

Quick and Easy Meals

Fall 2024

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Mexican Street Corn-Inspired Salad

Serves 4

Time 15 minutes

Vegan

Common Allergens Check mayonnaise label

Recipe lightly adapted from [Vegan Richa](#)

Ingredients

- 10 ounces or 2 cups frozen roasted corn, thawed
- 15-ounce can black beans
- ½ red bell pepper, finely diced
- ¼ red onion, finely diced
- 1 jalapeno, finely diced
- 1 tablespoon nutritional yeast
- 1 teaspoon lime juice or to taste
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ¼ teaspoon salt or to taste
- ¼ cup cilantro, chopped, for garnish (optional)

Chipotle mayonnaise

- ¼ cup vegan mayonnaise
- 2-3 teaspoons lime juice
- ¼ teaspoon chili powder
- ½ teaspoon paprika
- ¼ teaspoon garlic powder
- Water to thin



Instructions

1. In a large bowl, combine salad ingredients and stir well to combine.
2. In a small bowl, combine chipotle mayonnaise ingredients and stir well. If necessary, add water, ½ teaspoon at a time, until it reaches desired consistency. It should be just thin enough to pour.
3. Pour dressing over salad and garnish with cilantro if using.

Notes

- If you cannot find roasted frozen corn, heat a skillet over medium high heat. When hot, add 1 teaspoon oil and thawed frozen corn and cook to golden brown on some edges.
- If you do not need this recipe to be vegan/egg-free, you can use regular mayonnaise.
- To make this recipe less spicy, omit the jalapeno or replace with ¼ green bell pepper

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Liangban Dofu (Spicy Cold Tofu)

Serves 4

Time 5 minutes

Vegan

Common Allergens Soy, sesame, may contain wheat

Recipe from [The Woks of Life](#)

Ingredients

- 1 tablespoon soy sauce
- 1 tablespoon spicy bean paste
- 1 teaspoon sesame oil
- ½ teaspoon sugar
- 1-2 cloves garlic (minced)
- 2 tablespoons scallion (chopped)
- 1 pound silken tofu (or soft tofu)
- 1 tablespoon chopped cilantro (and/or Thai basil), optional



Instructions

1. Put the soy sauce, bean paste, sesame oil, and sugar in a small bowl. Add half the garlic and half the scallions. Mix it all together.
2. Carefully remove the silken tofu from the package. First, slice the plastic around the block of tofu, and then use a paring knife to separate the tofu from the sides of the box. Then turn it over onto the serving bowl. Slice the tofu crosswise into ½ inch thick slices.
3. Drizzle the sauce over the tofu, and garnish with the rest of the garlic and scallion on top. You can also garnish with a bit of chopped cilantro and/or Thai basil. Stir everything together at the table and enjoy!

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Chocolate Chia Pudding

Serves 2-4

Time 5 minutes

Vegan

Common Allergens Check labels

Ingredients

- 1 cup unsweetened oat milk or other milk alternative
- $\frac{1}{4}$ cup chia seeds
- 2 teaspoons agave nectar or other liquid sweetener
- 2 tablespoons cocoa powder
- $\frac{1}{4}$ teaspoon vanilla extract, optional

Optional toppings

- 1 banana, sliced
- 1 cup berries
- Chocolate shavings



Instructions

1. In a 16-ounce jar or other resealable container, combine oat milk, chia seeds, agave nectar, cocoa powder, and vanilla if using. Seal the jar and shake well to combine.
2. Refrigerate for 10 minutes, then shake again. If necessary, stir with a spoon to break up clumps or loosen chia seeds from the bottom of the jar.
3. Refrigerate at least 1 hour or overnight. Serve with toppings of your choice.

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Smashed Cucumber Salad

Serves 4

Time 15 minutes

Vegan

Common Allergens Soy, sesame, may contain wheat

Recipe from [Molly Yeh, Food Network](#)

Ingredients

- 1 pound Persian or mini cucumbers
- 1 tablespoon reduced sodium soy sauce
- 1 tablespoon Chinese black vinegar
- 2 teaspoons toasted sesame oil
- 1 teaspoon sugar
- ½ teaspoon crushed red chili flakes
- Toasted sesame seeds and fresh cilantro, for garnish



Instructions

1. Place the cucumbers in a silicone bag or resealable plastic bag. Seal and use the palm of your hand to lightly smash the cucumbers. Take the cucumbers out of the bag and cut into 1-inch chunks. \
2. Combine the soy sauce, vinegar, sesame oil, sugar and chili flakes in a medium bowl. Whisk to dissolve the sugar.
3. Add the cucumbers, then toss and garnish with the toasted sesame seeds and cilantro.

Notes

- Another way to smash the cucumbers without a bag is to place a large flat knife (such as a cleaver) sideways on the cucumber and smash it lightly with your other hand, avoiding the sharp end of the blade.
- If you cannot find Chinese black vinegar, substitute with balsamic vinegar or rice vinegar