



Favorite Recipes

compiled by Vivian and her lover

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- breakfasts -

Chia Seed Pudding 3





Chia Seed Pudding



adapted from PlantYou

½ cup fruit of choice (mango for yellow, raspberries for pink, blueberries for purple)

¾ cup unsweetened plant-based milk (soy, almond, cashew, or oat)

¼ cup coconut milk

1 teaspoon pure maple syrup

1 teaspoon vanilla extract

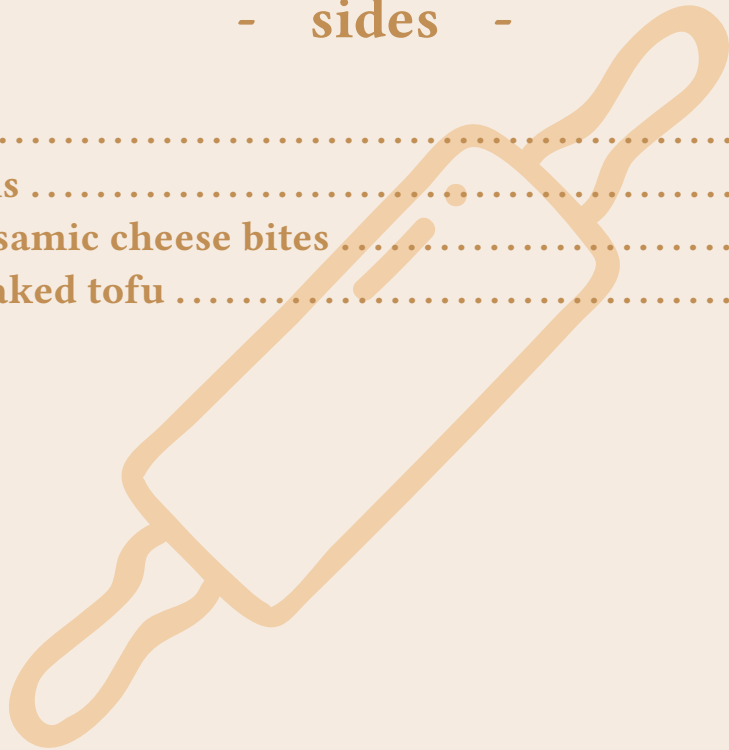
3 tablespoons chia seeds

1 cup unsweetened Vegan Yogurt

In a blender, combine the fruit, plant-based milk, coconut milk, maple syrup, and vanilla. Transfer the mixture to a sealable container and stir in the chia seeds until evenly dispersed. Cover and allow to set in the fridge for at least 2 hours. Once thickened, transfer to jars with your vegan yogurt of choice on top.

- sides -

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sushi rice

- 2 cup **dry white rice**
- 3 cup **water**
- 1/2 cup **rice vinegar** A↓
- 1 Tbsp **cooking oil**
- 1/4 cup **white sugar**
- 1 tsp **salt**

Rinse **rice** under cold water in colander until it runs clear. Add to pan with **water**, set to **medium-high**. Bring to boil, then reduce heat to **low**. Cover until water is absorbed, ~20 mins.

Add group **A** to sauce pan over **medium** heat until sugar dissolved. Add to cooked rice, mix until liquid is absorbed.



fried onions

- 3 **yellow onions** cut into strips
- 2 Tbsp **corn starch**
- 1 cup **frying oil**

Heat **oil**. Mix **onions** in **corn starch** until well-coated. Fry in pot until golden and crispy.

tomato balsamic cheese bites

- 1 **french bread loaf** sliced and toasted
- 1 **onion** sliced and caramelized
- 3 **tomatoes** 1/4 " slices
- 1/2 cup **cream cheese** A↓
- 1/2 cup **sour cream**
- 1 tsp **pepper**
- 1 **garlic clove** finely chopped
- 2 **green onions** for chives
- 1 Tbsp **balsamic vinegar** B↓
- 1 Tbsp **olive oil**

Whip group **A** till light and fluffy. Drizzle **tomato** slices with group **B** and **broil** until tomatoes start to shrivel. Top **french bread** slices with prepared components.



boullion-baked tofu



adapted from Nov 24 p32

- 1 **firm tofu package** (~14oz) pressed, cubed, patted dry
- 2 tsp **vegetable boullion paste** A↓
- 1/2 tsp **pepper**
- 1/2 tsp **garlic powder**
- 1/2 tsp **sugar**
- 2 Tbsp **olive oil**
- 1 Tbsp **corn starch**

Mix group **A** and toss with **tofu**. Cover and let sit at least **15 mins**. Prepare oven (middle rack, **400°F**). Lightly oil parchment paper on rimmed baking sheet.

Uncover **tofu** and sprinkle on **corn starch**. Toss to coat. Arrange tofu on prepared sheet, not touching

each other. Bake until golden brown and crispy, **30-35 mins.**

- mains -

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miso-tahini & tofu grain bowls

adapted from Apr 25 p20

- 1 **firm tofu package** (~14oz)
pressed, cubed, patted dry

- 1 1/2 cup **dry brown rice** rinsed until water ^{A↓}
runs clear

- 1/2 cup **dry quinoa**

- 8 oz **red cabbage** thinly sliced ^{B↓}

- 3 Tbsp **rice vinegar**[‡]

- 2 tsp **honey**[‡]

- 1/2 tsp **salt**

- 1 Tbsp **soy sauce**

- 2 **broccoli bunches** cut into florets ^{C↓}
with long stems

- 1 tsp **red pepper flakes**

- 3 cup **miso** ^{D↓}

- 2 Tbsp **tahini**

- 3/4 tsp **turmeric**

- 2 tsp **honey**[‡]

- 2 Tbsp **rice vinegar**[‡]

- 1 **avocado** thinly sliced

Preheat oven to 450°F. Bring grains (g roup **A**) and 2 1/2 cup **water** to a boil in medium saucepan. Cover tightly with lid, reduce heat to **low**. Cook until grains are tender and liquid is absorbed, **40 mins**.

Meanwhile, combine g roup **B** in large bowl and vigorously massage with hands. Set aside for serving.

Arrange **tofu** on rimmed baking sheet, drizzle with **soy sauce** and 3 Tbsp **olive oil**. Roast until lightly browned, **9-11 mins**. Combine g roup **C** and roast alongside tofu until starting to char, **15-20 mins**.

Whisk g roup **D** to make sauce for serving.

Assemble bowls with components and serve.



gado gado

adapted from Apr 24

14 oz extra-firm tofu pressed, cut into 1/2 " cubes, patted dry

16 oz white rice noodles wide like linguine

3/4 cup creamy peanut butter

A ↓

3 Tbsp lime juice

1 1/2 Tbsp garlic chili sauce

3 cloves garlic finely chopped

1/2 cup water

3/4 cup brown sugar

B ↓

1/2 cup soy sauce

C ↓

1 red onion finely chopped

3 carrots cut into matchsticks

1 bundle cilantro tough stems removed

1 cucumber thinly sliced

1 cup peanuts halves or chopped

Combine g roup **A** in a bowl to make sauce. Mix until mostly homogeneous. Set aside.

In a skillet on **low**, mix g roup **B**, stirring constantly until brown sugar is desolved. Take half of mixture and add to sauce, mixing well. Increasing skillet heat to **medium**, add **tofu cubes** to the remaining half of the mixture, cooking until liquid is absorbed.

Meanwhile, cook the **rice noodles** in boiling water until al dente, ~**5 mins**. Soon after draining and lightly rinsing the noodles, add sauce.

Serve noodles with cooked tofu and g roup **C**.

- treats -

