

Bleu Cheese Burger

Ingredients

- **4 Wildwood original Burger patties**
- **4 onion burger bun**
- **lettuce**
- **grilled onion**
- **sliced tomato**
- **sliced avocado**
- ***For Blue Cheese Butter:***
4 tablespoons butter
2 tablespoons blue cheese crumbles

Preparation

Set up grill for direct cooking over high heat.

Brush and oil grate before cooking.

Salt and pepper burgers and place on hot grill.

Cook for 4 to 5 minutes per side for medium.

Serve hot on toasted onion roll. Spread with blue cheese butter, lettuce, tomato, grilled onion, and sliced avocado.

Tofu Scramble

Ingredients

- 1/2 yellow onion, diced
- 1/2 tomato, diced
- 1 block *Wildwood* firm tofu
- 2 tbsp oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp liquid smoke
- 1 tbsp soy sauce
- 1/2 tsp turmeric
- 1/4 tsp ground cumin
- salt & pepper to taste

Preparation

Sautee onion, tomatoes until onions are translucent. Crumble up the tofu into large pieces and add to pan with water from tofu package.

Add remaining ingredients, reduce heat to medium and allow to cook 5-7 more minutes, stirring frequently and adding more oil if needed.

Wrap in a warmed flour tortilla with a bit of salsa for a breakfast burrito or top with soy or dairy cheese. Serves two.

Pesto Lasagna

Ingredients

- 2 packages frozen chopped spinach -- thawed and drained
- 2 cups minced onion
- 2 tablespoons olive oil -- divided
- salt and pepper -- to taste
- 1 cup grated parmesan cheese
- 2 cups *Wildwood Pesto* (2 containers)
- 4 pounds part-skim ricotta cheese
- 32 lasagna noodles
- 2 pounds part skim milk mozzarella cheese – shredded

Preparation

In a large, heavy skillet, saute the onions in 1 tablespoons of the olive oil until the onions are soft (5 to -8 minutes). Add salt and pepper in moderate quantities. Remove from heat. Add drained, thawed spinach. Transfer to a large bowl. Add half the grated Parmesan, the pesto and the ricotta. Grind in some extra black pepper. Mix thoroughly. Meanwhile, boil the lasagna noodles until partially cooked. Drain and rinse under cold water.

Coat 2 13" x 9" pans with olive oil. Place a layer of noodles in the bottom of each pan. Spread 1/4 of the filling onto the noodles. Sprinkle 1/4 of the mozzarella over the filling. Repeat with remaining filling and mozzarella. Place a final layer of noodles over that. Sprinkle remaining Parmesan over the top. Drizzle with remaining tablespoon of olive oil. Cover with foil and bake at 350° for 35--40 minutes.

Royal Thai Pasta Salad

Ingredients

- 8 oz. corkscrew macaroni
- 1 small cucumber (quartered lengthwise and sliced)
- 2 medium carrots (cut into long thin strips)
- 1 medium yellow and/or green bell pepper (cut into thin strips)
- 1/2 cup sliced green onions
- 3 Tbsp. snipped fresh cilantro
- 1 recipe Ginger Salad dressing (below)
- 1/3 cup chopped peanuts
- 1/2 pkg *Wildwood Baked Royal Thai Tofu* 3oz (diced)

Ginger Salad Dressing Ingredients:

- 1/4 cup salad oil
- 3 Tbsp rice vinegar
- 2 Tbsp sugar
- 2 Tbsp soy sauce
- 1 tsp grated ginger root
- ¼ tsp red chili flakes

Preparation

Cook pasta according to package directions. Rinse with cold water and drain. Combine pasta and veggies. Add Ginger Salad dressing and toss gently to coat. Cover and chill for 2-8 hours. To serve, toss salad and sprinkle w/ peanuts.

Vegan French Toast

Ingredients

- 2-3 ripe bananas
- 3/4 cup Wildwood Vanilla soymilk
- 1 1/2 teaspoon cinnamon
- 1 teaspoon ground Cardamom (optional)
- bread, any kind is fine
- vegan margarine

Preparation

Blend bananas, Wildwood Vanilla soy milk, cinnamon, and cardamom in blender or food processor and pour mixture into small Pyrex or wide dish.

Dip bread slices into the mix, coating both sides.

Fry in vegan margarine in medium-hot skillet until golden brown.

Serve with maple syrup and slice bananas.

Smoked Tofu Fajitas

Ingredients

- 2 teaspoons olive oil
- 2 cloves garlic, minced
- 2 green bell peppers, sliced
- 2 yellow bell peppers, sliced
- 1/2 onion, sliced
- 1 cup mushrooms, sliced
- 3 green onions, chopped
- Lemon pepper to taste
- 1 pkg *Wildwood Smoked Tofu, Mild Szechuan (sliced)*

Preparation

In a large frying pan over a medium heat, saute olive oil and garlic.

Let the garlic saute for 2 minutes, stir in the green and yellow bell peppers.

Let the peppers saute for 2 minutes, stir in the onion and tofu.

After two minutes add the mushrooms and green onions to the frying pan.

Season the vegetables with lemon pepper to taste and stir well.

Cover the frying pan and cook until all of the vegetables are tender.

Scones

Ingredients

- 4 C flour
- 3 T sugar or maple sugar
- 1 tsp salt
- 1 tsp cinnamon
- 1 tsp cream of tartar
- 2 T baking powder
- 2/3 C butter or margarine
- 1/2 lb Wildwood Plain Tofu, Water Pack-2 Pack Medium
- 2/3 C Wildwood Soymilk
- 1/3 C raisins (optional)

Preparation

Mix the dry ingredients together in a large bowl. Cut butter into dry mixture with a pastry blender or two knives until the mixture resembles coarse flour. Add raisins to dough if desired. Press tofu, then blend tofu in a food processor until smooth. Add soymilk to tofu. Fold tofu mixture into the dry ingredients. When mixture clings together, form into a ball.

Turn dough out onto a lightly floured surface and knead gently 5 or 6 times. Divide dough in half. With a lightly floured rolling pin, roll one half of dough into a 7" round.

Cut into 4 wedges. Repeat with the remaining dough. Place scones 1" apart on a greased baking sheet. Pierce the tops of the scones with a fork, and brush with soymilk, beaten egg, or melted butter. If you desire, sprinkle tops with sugar. Bake at 425 degrees for 15-18 minutes until golden brown. For a different taste, in place of the cinnamon and raisins, add chocolate chips, nuts, fresh blueberries, cheese or your favorite flavorings. Makes 8 scones.

Spring Soup

Ingredients

- **1 C Wildwood Soyogurt, Unsweetened Plain**
- **1 cucumber, peeled and diced**
- **1 avocado, pitted, peeled, and diced**
- **1/2 tsp finely grated lemon zest**
- **1 T lemon juice**
- **1/2 C coarsely chopped fresh cilantro, reserve leaves for garnish**
- **1 jalapeno, seeded and chopped**
- **1 C cold water**
- **1 & 1/2 tsp coarse salt**
- **1/4 tsp fresh ground pepper**

Preparation

Puree ingredients in a blender. Cover with plastic wrap.

Refrigerate 30 minutes.

Divide soup among 4 bowls. Garnish with cilantro leaves.

Hummus Wrap

Ingredients

- 2 heaped tablespoons of your favorite *Wildwood Hummus*
- 2 whole grain tortillas
- ¼ cup grated cheese dairy or vegan
- 1 cup baby spinach
- 1 small carrot—grated
- 1 tomato—chopped
- 4 thin slices of onion
- Sea salt and freshly ground black pepper to season

Preparation

Spread equal amounts of hummus in a horizontal line down the middle of each tortilla.

Arrange the cheese, spinach, carrot, tomato and onion on top of the hummus.

Season with salt and pepper, roll up and cut each wrap in half to serve.

Variations: Wrap other salad vegetables in the hummus – spread tortillas, radish, red and green peppers, avocado and sprouts

Lemon Poppy Seed Muffins

Ingredients

- ½ Lb. Wildwood Soft Tofu
- ½ Cup Wildwood Soymilk
- 2 Tbs Canola Oil
- 13 oz Lemon Poppy seed Dry Muffin Mix

Preparation

Blend the tofu in a food processor until smooth.

Add the soymilk to the tofu and blend to incorporate.

Transfer to a medium bowl and add the oil and muffin mix.

Stir just until all the dry mix is moistened.

Spoon batter into muffin tins lined with cupcake liners.

Bake at 400 degrees for 20-30 minutes.

Tempeh Reuben Sandwich

Ingredients

- 1 package *Wildwood tempeh* /
- 2 slices toasted rye bread
- 1 slice Swiss
- ¼ cup sauerkraut

Russian dressing

- ½ cup *Wildwood Aioli*
- ½ onion
- 1 Tbs horseradish
- 2 Tbs tomato paste

Process all ingredients until smooth

Tempeh Marinade

- 1 Tbs mustard powder
- 2 Tbs garlic powder
- 2 Tbs onion powder
- 2 cups soy sauce
- 2 cups apple juice
- *Marinate tempeh for 1 hr.*

Preparation

Heat oil in a skillet. Add tempeh (do not break apart). Brown both sides for 3 to 4 minutes. Spread dressing on one slice of bread. Next add Swiss cheese and sauerkraut . Last add tempeh and enjoy.

Tofu Tikka Masala

Ingredients

- 5 tsp. lemon juice
- 1 tsp. grated ginger
- 2 garlic cloves, crushed
- 2 green chili, chopped
- 3 tbsp. chopped cilantro
- 1 tsp. chili powder
- salt to taste
- 1/2 lb *Wildwood High Protein Tofu* cut into cubes.
- 2 tbsp. vegetable oil
- 2 onions, chopped in 1-inch long thin slices
- 1/4 tsp. turmeric powder
- 3-4 tbsp. *Wildwood Plain Unsweetened Soyogurt*
- 1/2 cup *Wildwood Plain Soymilk*.
- For Garnishing: Some chopped cilantro.

Preparation

Mix together lemon juice, ginger, garlic, green chili, half of the cilantro, chili powder, salt, and tofu in a bowl . Cover and leave to marinate for an hour. Heat oil in a pan and cook onions for 3-4 minutes on low flame till transparent. Add turmeric powder, Soyogurt, Soymilk and the remaining cilantro. Stir for a few minutes till the sauce thickens. Add the Tofu mixture in the sauce and cook for 5 minutes on medium flame. Adjust the seasoning, serve hot garnished with fresh cilantro with your choice of Indian bread or rice.

Cucumber Dill

Ingredients

- 1 cup chopped seeded peeled cucumber
- 3 tablespoons plain *Wildwood Soyogurt*
- 2 tablespoons olive oil
- 1 teaspoon balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon dried dill

Preparation

*Place all ingredients in a blender and process until the mixture is smooth.
Refrigerate dressing in an airtight container for up to 1 week.*

Pumpkin Bread

Ingredients

Makes 2 loaves

- 1 pkg Wildwood, 2 Pack, Extra Firm Tofu
- 2 C Canned Pumpkin
- 2 C Evaporated Cane Juice or Sugar
- 3 & 1/3 C Flour
- 3 T Dark Molasses
- 2 T Baking Powder
- 2 T Baking Soda
- ½ tsp Salt
- 2 T Cinnamon
- 1 tsp Ginger
- ½ tsp Ground Cloves
- 4 T Fresh Orange Juice
- 12 T Butter

Preparation

Preheat oven to 325 degrees. Grease 2 loaf pans. In a medium bowl cream butter, molasses & sugar with an electric mixer until light & fluffy. Blend tofu in food processor until smooth, add ¼ of the mixture at a time to the creamed ingredients, blending between each addition. Add canned pumpkin and orange juice. Mix well. Sift dry ingredients into a large bowl, add pumpkin mixture & stir well to combine. Pour into loaf pans. Bake 60-70 minutes, or until a toothpick inserted 2" from the side of the pan comes out clean. Cool in pan for 10 minutes, remove and cool on baking rack.

Cheesy Potatoes

Ingredients

- **4 Cups of potatoes**
- **4 Tbs butter or margarine**
- **4 Tbs flour**
- **2 Cups *Wildwood* soymilk**
- **10 oz shredded cheese (soy or dairy)**
- **½ Lb *Wildwood High Protein Tofu***

Preparation

Thinly slice the potatoes.

Place potatoes in a 2-quart saucepan and fill with water until potatoes are covered.

Cook potatoes until just tender and then drain.

Transfer potatoes to a 2-quart greased casserole dish.

To prepare the cheese sauce, melt butter in a medium size saucepan.

Add flour to butter and stir.

Add milk to the flour mixture and bring to a boil.

Reduce heat and add cheese to the sauce, stirring until cheese melts.

Crumble the tofu over potatoes.

Pour cheese sauce over all and bake at 350 degrees for 30-40 minutes.

Makes 12 servings.

Hummus Pizza

Ingredients

- **1 pizza crust (refrigerated pizza dough or box mix)**
- **1 cup Wildwood Hummus any Flavor**
- **2 cups shredded mozzarella cheese (optional)**
- **Vegetables of your choice - onions, peppers, broccoli ,tomatoes**

Preparation

Preheat oven to 450 degrees.

Spread hummus in an even layer over pizza crust.

You want to have the same amount as you would have tomato sauce on a pizza. If you like more, add more. Add mozzarella cheese and chopped vegetables of choice. Cheese and vegetables can be added, omitted, or mixed according to taste. Place in oven and bake on baking sheet for twenty minutes or until crust is golden brown and cheese is melted.

Bruschetta

Ingredients

- 1 French baguette
- 1 container Wildwood Pesto
- 3 Roma tomatoes, seeded and diced
- 1/2 cup Quartered Kalamada Olives
- Parmesan Cheese (optional)

Preparation

Preheat oven to 375 degrees F. Slice bread.

Spread the bread slices out on a sheet pan in a single layer.

Toast in the oven for 3 to 5 minutes, until bread is crispy and light brown.

Remove bread from oven and turn oven to broil.

Spread 1 to 2 tablespoons of Wildwood Pesto on top of each bread slice.

Sprinkle with diced tomato and Kalamada olives .

Top with Parmesan cheese, if desired.

Place bread in the oven under broiler just until cheese melts, about 1 to 2 minutes.

Pesto Stuffed Mushrooms

Ingredients

- **2 dozen Button mushrooms**
- **1 – 7oz cup *Wildwood Pesto***
- **½ cup Parmesan Cheese**
- **½ Italian breadcrumbs**

Preparation

Wash mushrooms and remove stems.

Bake mushrooms at 350 degrees until tender but not soft and mushy (10min).

Fill inside of mushroom with pesto sauce.

Top with Italian breadcrumbs and Parmesan cheese.

Broil for one or two minutes or until tops are golden brown.

Vegan Creamed Corn

Ingredients

- 2 cups frozen corn
- 1/2 cup of Wildwood Soymilk Unsweetened
- 1 cup Wildwood Soy Creamer
- 1 1/2 Tbsp. soy margarine
- 2 Tbsp. flour
- Salt to taste

Preparation

Place the margarine in a pot and melt.

Add flour while stirring continuously, and then add the soymilk and soy creamer.

When thickened add Corn and cook for 3 min. Season with salt and sugar.

If too thick add a little more soymilk.