

No Cook Meal Prep

Fall 2021

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



Vegan Egg Salad Sandwich

Vegan. Common allergens: Soy, wheat/gluten, check labels

Recipe from [It Doesn't Taste Like Chicken](#)

Serves 4

Ingredients

- 1 container medium-firm tofu, drained and patted dry
- 6 tablespoons vegan mayonnaise
- 2 tablespoon nutritional yeast
- 2 teaspoon yellow mustard
- 2 green onions, chopped
- ¾ teaspoon black salt or salt
- ¼ teaspoon turmeric
- Black pepper to taste

To make sandwiches:

- 8 slices bread
- 4 lettuce leaves

Instructions

1. **To make the vegan egg salad:** chop the tofu into a small cube. Add the tofu to a large bowl along with the vegan mayonnaise, nutritional yeast, yellow mustard, green onions, black salt, and turmeric. Gently mix. If desired add table salt and pepper to taste.
2. **To make vegan egg salad sandwiches:** toast the bread if desired. Layer 4 slices of bread with a lettuce leaf and then follow with a generous serving of the vegan egg salad. Top with the remaining slices of bread and serve.

- Vegan egg salad can be made ahead of time and stored covered in the fridge for 2 - 3 days. If it looks watery, just give it a gentle stir to reincorporate.
- You can use regular mayo if you do not need it to be vegan.

Zero Waste Tips

- Use 2 plates or a kitchen towel to drain the tofu rather than paper towels.
- Regrow your own green onions by placing the white ends with roots in water and a sunny window until they regrow! Optional: plant the regrown green onions in soil.



Oatmeal Raisin Cookie Bars

Vegan. Common allergens: Tree nuts, oats may contain gluten

Recipe from [Chocolate Covered Katie](#)

Makes 3 bars or 10 balls

Ingredients

- ½ cup raisins
- 6 tablespoons quick oats
- ½ cup raw walnuts
- 1/8 teaspoon salt
- ¼ teaspoon pure vanilla extract

Instructions

1. Pulverize the oats in a food processor, then add all other ingredients and blend very well. If the mixture is dry and crumbly, add a tiny bit of water at a time until it is sticky enough to stick together.
2. Form into balls or bars. Keep refrigerated.

Zero Waste Tip: Use your own containers and buy these ingredients in bulk, especially the walnuts, raisins, and oats!

This recipe lasts about 2 weeks in the fridge and can be frozen. Visit <https://chocolatecoveredkatie.com/chocolate-covered-recipes/fudge-baby-mania/> for more no cook bar recipes

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Homemade Instant Noodle Cups

Combination Ideas



Miso

- 1 teaspoon bouillon paste
- 1 teaspoon reduced sodium miso
- 1 teaspoon reduced sodium soy sauce or tamari
- ¼ package silken tofu or soft boiled egg
- Shredded carrots
- Spinach
- Corn
- Driedramen
- Toppings: green onion, seaweed strips, furikake



Kimchi

- 1 teaspoon bouillon paste
- Kimchi
- Optional: gochujaru
- ¼ package silken tofu
- Thinly sliced shiitake mushrooms
- Dried bean vermicelli
- Topping: green onion



Tom Yum

- 2 teaspoons tom yum paste
- ¼ package silken tofu or cooked shrimp
- 8 cherry tomatoes, halved
- Thinly sliced shiitake mushrooms
- Shredded carrot
- Baby spinach
- Dried ramen
- Toppings: lime wedge, cilantro



Spicy Thai Red Curry

- 1 teaspoon bouillon paste
- 2 teaspoons red curry paste (or other curry, which may be milder)
- Optional: ½ tsp lemongrass powder
- 2-3 tablespoons coconut cream
- ¼ package silken or firm tofu or leftover chicken
- Thinly sliced shiitake mushrooms
- Shredded carrot
- Baby spinach
- Dried ramen
- Topping: Thai Basil