

Tofu Banana Bread (Serves 12)

Preheat oven to 350F

Blend in a blender until smooth and creamy:

$\frac{3}{4}$ cup Tofu (silken)

Pour into a mixing bowl and beat in:

1 cup sugar

$\frac{1}{4}$ cup oil

1 tsp vanilla

1 cup ripe banana, mashed

Mix together in another bowl:

2 cups unbleached flour

$\frac{1}{2}$ tsp baking powder

$\frac{1}{2}$ tsp baking soda

$\frac{1}{4}$ tsp salt

Beat everything together then fold in:

$\frac{3}{4}$ cup walnut pieces

Pour into an oiled loaf pan and bake for about 1 hour.

Serving size = one slice

Calories: 250 Protein: 4g

Fat: 10g Carbohydrate: 38g

Carrot Roast (Serves 12)

3 cups grated carrots

1 cup seasoned bread crumbs

$\frac{1}{4}$ cup chopped onion

$1\frac{1}{2}$ cup mozzarella cheese

$\frac{1}{4}$ cup canola oil

2 eggs

Combine all ingredients and bake at 350°F for 35 minutes.

Calories: 180 Protein: 10 g Fat: 11 g

Carbohydrate: 11 g Calcium: 208 mg

Potassium: 160 mg

Vegetarian Ceviche (Serves 4)

1 head of cauliflower

$\frac{1}{2}$ cup fresh lime juice

$\frac{1}{2}$ cup fresh lemon juice

1 medium red tomato, chopped

$\frac{1}{4}$ cup chopped fresh cilantro

1 large carrot

1 small Serrano pepper, finely chopped

1-2 tsp salt (or to taste)

*1 tsp good quality fish oil if desired

Corn tortillas or corn chips

Calories: 68 Protein: 3g Fat: <1g

Carbohydrate: 17g Fiber: 3g

Calcium: 45 mg Vitamin C: 75

Directions: In a medium saucepan, cook the cauliflower in boiling water until tender-let cool. Chop the cauliflower finely and put in a bowl, add the lime and lemon juices and $\frac{1}{2}$ of the salt and let sit for 10-15 minutes. Add all of the fresh chopped ingredients and season with the remaining salt. Mix lightly and chill for about 30 minutes. Serve on tostadas or eat with corn chips.

1 tsp of fish oil* may be added to give this dish a fish-like flavor if desired.