

Asian Stir Fry

1 package *Chuka Soba Chow Mein Noodles* (Winco)

Veggies of choice: *Broccoli, Bok Choy, Carrots, Onions, Zucchini, Red or Green Pepper, Bean Sprouts, Water Chestnuts, Baby Corn, Cabbage, Sugar Snap Pea Pods, Bamboo Shoots...*

¼ c. reserved noodle broth

1-2 garlic cloves, chopped

¼ c. water (mix with veggies to stir fry)

1 t. Bill's Best Chicken Seasoning (weimarmarket.com)

1-2 T. Natural Soy Sauce (Class #1)

Sprinkle of Coriander

Salt to taste

Toppings: Chopped peanuts, green onions, purple cabbage, red peppers, lime wedges on side, or oven-baked tofu cubes (cut in cubes, marinate in natural soy sauce for 5-10 minutes, bake at 400° for 30 minutes, or pan-fry)

Directions

1. Bring large amount of lightly salted water (enough to submerge noodles) to boil. Place noodles in boiling water and remove from heat.
2. Allow to sit for 5 minutes while preparing the veggies.
3. Place ¼ cup of water in wok or frying pan and add prepared veggies, garlic and chicken seasoning. Stir fry just for 2-3 minutes.
4. Drain noodles, reserving ¼ c. noodle broth. Chop noodles if desired. Add ¼ c. reserved broth.
5. Mix noodles with veggies in wok or frying pan. Add natural soy sauce, sprinkle with coriander and salt to taste. Adjust seasonings as you like.
6. Top with chopped peanuts, green onion, purple cabbage strips, red pepper rings or oven-baked tofu cubes. Serve with lime wedges on side and enjoy!

"It is high time that we were educating ourselves to subsist upon fruits, grains, and vegetables.....A variety of simple dishes, perfectly healthful and nourishing, may be provided, aside from meat. Hearty men must have plenty of vegetables, fruits, and grains."

Counsels on Diets and Foods, p. 322

Baked Spring Rolls

- 1 package Nasoya Tofu Plus, 12 oz. (*Winco*)
- 2 t. Bill's Best Vegetarian Chicken Seasoning
- 1 T. Natural Soy Sauce (class #1)
- 1 t. sensational seasoning
- 1 c. shredded or finely cut green cabbage
- ½ c. finely diced onion
- ¼ c. finely shredded carrot
- ¼ t. onion powder
- ¼ t. garlic powder
- ¼ t. salt

Thawed *Spring Home*, TVJ Spring Roll Pastry sheets (*made in Singapore, \$1.89 for 50*)

¼ c. water and 1 t. Bill's Best Chicken Seasoning

Directions

1. Crumble tofu and add chicken seasoning, natural soy sauce and sensational seasoning. Fry until it starts to lightly brown, the moisture is removed, and it smells fragrant. (About 5 minutes)
2. Combine cabbage, onion and carrot and fry for about 2 minutes until cabbage starts to wilt. Add onion and garlic powder and salt.
3. Add veggies to tofu and mix well. Adjust salt to your taste.
4. Put a spoonful in a spring roll pastry sheet, laying diagonally, moistening top corner. Fold up bottom over filling, then sides and roll toward the top.
5. Lay seam side down on baking sheet lined with parchment paper.
6. Mix ¼ c. water and 1 t. chicken seasoning and brush rolls lightly.
7. Bake at 350° for about 15 minutes, until starting to brown lightly. Can be re-warmed the next day in oven, or in a non-stick frying pan to re-crisp.

*Note:

You can buy frozen spring roll pastry sheets (50 per package) at:

Viet-Thai Market

18129 SW Tualatin Valley Hwy, Beaverton, OR 97006

Vegan Banoffee Pie

Banoffee (Banana + toffee) pie is a traditional English dessert with a pastry or crumb crust covered with a caramel-toffee layer and layers of whipped cream and bananas, topped with chocolate.

Ingredients:

For the crumble crust:

- ½ c. macadamia nuts (dry roasted and salted, at Winco)
- ¼ c. pecans
- ¼ c. quick oats
- ¼ c. dates
- 2 T. unsweetened coconut
- 1 t. maple syrup

For the Date Caramel Filling:

- 1 ½ c. chopped fresh dates (loosely packed) and 1 c. water (microwave for 1 minute, let rest for few minutes)
- 1 T. raisins
- ½ t. vanilla bean powder
- ¼ t. almond flavor (Frontier, non-alcoholic, at New Seasons Market)
- 1/8 t. maple flavor (Frontier, non-alcoholic, at New Seasons Market)
- Sprinkle of lemon powder or ¼ t. lemon juice
- Orange zest, small amount
- ¼ t. salt, scant

For the Whipped Topping:

- **White cream only** from top of 1 can full fat Thai Kitchen coconut milk (refrigerate overnight or for several days)
- 2 T. maple syrup
- ½ t. vanilla bean powder
- Sprinkle of lemon powder or ¼ t. lemon juice
- 1 snack size cup (1/2 c.) mandarin oranges, drained, chopped and dried in paper towel

Directions:

1. Mix all crumble crust ingredients except maple syrup in food processor and process until crumbly. Add maple syrup and process briefly.
2. Divide mixture evenly into 12 muffin tins lined with cupcake liners. Press down firmly.
3. Combine date caramel ingredients in blender and process until smooth.
4. Place date caramel on top of crumble crust in muffin tins, dividing evenly.
5. Whip **white cream only** from coconut milk briefly and add rest of ingredients **except** mandarin oranges. Whip again until consistency is smooth like whipped cream. Stir in mandarin oranges. Put a spoonful on top of each date caramel tart. Top with sliced bananas and a sprinkle of carob chips, or toasted coconut.