

## Recipes Using Kootenay Kitchen's Sesame Sprinkles Gom ashio, Sea Vegetable or Salt-Free Sea Vegetable

### Nut and Seed Patties

Mix together well:

- 1 C chopped onion
- 1 C chopped mushrooms
- 1 C sunflower seed meal (buzz seeds in a blender or processor)
- $\frac{3}{4}$  C any nut meal
- $\frac{1}{2}$  C chopped parsley
- $\frac{1}{2}$  C grated cheese (optional)
- $\frac{1}{2}$  C tahini or peanut butter
- $\frac{1}{4}$  C Gom ashio, Sea Vegetable or Salt-Free Sea Vegetable
- 4 Tablespoons lemon juice
- 1 Tablespoon tamari (soy sauce)

With wet hands, form into patties. Coat with wheat germ or oat bran.

Bake at 350 degrees for 20 min, or fry in a little oil, turning once.

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### Tofu Shepherd's Pie

Crumble 1 pound firm tofu in to little pieces. Brown tofu in butter or oil until crunchy.

- Add:
- $\frac{1}{4}$  C nutritional flake yeast
  - $\frac{1}{4}$  C Gom ashio, Sea Vegetable or Salt-Free Sea Vegetable
  - 1 medium onion, chopped
  - 4 cloves garlic, minced

Cook till dry.

- In a jar, shake together:
- 2 C water
  - $\frac{1}{4}$  C tamari (low salt soy sauce)
  - 4 Tablespoons flour

Pour over tofu, let come to a bubble. Spread into a baking dish.

Make enough mashed potatoes to spoon a layer over the tofu, smoothing surface. Score with a fork into an interesting pattern.

Bake uncovered at 375 degrees for 10 min.

You can spoon cooked veggies (peas, broccoli etc.) onto the tofu before the potato layer, if desired.

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### Spicy Fried Tofu

Cut into small cubes, 2 packages firm tofu, brown in 2 Tablespoons oil, till dryish

- Add:
- $\frac{1}{4}$  C Gom ashio, Sea Vegetable or Salt-Free Sea Vegetable
  - 1 teaspoon each: basil, thyme, curry powder, cumin, ground turmeric
  - 2 teaspoons dill weed
  - 2 cloves garlic, crushed
  - 1 Tablespoon tamari (soy sauce)
  - $\frac{1}{2}$  C nutritional flake yeast

Cook till flavours are well blended. Serve with rice or other grain.

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### Summer Salad

Slice thinly, 1 medium red onion.

Cover with cold water and leave for 30 minutes.

- Make dressing:
- $\frac{1}{4}$  C olive oil
  - 2 Tablespoons lemon juice
  - $\frac{1}{4}$  C Gom ashio, Sea Vegetable or Salt-Free Sea Vegetable
  - 2 cloves garlic, crushed
  - $\frac{1}{2}$  teaspoon oregano, dried
  - $\frac{1}{2}$  teaspoon basil, dried
  - $\frac{1}{4}$  teaspoon ground pepper

Prepare 5 cups of assorted vegetables in chunks: tomato, cucumber, green/red/yellow peppers, carrot, shelled peas, cauliflower, broccoli. Drain onion and mix all together with: a handful of olives and

$\frac{1}{2}$  C crumbled feta cheese (optional)