

TOFU BURGERS with SLAW TOPPING served with CORN SALAD & WATERMELON

Serves 4-6



Ingredients

TOFU BURGER

- 1 package Extra Firm Tofu
- 1 package of Ezekiel Sprouted Bread English Muffins
- 2 - 3 Avocados (Optional)
- Sauce (Make Your Own)
 - ½ c. Mustard
 - 1 Tbsp Maple Syrup
 - 1 Tbsp Lemon Juice
 - 1 tsp Onion Powder
 - 1 tsp Taco Seasoning
 - ½ tsp Smoked Paprika
 - ½ tsp Dried Oregano
 - ¼ tsp Black Pepper
 - ¼ tsp Ground Thyme
 - ¼ tsp Chili Powder
 - ¼ tsp Cayenne Pepper
 - Water as needed

SLAW TOPPING

- 1 Package Premade Slaw (Or Make Your Own Cabbage & Carrot Mix)
- 1 Package of Vegan Cream Cheese (or Vegan Mayo/Yogurt)
- 1 Tbsp Apple Cider Vinegar
- 1 Tbsp Maple Syrup
- ½ Tbsp Mustard (Organic)
- 1 Package Fresh Dill
- Sea Salt & Pepper

CORN SALAD

- 2 Bags Frozen Corn (Or Canned Corn or Corn Cob) (Non-GMO & Organic)
- Bag of Mini Cucumbers or 2 Regular Cucumbers
- 1 Red Onion
- 1 Package Grape Tomatoes (Or whichever you prefer)
- 1 Bunch Fresh Cilantro
- Sea Salt & Pepper
- Optional Additions
 - Seasonings: Cumin, Salt, Pepper
 - Bell Pepper
 - Jalapeno
 - Beans

WATERMELON (as big or small as you want)

Instructions

TOFU BURGER

1. Cut **Extra Firm Tofu** into square slices about ½ in thick.
 - a. On a heated and oiled skillet, cook both sides of Tofu until golden brown.
2. Defrost and cook **Ezekiel Sprouted Bread English Muffins**
 - a. Cook bread however available, oven, stovetop, toaster, broiled.
3. Make your own sauce in a bowl or liquid measuring cup
 - a. Use **Mustard, Maple Syrup, and Lemon** as the base
 - b. Then add the seasonings based on your taste preferences
4. Cut lengthwise around **Avocado** to open
 - a. Slice the **Avocado** lengthwise
5. Place **Bread** on a plate, top with **Avocado** and **Sauce**, add **Tofu Burger**, then add more sauce on top if you like it saucy.

SLAW TOPPING

1. Open bag of **Prepared Slaw** and put into a large serving bowl
 - a. If making your own grate carrots and cabbage or cut very thin
2. In a separate bowl, mix **Vegan Mayo Yogurt, or Cream Cheese, Apple Cider Vinegar, Maple Syrup, Mustard, Sea Salt, and Pepper** together until you have a creamy mixture.
3. Chop up **Fresh Dill**
 - a. Then add and mix into the vegan cream mixture.
4. Pour the vegan cream mixture over the **Prepared Slaw**
 - a. Mix together until you have a creamy slaw
5. Add **Creamy Slaw** on top of **Tofu Burger**

CORN SALAD

1. Add **Corn** to a large serving bowl
2. Dice aka cut into small squares **Cucumber, Red Onion, Tomato**
 - a. Add to bowl with **Corn**
3. Chop the **Cilantro**
 - a. Add to bowl with **Corn, Cumber, Red Onion and Tomato**
4. Season with **Sea Salt & Pepper**
 - a. Add whatever other optional toppings at this time
5. Stir all together!
6. Serve **Corn Salad** on the plate beside your **Tofu Burger**

WATERMELON

1. Cut **Watermelon** in half and then into half again
2. Dice aka (cut into cubes) **Watermelon** then gently cut off the rind
3. Serve **Watermelon** on plate with **Tofu Burger** and **Corn Salad**

ENJOY! 😊