

# PLANT-BASED MEALS RECIPES



## BEET & ARUGULA SALAD

### GOOD SOURCE OF FIBER

**NUTRITIONAL INFORMATION:** Calories 239; Fat 17g; Carbs 20g; Fiber 5g; Protein 6g; Sodium 258mg; Calcium 65mg

## CRISPY SWEET & SOUR TOFU

### HIGH IN PROTEIN

**NUTRITIONAL INFORMATION:** Calories 224; Fat 16g; Carbs 10g; Fiber 1 g; Protein 12g; Sodium 95mg; Calcium 334 mg

## CHOCOLATE DESSERT HUMMUS

### LOW IN FAT

**NUTRITIONAL INFORMATION:** Calories 233; Fat 11g; Carbs 31g; Fiber 7g; Protein 6g; Sodium 150mg; Calcium 72mg



## BEET & ARUGULA SALAD - SERVES 4

### INGREDIENTS:

3 tablespoons Extra Virgin Olive Oil  
1 ½ tablespoons balsamic vinegar  
1 ½ teaspoons honey  
¼ teaspoon kosher salt  
¼ teaspoon black pepper  
4 cups arugula  
4 precooked beets, quartered (look for Love Beets)  
1 apple, thinly sliced  
½ cup goat cheese, crumbled  
¼ cup pumpkin seeds

### PREPARATION:

1. In a small bowl whisk together the olive oil, balsamic vinegar, honey, salt and pepper.
2. In a large bowl, combine the arugula with the beets, apple slices, goat cheese, and pumpkin seeds. Toss with the dressing and enjoy.

## CRISPY SWEET & SOUR TOFU - SERVES 4

### INGREDIENTS:

¼ cup cornstarch, divided  
½ cup water  
3 tablespoon olive oil, divided  
2 garlic cloves, minced  
1 teaspoon fresh ginger, minced  
1 teaspoon red pepper flakes (optional)  
1 teaspoon ketchup  
2 tablespoon rice vinegar  
1 teaspoon low sodium soy sauce (or tamari)  
1 pound extra firm tofu, pressed and cubed  
¼ cup cilantro, chopped (optional)  
1 teaspoon sesame seeds (optional)

### PREPARATION:

1. In a small bowl add 1 TB of the cornstarch to the water and whisk well. Set aside.
2. In a small saucepan over medium-low heat, add 1 TB of the oil. Once hot, add the garlic and ginger and cook until fragrant, about 1 to 2 minutes. Then add the red pepper flakes, ketchup, rice vinegar, soy sauce and the cornstarch mixture. Whisk well to combine and let it come to a boil. Reduce the heat and let it simmer for about 5 minutes to thicken. Turn off the heat.
3. In a large bowl, toss the tofu with the remaining 3 TB cornstarch powder, then coat with the remaining 2 TB oil. Toss gently to combine, ensuring the tofu is coated and no white powder remains.
4. Heat a large non-stick or cast-iron skillet over medium heat. Once hot, add the cubed tofu and cook until crispy on one side, about 5 minutes. Flip and cook for another 5 minutes, until crispy.
5. Turn the heat off but leave the skillet on the same burner. Add the sweet and sour sauce to the tofu and toss to combine. Divide onto plates and top with cilantro and sesame seeds, if using. Enjoy!

Serve over brown rice, quinoa, or sautéed cauliflower rice or zoodles.



## CHOCOLATE DESSERT HUMMUS – SERVES 4

### INGREDIENTS:

- 1 15-ounce can chickpeas, rinsed and drained
- ¼ cup cocoa powder
- ¼ cup maple syrup
- 1 tablespoon nonfat milk (or unsweetened almond milk)
- ¼ teaspoon vanilla extract

### PREPARATION:

1. Add all ingredients to a food processor or blender and blend until smooth. If mixture is too thick, add additional milk, 1 tablespoon at a time, until desired consistency is reached.
2. Transfer to a bowl and enjoy with fresh fruit, graham crackers, or pretzels.

### EQUIPMENT NEEDED

- Small and large mixing bowls
- Whisk
- Small saucepan
- Large nonstick or cast-iron skillet
- Food processor or blender

### INGREDIENTS

#### *Produce*

- 1 apple
- 4 cups arugula
- 4 pre-cooked beets (look for Love Beets)
- ¼ cup cilantro (optional)
- 2 garlic cloves
- 1 teaspoon fresh ginger

#### *Proteins*

- 1 lb extra-firm tofu

#### *Dairy/Eggs*

- ½ cup goat cheese crumbles (or 4 ounces solid)
- 1 tablespoon unsweetened almond milk

#### *Other*

- ½ cup water

#### *Baking, Canned, and Non-perishables*

- ¼ cup roasted, unsalted pumpkin seeds (pepitas)
- 1 teaspoon sesame seeds (optional)
- 1 ½ tablespoons balsamic vinegar
- 3 tablespoons extra virgin olive oil (or regular olive oil)
- 3 tablespoons olive oil
- 1 teaspoon red pepper flakes (optional)
- 1 teaspoon ketchup
- 1 teaspoon low sodium soy sauce
- 2 tablespoons rice vinegar
- ¼ cup maple syrup
- 1 can chickpeas
- ¼ cup cocoa powder
- ¼ cup cornstarch
- 1 ½ teaspoons honey
- ¼ teaspoon vanilla extract
- Salt
- Pepper



## MISE EN PLACE

*Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy.  
PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe*

**BEET & ARUGULA SALAD:** Quarter the beets and thinly slice the apple

### CRISPY SWEET & SOUR TOFU

- Peel and mince the garlic and ginger
- Drain, press, and cut the tofu into 1-inch cubes
- Chop the cilantro (if using)

**CHOCOLATE DESSERT HUMMUS:** drain and rinse the chickpeas

