 sm. tomato diced

1. Saute mushrooms and peppers in oil in skillet.
2. Add to skillet mashed tofu, chicken seasoning, salt, onion, garlic powder and parsley.
3. Add chopped tomatoes last. Let simmer for 10 minutes.
4. Add melty cheese and Rotel (opt.)
5. Stir well and put into casserole dish and bake at 350 degrees for 30-40 minutes.

Teresa Wilson

Tofu Whipped Cream

- 2 c. tofu
- 3 tsp. vanilla
- 1/4 - 1/2 c. honey
- 1/4 c. oil
- 1/2 tsp. salt
- 1/2 pkg. Mori-Nu Tofu Mate

1. In blender put tofu, vanilla, honey, salt and oil, add 1/2 pkg. Mori-Nu Tofu Mate and blend well!
2. You may need to stop blender and stir. Use on anything that calls for whipped cream.

Teresa Wilson

Unsausage

- 2 c. water
- 4 Tbsp. soy sauce
- 2 c. quick oats
- 2 Tbsp. oil
- 2 tsp. honey
- 2 tsp. onion powder
- 1 tsp. sage
- 1/2 tsp. garlic powder
- 1/2 tsp. Italian seasoning

1. Combine water and seasoning in a saucepan.
2. Bring to a boil. Add oats and cook for 1-5 minutes.
3. Spray a cookie sheet with oil, use a small ice cream scoop and scoop onto cookie sheet small amounts of oats and use the back side of a spoon to flatten and shape sausage.
4. Bake at 350° for 8-15 minutes on each side.

Teresa Wilson

Melty Cheese

2 c. water

1/4 c. cashews

3 Tbsp. diced pimento

1 1/2 tsp. salt

1/2 tsp. onion powder

1/4 tsp. garlic powder

3 Tbsp. cornstarch

Ro-tel (opt.)

1. In blender add: cashews, water, salt, pimento and cornstarch, onion and garlic powder; blend well - pour into saucepan and cook on medium heat until thick.

2. Stir constantly or it will burn.

3. Adding "Ro-tel" will make a nice mild "Nacho" style dip.

Teresa Wilson

Breakfast Banana Split

2 c. cooked oatmeal

2 bananas

fresh or frozen blueberries, strawberries, blackberries or cherries

pineapple

coconut

chopped nuts

melted carob chips / carob syrup

tofu whipped cream

1. Prepare oatmeal, adding enough oats to make a stiff oatmeal.

2. Using ice cream scoop, scoop oatmeal into your dish to look like ice cream mounds.

3. Cut a banana lengthwise to place on each side of oatmeal mounds.

4. Top with your favorite fruit, nuts, coconut, tofu whipped cream and carob syrup.

Teresa Wilson