

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

Chia Pudding

Vegan (unless using dairy milk)

Serves 2

Ingredients

- 1 cup milk or milk alternative
- ¼ cup chia seeds
- 1 teaspoon sugar
- 2 teaspoons vanilla extract (optional)

Instructions

1. Combine milk, chia seeds, and sugar in a jar. Seal the jar and shake it well. Refrigerate overnight.
2. Add desired toppings and serve.

Berry Chia Jam

Topping idea for Chia Pudding

Mash about 2 cups berries (fresh or frozen then thawed) with 2 tablespoons chia seeds and add optional sweetener to taste. Chill for at least 1 hour, adding more chia seeds to thicken if necessary.



Topping Ideas

fresh fruit, nuts, nut butter, or fruit compote

Spaghetti Squash Pad Thai

Dairy-free, can be vegan and gluten-free. Allergens: Contains nuts, soy, fish, may contain shellfish and gluten.

Ingredients

- 1 spaghetti squash
- 1 package extra firm tofu
- 2 tablespoons canola oil
- 2 tablespoons shallot, minced
- 1 tablespoon garlic, minced
- 2 eggs
- 1 cup carrots, shredded
- 1 cup bean sprouts
- ¼ cup reduced sodium tamari or soy sauce
- 2 tablespoons fish sauce (or sub tamari/soy)
- 1 tablespoon lime juice
- 1 tablespoon brown sugar
- ¼ cup green onion, sliced
- Optional garnish: lime wedges, ground peanuts, chili flakes

Instructions

1. Preheat oven to 400°F. Cut spaghetti squash in half and scoop out the seeds with a spoon. Brush with olive oil and roast on a baking sheet, cut side down, for 35-45 minutes, or until tender. Set aside to cool.
2. Meanwhile, drain tofu, cut in half lengthwise, and place between towels with a heavy object on top to press out excess moisture. Let sit for 10-15 minutes. Cut tofu into cubes.
3. Once spaghetti squash is cool enough to touch, use a fork or metal spoon to scrape the flesh into strands. Set aside.
4. Heat a wok or large skillet over medium high heat. Add oil, then shallots and garlic and cook until fragrant, 30-60 seconds. Add tofu.
5. Stir occasionally until tofu is browned on most sides. Push tofu to the side of the pan and crack the eggs into the open space. Stir until cooked.
6. Add spaghetti squash, carrots, and bean sprouts. Cook for 2 minutes.
7. Combine remaining ingredients in a small bowl, then add to pan. Stir to combine. Remove from heat and add optional garnishes.

Serves 4



Substitutions

Vegetarian: Sub tamari/soy sauce for fish sauce.

Vegan: above and omit egg.

Gluten-free: Use GF tamari, not soy sauce; check fish and oyster sauce.

More authentic: Sub oyster sauce for tamari and sub 2 Tbsp tamarind paste for lime juice and sugar.