

English Breakfast

Baked Tomatoes

Serves 4

4 tomatoes
1 t Mexican or Italian seasoning
1-2 T rice parmesan "cheese"

Preheat oven to 400 degrees. Slice tomatoes in half and place open side up in a baking dish. Sprinkle with seasoning and "cheese." Bake for 20-25 minutes until tomatoes are slightly soft.

Tofu Breakfast Scramble

Serves 3-4

1-2 T water
½ onion, diced
1-2 cloves garlic, pressed
½ red bell pepper, diced
1 pound firm tofu, rinsed and drained
1 t turmeric
1 T Italian seasoning
1 T fresh parsley, chopped
1 T tamari or 1 teaspoon sea salt

Sauté onion and garlic in 1-2 T water until onions are soft. Add pepper and cook 1-2 minutes. Crumble tofu into pan and sprinkle with herbs and salt/tamari. Mix in spices. Stir fry until the tofu browns slightly: there should be no liquid in the scramble. Serve immediately.

Baked Beans

3-4 servings

1 15 oz can vegetarian baked beans

Heat baked beans in a saucepan over medium-low heat until warm.

Breakfast Sausages

Serves 4

1 8-10 oz package of vegetarian breakfast sausages, links or patties (tofu or wheat gluten based)
1 t safflower oil

Heat the oil in a skillet over medium-high heat. Add the sausages and brown on both sides.

For more information see: www.e2se.org