



Easy To-go Plant-Based Recipes

Summer Picnic and Cooking Demos June 25, 2024

Also available for view/download on <https://Collaborate.MountainView.gov/plant-based-eating>

Tofu Tacos

Recipe adapted from Food With Feeling's version at <https://foodwithfeeling.com/easy-tofu-taco-meat/>

Ingredients

- 15 oz of firm or extra firm tofu
- 1 tablespoon of olive oil
- 2 1/2 tablespoons of taco seasoning

Instructions

1. Press tofu for 30 minutes in colander, over sink or kitchen towel
2. Crumble tofu into small bite sized pieces in medium bowl
3. Into tofu, mix olive oil and taco seasoning. Mix until the tofu is fully coated.
4. Heat a large non-stick skillet over medium heat and once hot, add in the tofu crumbles. Cook for 10 minutes, stirring often, until the tofu is browned and a little crispy on the edges. If it starts to stick, you can add in a little oil.
5. Enjoy with your favorite taco toppings.

Mediterranean Chickpea Couscous Salad

Recipe adapted from Wellness by Kay's version at wellnessbykay.com/mediterranean-chickpea-couscous-salad/

Ingredients:

- 1 cup dry pearled couscous
- 1 15.5 oz can chickpeas, drained & rinsed
- 1 cup grape tomatoes, halved
- 3 persian cucumbers, chopped
- 1/3 cup diced red onion
- 1 lemon, juiced
- 2 tbsp olive oil
- 1 1/2 tsp garlic powder

Plant-Based Saves Money!

Switching 1 recipe/week to tofu could save ~\$6.3/week or ~ **\$327/year!**

(Prices 6-20-24 Tofu: \$2.70/pack, Ground beef: \$8.99/lb. That's \$5.90, or 3x, more expensive per lb)

Zero Waste Saves Money

DIY taco seasoning costs about \$0.67* for a packet's worth, with spices you might already have. Save a little money and take a zero-waste step by mixing your own taco seasoning.

*per BudgetBytes.com



Instructions:

1. Start by cooking the couscous according to the package directions. Set aside and let cool.
2. Chop all vegetables and drain the chickpeas.
3. Add the cooked and cooled couscous to a large bowl. Add the chickpeas, tomatoes, cucumbers, and red onion.
4. Next add the lemon juice, olive oil, garlic powder, and oregano. Mix until all ingredients are combined thoroughly. Season with salt & pepper to taste.
5. Let chill in the fridge for 30 minutes – 1 hour before serving.

Optional add-ins: Olives, Plant-based Feta

Summer Roll Bowls

Recipe adapted from That Vegan Babe's version at thatveganbabe.com/summer-roll-bowl-meal-prep-high-protein-vegan/#recipe

Ingredients:

Summer Roll Bowl

- 15 oz of firm or extra firm tofu
- 5 oz of noodles of choice (in this demonstration, used rice noodles/vermicelli)
- 2 teaspoons soy sauce or coconut aminos
- 3/4 of large cucumber sliced
- 1 cup of shredded carrot
- 2 cups of shredded cabbage
- 1 slice of lime (optional)

Spicy Peanut Dressing

- 1/4 cup peanut butter
- 2 tablespoons of soy sauce
- 2 teaspoons of Sriracha
- 1 tablespoon of lime juice

Instructions:

1. Press tofu for 30 minutes in a colander, over the sink or kitchen towel.
2. Heat a large non-stick skillet over medium heat and once hot, add in the tofu slices with soy sauce. Cook for 10 minutes until the tofu is lightly golden on each side.
3. Heat a pot of water and once boiling, place rice noodles in boiling water for 2-3 minutes.
4. Strain cooked noodles and rinse with cold tap water.
5. Add peanut butter, soy sauce, Sriracha and lime juice to a container and mix until even.
6. Craft summer roll bows with vegetables of your choice. You can make up to 3 bowls!