



Week Six

Vegan Recipes

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Salsa-Tofu Breakfast Burrito

Ingredients

- 1 teaspoon extra-virgin olive oil
- 1/2 cup crumbled extra-firm tofu
- 2 tablespoons fresh salsa
- Pinch of salt
- Pinch of freshly ground pepper
- 2 tablespoons soy cheese
- 1 8-inch whole-wheat tortilla

Directions

1. Heat oil in a small nonstick skillet over medium-high heat.
2. Add tofu and cook, stirring occasionally, until beginning to brown, about 2 minutes.
3. Stir in salsa, salt and pepper; continue cooking until heated through, about 30 seconds.
4. Spread cheese down the center of tortilla.
5. Top with the tofu mixture. Fold in the ends of the tortilla and roll into a burrito.

Serving Size	Calories	Fat	Protein	Sodium
1 burrito	259 per serving	13g per serving	15g per serving	648mg per serving

BREAKFAST

Black Bean Quinoa Salad

Ingredients

- 1 1/2 cups uncooked quinoa
- 3 cups organic vegetable broth
- 1 (14-ounce) package reduced-fat firm tofu, cut into 1/4-inch cubes
- 3 tablespoons olive oil, divided
- 1 1/4 teaspoons salt, divided
- 1 cup chopped fresh basil
- 3 tablespoons fresh lemon juice
- 2 tablespoons Dijon mustard
- 1 teaspoon sugar
- 2 teaspoons grated lemon rind
- 1/2 teaspoon freshly ground black pepper
- 3 garlic cloves, minced
- 1 (10-ounce) package frozen baby lima beans
- 4 cups chopped tomato (about 3 medium)
- 1/2 cup sliced green onions
- 1/2 cup chopped carrot
- 1 (15-ounce) can black beans, rinsed and drained

Directions

1. Combine quinoa and vegetable broth in a saucepan; bring to a boil over medium-high heat. Cover, reduce heat, and simmer 15 minutes or until broth is absorbed and quinoa is tender. Remove from heat.
2. Place tofu on several layers of paper towels; cover with additional paper towels. Let stand 5 minutes. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add tofu; sprinkle with 1/4 teaspoon salt. Sauté tofu 9 minutes or until lightly browned. Remove from heat; cool completely.
3. Combine remaining 2 tablespoons oil, remaining 1 teaspoon salt, basil, and next 6 ingredients (through garlic) in a large bowl; stir with a whisk until blended. Stir in quinoa.
4. Cook lima beans according to package directions, omitting salt and fat. Cool completely. Add the lima beans, tofu, chopped tomato, green onions, chopped carrot, and black beans to quinoa mixture; stir gently to combine. Store, covered, in refrigerator until ready to serve.

Serving Size	Calories	Fat	Protein	Sodium
1 cup	232 per serving	6.2g per serving	9.8g per serving	351mg per serving

Grilled Eggplant & Tofu Steaks

Ingredients

- 1 (14-ounce) package extra-firm tofu, drained
- 1/3 cup ketchup
- 3 tablespoons hoisin sauce
- 1 1/2 tablespoons lower-sodium soy sauce
- 1 1/2 tablespoons rice vinegar
- 1 1/2 tablespoons minced garlic
- 1 tablespoon minced peeled ginger
- 1 serrano chile, finely chopped
- 2 tablespoons peanut oil
- 2 (1-pound) eggplants, cut lengthwise into 1/2-inch-thick slices
- 1/8 teaspoon kosher salt
- Cooking spray
- 1/4 cup sliced green onions
- 2 teaspoons sesame seeds, toasted

Directions

1. Place tofu on paper towels; cover with paper towels. Top with a heavy skillet; let stand 20 minutes. Cut tofu crosswise into 8 (1/2-inch-thick) slices.
2. Combine ketchup and next 6 ingredients in a saucepan; bring to a boil. Reduce heat to medium-low; cook until reduced to 1 cup (12 minutes), stirring occasionally. Set aside 1/2 cup. Preheat grill to medium-high heat.
3. Brush oil over tofu and eggplant; sprinkle with salt. Place eggplant on grill rack coated with cooking spray, and grill 2 minutes. Turn eggplant over, and brush with 2 tablespoons sauce; grill 2 minutes. Turn eggplant over; brush with 2 tablespoon sauce. Cook 2 minutes on each side.
4. Add tofu to grill; grill 3 minutes. Turn tofu over, and brush with 2 tablespoons sauce; grill 3 minutes. Turn tofu over and brush with 2 tablespoons sauce; grill for 1 minute on each side. Sprinkle with onions and seeds. Serve with eggplant and 1/2 cup reserved sauce.

Serving Size	Calories	Fat	Protein	Sodium
3 eggplant slices, 2 tofu slices	286 per serving	14.3g per serving	13.4g per serving	286mg per serving