

## Contents

baked tofu	2
chewy mochi rice bars	3
creami coconut raspberry ice cream	4
creami watermelon sorbet	5
dani's black bean burgers	6
date balls	7
dirty rice pepper bowl	8
farro, broccolis and shiitakes	9
gogumabop (sweet potato rice bowl with soy dressing)	10
maple balsamic brussels sprouts	11
microwave acorn squash curry	12
microwave basmati rice	13
microwave blueberry oats	14
microwave mapo tofu	15
microwave pasta primavera	16
microwave quinoa fruit puree	17
microwave steamed eggplant	18
mushroom sprout polenta	19
mushroom gravy	20
mushroom rice soufflé	21
rosenberg matzoh ball soup	22
spinach egg salad	23
sweet cucumber pickles	24
sweet potato tahini bowl	25
tomato bisque	26

## **baked tofu**

### **ingredients**

- 1 block super firm tofu
- 1 Tbsp oil
- 2 Tbsp soy sauce or liquid aminos
- 1 Tbsp corn starch

### **instructions**

1. Slice tofu into 2 or 3 slabs or cut into cubes. Optionally, press out any extra moisture with a dish towel.
2. Mix sauce from remaining ingredients then soak tofu.
3. Preheat oven to 400°F and let the tofu marinate while it's heating.
4. When oven is hot, place on a large sheet pan lined with parchment or Silpat.
5. Cook for 25-30 minutes, flipping in the middle.

### **notes**

- This is lightly seasoned and ready for use in other recipes.
- I like to use this on rice bowls with vegetables and a peanut sauce.

## chewy mochi rice bars

### ingredients

- 1/2 Cup mochi flour
- 1/2 Cup water or almond milk
- 2 Tbsp butter, sliced
- 2 Tbsp maple syrup
- 2 Cups puffed brown rice (aka brown rice crisps)
- (optional) 1/4 Cup unsweetened shredded coconut
- Pinch of salt

### instructions

1. Mix together flour, liquid, butter, salt, and syrup in a large microwave-safe bowl (large so we can mix in the rice and coconut later).
2. Microwave covered on high (1200W) for 1 minute.
3. Stir to finish melting the butter.
4. Cook again for 2 minutes on high.
5. Mix brown rice and coconut until evenly combined.
6. Place mixture on a buttered sheet pan or plain parchment paper in the desired shape.  
I like a rectangle that I can cut into 4 smaller rectangle bars (see photo on 1/4 pan).

### notes

For a ride, I like to take a couple in a folded-over piece of parchment paper inside a Stasher bag.

## creami coconut raspberry ice cream

### ingredients

- 1 can full-fat coconut milk
- 50g maple syrup
- 1 tsp vanilla
- 1 pinch salt
- About 1/2 Cup frozen raspberries

### instructions

1. Blend all ingredients except raspberries to evenly mix in the sugar.
2. Pour into a container and freeze for 24 hours.
3. Process using the “Lite Ice Cream” setting.
4. If still crumbly, perform one re-spin until smooth enough to make a tunnel for toppings.
5. Open a 1-1.5 inch hole down to the bottom and fill with frozen raspberries.
6. Run the “+Mix-In” setting.

## **creami watermelon sorbet**

### **ingredients**

- 1 Creami container of watermelon chunks (600g)
- 1 lime; juice and zest
- 1 pinch of salt

### **instructions**

1. Blend all ingredients together until liquid.
2. Pour into a container and freeze.
3. Let sit for 10 minutes on the counter before processing.
4. Run on Sorbet mode.

## **dani's black bean burgers**

### **ingredients**

- 4 cans black beans, unsalted, rinsed and drained
- 1/2 large onion, small dice
- 1 red pepper, small dice
- 1 large zucchini (300g pre-shred), grated and pressed
- 4 carrots (200g pre-shred), grated and pressed
- 50g Parmesan
- 4 eggs
- 2 Tbsp soy sauce
- 6 shakes Worcestershire sauce
- Salt to taste

### **instructions**

1. Preheat oven to 350°F (or 325°F convection).
2. Spread beans on a sheet tray and dry in the oven for 5–10 minutes while prepping the vegetables.
3. Combine all ingredients in a large bowl and mash until a blackish mixture forms with visible black bean speckles.
4. Season to taste.
5. Form into patties.
6. Bake at 375°F for 12 minutes on each side.

### **notes**

- Makes 14 burgers.

## **date balls**

### **ingredients**

- 1/2 Cup peanut butter; from the fridge preferably
- 10-12 pitted dates
- 1 Cup shredded coconut; plus more for rolling
- 1 Tbsp honey (optional)

### **instructions**

1. Blend everything in a food processor until smooth enough that there are no large chunks of date.
2. Optionally, wet hands very lightly and shape into 10-12 heaping tablespoon-sized balls.
3. Roll in shredded coconut.
4. Store in the fridge or freezer.

## **dirty rice pepper bowl**

### **ingredients**

- 2-3 Cups medium grain rice (Japanese cups); cooked in rice cooker
- 1 can black beans; including liquid
- Lowry's seasoning salt
- 2-3 peppers (at least one red, yellow, or orange); sliced
- 1-2 onions; sliced
- Toppings: guacamole or sliced avocado, cheese, hot sauce, or salsa

### **instructions**

1. Start cooking onions and peppers together in a large pan, allowing them to brown before mixing. Cook 10+ minutes until softened, brown and sweet.
2. Season with salt to help release moisture.
3. Mix cooked rice into warmed black beans and season with Lowry's to taste. Use a large bowl to mix in all 3 Cups of rice if needed.
4. Serve beans and rice with peppers and desired toppings on top.



## farro, broccolis and shiitakes

### ingredients

- 1 Cup (200g) whole or semi-pearled farro
- 1 Tbsp olive oil
- 1 medium red onion or 2 shallots, thinly sliced
- 8 oz (225g) shiitake mushrooms, stems removed and caps sliced
- 3 cloves garlic, minced
- 4 Cups (280g) small broccoli florets
- ½ Cup (120ml) vegetable broth
- 1 Tbsp soy sauce
- ¼ Cup (25g) grated vegan parmesan cheese (or regular parmesan if not vegan)
- Freshly ground black pepper, to taste

### instructions

1. Cook the farro by rinsing it under cold water. Combine it with water and a pinch of salt. Use a 1:3 ratio of farro to water. Boil over high heat, reduce to a simmer, and cook until tender (about 25 minutes for semi-pearled farro or up to 40 minutes for whole farro). Drain any excess water and set aside.
2. Heat olive oil in a large skillet over medium-high heat. Add sliced onion or shallots and cook until softened, about 3–4 minutes. Add sliced shiitake mushrooms and cook until they release moisture and reduce in volume, about 5–7 minutes. Stir in the minced garlic and cook for another minute.
3. Add the broccoli florets to the skillet along with vegetable broth and soy sauce. Stir to combine, cover the skillet, and reduce heat to medium. Steam the broccoli until tender, about 5–7 minutes.
4. Remove the skillet from heat. Stir in the cooked farro and grated vegan parmesan cheese until well combined. Season with freshly ground black pepper to taste. Serve warm.

### notes

- This recipe can be supplemented with 1–2 Cups of cooked French lentils for added protein.
- It keeps well in the refrigerator for up to a week in an airtight container and can be reheated in the microwave.
- Using reduced-sodium vegetable broth can enhance the dish's flavor.

## **gogumabop (sweet potato rice bowl with soy dressing)**

### **ingredients**

- 2 rice cooker Cups short or medium-grain rice
- 2 small to medium sweet potatoes, peeled and cubed 1/2"
- 1/2 Cup green onion, thinly sliced
- 1/4 Cup soy sauce
- 2 Tbsp rice vinegar
- 1 clove garlic, minced
- 1 tsp honey
- 1 Tbsp toasted sesame seeds
- 1/2 tsp gochugaru or similar chili flake
- (optional) toasted seaweed squares
- (optional) toppings: fried egg, avocado, cherry tomatoes, kimchi

### **instructions**

1. Rinse and fill water for rice as normal in an electric rice cooker.
2. Top with cubed sweet potato and cook.
3. While the rice is cooking, combine the rest of the ingredients in a mason jar and shake to combine/dissolve.
4. When rice is done cooking, stir to incorporate sweet potato.
5. Serve topped with a few spoonfuls of the sauce.

### **notes**

- Serves 2–4.
- Mixing the sauce into all of the rice completely is also fine.
- To scale for 4–6, use 3 Asian cups of rice and 1.5 lbs sweet potato, then double the sauce at 100%.

## maple balsamic brussels sprouts

### ingredients

- 1 lb brussels sprouts; bottoms trimmed and cut in half
- 2 Tbsp olive oil; maybe more
- 2 Tbsp maple syrup
- 1-2 Tbsp balsamic vinegar
- salt and pepper to taste

### instructions

1. Heat a broad pan over medium heat.
2. Add olive oil, then add Brussels sprouts with salt and pepper. Stir only occasionally to allow browning to develop.
3. Once tender throughout, add maple syrup and balsamic vinegar.
4. Stir almost continuously to prevent burning and cook until sprouts are well coated and the sauce thickens slightly.
5. Turn off heat but keep in the pan for serving to keep them warm.

### notes

- I like a thicker, aged balsamic vinegar for this recipe.

## **microwave acorn squash curry**

### **ingredients**

- 1 acorn squash; washed and cubed
- 2-3 Tbsp water
- 1-2 Tbsp olive oil
- ~1 Tbsp garam masala
- ~1 Tbsp curry powder
- 2 cloves garlic; thinly sliced
- 1 tsp maple syrup; drizzled
- 1 Cup cherry tomatoes; halved (optional)
- 1/2 Cup frozen peas (optional)

### **instructions**

1. Add squash, water, oil, and a pinch of salt to a microwaveable steaming container.
2. Cook on full power (1200W) for 5 minutes.
3. Mix, then cook on high for another 5 minutes. Optionally, add garam masala at this stage.
4. Add garlic, spices, and syrup, then cook for another 2 minutes.
5. Optionally, add cherry tomatoes with a small pinch of salt and a splash of water, then cook for 5 minutes, stirring once.
6. Optionally, add frozen peas and cook for another 3-5 minutes.
7. Adjust salt or curry powder as needed.

## **microwave basmati rice**

### **ingredients**

- 1/2 Cup basmati rice, well rinsed and drained in a colander
- 3/4 Cup water
- pinch of salt
- (optional) 1-3 tsp butter, ghee or coconut oil
- (optional) 1/8 tsp turmeric for yellow rice

### **instructions**

1. Combine rice, water, and optional items in a microwave-safe bowl.
2. Cook on power 2/10 (for a 1200W microwave) for 22 minutes.
3. Let rest covered for 5 minutes, then fluff and serve.

### **notes**

Can scale up to 2/3 Cup rice and 1 Cup water and cook on same power for 24-26 minutes.

## **microwave blueberry oats**

### **ingredients**

- 2.5 oz (70g) instant oats
- 7.0 oz (200g) almond milk
- Pinch salt
- 0.5 oz (10g) maple syrup
- Dozen or so frozen blueberries
- (Optional) 1/2 tsp cocoa powder

### **instructions**

1. Combine oats, almond milk, salt, maple syrup, blueberries, and cocoa powder (if using) in a microwave-safe bowl.
2. Cover and microwave (1200W) for 2 minutes at power level 7/10.
3. Microwave for an additional 30 seconds at full power.
4. Stir and let sit briefly before serving.

## microwave mapo tofu

### ingredients

- 6-10 (120-200g) shiitake or crimini mushrooms; small dice
- 1 tsp Sichuan peppercorns (optional); finely ground
- 2 Tbsp ginger; finely chopped
- 4 cloves garlic; finely chopped
- 2 Tbsp avocado or other neutral oil
- 1 Tbsp fermented black beans (douchi)
- 1 Tbsp Sichuan chili bean paste (doubanjiang)
- 1 1/3 Cups (320ml) vegetable stock or water
- 1 Tbsp soy sauce
- 14 oz (400g) firm tofu; diced medium
- 4 tsp cornstarch; mixed with 1 Tbsp cold water
- 1/2 tsp sesame oil
- Scallions; thinly sliced (optional)

### instructions

1. Add mushrooms, Sichuan peppercorns, oil, ginger, garlic, fermented black beans, and chili bean paste to an Anyday dish (covered, deep microwave safe cooking vessel). Stir to mix. Cover with the lid (knob lifted for venting).
2. Cook in the microwave for 3-4 minutes, or until fragrant.
3. Add vegetable stock and soy sauce and stir to mix. Carefully place tofu in the sauce. Cover and cook for 8-9 minutes, or until heated through.
4. In a small bowl, mix cornstarch with water to create a slurry. Add to the dish. Cover and cook for 3-4 minutes, or until the sauce has thickened.
5. Garnish with a drizzle of sesame oil and a sprinkle of scallions, if using.

### notes

Serve with white rice and sweet cucumber pickles.

## **microwave pasta primavera**

### **ingredients**

- 240g pasta
- 500g water
- 2 Tbsp EVOO
- 1 tsp salt
- 75g+ thinly sliced red onion
- 100g+ asparagus; cut to 1"
- 1/2 Cup frozen peas
- 1/3 Cup (90g) whole milk yogurt
- 50g grated Parmesan

### **instructions**

1. Add pasta, water, olive oil, salt, and red onion to a large deep Anyday pot.
2. Mix and cook for 11 minutes at full power (1200W) uncovered.
3. Stir, then add asparagus and peas.
4. Cook for another 4 minutes uncovered, stirring at 2 minutes to ensure the pasta finishes cooking.
5. Remove from microwave and mix in yogurt and Parmesan.
6. Stir to combine, then let cool slightly for the sauce to set and thicken.

### **notes**

- Serves 2 and a baby.



## **microwave quinoa fruit puree**

### **ingredients**

- 1/4 Cup white quinoa, rinsed
- 1/2 Cup water
- 150g peach, fresh or frozen
- 120g raspberry, fresh or frozen

### **instructions**

1. Cook the quinoa and water on power level 5 (1200W microwave) for 11–12 minutes.
2. Add the fruit and cook on power level 5 for 3 more minutes until everything is softened.
3. Puree to desired texture with a stick blender.

## **microwave steamed eggplant**

### **ingredients**

- 1 eggplant; stripe peeled and 1/2" cubed
- Olive oil
- Salt and pepper
- 2 garlic cloves

### **instructions**

1. Toss eggplant cubes with salt and let sit for up to 30 minutes.
2. Pour off any released liquid and pat dry.
3. Drizzle generously with olive oil and stir to coat.
4. Place in a microwave-safe steaming vessel and cook for 3-5 minutes at 1200W.
5. Toss and check seasoning. Cook for another 3-5 minutes.
6. Add garlic, stir, and cook for 30-60 seconds longer.

### **notes**

This goes great in pasta and red sauce to make a dish similar to Pasta a la Norma.

## **mushroom sprout polenta**

### **ingredients**

- 1 lb mushrooms, crimini are fine
- 5 cloves garlic, minced
- Extra virgin olive oil (EVOO)
- Salt and pepper
- 2 Tbsp butter
- 20 medium Brussels sprouts, thinly sliced
- 1/2 large onion (or 3/4 small), thinly sliced (preferably red or sweet yellow)

### **polenta**

- 4 Cups water
- 1 Cup dried polenta
- 4 Tbsp butter
- 1/2–1 Cup grated Parmesan

### **instructions**

1. Preheat oven to 375°F.
2. Trim and slice mushrooms in half. Toss in olive oil, salt, pepper, and minced garlic directly on a baking sheet (should just fit into a 1/4 baking sheet).
3. Bake for 20 minutes.
4. Bring water to a boil and add polenta. Reduce to a low simmer and cook for 15 minutes, stirring often.
5. Add 4 Tbsp butter and Parmesan, then season to taste with salt.
6. Meanwhile, cook the Brussels sprouts and onion in 2 Tbsp butter until deeply browned. Season to taste.
7. To serve, spread polenta onto a plate, tapping it to fill the bottom like risotto.
8. Top with a nest of Brussels sprouts and 5–10 mushroom halves.

## mushroom gravy

### ingredients

- 2 Tbsp extra-virgin olive oil
- 1 shallot; finely chopped (1/3 Cup)
- 16-24 oz cremini mushrooms; sliced
- 1 Tbsp tamari
- 2 garlic cloves; minced
- 1 1/2 Tbsp fresh thyme leaves
- 1/2 Tbsp chopped fresh rosemary
- 1/4 Cup all-purpose flour
- 3 Cups vegetable broth (Better than Bouillon preferred)

### instructions

1. Heat olive oil in a large skillet over medium heat.
2. Add shallot and cook until soft, about 4 minutes.
3. Add mushrooms and cook until softened, about 8-10 minutes.
4. Stir in tamari, garlic, thyme, and rosemary.
5. Sprinkle flour over the mushrooms and stir for 1 minute.
6. Add broth and simmer until thickened, whisking often, about 20 minutes.
7. Season with salt and pepper to taste.

### notes

- Adapted from: Love and Lemons

## mushroom rice soufflé

### ingredients

- 16 oz mushrooms; thinly sliced
- 1 white or yellow onion; diced
- 4-5 oz Parmesan; grated via hand grater or powdered in a blender
- 2 green onion; thinly sliced including the white
- 9 eggs
- 3 Cups (rice cooker cup) white rice
- olive oil
- salt and (optional) pepper

### instructions

1. Preheat oven to 350°F.
2. Add olive oil to a pan and cook onion and mushroom until moisture is released. Don't need to fully brown. Season with salt.
3. Meanwhile, break 9 eggs into a large mixing bowl and lightly whisk to combine.
4. Add cheese, rice, and green onion and season with salt and pepper if using.
5. Once cooked, fold in onions and mushrooms.
6. Can cook a tiny bit in a pan to test seasoning if desired.
7. Grease and split into two glass baking trays.
8. Cook for 15 minutes until the top is almost firm, then broil for 2 minutes to brown and crisp the top.
9. Let cool as long as possible, then cut and stack.

### notes

- Rice can be cooked and stored in the fridge up to 3 days in advance.
- 3 rice cooker Cups is 2 US Cups.

## rosenberg matzoh ball soup

### ingredients

- 1 Manishevitz matzoh ball mix packet
- 2 large eggs
- 1/4 cup extra virgin olive oil or neutral oil
- 4 stalks celery; thinly sliced
- 6 carrots; thinly sliced - no need to peel
- 10 cups vegetable broth; preferably from better than bouillon concentrate
- egg soup noodles
- (optional) 1 handful parsley; chopped
- (optional) 1 bulb fresh fennel; cut into small, bite-sized pieces, fronds reserved

### instructions

1. Mix eggs and oil with a fork in a metal mixing bowl then add matzoh until just combined. Leave fork in the bowl, cover and put in the fridge for 25 minutes to cool.
2. While that's cooling add 8 cups of veggie broth to pot and start heating. Chop vegetables and add them to the broth. Cover and bring to a boil.
3. Start a drizzle of cold water from the tap to wet your hands and begin making golf ball sized smooth balls. As each ball is made drop it in the pot of boiling broth. Once all balls are in the pot, cover again and bring temperature to low - just enough to keep a light simmer in the pot. Do not remove the top for 30 minutes.
4. 10 minutes before the soup is finished, bring a pot of lightly salted water to boil and cook the egg noodles until very al dente.
5. When soup is cooked, turn off heat and mix in parsley. Check seasoning and adjust. Spoon into bowls and add the al dente noodles as desired. Top with fennel fronds if using.

### notes

It's tradition for Dad to say this is too salty no matter how salty it is.

## spinach egg salad

### ingredients

- 3 eggs; steamed or boiled for 9 minutes
- 1/4 - 1/2 Cup avocado oil mayonnaise
- 1-2 Tbsp Dijon mustard
- Old Bay seasoning
- 1 handful spinach; rinsed and chopped
- 3 slices lightly toasted bread

### instructions

1. Mash eggs with a fork to desired consistency.
2. In a bowl, combine mashed eggs, mayonnaise, Dijon mustard, and chopped spinach.
3. Season generously with Old Bay until slightly salty, as it will also season the bread.
4. Spoon and mash onto lightly toasted bread.
5. Serve, ideally with fresh berries on the side.

### notes

- Scales at 100%.
- Avoid boiling more than 6 eggs at a time due to the temperature dip.
- For best peeling, place eggs straight from the fridge into 1" of boiling water to steam and boil simultaneously. After cooking, transfer eggs directly into a bowl of ice water and let sit for at least 10 minutes.

## sweet cucumber pickles

### ingredients

- 1/8" sliced cucumbers; enough to pack a mason jar (or tallboy mason jar)
- 1 cup hot tap water
- 1/2 cup unseasoned rice vinegar
- 5 Tbsp granulated sugar
- 2 1/4 tsp kosher salt

### instructions

1. Combine sugar, salt, vinegar and water in bowl and stir until dissolved.
2. Pour into mason jar until vegetables are fully covered or brine reaches the top.
3. Place in fridge. Good after sitting overnight. Will be fully 'ready' after 3-4 days. Will keep for a month.

### notes

This is enough brine for a wide mouth tallboy mason jar.



## sweet potato tahini bowl

### ingredients

- 1 small to medium sweet potato; rinsed and halved
- extra virgin olive oil; drizzle
- tahini; drizzle
- 1/4 Cup crumbled feta cheese
- 2 eggs; 9 minute cook
- salt and pepper
- (optional) 1 green onion; sliced on a bias
- (optional) 1/2 avocado; sliced

### instructions

1. Cook potato in microwave - 5-6 minutes on high (1200W).
2. Slice into potato with a crosshatch pattern, then lightly season with salt and drizzle with olive oil.
3. Top with eggs, split in half.
4. Drizzle with tahini, then feta.
5. Tuck in any avocado and sprinkle green onion.
6. Finish with a few cracks of pepper on top.

### notes

- serves 1
- The 9 minute egg cook is a just-set, almost molten yolk.
- I cook and eat this in the Anyday small, deep bowl.
- Can also substitute a baked sweet potato.

## tomato bisque

### ingredients

- olive oil
- 1 (28 oz) can whole tomatoes (Bianco DiNapoli recommended)
- 1 (15 oz) can full-fat coconut milk
- 1 onion; diced
- 3-4 garlic cloves; sliced
- salt and pepper
- maple syrup
- 1 red bell pepper; cut into chunks (optional)

### instructions

1. Heat a few glugs of olive oil in a pot over medium heat.
2. Add onion and cook until browning and caramelizing, about 10 minutes. Optionally, add red bell pepper. A little salt may help the onions break down.
3. Add garlic and cook for 2-3 minutes.
4. Add tomatoes and break them into smaller pieces using a meat masher or potato masher. Simmer for a few minutes.
5. Add coconut milk and a few cracks of pepper. Bring to a simmer for 5-10 minutes.
6. Use a stick blender to blend to desired consistency.
7. Simmer for another 5-15 minutes, keeping the temperature low to prevent burning.
8. Taste for seasoning and adjust with salt and maple syrup as needed (about 1 tsp of maple syrup recommended).

### notes

- Should be served with grilled cheese. A better option is grilled cheese with kimchi or sauerkraut.
- Simmering longer will develop a deeper flavor.
- Cooking times are approximate; keep the temperature low to prevent burning.
- Can be doubled at 100%.