

101 Things to Do with Tofu



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(Mrs. Maybelle O'Conner)

101 THINGS TO DO WITH TOFU



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Summary: Helpful Hints 9 Appetizers Hot Spinach & Artichoke Dip 12 o Layered Goat Cheese Torte 13 o Vegan Pizza Bites 14 o Tofu Hummus 15 o Veggie Potstickers 16 o Savory Seasonings Cheesecake 17 o Sun-Dried Tomato Spread 18 o Pesto-Stuffed Mushrooms 19 o Sesame Soy Squares 20 o Vegetarian Pate 21 Sauces, Dressings & Spreads Tofu Mayonnaise 24 o Caesar Salad Dressing 25 o Cucumber Dill Dressing 26 o Easy Creamy Italian Dressing 27 o Easy Ranch Dressing 28 o Alfredo Sauce 29 o Tangy Thai Peanut Dip 30 o Healthy Hollandaise Sauce 31 Soups & Salads Tomato Onion Chowder 34 o Hot & Sour Soup 35 o Broccoli Cheddar Soup 36 o African Peanut Soup 37 o Ultimate Veggie Chili 38 o Vegetarian Goulash 39 o Vegan Gumbo 40 o Creamy Mushroom Soup 41 o Butternut Squash Soup 42 o Waldorf Salad 43 o Broccoli Madness Salad 44 o Layered Fiesta Chopped Salad 45 o Mock Chicken Salad 46 o Eggless Salad 47 o Creamy Pasta Salad 48 Breakfast Simple Tofu Scramble 50 o Breakfast Burritos 51 o Confetti Hash Brown Casserole 52 o Upside-Down Skillet Cake 53 o Tex-Mex Migas 54 o Any Fruit Quick Bread 55 o Smoothies 56 o Apple Streusel Coffee Cake 57 o Tofu Benedict 58 o Mix 'n' Match Muffins 59 o Vegan French Toast 60 Kids' Favorites Healthy Mac 'n' Cheese 62 o Tofu Toes 63 o Tofu Sloppy Joes 64 o Nutterballs 65 o Fluffy Peanut Butter Spread 66 o Hi-Pro-Tatoes 67 o Snack Parfaits 68 Main Dishes Tofu Filets 70 o Ground Tofu Filling 71 o Homemade Veggie Burgers 72 o Three-Cheese Stuffed Shells 73 o Tricolor Quiche 74 o Cheese Fondue...



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