

VegMichigan Cooking Demo – Healthy Meals, Healthy Year

Presented by Vicki Brett-Gach and Michele Gallo

OVERNIGHT OATS WITH APPLES, APRICOTS, AND ALMONDS

Serves 1

1/2 cup rolled oats
1/2 teaspoon cinnamon or apple pie spice
1/2 cup apple cider, water, or non-dairy milk
1/4 cup diced apples
1 tablespoon fresh cranberries, chopped
1 tablespoon chopped pitted dates
1 tablespoon chopped dried apricots
1 tablespoon toasted slivered almonds

Instructions

Add the rolled oats to a small jar, and just barely cover with the liquid of your choice.

Top with fruit and nuts. Cover jar tightly, and refrigerate overnight. In the morning, warm briefly if desired, and enjoy.

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YELLOW SPLIT PEA CURRY

modified from GroundLeaf.co

Ingredients:

1/2 cup dried yellow split peas
1 1/2 cups vegetable stock or water, use more for a soup-like consistency
1/2 TB nutritional yeast, optional
3/4 tsp curry powder
1/2 tsp oregano
1/2 tsp cumin
1/2 tsp onion powder
1/2 tsp salt
1/4 tsp garlic powder
1/4 tsp smoked paprika
1/4 tsp chili powder

Directions:

1. Add all ingredients to [INSTANT POT](#) inner pot.
 2. Secure lid in place > Turn valve to SEALING > Select MANUAL or PRESSURE COOK > Adjust time to 10 minutes > After 10 seconds display will read ON
 3. When time has lapsed > Allow for NATURAL PRESSURE RELEASE > Wait until silver button on lid drops > Remove lid away from you
- Serve as is or serve over brown rice, farro, quinoa

LUNCH WRAPS WITH BEANS AND GREENS

Serves 1

1 large whole-grain tortilla
hummus
2/3 cup fresh spinach leaves, chopped (or other salad greens)
4 spears of asparagus, sautéed
1/3 cup Spicy Black Beans (recipe below)
Optional: additional chopped veggies (either raw or cooked), to taste

Instructions

Spread the tortilla with a layer of hummus. Cover most of the hummus with the spinach, from one end all the way across to the other. Add the asparagus down the center. Top with the Spicy Black Beans mixture over the top, and if using, any other veggies you have on hand.

Carefully roll the tortilla as tightly as you can. Slice wrap into halves, and serve.

* Spicy Black Beans

1 can black beans, rinsed and drained
1/2 cup salsa

Heat beans and salsa together in a small saucepan, until simmering. Remove from heat.

Place a generous scoop (about 1/3 cup) in wrap above. Store remainder in the refrigerator.

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MASON JAR SALAD

Michele Gallo

Place the ingredients into a clean wide-mouth canning jar (16, 24, or 32 oz) in the following order:

Dressing: approximately 2 tablespoons of oil-free dressing (or put it in a separate small container)

Vegetables: 1 or more cups total of tomatoes, carrots, cauliflower, celery, corn, onions, peppers, etc

Beans: 1/2-1 cup of chickpeas, black beans, etc

Grains: ½-1 cup of brown rice, farro, quinoa, barley, pasta, etc

Greens: 1-2 cups of any dark leafy greens

Toppings (optional): cilantro, parsley, seeds, olives, avocado

Fill the jar completely.

Screw the lid on the jar and refrigerate until ready to eat. Shake the jar, empty the contents into a bowl and enjoy.

The salad I showed in class contained cucumbers, chickpeas (no salt added, rinsed and drained), grape tomatoes, red onion, yellow quinoa with Italian seasoning, spring salad mix, and parsley.

CREAMY MUSTARD DRESSING

Modified from Kim Campbell

Ingredients

½ cup raw cashews (use sunflower seeds or cannellini or another white bean for nut-free version)

4 pitted Medjool dates

1 cup water

¼ cup Dijon mustard

2 tablespoons apple cider vinegar

1 tablespoon lemon juice

¼ teaspoon salt

Directions

Combine all ingredients in a high-speed blender; blend until smooth. Store in the refrigerator for up to a week. If you do not have a high-speed blender, soak the cashews for about 4 hours and the dates for about 30 minutes.

RED LENTIL SOUP

Serves 10 to 12

1 large Vidalia onion, chopped

3 or 4 stalks celery, chopped

1 pound red lentils, rinsed and drained

1 tablespoon cumin

¾ teaspoon turmeric

1 1/2 teaspoons coriander
2 1/2 teaspoons kosher salt (or to taste)
1 teaspoon black pepper
1 teaspoon curry or spicy curry
8 cups vegetable broth
2 1/4 cups water
1/4 cup freshly squeezed lemon juice

Pressure Cooker Instructions

Add all ingredients, except the lemon juice, to an Electric Pressure Cooker.

Lock the lid in place. Select High Pressure and set the timer for 20 minutes. After the cooking is complete, allow the pot to rest for about 10 minutes, and then use the quick release method to release the remainder of the pressure. When valve drops, carefully remove lid.

Use an immersion blender to create an even creamier texture, if desired. Stir in fresh lemon juice, and serve hot.

Serving suggestion: Wonderful with diced boiled potatoes, baby green peas, whole wheat pasta, or brown rice.

Stovetop Instructions

Add all ingredients to a large soup pot, except the lemon juice. Bring to boil. Once boiling, reduce heat to simmer. Cover, and cook for 1 hour and 15 minutes, stirring occasionally, until lentils cook down to a smooth creamy soup.

Use an immersion blender to create an even creamier texture, if desired. Stir in fresh lemon juice, and serve hot.

Serving suggestion: Wonderful with diced boiled potatoes, baby green peas, whole wheat pasta, or brown rice.

Slow Cooker Instructions

Add all ingredients to a large slow cooker, except the water and lemon juice. Cover and cook on high setting for 5 to 6 hours, or until lentils are soft.

Use an immersion blender to create an even creamier texture, if desired. Stir in water and fresh lemon juice, and serve hot.

Serving suggestion: Wonderful with diced boiled potatoes, baby green peas, whole wheat pasta, or brown rice.

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BAKED TOFU WITH SMOKY MAPLE MARINADE

Modified from Bad Manners

Ingredients:

One block of extra firm tofu (non-GMO)

1/4 cup soy sauce, tamari or coconut aminos

¼ cup oil-free vegetable broth (can also use water)
2 tablespoons maple syrup
1 tablespoon liquid smoke
1 tablespoon lemon juice
1 tablespoon tomato paste
2 garlic cloves, sliced

Drain the tofu and wrap it in paper towels or a clean dish towel. Put the wrapped tofu between two plates and place a weight, such as canned beans, on top. Let it sit for at least 30 minutes to press out the water. You can also use a tofu press.

Next, mix the marinade ingredients in a mason jar or other glass.

Get a baking dish, or another shallow rimmed dish, to marinate the tofu in a single layer.

After the tofu is pressed, cut the tofu into width-wide planks of approximately ¼". The block of tofu should yield about 12 pieces.

Place the tofu slices in the baking dish and cover with the marinade, making sure all pieces are covered. Place in the refrigerator for 2-8 hours, stirring the marinade periodically.

Set the oven to 450 degrees F.

Take the tofu out of the marinade, being sure to save the marinade. Place the tofu in a single layer on a rimmed baking sheet lined with a silicone liner or parchment paper. Spoon a little marinade on each piece and bake for 15 minutes. Turn the tofu over and spoon more marinade on each piece. Bake for 15 minutes more.

Remove from the oven and let it sit for a few minutes to firm up.

This tofu is great in wraps, bowls, salads, and pasta.