

Creamy White Beans With Peas and Asparagus

Serves 2

Time 20 minutes

Vegan

Common Allergens Soy, sesame

Recipe from [Recipes and Places](#)

Ingredients

- 2 tablespoons extra virgin olive oil, divided
- $\frac{3}{4}$ cup shallots, finely diced (about 3 medium shallots)
- 1 (15 ounce) can cannellini beans, rinsed and drained
- 2 tablespoons nutritional yeast
- $\frac{1}{4}$ cup water or stock
- Salt and pepper to taste
- 1 teaspoon miso paste diluted in some water
- $\frac{1}{2}$ pound asparagus, tough ends removed and cut into 1 inch pieces
- $\frac{1}{2}$ cup frozen peas
- 1 tablespoon lemon juice
- 1 tablespoon toasted sesame seeds
- Crusty bread



Instructions

1. Heat a large skillet over medium heat. Add $\frac{1}{2}$ tablespoon olive oil. Add asparagus and cook for 2 minutes, stirring occasionally. Add frozen peas and cook until peas are thawed and asparagus is tender. Season with salt and pepper to taste. Remove from pan to use it for next step.
2. Heat the emptied skillet over medium heat. Add remaining $1 \frac{1}{2}$ tablespoons olive oil. Add the shallots and cook until translucent and golden brown, about 5-8 minutes.
3. Once the shallot is browned, add the beans, nutritional yeast, and water or stock. Let it cook until reduced and creamy. Mash about $\frac{1}{3}$ of the beans to make it creamier. Add more water as needed to keep it creamy. Stir in miso paste, then add more salt to taste if necessary. Add lemon juice.
4. To serve, spread the bean mixture on a plate, top with the vegetables, a drizzle of olive oil, garnish with sesame seeds, and serve with crusty bread.

Spring Vegetables

Spring 2025

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



Deconstructed Spring Roll Salad

Serves 3-4

Time 45 minutes

Vegan

Common Allergens Soy, peanuts, may contain wheat, sesame, alcohol (check labels)

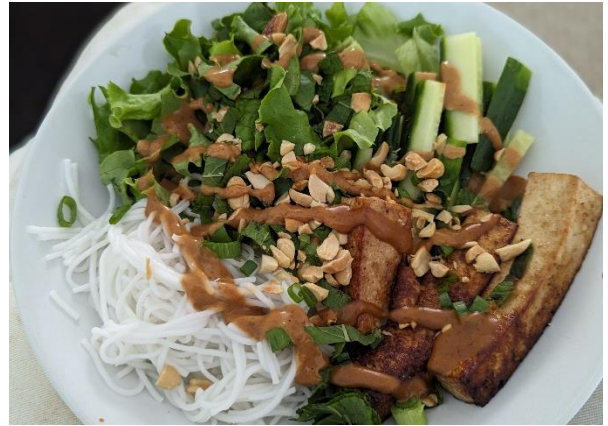
Recipe adapted from [The Viet Vegan](#)

Ingredients

- 1 block extra-firm tofu, drained and pressed
- ¼ cup soy sauce or tamari
- ½ teaspoon garlic powder
- 2 tablespoons olive oil, divided
- 8 ounces rice vermicelli noodles
- 1 head green leaf or butter lettuce, chopped
- 2 cups cucumber, cut into strips
- 4 green onions or chives, sliced
- ¼ cup mint leaves, torn
- Optional: 1 bunch cilantro, leaves torn
- ¼ cup crushed peanuts

For the peanut sauce:

- ½ cup natural peanut butter
- ⅓ cup hoisin sauce
- 1 teaspoon sriracha sauce



Instructions

1. Whisk together the soy sauce, garlic powder, and 1 tablespoon olive oil in a food storage container slightly larger than the block of tofu. Cut the drained tofu into thick strips and place into the marinade. Let sit for up to 1 hour.
2. Cook noodles according to package directions.
3. In a jar or medium bowl, whisk together peanut butter, hoisin, sriracha, and 1/3 cup water. Add more water if necessary to reach desired consistency - it should be thick yet pourable.
4. Heat remaining tablespoon of olive oil in a large nonstick skillet, then pan-fry the tofu until each side is browned. Set aside.
5. Arrange lettuce, rice noodles, cooked marinated tofu, cucumber, green onions or chives, mint leaves, and cilantro if using, in a serving bowl. Drizzle with dressing and garnish with crushed peanuts.

Notes

- To make this recipe wheat/gluten-free, use gluten-free soy sauce or tamari and check hoisin label (may have other common allergens like soy, sesame, or alcohol)
- For meal prep, assemble all salad ingredients except dressing and peanuts. Add dressing and peanuts just before serving.
- Add [pickled daikon and carrots](#) if you'd like