



Cooked food

Here are some tasty, straightforward, cooked, vegetarian ideas for foods that you can serve with big salads or lightly steamed vegetables. These should help get you on the way to 10 to 12 (servings of vegetables) a day.

A. Tofu (soya bean curd) & grains:

Debate rages about soya as a health food. It does however provide a plant food alternative to meat and fish. It's low in sugar and high in protein.

1. Taifun Organic Tofu Grill Sausages:



There is a plethora of different soya sausages available in health food shops and supermarkets, but these are the ones that I would recommend. (n.b. **Not** the herb sausages which look very similar).

They are made from all natural ingredients and contain no yeast and no fermented food or sauces.

They are also stored in the fridge rather than freezing, which is preferable.

The plastic wrapping may not be ideal, but they are quick and easy to prepare and tasty!

2. Wholemeal pasta and tofu in tomato sauce: (serves 2)



Ingredients: ½ onion, olive oil, 3 medium tomatoes, 180gm plain tofu, 3 handfuls spelt (or other wholemeal – brown) pasta, sea salt & pepper.

Method:

Gently heat a tablespoon of olive oil in a pan. Cut an onion in half. Remove the skin from half the onion and slice. Gently fry in the pan. Cut the tofu and tomatoes in to cubes. Add to the tofu to the pan and stir. Add the tomatoes, more olive oil, salt and pepper and leave to simmer for 10-12 mins, stirring occasionally.

Boil ½ litre of water and add the pasta. Simmer for 6-8 minutes (till tender). Drain the water. Add olive oil and a little salt.

Serve the pasta on plates. Add the tofu and tomatoes. Garnish with fresh herbs if desired.

B. Dishes with eggs and cheese:

1. Ratatouille "cake":



Ingredients:

1 tomato, 1 onion, 1 aubergine, 1 courgette.
3 basil leaves, chervil, salt, pepper & olive oil. 3 (free range) eggs, 150g flour, 12.5cl milk, 100gms of grated Gruyère (or cheddar) cheese.

Method:

Pre heat the oven to 180°C. Peel and cut the vegetables. Put 2cl of olive oil in a saucepan. Gently fry the onions and then add the other vegetables along with two pinches each of salt and pepper. Leave to simmer for 20mins.
Leave to cool. Chop and add the fresh herbs.

In a bowl, beat the eggs and flour. Gradually add 8 Cl. of olive oil and 12.5cl of tepid milk. Add the grated cheese and vegetables.
Place the mixture in an ungreased cake tin or oven dish and cook for 45 minutes.

2. Pizza tart:

Line an 8" flan ring with pastry. Add foil and baking beans, and blind bake. (180° in a fan oven for 10 minutes, then remove the beans and give it about another 3 minutes to dry it out.)

(Or use a 10" ring: use the first quantity for 8", the second for 10")

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| A little butter | Melt in a pan |
| 1 onion, peeled and chopped | Add, fry gently to soften |
| 1 lb (1½ lb) tomatoes, peeled and chopped |) |
| 1 (2) cloves garlic, crushed in salt |) Add, cook. |
| Chopped parsley & thyme |) |
| 2 (3) eggs | Beat in a basin |
| 3 oz (4½ oz.) cheese, grated |) Add |
| Salt & pepper |) |

Add the tomato mixture, and pour the whole mix into the pastry case.

Stuffed olives, sliced) Use to decorate

Bake "in a hot oven" for 30 minutes.
(180°, in a fan oven - to avoid over browning)