Lisa's Project: Vegan

THE GOOD TOFU & MACARONI AND CHEESE
& CHEESY BROCCOLI (4 servings) (adapted)

Cheese Sauce
- 1 cup cashews (soaked overnight unless you have a high powered blender)
- 1 cup water
- 1 roasted red pepper (make your own or from a jar)
- 1/4 cup nutritional yeast
- 1 tablespoon lemon juice
- 1 tablespoon mellow white or chickpea miso
- 1 tablespoon tomato paste
- 1 tablespoon onion powder
- 1 teaspoon garlic powder
- Salt, to taste

Macaroni
- 1/2 lb. macaroni

The Good Tofu
- 1 box extra firm tofu, cut into 8 triangles (pressed for at least 10 minutes)
- 3 tablespoons cornstarch
- 1 chickpea flour egg (1 tbsp chickpea flour + 3 tbsp water) or 3 tbsp aquafaba*
- 1/2 cup seasoned breadcrumbs (if unseasoned, add a little garlic and onion powder)

Cheesy Broccoli
- 2 crowns broccoli, chopped
- 1 tablespoon vegan butter**
- 1 tablespoon nutritional yeast
- Salt, to taste

Instructions:

Macaroni and Cheese
- To make the cheese sauce, add all ingredients into the Vitamix or blender and blend until smooth. Set aside.
- Boil the macaroni and toss with sauce. Be sure it is heated through before serving.

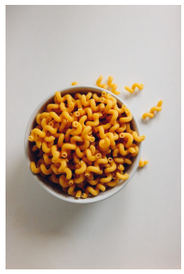
The Good Tofu
- Preheat oven to 350F degrees. Line a baking sheet with parchment paper or silicon, or lightly oil it.
- Set up a breading station. Cornstarch. Chickpea flour egg or lightly whisked aquafaba. Breadcrumbs.
- Dredge the tofu in the cornstarch. Dip into the chickpea flour egg or aquafaba. Then coat with breadcrumbs.
- Place on baking sheet and bake 25 minutes, turning once at 12 minutes.

Cheesy Broccoli
- Steam the broccoli. Toss with butter and nutritional yeast. Season with salt.
- Serve!

*Aquafaba is the liquid from a can of chickpeas. It has the same chemical makeup as eggs and works in a similar way. Drain a can and use the chickpeas in a salad. They are one of Mother Nature's most perfect foods, high in protein, fiber and iron. Save the aquafaba in the refrigerator for up to a week or freeze in 3 tablespoon increments and defrost when needed.

**Editor's Note: I have adapted the recipe so that the tofu is baked, not fried in oil. I haven't taken out the vegan butter, which is not a WFPB ingredient. You can substitute something like an oil-free salad dressing.







Lisa of **Lisa's Project: Vegan** has been vegan since 2007, and had her 13-Year "Blogiversary" in March 2024. Lisa's recipes are all plant-based, though they sometimes use oil and vegan processed foods. However, her recipes are quite inspiring and can be adapted.

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