



## Shopping List

### Class #3: Discovering Dairy & Meat Alternatives

#### Produce/Fresh

- ☐ Onions [CB] [TB]
- ☐ Carrots [CB]
- ☐ Celery stalks [CB]
- ☐ Garlic cloves [CB] [TB]
- ☐ Ginger, fresh or ground [TB]
- ☐ Broccoli stalks, fresh or frozen [TB]
- ☐ Red bell pepper [TB]
- ☐ Strawberries (or other berries) [CM]

#### Canned Good/Grocery

- ☐ Couscous [TB]
- ☐ Vegetable broth or water [TB]
- ☐ Bulgur or brown rice [CB]
- ☐ Garbanzo beans (chickpeas), dry or canned [CB]
- ☐ Potato flour [CB]
- ☐ Vegetable oil spray [CB]
- ☐ Semi-sweet chocolate chips [CM]
- ☐ Low-fat silken tofu [CM]

#### Spices/Condiments

- ☐ Sesame seeds [CB]
- ☐ Soy sauce [CB] [TB]
- ☐ Curry powder [CB]
- ☐ Cumin [CB]
- ☐ Coriander or cardamom, ground [CB]
- ☐ Cayenne pepper [CB]
- ☐ Salt [CB]
- ☐ Vanilla extract [CM]

#### Refrigerated/Frozen

- ☐ Tempeh (any variety) [TB]
- ☐ Nondairy milk, such as soymilk or rice milk [CM]

#### Paper Products

- ☐ Plates
- ☐ Cups
- ☐ Cutlery
- ☐ Napkins

#### KEY

[CM] – Chocolate Mousse

[CB] – Chickpea Burgers

[TB] – Tempeh Broccoli Saute



## Recipes Handout

### Class #3: Discovering Dairy & Meat Alternatives

#### Chocolate Mousse [CM]

*Makes 10 servings*

##### Ingredients:

- 1 cup semisweet chocolate chips
- 1 cup nondairy milk, such as soymilk or rice milk
- 1.5 packages (12.3 ounces each) low-fat silken tofu
- 1 teaspoon vanilla extract
- 10 strawberries, sliced

##### Directions:

Place chocolate chips into a small pan, cover, and cook on low heat. Allow 5 minutes for chocolate to melt stirring occasionally. Place tofu, vanilla, melted chocolate chips, and nondairy milk mixture into a food processor or blender and process until smooth. Chill for 2 hours in the refrigerator or 30 minutes in the freezer. Slice strawberries and serve on top of the mousse.

#### Tempeh Broccoli Sauté

*Makes 8 servings*

##### Ingredients:

- 2 packages (10 ounces each) tempeh (any variety)
- 4 broccoli stalks, chopped, or 3 16-ounce bags frozen chopped broccoli florets
- 1 large onion
- 2 red bell peppers, seeded and diced
- 2 tablespoons garlic
- 2 tablespoons minced fresh ginger or 2 teaspoons ground ginger
- 1/2 cup vegetable broth or water
- 2 tablespoons soy sauce or tamari
- 4 cups cooked couscous (mention recipe in handbook)

##### Directions:

Cut the tempeh into 1/2-inch cubes and steam for 10 minutes. Heat the broth in a wok or large skillet and add the tempeh, broccoli, onion, bell peppers, garlic, and ginger. Cook and stir over medium-high heat until the tempeh is lightly browned and the vegetables are tender-crisp. Add the soy sauce just before serving. Serve over the hot cous-

cous. Stored in a covered container in the refrigerator, leftover Tempeh Broccoli Sauté will keep for up to 3 days.

#### Chickpea Burgers

*Makes 18 burger patties*

##### Ingredients:

- 2 tablespoons sesame seeds
- 1 small onion, finely chopped
- 1 small carrot, finely chopped
- 1 celery stalk, finely chopped
- 1 garlic clove, minced or pressed
- 1 15-ounce can chickpeas (garbanzo beans), drained and rinsed, or 1 1/2 cups cooked chickpeas
- 1/2 cups cooked bulgur or brown rice
- 1 tablespoon soy sauce
- 1 1/2 teaspoon curry powder
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander or cardamom
- 1/8 teaspoon cayenne pepper, or to taste
- 1/2 teaspoons salt
- 1/4 cup potato flour, or enough to make a stiff dough
- Vegetable oil spray

##### Directions:

Place the sesame seeds in a heavy skillet. Cook and stir over medium heat for 2 to 3 minutes, until the seeds become fragrant and begin to pop. Grind them in a food processor or blender and transfer to a mixing bowl. Add the onion, carrot, celery, and garlic. Place the beans in a food processor and pulse until chopped. Alternatively, coarsely mash the beans with a potato masher, leaving some chunks. Add the chopped beans to the vegetable mixture along with the cooked bulgur, soy sauce, curry powder, cumin, salt, coriander, and cayenne. Mix thoroughly. Stir in just enough of the potato flour to form a stiff dough. Knead for 30 seconds and form into 6 patties. Lightly mist a nonstick skillet with vegetable oil spray. Cook the patties in the skillet over medium heat for about 2 minutes, until the bottoms are lightly browned. Turn the patties over and cook for 2 minutes longer, until lightly browned. Serve hot. Stored in a covered container in the refrigerator, leftover Chickpea Burgers will keep for up to 3 days.



## Shopping List

Class #4: Cancer-Fighting Compounds and Healthy Weight Control

### Produce/Fresh

- ☐ Onion [ZY + BP]
- ☐ Garlic cloves [ZY]
- ☐ Yams or sweet potatoes [ZY]
- ☐ Collard greens [ZY]
- ☐ Lemon [ZY]
- ☐ Mushrooms [BP]
- ☐ Red bell peppers [BP]
- ☐ Yellow bell peppers [BP]
- ☐ Parsley, fresh [BP]
- ☐ Spinach, fresh [SS]
- ☐ Berries, grapes, or strawberries [SS]
- ☐ Fruit, fresh [SS]

### Canned Good/Grocery

- ☐ Vegetable broth [ZY + BP]
- ☐ Soba noodles [BP]
- ☐ Flour [BP]
- ☐ Mandarin or clementine oranges, canned, or grapefruit sections [SS]

### Spices/Condiments

- ☐ Salt [ZY + BP]
- ☐ Black pepper [ZY + BP]
- ☐ Garlic powder, or chopped garlic [BP]
- ☐ Sunflower seeds [SS]
- ☐ Brazil nuts, unsalted [SS]
- ☐ Fat-free raspberry vinaigrette [SS]
- ☐ Soy sauce [BP]
- ☐ Vegetarian Worcestershire sauce [ZY]
- ☐ Thai chili paste (no fish!) [ZY]

### Refrigerated/Frozen

- ☐ Seitan [BP]

### Paper Products

- ☐ Plates
- ☐ Cups
- ☐ Cutlery
- ☐ Napkins

#### KEY

[ZY] – Zippy Yams and Collards

[BP] – Buckwheat Pasta with Seitan

[SS] – Spinach Salad with Citrus Fruit



## Recipes Handout

### Class #4: Cancer-Fighting Compounds and Healthy Weight Control

#### Zippy Yams and Collards

*Makes 4 servings*

##### Ingredients:

- 1 small onion, thinly sliced
- 2 large garlic cloves, minced
- 1/4 cup water or vegetable broth
- 2 yams or sweet potatoes, cut into bite-size chunks
- 1 bunch collard greens (~1/2 pound), rinsed and with stems removed
- 1 tablespoon vegetarian Worcestershire sauce
- 1/2 teaspoon Thai chili paste (make sure there is no fish in the paste)
- 1/4 teaspoon salt, or to taste
- 1/4 teaspoon ground black pepper
- 2 tablespoons fresh lemon juice

##### Directions:

Chop onion and garlic cloves. Place chopped onion and garlic into the skillet/wok over medium heat and sauté until fragrant. Add yams and water. Place cover on and cook yams for 5 minutes. Stir in collards and cover. Keep temperature on medium for 3-4 minutes, then reduce temperature to low. Add vegetarian Worcestershire sauce and chili paste. Simmer until the collards and yams are soft when pierced with a fork. Add salt and pepper to taste. Squeeze lemon over the mixture and serve.

#### Spinach Salad with Citrus Fruit

*Makes 6 servings*

##### Ingredients:

- 1 10-ounce bag fresh spinach
- 1 cup berries or grapes, or 10 strawberries, sliced
- 1 can (10 ounces each) mandarin or clementine oranges or grapefruit sections, drained and rinsed, or 1 1/3 cups of fresh fruit
- 1 tablespoon sunflower seeds

- 1 tablespoon chopped unsalted Brazil nuts
- 1/4 cup fat-free raspberry vinaigrette

##### Directions:

Toss ingredients together and serve!

#### Buckwheat Pasta with Seitan

*Makes 6 servings*

##### Ingredients:

- 12 ounces dried soba noodles
- 1 medium onion, sliced
- 1 3/4 cups vegetable broth or water
- 3 cups fresh mushrooms, sliced
- 1 red bell pepper, seeded and sliced
- 1 yellow bell pepper, seeded and sliced
- 8 ounces seitan, sliced
- 2 tablespoons flour
- 2 teaspoons soy sauce
- 1 teaspoon garlic, chopped, or 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1 teaspoon salt
- 1/4 cup chopped fresh parsley

##### Directions:

Bring water to a boil in a large pot. Add soba noodles and salt and boil for about 8 minutes until al dente. Drain noodles and rinse with cold water. Sauté onion in skillet until transparent, and then add mushrooms and bell peppers. Only add broth or water if needed. Continue cooking until vegetables are cooked, and then stir in seitan. Place broth or water and flour in a tightly covered plastic container and shake until smooth. Add to the skillet along with soy sauce, garlic, and black pepper. Cook uncovered, until thickened. Pour seitan mixture over noodles, top with parsley, and serve.