

Crispy Mediterranean Tofu

Tofu is a great source of plant based protein and takes on any flavors that are added to it. Cornstarch is used in this recipe to achieve the ultimate crispy outer layer! Add to stir-fries, noodle dishes, grain bowls or as an appetizer.

Yield: 5 servings (3 ounces each)

Ingredients:

- 1 pound (16 oz) extra firm tofu
- 1 tbs vegetable or olive oil
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp za'atar* (optional)*
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tablespoons of cornstarch

Instructions:

1. Preheat the oven to 400° F and line a large, rimmed baking sheet with parchment paper to prevent the tofu from sticking.
2. Drain the tofu and use your palms to gently squeeze out some of the water.
3. Wrap your extra firm tofu in a few layers of paper towels. Set something heavy on top – like a cast iron skillet or cans and let sit for 15 minutes to press out extra moisture.
4. Transfer the pressed tofu to a cutting board and cut into 2 inch cubes.
5. Add tofu cubes to a medium bowl, drizzle with olive oil and add all of the spices. Toss to combine.
6. Sprinkle the cornstarch over the tofu and toss until the starch has evenly coated the tofu, and no powdery spots remain.
7. Arrange the seasoned tofu in an even layer on the parchment lined baking sheet. Bake for 25 to 30 minutes, tossing the tofu halfway, until the tofu is deeply golden.

Recipe notes:

Za'atar is a common spice in the middle east and Mediterranean regions. This spice contains toasted sesame, sumac, thyme, oregano, cumin, and salt. You can find this spice at most supermarkets in the spice aisle.

Per Serving: Calories: 115kcal Carbohydrates: 4.9g Protein: 8.3g Saturated Fat: 1g Sodium: 237.6mg
Sugar: 0.4g Cholesterol: 0mg
Recipe was adapted and modified from avocadoskillet.com



BEYOND HUNGER

Classic Hummus

Try making hummus at home and you will never go back to store-bought! Great as a dip for crackers, warm pita, and fresh vegetables or the perfect spread for a sandwich, wrap, or to top a grain bowl!

Yields: 8 servings

Ingredients:

- 1 can (15 oz) low sodium chickpeas, drained and rinsed
- 1/4 cup fresh lemon juice
- 1-2 medium cloves of garlic (peeled)
- 1/2 tsp of salt
- 1/4 cup of tahini*
- 2-4 tbsp ice water
- 1/4 cup olive oil



Optional Garnishes: -paprika, cumin, or sumac*

Instructions:

1. In a food processor or high speed blender, combine drained chickpeas, lemon juice, garlic, salt, tahini and ice water. Process for 5 minutes, stopping occasionally to scrape the sides of the bowl, until mixture is creamy and no chunks of any ingredients remain.
2. Using the opening at the top of the blender or processor, slowly add in olive oil, while machine is running. Add more ice water if more creaminess is desired. Taste and adjust taste for extra salt or lemon juice.
3. Transfer to a serving plate, top with desired garnishes and enjoy!

Recipe notes:

Sumac is a common spice in middle eastern cooking and is made from grounding up dried berry of the wild sumac flower. It contains a tart, tangy flavor. You can find this spice at most supermarkets in the spice aisle.

Per Serving: Calories: 107kcal Carbohydrates: 3.1g Protein: 1.4g Saturated Fat: 1.6g Sodium: 149.8mg
Sugar: 0.2g Cholesterol: 0mg

Recipe was adapted and modified from cookieandkate.com



BEYOND THE KITCHEN

Nutrition News from Beyond Hunger

BEYOND HUNGER

Pickled Red Onion

This recipe is super simple, sweet, and tangy, and most importantly, does not require you to wait overnight! After pickling these red onions, they turn a beautiful bright pink color, and can be used on top of tacos, salads, sandwiches, burritos, and more!

Yields: 6 servings

Ingredients:

- 1 small red onion
- 1 cup white vinegar (or apple cider vinegar)
- 2 Tbs. white sugar
- 1 cup water
- 1 1/2 tsp. kosher salt

Optional

- 2 garlic cloves, peeled and sliced
- 1 tsp. mixed peppercorns



Instructions:

1. Slice the red onions as thin as you can into half moons or use a mandoline.
2. Pack the sliced onions into a 16 oz mason jar (with the sliced garlic and peppercorns, if using).
3. In a small saucepan, heat the vinegar, water, sugar and salt until boiling and the sugar dissolves, about 2 minutes.
4. Cover the onions with the water/vinegar mixture. Cover the mason jar and let rest for 30 minutes - 1 hour.
5. Enjoy or store in the refrigerator for up to 4 weeks.

Per Serving: Calories: 31kcal Carbohydrates: 5.9g Protein: 0.2g Saturated Fat: 0g Sodium: 313.1mg
Sugar: 4.7g Cholesterol: 0mg

Recipe was adapted and modified from loveandlemons.com



BEYOND THE KITCHEN

Nutrition News from Beyond Hunger

Plant Based Nourish Bowl

A nourish bowl is a bowl that has a complete macronutrient profile of complex carbohydrates, lean protein, healthy fats, and lots of fiber, vitamins, and minerals! Feel free to vary toppings and proteins for different flavor combos.

Yields: 1 serving

Ingredients:

- 4 1/2 oz. crispy tofu or BBQ roasted chickpeas
- 1/2 cup cooked quinoa, couscous, or bulgur
- 1/4 cup frozen edamame (soybeans), steamed
- 1/4 cup roasted sweet potato cubes
- 1/4 cup roasted broccoli
- 1/4 cup shredded purple cabbage
- 1/4 cup chopped cucumber
- 1/4 cup sliced yellow bell pepper
- 2 Tbs. grape tomatoes, halved
- 2 Tbs. pickled red onion
- 2 Tbs. of Lime avocado Ranch dressing, Thai peanut dressing, or French vinaigrette (made ahead)



Optional toppings: 2 Tbs. crumbled Feta cheese or pumpkin seeds.

Instructions:

1. Prepare your protein source (tofu or chickpeas) according to recipes provided. Set aside.
2. Prepare your grain source (quinoa, couscous, bulgur), according to the package directions and set aside.
3. Steam edamame (soybeans) according to package directions.
4. Roast sweet potato and broccoli according to recipes provided.
5. Rinse the vegetables (cabbage, cucumber, yellow bell pepper, tomatoes) and chop them into bite-sized pieces and set aside, separately.
6. Time to assemble the plant-based bowl. Add 1/2 cup of cooked grain to the bottom of a small round bowl. Add your protein source on top of the grain. Arrange remaining toppings starting with edamame, artfully on top, keeping them separate. Top with dressing and crumbled feta and/or pumpkin seeds, if using.

Per Serving: Calories: 547kcal Carbohydrates: 77.5g Protein: 18.5g Saturated Fat: 2.2g Sodium: 426.9mg
Sugar: 9.6g Cholesterol: 0mg

Recipe was adapted and modified from loveandlemons.com

Roasted Broccoli and Sweet Potato

Roasting vegetables brings out their natural sweetness and preserves their nutrients. Try roasting different vegetables together for added color and don't be afraid to add different herbs, spices for delicious flavor. Serve these vegetables as a side dish or add to a grain bowl!

Yield: 6 servings

Ingredients:

Roasted Broccoli:

- 2 1/2 cups broccoli, cut into florets (6 ounces)
- 2 Tbs. olive oil
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1-2 tsp. fresh lemon juice

Roasted Sweet Potato:

- 2 sweet potatoes (peeled and cut into medium cubes)
- 2 Tbs. olive oil
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. mild chili powder



Instructions:

1. Preheat oven to 400° F.
2. In a medium bowl, toss broccoli with olive oil, salt and pepper.
3. In another medium bowl, toss sweet potatoes with olive oil and seasonings.
4. On a parchment lined baking sheet, add the broccoli to one side and the sweet potatoes on the opposite side.
5. Roast for 20 minutes, stirring halfway through, until edges of broccoli has browned and sweet potatoes are soft.
6. If one vegetable is done before the other, remove to a plate and continue roasting the other until done.
7. Sprinkle broccoli with lemon juice and serve immediately.

Per Serving: Calories: 122 kcal Carbohydrates: 11.7g Protein: 1.8g Saturated Fat: 1.3g Sodium: 424.1mg Sugar: 2.5g Cholesterol: 11.7mg

Recipe was adapted and modified from fitfoodiefinds.com and wellplated.com

French Vinaigrette

Making homemade salad dressings are not as difficult as people think. With just seven common ingredients, this homemade vinaigrette comes together quickly. Pro tip- mustard emulsifies oil and vinegar into a creamy dressing. Any mustard can be used, but don't skip this ingredient!

Yield: 8 servings (1.5 tbsp/serving)

Ingredients:

- 1 Tbsp Dijon mustard
- 2 tsp. honey or maple syrup
- 1 clove garlic, peeled and crushed
- 1/4 cup balsamic or red wine vinegar
- 1/4 tsp. salt
- 1/4 tsp black pepper
- 1/2-2/3 cup olive oil

Instructions:

1. In a 1 cup glass measuring cup or small glass bowl, mix mustard, honey, crushed garlic clove, balsamic vinegar, salt and pepper with a small whisk or fork until blended well.
2. Slowly whisk in olive oil until dressing is thick.
3. Taste and adjust for seasonings.



Per Serving: Calories: 134 kcal Carbohydrates: 2.8g Protein: 0g Saturated Fat: 2g Sodium: 123.3mg
Sugar: 2.6g Cholesterol: 0mg

Recipe from Maria Delis, RD LDN



BEYOND HUNGER

Thai Peanut Dressing

You'll love the creaminess and flavor of this Thai inspired dressing. Using tamari instead of soy sauce will cut down on sodium. Try this dressing on salads, grain bowls with tofu and broccoli, or over noodles.

Yield: 6 servings (1 tbsp/ serving)

Ingredients:

- 1/4 cup creamy peanut butter
- Juice of 1 whole lime
- 1 tbsp rice vinegar
- 1 tbsp tamari or soy sauce*
- 1 tsp sriracha sauce (optional)**
- 1/2 tsp ground ginger
- Water as needed



Instructions:

1. Whisk together all ingredients in a bowl until creamy or use a blender.
2. If dressing is too thick, add 1 tsp of water at a time until a dressing texture is achieved.

Recipe Notes:

*Tamari has less sodium than soy sauce

** Sriracha was originated in Thailand and it is a hot sauce that is made from chiles. This sauce has a sweet, tangy, spicy and a bit of garlic taste. You can find this sauce at most supermarkets in the Asian food aisle.

Per Serving: Calories: 70 kcal Carbohydrates: 3.6g Protein: 2.8g Saturated Fat: 1.1g Sodium: 229.5mg Sugar: 1.4g Cholesterol: 0mg

Recipe was adapted and modified from www.simplyquinoa.com



Lime Avocado Ranch Dressing (Vegan)

A delicious, plant-based version of the famous Chick-fil-a dressing, made with vegan mayo and soy milk. Add to salads, sandwiches, grain bowls or as a dip for raw vegetables.

Yield: 8 Servings (2 tbsp/serving)

Ingredients:

- 1/4 cup unsweetened, plain soy milk
- 1 1/4 tsp. apple cider vinegar
- 1 Tbsp fresh parsley
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried dill
- 1/4 tsp salt
- 1/8 tsp white or black pepper
- 3/4 cup vegan mayo
- 1 ripe avocado, seed and outer skin removed
- Juice of 1 lime
- 2 Tbsp fresh cilantro leaves



Instructions:

1. Add soy milk and apple cider vinegar to a blender or food processor.
2. Add dried parsley, garlic powder, onion powder, dill, salt and pepper, followed by mayo.
3. Add avocado, lime juice and cilantro leaves and blend on high speed until creamy and incorporated, stopping to scrape sides of machine.
4. Transfer to an airtight container dressing and refrigerate for at least one hour to infuse the flavors.

Per Serving: Calories: 140 cal Carbohydrates: 2.26g Protein: 0.7g Saturated Fat: 1.1g Sodium: 229.9mg Sugar: 0.3g Cholesterol: 0mg

Recipe courtesy of <https://watchlearneat.com/shortcut-avocado-lime-ranch-dressing/#wprm-recipe-container-5115>



BBQ Roasted Chickpeas

This recipe will make you fall in love with chickpeas! Roasting the chickpeas gives them an undeniable crunch that will leave you wanting another handful. They are perfect for snacking and are a great alternative to peanuts.

Yield: 3 servings (1/2 cup/serving)

Ingredients:

- 1 Tbsp olive oil (or vegetable oil)
- 1 tsp garlic powder
- 1/2 tsp paprika
- 2 tsp light brown sugar
- 1/2 tsp ground cumin
- 1 tsp chili powder
- 1/4 tsp salt
- 1/8 tsp cayenne (optional)
- 1 (15 oz) can chickpeas, rinsed and drained



Instructions:

1. Preheat oven to 400°F.
2. In a medium bowl, combine all ingredients except chickpeas. Stir to mix spice blend.
3. Add chickpeas to the spice blend mixture. Stir to evenly coat.
4. Spread chickpeas onto a baking sheet in a single layer.
5. Bake for 20 minutes. Stir on baking sheet and bake for another 20 minutes until crispy.
6. Serve warm.

Recipe Note:

For extra crispy chickpeas, remove the outer skins before stirring into the spice blend.

Per Serving: Calories: 256 cal Carbohydrates: 37g Protein: 10.4g Saturated Fat: 1g Sodium: 522.4mg
Sugar: 8.8g Cholesterol: 0mg

