

Tempeh Marbella

2 Packages Tempeh

Marinade:

1 head of garlic - peeled and chopped
 $\frac{1}{4}$ cup dried oregano
 $\frac{1}{2}$ cup red wine vinegar
 $\frac{1}{2}$ cup olive oil
1 cup pitted prunes
 $\frac{1}{2}$ cup Spanish green olives
 $\frac{1}{2}$ cup capers with juice
6 bay leaves

Topping:

1 cup brown sugar
1 cup white wine
 $\frac{1}{2}$ cup chopped fresh parsley

Cut Tempeh into bit-size pieces. In a large zip-lock bag, combine and all marinade ingredients including steamed tempeh. Refrigerate overnight. Preheat oven to 350F. Arrange all marinade ingredients in a 13x9 pan. Sprinkle with brown sugar and pour white wine all around ingredients.

Bake, uncovered, for 20 minutes. Sprinkle with chopped parsley and serve. Excellent with mashed potatoes or couscous.

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## Rosetta's Peanut Butter Tofu

1 package Extra Firm Tofu - frozen and thawed - cut into 8-10 pieces  
1 cup crunchy peanut butter  
1 tbsp Miso paste  
 $\frac{1}{2}$  cup Tamari  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{2}$  cup olive oil

Combine sauce ingredients and whisk to a thick consistency. Place tofu pieces in 13x9 pan coated with spray. Spread sauce over the top and bake at 400 for 10 minutes. Flip tofu over and bake 5-7 more minutes. Let stand. Better the 2<sup>nd</sup> day.

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Coconut Curry

$\frac{1}{2}$ cup shredded unsweetened coconut
Olive oil
1 medium onion - diced
2 Tbsp. chopped fresh ginger
2-4 tsp curry powder
1 can diced tomatoes
1 can chickpeas, rinsed and drained
1 can coconut milk
1 package Tempeh cut into bite size pieces
Fresh mushrooms (optional)

In a large dry skillet, toast the coconut until lightly browned and transfer to a plate. Heat the oil and cook the onion and ginger for 3-5 minutes. Add the curry powder and cook for 1 minute. Add all other ingredients and season to taste. Serve over brown rice.

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## Vegan Oatmeal Cookies

$\frac{3}{4}$  cup vegetable oil (I use light olive oil)  
1  $\frac{1}{2}$  cups brown sugar (organic)  
1/3 cup water  
1 tsp vanilla  
3 cups old fashioned oats (not the quick cooking kind)  
1 cup white flour  
1 tsp salt  
 $\frac{1}{2}$  tsp baking soda

Mix the oil, sugar, water and vanilla in a bowl. Add the oats, flour, salt and baking soda. Place on a greased baking sheet in lumps about 1 inch across and set about 3" apart. Bake at 375 for 10 to 12 minutes.

Note: Feel free to add raisins or other dried fruit and nuts as desired.

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