***Chili Pineapple Fried Rice*** LB Class 7 Tom Lewis

*The following recipe is for 2 large servings*

1 ripe pineapple

1 brick firm tofu

½ of a red onion

2 pieces of garlic

1 piece of ginger

½ c. peanuts

1 ½ T. chili oil

1 c. cooked rice

1 t. curry powder

2 t. soy sauce

½ t. dark soy sauce

Splash of toasted sesame seed oil

Dash of cayenne pepper (opt.)

1-2 T. pineapple juice from cut pineapple

* Cut pineapple lengthwise into equal halves. Using a large knife, score into the pineapple without cutting through to the skin. Then use a spoon to scrape out all of the pineapple and set all this aside with the juices.
* Place the pineapple halves into an oven onto a baking sheet and broil for 3-4 minutes. Then remove and let cool. Set aside.
* Cut the reserve pineapple into chunks, cutting out the core and setting aside using it for something else like juicing.
* Cut 1 brick of firm tofu into bite-sized pieces.
* Finally chop ½ of a red onion, 2 pieces of garlic, and 1 piece of ginger. Take ½ c. peanuts and toast them lightly in a dry fry pan on the stove, set aside.
* Add 1 ½ T. of chili oil to a fry pan, sauté the red onion, garlic, and ginger, until lightly roasted, 2-3 minutes.
* Then add the tofu chunks and continue to sauté for 2-3 more minutes.
* To this mixture in the pan, add 1 c. of cooked rice, all of the pineapple, 1 t. of Curry powder, 2 t. of soy sauce, ½ t. dark soy sauce, a splash of toasted sesame seed oil, an optional dash of cayenne pepper, and about 1-2 T. of the pineapple juice from the cut pineapple. Sauté 3-4 minutes. Sprinkle on the toasted peanuts, give it a few good stirs and it’s done. Spoon the mixture into the pre-made pineapple bowls, and serve. ***sdaplantbasedrecipes.com***

***Coconut Fried Tofu Chicken*** LB Class 7 Tom Lewis

2 tubs firm tofu (see instructions below)

Vegetable broth (see instructions below)

***Bowl 1: Dry flour mix***

1 ½ c. flour

1 ½ t. onion powder

1 ½ t. garlic powder

1 t. smoked paprika

1 T. brown sugar

***Bowl 2: Flax liquid milk mix***

1 T. ground flaxseed

¼ c. boiling water

1 c. plant-based milk (I like to use oat milk)

***Bowl 3: Dry flour mix with coconut and Rice Krispies***

1 ½ c. flour

1 ½ t. onion powder

1 ½ t. garlic powder

1 t. smoked paprika

½ c. unsweetened coconut flakes

3 c. Rice Krispies

\*Take tofu and toss them into your freezer overnight letting them freeze solid. The next day, take them out and let them thaw in the package without opening them. When they are completely thawed throw them back into the freezer and let them freeze again overnight! This is going to give you the texture needed for this recipe, but also it removes that “soy beany” taste that so many people do not care for when they think of having tofu! Tofu is a wonderful product and can pick up and conform to any type of food that you’re making….from desserts, to savory, to hot and spicy!

\*After your frozen tofu has thawed for the 2nd time press each block between 2 small salad plates squeezing and draining out as much fluid as you can. The goal is to get the tofu as dry as possible! Then tear these blocks of tofu into jagged uneven pieces…you will find that the texture is more like a stringy consistency…set this aside.

\*Bowl 1: mix all ingredients thoroughly, set aside.

\*Bowl 2: combine ground flaxseed and boiling water in a small bowl and stir thoroughly allowing it to sit for 5-10 minutes until it becomes thick then add 1 c. plant-based milk. Stir this thoroughly together and stir it often while you’re dredging.

\*Make your favorite vegetable broth, this can be a common brand such as the ones found at Costco, or it can be your own concoction that you make with vegetable broth, onion, garlic, soy sauce, Liquid Smoke…whatever you prefer. But you want this liquid mixture, about 3 c. worth, to be TWICE as strong as it would normally be as you would use in a recipe….

\*Bowl 3: mix all ingredients (crushing last cup of Rice Krispies with your hands), set aside. (You do not need to buy brand name Rice Krispies!...it’s your choice whether you want to pay $5 a box or $1.84 a box at Walmart for the same exact ingredient product! The recipe will still turn out superb!)

***To assemble and cook***

You can use an air fryer which works very well, you can bake them in the oven, or you can pan fry them in a small, light amount of unrefined coconut oil…this is how I think that they taste best.

Take about half of the jagged tofu pieces and put them into the bowl with the double strength vegetable broth…push down on these pieces with your fists allowing them to act as little sponges and suck up the broth. Then take them out and lay separately on a plate.

Line up your bowls in this order….

1. Dry flour mix
2. Flax liquid milk mix
3. Dry flour mix with coconut and Rice Krispies

Using just one hand take each piece separately tossing into Bowl 1, then dredging through Bowl 2 just once, then tossing into Bowl 3, making sure it’s completely covered. Place each chunk on a plate so you have an adequate amount to cook in one of the 3 ways discussed above.

I like to fry them for 5 minutes on each side allowing the virgin coconut oil to seep into them. This gives them that nutty coconutty taste without deep-frying them and eating too much oil. Remove them immediately and serve, or you can keep them in the fridge for up to 2 weeks in an airtight container, or you can let them cool completely and put them in the freezer, they work wonderfully to bring out later for another dinner!

In this meal we’re using them as a Chinese meal accent, but they go well with dipping and honey mustard, Ranch sauce, Barbecue sauce, and go great with macaroni and cheese or potato salad! ***sdaplantbasedrecipes.com***

***Pan-Fried Spring Rolls*** LB Class 7 Marla Danielson

1. 1 T. plant-based margarine
2. 1 package (10 oz.) Angel Hair coleslaw
3. ½ c. fresh onion, chopped
4. ¼ c. fresh carrots, finely grated
5. ½ c. frozen peas
6. ¾ t. salt
7. ½ t. coriander
8. Pinch of garlic powder
9. 1 package egg roll wrappers (most are vegan)

Melt plant-based margarine in kettle. Add ingredients #2-4. Cover and cook on medium for a few minutes, then stir, reduce heat to low, cover, and cook until coleslaw is softened (it doesn’t take long). Stir in ingredients #5-8.

Lay out egg roll like a diamond, place a bit of water on top corner. Place a strip of coleslaw filling in middle. Fold in sides, roll up like a burrito. In frying pan, melt some plant-based margarine (about 1 T.) and place egg rolls in, seam-side down, and fry until golden brown on each side.

***Alternate way to cook***: place on parchment-lined tray and brush with melted plant-based margarine. Bake at 375° for 15-20 minutes or until beginning to lightly brown.

Enjoy!

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***Simple Mandarin Salad*** LB Class 7 Marla Danielson

* Your favorite lettuce
* Mandarin oranges

Mix lettuce and mandarins in bowl, using desired amount of each to make a small or large salad. Serve with ***Simple Salad Dressing***. Top with won ton strips, ***Maple Roasted Pecans***, fresh avocado and fresh cilantro!

***Simple Salad Dressing***

1. 1 c. raw cashews
2. 2 T. lemon or lime juice
3. ½ c. water
4. ½ t. salt
5. ½ t. maple syrup
6. ¼ t. parsley

Pinch of garlic powder, celery seed, dill weed

Cover cashews with water in small kettle, bring to a boil. Remove from heat and let soak for 10-15 minutes. Place ingredients #1-4 in high-speed blender and blend for 1 minute until smooth (or blend in regular blender for 2 minutes). Stir in remaining ingredients. Adjust seasonings to your taste and enjoy!

***Maple Roasted Pecans***

Line a cookie tray with parchment paper. Add 1 c. pecan pieces in an even, single layer. Drizzle with 1 ½ T. maple syrup, sprinkle with ¼ t. salt, mix well and spread evenly again in single layer. Bake at 250° for 1 hour. Let cool on tray and break up to enjoy!

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***Peanut Butter Cookies*** LB Class 7 Marla Danielson

*Cream:*

1. 1 flax egg (1 T. flax meal mixed with 3 T. water)
2. ½ c. creamy peanut butter
3. ½ c. brown sugar
4. 1 t. vanilla
5. ½ t. molasses

*Add:* ¼ t. salt, ½ c. brown rice flour

Cream first 5 ingredients. Add remaining ingredients and mix well. Refrigerate for 10-15 minutes while oven is heating (350°). Roll into balls, place small amount of Florida Crystals (raw, unrefined cane sugar) in small bowl and roll balls in sugar, place on parchment-lined cookie tray, crisscross with fork, slightly flattening, (they will spread in oven) and bake for 10 minutes. Let cool on tray and enjoy!

***Sesame Cookie Crackers***

*Mix all dry ingredients:*

¼ c. each: white spelt flour (or all purpose), sesame seeds, fine unsweetened coconut, brown sugar

½ c. quick oats

¼ t. salt

*Emulsify in small bowl:* 2 T. oil, 2 T. plant-based milk, ¼ t. vanilla

Pour liquid ingredients into dry ingredients and mix well. On countertop, place mixture on a piece of parchment paper, cover with a sheet of wax paper and roll out very thin. Score deep into wheat thin size crackers with pizza cutter. Bake at 250° for 45 minutes. Remove and let cool on tray and break into crackers to enjoy!

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