



**Recipes prepared by Caryn Dugan for the Living Well Center Cooking  
Demonstration**

**Friday, March 5, 2021**

## Banh Mi Bowl

½ cup rice vinegar  
3 tablespoons fresh lime juice  
3 tablespoons pure maple syrup  
3 tablespoons coconut aminos  
¾ teaspoon hot sauce (not buffalo) (or to taste)  
⅓ teaspoon crushed red pepper flakes  
8 ounces extra firm tofu, pressed and cubed small

½ cucumber thinly sliced  
1 carrot, shredded

6 oz glass noodles or rice noodles  
½ yellow onion, chopped  
1 ½ cup frozen green peas  
3 oz bok choy (about 3 cups), green parts roughly chopped and white parts sliced thin

Small handful of each: fresh basil, mint, cilantro, diced small

In a small bowl, combine vinegar, lime juice, maple syrup, aminos, hot sauce, pepper flakes and whisk well. Place the tofu in a resealable plastic bag (like a Ziploc) and add ½ of the marinade. Remove as much air as you can, seal and allow to marinate in the fridge while you complete the rest of the meal.

Take the rest of the marinade and add the cucumber and carrots. Set aside.

Cook **the noodles** according to package instructions. Drain well in a colander.

In a large skillet over medium heat, saute the onion. Add a pinch of salt (optional) and continue to stir. Add a tablespoon of water at a time as needed. When the onions are translucent (4-5 minutes), add the tofu (and the marinade) and the peas. Cook until the tofu begins to brown a little on some of the sides.

Add the bok choy and continue to cook for another 2-3 minutes.

Place **noodles** in each serving bowl and top with the tofu mixture. Spoon **cucumber-carrot pickles** over the top and drizzle with liquid. Sprinkle fresh herbs over and serve.

*Serves 4*

## White Bean and Avocado Salad Wraps

- 1½ cups cooked great northern beans or 1 (15-ounce) can, rinsed and drained
  - 1 tablespoon coconut aminos
  - 1 tablespoon white balsamic vinegar
  - 1 large or 2 small avocados, halved
  - 2 tablespoons fresh lime juice
  - 2 tablespoons fresh parsley or cilantro, if preferred
  - 1 tablespoon diced canned green chiles
  - 1 teaspoon garlic powder
  - 1 teaspoon smoked paprika
  - ½ teaspoon onion powder
  - Sea salt
  - Freshly ground black pepper
  - 2 lavash wraps or large wheat tortillas
  - 1 to 2 Roma tomatoes, thinly sliced
  - 2 large handfuls of baby spinach
1. Sauté the beans in a large frying pan over medium heat for 1 to 2 minutes or until warm. Add the liquid aminos and cook, stirring occasionally, until the liquid has cooked away. Add the vinegar and cook, stirring once or twice, until the liquid has cooked away. Remove from the heat and mash the beans with a fork.
  2. Scoop the avocado flesh into a large bowl and mash until there are no chunks. Add the mashed beans, lime juice, parsley, green chiles, garlic powder, paprika, and onion powder. Mix until combined. Add the salt and pepper to taste.
  3. Spread half of the avocado mixture onto one wrap or tortilla. Add a row of tomato slices across the shorter dimension of the wrap, an inch or so from one edge, a row of spinach next to it, another row of tomatoes, and another row of spinach. Roll the wrap over the first row of tomatoes, and continue until it is completely rolled up. Chop into 3 to 4 sections.
  4. Repeat with the second wrap and remaining ingredients and serve. Store in an airtight container in the refrigerator for up to 3 days.

**Note:** You can substitute chickpeas for the white beans. Try serving the filling as a dip for chips!

## Italian Chopped Salad

### SALAD

- 1 head of romaine + handful of dark leafy greens of choosing - shredded
- Hearts of palm, roughly chopped
- Sundried tomatoes (not packed in oil), roughly chopped
- ¼ red onion, slivered
- Artichoke hearts (not packed in water), roughly chopped
- 1/3 cup sunflower seeds

### DRESSING

- 1/4 cup tahini paste
- 1 tablespoon yellow mustard
- 1 tablespoon liquid sweetener (date paste, maple syrup)
- juice of 1/2 lemon
- 3 teaspoons dried oregano
- 2 teaspoons garlic powder
- Pinch of salt/pepper
- water to blend

In a large bowl, mix your salad.

### Directions

Add all ingredients to a bowl or measuring cup and drizzle in a little water as you whisk. The dressing can be as thick or thin as you like. Taste and adjust to your palate. Sill keep for 3-5 days in a sealed container in the fridge.