

1

breakfast



lunch

2



3

dinner



kids

4

★ Tofu Wrap

Serves 1

Ingredients:

1 sun-dried tomato wrap or corn **tortilla**

1 **Helen's Kitchen™ Tofu Steak**, lightly pan fried or heated, cut into thin strips

½ tablespoon, **aoli** (or favorite mayo)

Roasted Red chili sauce

2 slices, organic **roma tomatoes** (or substitute marinated roasted red bell-peppers)

1 leaf, **butter lettuce**

3-4 slices, de-seeded **cucumber**

1 slice, **red onion** (optional)

Sea salt and cracked pepper to taste

Directions:

- Spread aoli over one side of the tortilla.
- Line the center with Helen's Kitchen™ Tofu Steak strips and a dollop of red chili sauce.
- Top with tomato, cucumber, lettuce. As an option add sweet onion and salt and pepper to taste.
- Fold tortilla

Hint: Don't over-fill your tortilla, any left-over ingredients, mix together in a bowl to make into a delicious side.

★ Greek Wraps

Serves 4

Ingredients:

4 large, **soft tortillas**

1 ½ cups, **red pepper hummus**

2 teaspoons, **balsamic vinegar**

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

½ crumbled goats cheese or **basil feta cheese**

½ **sweet or red salad onion**, thinly sliced

1 large **vine ripened tomato**

½ **cucumber**, sliced into sticks or diced

6 **kalamata olives**, halved and pitted (optional)

Directions:

- Heat tortillas on both sides.
- Mix balsamic vinegar with hummus dip, and spread over one side of tortilla.
- Place Helen's Kitchen™ Tofu Steaks, feta, onion, tomato, cucumber and olives in a row down the center of the tortilla.
- Fold ends, cut in half and serve.

★ Simple Tofu Chicken Sandwich

Serves 1

Ingredients:

1 **Helen's Kitchen™ Tofu Steaks**, lightly pan fried or heated
2 slices, **ciabatta bread**
Sicilian Jack cheese (or pepper jack)
1-2 tablespoon, **aoli** (or favorite mayo)
¼ **avocado**, sliced
2 slices, organic **roma tomatoes** (or use marinated roasted red bell-peppers)
1-2 leave, **butter lettuce**
1 thinly slice, **red onion**
Sea salt and cracked pepper to taste
Roasted red chili sauce (optional)

Directions:

- Spread condiments over bread.
- Top with lettuce, onion, avocado, cheese, tomatoes, and Helen's Kitchen™ Tofu Steaks.

★ Italian Tofu Meatball & Marinara Sandwich

Serves 4

Ingredients:

1 package (12 meatballs), **Helen's Kitchen™ Italian Meatballs**, thawed and heated
2, halved & split **baguettes**
4 cups, burgundy **marinara sauce**
2 cups, grated **mozzarella cheese** or soy cheese
1 table spoon chopped **italian parsley**
1 tablespoon finely ripped **fresh basil** leaves
Freshly shaved **Parmesan Reggiano** cheese

Directions:

- Open and remove part of the soft bread inside the baguette, & place three meatballs.
- Toast baguette and melt the mozzarella inside
- Top with 1 cup of hot marinara sauce and a portion of the Parmesan cheese.
- Garnish full saucy surface with parsley and basil

* Vegetable Tofu Pan Bagnat

Serves 4

Ingredients:

4 tablespoons, **first cold press extra virgin olive oil**
1 tablespoon, **white wine vinegar**
2 cloves **garlic**, crushed
1 pinch **sea salt and cracked pepper** (optional)
1 **focaccia bread or country style loaf**, halved lengthwise
2 **Helen's Kitchen™ Tofu Steaks**, lightly pan fried or heated, thinly sliced
1 medium, **organic tomato**, roughly sliced (or use marinated roasted red bell-peppers)
1 tablespoon, **capers**
½ cup crumbled **goats cheese**
2 cups **baby English spinach**, washed and dried

Directions:

- Mix olive oil, vinegar, garlic and salt and pepper together. Drizzle over each half of bread.
- On one half of the bread, spread tomatoes, then sprinkle capers and goats cheese. Place Helen's Kitchen™ Tofu Steak slices over and then baby spinach. Cover with other half of bread, press down firmly and wrap in plastic wrap or foil.
- Place weight on top to flatten and leave for 1-3 hours.
- Unwrap, cut into thick slices and serve on a plate with a delicious salad.

* Grilled Chicken Salad

Serves 4

Ingredients:

4 **Helen's Kitchen™ Tofu Steaks**, grilled, sliced diagonally
2 cups, **romaine lettuce**, shredded
1 cup, **English baby spinach leaves**
4 tablespoons, **low-fat greek salad dressing or lemon champagne vinegar**
Sea salt and cracked pepper, for taste (optional)
16, **cherry tomatoes**, halved
1 medium, **orange or yellow bell pepper**, thinly sliced
½ cup crumbled **goats cheese** (optional)

Directions:

- Toss together lettuce, spinach, dressing, salt and pepper.
- Separate mixture into four bowls and top with tomatoes and bell peppers.
- Add slices of Helen's Kitchen™ Tofu Steaks slices and top with crumbed goats cheese.

★ Southern California Soft Tacos

Serves 4

Ingredients:

4 small, **flour tortillas**
2 **Helen's Kitchen™ Tofu Steaks**, lightly pan fried or heated, cubed or sliced
1 cup, **lettuce**, shredded
½ can, **black beans**, rinsed and drained
½ **avocado**, peeled and cubed
1 medium, **organic roma tomato**, diced
2 **green onions**, sliced
3-4 oz., crumbled **cotija cheese** (or soy cheese)
1 fresh **lime**, cut into wedges
1 tablespoon, fresh jalapenos, de-veined & minced
½ cup favorite creamy dressing or **favorite salsa** (optional)

Directions:

- In the centre of each tortilla add heated Helen's Kitchen™ Tofu Steak pieces and beans
- Top with all the veggies and lightly squeeze a lime wedge over top.
- Serve tortilla's on a plate with fresh cut lime wedge.

★ Mexican Tofu Tostadas

Serves 4

Ingredients:

4 small, **soft tortillas**
1 tablespoon, **first cold press extra virgin olive oil**
1 teaspoon, **garlic powder** (or try ground cumin or chile powder)
2 **Helen's Kitchen™ Tofu Steaks**, lightly pan fried or heated, diced or sliced
1½-2 cups, **lettuce**, shredded
½ can, **black or pinto beans**, rinsed and drained
½ **avocado**, peeled and diced
1 medium, **organic roma tomato**, diced
¼ cup, **red onion**, thinly sliced
3-4 oz., **pepper jack** or soy cheese, grated or diced (optional)
½ cup favorite pico de gallo
1 tablespoon **lime juice**
2 **green onions**, sliced
2 table spoons, light **sour cream**

Directions:

- Brush both sides of tortillas with olive oil, place on baking tray and sprinkle with garlic powder.
- Bake 10 minutes or until slightly browned. Set aside.
- On the tortillas, place the Helen's Kitchen™ Tofu Steak pieces, then layer the lettuce, beans, avocado, tomato, onions, cucumber, sour cream and lime juice.

★ Classic Tofu Steak Sandwich

Serves 1

Ingredients:

- 1 **Helen's Kitchen™ Tofu Steak**, grilled
- 1 **whole grain bun**
- 1 slice, **gouda cheese**
- 1 thick slice, **red onion**, grilled
- 2 slices, organic hot house **tomatoes**
- 1 leaf, **butter lettuce**
- 1-2 tablespoon, **mayonnaise** (optional)
- 1 **Dollop Jalapeno Ketch-up** (optional)
- Sea salt and cracked pepper** to taste

Directions:

- Melt mozzarella cheese on one half of the burger bun.
- When melted, top with ketch-up, and add salt and pepper. Then add Helen's Kitchen™ Tofu Steak, onion, tomatoes and lettuce.
- Spread mayonnaise over the other half of the burger bun and place on top.

★ Thai Tofu Rice Paper Rolls

Serves 4

Ingredients:

- 2-3 **Helen's Kitchen™ Curry Flavor Tofu Steaks**, heated or lightly pan fried, cut into thin strips
- 2 tablespoons, shredded or minced pickled **ginger** and **garlic**
- 5 medium (mild) **red chilies**, seeded and thinly shredded
- 1 **Lebanese cucumber**, shredded
- 4 **scallions**, shredded
- 1-2 tablespoon, **lime juice**
- 1 tablespoon **fish sauce** or **sesame oil**
- 12 medium **rice paper wrappers**, hand soak in a warm bowl of water for 30 seconds to soften, then remove and pat dry

Directions:

- Sauté ginger, garlic and chilies in peanut sauce for 1-2 minutes.
- Add Helen's Kitchen™ Curry Flavor Tofu Steaks and continue to sauté until crisp.
- When cool, combine mixture with cucumber, onions, lime juice and fish sauce or sesame oil.
- Place a little of the mixture down the centre of the rice paper, fold the base in and roll the sides.
- Serve rice paper rolls as a starter or light dinner entrée with dipping bowls containing peanut sauce, sweet chili sauce or soy sauce.