

## Recipes for Weekly Family Menu from Eastside Food Co-op

Recipes for dishes from the October Weekly Menu. Most are easy, fast and great as leftovers.

### Day 1

#### Steel Cut Oats, serves 4

##### Ingredients

1 c. steel-cut oats  
1 c. milk  
3 c. water  
pinch salt  
1 Tablespoon butter  
2 Tablespoons raisins  
¼ cup maple syrup

##### Preparation

In medium saucepan over medium-high heat, bring oats, liquids, salt and butter to a boil.  
Lower heat, cover and simmer till oats are tender; liquid should not be all absorbed.  
Remove from heat, stir in raisins and sugar.  
Cover for five minutes, stir and serve.  
(I make this in my rice cooker.)

#### Cooked chickpeas, makes about 6 cups

##### Ingredients

2 cups dried chickpeas

##### Preparation

Soak chickpeas in 3 quarts of water overnight.  
Place chickpeas and 3 quarts fresh water in medium saucepan.  
Bring to boil, then boil for 10 minutes more.  
Skim off surface foam.  
(Optional: add a peeled garlic clove and strip of kombu or wakame seaweed.)  
Lower heat and simmer, partially covered, till beans are tender, about 45 minutes.  
Add 1 1/2 teaspoons salt and cook for five minutes more.  
Strain, reserving broth for soup stock (can be frozen).

#### Greek Salad, serves 4

##### Ingredients

For dressing, use a bottled vinaigrette or:

¼ cup olive oil  
1 Tablespoon red-wine vinegar  
1 Tablespoon lemon juice  
½ teaspoon sugar  
¼ teaspoon salt  
¼ teaspoon dry mustard powder  
¼ teaspoon dried oregano  
½ small minced garlic clove

##### Preparation

For dressing, combine ingredients in covered jar; shake till combined.

4 cups washed lettuce  
1 tomato, cut into eighths  
¼ cup Kalamata olives  
¼ cup crumbled feta cheese  
½ cup cooked chickpeas  
½ cucumber, sliced thin

Combine salad ingredients in large bowl.  
Starting with two tablespoons, dress and toss salad.  
Add more dressing to taste. Optional: sprinkle dressed salads with toasted sunflower seeds.  
Dressing keeps, covered, for several days.

### Easy Tomato Salsa, makes about one cup

#### Ingredients

1/2 small jalapeño chile. Remove ribs and seeds to reduce heat. Wear gloves if cutting by hand.  
1/4 small onion, peeled, root removed  
1 small garlic clove, minced  
1/4 teaspoon salt  
ground black pepper to taste  
2 teaspoons juice from 1 lime  
2 small ripe tomatoes, cored, insides squeezed out, cut into eighths  
(Optional: finely chopped cilantro)

#### Preparation

To make by hand:

Chop jalapeño, onion, and garlic till fine.  
Chop tomatoes roughly. Mix.

To make in food processor:

Pulse all ingredients except tomatoes until finely chopped.  
Add tomatoes and pulse a few times until roughly chopped.

Transfer to a sieve for excess moisture to drain, about 1 minute.

Serve. (Salsa is best served fresh, as tomatoes lose flavor enzymes when refrigerated.)

### Sushi Bowl with Tofu, serves 4 to 6

#### Ingredients

2 cups short-grain brown rice  
3 1/2 cups water  
2 teaspoons salt  
2 (4-inch) square sheets nori seaweed  
1 Tablespoon oil  
1 14-ounce container water-packed firm tofu  
grated zest and juice of 1/2 lemon  
2 Tablespoons sugar  
2 Tablespoons soy sauce  
2 Tablespoons vinegar (preferably brown rice)  
4 scallions, chopped  
1 avocado, peeled, pitted, and thinly sliced

#### Preparation

Bring rice, water, and salt to boil over high heat in saucepan. Cover and simmer until water is absorbed, about 45 minutes. (Can use rice cooker.)

Toast the nori in a preheated 300F degree oven or a medium-hot skillet for a few minutes. Crumble, chop coarsely or cut into thin strips with scissors.

Drain tofu and pat dry. Cut block of tofu lengthwise through the middle to make four 1/2-inch thick slabs. Cook in a dry skillet or well-seasoned skillet over medium-high for five minutes. Flip gently, then continue cooking for another five minutes. Let cool enough to handle, then cut into cubes or thin strips.

For dressing, combine the lemon juice, sugar, soy sauce and vinegar. Stir in zest.

When rice is done, stir in 1/4 cup of the dressing and add more to taste. Scoop the rice into individual bowls and top with the toasted nori, green onions, tofu, and avocado slices, adding more dressing to taste.

## Day 2

### Easy Guacamole, makes about 1 cup

#### Ingredients

2 small ripe Haas avocados  
1/4 small onion, minced  
1 small garlic clove, minced  
1/2 small jalapeño chile, minced.  
1/8 teaspoon salt  
1 Tablespoon fresh-squeezed lime juice  
(Optional: finely chopped cilantro)

#### Preparation

Remove ribs and seeds from jalapeño pepper to reduce heat. Wear gloves if cutting by hand.

Halve 1 avocado, remove pit, and scoop flesh into medium bowl. Using fork, mash lightly with onion, garlic, jalapeño, 1/8 teaspoon salt until just combined.

Halve and pit remaining avocado. Using a dinner knife,

carefully make 1/2-inch cross-hatch incisions in flesh, cutting down to but not through skin. Using a soup spoon, gently scoop flesh from skin; transfer to bowl with mashed avocado mixture. Sprinkle lime juice over and mix lightly with fork until combined but still chunky. Taste for salt, and serve.

### **Fudgy Brownies**

#### **Ingredients**

8 Tablespoons unsalted butter cut into 8 pieces  
4 ounces unsweetened chocolate, coarsely chopped  
1 1/4 cup sugar (can use light brown, white, or a mixture of the two)  
1 teaspoon vanilla  
1/2 teaspoon salt  
2 large eggs  
1/2 cup all-purpose flour

#### **Preparation**

Use an 8 inch square metal pan, lined across the bottom and sides with 2 strips of aluminum foil, sprayed with oil.

Preheat oven to 400F. Melt the butter and chocolate in microwave at 50% power. Stir frequently until mixture is melted and smooth.

Stir in sugar, vanilla, and salt. Check to be sure mixture is not hot, then add eggs, one at a time, stirring until each is incorporated before adding the next. Stir flour into chocolate mixture, and beat with a wooden spoon until the batter comes away from side of bowl. Bake for 20 minutes, or until brownies begin to pull away from side of pan. Surface will be dry but inside will be gooey, so don't bother with a toothpick test.

While brownies bake, prepare an ice bath: Fill a roasting pan or large baking pan with ice cubes and water about 3/4 inch deep.

When brownies are ready, remove pan from oven and set it immediately in ice bath, taking care not to splash water on brownies. Cool brownies in ice bath; this produces brownies with a firm crust but fudgy center.

## **Day 3**

### **Chickpeas with Potatoes and Tomatoes, serves 6 to 8**

#### **Ingredients**

1/2 cup extra virgin olive oil  
1 large onion, chopped fine  
6 red potatoes, scrubbed and diced into cubes about the size of chickpeas  
4 carrots, cut into 1/2-inch rounds  
1 small dried chile, or 2 pinches red chile pepper flakes  
4 garlic cloves, minced, mixed with 1 teaspoon ground coriander  
1 diced fresh tomato  
4 cups cooked chickpeas (from Day 1) (or 2 25-ounce cans, drained and rinsed)  
1 cup water or chickpea broth  
1 teaspoon salt  
ground pepper  
Garnishes: lemon wedges, black olives, pita bread

## Preparation

Heat oil in wide skillet over medium heat. Add onion and cook until lightly colored, about five minutes. Add potatoes, carrots, chile and garlic and cook for five minutes more.

Add tomato, chickpeas, water, salt and ground pepper to taste, scraping up any brown bits in the pan. Cover and simmer until potatoes are tender, 15 to 20 minutes. Serve with garnishes.

## Day 4

### Cheese Quesadilla

#### Ingredients

6 whole-wheat tortillas  
1 cup grated cheddar cheese

#### Preparation

Heat a nonstick pan over medium-high heat.  
Brush a tortilla with oil, sprinkle with salt, then put salt side down in pan, sprinkle 1/4 cup cheese over leaving 1/2 inch boundary, then place other tortilla on top.  
Brush top with oil, sprinkle with salt.  
Flip after 1 to 2 minutes; cook two minutes more.  
Repeat with remaining tortillas and cheese.  
With pizza cutter, divide into eighths.  
Serving size = 6/8s.

### Easy Pad Thai, serves 4

#### Ingredients

8 ounces pad thai rice noodles  
1/3 cup lime juice  
1/3 cup water  
1 Tablespoon vinegar  
3 Tablespoons brown sugar  
1/4 teaspoon ground cayenne pepper, or dash of hot sauce  
2 Tablespoons oil  
(Optional: 3 Tablespoons fish sauce)  
1/8 teaspoon salt  
2 large eggs  
1 Tablespoon peanut or vegetable oil  
1 package firm water-packed tofu  
1/8 teaspoon salt  
1 Tablespoon oil  
3 cloves garlic, pressed through garlic press or minced (1 tablespoon)  
1 small onion, minced (about 3 tablespoons)  
1/4 cup chopped unsalted roasted peanuts  
3 scallions, sliced thin on sharp bias

#### Preparation

1. Soak rice noodles in hot water for at least 20 minutes while you prepare rest of dish. Drain.
2. Stir to combine lime juice through fish sauce
3. Beat eggs and 1/8 teaspoon salt in small bowl; set aside.
4. Heat 1 tablespoon oil in 12-inch skillet over high heat until shimmering, about 2 minutes. Drain tofu and pat dry. Cut lengthwise into 4 1/2-inch thick slabs. Add to skillet, sprinkle with 1/8 teaspoon salt; cook until browned, about five minutes per side. Transfer to plate and set aside. When cool, cut into cubes.
5. Off heat, add 1 tablespoon oil to skillet and swirl to coat; add garlic and onion, set skillet over medium heat and cook, stirring constantly, until fragrant, about 1 minute. Add eggs, pushing back

and forth with wooden spoon until scrambled, about 1 minute. Add noodles to eggs; toss to combine. Pour lime juice mixture over noodles, increase heat to high, and cook, tossing constantly, until noodles are evenly coated. Scatter 1/4 cup peanuts, scallions, and tofu cubes over noodles; continue to cook, tossing constantly, until noodles are tender, about 2 1/2 minutes. Serve.

**Mango Smoothie**, serves 4

**Ingredients**

1 bag frozen mango slices  
2 ripe bananas, peeled  
1 3-ounce container silken tofu  
2 Tablespoons honey  
1 cup milk

**Preparation**

Place all items in blender.  
Mix until smooth.

**Day 5**

**Hummus**

**Ingredients**

1 1/2 cups cooked chickpeas  
juice, 1/2 lemon  
1 clove garlic, minced  
1/4 cup olive oil  
1/4 cup chickpea broth, or more to taste  
1/2 teaspoon salt  
freshly ground pepper to taste

**Preparation**

Place all items in food processor.  
Process to desired consistency, adding more chickpea broth as needed.

**Peanut Butter Dip**, makes 2/3 cup

**Ingredients**

1/2 cup vanilla yogurt  
2 Tablespoons peanut butter  
2 Tablespoons powdered sugar

**Preparation**

Whisk ingredients in small bowl until smooth.

**Day 6: No recipes!**

**Day 7**

**Popcorn**, makes 8 cups.

**Ingredients**

2 Tablespoons oil  
1/2 cup popcorn  
2 Tablespoons butter, melted  
1/2 teaspoon salt

**Preparation**

In large pot, heat oil and three kernels popcorn over medium high heat. When these pop, add remaining popcorn and put a splatter screen while popcorn pops.  
When popping slows, remove pan from heat, pour popcorn into bowl, pour butter over, shake, and sprinkle with salt.

**Peanut Butter and Banana Smoothie**, serves 4

**Ingredients**

1/2 cup peanut butter  
2 ripe bananas, peeled  
2 Tablespoons honey  
1 cup milk  
1 3-ounce container silken tofu.

**Preparation**

Place all items in blender.  
Mix until smooth.