

ASIAN STIR FRY

Ingredients:

4 Servings

- ◆ 14 oz extra –firm tofu cubed
- ◆ 1 tsp Bragg Liquid Aminos or Low sodium soy sauce
- ◆ ¼ tsp crushed red pepper flakes
- ◆ 2 tbs spike no salt seasoning
- ◆ ½ cup brown rice
- ◆ ¼ cup unhulled sesame seeds

For Sauce

- ◆ ¼ cup unsulphured dried apricots soaked overnight
- ◆ ½ cup water
- ◆ ½ cup unsalted peanut butter or raw cashew butter
- ◆ 1 tbs fresh chopped ginger
- ◆ 4 cloves garlic, chopped
- ◆ No salt seasoning blend
- ◆ ¼ cup black fig vinegar or balsamic
- ◆ 1 tsp arrowroot powder
- ◆ ¼ teaspoon crushed red pepper flakes

Vegetables:

- ◆ 2 tbs water
- ◆ 1 medium onion cut into wedges and separated
- ◆ 4 cups small broccoli florets
- ◆ 2 medium carrots cut diagonally into 1/3 inch pieces
- ◆ 4 medium red bell peppers, cut into 1 inch squares
- ◆ 1 cup sugar snap peas or snow peas strings removed
- ◆ 2 cups bok choy, cut into bite sized pieces
- ◆ 3 cups fresh mushrooms (shiitake, porcini and or cremini) stems removed
- ◆ 1 pound fresh spinach
- ◆ 1 ¼ pounds romaine lettuce shredded

Instructions:

Marinate the tofu for 30 minutes in the liquid aminos, red pepper flakes, and Spike. While the tofu marinates, combine rice and 1 ¼ cups water in saucepan. Bring to a boil. Reduce heat and cover. Simmer 30 mi or until water is absorbed. Set aside.

- ◆ Pre heat oven to 350 degrees F. Toss the marinated tofu with sesame seeds. Bake the sesame-coated tofu in a non stick baking pan for 30 – 45 min until golden.
- ◆ To make sauce, place the soaked apricots with the soaking liquid, peanut butter, ginger, garlic, Vegizest or other no salt seasoning blend, vinegar, arrowroot powder, and red pepper flakes in a food processor or high powered blender and blend until smooth. Transfer to a small bowl and set aside.
- ◆ Heat water in a large pan and water and sauté the onion, broccoli, carrots, bell peppers, and peas for 5 mins, adding more water as necessary to keep vegetables from scorching. Add the bok choy and mushrooms, cover and simmer until veggies are just tender. Remove the cover and cook off most of the water. Add the spinach and toss until wilted.
- ◆ Add the sauce and stir until all the veggies are glazed and the sauce is hot and bubbly, about 1 minute. Mix the cashews and baked tofu. Serve the stir fry over the shredded lettuce along with ¼ cup rice per person.

TEMPEH TACOS

Ingredients:

- ◆ 1 tbsp coconut oil
- ◆ 1 small red onion, diced
- ◆ ½ cup quartered grape tomatoes
- ◆ 2 blocks of tempeh, crumbled (can sub with black beans)
- ◆ 1 serano pepper (or chili pepper of choice)
- ◆ 1 tbsp nutritional yeast (optional but recommended for some cheesy flavor)
- ◆ 2 tsp cumin
- ◆ 1 tsp coriander
- ◆ 1 tsp paprika
- ◆ 1 tsp garlic powder
- ◆ Sea salt
- ◆ Zest and juice of ½ lime
- ◆ ¼ cup chopped green onions
- ◆ Serve with tortillas and top with avocado, greens, fresh cilantro, salsa, etc. as desired.

Instructions:

- ◆ Heat oil over medium heat. Add onion and cook 4-5 minutes. Add tempeh crumbles, tomato, pepper, spices, and lime and cook until warmed through, another 4-5 minutes. Remove from heat and top with green onions.
- ◆ Serve with warm whole grain or corn tortillas, sliced avocado, chopped spinach, fresh salsa, and/or cilantro.

**Recipe from gratefulgrazer.com

CAULIFLOWER & GREEN PEA CURRY

Ingredients:

- ◆ 3 garlic cloves, minced
- ◆ 1 medium onion, chopped
- ◆ 1 small carrot, grated
- ◆ 2 teaspoons minced fresh ginger
- ◆ 1 tablespoon curry powder
- ◆ 1 teaspoon ground cumin
- ◆ 1 head cauliflower, cut into florets
- ◆ 1 1/2 cups chopped tomatoes, fresh or packaged in BPA-free containers
- ◆ 1 cup fresh or frozen green peas
- ◆ 1/4 cup water
- ◆ 1 tablespoon fresh lemon juice
- ◆ 1/4 cup of Bragg's Liquid Aminos

Instructions:

- ◆ Water-sauté garlic, onion, and carrots until tender. Add ginger, curry powder, and cumin and sauté an additional minute. Add cauliflower, tomatoes, peas, Bragg's Liquid Aminos and water. Cover and simmer for 7 minutes or until cauliflower is tender, adding more water if needed to adjust consistency.
- ◆ Stir in lemon juice.