

A close-up photograph of a breakfast dish, possibly a smoothie or yogurt bowl, garnished with a fresh purple orchid flower. The background is slightly blurred, showing what appears to be a plate of cookies or crackers.

1 breakfast

A photograph of a lunch dish, possibly a salad or a bowl of food, with a soft, warm color palette. The image is slightly faded and serves as a background for the text.

2 lunch

A photograph of a dinner dish, possibly a bowl of soup or a salad, with a soft, warm color palette. The image is slightly faded and serves as a background for the text.

3 dinner

A photograph of a kids' dish, possibly a bowl of food or a snack, with a soft, warm color palette. The image is slightly faded and serves as a background for the text.

4 kids

★ Oaxacan Omelet

Serves 4

Ingredients:

2-3 **Helen's Kitchen™ Tofu Steaks**, heated or lightly pan fried, cubed

8 **eggs** (or substitute)

Sea salt and **cracked pepper** to taste (optional)

1 teaspoon, **red chillies**

1 teaspoon dried mexican **oregano**

1 cup, **cheese** (or soy cheese)

½ cup, **sweet onions**, chopped

½ cup, red and green **bell peppers**, chopped

4 cups, prepared **salsa**

4 sprigs fresh **cilantro**

Directions: (to make one omelet)

- Whisk together, 2 egg, salt and pepper & mexican oregano (add red chillies if desired).
- Place non-stick pan on medium to low heat, pour and spread egg mixture over surface of the pan, cook for 15-20 seconds.
- Sprinkle over half of the eggs the ¼ cup of onions and ¼ cup of peppers and cubes a portion of the Helen's Kitchen™ Tofu Steaks cubes and ¼ cup of the salsa.
- Flip the other side of the eggs over the vegetables. Lower the heat and cook until golden. - Repeat to make remaining omelets.
- Serve hot and garnish with remaining salsa & fresh cilantro.

★ Helen's Hash Browns

Serves 4

Ingredients:

2 **Helen's Kitchen™ Tofu Steaks**, lightly pan fried or heated, cubed

4 large, **potatoes**, thinly sliced

1 medium, red or green **bell pepper**, finely chopped

1 red **onion**, finely chopped

1-2 cloves **garlic**, minced

1 tablespoon, **dried or fresh basil** and **oregano**, chopped

1 pinch, **sea salt and coarse ground pepper** to taste (optional)

Olive oil for cooking

Directions:

- In a lightly oiled frying pan, fry, potatoes, peppers, onions, garlic herbs and sea salt and coarse ground pepper until evenly heated.
- Add Helen's Kitchen™ Tofu Steaks and continue frying until potatoes and onions are golden brown.
- Serve hot with our favorite ketch-up or condiments.

* Rostis Potato Clusters

Serves 4

Ingredients:

2 **Helen's Kitchen™ Tofu Steaks**, lightly pan fried or heated, sliced thinly into 2-2 ½ length thin straws
1-2 cloves **garlic**, minced
1 tablespoon, **dried or fresh basil** and **oregano**, chopped
1 pinch, **sea salt and coarse ground pepper** to taste (optional)
1 cup **egg (or substitute)**
2 medium **potatoes**, grated
1 **carrot**, grated
1 red **onion**, grated
Cooking spray or olive oil for cooking

Directions:

- In a mixing bowl combine garlic, herbs and sea salt and coarse ground pepper and egg.
- Add Helen's Kitchen™ Tofu Steaks, potatoes, carrot, red onions brown, and mix thoroughly.
- Heat olive oil in a non-stick skillet.
- Cook 2 of the rostis patties over a high heat for 1-2 minutes, then reduce and cook for 4-5 minutes, until they are golden underneath.
- Turn over and repeat.
- Cook the remaining mixture into rostis patties and transfer onto a serving plate. Serve with your favorite tomato relish or sauce.

* Balsamic Onion Tofu Steak Fritters

Serves 4

Ingredients:

4 **Helen's Kitchen™ Tofu Steaks**, heated or lightly pan fried, cut in half diagonally
8 **cooked fritters**, made from your favorite mixture
4 brown or red **onions**, cut into wedges
4 tablespoons, **balsamic vinegar**
¾ cup, **prepared vegetable stock**
2 tablespoons, **brown sugar**
2 tablespoons, dried or fresh chopped **basil**
4 cups, **baby English spinach** leaves

Directions:

- In a pot, place onions, vinegar, stock, sugar, and thyme and cook, covered, on medium heat for 20-30 minutes or until onions are gold and soft (you will need to stir occasionally).
- Serve hot. Place hot fritters on plates and stack spinach leaves, 2 Helen's Kitchen™ Tofu Steaks halves (for each serving) and onion mixture.

★ Helen's Kitchen™ Frittatas

Serves 6

Ingredients:

- 2 **Helen's Kitchen™ Tofu Steaks**, lightly pan fried or heated, cubed
- 1 clove **garlic**, minced
- 2 tablespoons, **dried or fresh basil** and **oregano**, chopped
- ½ teaspoon cayenne or black **pepper** (optional)
- ¼ cup, **green onion**, thinly sliced
- ¼ cup, **red bell pepper**, chopped
- ½ cup, **zucchini** or yellow squash, chopped
- 1 cup, **egg substitute**
- ¼ cup, low-fat **feta cheese**, crumbled (optional)

Cooking spray

Mozzarella and/or Parmesan **cheese**, grated

Directions:

- Preheat oven to 350° F.
- In the same skillet heat garlic, onion, herbs and pepper, cook for 1 minute.
- Add bell peppers and zucchini, cook until soft and onion is slightly golden.
- Combine Helen's Kitchen™ Tofu Steak cubes, vegetable mixture and egg substitute. As an option add feta cheese.
- Spoon mixture into 6 lightly oiled muffin cups . Top with cheese.
- Bake at 350° F for 15-20 minutes or until set. Serve hot.

★ Morning Burrito

Serves 4

Ingredients:

- 3 **Helen's Kitchen™ Tofu Steaks**, heated or lightly pan fried, sliced thinly
- 1 cup, red **onions**, sliced thinly
- 1 cup, green **bell peppers**, sliced thinly
- 1 teaspoon, **chilli powder**
- 1 teaspoon **onion powder**
- 1 teaspoon garlic powder**
- 2 tablespoons **minced fresh cilantro**
- 4 large, **tortillas**
- 4 **eggs**, scrambled
- 2 cups, **cheese** or soy cheese
- Hot Sauce, Sea salt** and **cracked pepper** to taste (optional)

Directions:

- Sauté onions, peppers, chili powder, onion powder, garlic powder, and cilantro in a lightly oiled non-stick pan, until the onions are soft and golden brown.
- On a dry pan heat both sides of each tortilla. Down the centre of each tortilla, place the 3 Helen's Kitchen™ Tofu Steak strips, a portion of the eggs and onions mixture, cheese, ketch-up and add salt and pepper to taste.
- Fold and base and roll the sides.

✳ Country Garden Muffins

Serves 4

Ingredients:

2 **Helen's Kitchen™ Tofu Steaks**, lightly pan fried or heated, diced into small pieces
1½ cups, **all-purpose flour**
2 teaspoons, **baking powder**
¼ teaspoon, **sea salt**
2 teaspoons, each dried **basil** and **oregano**
1 **egg**, beaten
¾ cup, skim or soy **milk**
¼-½ cup, **low-fat melted butter**
¼ cup, each of grated **carrot** and **zucchini** or try chopped **onion**
¼ cup, shredded **sharp cheddar cheese** or soy-like cheddar cheese

Directions:

- Heat oven to 400°F. Grease muffin cups and top of pan.
- In bowl combine sifted flour, baking powder, salt and herbs together.
- Make a well in the center. Combine egg, milk and melted butter in a small bowl.
- Add egg mixture all at once to flour mixture, stirring just until moistened. (Batter should be lumpy).
- Fold in the grated vegetables and Helen's Kitchen Tofu Steak pieces. Fill muffin cups even with top and top with cheese.
- Bake in 400 degree oven for 20 to 25 minutes or until muffins are golden.
- Remove muffins from pan and serve warm.

✳ Tofu & Cheese Muffins

Serves 4

Ingredients:

2 **Helen's Kitchen™ Tofu Steaks**, lightly pan fried or heated, diced into small pieces
1½ cups, **all-purpose flour**
¼ cup, shredded **sharp cheddar cheese** or soy-like cheddar cheese
¼ cup, **sugar**
2 teaspoons, **baking powder**
¼ teaspoon, **sea salt**
2 teaspoons, each dried **basil** and **oregano**
1 **egg**, beaten
¾ cup, skim or soy **milk**
¼-½ cup, **low-fat melted butter**

Directions:

- Heat oven to 400°F.
- Grease muffin cups and top of pan.
- In bowl combine sifted flour, shredded cheese, sugar, baking powder, salt and herbs together.
- Make a well in the center. Combine egg, milk and melted butter in a small bowl. Add egg mixture all at once to flour mixture, stirring just until moistened. (Batter should be lumpy).
- Fold in Helen's Kitchen Tofu Steak pieces.
- Fill prepared cups even with top. Bake in 400 degree oven for 20 to 25 minutes or until muffins are golden.
- Remove muffins from pan and serve warm.

★ Tofu & Baby Spinach Crêpes

Serves 4

Ingredients:

Crêpes

2 cups, **all-purpose flour**

1 pinch, **sea salt**

1 **egg**, lightly beaten

Filling

2-3 **Helen's Kitchen™ Tofu Steaks**, heated or lightly pan fried, thinly sliced

1 cup, **baby english spinach** leaves

½ cup, **sweet onions**, thinly sliced

½ cup, crumbled **feta cheese**

½ cup, favorite **cheese** or soy cheese

Cracked pepper to taste (optional)

Directions:

- Sift the flour and salt into a bowl and make a well.
- Add milk, butter and egg into the well and whisk until the batter is smooth and creamy.
- Swirl a portion of the batter into a crepe or frying pan and cook on a medium-low heat for 15-20 seconds.
- Over the uncooked side, sprinkle the cheeses, then on one half lay a portion of the spinach, onions and Helen's Kitchen™ Tofu Steak slices (do not over fill).
- Once the crepe is starting to become slightly golden, flip the other half over the filling and continue cooking the crepe until the crêpes are golden brown on both sides.
- Serve hot with a crispy green or cabbage salad.