**Rosemary Potatoes (by Chef Miguel Larcher)**

4 potatoes cut into 8 wedges

2 t rosemary, finely chopped

3 T olive oil

2 T nutritional yeast flakes

1 t garlic powder

2 T nutritional yeast flakes

1 t Tony Creole seasoning

Preheat oven to 475 F. Mix potatoes with seasonings (except salt), and place on a parchment paper-covered baking sheet. Bake for 15 minutes, then sprinkle salt over potatoes and continue to bake until potatoes are golden and crispy.

**Scrambled Tofu (by Chef Miguel Larcher)** – 4 servings

1-14 oz Firm tofu

2 T olive oil

¼ c diced onion

3 cloves garlic, minced

2 T diced celery

2 T diced green onion

¼ c diced green bell pepper

2 T nutritional yeast flakes

¼ t kosher salt

1 dash sage

¼ t Italian seasonings

½ t turmeric

1T fresh basil, shredded

Sauté with oil in a skillet onion, bell peppers, and celery until onion is translucid, then add garlic.

Drain water from tofu.  Mash tofu with a fork or potato masher into a small bowl. Add crushed tofu to skillet.  Add green onion. Add seasonings, except basil. Cook on low heat for 5 minutes, add basil, and cook for another 5 minutes. Delicious! Bon Appetit.

**Coconut Cinnamon Lime Oatmeal (by Chef Miguel Larcher)** – 2 servings

2 c soy milk

2 T sweetened coconut

1 T coconut milk of your choice

1 lime rind, grated

3 T brown sugar

1/8 t ground cinnamon

1 c quick oats

In a saucepan pour soy milk and then add the rest of the ingredients. Cook on medium heat for 10 minutes. This oatmeal will call you back for more! What a way to start your day with such a treat!

Tres bon! Bon Appetit!

**Pancakes (by Chef Miguel Larcher)**

1 ½ c white unbleached flour

½ cwhole wheat flour

2 T baking powder

¼ t Baking soda (optional)

1/8 t of cinnamon

½ t lime zested

2 t vanilla

1 t of salt

4 T of brown sugar

2 c soy milk

3 T vegan butter melted

In a medium bowl add flour, sugar, baking powder, baking soda, salt, and stir to combine. In a separate bowl add milk, apple cider, vanilla, lime zest, cinnamon. Pour liquid mixture to dry mixture and whisk - it is okay if there are lumps. Rest batter for 5 minutes. Pour about ½ cup of batter onto a nonstick pan on medium heat. When the top begins to bubble, flip the pancake and cook until it has a nice color.