

## Potsticker Spinach Salad

### Tofu:

8 oz. tofu, cubed  
3/4 cup Asian Dressing & Marinade, marinated  
30 minutes

### Potstickers:

2 tablespoons grape seed oil  
1 16 oz. bag frozen vegetable potstickers  
2/3 cup water

### Salad:

2 6-oz bags baby spinach  
1 cup sliced cucumber or jicama  
4 green onion, sliced  
1 cup sugar snap peas, cut diagonally  
1 cup cherry tomatoes, cut in half



Preheat the oven to 400 degrees. Line a baking sheet with parchment and spread the tofu cubes in a single layer. Bake in the oven for 15 minutes, remove from the oven to stir. Return the sheet to the oven and continue baking an additional 15 minutes or until lightly golden brown.

Heat a large skillet to medium high. Place the oil in pan and add the frozen potstickers. Brown them lightly on both sides with the ginger and garlic. Add the water, cover and steam them for 3 minutes, uncover and continue cooking until the liquid has evaporated and the potstickers are tender.

Toss all the ingredients for the salad in a large bowl. Drizzle some of the dressing over the salad, toss it and plate it. Top the salad with a few potstickers and cubed baked tofu.

## Orange Sesame Noodles

8 oz. firm tofu, cubed  
1/2 inch fresh ginger, grated  
1 clove garlic, minced  
2 teaspoons sesame oil

### Noodles:

1 8 oz. package spaghetti noodles  
2 teaspoons sesame oil

### Sauce:

1 teaspoon sesame oil  
1/2 inch fresh ginger, grated  
1 cloves garlic, minced  
1 cup orange juice  
Zest of one half an orange (just the outer orange layer, no white pith)



1/4 cup tamari or soy sauce  
3 tablespoons rice vinegar  
3 tablespoons brown sugar  
1 tablespoon corn starch  
3 tablespoons water  
2 teaspoons sriracha sauce

Garnish:

Fresh cilantro, chopped  
Green onions, sliced  
Toasted sesame seeds

Bring a large pot of water to a boil and prepare the noodles according to package directions.

Heat a large skillet to medium high. Add the sesame oil, fresh ginger, garlic, and tofu. Stir cooking until the tofu begins to brown. Remove the tofu from the pan and place in a bowl and set aside.

Adjust the heat to medium in the saucepan and add a little additional sesame oil, ginger, and garlic. Stir until it becomes fragrant and lightly browned. Add the orange juice, orange zest, tamari, rice vinegar, and brown sugar. Continue cooking for about 5-10 minutes stirring occasionally.

In a measuring cup combine one tablespoon of corn starch with three tablespoons of water, whisk to combine then add it to the sauce. Continue cooking and stirring to thicken, add siriracha to taste. Return the tofu cubes to the pan and stir to combine with the sauce.

Drain the cooked pasta and place it in a large bowl. Top it with the sauce and tofu, use tongs or two spoons to combine. Serve with a generous sprinkle of sesame seeds, sliced green onions, and cilantro.

## Asian Lettuce Wraps

2 8 oz. packages tempeh, steamed and crumbled  
3 oz. package shitake mushrooms, chopped  
2 tablespoons canola or vegetable oil  
2-3 cloves garlic, minced  
2 teaspoons grated fresh ginger  
1 can water chestnuts, chopped  
4 green onions chopped  
3 tablespoons reduced sodium soy sauce  
1 tablespoon rice wine vinegar  
2 tablespoons Hoisin sauce  
1 1/2 teaspoons brown sugar  
2 teaspoons sesame oil  
1/4 cup filtered water  
Pinch of chili flakes to taste  
1 head of iceberg or butter lettuce  
Chinese hot mustard  
La Choy Chow Mein Noodles



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Prepare a steamer basket in a medium saucepan with an inch of filtered water. Cut the tempeh into cubes, place them in the steamer basket and steam on medium high for 15 minutes covered. Remove the basket from the heat, allow the tempeh to cool then crumble it into small pieces.

Heat a large skillet or wok to medium high. Add a teaspoon of canola or vegetable oil and fry the chopped mushrooms until they begin to brown. Transfer the browned mushrooms to a bowl and set aside. Return the skillet to the heat, add an additional tablespoon of oil and brown the tempeh for 10-15 minutes turning frequently. Add the fresh ginger and garlic, continue cooking and stirring an additional two minutes.

In a medium liquid measuring cup combine the soy sauce, rice wine vinegar, Hoisin, brown sugar, sesame oil, water and optional chili flakes. Stir to combine then pour the sauce over the tempeh. Continue cooking on medium high, add the mushrooms, chopped water chestnuts, and sliced green onions. Continue heating and stirring for 1-2 minutes. Serve the hot filling in fresh lettuce leaves topped with crispy noodles, a side of soy sauce, and Chinese hot mustard to taste.



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