



Favorite Recipes

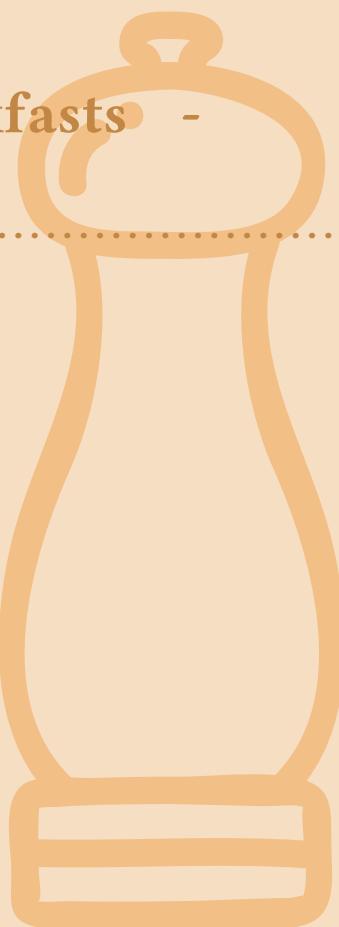
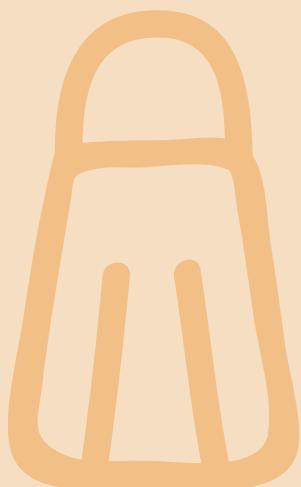
compiled by Vivian and her lover

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- breakfasts -

Chia Seed Pudding 3





GF

Chia Seed Pudding

NF

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

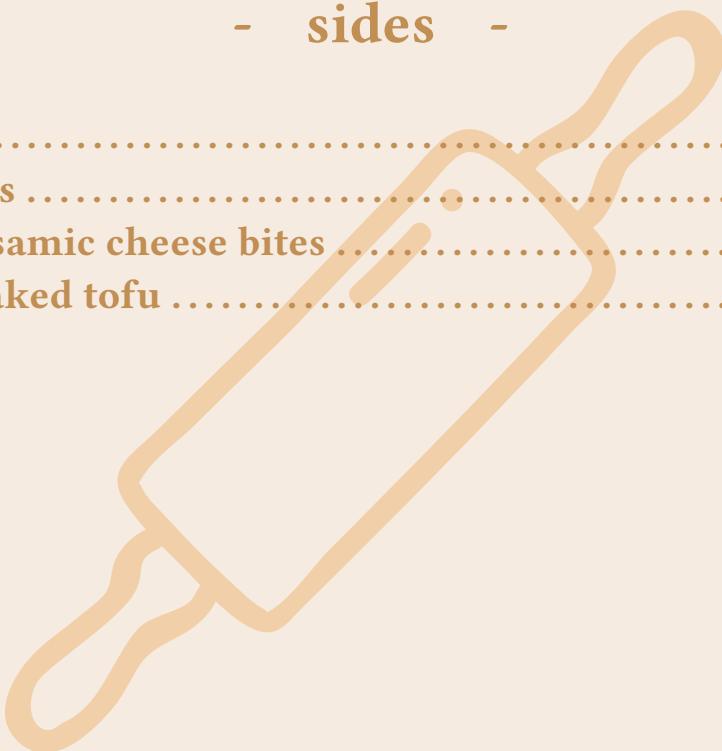
3 tablespoons chia seeds

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 -

sushi rice	5
fried onions	5
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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.



bouillon-baked tofu

NF

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 -

miso-tahini & tofu grain bowls	8
gado gado	9



miso-tahini & tofu grain bowls

adapted from Apr 25 p20



- 1 firm **tofu** package (~14oz)
..... pressed, cubed, patted dry
- 1½ cup **dry brown rice** rinsed until water ^{A↓}
..... runs clear
- ½ cup **dry quinoa**
- 8 oz **red cabbage** thinly sliced ^{B↓}
- 3 Tbsp **rice vinegar**‡
- 2 tsp **honey**‡
- ½ 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**
- ¾ tsp **turmeric**
- 2 tsp **honey**‡
- 2 Tbsp **rice vinegar**‡
- 1 **avocado** thinly sliced

Preheat oven to 450°F. Bring grains (group A) and 2 ½ 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 group 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 group C and roast alongside tofu until starting to char, **15-20 mins**.

Whisk group 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 $\frac{1}{2}$ " cubes, patted dry

16 oz white rice noodles wide like
linguine

3/4 cup creamy peanut butter A↓

3 Tbsp lime juice

1½ Tbsp garlic chili sauce

3 cloves garlic finely chopped

½ cup water

¾ cup brown sugar B↓

½ cup soy sauce

1 red onion finely chopped C↓

3 carrots cut into matchsticks

1 bundle cilantro tough stems
removed

1 cucumber thinly sliced

1 cup peanuts halves or chopped

Combine group A in a bowl to make sauce. Mix until mostly homogeneous. Set aside.

In a skillet on **low**, mix group B, stirring constantly until brown sugar is dissolved. 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 group C.

- treats -

