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Creamy Mushroom Pasta

Vegan. Allergens: wheat, tree nuts, soy

Serves 4

Ingredients

- 3 tablespoons olive oil, divided
- 2 pounds mushrooms, mix of white and brown, sliced
- 2 shallots, finely diced
- 4 cloves garlic, minced
- 1 tablespoon fresh rosemary, minced
- 4 cups plain, unsweetened milk alternative cashew recommended
- 1 can white beans, rinsed and drained
- 2 cubes vegetable bouillon or 2 teaspoons bouillon base
- 2 tablespoons nutritional yeast
- 2 teaspoons white miso
- 8 ounces whole wheat spaghetti or linguine
- 1 teaspoon salt or to taste

Instructions

1. Heat a stock pot over medium high heat and add 2 tablespoons olive oil. Add half the mushrooms and cook for about 2 minutes, until they start to cook down. Add remaining olive oil and mushrooms and cook until they start to brown, about 3 minutes. Pour off any excess water that has accumulated.
2. Add shallots. Cook until shallots start to brown, stirring frequently to prevent burning, about 2 minutes. Add garlic and rosemary and cook for 30 seconds.
3. Add milk alternative, beans, bouillon, nutritional yeast, miso, and salt. Stir to combine.
4. Once it reaches a simmer, add the pasta and stir. Reduce heat to a low boil and cook according to pasta instructions, plus about 20% more time. This should be about 14 minutes for whole wheat spaghetti. If necessary, continue cooking until pasta is cooked, adding a little more water (no more than 1 cup) if necessary to prevent it from sticking to the bottom of the pan. By the time the pasta is done cooking, you want to have a thickened creamy sauce, not as thick as a gravy or alfredo sauce, but not so thin that it doesn't stick to the noodles. Serve warm.

Adapted from [Delicious Everyday](#)



Zero Waste Tips

Buy in bulk when possible:

- **Mushrooms** - Buy from a bin, ideally using a reusable produce bag, rather than a prepackaged container. It will likely be cheaper as well
- **Beans** - Buy dried beans in bulk, ideally in a reusable container. Cook a large batch and freeze leftovers

Non-dairy milk – if highly motivated, try making your own!

Rosemary – Try growing your own! It is fairly drought tolerant (once established) and pest resistant.

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Oven “Fried” Tofu and Roasted Broccoli

Vegan, gluten-free. Allergens: soy, sesame

Serves 3

Ingredients

- 12-16 ounce container extra firm tofu (or firm)
- 1 ½ pounds broccoli
- 1 tablespoons extra virgin olive oil
- 1 tablespoon corn starch
- 2 tablespoons reduced sodium tamari
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon maple syrup
- 2 cloves garlic, minced

Instructions

1. Drain tofu and cut into three slabs. Press tofu between towels topped with a heavy object such as a cast iron skillet for at least 15 minutes (up to overnight).
2. Preheat oven to 400°F. Cut broccoli into large florets. Cut tofu into domino-sized rectangles or triangles.
3. Toss broccoli with 1 tablespoon extra virgin olive oil and spread on half of a sheet pan. Put down parchment paper on the other side.
4. Place tofu onto a plate and sprinkle with corn starch. Gently toss, then place it in single layer on the lined baking sheet.
5. Bake for 15 minutes. Meanwhile, make the sauce by combining the remaining ingredients. Remove pan from oven, toss broccoli, and flip each piece of tofu. Spoon sauce over the tofu to coat and drizzle any remaining sauce over the broccoli, being careful to not let it pool near the edges of the pan where it may drip in the oven. Carefully place the pan back in the oven and bake for another 10-15 minutes, or until broccoli is browned and fork tender and tofu is crisp.
6. Remove broccoli and tofu from pan and drizzle remaining sauce over broccoli. Serve warm by itself or with a side of brown rice.

Other One Pan Ideas

Vegetables – try others such as sweet potatoes, carrots, cauliflower, or asparagus

Proteins – try tempeh instead of tofu. If you use meat, buy the highest quality you can afford.

Flavoring – experiment with other spices or sauce ingredients such as balsamic vinegar, Dijon mustard, or lemon juice.

Zero Waste Tips

- **Parchment paper** – Tear up used parchment paper and compost it. Alternatively, use a reusable silicone baking mat. Avoid waxed paper and foil which are not compostable.
- **Marinate** – many recipes call for marinating protein foods in a plastic bag (especially for meat). Use a reusable container instead.
- **Press tofu** - You don't need paper towels contrary to what most instructions say. Try using kitchen towels or invest in a tofu press.
- To press tofu without using any towels, wash outside of tofu container and place upside-down on a large plate. Stack tofu, another plate, then a heavy object and let drain. Afterward, rinse and recycle the container.

