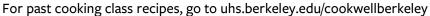
Fall 2024





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 \(\frac{1}{2} \) green bell pepper

Fall 2024





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

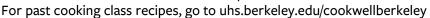
- 1 tablespoon soy sauce
- 1 tablespoon spicy bean paste
- 1 teaspoon sesame oil
- ½ teaspoon sugar
- 1-2 cloves garlic (minced)
- 2 tablespoons scallion (chopped)
- 1 pound silken tofu (or soft tofu)
- 1 tablespoon chopped cilantro (and/or Thai basil), optional



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 $\frac{1}{2}$ 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!

Fall 2024





Chocolate Chia Pudding

Serves 2-4

Time 5 minutes

Vegan

Common Allergens Check labels

Ingredients

- 1 cup unsweetened oat milk or other milk alternative
- ¼ cup chia seeds
- 2 teaspoons agave nectar or other liquid sweetener
- 2 tablespoons cocoa powder
- ¼ 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.

Fall 2024





Smashed Cucumber Salad

Serves 4

Time 15 minutes

Vegan Common AlleRecipe from Molly Yeh, Food Network

Common Allergens Soy, sesame, may contain wheat

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