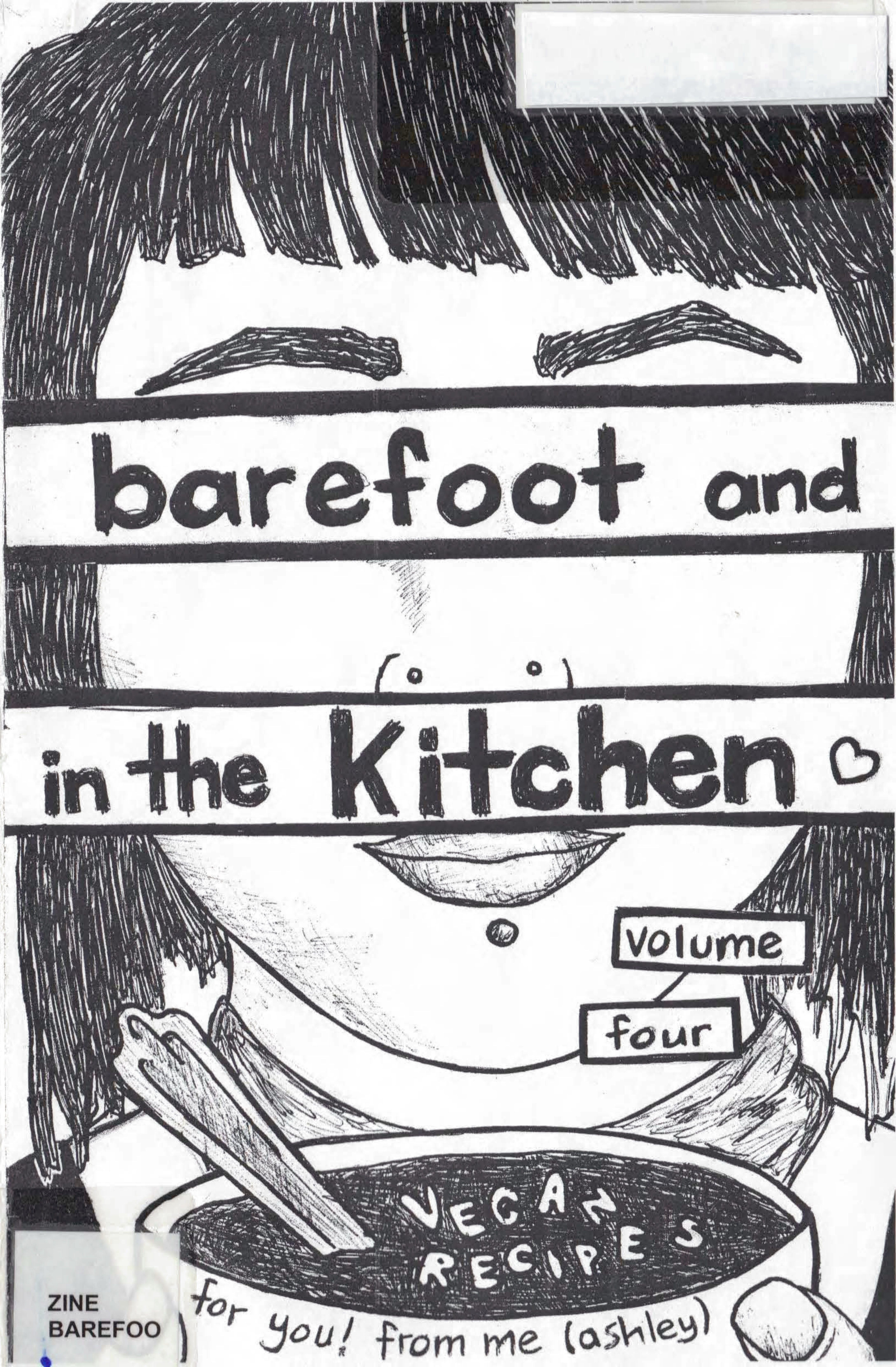


© fall 2007 oakland, ca copy for friends, not for profit ♡



ZINE
BAREFOO

VEGGIE DELIGHT
17823 Chatsworth St.
Granada Hills (818)360-3997

See Garden Wok!
-all vegan-

GARDEN WOK
6117 Reseda Blvd.
Tarzana (818) 881-8886

Chinese with lots of mock meats
and lots of variety. And nice
people.
-all vegan-

ENGFER PIZZA WORKS
537 Seabright Avenue
Santa Cruz (831) 429-1856

Pizza and lots of beer, by the
beach!
-omnivorous, vegan friendly-

GET IN TOUCH!

you know you wanna talk to
me - about restaurants, recipes,
nothing that has anything to
do with food. email me:

socialobscurity@yahoo.com

also, be friends with my
myspace for the remote
possibility of updates. or
whatever.

www.myspace.com/barefootandinthekitchen

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Hey, thanks for picking up this fourth volume of Barefoot and in the Kitchen. It's been awhile, eh? Sorry about that. Life has been busy, and I couldn't bring myself to write another 'obligatory introduction'. I put it off and put it off for like a year and a half. Then I just came up with a to do list for y'all instead! Because everyone could use a little guidance, right? Not you? Well then skip this part, whatever. Fine.

p.s. the introduction isn't really why this took me so long, but I had to make up some kind of excuse, didn't I?

TO DO

- FORGET EVERY BAD THING I EVER SAID ABOUT BROWN RICE
- START HAVING YOUR OWN VEGAN POTLUCKS! IT'S A GOOD WAY TO MAKE FRIENDS, EAT DELICIOUS FOOD, + SHOW EVERYONE ELSE THAT VEGANS HAVE MORE FUN
- START YOUR OWN COOKZINE! I'VE KNOWN SEVERAL PEOPLE WHO'VE DECIDED TO PUT DOWN THEIR OWN RECIPES WITH SOME FANCY (OR NOT) FORMATTING LATELY, + REALLY, I DON'T THINK THERE COULD EVER BE TOO MUCH VEGAN FOOD OR TOO MANY ZINES IN THE WORLD. SO GET ON IT.

LA VIE
429 Front Street
Santa Cruz (831) 429-ORGN

Mostly-raw, pricey but impressive food.
-all vegan-

VEGGIE & TEA HOUSE
641 Arrow Highway
San Dimas (909) 592-6323

An oasis of big, beautiful portions for good price.
-all veg., mostly vegan-

SOJOURNER CAFÉ
134 E. Canon Perdido St.
Santa Barbara (805) 965-7922

Somewhat fancy, sometimes overpriced, quite delicious.
-omnivorous, vegan friendly-

BLACK CHINA BAKERY
1211 Soquel Avenue
Santa Cruz (831) 460-1600

Fuckin' cakes and cupcakes! Weird hours, so call, maybe.
-omnivorous, vegan friendly-

HUMPHREY YOGART
4574 Van Nuys Boulevard
Sherman Oaks (818) 906-2490

Vegan frozen yogurt with lots of blend-ins. Open pretty late.
-omnivorous, vegan friendly-

HERBIVORE
983 Valencia Street
San Francisco (415) 826-5657

Nice-ish vegan dishes with good sammiches and cocktails.
-all vegan-

HERBIVORE (again!)
531 Divisadero
San Francisco (415) 885-7133

See above!
-all vegan-

HERBIVORE (x3!)
2451 Shattuck Avenue
Berkeley (510) 665-1675

See above!
-all vegan-

GRANDMA'S THAI
13230 Burbank Blvd.
Van Nuys (818) 785-9036
Thai with a variety of specials and willingness to accommodate.
-omnivorous, vegan friendly-

GREAT WALL
6247 College Avenue
Oakland (510) 658-8454
Chinese food with cheap, tasty lunch specials. Ask for no egg in the soup.
-omnivorous, vegan friendly-

additions? contact me! →

Risk Is This.
Mission St., 401-7987, Fri-Sat 8pm, \$15
Sean Owens and Alexi stage some old-fashioned radio theater form of *The Miracle* dedicated to Christmas and 8 with Christine

MILLENNIUM
580 Geary Street
San Francisco (415)345-3900
Please take me on a date here. I've never been because I can't afford it. I am serious.
-all vegan-

DHARMA'S
4250 Capitola Road
Capitola (831) 462-1717
Hippie veg. food with good desserts and bottled beer.
-all veg., vegan friendly-

FOLLOW YOUR HEART
21825 Sherman Way
Canoga Park (818)340-3240
Vegetarian market & restaurant. Makers of the famous 'vegan gourmet' cheese!
-all veg., vegan friendly-

SIPZ FUSION CAFÉ
5501 Clairemont Mesa Blvd.
San Diego (858) 279-3747
Mostly Asian food with a focus on mock meats, which you can also take home frozen.
-all veg., mostly vegan-

FELLINI
1401 University Avenue
Berkeley (510) 841-5200
Incredible weekend brunch, good semi-pricey food all the time.
-omnivorous, vegan friendly-

MAGGIE MUDD
903 Cortland Avenue
San Francisco (415)641-5291
Vegan ice cream! Sundaes, floats, waffle cones! Etc!
-omnivorous, vegan friendly-

ARIZMENDI BAKERY
1331 9th Avenue
San Francisco (415)566-3117
Collectively-run bakery with a bunch of vegan treats.
-omnivorous, vegan friendly-

ARIZMENDI OAKLAND
3265 Lakeshore Avenue
Oakland (510) 268-8849
See above!
-omnivorous, vegan friendly-

VEGAN EXPRESS
3217 Cahuenga Blvd.
Los Angeles (323)851-8837
May or may not really be all vegan. See:
www.livingvegan.com/articles.html
-supposedly all vegan-

REAL FOOD DAILY
514 Santa Monica Blvd.
Santa Monica (310)451-7544
Kinda snobby (at least to punk kids), but good, organic food.
-all vegan-

MAGGIE MUDD
903 Cortland Avenue
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Vegan ice cream! Sundaes, floats, waffle cones! Etc!
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Santa Monica (310)451-7544
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-all vegan-

- READ, GODDAMMIT! FOR THOUSANDS OF DIY, RADICAL, UNDERGROUND, ANIMAL RIGHTS, ANARCHIST, FEMINIST, FABULOUS PUBLICATIONS, VISIT:

AK PRESS: www.akpress.org
and **MICROCOSM:** www.microcosm publishing.com

(BUT YOU KNEW THAT, RIGHT?)

- SUPPORT PRISONERS ('POLITICAL' + OTHERWISE) BY WRITING LETTERS, SENDING BOOKS, ETC. (MAKE SURE TO FIND OUT WHAT YOU CAN + CANNOT SEND FIRST!)

- WRITE ME TONS OF EMAILS ABOUT YOUR FAVORITE RESTAURANTS, YOUR FAVORITE BANDS, THE WORD OF THE DAY, WHATEVER. (PLEASE DO NOT SERIOUSLY SIGN ME UP FOR ANY WORD OF THE DAY EMAILS) ALSO, IF YOU COMPLETE YOUR START-YOUR-OWN-COOKZINE TASK, GET IN TOUCH + SEND ME ONE! I'LL TRADE YOU OR SOMETHING.

NOW, GO! YOU'VE GOT A LOT OF WORK TO DO. OH, BUT READ THIS ZINE FIRST. ♡

recommendations? questions?

3



THREE BEAN SALAD WITH AVOCADO VINAIGRETTE

My friend Cassandra kind of made up the idea of mashing some avocado into salad dressing and tossing it with a bean salad for one of our potlucks. I kind of tried to eat all of it, but stupid other people kept taking their fair share. Then I decided to just make up a recipe for dressing and throw this together myself whenever I want. And not share.

- 1 can garbonzo beans (chickpeas)
- 1 can kidney beans
- 1 Cup cooked, chopped green beans (cold)
- ½ avocado
- ½ small red onion
- 3 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- salt and pepper
- onion and garlic powder (optional, I guess)

Drain and rinse the garbonzo and kidney beans, and combine in a large mixing bowl with the green beans.

Cut the red onion into small, thin pieces, and mix with the beans.

Take ¼ of the avocado (half of the half, get it?), or more if you like, and mix with the beans and the onion. You can cut it into slices or chunks, or mash it up. Do whatever you want. It's ok.

Now make your dressing! Mince the garlic into incredibly tiny pieces, and stick it in a glass or bowl. Mash the rest of your avocado up and put this in with the garlic, as well as the oil and vinegar. Whisk together thoroughly (I use a fork for this), until the mixture is creamy and mostly smooth. Add all the spices to taste, and then pour over the bean mixture. Quick, before it separates!

Mix it all up, and sprinkle on some more salt and pepper, as well as the onion and garlic powder if you want. Taste it. And serve that shit cold outta the fridge.

RESTAURANT GUIDE ♥

MALABAR/ASIAN ROSE

514 Front Street
Santa Cruz (831) 423-7906
Asian Rose: open for lunch with incredible Sri Lankan combo plates. *Malabar*: Open for a more expensive dinner in the same location.

-all veg., vegan friendly-

PIZZA PLAZA

6211 Shattuck Avenue
Oakland (510) 420-1422

Awesome vegan pizza, family owned and operated.

-all veg., very vegan friendly-

NABALOM BAKERY

2708 Russel Street
Berkeley (510) 845-2253

Collectively run, rad bakery.

-omnivorous, vegan friendly-

JUMPING MONKEY

418 Front Street
Santa Cruz (831) 466-9770

Indian food café in a show venue and dance space.

-all vegan-

BOBBY G'S PIZZA

2072 University Ave.
Berkeley (510) 665-8866

Vegan pizza, Caesar salad, etc. Friendly and accommodating.

-omnivorous, vegan friendly-

NATIVE FOODS

1110 ½ Gayley Avenue
Los Angeles (310) 209-1055

Vegan 'bowls' and lots of tasty fried foods and sauces, as well as healthy stuff.

-all vegan-

PEOPLE'S DONUTS/ ECLAIR BAKERY

2565 Telegraph Avenue
Berkeley (510) 848-4221

Vegan donuts that are taking over the Bay Area.

-vegan donuts, omni bakery-

LAYONNA'S

443 8th Street
Oakland (510) 763-5289

Vegetarian market, filled with mock meats, noodles, and more.

-all veg., mostly vegan-

MAO'S KITCHEN

7315 Melrose Avenue
Hollywood (323) 932-9681

Chinese food with awesome décor. Most dishes made vegan upon request.

-omnivorous, vegan friendly-

GELATERIA NAIA

2106 Shattuck Avenue
Berkeley (510) 883-1568

Vegan gelato! Non-bone char refined sugar!

-omnivorous, vegan friendly-

It didn't seem possible that the series

of the new 30th-anniversary DVD edition fans Naanton Wayne and Basil Radi of *Close Encounters Of The Third Kind* for at least giving viewers a choice; unlike with, say, George Lucas' hideous *Star Wars* trilogy facelifts, no one version has been banished for the sake of another. Even though a stunning blow to the head

(the new) CALIFORNIA

FEATURE

4

TOFOO COM CHAY

388 E. Santa Clara St.
San Jose (408) 286-6335

A shitload of mock-meats, pho, and more.

-not quite entirely vegan-

SATURN CAFE

145 Laurel Street
Santa Cruz (831) 429-8505

Super-hip, all-vegetarian diner. Open late.

-all vegetarian, vegan friendly-

LANESPLITTER

2033 San Pablo Ave.
Berkeley (510) 845-1652

Pizza, salad, beer and wine. They make their own 'notta ricotta' cheese.

-omnivorous, vegan friendly-

LANESPLITTER (again!)

4799 Telegraph Avenue
Oakland (510) 653-5350

See above!

-omnivorous, vegan friendly-

GOOD KARMA

37 South First Street
San Jose (408) 294-2694

From Asian to American comfort food, with lots of mock meats.

-all vegan-

GOLDEN LOTUS

1301 Franklin Street
Oakland (510) 893-3083

Chinese with lots of mock meats, veggies, and variety.

-all vegetarian, some dairy-

GOLDEN ERA

572 O'Farrel Street
San Francisco (415) 673-3136

See Golden Lotus!

-all vegetarian, some dairy-

WILDFLOWER CAFE

1604 G Street
Arcata (707) 822-0360

Decent food, one of the only veg. restaurants around.

-all veg., vegan friendly-

VEGAN PLATE

11943 Ventura Blvd.
Studio City (818) 506-9015

Chinese with lots of delicious combos.

-all vegan-

VEGAN GLORY

8393 Beverly Blvd.
Los Angeles (323) 653-4900

See Vegan Plate!

-all vegan-

'KARMA' SPRINKLES

A sort-of substitute for parmesan cheese- as in, you can use it in the same situations, but don't expect it to taste the same. I'm not sure if the name of this recipe refers to the good karma you'll have for not eating real cheese, or the bad karma I'll have for blatantly ripping off a similarly-named, very expensive product that I like to eat but don't like to pay for. Wait a second, I don't think DIY is every bad karma. Nevermind.

- ½ Cup chopped walnuts
- ½ Cup nutritional yeast
- ½ Tsp. salt

Find some way to crush the shit out of the walnuts. You could use a food processor if you have one, or do it old-school style with a mortar and pestle (that would rule), or find some even more crafty DIY way to do it, like using a hammer, or the bottom of a small jar, or some kind of handle of something. Or whatever.

Once the walnuts are sufficiently pulverized, mix in the salt and nutritional yeast.

Store in an airtight container in the fridge.

not in mah bucket!



(Oh yeah, I



HA!

CALIFORNIA, ELECTRONICS



NO-MEAT MEATY MEAT SAUCE

This is the super-simplest, totally easy and delicious meaty pasta sauce. You can add whatever veggies you want (I think traditional ragu contains sautéed carrots and onions), but I like my non-meat straight up, with no distractions.

- 1 15 oz. can tomato sauce
- +/- 5 cloves of garlic, minced
- ½ Cup hot water
- ¾ Cup TVP (textured vegetable protein)
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 1 fresh basil leaf, chopped
- 3 tbsp. nutritional yeast
- 2 tbsp. olive oil
- salt and pepper to taste

Start by sautéing your garlic in the olive oil, stirring and cooking until soft.

In the meantime, add the hot water to your TVP in a small bowl and mix, and give it a minute to absorb and become... not so dry.

Once the garlic is cooked and the TVP is not-so-dry, add the TVP into the pan and cook it for a minute or two with the garlic, adding some of the spices at this point if you'd like.

Then, add the tomato sauce, basil and the remainder of the spices and simmer over medium heat for a good few minutes so the sauce can absorb all the good flavors and the TVP gets all saturated with everything and whatnot.

***Ridiculously useful tip:** you can double or triple this recipe to use as the meat sauce in a lasagna recipe (like the one in volume one of this zine. cough. triple it. ahem.)

pants and 1 pair of shoe covers.
Fits up to size 12. Imported.

DQ-HA00008

\$39.95 Set

NEW! Pirate Adult Men's Costume Includes polyester head sash, shirt, coat, waist sash, belt and 1 pair of shoe covers. One

NEV
Set s
16 di
invita
(40 p
DQ-7

organic cider and cashews, too.

\$4 *Ridiculously useful tip: As an alternative to pre-made broth, you can cover the potatoes with water and add one or two vegetable boullion cubes in order to make a broth that way.

SHEPARD'S PIE

I have to admit, I've never eaten 'real' shepard's pie, with the meat and whatnot. This is neither an apology nor an excuse though. Actually, maybe it is an excuse. An excuse for how delicious this vegan version is.

- 3 Cups frozen mixed veggies (I like the kind that comes with corn, carrots, peas and green beans or lima beans)
- 1 ½ Cups (one 12 oz. package) fake meaty crumbles
- ½ Cup margarine
- 1 ½ Cup vegetable broth
- 3 Tbsp. flour
- 1 small onion, diced
- 3 cloves garlic, minced
- 3-4 potatoes (I leave the skins on)
- 2 (more) Tbsp. margarine
- 2/3 Cup soymilk
- salt and pepper to taste
- dash of nutritional yeast (optional-ish)
- medium sized casserole pan

Melt the ½ cup margarine in a sauce pan and sauté the onion and garlic in it. Once the onion and garlic are soft, add the flour and whisk until thoroughly mixed. Then, whisk in the vegetable broth and keep stirring over medium heat until the mixture thickens and becomes creamy. Once it's all creamy and lovely, pour over a mixture of the frozen veggies and 'meat' in the casserole pan and mix well, adding some salt and pepper as you go.

Meanwhile, chop and boil the potatoes to make mashatatoes. When they are cooked (like enough to cut them easily with a fork), mash them thoroughly- an electric mixer really works best for this- with the 2 tbsp. margarine, soymilk, and some salt and pepper.

Spread mashatatoes over meat/veg layer in the casserole pan, creating a thickish layer on top.

Sprinkle on some nutritional yeast and bake, uncovered, for 30-35 minutes at 350° until the top is a little crispy. Slop it onto a bunch of plates and feed all your friends.

LEMON CAKE

This is a modified version of a vanilla cake recipe that was initially made for a birthday celebration. Vanilla cake is good, but seriously, lemon cake... it's just more interesting. Slather this with the creamy vanilla frosting whose recipe follows.

- 2 ½ Cups flour
- 1 ½ Cup sugar
- 1 ½ Tsp. baking soda
- ¾ Tsp. salt
- 1 ½ Cup warm water
- ½ Cup vegetable oil
- 1 Tbsp. vanilla
- 1 ½ Tsp. vinegar
- zest and juice of one lemon*
- 2 8" cake pans

Mix the flour, sugar, baking soda and salt in a large mixing bowl. Pour in the water, vanilla, oil, vinegar and lemon juice/zest, stirring until all is thoroughly mixed.

Pour half of the batter into each (greased!) cake pan, and bake for 30-40 minutes at 350°

until a toothpick can be stuck in the center and come out clean.

After both cakes are TOTALLY cool, spread frosting on the top of one, then set the other cake on top of it and frost the outside with CREAMY VANILLA FROSTING.

What's Infesting Our Houses?

Interested buyers

Track lighting

One cockroach

*Lemon zest is basically the little shredded peel-y parts of lemon that go in baked goods. To get this, I usually just use a small grater and grate the entire outside of the lemon. There are also little 'zesting' tools though, if you're into that sort of thing and have the money/motivation to get one.

Now you can also start crumbling your bread into the lentil mixture. This is exactly what it sounds like- using your hands to crumble your bread slices into as small of crumbs as possible into the lentils so you can stir it all up and they'll assimilate into something semi-homogenous. I tend not to use the crusts for this, because they're a little harder to get to crumble right, but you can do whatever you want. Maybe you're a crust person, who knows. At this point, I start using my hands to sort of squish/knead the mixture, because it should really be too thick to stir. As you're doing this, add your spices to taste. It's not gross to taste the lentil much before it's fried into burgers- it's actually delicious. Like I always say, taste as you go, and you're probably gonna want more spices than you think you need.

Once your mush is all flavored and mixed, it's time to fry! Put a thin layer of oil in a pan (this is where I add the Braggs actually too. I know



oil and 'water' don't mix, but sometimes I just say fuck it, you know?) and heat on medium-high heat for a minute or two. Form your burgers like you would any other- into little flattish patties that will fit in their buns. Fry for several minutes on each side, until the outside is slightly crispy, the inside is warm, and hopefully they're not falling apart. Serve 'em up!

LENTIL BURGERS

This is a recipe my old roommate and I came up with after we found some vegan hamburger buns (and a whole bunch of other bread. And some out of date tabloid magazines...) in the trash. We needed something to fill them with (the buns, that is), and thus the burgers were born. Serve 'em with home fries, and top with pickles and ketchup (and lettuce, sprouts, tomatoes, onions... you know the drill).

- 1 ½ Cup lentils
- 3 Cups water
- 1 boullion cube
- ½ onion, chopped small
- 2 carrots, chopped small
- 2 cloves of garlic, minced
- 2 Tbsp. olive oil
- 1 Cup(ish) corn (I use frozen)
- about 2 ½ slices of bread (dark breads work well, I think)
- oil to fry in
- Braggs liquid aminos (optional, I guess)
- Spices of your choosing. My choosing involves salt, pepper, garlic and onion power, nutritional yeast, maybe cumin...
- Buns or other bread of some sort to make sammiches on

Start out by boiling your lentils in the water+boullion in a covered pot over medium heat until they get soft. I mean like, really soft, like you can't differentiate the individual lentils anymore and they're just like this legumey mush. This will go faster if you've soaked your lentils for a few hours first, but I never do this, so you don't have to either, if you don't want.

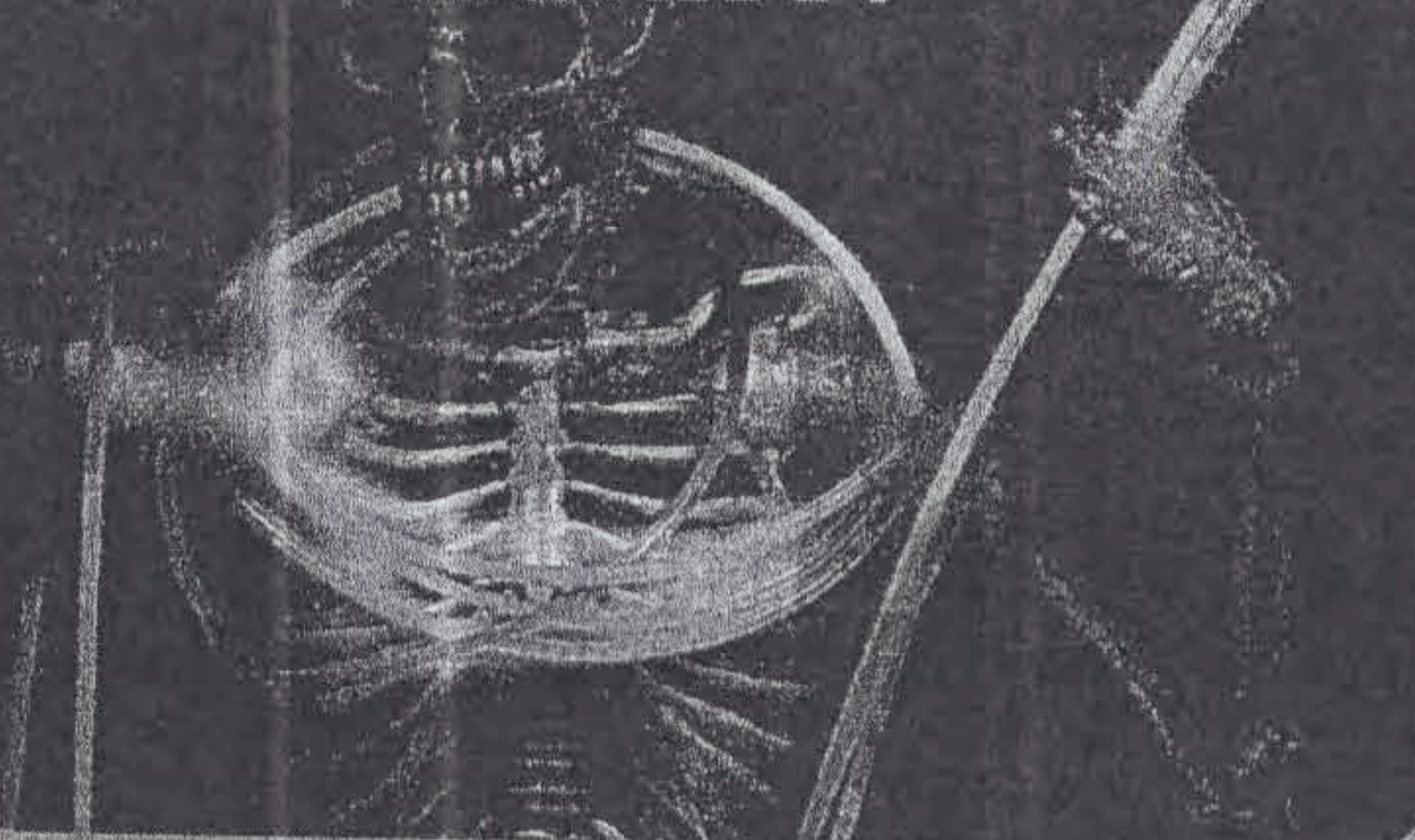
While the lentils are mushifying, start preparing your other veggies. Saute the onion, garlic and carrot in the olive oil until all are soft. Once the lentils and the other veggies are all cooked, mix them up, and add the corn at this point too.

NECKLACES

Hand them out at parties and parades! Plastic. (50 pcs. per unit) 22"

DQ-24/1168
\$39.95 Unit

SAFETY!



Necklace Party Pack
partygoer one of these
necklaces not individually
026 11 5 Dz. Asst.



CREAMY VANILLA FROSTING

This is a good all purpose frosting, and is the recipe I probably should have included with the cinnamon buns in volume one, but I didn't, and you were on your own for awhile there, so ha. Anyway, if you don't have/can't find vegetable shortening, it's ok to substitute it with more margarine, but who wouldn't prefer a little variety, right?

- ¾ Cup vegan margarine
- ¼ Cup vegetable shortening
- 3 Cups powdered sugar
- 1 Tbsp. vanilla
- 1 Tbsp. soymilk

Whip together the margarine and shortening for several minutes (yep, several minutes) with an electric mixer of some kind, until they start to become fluffy and no longer dense. Slowly add the powdered sugar, then the vanilla and soymilk, and beat for another minute or so.

through
and-up

a crockpot.

We've just left the Comedy Works, where Fitzgerald did nearly an hour of stand-up. Abuzz over having his first DVD filmed, he's spent an hour

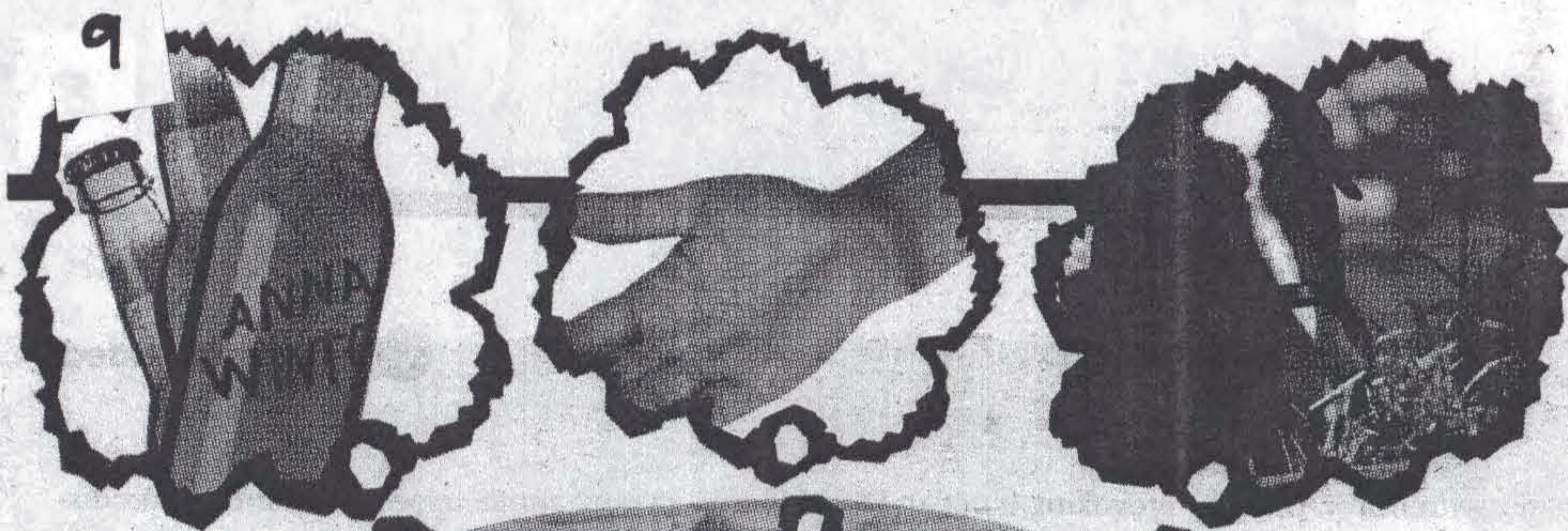
crockpot." As Fitzgerald sometime quips on stage, "It's not a joke yet but it's a good story."

FROM WHENCE HE CAME

* Ridiculously useful tip: NEVER put this on a cake/cupcake/cinnamon bun that isn't  100% cool unless you want frosting soup (delicious, but completely impractical).

was OK? It was good?"

late mother lives on—smokin



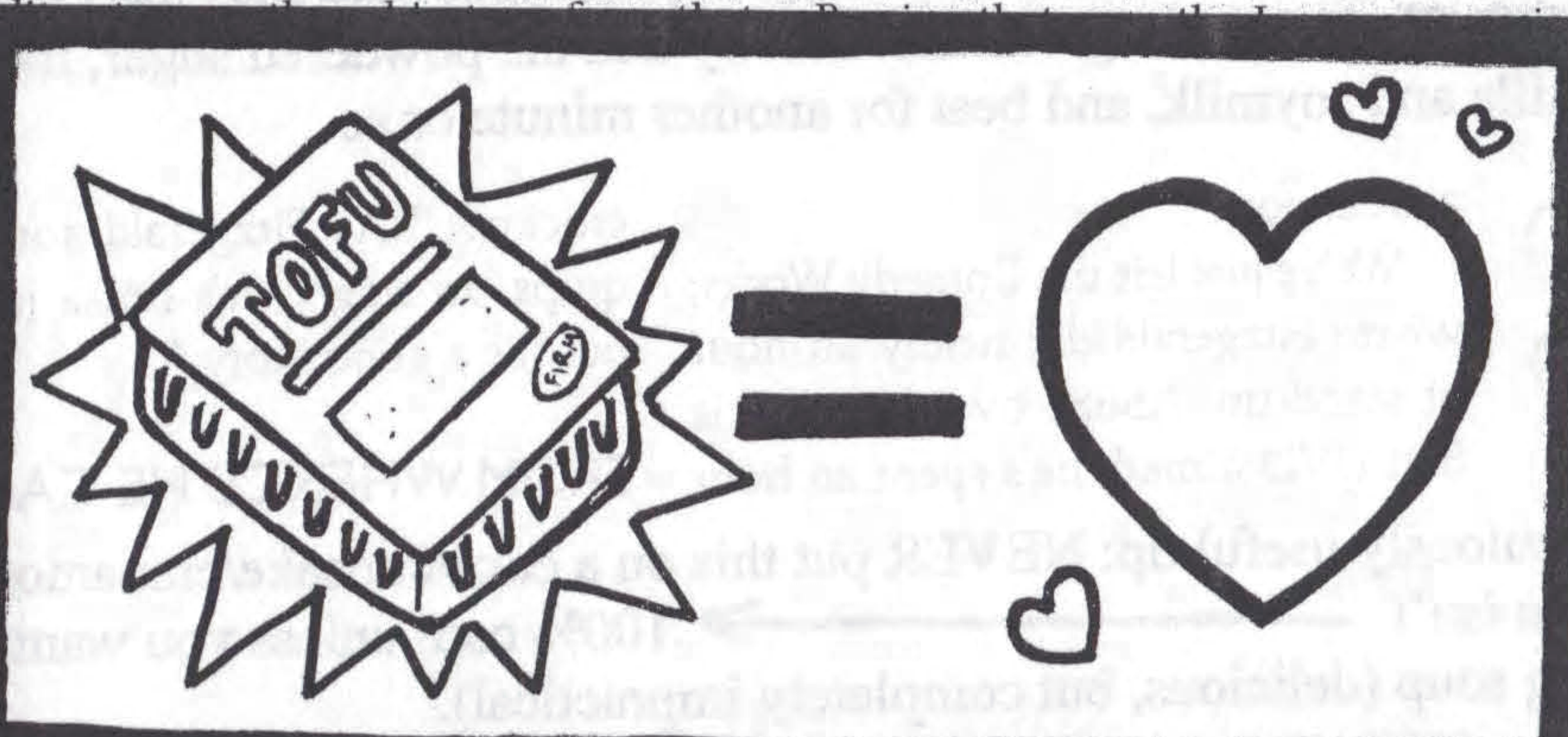
TOFU SPREAD

This recipe was inspired by the one we used to make the tofu spread we put on bagels and sammiches at an ex-employer of mine. I have to say, other than learning to do dishes extremely efficiently, this is by far the best thing that came out of that job. Spread this shit on bagels, burgers, sammiches... whatever. Or dip French fries in it. That's the best.

- 1 block firm tofu
- a handful of cashews
- 2 cloves of garlic
- ½ tsp. salt
- ¼ tsp. pepper
- ½ tsp. onion powder
- ¼ tsp. garlic powder (optional, in case you don't like garlic as much as you should)
- sprinkle of nutritional yeast, if you feel like it

Basically, throw all this shit in a blender or food processor, and blend until the cashews and garlic cloves are all annihilated (or at least in really small pieces), and... that's it.

Now make some lentil burgers so you have something to spread it on.



SPANISH RICE

This is a recipe adapted from my mom's, which would be vegan except for all the ground beef in it. But who'd miss that anyway? If you're dead set on the meaty texture, you could throw in some TVP, but really, it doesn't need it. Stick it in burritos or eat it by itself.

- 1 medium onion, chopped
- ½ to 1 green bell pepper, chopped
- 2 Cups rice (uncooked)
- 2 Cups water
- 1 small (8 oz.) can tomato sauce
- ½ tsp. salt
- ½ tsp. onion powder
- ¼ tsp. garlic powder
- ¼ tsp. chili powder
- olive oil (a couple tablespoons)

In a large pan over medium heat, sauté the onion and bell pepper in oil until almost soft.

Add the tomato sauce, then rice, water and spices, and stir.

Cover with a lid and simmer over low-medium heat until the rice is cooked, about 20-25 minutes, stirring occasionally so it doesn't stick. No one wants rice stuck all over the bottom of their damn pan, right? That's what I thought.

As always, spice to your preferences. Add more chili powder if you like some extra kick.

Glow-In-The-Dark Stretchy Skeletons
These 4 1/2" glow-in-the-dark vinyl skeletons are ghoulishly

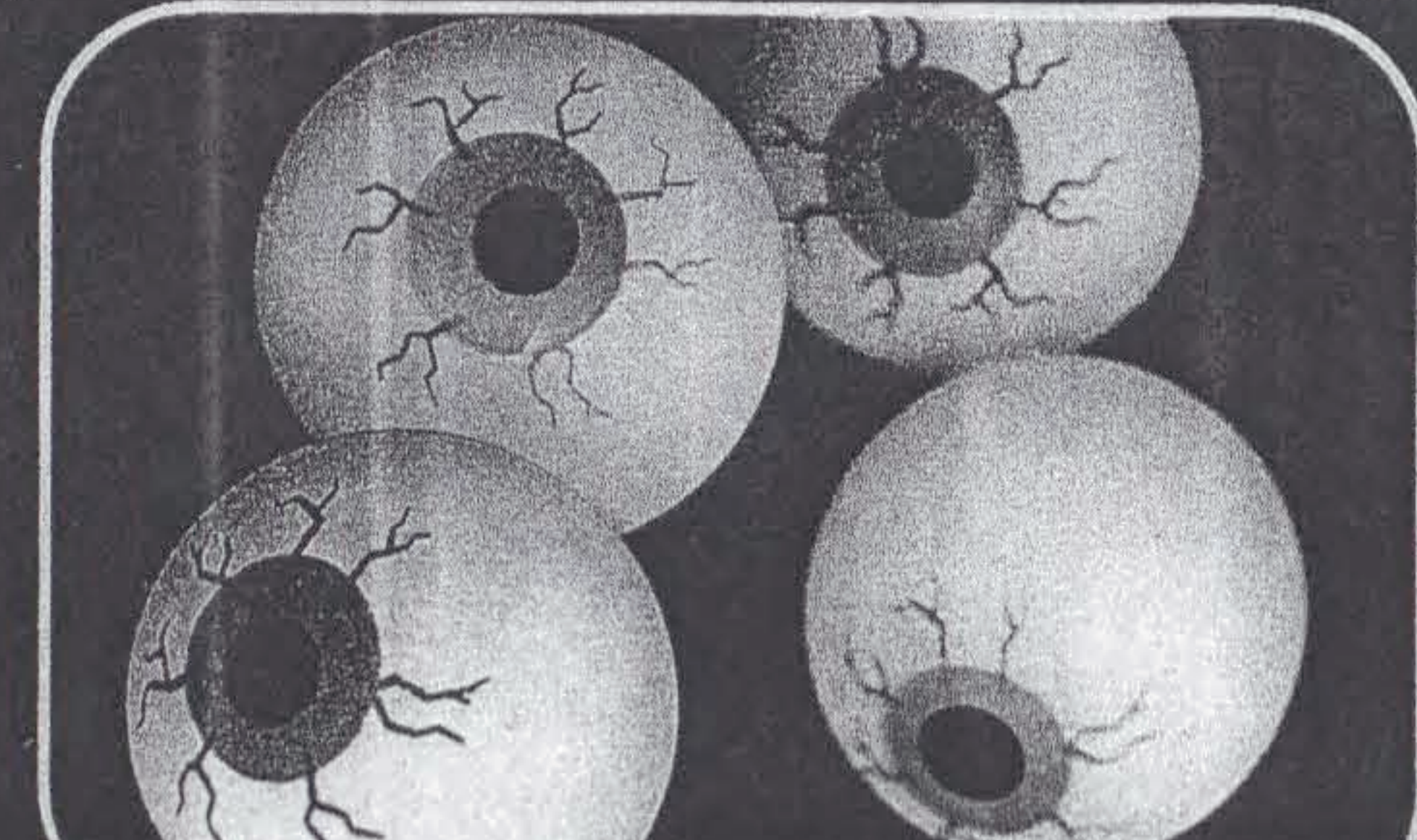
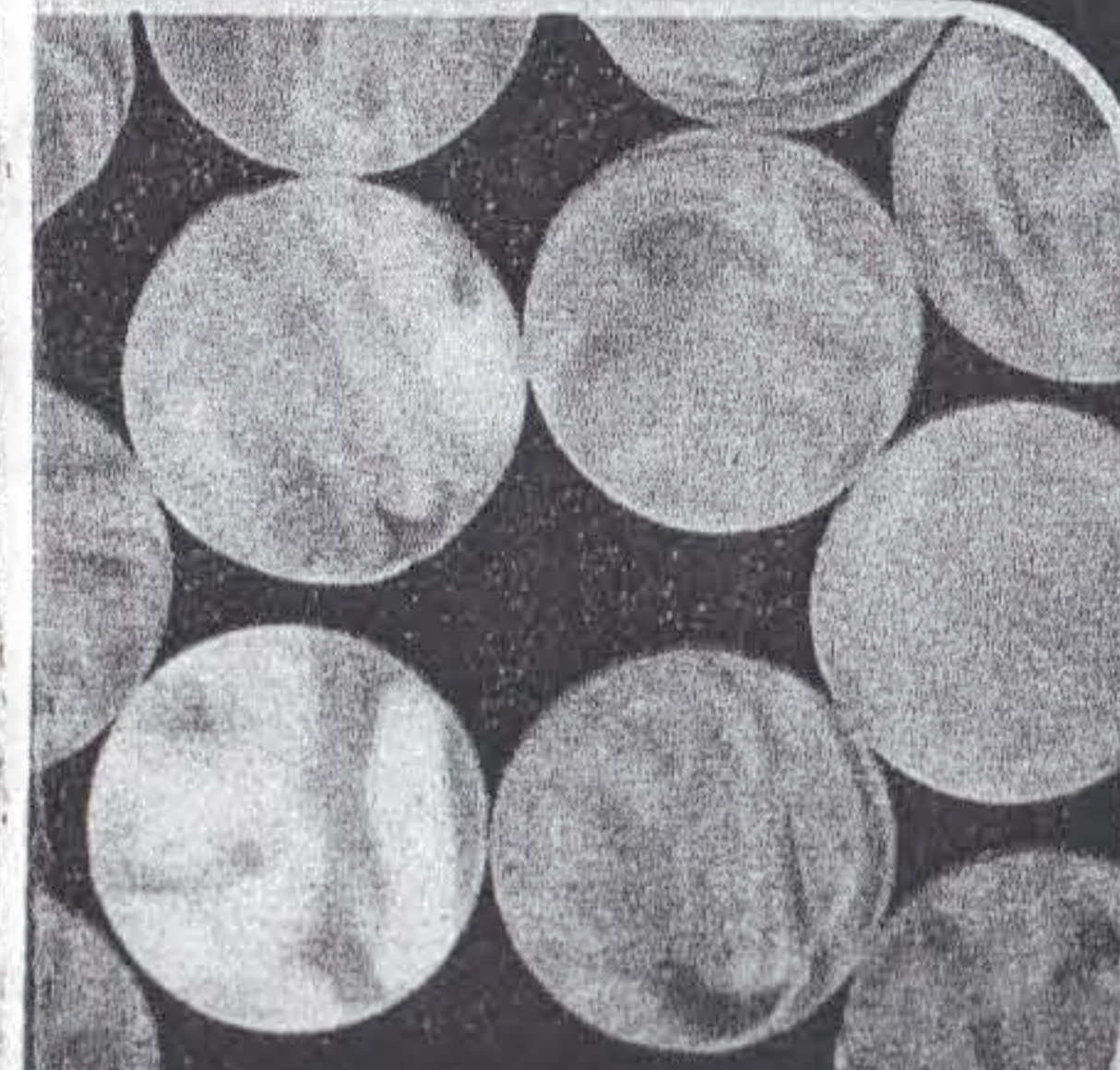


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