TOFU SPAGHETTI BALLS ("NEAT BALLS")
(*Vegetarian Cooking for a Better World*)

One 14-16 oz tub firm or extra-firm tofu (not silken)
¼ cup walnuts, chopped fine in food processor
1 onion, minced
½ cup oatmeal
½ tsp dried basil
½ tsp dried dill weed
½ tsp dried thyme
½ tsp garlic powder
½ tsp salt
1 tbsp soy sauce or Liquid Aminos
1 tbsp cornstarch
½ cup whole wheat or other flour

Use a nonstick or lightly oiled baking sheet, parchment paper, or silicone mat. Drain the tofu and in a large bowl, mash it with a fork or pastry blender. Add all the remaining ingredients and mix together well. Form the mixture into uniformly-sized balls and place them on baking sheet.

Bake at 350 degrees for 10 - 12 minutes on one side, then turn them and bake another 10 to12 minutes. They will be slightly browned when done.

This recipe can make 35-40 small balls, but you can make a smaller number of larger balls if you like; baking time may be a little longer with the larger size.

You will love the way your kitchen smells when you are baking these "Neat Balls." They are great served with spaghetti and tomato sauce; or sliced with mustard and vegan mayonnaise for a "Neat Ball" sandwich. If you cooked them earlier in the day, they can be warmed in the microwave.

PECAN HERB BALLS
(Adapted from Lindsay Wagner and Ariane Spade, *The High Road to Health*)

This recipe is a good holiday offering. If you use matzoh meal, it can be served at a Passover seder; and the recipe can be gluten free if you use rice flour or another gluten free flour instead of wheat.
Don't be discouraged by the long list of ingredients, it's mostly herbs and spices. The technique is actually very easy. The recipe can also be formed as a loaf and baked 350 degrees for 1¼ hours, but if formed as balls, they will turn out to have a more crunchy texture.

½ onion, chopped
6 mushrooms, chopped
3-4 cloves garlic, chopped
Sherry, white wine, or dry vermouth
½ cup each chopped pecans and chopped almonds
14 to 16 oz firm regular tofu (1 tub)
¼ cup sesame or chia seeds
2 tbsp cornstarch
4 tbsp nutritional yeast
½ tsp salt
¼ tsp pepper
½ tsp each, basil and garlic powder
¼ tsp each, oregano and savory
4 tbsp tahini or sesame butter
2 tbsp whole grain flour or matzoh meal

Sauté the onion, mushrooms, and garlic in the sherry or other liquid in a medium saucepan. In a food processor, blend the nuts to the texture of cornmeal and dump them into a large mixing bowl. When the sautéed vegetables cool somewhat, put them in the food processor (no need to wash after blending the nuts) and blend but do not purée; leave some small chunks. Add the vegetables to the mixing bowl. Add the block of tofu and mash it with a fork or a pastry blender. Add all remaining ingredients and blend thoroughly with a strong spoon. Form uniform walnut-sized balls and place them on an oil-free or lightly oiled cookie sheet. Bake at 350 degrees for 25 minutes, turning the balls once so they will brown evenly.

MUFFALETTA (Dip or Spread)

1/3 cup pimiento-stuffed green olives or other green olives
1 can of artichokes, drained* (reserve the juice to use in a soup or stew)
1 clove garlic, roughly chopped
6 to 8 sun-dried tomatoes, soaked in a small amount of boiling water; add the soaking water as well
1 tbsp red wine vinegar
1/3 cup walnuts
2 tbsp tahini (optional; see directions below)

Place all ingredients in food processor and blend until smooth. For a slightly richer dip, or to make a smoother spread, add the tahini.♦