

Rainbow Thai Noodle Salad

Serves 6

FOR THE DRESSING

- 2 small garlic cloves
- 1/3 cup smooth almond butter
- 3 tablespoons fresh lime juice
- 3 tablespoons coconut aminos or low-sodium tamari
- 4 tablespoons water
- 1 tablespoon maple syrup, or to taste
- 2 teaspoons sesame oil
- 1½ teaspoons fresh grated ginger (optional)

FOR THE PAD THAI

- 8 ounces brown rice noodles
- 1 tablespoon sesame oil
- 2 large carrots, julienned or spiralized
- 1 medium unpeeled zucchini, julienned or spiralized
- 1 large red bell pepper, seeded and thinly sliced
- 1 cup thinly sliced red cabbage
- 1½ cups frozen edamame
- ½ cup fresh Thai basil, roughly chopped
- 2 medium green onions, thinly sliced
- 2 tablespoons hemp hearts
- 1 tablespoon sesame seeds

DIRECTIONS

1. Cook the noodles

Prepare the brown rice noodles according to package directions. Drain, rinse with cool water, and set aside.

2. Make the dressing

Place the garlic in a mini food processor and process until finely chopped. Add the remaining dressing ingredients and blend until smooth. If whisking by hand, mince the garlic first. The dressing will thicken slightly as it sits. Taste and adjust seasoning as desired.

3. Cook the vegetables

Heat the sesame oil in a large wok or skillet over medium-high heat. Add the carrots, zucchini, bell pepper, cabbage, and edamame. Sauté for about 5 minutes, until the vegetables are slightly softened but still crisp.

4. Combine

Add the cooked noodles and about two-thirds of the dressing to the skillet. Toss gently until everything is evenly coated and warmed through. Remove from heat and stir in the Thai basil.

5. Serve

Divide into bowls and top with green onions, hemp hearts, and sesame seeds. Serve with remaining dressing and lime wedges if desired. Lightly season with salt to taste before serving.

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Tofu Crumbles

Serves 4

INGREDIENTS

- 16 oz. super firm tofu (or extra firm)
- 1 tsp neutral oil
- ¼ cup soy sauce (or tamari)
- ¼ cup lime juice
- 4 tsp maple syrup
- ½ tsp red pepper flakes
- ½ cup chopped scallions, white and green parts separated
- 3 cloves garlic, minced
- 2 tsp ginger, minced

DIRECTIONS

1. Prepare the tofu

Crumble the tofu directly into a large nonstick or cast-iron skillet with your hands, breaking it into small, uneven pieces. Add the soy sauce, lime juice, maple syrup, and red pepper flakes. Stir well to coat the tofu and spread into an even layer.

2. Heat the pan

Heat the skillet over medium-high heat.

3. Cook until golden

Let the tofu cook undisturbed for about 7 minutes, or until most of the moisture has evaporated and the edges begin to brown. Push the tofu to the edges of the pan to create a small opening in the center. Add the garlic, ginger, and scallion whites and cook for about 30 seconds, or until fragrant. Stir everything together and continue cooking until warmed through and lightly browned.

4. Finish

Remove from heat and stir in scallion greens.

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Piña Colada Parfaits

Serves 6

INGREDIENTS

- 2 cups granola
- 2 cups pineapple chunks
- 12 oz silken tofu
- 1 can (7.4 oz) sweetened condensed coconut milk
- ¼ cup fresh key lime juice (or regular lime juice)
- Zest of one lime

OPTIONAL TOPPINGS

- Shredded coconut, unsweetened
- Lime zest curls
- Fresh mint, thinly sliced

DIRECTIONS

1. Grind the granola

Grind granola in a blender until it has the consistency of coarse flour. Remove from blender and set aside.

2. Blend the filling

Rinse the blender, then add pineapple chunks, tofu, sweetened condensed coconut milk, lime juice, and lime zest. Purée until smooth and well blended.

3. Assemble

Place about 2 tablespoons of ground granola in the bottom of each of six 8-ounce glasses. Pour the blended mixture over the granola. Top with approximately another 2 tablespoons of granola.

4. Chill

Refrigerate at least 1 hour before serving. Garnish with optional toppings just before serving.