

Roasted Red Pepper Hummus

Yield: 4 cups

Ingredients

- 1 cup Roasted Red Peppers
- 3 cups Garbanzo Beans, Rinsed & Drained
- ¼ cup Lemon Juice
- 1 Tbsp Olive Oil
- ¾ cup Tahini
- ¼ tsp Cumin
- 2 Garlic cloves (or to taste)
- 1 tsp Salt
- 1/8 tsp Cayenne
- 1/8 tsp Citric Acid - optional

Drain roasted red peppers well & place in food processor. Add remaining ingredients & process until smooth.

Scrambled Tofu

Ingredients

- 1 pound very firm tofu*
- ¼ cup cashews
- ½ cup water
- 1 ½ Tbsp McKay's Chicken Seasoning
- ½ Tbsp Nutritional Yeast
- ½ tsp Onion Powder
- ¼ tsp garlic powder
- ½ tsp Lemon Juice
- 1/8 tsp Turmeric
- ¼ tsp Salt (optional)

Press the tofu between paper towels to absorb some of the water. Crumble to consistency of cottage cheese.