

Spring Veggies to Cook & Grow

Spring 2021

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



Skillet Lasagna

Vegetarian, can be made vegan. Contains wheat/gluten, soy, egg.

Serves 6

Ingredients

- 12 ounce container extra firm tofu, drained
- juice of 2 lemons
- 3 tablespoons nutritional yeast
- ¼ cup extra virgin olive oil, divided
- ½ cup fresh basil
- 1 tablespoon dried oregano
- ½ teaspoon salt or to taste
- ½ teaspoon black pepper
- ½ medium yellow onion, diced
- 3 cloves garlic, minced
- 4 cups mushrooms, sliced
- 6 ounces egg noodles, 3 cups dry
- 1 jar marinara sauce (about 28 ounces)
- 2 zucchini, chopped into ½ inch chunks, about 2 cups
- 1 cup baby spinach

Instructions

1. To make tofu ricotta: In a food processor, puree tofu, lemon juice, 3 tablespoons olive oil, nutritional yeast, oregano, salt and pepper. Pulse basil until it is distributed but not completely pureed. Set aside.
2. In a large skillet, heat remaining 1 tablespoon olive oil over medium high heat. Add onions and cook until they begin to brown, about 5 minutes. Add garlic and cook until fragrant, about 30-60 seconds. Add mushrooms and cook until they begin to cook down, about 3 minutes.
3. Add marinara sauce, pasta, zucchini, spinach, and 1 cup water. Stir together, then top with dollops of tofu ricotta. Cover, reducing heat to a simmer, until noodles are cooked, about 10 minutes. For whole wheat noodles, add an extra ½ cup water and 4-5 minutes cooking time, or until noodles are al dente or cooked to your liking.

When to Plant Spinach

- Transplant: Apr-May, Oct, Nov
- Direct seed: Feb-Mar

When to Plant Basil

- Transplant: Apr-June
- Start seeds: Apr

When to Plant Zucchini

Start seeds: Apr-June

Notes

- To make this recipe vegan, use fusilli instead of egg noodles.
- If this recipe doesn't need to be dairy-free or vegan, you can use regular ricotta cheese.
- Substitute or add other veggies if you'd like, such as kale, roasted eggplant, or tomatoes

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Arugula Pesto

Vegan. Contains tree nuts.

Serves 6-8

Ingredients

- 2 cups arugula
- 1/3 cup olive oil
- 1/4 cup walnuts or toasted pine nuts
- 1 tablespoon nutritional yeast
- zest and juice of 1/2 lemon or to taste
- 1 clove garlic
- 1/2 teaspoon salt

Instructions

1. Combine all ingredients except olive oil in a food processor and pulse. Pour in olive oil while mixing until smooth.
2. You can add more olive oil, salt or lemon juice to reach desired consistency and flavor.

Serving Suggestions

- Warm pasta with tomatoes, broccoli, and/or zucchini
- Pasta salad with tomatoes and cucumber
- Spread on toasted bread as an appetizer
- Put a dollop on soup for extra flavor
- Use as a sandwich spread or mix with mayo to make aioli

When to Plant Arugula

- Transplant: Feb-May, Sept-Oct
- Direct seed: Mar-May, Aug-Oct

Gardening Resources

- [East Bay Planting Times](#) (Ecology Center)
- [Vegetable Planting Chart](#) (UC Master Gardeners, Santa Clara County)
- [Alameda County Garden, Month by Month](#) (UC Master Gardeners)
- [Gardening classes](#) (UC Master Gardeners)
- [Sustainable Living Classes](#) (Ecology Center)
- [Center for Agroecology & Sustainable Food Systems](#) (UC Santa Cruz)
- [Spiral Gardens](#) – Community Food Security Project
- [Seed Starting](#) (UC Master Gardeners, Napa County)