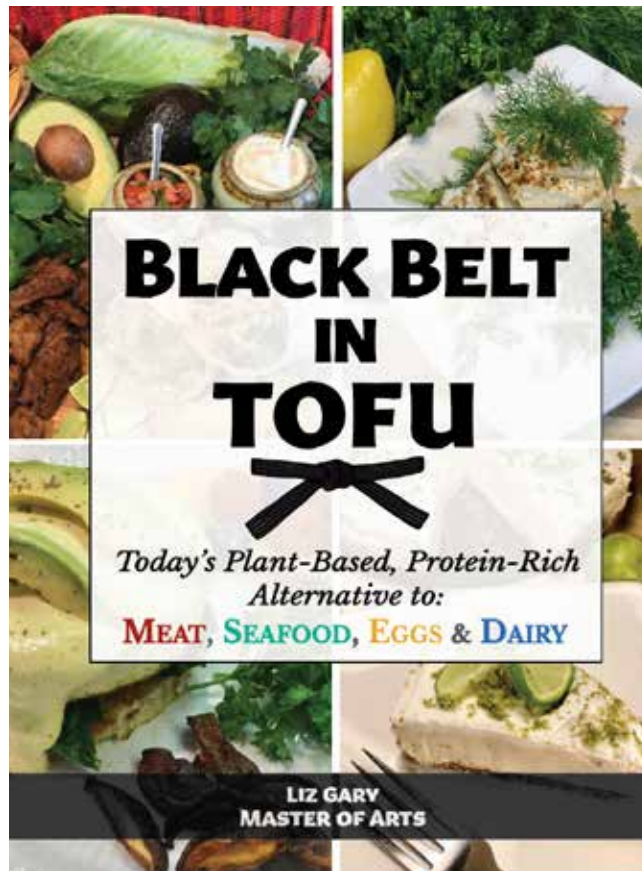


EASY SUMMER CHICK'N SALADS

AT THE
PACIFIC BEACH TAYLOR BRANCH LIBRARY
WITH LIZ GARY



Recipes from the upcoming book. Summer of '23
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GRILLED CHICK'N CAESAR SALAD



Chick'n:

Break the tofu into large chunks dividing each piece by hand lengthwise until they are roughly one inch chunks and strips. Use a knife to slice the larger pieces to resemble sliced or pulled chicken.

Heat a flat grill or large frying pan to medium-high. Coat the tofu chick'n pieces evenly with a light amount of the oil then sprinkle the dry seasoning to taste. Place the tofu in pan or on the flat grill and brown it for 4-6 minutes stirring and turning the pieces to cook evenly. Transfer to a plate and set aside.

Salad:

In a large salad bowl, add the romaine lettuce strips and the optional cilantro leaves. Add the grilled chicken and croutons to the salad and top with enough Caesar dressing to coat it evenly and toss well. Gently fold in the avocado slices then sprinkle on a generous amount of vegan Parmesan and ground black pepper. Serve with a wedge of lemon.

This salad makes a great entree or can be used as a filling in wraps.

Chick'n:

16 ounce block of tofu (firmest)
Avocado oil spray
1 tablespoon Santa Maria seasoning

Salad:

2 hearts of romaine, cut into 1" strips
1/2 bunch cilantro, stems removed (optional)
1 avocado, sliced
1 cup vegan croutons
1/4 cup vegan Parmesan cheese
Follow Your Heart Vegan Caesar Dressing

"Commercial vegan salad dressings are increasingly more available. Follow Your Heart makes great Caesar Dressing and Parmesan cheese too. Another favorite is Violife's Parmesan wedge that can be grated table side onto your salad just like traditional Parmesan."

GRILLED LEMON CHICK'N GREEK SALAD

Chick'n & Marinade:

16 ounce block of tofu (firmest)
Juice of one and a half lemons
3 tablespoons olive oil
1-2 clove garlic, minced
1 tablespoon fresh oregano, chopped
2 teaspoons lemon pepper seasoning

Salad:

3 heads organic Romain lettuce, sliced
1/2 small purple onion, sliced
1 pint organic cherry tomatoes, halved
1 medium English cucumber, sliced
1 (8 ounce) block vegan feta, cubed
1 cup whole pitted Kalamata olives

Dressing:

1/3 cup red wine vinegar
1/2 cup olive oil
Juice of 1/2 lemon juice
1 teaspoon Dijon mustard
1 tablespoon fresh oregano, chopped
1-2 cloves garlic, minced
Freshly ground salt and pepper to taste

Use the chick'n cut and break the block of tofu in half lengthwise by hand. Continue dividing each piece in half lengthwise to form rough uneven strips. Lay all the strips on a cutting board and continue dividing larger pieces with a knife until they are about 1/4 - 1/2 inch thick and resemble pulled chicken.

Combine all the ingredients for the marinade in a medium mixing bowl, stir to combine. Add the tofu pieces and gently stir to coat them evenly. Cover and refrigerate for 1-2 hours or overnight.



Prepare the lettuce, onion, tomatoes, and cucumber, place them in a large salad bowl. Cover and refrigerate until ready to serve.

Heat a flat grill or large skillet to medium high. Reserve the liquid from the marinade and place the tofu on the hot grill. Cook for 3-4 minutes then turn to cook on all sides. Gradually pour all the marinade over the tofu as it browns. Cook for 8-10 minutes or until lightly golden brown.

Place all the ingredients for the dressing in a small bowl, whisk to combine.

Remove the salad from the refrigerator, toss in the cubed feta and olives. Top with the grilled lemon chick'n and serve with a side of dressing. Makes six entree sized salads. Leftovers can be stored for one to two days and make a great filling for a wrap. Serves six.

CHINESE CHICK'N SALAD

Salad:

- ½ head iceberg lettuce, chopped
- 1 head romaine lettuce, sliced into ½” strips
- 1 bunch of cilantro leaves, stems removed
- 1 bunch of green onions, sliced
- 1 (8 ounce) can sliced water chestnuts, chilled and drained
- 1 (11 ounce) can mandarin oranges, chilled and drained
- ½ cup sliced almonds, lightly toasted
- 1-2 tablespoons toasted sesame seeds (optional)
- 1 (12 ounce) bottle Joey D's Chinese Chicken Salad Dressing

Chick'n

- 1 (8 ounce) block firmest tofu, chick'n cut
- 1 tablespoon avocado oil
- 2 teaspoons freshly grated ginger
- 2-3 cloves garlic, minced
- 2 teaspoons sesame oil
- Freshly ground salt and pepper to taste

Optional Crispy Wonton Strips:

- 10-15 Wonton sheets cut into ½-inch thick by 2-inch long strips
- 1/2 cup high heat oil



Prepare the optional wonton strips first. Heat a small skillet with 1/2 cup of oil to medium high. Drop one wonton piece into the oil, when it bubbles cook the strips in small batches stirring them to brown evenly. Use tongs to transfer the browned wonton strips to a paper towel lined plate and allow them to drain and cool.

Heat a large skillet to medium high with the tablespoon of high heat oil. Add the chick'n cut tofu and sauté until it begins to lightly brown. Add the ginger, garlic, and sesame oil. Sauté until fragrant and the garlic begins to brown. Turn off the heat, cover and keep warm.

Combine the lettuce, cilantro, green onions, water chestnuts, and Mandarin oranges in a large salad bowl. Add the warm chick'n, wonton strips, and dressing to taste. Toss to combine and serve topped with toasted almonds and a sprinkle of sesame seeds.