



Recipes

"Flexitarian" Meals



Recipe: Lentil Burgers (makes 8 patties)

Ingredients

- 1 ½ cups dried lentils
- 3 cups vegetable broth
- 2 large cloves garlic, peeled
- ½ tsp kosher salt
- 1 cup walnuts
- 4 slices whole-wheat sandwich bread, torn into pieces
- 2 Tbsp chopped fresh marjoram or 2 tsp dried
- ½ tsp black pepper
- 1 Tbsp tamari or soy sauce
- 2 Tbsp canola oil, divided



Directions

1. Prepare lentils: Wash lentils and pick over to remove any debris. Thoroughly rinse under running water. Combine lentils with vegetable broth in saucepan and bring to a rapid simmer over medium-high heat. Reduce heat and gently simmer, uncovered, for 20-30 minutes.
2. Coarsely chop garlic and walnuts. Add to food processor with salt, bread pieces, marjoram and pepper. Process until coarse crumbs form. Add cooked lentils and soy sauce; process until the mixture just comes together in a mass. Form eight, 3-inch patties (about 1/3 cup each)
3. Heat 1 Tbsp canola oil in a large skillet over medium heat. Cook patties until slightly browned, 2-4 minutes, then flip and cook until browned on the other side and heated through, 4-6 minutes more. Serve immediately or freeze for future meals.

Recipe: Mediterranean Quinoa Salad

Ingredients

- 3-4 cups vegetable broth
- 1 ½ cups quinoa, uncooked
- ¼ cup red wine vinegar
- 2 cloves garlic, minced
- Juice from one lemon
- 3 Tbsp olive oil
- ½ cup kalamata olives, sliced if desired
- 1/3 cup fresh parsley, chopped
- 1/3 cup fresh cilantro, chopped
- 1 red onion, diced
- 1 cup cherry tomatoes, cut in half
- 1 cup garbanzo beans, rinsed and drained
- Salt and pepper to taste
- ½ cup crumbled feta cheese

Directions

1. In a medium-large saucepan, cook the quinoa in vegetable broth for 15-20 minutes, until tender, stirring occasionally. Allow to cool. In a small bowl, whisk together the vinegar, lemon juice, garlic, and olive oil.
2. Gently toss the quinoa together with the remaining ingredients, except feta. Pour the olive oil mixture over the quinoa. Add more salt and pepper to taste and gently stir in the feta cheese. You may also add any additional vegetables that you like, such as lightly steamed broccoli, snap peas or diced bell pepper.



Health* Matters is UC Berkeley's Wellness Program with campus partners including Office of Environment, Health & Safety, Human Resources, Physical Education Program, Recreational Sports, and University Health Services: CARE Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.

Recipe: Tempeh Tacos with Avocado

Ingredients

- 1 package soy tempeh, crumbled
- 1 small onion, diced
- 1 lime
- 4 Tbsp water
- 2 Tbsp taco seasoning (see below)
- 1 avocado, chopped
- 8-10, 6-inch corn tortillas

Taco Seasoning

- 3 Tbsp chili powder
- 1 ½ Tbsp cumin
- 1 ½ Tbsp paprika
- 1 Tbsp cayenne (or less to taste)
- 1 Tbsp garlic powder
- ½ tsp cinnamon

Directions

1. Mix taco seasoning by sifting all ingredients together. Taco seasoning also works great in chili or as a topping for nachos or salads.
2. Place pan on medium-high heat and sauté tempeh and onion in water until onion is translucent. If all water evaporates, add a few more tablespoons. Add remaining ingredients to pan and mix well (feel free to alter amounts to suit your tastes). Serve warm on corn tortillas and enjoy.



Recipe: Protein Packed Granola (makes 6 cups)

Ingredients

- 3 Tbsp canola oil
- 4 cups regular rolled oats
- ¼ cup flax meal
- 2 tsp cinnamon
- Pinch of salt
- ¾ cup apple juice or cider
- ¼ cup maple syrup
- ¼ cup honey or agave nectar

Ideas for mix-ins

- Nuts (pecans, almonds, walnuts, peanuts)
- Sunflower seeds
- Dried fruit (cranberries, raisins, apricots, dates, unsweetened coconut)

Directions

1. Preheat oven to 325 degrees. Lightly grease baking sheet with canola oil (you may also use cooking-oil spray or line baking sheet with nonstick foil). In a medium bowl, combine the oats, flax meal, cinnamon, and salt. Mix well. In a small bowl combine the apple juice, maple syrup, honey, and optional brown sugar. Heat in microwave for 30 seconds and whisk with a fork until a syrup forms.
2. Add the wet ingredients to the dry ingredients, stirring until the mixture is fully combined and moist. Spread the mixture on the greased baking sheet and bake for 15 minutes. Remove from the oven and stir, breaking the large chunks into smaller pieces. Bake for an additional 8 minutes or until crisp. Remove from oven and allow to cool. Add your preferred mix-ins and toss to combine. When completely cool, store the granola in an airtight container.

For more information and healthy cooking resources, visit *Cook Well Berkeley* at <http://tinyurl.com/cookwellberkeley>