

A Trio of Simple Meatless Dinners

1. Tandoori Tofu & Veggies

For the curry:

- 1/4 C lime juice
- 1/4 C olive or vegetable oil
- 1 1/2 T paprika
- 1 T cayenne pepper
- 1 T salt
- 1/2 T turmeric
- 1 1/2 T minced garlic
- 1 1/2 T grated fresh ginger
- 1 block extra firm tofu or 1 can garbanzo beans
- 1 head cauliflower
- 2 potatoes

Make the curry: Pre-heat the oven to 425°F. Rinse the tofu & cut into ~32 cubes. Slice cauliflower into small florets & chop potato into 1/2 inch cubes. Mix together lime juice, olive oil, paprika, cayenne, salt, turmeric, garlic & ginger to make the marinade. Toss the tofu (or beans), cauliflower & potatoes in the marinade. Ideally these should marinate for 1-2 hours. Lightly oil a baking sheet. Evenly spread marinated tofu & veggies on sheet & bake for 25-35 minutes, tossing occasionally to ensure even cooking. Tofu is done when it is lightly browned & slightly puffy.

Make the Biryani rice: Heat the oil in a sauce-pot with a lid. Add garam masala & rice & sauté on high heat until rice is translucent (2-3 minutes). Add the salt & water, cover with the lid & bring to a boil. Once boiling turn down the heat to simmer for 30 minutes. Put frozen peas in a colander & rinse with cold water. At minute 25 of the rice cooking add the peas to the rice & allow to cook for the remaining 5 minutes. Allow to sit for 5 minutes after cooking then fluff with a fork.



Tandoori tofu & veggies recipe & photo courtesy of Tanya Sanerib

For the Biryani rice

- 1/2 T garam masala spice
- 1/2 T salt
- 1 T olive oil
- 1 1/4 C brown basmati rice
- 2 1/2 C water
- 1 bag frozen peas
- toasted almonds or cashews to garnish (Optional)

To serve: Serve the roasted vegetables over the rice. If desired, toast almonds or cashews in a small amount of olive oil with some salt & garam masala. Sprinkle over the vegetables & rice.

Note: t=teaspoon
T=tablespoon C=cup

2. Zucchini Noodles

- 3 large zucchinis
- 1 T Himalayan salt
- 2 T lemon juice
- 2 T olive or coconut oil
- 1 small onion, chopped
- 2 garlic cloves, finely minced
- 2 large tomatoes, or 2 cups cherry tomatoes, chopped
- 2 veggie sausages
- 1 small bunch fresh basil, finely chopped
- 1/4 C fresh oregano (or 2 T dried oregano)
- 1/4 T red pepper flakes
- 3 heads fresh spinach, triple washed, dried & stems removed
- 1 jar tomato or pesto sauce (optional)



Cut the ends off of the zucchinis. Use a julienne peeler or spiralizer to shred the zucchinis into pasta-like strips. Sprinkle with salt & lemon & set aside. Heat your skillet on low & add olive oil, onions & garlic. Sauté onions until translucent. Add tomatoes & cook with the lid on until tomatoes become slightly soft. Add the chopped sausage & sauté until lightly browned, 2-3 minutes. Increase heat to medium-high & immediately add the zucchini noodles. Replace the lid & stir the noodles every minute or so. When the noodles just begin to soften, add the spinach & herbs & cook just until spinach is wilted & noodles are soft, 1-2 minutes. If you are adding additional red or pesto sauce, you can add it at the end, turn the heat off & let the sauce & pasta simmer on its own. In a minute or two the flavors will have mixed & it is ready to be eaten.



Bison image by naturepicsonline; zucchini noodle recipe & photo courtesy of Jennifer Molitor

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3. Baked Tofu with Orange Sauce & Broccoli

For the marinade:

- 2 T fresh ginger
- 4 cloves fresh garlic, crushed
- 2 T basil, finely chopped
- 1 T sesame oil
- 1 T chili oil
- 3 T soy sauce
- 3 T rice vinegar
- 1 T water
- sriracha, to desired spiciness
- 2 T lime juice

For the tofu:

- marinade
- 1 block extra firm tofu
- water
- corn starch



For the sauce:

- 2 T marinade plus 1 T sesame oil
- 1/4 t red pepper flakes
- 1/2 C orange juice
- 1/2 C vegetable broth
- 2 T rice vinegar
- 3 T brown sugar
- 1 T corn starch

For the vegetables:

- 2 T marinade plus 1 T olive oil
- 1 large head broccoli
- 1 medium onion, thinly sliced
- 5 mushrooms sliced
- 1/2 bell pepper, diced
- ground black pepper & soy sauce, to taste
- peanuts, coarsely chopped

Make the marinade. Mix all ingredients together in an airtight container.

Marinate the tofu. Drain & rinse tofu. Wrap in paper towel & then press water out by sandwiching the tofu between two plates & placing a heavy weight on top. Leave for ~30 minutes & up to an hour. Unwrap the tofu & pat dry. Cut into ~32 cubes. Place all tofu cubes in airtight container with marinade. Shake to coat the tofu pieces. Refrigerate for at least one hour & up to 4.

To bake the tofu: Heat the oven to 375°F. Remove tofu from marinade & brush off large chunks of garlic/ginger; save the marinade. You will use it later. Place tofu pieces on baking sheet & lightly dust with cornstarch. Bake for ~20 minutes, rotating halfway through, until browned & puffy.

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Prepare the sauce. Take 2T of remaining marinade & heat with an additional tablespoon sesame oil in sauce pan. Add red pepper flakes. Cook on medium heat ~5 minutes or until garlic and ginger are fragrant. Add all other ingredients except cornstarch. Cook on medium heat. In a small bowl, mix 1 T cornstarch with ~1 T warm water to form a paste. Pour into sauce & stir. Bring sauce to simmer & cook until thickened, ~10 minutes.

Prepare the vegetables. Heat remaining marinade plus 1 T olive oil in large frying pan. Add onion & cook until translucent (4 minutes on medium heat). Add broccoli, bell pepper & mushrooms. Cook vegetables ~5 minutes. Add 1/4 cup chopped peanuts & remove from heat.

Serve tofu, vegetables and sauce over rice. Garnish with additional chopped peanuts & sesame seeds.

