



Makes 4 waffle sandwiches
Preparation Time: 20 minutes
Cook Time: 1 hours 10 minutes

INGREDIENTS:

1 12 oz. package soft silken tofu
½ cup chopped scallions
¼ cup fresh chives
¼ cup fresh parsley
5 tablespoons lemon juice
2 tablespoons chopped fresh thyme
2 tablespoons chopped fresh oregano
1 tablespoon chopped fresh sage
2 small cloves garlic, minced
2 pounds Yukon gold potatoes, coarsely grated (about 4 cups packed)
½ cup whole wheat bread crumbs
½ cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or rice
¼ cup brown rice flour
¼ cup flaxseed meal
1 teaspoon regular or sodium-free baking powder
⅛ teaspoon sea salt
¼ teaspoon freshly ground black pepper
1 tablespoon extra-virgin olive oil (optional, [learn more](#))
Extra-virgin olive oil cooking spray (optional, [learn more](#))
1 large tomato, thinly sliced
4 to 8 leaves romaine lettuce
Hot sauce (optional)

Potato Waffle Sandwiches with Herbed Tofu Cream

In this inventive twist on **breakfast** for dinner, a seasoned mix of shredded potatoes and rice flour transforms into tender-crisp waffles that are used as the base for **sandwiches packed full of fresh veggies**. The Herbed Tofu Cream spread comes together quickly in a food processor and adds a delicious zesty flavor that will have you licking your fingers after the last bite.

Tips

Optional Oil: This is a **Forks Flex Recipe**, which means it includes a small amount of optional oil. If you include the oil, you'll add 47 calories, 5 g total fat, and 1 g saturated fat per serving.

Want to shorten your shopping list for the Herbed Tofu Cream?

Omit the fresh thyme, oregano, and sage and use an additional 2 tablespoons each of scallions and chives.

Waffle makers: These can vary in temperature settings. If you don't have an adjustable temperature setting, check waffles after 8 minutes.

By Darshana Thacker Wendel

- 1 For Herbed Tofu Cream, in a food processor combine tofu, scallions, chives, parsley, 3 tablespoons of the lemon juice, thyme, oregano, sage, and garlic. Process until smooth. Set aside.
- 2 Preheat waffle maker according to manufacturer's directions, using medium setting if available.
- 3 Place grated potatoes in a fine-mesh sieve; rinse with cold water. Drain well. Return potatoes to the bowl. Add the next seven ingredients (through pepper), the remaining 2 tablespoons lemon juice, and 1 tablespoon *olive oil, if using*. Mix well.
- 4 For oil-free: Spoon a packed ½ cup of the potato mixture into the waffle maker, spreading to 4 inches in diameter. (*If using oil: Lightly coat waffle maker with olive oil cooking spray. Spoon a packed ½ cup of the potato mixture into the waffle maker, spreading to 4 inches in diameter.*)
- 5 Close lid; bake for 10-14 minutes. If the lid lifts easily after 10 minutes, the waffle is ready. If not, cook longer, checking after each additional minute. Using a wooden chopstick or silicone spatula, remove the waffle and place on a wire rack. (If desired, place in a 250°F oven to keep warm.) Repeat with the remaining potato mixture.
- 6 Spread Herbed Tofu Cream on four of the waffles. Top with sliced tomato, romaine, hot sauce (if desired), and the remaining four waffles.