

# Fiery Chipotle Sofritas Burrito, I

Yield: 8 servings

NOTE: This is quite a spicy dish. You may want to make it first with only 1/2 tablespoon of the adobo sauce from the can. If the students prefer spicier, you can adjust accordingly.

## *Rice Ingredients:*

2 cups water  
1 cup long grain brown rice  
1 cup fresh cilantro, chopped  
1/4 teaspoon salt  
1 tablespoon lime juice

## *Tofu Ingredients:*

20 ounces extra firm tofu, drained  
1 tablespoon extra virgin olive oil  
1 cup minced onion  
2 cloves garlic, chopped  
1 chipotle pepper (from can)  
1 tablespoon adobo sauce (from can) (use less for MS)  
1 whole roasted green chile (or 2-3 tablespoons diced)  
1 1/2 cups vegetable broth  
2 teaspoon dried oregano  
1/2 teaspoon ground cumin  
1/2 teaspoon salt  
2 teaspoons sugar (add for MS)

## *Burrito Ingredients:*

8 (10-inch) whole wheat tortillas  
black beans & corn OR black bean-corn salsa (about 2 tablespoons each per burrito)  
red salsa (store-bought) (about 2-3 tablespoons per burrito)  
cheddar cheese, shredded (optional) (about 2 tablespoons per burrito)

## *To cook the rice:*

First, cook the rice in a 1-2 qt pot, bring the water to a boil, add the rice, add salt, cover and reduce the heat to low for 35-40 minutes. When all the water is absorbed, take off the heat to let steam, covered for 5 minutes, then uncover, fluff and keep warm. To finish, put the cilantro and lime, and stir into the warm rice.

## *To prepare the tofu:*

For tofu, saute the onions and garlic until the onions are clear, then crumble in the tofu and stir. Keep stirring over medium heat until the tofu begins to get some golden spots. Blend chipotle, adobo, and red pepper, add the vegetable stock and process until smooth. Pour into the pan with the tofu and stir, add the oregano, cumin and salt and stir until the pan is dry and the tofu is firm. Keep warm.

To assemble, put 1/4 cup of rice, 1/3 cup of tofu, 2-3 tablespoons of salsa, 2 tablespoons of cheese, and black bean/corn at the center of the tortilla, then roll up.



# Fiery Chipotle Sofritas Burrito, II

Yield: 8 servings

## *Rice Ingredients:*

2 cups water  
1 cup long grain brown rice  
1 cup fresh cilantro, chopped  
1/4 teaspoon salt  
1 tablespoon lime juice

## *Tofu Ingredients:*

16 oz extra firm tofu, pressed and patted dry  
1 chipotle pepper (from can)  
1 tablespoon adobo sauce (from can) (less for MS)  
1 whole roasted green chili (or 2-3 tablespoons diced)  
2 garlic cloves, chopped  
1 teaspoon oregano  
1 teaspoon cumin  
1/2 teaspoon salt  
1 teaspoon Tajin seasoning  
3 tablespoons olive oil  
1 tablespoon sugar (optional – add if too spicy)

## *Other Ingredients:*

8 (10-inch) whole wheat tortillas (2 tablespoons per serving)  
black beans & corn OR black bean-corn salsa (see recipe) (2 tablespoons each per serving)  
red salsa (store-bought) (2 tablespoons per serving)  
cheddar cheese, shredded (2 tablespoons per serving)

## *To cook the rice:*

First, cook the rice in a 1-2 qt pot, bring the water to a boil, add the rice, add salt, cover and reduce the heat to low for 35-40 minutes. When all the water is absorbed, take off the heat to let steam, covered for 5 minutes, then uncover, fluff and keep warm. To finish, put the cilantro and lime, and stir into the warm rice.

## *To prepare spice blend:*

Combine chipotle, adobo sauce, poblano pepper, oregano, salt, garlic, cumin, Tajin, sugar, and 2 tablespoons of oil. Using a blender, blend until a paste forms. Set aside.

## *To prepare the tofu:*

Cut tofu into 1/2 inch thick slices. Heat 1/2 tablespoon oil in a pan and pan fry tofu several pieces at a time (about 3-4 minutes per side). Drain tofu on clean towels to absorb extra oil. When cool enough to touch, chop or shred tofu into bite-sized chunks. In a pan, add 3-4 tablespoons chipotle spice blend and tofu. Add 1/2 cup of water and bring to a boil. Cover the pan and simmer for 10 minutes until water is almost evaporated and tofu is coated with spices.

*To assemble:* Put 1/4 cup of rice, 1/3 cup of tofu, 2-3 tablespoons of salsa, 2 tablespoons of cheese, black bean/corn at the center of the tortilla, then roll up. Serve with extra salsa on the side.

Source: <http://www.chefdehome.com/Recipes/302/braised-chipotle-tofu-sofritas>



## Directions ☐ Hide Step Photos



**1.** Sofrito Spice Blend - In a blender or hand blender's jar, add 1/4 cup Chipotle in Adobo sauce. Add roasted poblano peppers, oregano, salt, garlic, roasted cumin powder, Tajin Seasoning, sugar(if using or if making first time at home, then recommended) and 2 tbsp oil. Blend it using hand blender or in a food processor to make paste. Set aside.



**2.** Pat dry tofu to dry out extra moisture. Slice Tofu into 1/2 inch thick slices.



**3.** Heat 1/2 tbsp oil in a pan and pan fry tofu 2 to 3 pieces at a time ( depending upon how wide pan you have, make sure not to overcrowd the pan. tofu should touch the hot pan surface all time) This takes about 3-4 minutes per side.



**4.** While you fry all pieces, drain fried tofu on a plate lined with clean paper towel to absorb out extra oil.



**5.** Chop or shred (with clean hands) the fried tofu into small bite size chunks. I kept it very chunkier this time, you can also chop it roughly to very small pieces like Chipotle Mexican Grill.



**6.** In a pan, add 2-3 tbsp chipotle & poblano spice blend and fried shredded tofu. Also add 1/2 cup water and bring to boil.

### Additional Notes

For more flavor, you can also use vegetable stock instead of water for braising liquid.



**7.** Cover the pan and simmer for 10 minutes, till water has almost all evaporated and shredded tofu has been coated nicely in Chipotle Sofrito.

### Additional Notes

For Chipotle Style, leave it some what watery, don't let all water evaporate.

## Italian Chopped Salad w/ Chicken, I

Yield: 6 servings

NOTE: Marinated tofu (if using) and dressing may be prepared a day or two ahead.

### *Salad Ingredients:*

8 cups of romaine lettuce, chopped  
1 cup of cherry tomatoes, halved or quartered  
½ cup red onion, thinly sliced or chopped  
1 cup sweet corn kernels  
½ cup pitted kalamata olives, sliced  
1 cup garbanzo beans, drained  
1 cup Italian marinated tofu, small cubes (see separate recipe)  
1 cup cooked chicken, small cubes  
1 cup mozzarella, chopped into small cubes (or shredded)  
¼ cup grated Parmesan cheese, for sprinkling on top  
Pepperoncini (serve 2-3 on the side or chop and add to salad)

### *Dressing Ingredients:*

3 TBS olive oil  
3 TBS balsamic vinegar  
1 tsp Dijon mustard  
1 tsp sugar  
1/8 tsp ground black pepper  
1 clove of garlic, finely chopped

In large bowl, toss all salad ingredients except Parmesan.

In small bowl, beat dressing ingredients with wire whisk until blended. Pour dressing over salad mixture; toss to coat. Top with Parmesan cheese.



# Italian Chopped Salad w/ Chicken, II

Yield: 8 servings

NOTE: Marinated tofu (if using) and dressing can be prepared a day ahead.

## *Dressing Ingredients:*

3 tablespoons red wine vinegar  
2 cloves garlic, minced  
1 teaspoon dried oregano  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon sugar  
1/3 cup extra-virgin olive oil

## *Salad Ingredients:*

1 cup mozzarella cheese, shredded  
1/2 cup thinly sliced pepperoncini peppers (optional)  
1/2 cup pitted kalamata olives, sliced  
1/2 - 1 small red onion, thinly sliced (or less)  
1 (15-oz) can garbanzo beans, drained  
1 cup cooked chicken, chopped  
1 cup Italian marinated tofu (see separate recipe)  
1 cup cherry tomatoes, halved or quartered  
8 cups chopped romaine lettuce  
1/4 cup fresh basil, finely chopped (optional)

## *To serve:*

Grated Parmesan cheese (1 tablespoon sprinkled on top)  
Pepperoncini (serve 2-3 whole on side)

## DIRECTIONS

*Make dressing:* Whisk together vinegar, garlic, oregano, salt, pepper and sugar. Gradually drizzle in oil, whisking constantly, until dressing is well mixed.

*Make salad:* In a large bowl, combine mozzarella, pepperoncini peppers, garbanzo beans, olives, onions, chicken, tofu, and tomatoes; add half the dressing and toss gently to combine. Allow to marinate. Just before serving, add lettuce, pour the rest of the dressing in and toss to coat. Serve with a whole wheat bread roll.



Sources: <http://www.myrecipes.com/recipe/italian-chopped-salad-10000001892128/>

<http://smittenkitchen.com/blog/2014/06/nancys-chopped-salad/>

<http://www.livebetteramerica.com/recipes/healthified-italian-chopped-salad/70dcf401-fc28-46b9-8715-bc424bab623>

## Italian Baked Tofu

Makes about 2 cups

NOTE: This can be prepared ahead of time and refrigerated (if planning to use next day) or frozen.

2 tablespoons soy sauce  
1 tablespoon oil  
1 tablespoon water  
1 teaspoon red wine vinegar  
1 1/2 teaspoons garlic powder  
1 1/2 teaspoon Italian seasoning  
A dash of freshly ground black pepper  
1 (15-ounce) package extra-firm tofu, pressed for 30 minutes and cut into 8 slabs

Press tofu in Tofu Press for about 30 minutes.

Whisk together the soy sauce, oil, water, vinegar, garlic powder, herbs, and pepper in a small baking dish. Place the tofu slices in the baking dish and marinate for 30 minutes, turning the slices over after 15 minutes. Or marinate overnight.

Preheat oven to 400°F. Transfer the tofu slices to a baking sheet that's been lined with parchment paper. For softer baked tofu, bake for 30 minutes; for chewier tofu, bake for 40 minutes. Flip the tofu over halfway through cooking time. Cool and cut into small cubes. Leftovers can be frozen.

Source: <http://ohmyveggies.com/recipe-baked-italian-herb-tofu-how-to-press-tofu/#ctDmYbOhuOeXghaC.99>

## Vegetable Broth Mix

Makes 49 cups of broth

- 4 Tbs celery salt (2 Tbs celery seed + 2 Tbs salt)
- 4 Tbs dried parsley flakes
- 6 tsp garlic powder
- 6 tsp salt
- 6 tsp ground savory (or replace with 5 tsp thyme + 1 tsp rosemary)
- 2 tsp dried marjoram
- 2 tsp dried thyme
- 1 tsp pepper
- 1 tsp turmeric
- 1 tsp ground sage

1. To make celery salt, combine celery seed and salt in a blender and pulse until ground.
2. Combine all ingredients in a small bowl or directly in a glass or plastic container with a tight fitting lid. Stir or shake occasionally before use to redistribute ingredients.
3. Use 1 tsp mix plus one cup of water to make 1 cup of broth in a recipe.

Source: <http://wholenewmom.com/whole-new-budget/vegetable-broth-recipe/>

# Refreshing Asian Chicken Salad

Yield: 5-6 servings

NOTE: Marinated tofu (if using) and dressing can be prepared ahead of time. If not using tofu, add another cup of chicken.

2 cups cooked chicken, chopped or shredded  
1 cup marinated baked tofu, cubed (optional)  
8 cups Romaine lettuce  
2 cups shredded red cabbage  
1 cup edamame  
2/3 cup shredded carrots  
1/2 cup crispy chow mein noodles  
1/4 cup sunflower seeds, toasted (optional)  
1/4 cup green onions, chopped  
1 red bell pepper, sliced  
Mandarin oranges (1/4 cup each serving)

## *Sesame Ginger Vinaigrette:*

3 Tbsp oil  
3 Tbsp. honey  
2 Tbsp. rice wine vinegar  
1 Tbsp. grated fresh ginger  
1 Tbsp. soy sauce  
1 clove garlic, minced  
2 tsp. Sriracha sauce (or adjust to taste)  
1 tsp. sesame oil  
pinch of salt and pepper

## *To Make The Vinaigrette:*

Whisk together all ingredients until combined. You can add more Sriracha for an extra kick.

## *To Make The Salad:*

In a large bowl, toss together Romaine, red cabbage, edamame, carrots, chicken, tofu, chow mein noodles, sunflower seeds, and green onions until combined. Toss with your desired amount of vinaigrette. Top with a few slices of mandarin oranges. Serve immediately.



Source: <http://www.gimmesomeoven.com/lighter-chinese-chicken-salad/>



# Marinated Baked Tofu

Makes 2 cups

NOTE: Prepare several batches ahead of time and freeze. When ready to use for salad, leave overnight to thaw. You can also prepare this a day ahead and refrigerate.

1 (14-oz) block extra firm tofu  
3 tablespoons oil  
3 tablespoons honey  
2 teaspoons chili powder  
2 teaspoons black pepper  
1 1/2 teaspoon paprika  
2 tablespoons sesame seeds

1. Pre-heat oven to 375 degrees.
2. Press tofu in Tofu Press for 15-30 minutes.
3. Cut tofu in 1 inch by 1 inch pieces.
4. In a small, microwave-safe bowl, mix oil, honey, chili powder, black pepper, and paprika.
5. Microwave marinade for 35 seconds and stir thoroughly.
6. Spray cooking sheet.
7. Toss tofu in marinade, making sure to coat each piece thoroughly, and then place tofu on cooking sheet.
8. Sprinkle sesame seeds on top of tofu.
9. Cook at 375 degrees F for 30 minutes, turning once.
10. Either refrigerate or freeze. Place in plastic bags and label before freezing. Use within one month.

Source: <http://www.healthytippingpoint.com/the-perfect-baked-tofu>

# Penne Pasta Al Forno

Yield: 6-8 servings

- 2 red peppers, cored and cut into 1-inch wide strips
- 2 zucchini, quartered lengthwise and cut into 1-inch cubes
- 2 summer squash, quartered lengthwise and cut into 1-inch cubes
- 1 yellow onion, peeled and sliced into 1-inch strips
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon salt, divided
- 1 teaspoon freshly ground black pepper, divided
- 1 tablespoon dried Italian herb mix
- 1 pound penne pasta
- 3-4 cups marinara sauce (store bought or homemade)
- 2 cup reduced fat shredded mozzarella
- 2 cups of spinach, roughly chopped
- 1 1/2 cups frozen peas and carrots, thawed
- 1/4 cup grated Parmesan, plus 1/4 cup for topping
- 1 tablespoon of butter, cut into small pieces (optional)



Preheat the oven to 450 degrees F.

On a baking sheet, toss the peppers, zucchini, squash, and onions with olive oil, 1/2 teaspoon salt, 1/2 teaspoon pepper, and dried herbs. Roast until tender, about 15 minutes.

Meanwhile, bring a large pot of salted water to a boil over high heat. Add the pasta and cook for about 6 minutes. Since you will be cooking the pasta a second time in the oven, you want to make sure the inside is still hard. Drain in a colander.

In a large bowl, toss the drained pasta with the roasted vegetables, marinara sauce, cheeses, spinach, peas, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Using a wooden spoon, gently mix, until all the pasta is coated with the sauce and the ingredients are combined.

Pour the pasta into a greased 9 by 13-inch pan. Top with the remaining 1/4 cup Parmesan and butter pieces. Bake until top is golden and cheese melts, about 25 minutes.

Adapted from: <http://www.foodnetwork.com/recipes/giada-de-laurentiis/baked-penne-with-roasted-vegetables-recipe.html>

# Hearty Spaghetti Marinara

Yield: 6-8 servings

NOTE: If you are pressed for time, you may use jarred spaghetti sauce, but please add 1 cup of uncooked red lentils and additional ingredients for every 8 servings of sauce. This sauce can certainly be prepared ahead and frozen.

## *Red Lentil Marinara Sauce:*

2 tablespoons olive oil  
1 large onion, diced  
1 green or red bell pepper, seeded and diced  
2 medium carrots, peeled and diced (about 1 cup)  
4 cloves garlic, minced  
1 tablespoon Italian seasoning  
1 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1 (28-ounce) can whole or plain fire-roasted tomatoes  
1 (6-ounce) can tomato paste  
2 cups low-sodium vegetable broth  
1 cup red lentils  
1 tablespoon honey  
1/2 cup minced fresh parsley



## *Pasta:*

1 lb spaghetti  
Parmesan, grated

1. Heat the olive oil in a large pot over medium heat. Add the onions, green peppers, and carrots, and cook, stirring occasionally, until soft, about 5 minutes. Add the garlic, Italian seasoning, salt, and pepper. Cook, stirring, for one more minute.
2. Add the tomatoes, tomato paste, vegetable broth, lentils, and honey. Stir to incorporate. Heat until the mixture comes to a boil, then reduce the heat to medium-low. Simmer sauce for about 25 minutes or until the lentils are tender.
3. As simmering time nears, in a large pot with boiling salted water cook spaghetti until al dente.
4. When sauce is done, stir in parsley. Taste and add additional salt and pepper if desired.
5. Sauce keeps refrigerated in an airtight container for 3-4 days, or freeze for up to 3 months.

Source: <http://www.kitchentreaty.com/red-lentil-marinara-sauce/>

# Nutty Sesame Noodles

Yield: 4 servings

NOTE: The entire recipe (or just the sauce) may be prepared a day ahead and refrigerated. For more protein, add in marinated baked tofu.

1 (8-ounce) package whole wheat spaghetti  
3-4 tablespoons low sodium soy sauce  
2 tablespoons sesame tahini  
2 tablespoons WOWButter  
1 tablespoon rice vinegar  
1 tablespoon lemon juice, or more to taste  
1 tablespoon toasted sesame oil  
1 tablespoon Sriracha (omit for MS)  
1/2 cup shredded red cabbage  
1 1/2 cup shredded carrots  
1 cup edamame  
1/2 cup sliced green onions  
1 tablespoon toasted sesame seeds



## *To prepare sauce:*

In a large bowl, whisk together soy sauce, tahini, WOWButter, vinegar, lemon juice, toasted sesame oil and hot sauce.

## *To prepare pasta:*

Cook pasta until al dente according to package directions. Drain pasta thoroughly. While pasta is still warm, add cabbage, carrots and green onions. Pour sauce over and toss to coat noodles thoroughly.

## *To serve:*

Sprinkle with sesame seeds. Serve with 1/4 cup of sugar snap peas.

Adapted from <http://www.wholefoodsmarket.com/recipe/sesame-noodles>

# Roasted Veggie Panini

Yield: 4 servings

NOTE: Prepare pesto ahead of time. Marinate veggies overnight.

## *Roasted Veggies Ingredients:*

- 2 tablespoons Spinach-basil pesto (see separate recipe)
- 1 tablespoon olive oil
- 1 zucchini, sliced lengthwise
- 1 yellow squash, sliced lengthwise
- 1 cup mushrooms, sliced
- 1 red onion, sliced into rings

## *Panini Ingredients:*

- 2 tomatoes, sliced (optional)
- 1/2 cup mozzarella, shredded (or 4 slices)
- 1/4 cup Spinach-basil pesto
- 8 slices of whole wheat sourdough bread



## DIRECTIONS

1. Whisk together pesto and olive oil in a large baking dish. Add vegetables and toss to coat. Let vegetables marinate for 30 minutes or overnight.
2. Preheat oven to 400 degrees. Place vegetables on baking sheet and season with salt and pepper. Bake for 30-35 minutes, or until vegetables are tender and onions are beginning to brown.
3. Spread four slices of bread w/ a layer of pesto and top with about 2 tbsp. of cheese and then divide roasted veggies evenly among the bread slices. Top each sandwich with another slice of bread. Toast sandwich in oven until cheese has melted and bread is crispy, about 10-12 minutes.

Adapted from <http://ohmyveggies.com/improvisational-cookery-pesto-roasted-veggie-sandwiches/#7VL7i4mtYcJ22R4Y.99>



## Spinach Basil Pesto (Nut-Free)

Yield: 1 cup

4 cups spinach  
2 cups basil  
2 cloves garlic  
1 tablespoon lemon juice  
¼ cup Parmesan juice  
½ teaspoon salt  
½ teaspoon black pepper  
⅓ cup + 1 tablespoon olive oil



Place spinach, basil, garlic, lemon juice, Parmesan, salt and pepper in a food processor or blend. Blend for 30 seconds. Slowly stream in olive oil while machine is running. Process until smooth.

Store in refrigerator for up to 2 weeks or freeze.

<http://www.twopeasandtheirpod.com/spinach-basil-pesto/>

## Classic Caesar Salad w/ Chicken

Yield: 4 servings

NOTE: Dressing may be made ahead of time.

8 cups Romaine lettuce, chopped  
1/4 cup grated Parmesan  
1 cup cooked chicken, chopped into small cubes  
1 cup whole grain croutons

### *Creamy Caesar Dressing (Makes 1/2 cup):*

1/3 cup plain fat-free yogurt  
2 tablespoons fresh lemon juice  
1 tablespoon olive oil  
2 teaspoons red wine vinegar  
2 teaspoons Worcestershire sauce  
1-2 tablespoons grated Parmesan  
1 teaspoon Dijon mustard  
1/2 teaspoon freshly ground pepper  
1 garlic clove, minced



### *For Dressing:*

Combine all ingredients in a bowl; stir well with a whisk.

### *For Salad:*

Toss Romaine lettuce with dressing. Before serving, toss in croutons and sprinkle each serving with 1 tablespoon of Parmesan.

Source for dressing: <http://www.myrecipes.com/recipe/creamy-caesar-dressing-10000000446780/>

## Hail Caesar Chicken Wrap

Prepare Caesar Salad w/ Chicken as shown above. Using a 10-inch whole wheat tortilla, wrap prepared salad. Cut in half and wrap.

# Kung Pao Sliders

Yield: 8 servings (16 sliders)

NOTE: Press and marinate the tofu the day before. Slaw can also be prepared a day ahead. Feel free to adjust the level of spice you use in the tofu and the slaw. Middle school may require a little less.

## *Sliders*

- 1 (14-oz) package extra firm tofu
- 4 tablespoons low sodium soy sauce
- 1 tablespoon Sriracha hot sauce (or more to taste)
- 2 tablespoons sugar
- 2 teaspoons toasted sesame oil
- 1 teaspoon cornstarch
- 16 whole wheat slider buns

## *Slaw*

- 3 Tbs. low sodium soy sauce
- 2 Tbs. mayonnaise
- 2 Tbs. WOWbutter
- 5 tsp. sugar
- 2 Tbs. rice vinegar
- 2 tsp. toasted sesame oil
- 1 clove garlic, minced (1 tsp.)
- 1/4 tsp. ground black pepper
- 1 pinch cayenne pepper, optional
- 1 cup carrots, shredded into sticks
- 1 cup zucchini, shredded into sticks



*To make tofu for sliders:* Cut tofu into 8 slices lengthwise; halve slices to make 16 pieces. Transfer to shallow baking dish. Whisk together soy sauce, rice wine, Sriracha, sugar, oil, and cornstarch in bowl. Pour over tofu, cover, and chill 1 hour or overnight. If chilling overnight, be sure to flip slices the first thing next morning and allow to marinate a little longer before baking.

*To make slaw:* Whisk together soy sauce, mayonnaise, WOWbutter, sugar, vinegar, oil, garlic, pepper, and cayenne (if using) in bowl. Stir in carrots and zucchini. Chill.

Preheat oven to 375°F. Coat baking sheet with cooking spray. Drain tofu, and transfer to prepared baking sheet. Bake 25 minutes.

Flip, and bake 20 to 25 minutes more, or until crispy.

*To prepare sliders:* Fill buns with 1 tofu slice and 2 Tbs. of slaw. Serve with 3 oz of sweet potato fries on the side.

Source: <http://www.vegetariantimes.com/recipe/kung-pao-sliders/>

# Chicken Stir-fry w/ a Kick

Yield: 6 servings

NOTE: Tofu marinated a day ahead will be more flavorful.

1 cup extra firm tofu, cubed  
3 scallions, whites only, thinly sliced on an angle  
2 cloves garlic, minced (divided in half)  
1 -inch piece peeled fresh ginger, minced (divided in half)  
1 tablespoon soy sauce  
2 tablespoons sugar  
1 tablespoon, plus 1 teaspoon cornstarch (separated)  
1 1/4 teaspoons salt (divided into 1 tsp + 1/4 tsp)  
1 tablespoon Chinese rice wine  
1 tablespoon toasted sesame oil  
About 1/3 cup water  
2 tablespoons canola oil  
5 to 6 cups broccoli florets or sugar snap peas  
1 2/3 cups cooked chicken, cubed  
3/4 to 1 teaspoon red chili flakes (less for MS)  
1 tablespoon hoisin sauce (or more to taste)  
Salt & pepper

*To serve:*

Garnish: toasted sesame seeds (optional)

Cooked medium grain brown rice (1/4 cup uncooked = 1 serving cooked)

## DIRECTIONS

Press and drain tofu. In a medium bowl, toss the tofu with the scallion whites, half the garlic and ginger, the soy sauce, sugar, 1 teaspoon of the cornstarch, 1 teaspoon of the salt, the rice wine, and the sesame oil. Marinate at room temperature for 15 minutes (or preferably, overnight in the refrigerator).

In a small bowl, mix 1 tablespoon of cornstarch with 1/3 cup cold water and set aside.

Heat a large nonstick skillet over high heat. Add 1 tablespoon of the oil and heat. Add the broccoli florets (or sugar snap peas) and the remaining garlic, ginger, 2 tablespoons of water, and season with 1/4 teaspoon salt, and pepper. Stir-fry until the vegetables are bright green but still crisp, about 2 minutes. Transfer to a plate.

Get the skillet hot again, and then heat 1-2 more tablespoons oil. Add the tofu and chili flakes to the pan, **reserving the marinade for later**. Brown the tofu, then push the tofu to the sides of the pan, making a well at the center. Add the chicken to the center of the pan and pour reserved marinade over the chicken. Stir-fry chicken with marinade for about 30 seconds and then mix chicken and tofu. Add the hoisin sauce, return green vegetables to the pan and toss everything together to heat through. Stir in the reserved cornstarch mixture and bring to a boil to thicken. Add more water if needed to thin the sauce. Taste and season with salt and pepper.

*To serve:* Scoop 1 cup of cooked brown rice into each bowl. Divide stir-fry evenly, about 1 to 1 1/2 cups per serving. Garnish with toasted sesame seeds.



# Spicy Orange Chicken Bowl

Yield: 4 servings

NOTE: You may find that you want to serve with more sauce. If so, double the sauce ingredients per batch.

## *Sauce Ingredients:*

1 ½ tablespoons cornstarch  
1/4 cup cold water (1/2 cup for thinner and more sauce)  
1/4 cup soy sauce  
1/4 cup rice vinegar  
2 Tbsp sugar  
1 Tbsp of Sriracha  
½ tsp ground ginger (or 1 tsp grated fresh ginger)  
1/8 tsp red pepper flakes  
2/3 cup orange juice  
Zest of 1 large orange (optional)

## *Other ingredients:*

1-2 Tbsp oil  
1/2 (14-oz) package of extra firm tofu, drained and cubed  
1 cup of cooked chicken, cubed  
4 cloves garlic, finely chopped  
1 green bell pepper, finely chopped (optional)  
1 green onion, thinly sliced

## *Ingredients for serving:*

2 cups broccoli or other dark green vegetable, oven-roasted or steamed  
4 cups cooked medium-grain brown rice

## DIRECTIONS

*To make sauce:* In a bowl, whisk cornstarch and water. Mix in soy sauce, rice vinegar, sugar, Sriracha, ginger, red pepper flakes, orange juice and zest, and set aside.

*To make chicken/tofu:* Heat oil in a very large nonstick pan or wok over medium-high heat. Add tofu to pan and cook, browning on most sides (see image above). Add garlic and sliced bell pepper and cook for half a minute. Then, add chicken along with the sauce and cook until sauce begins to bubble (2-4 minutes). Reduce heat, cover and cook for another 2 minutes.

*To serve:* Scoop 1 cup of rice into a bowl. Top with chicken/tofu mixture and sauce. Add 1/2 cup cooked broccoli or other dark green vegetable.

Sources: <http://www.veganricha.com/2014/01/spicy-orange-tofu-and-peppers-vegan.html>  
<http://www.gimmesomeoven.com/skinny-orange-chicken-recipe/>





# Hummus & Veggie Wrap

Yield: 1 wrap

NOTE: Prepare hummus a day or more ahead.



## *Ingredients:*

- 1 (12 inch) tortilla
- $\frac{1}{4}$  -  $\frac{1}{2}$  cup hummus
- $\frac{1}{8}$  cup cucumber
- $\frac{1}{8}$  cup diced tomato
- $\frac{1}{8}$  cup red bell pepper
- $\frac{1}{8}$  cup shoestring carrots
- 3 thin slices red onion
- $\frac{1}{2}$  cup Romaine lettuce, shredded
- 2 tablespoons feta cheese (optional)
- $\frac{1}{8}$  avocado, sliced (optional)

1. Microwave tortilla for a few seconds to make it pliable.
2. Spread hummus over tortilla.
3. Add assorted veggies and feta cheese (if using).
4. Add lettuce last.
5. Roll up and slice in half to serve.

# Crispy Soy Teriyaki Bowl

Yield: 4 servings

NOTE: Prepare teriyaki sauce a day ahead.

*For the brown rice:*

1 cup medium grain brown rice, uncooked  
2 1/2 cups water

*For the crispy baked tofu:*

1 (14-oz) block extra firm tofu  
3 Tbsp soy sauce  
1 Tbsp oil  
1 Tbsp cornstarch

*For the bok choy (or broccoli)*

4 baby bok choy, rinsed (or 2 cups broccoli florets)  
1 Tbsp oil  
Sprinkle of pepper

*To serve:*

Teriyaki sauce, warmed  
2-3 green onions, sliced (optional)  
Sesame seeds, toasted



*To cook rice:* Bring rice and liquid to a boil. Reduce heat to low and simmer, covered, until tender and most of the liquid has been absorbed, 40-50 minutes. Let stand 5 minutes, then fluff with a fork.

*Make the crispy baked tofu:* Preheat oven to 425. Drain the water out of the package of tofu. Wrap the block of tofu in paper towels and squeeze out the excess moisture. Slice tofu into bite-sized triangles. Place tofu in a bowl or large dish. Pour soy sauce and oil over the tofu and sprinkle with cornstarch. Toss gently until tofu is coated with the mixture and no dry spots of cornstarch remain. Spread tofu on a baking sheet lined with parchment paper. Bake until deep brown and chewy, about 25-30 minutes, flipping halfway through.

*Make the green veggies:* Slice the baby bok choy in half lengthwise. Spread halves on a baking sheet. Drizzle the leafy greens with oil and toss them a bit to coat. Sprinkle with pepper. The bok choy will need to bake at 400 degrees for just 6-8 minutes. When done, chop into bite size pieces. If using broccoli, add 1-2 teaspoons oil, salt and pepper, and toss to coat. Bake at 400 degrees for about 8-10 minutes.

*To serve,* scoop 1 cup of rice into each bowl. Divide veggies and tofu evenly. Top with teriyaki sauce (about 2-3 tablespoons), green onions, and sesame seeds.

Source: <http://www.coffeeandquinoa.com/2014/06/crispy-baked-tofu-teriyaki-bowl/>

# Teriyaki Bowl w/ Chicken

4 servings

## *For the brown rice:*

1 cup medium grain brown rice, uncooked  
2 1/2 cups water

## *For the crispy baked tofu:*

1 block extra firm tofu  
3 Tbsp soy sauce  
1 Tbsp oil  
1 Tbsp cornstarch

## *For the bok choy (or broccoli)*

4 baby bok choy, rinsed (1 head of broccoli, cut into florets and stems chopped)  
1 Tbsp peanut oil or canola oil  
sprinkle of pepper

## *For the teriyaki sauce:*

3 Tbsp soy sauce  
2 Tbsp mirin  
2 Tbsp brown sugar  
1/2 Tbsp sesame oil  
1/2 Tbsp chopped fresh ginger  
1 clove garlic, chopped  
1/2 Tbsp cornstarch mixed with 2 Tbsp water

## *To serve:*

2-3 green onions, sliced (optional)  
sesame seeds

*To cook rice:* Bring rice and liquid to a boil. Reduce heat to low and simmer, covered, until tender and most of the liquid has been absorbed, 40-50 minutes. Let stand 5 minutes, then fluff with a fork. Yields 3 cups of cooked rice.

*Make the crispy baked tofu.* Preheat oven to 425. Drain the water out of the package of tofu. Wrap the block of tofu in paper towels and squeeze out the excess moisture. Slice tofu into bite-sized triangles.

Place tofu in a bowl or large dish. Pour soy sauce and oil over the tofu and sprinkle with cornstarch. Toss gently until tofu is coated with the mixture and no dry spots of cornstarch remain. Spread tofu on a baking sheet lined with parchment paper. Bake until deep brown and chewy, about 25-30 minutes, flipping halfway through.

*Make the teriyaki sauce.* While the tofu bakes, whisk or blend together the soy sauce, mirin, sugar, sesame oil, ginger, and garlic. Stir in the cornstarch/water mixture. Bring to a simmer in a small pan. Simmer, stirring occasionally, until mixture thickens, about 3-4 minutes. Remove from heat and pour into a small pitcher.

*Make the bok choy.* Slice the baby bok choy in half lengthwise. Spread halves on a baking sheet. Drizzle the leafy greens with oil and toss them a bit to coat. Sprinkle with pepper. The bok choy will need to bake for just 6-8 minutes. When done, chop into bite size pieces.

*To serve,* scoop 1 cup of rice into each bowl. Top rice with bok choy, tofu, teriyaki sauce, green onions, and sesame seeds.

# Teriyaki Sauce

Makes 1 1/2 cups of sauce

NOTE: Make this a day ahead and refrigerate. You will notice that the sauce looks gloopy straight out of the refrigerator. When ready to use, warm sauce on the stovetop to reconstitute.

1/4 cup soy sauce  
1 cup water  
1/2 teaspoon ground ginger  
1/4 teaspoon garlic powder  
4 tablespoons packed brown sugar  
1 -2 tablespoon honey  
  
2 tablespoons cornstarch  
1/4 cup cold water



1. Mix first six ingredients (soy sauce to honey) in a sauce pan and begin heating. Lower to a simmer.
2. In a separate cup, mix cornstarch and 1/4 cup cold water until dissolved. Add to sauce in the pan. Make sure that the sauce is not boiling.
3. Heat until sauce thickens to desired thickness.

\*\* A quick tip to prevent an overly watery sauce: a slurry (any type of starch mixed with water) needs to be made with cold to cool water and then added to a SIMMERING (not boiling) liquid.

# Homemade Ranch Dressing

Makes 1 ½ cups

NOTE: You can prepare large batches of the spice blend and store in an airtight container. When ready to make dressing, mix 2 ½ teaspoons of spice blend for every ½ cup mayo + ½ cup yogurt + ½ cup buttermilk.

## *Wet Ingredients:*

1/2 cup low fat mayonnaise  
1/2 cup plain fat free or low fat yogurt  
1/2 cup buttermilk

## *Spice Blend:*

1/2 teaspoon dried chives  
1/2 teaspoon dried parsley  
1/4 teaspoon dried dill weed  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/8 teaspoon salt  
1/8 teaspoon ground black pepper



In a large bowl, whisk together the mayonnaise, yogurt, buttermilk, and spice mix. Cover and refrigerate for at least 30 minutes before serving. Ideally, prepare at least a day ahead so that the flavors have a chance to meld. You can also mix a large batch of dressing and use it for 2-3 days.

Adapted from <http://allrecipes.com/recipe/ranch-dressing-ii/>



# Crispy Falafel Pita Wrap

Yield: 8 servings

NOTE: Soak dried garbanzo beans overnight. (You can refrigerate the leftovers for several days, or freeze them for a couple of months. To reheat, wrap them in foil and bake at 350°F until they're hot throughout, 15 to 30 minutes depending on whether they were frozen.)

1¾ cups dried garbanzo beans  
2 garlic cloves, chopped  
1 small onion, quartered  
1 tablespoon cumin  
Scant teaspoon cayenne, or to taste  
½ cup chopped fresh parsley  
½ cup chopped fresh cilantro  
1½ teaspoons salt, plus more to taste  
½ teaspoon black pepper, plus more to taste  
½ teaspoon baking soda  
1 tablespoon fresh lemon juice



4 tablespoons olive oil  
½ cup tahini

1. Put the garbanzo beans in a large bowl and cover with water by 3 or 4 inches—the beans will triple in volume as they soak. **Soak for 12 to 24 hours**, checking once or twice to see if you need to add more water to keep the beans submerged. (If the soaking time is inconvenient for you, just leave them in the water until they're ready; you should be able to break them apart between your fingers.)
2. Heat the oven to 375°F. Drain the garbanzo beans and transfer them to a food processor (or mash with a potato masher) with the garlic, onion, cumin, cayenne, herb, 1 teaspoon of salt, pepper, baking soda, and lemon juice. Pulse until everything is minced but not pureed, stopping the machine and scraping down the sides if necessary; add water tablespoon by tablespoon if necessary to allow the machine to do its work, but keep the mixture as dry as possible. Taste and adjust the seasoning, adding more salt, pepper, or cayenne as needed.
3. Spray a large rimmed baking sheet with cooking oil. Use a #16 scoop to scoop bean mixture into 20 balls, about 1½ inches each (then flatten them into thick patties, if desired). Put the falafel on the prepared pan and brush or spray the tops with the remaining 2 tablespoons oil. Bake until golden all over, 10 to 15 minutes on each side.
4. Meanwhile, whisk the tahini and remaining salt with ½ cup of water in a small bowl until smooth. Taste and adjust the seasoning and serve the falafel drizzled with the sauce. You can also opt to make tzatziki instead. (See separate recipe.)

*To serve:* Make a sandwich by stuffing 4 falafel inside half a pita (or wrapped taco-style in a whole pita) along with lettuce, tomatoes, cucumbers, and other raw vegetables, then drizzle with sauce.

# Southwestern Chopped Salad w/ Cilantro Lime Dressing

Yield: 4 servings

NOTE: Dressing can be made ahead of time and refrigerated.

## *Salad Ingredients:*

8 cups of Romaine lettuce  
1 (15-oz) can black beans, rinsed and drained  
1 large red bell pepper, chopped  
1 pint cherry tomatoes, halved  
2 cups corn  
½ large avocado, diced  
¼ cup tortilla strips (or crushed tortilla chips)  
2 green onions, thinly sliced  
1 cup cooked quinoa (optional)

## *Dressing Ingredients:*

1 cup loosely packed cilantro leaves, chopped  
½ cup plain yogurt  
2 Tbsp. fresh lime juice (about ½ lime)  
2 garlic cloves  
¼ cup olive oil  
1 ½ tsp. apple cider or rice vinegar  
1/8 tsp. salt  
½-1 tsp honey  
½-1 tsp cumin



## DIRECTIONS

*Make the dressing:* Puree all ingredients in a food processor/blender until smooth. Taste and adjust seasoning if necessary.

*Make the salad:* Finely chop romaine, bell pepper, tomatoes, and green onions. Place all ingredients in a large bowl and stir to combine. Toss with dressing.

Source: <http://www.thegardengrazer.com/2013/04/southwestern-chopped-salad-with.html>

# Curried Cranberry Chicken Salad Sandwich

Yield: 10 servings

NOTE: Please prepare chicken salad the day before serving so flavors have time to meld. This salad can also be made into a wrap or put inside a pita pocket with shredded lettuce. Feel free to adjust the amounts of the ingredients to suit the taste of the students.



## *Chicken Salad Ingredients:*

- 1/2 cup low fat mayonnaise
- 1/2 cup fat free plain yogurt, drained
- 2 tablespoons lime juice
- 1 1/2 teaspoons curry powder (or more, to taste)
- 3 1/2 cups cooked chicken, chopped
- 1 cup garbanzo beans, drained and smashed
- 2 granny smith apples, finely chopped
- 1 cup dried cranberries
- 1 cup celery, thinly sliced
- 1/4 cup green onions, chopped
- 1/2 cup sunflower seeds, toasted

## *Additional Sandwich Ingredients:*

- 20 slices multigrain bread
- Green leaf lettuce
- Tomatoes, sliced (optional)

## DIRECTIONS

### *To prepare chicken salad:*

1. Combine mayonnaise, yogurt, lime juice, and curry powder in a large mixing bowl.
2. Fold in remaining ingredients. Refrigerate overnight.

### *To prepare sandwiches:*

Place 1 leaf of lettuce on the bottom slices. Mound about 1/2 cup of chicken salad on top. Add another leaf of lettuce and then the 2<sup>nd</sup> slice of bread.

# Epic Greek Salad

Yield: 6 servings

NOTE: Prepare dressing a day ahead to allow flavors to blend overnight. You can replace the oil with equal parts mayo and plain yogurt for a creamy dressing that won't separate. Serve each salad with a 1/2 toasted whole wheat pita. You may want to prepare extra hummus to serve with the pita as well.



## *Dressing Ingredients (makes about 10 servings):*

- 1/2 cup olive oil (OR 1/4 cup mayo + 1/4 cup fat free plain yogurt, drained)
- 1 1/3 teaspoon garlic powder
- 1 1/3 teaspoon dried oregano
- 1 1/3 teaspoon dried basil
- 1 teaspoon pepper
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1 teaspoon Dijon mustard
- 1/4 cup red wine vinegar

## *Salad Ingredients:*

- 8 cups Romaine lettuce, chopped
- 1 red onion, thinly sliced (soak in cold water to take off some of the bite)
- 1 cup pitted black olives
- 2 red bell peppers, chopped
- 2 large tomatoes, chopped or 1 pint of cherry tomatoes, halved or quartered
- 1 large Persian cucumber, sliced and cut into half moons
- 1 cup crumbled feta cheese

## DIRECTIONS:

*To prepare the dressing:* Whisk together all ingredients and refrigerate overnight.

*To prepare salad:* In a large salad bowl, combine lettuce, onion, olives, bell peppers, tomatoes, cucumber. First pour in half of the prepared dressing and toss to coat. Add more dressing as needed to lightly dress the salad. Fold in crumbled feta cheese. Divide salad into individual servings and serve with toasted whole wheat pita and hummus.

Dressing recipe adapted from: <http://allrecipes.com/recipe/absolutely-fabulous-greekhouse-dressing/?scale=6&ismetric=0>

Salad recipe adapted from: <http://greek.food.com/recipe/the-ultimate-greek-salad-90975>



# Sweet & Savory Sushi Rice Bowl

Yield: 6 servings

NOTE: Sweet potatoes can be peeled, sliced, and marinated overnight. Brown rice can be cooked a day ahead. On the day of serving

## *Sweet Potato Ingredients:*

2 large sweet potatoes  
4 tablespoons low sodium soy sauce

## *Rice Ingredients:*

2 cups short or medium grain brown rice  
3 1/2 cups water  
2 teaspoons salt

## *Dressing Ingredients:*

grated zest and juice of one orange  
grated zest and juice of 1/2 lemon  
2 tablespoons brown sugar  
2 tablespoons low sodium soy sauce  
2 tablespoons rice vinegar



## *Other Ingredients:*

3 sheets nori seaweed, toasted

## *Tofu Ingredients:*

1 (14-oz) block extra-firm tofu, drained and sliced into 1/4 to 1/2 inch thick pieces  
Salt

## *Toppings:*

1 1/2 cups edamame (about 1/4 cup edamame per bowl)  
2 green onions, chopped  
1 avocado, peeled, pitted, and thinly sliced  
3 tablespoons sesame seeds, toasted  
1 cucumber, seeds removed and cut into matchsticks  
1 cup carrot, shredded  
Sliced fresh fruit (e.g. kiwi, mango)

## DIRECTIONS:

*To prepare rice:* Rinse and drain the rice two or three times. Combine the rice, water, and salt in a heavy saucepan and bring to a boil over high heat, cover, and simmer gently until the water is absorbed, about 45 minutes.

*To make the dressing:* In a large bowl, combine the orange juice, lemon juice, and sugar in a small saucepan and bring to a gentle boil. Cook for 1 or 2 minute, then add the soy sauce and vinegar. Return to a gentle boil and cook another 1 or 2 minutes, until slightly thickened. Remove from the heat and stir in the orange and lemon zests. Start by stirring about 1/3 cup of the dressing into the rice and add more to taste.



*To prepare sweet potato:* Preheat oven to 375 and line a baking sheet with parchment paper. Peel sweet potato and slice into pieces 1/4 to 1/2 inch thick (see photo). Toss in a Ziploc bag or glass baking dish with 2 Tbsp soy sauce. Lay flat and let marinate 5-10 minutes, turning once or twice to get the soy sauce all over. Spread sweet potatoes on the baking sheet, pouring any soy sauce left in the Ziploc over them, and bake for 15 minutes, until tender.



*To prepare seaweed:* Toast the nori in a preheated 300 degree oven or a medium-hot skillet for a few minutes. Crumble or cut into strips with kitchen shears.

*To prepare tofu:* Drain the tofu and pat it dry. Cut the block of tofu lengthwise to make 1/4-to 1/2-inch thick slices of tofu. Sprinkle a little bit of salt on one side of each slice of tofu. A few at a time, cook tofu, salted side down, in a well-seasoned skillet over medium-high for a few minutes until browned. Then, sprinkle a little bit of salt over the uncooked side. Flip gently, then continue cooking for another minute or so, until the tofu is firm, golden, and bouncy. Let cool, enough to handle, then cut tofu into matchsticks (see photo).



*To assemble the bowls:* Scoop 1 cup of rice into each bowl and top with the toasted nori, green onions, sweet potato, tofu, edamame, avocado slices, cucumber, carrot, and a sprinkling of sesame seeds. Add a few slices of brightly colored fruit to garnish. Serve with a side salad with Asian dressing.



<http://www.coffeeandquinoa.com/2012/12/sweet-potato-sushi-bowl/>

<http://www.101cookbooks.com/archives/sushi-bowl-recipe.html>

<http://www.vegkitchen.com/recipes/veggie-sushi-rice-bowls/>

<http://www.foodnetwork.com/recipes/alton-brown/sushi-rice-recipe.html>

# Sweet & Savory Sushi Rice Bowl

Yield: 6 servings

NOTE: Sweet potatoes can be peeled, sliced, and marinated overnight. Brown rice can be cooked a day ahead. This dish allows you to be creative. You can use different combinations of toppings to keep things fresh. Be sure to always include edamame as a component of protein source. You can also use baked marinated tofu (see separate recipe) instead of the tofu in this recipe for more color and flavor.

## *Sweet Potato Ingredients:*

2 large sweet potatoes  
4 tablespoons low sodium soy sauce

## *Rice Ingredients:*

2 cups short or medium grain brown rice  
3 1/2 cups water

## *Sushi Rice Dressing Ingredients:*

2 tablespoons rice vinegar  
2 tablespoons sugar  
1 tablespoon kosher salt

## *Other Ingredients:*

3 sheets nori seaweed, toasted

## *Tofu Ingredients:*

1 (14-oz) block extra-firm tofu, drained and sliced into 1/4 to 1/2 inch thick pieces  
Salt

## *Toppings:*

1 1/2 cups edamame (about 1/4 cup edamame per bowl)  
2 green onions, chopped  
1 avocado, peeled, pitted, and thinly sliced  
3 tablespoons sesame seeds, toasted  
1 cucumber, seeds removed and cut into matchsticks  
1 cup carrot, shredded  
Sliced fresh fruit (e.g. kiwi, mango)



## DIRECTIONS:

*To prepare rice:* Rinse and drain the rice two or three times. Combine the rice and water in a heavy saucepan and bring to a boil over high heat, cover, and simmer gently until the water is absorbed, about 45 minutes.

*To prepare sushi rice:* When rice is done, combine the rice vinegar, sugar and salt in a small bowl and heat in the microwave on high for 30 to 45 seconds. Transfer the rice into a large wooden or glass mixing bowl and add the vinegar mixture. Fold thoroughly to combine and coat each grain of rice with the mixture.

*To prepare sweet potato:* Preheat oven to 375 degrees and line a baking sheet with parchment paper. Peel sweet potato and slice into pieces 1/4 to 1/2 inch thick (see photo). Toss in a Ziploc bag or glass baking dish with 2 Tbsp soy sauce. Lay flat and let marinate 5-10 minutes, turning once or twice to get the soy sauce all



over. Spread sweet potatoes on the baking sheet, pouring any soy sauce left in the Ziploc over them, and bake for 15 minutes, until tender.



*To prepare seaweed:* Toast the nori in a preheated 300 degree oven or a medium-hot skillet for a few minutes. Crumble or cut into strips with kitchen shears.

*To prepare tofu:* Drain the tofu and pat it dry. Cut the block of tofu lengthwise to make 1/4-to 1/2-inch thick slices of tofu. Sprinkle a little bit of salt on one side of each slice of tofu. A few at a time, cook tofu, salted side down, in a well-seasoned skillet over medium-high for a few minutes until browned. Then, sprinkle a little bit of salt over the uncooked side. Flip gently, then continue cooking for another minute or so, until the tofu is firm, golden, and bouncy. Let cool, enough to handle, then cut tofu into matchsticks (see photo).



*To assemble the bowls:* Scoop 1 cup of rice into each bowl and top with the toasted nori, green onions, sweet potato, tofu, edamame, avocado slices, cucumber, carrot, and a sprinkling of sesame seeds. Add a few slices of brightly colored fruit to garnish. Serve with a side salad with Asian dressing.



<http://www.coffeeandquinoa.com/2012/12/sweet-potato-sushi-bowl/>  
<http://www.101cookbooks.com/archives/sushi-bowl-recipe.html>  
<http://www.vegkitchen.com/recipes/veggie-sushi-rice-bowls/>  
<http://www.foodnetwork.com/recipes/alton-brown/sushi-rice-recipe.html>

# The Original Yumm! Sauce

Makes about 10 servings

NOTE: Prepare this sauce a day ahead to allow for flavors to meld.

## *Yumm! Sauce Ingredients*

½ cup oil

½ cup sunflower seeds

1/3 cup nutritional yeast

½ cup cooked chickpeas, drained and rinsed

1/3 cup silken tofu

½ cup water

1/2 cup lemon juice

1-2 garlic cloves, smashed

½ teaspoon salt

1 ½ teaspoon curry powder

1 teaspoon dried oregano

1 1/2 teaspoon fresh cilantro, chopped

Adapted from: <http://www.tastebook.com/recipes/2639609-The-Original-Yumm-Bowl>



# Red Beans & Rice, I

Yield: 6 servings

## *Spice Ingredients:*

- 1 bay leaf
- 1 tablespoon onion powder
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- 1 teaspoon sugar
- ½ teaspoon celery salt
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne
- ¼ teaspoon crushed red pepper flakes

## *Other Ingredients:*

- 4 cups kidney beans, drained and rinsed
- ½ red bell pepper, chopped
- ½ teaspoon minced garlic

## DIRECTIONS:

Combine all spice ingredients and place in airtight container until ready to use.

## *To prepare red beans & rice:*

In a large pot, cook red bell pepper and garlic for 1 minute. Pour beans into pot. Add seasoning mix and 1 cup of water. Bring to a boil. Reduce heat. Cover and simmer for 20 minutes until beans are tender. Remove bay leaf.

## To serve:

Scoop 1 cup of rice into each bowl. Divide bean mixture evenly (about ¾ cup each). Top with 3-4 tablespoons of Yumm! Sauce.

## Red Beans & Rice, II

Yield: 4 servings

4 cups cooked brown rice  
1 yellow onion, chopped  
4 stalks celery, chopped  
½ green bell pepper  
4 cloves garlic  
2 tablespoons olive oil  
1 14-ounce can diced tomatoes  
2 15-ounce cans red kidney beans  
1 cup vegetable broth  
½ teaspoon cayenne pepper  
1 teaspoon paprika  
1 teaspoon oregano  
1 teaspoon thyme  
2 bay leaves  
1 teaspoon kosher salt  
Black pepper

1. Prepare the rice according to package instructions.
2. Dice the onion, 4 stalks of celery, and ½ bell pepper. Mince 4 cloves garlic.
3. In a large saucepan (or dutch oven), warm 2 tablespoons olive oil over medium heat. Saute the onion, celery, and pepper for 8-10 minutes over medium heat until softened. Add the minced garlic and cook for about 2 minutes more; watch the pan to avoid burning the garlic.
4. Meanwhile, drain and rinse two cans of red beans. When the vegetables are ready, add the beans, 1 can of diced tomatoes (with their liquid), and 1 cup of vegetable broth. Stir in ½ teaspoon cayenne pepper, 1 teaspoon paprika, 1 teaspoon oregano, 1 teaspoon thyme, 2 bay leaves, 1 teaspoon kosher salt, and a few grinds of pepper.
5. Simmer over low heat for 20 minutes, until the sauce thickens. Meanwhile, roughly chop a handful of parsley leaves.
6. When simmering is complete, remove the bay leaves and serve over rice. Drizzle with 3-4 tablespoons of Yumm! Sauce.

# Better-than-Tuna Sandwich

Yield: 4 servings

NOTE: Prepare salad a day ahead to allow flavors to meld. The nori seaweed gives this salad a bit of sea essence that is reminiscent of a tuna sandwich. If using, be sure to cut the seaweed into very small pieces using kitchen shears so they can better blend into the salad. Mix in a little bit at a time until reaching desired taste.

## *"Tuna" Salad Ingredients:*

1 3/4 cups garbanzo beans  
juice of 1/2 lemon (or 2-3 tablespoons of lemon juice)  
3-4 tablespoons mayonnaise (or 1/2 mayo + 1/2 plain yogurt)  
1/2 cup celery (about 2 small stalks), chopped  
1/2 cup red onion (about 1/2 small), chopped  
1/2 teaspoon garlic powder  
2 teaspoons sweet pickle relish (or more to taste)  
salt & pepper to taste  
dash of cayenne  
1/4 sheet of nori seaweed, cut small (optional)

## *Sandwich Ingredients:*

6 slices multigrain bread  
Mayonnaise or hummus  
leafy greens or spinach



## DIRECTIONS

*To prepare "tuna" salad:* Drain and rinse beans, place in a large bowl and mash with a potato masher until flaky (like tuna from a can). (Be sure to mash every bean!) Add the rest of ingredients and mix well. If the mix looks dry, add a little bit of yogurt and mayo to make it creamier. (If using a food processor, add beans and pulse a few times. Then, add remaining ingredients, pulsing a few more times until desired consistency.)

## *To assemble sandwiches:*

Spread a thin layer of mayonnaise or hummus on the bottom slice of bread. Layer leafy greens or spinach. Add a scoop of salad mixture, making sure to spread to evenly across the slice of bread. Top with another slice of bread. Cut diagonally and put into sandwich container.

This can also be served with sliced fresh scooping veggies like cucumber, red bell peppers, zucchini, etc.

Source: <http://thesimpleveganista.blogspot.com/2012/09/chickpea-of-sea-salad-sandwich.html>