

Grated Potato Gratin

This interesting and versatile dish comes from Joanne Stepaniak's "Uncheese Cookbook." Cheezy grated potatoes and onions are baked and served in wedges. The gratin may be used as a main dish, plain or garnished with applesauce, Tofu Sour Cream, or ketchup. It can also be used as a "crust" and topped with bite-size, assorted mixed vegetables, lightly seasoned with lemon juice or stirred into a rich, non-dairy cream sauce.

1 large red or yellow onion, grated
3 medium potatoes, peeled and shredded
4 Tbsp. nutritional yeast flakes
1 Tbsp. unbleached all-purpose flour
½ tsp. salt
¼ tsp. dried thyme leaves
pinch of freshly grated nutmeg or ground nutmeg
freshly ground pepper to taste

Preheat oven to 400 degrees F.

Place the onions and potatoes in a large bowl and mix together. Sprinkle the remaining ingredients over the vegetables and mix thoroughly, using your hands if necessary, to distribute the seasonings evenly.

Spoon the mixture into an oiled or non-stick 10-inch pie plate, spreading and patting it out as evenly as possible over the bottom and up the sides of the pan.

Bake for 40-45 minutes, until firm and golden. Serve in wedges, hot or at room temperature.

Tofu Sour Cream

This non-dairy, sour cream substitute is just as flavorful and versatile as its dairy counterpart and a snap to prepare, even at the last minute. Try adding some fresh or dried dill weed for a tasty baked potato topping or some snipped chives, dried onion flakes, and a bit of garlic powder to create the ever popular "onion dip" for chips.

1 (10.5 oz) pkg. Silken tofu, drained and crumbled
2 Tbsp. canola oil (optional)
1 Tbsp. fresh lemon juice
1 Tbsp. brown rice vinegar
1 tsp. brown rice syrup
½ tsp. apple cider vinegar
½ tsp. salt

Process all the ingredients for several minutes in a blender or food processor until completely smooth. Store in the refrigerator.