



Plant-Powered Meals

Fall 2017

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

Sushi Salad

Serves 4



Ingredients

- 8 cups baby spinach
- 2 cups cooked and cooled brown rice
- 1 ½ cups shelled edamame
- 1 cup shredded carrots
- 1 cup cucumber, julienned
- 1 cup avocado, sliced
- 0.25-0.5 ounces toasted seaweed, cut into thin strips

Dressing

- 3 tablespoons rice vinegar
- 3 tablespoons olive oil
- 2 tablespoons reduced sodium tamari
- 2 teaspoons wasabi powder
- 1 ½ teaspoons water
- ½ teaspoon sugar

Directions

1. Whisk dressing ingredients in a small bowl until well combined.
2. Toss dressing with remaining salad ingredients and serve immediately.

Optional additions: pickled ginger, sliced bell pepper, mango, or fish (not vegan)

Eggplant Lasagna Rolls

Serves 4



Ingredients

- 2 eggplants, sliced into 12 ¼-inch slices lengthwise
- 2 lemons, juiced (about 1/3 cup)
- 12oz extra firm tofu, drained and pressed for 10 minutes
- 3 tablespoons nutritional yeast
- ½ cup fresh basil, chopped
- 1 tablespoon dried oregano
- 3-4 tablespoons extra virgin olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- 2-3 cups marinara sauce

Vegan "Parmesan" (Optional)

- ¼ cup raw cashews
- 1 tablespoon nutritional yeast
- ¼ teaspoon salt
- pinch garlic powder

Directions

1. Preheat oven to 425°F.
2. Salt eggplant slices and let sit for 15 minutes to release the bitter juices. Rinse and lay to dry between two towels with something heavy on top to press out excess moisture.
3. Arrange eggplant slices on 1-2 baking sheets in a single layer and bake for 13-15 minutes. Set aside and lower oven temperature to 375°F.
4. To make vegan parmesan, pulse cashews, nutritional yeast, salt and garlic powder until the cashews are finely minced.
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6. To make tofu ricotta, combine tofu, ¼ cup vegan parmesan (optional), nutritional yeast, basil, lemon juice, oregano, olive oil, salt and pepper in a food processor. Pulse until it resembles ricotta cheese. Adjust flavors if necessary.
7. Pour about 1 cup of marinara into a casserole dish. Scoop about 1/3 cup of tofu mixture into each eggplant slice and roll up. Place into the casserole dish seam side down and repeat with remaining eggplant. Pour more marinara over the top.
8. Bake for 15-23 minutes or until sauce is bubbly and eggplant is starting to brown. Serve with optional extra vegan parmesan and fresh basil leaves.

Tempeh Breakfast Sausage

Serves 4



Ingredients

- 8 ounces tempeh, chopped
- ¼ yellow onion, diced (~½ cup)
- 2 teaspoons minced garlic
- ½ teaspoon sea salt
- 1 teaspoon ground black pepper
- 1 ½ teaspoon dried sage
- 1 ½ teaspoon smoked paprika
- 2 tablespoons fresh chopped rosemary
- 2 tablespoons vegan Worcestershire sauce
- 1 tablespoon grapeseed or olive oil
- ¼ teaspoon red pepper flakes, optional

Directions

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Combine all ingredients in a food processor and mix until well combined. Take two tablespoons of the mixture and form into a patties and place onto prepared baking sheet.
3. Bake for 20 minutes or until light golden brown on top.

Adapted from *Minimalist Baker*

5+ Ingredient Chili

Ingredients

Serves 6

- 1 medium yellow onion, diced
- 1 tablespoon grapeseed or canola oil
- 3 medium sweet potatoes, chopped
- 1 16-ounce jar chunky salsa
- 1 15-oz can black beans, drained
- 2 cups vegetable stock
- 1 tablespoon chili powder
- Other ingredients as desired (cumin, avocado, etc_

Directions

1. In a large pot over medium heat, sweat onions in 1 tablespoon oil and season with a healthy pinch each salt and pepper. Stir and continue cooking on medium heat until translucent and soft.
2. Add sweet potato and chili powder. Cook for 3 minutes. Then add salsa, water, and vegetable stock.
3. Bring mixture to a low boil on medium high heat and then lower heat to medium-low and simmer. Add black beans, cover and cook for at least 20 minutes more, preferably 30 - or until the sweet potatoes are fork tender and the soup and thickened. This soup is at its best when prepared the night before or allowed to rest for a few hours so the flavor marries with the vegetables and beans.
4. Serve with fresh cilantro, onion, avocado, and/or lime juice.



Note

This can also be made in a slow cooker. Place all ingredients in slow cooker and cook on low for 8-10 hours or high for 4-6 hours. Sauté the onions first for better flavor.

Recipe source: *Minimalist Baker*