No Cook Meal Prep



For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Vegan Egg Salad Sandwich

Vegan. Common allergens: Soy, wheat/gluten, check labels Recipe from It Doesn't Taste Like Chicken

Serves 4

Ingredients

- 1 container medium-firm tofu, drained and patted dry
- 6 tablespoons vegan mayonnaise
- 2 tablespoon nutritional yeast
- 2 teaspoon yellow mustard
- 2 green onions, chopped
- ¾ teaspoon black salt or salt
- ¼ teaspoon turmeric
- Black pepper to taste

To make sandwiches:

- 8 slices bread
- 4 lettuce leaves

Instructions

- To make the vegan egg salad: chop the tofu into a small cube. Add the tofu to a large bowl along with the vegan mayonnaise, nutritional yeast, yellow mustard, green onions, black salt, and turmeric. Gently mix. If desired add table salt and pepper to taste.
- 2. To make vegan egg salad sandwiches: toast the bread if desired. Layer 4 slices of bread with a lettuce leaf and then follow with a generous serving of the vegan egg salad. Top with the remaining slices of bread and serve.
- Vegan egg salad can be made ahead of time and stored covered in the fridge for 2 - 3 days. If it looks watery, just give it a gentle stir to reincorporate.
- You can use regular mayo if you do not need it to be vegan.

Zero Waste Tips

- Use 2 plates or a kitchen towel to drain the tofu rather than paper towels.
- Regrow your own green onions by placing the white ends with roots in water and a sunny window until they regrow! Optional: plant the regrown green onions in soil.



Oatmeal Raisin Cookie Bars

Vegan. Common allergens: Tree nuts, oats may contain gluten Recipe from <u>Chocolate Covered Katie</u>

Makes 3 bars or 10 balls

Ingredients

- ½ cup raisins
- 6 tablespoons quick oats
- ½ cup raw walnuts
- 1/8 teaspoon salt
- ¼ teaspoon pure vanilla extract

Instructions

- Pulverize the oats in a food processor, then add all other ingredients and blend very well. If the mixture is dry and crumbly, add a tiny bit of water at a time until it is sticky enough to stick together.
- 2. Form into balls or bars. Keep refrigerated.

Zero Waste Tip: Use your own containers and buy these ingredients in bulk, especially the walnuts, raisins, and oats!

This recipe lasts about 2 weeks in the fridge and can be frozen. Visit https://chocolate-covered-recipes/fudge-baby-mania/ for more no cook bar recipes



No Cook Meal Prep Fall 2021



Homemade Instant Noodle Cups

Common allergens: Depends on ingredients

Recipe from The Kitchn

Ingredients

Per serving:

- 1-3 teaspoons flavor base: soup stock paste, miso, curry paste
- 1-3 teaspoons flavoring extras, optional: chili-garlic sauce, soy sauce or tamari, coconut milk, sesame oil, Sriracha or other hot sauce
- ¼-½ cup filler: frozen corn, carrots, or peas; diced tofu; leftover cooked meat; thinly sliced mushrooms, spinach, or other greens; kimchi; soft- or hard-boiled egg
- ¾-1 cup noodles: cooked: udon, yakisoba, ramen, soba, pasta, rice noodles, or shirataki noodles; dry: vermicelli, ramen or maifun noodles
- ¼-½ cup fresh ingredients: fresh herbs, sliced green onions, bean sprouts, sliced lime or lemon

Instructions

Instructions for Assembling the Noodle Cups

- Place flavor base and flavor extras in the bottom of the cup/jar: If it's a paste, like soup stock or miso paste, spread it around a little so it dissolves more easily once you add the hot water. Also add any flavoring extras.
- 2. Scatter your filler ingredients over the top of the paste. It's OK if they get mixed in with the flavor base and extras.
- 3. Pack the noodles down so they're fairly compact. It's fine if they stick together they will un-stick once you add the water.
- 4. Finish with the fresh ingredients: If you'd like to keep these from getting mixed into the hot soup, pack these into a baggie that can be removed just before you add the water.
- 5. Place the lid on the container and refrigerate for up to a week.

Instructions for Cooking the Noodle Cups

- 1. When you're ready to eat, unscrew the lid and pour enough boiling water over the top of the noodles to cover.
- 2. Place the lid back over the container. Let the soup steep for 2 to 3 minutes.
- Reach your chopsticks or fork deep into the cup and stir everything around thoroughly to mix the flavor base into the water and mix the filler ingredients into the noodles. (Alternatively, you can pour the soup out into a bowl and mix everything there.)
- 4. If you kept your fresh ingredients separate in a bag, scatter them over the top of the soup before eating.

Zero Waste Tips

- Buy produce in reusable bags when possible.
- Use reusable containers for toppings such as small jars or small silicone bags.

Be careful! The jar and lid will be very hot. You may need a pot holder to handle the container. If the contents don't get warm enough or you need more water after it sits, pour the contents into a bowl, adding more water if necessary, cover, and microwave until warm.

No Cook Meal Prep Fall 2021

Homemade Instant Noodle Cups

Combination Ideas





Miso

- 1 teaspoon bouillon paste
- 1 teaspoon reduced sodium miso
- 1 teaspoon reduced sodium soy sauce or tamari
- ¼ package silken tofu or soft boiled egg
- **Shredded carrots**
- Spinach
- Corn
- Driedramen
- Toppings: green onion, seaweed strips, furikake





Tom Yum

- 2 teaspoons tom yum paste
- 14 package silken tofu or cooked shrimp
- · 8 cherry tomatoes, halved
- Thinly sliced shiitake mushrooms
- Shredded carrot
- Baby spinach
- Dried ramen
- Toppings: lime wedge, cilantro

Kimchi

- 1 teaspoon bouillon paste
- Kimchi
- Optional: gochujaru
- ¼ package silken tofu
- Thinly sliced shiitake mushrooms
- Dried bean vermicelli
- Topping: green onion





Spicy Thai Red Curry

- 1 teaspoon bouillon paste
- 2 teaspoons red curry paste (or other curry, which may be milder)
- Optional: ½ tsp lemongrass powder
- 2-3 tablespoons coconut cream
- ¼ package silken or firm tofu or leftover chicken
- Thinly sliced shiitake mushrooms
- Shredded carrot
- Baby spinach
- Dried ramen
- Topping: Thai Basil

