

April 2019 Menu

- *Tofu Lettuce Wraps with Pickled Onions and Spicy Green Sauce*
- *Spring Pea Soup*

Nutrition Facts	
4 servings per container	
Serving size	1 meal
Amount per serving	
Calories	460
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 580mg	25%
Total Carbohydrate 58g	21%
Dietary Fiber 8g	29%
Total Sugars 24g	
Includes 4g Added Sugars	8%
Protein 30g	
Vitamin D 2mcg	10%
Calcium 564mg	45%
Iron 6mg	35%
Potassium 976mg	20%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Tofu Lettuce Wraps with Pickled Onions and Spicy Green Sauce

Makes 4 servings

Ingredients

Pickled onions:

- 1 tablespoon apple cider vinegar
- 1 teaspoon honey
- ½ medium red onion, very thinly sliced

Spicy green sauce:

- ½ medium green bell pepper, seeds and veins removed, roughly cubed
- ½ to 1 jalapeño, to taste (depending on desired level of spiciness), seeds and veins removed, roughly chopped
- 1 bunch scallions, green parts only, roughly chopped (reserve the white parts for the tofu mixture, see below)
- 2 large garlic cloves, roughly chopped (about 1 teaspoon)
- 1 tablespoon fresh ginger, roughly chopped
- 1 bunch cilantro leaves and stems, roughly chopped
- Juice from ½ lime
- 1 teaspoon ground cumin
- ¼ teaspoon salt

Tofu filling:

- 1 package extra-firm tofu, drained according to step 1, below
- 1 ⅓ cup plus 1 tablespoon water, divided
- ⅓ cup quinoa, rinsed
- 1 tablespoon natural peanut butter
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons honey
- 1 teaspoon sesame oil
- 1 teaspoon olive oil
- 2 large cloves of garlic, finely minced (about 1 teaspoon)
- 1 teaspoon finely minced fresh ginger
- 1 bunch scallions, white parts only, thinly sliced (reserved from the sauce, above)

For serving:

- 1 small head butter or iceberg lettuce, leaves separated, washed, and dried

Preparation

Do ahead: Cut tofu into cubes and place in a colander. Set the colander over a bowl, and transfer to the refrigerator for a few hours (or overnight) to drain excess moisture from the tofu until ready to use.

Nutrition Facts

4 servings per container

Serving size 1/4 of recipe

Amount per serving

Calories **300**

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 340mg **15%**

Total Carbohydrate 32g **12%**

Dietary Fiber 4g **14%**

Total Sugars 8g

Includes 4g Added Sugars **8%**

Protein 18g

Vitamin D 0mcg **0%**

Calcium 260mg **20%**

Iron 5mg **30%**

Potassium 528mg **10%**

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To prepare the pickled onions, stir the apple cider vinegar and honey in a small bowl until combined. Add the onions and let sit, stirring occasionally, while preparing the rest of the meal.

To prepare the spicy green sauce, add the bell pepper, jalapeño, scallion greens, garlic, ginger, cilantro, lime juice, cumin, and salt to a food processor. Process until smooth, then pour into a serving bowl; set aside.

To prepare quinoa for the tofu mixture, bring 1 ½ cups water to a boil in a medium sauce pan. Add quinoa, return to a boil, then cover and reduce heat to low. Simmer until water is absorbed and quinoa is tender, about 12 to 15 minutes. Remove from heat and fluff with a fork.

In a small bowl, combine the peanut butter, soy sauce, honey, sesame oil, and the remaining 1 tablespoon water; set aside.

Heat the olive oil in a large skillet over medium-high heat. Sauté garlic, ginger, and scallion whites until fragrant, about 1 to 2 minutes, then add the drained tofu. Stir to break up the tofu, and cook for another 4 to 5 minutes to allow it to form a crust, stirring occasionally. Remove from heat. Add the quinoa and the peanut butter-soy mixture to the skillet, and stir until combined.

Serve the tofu-quinoa mixture in the lettuce leaves, topped with pickled onions and green sauce.

Spring Pea Soup

Makes 4 servings

Ingredients

- 1 teaspoon olive oil
- 1 large onion, diced
- 1 12-ounce bag frozen sweet peas
- 2 cups low-sodium chicken or vegetable broth (*see note*)
- 1 12-ounce can fat-free evaporated milk
- Freshly-ground black pepper, to taste
- *Optional:* fresh mint, chives, watercress, or other herbs, depending on your taste and preference

Preparation

In a large pot, heat olive oil over medium-high heat. Add onions, and sauté until well-caramelized.

Add frozen peas, evaporated milk, and broth, and stir to combine. Bring to a boil, reduce heat, and simmer for 15 to 20 minutes. Season with black pepper.

Let cool slightly, then transfer the soup to a blender. Use caution when blending hot liquids—do not fill blender jar more than halfway full, working in batches, if needed.

Remove the center insert from the blender lid and cover the opening with a clean towel to allow for steam to escape without splattering. Blend until smooth (or use a hand-held immersion blender to puree the soup in the pot). Transfer back to the pot, and keep warm until ready to serve. Top with herbs, if using.

Note: Look for low-sodium broth in a carton, which is much easier to find than canned low-sodium broth. Products labeled “low-sodium” must contain 140 mg sodium or less per serving, whereas “reduced-sodium” products contain 25% less sodium than the original version of the product. For example, a popular brand of canned chicken broth contains 860 mg sodium per cup; the reduced-sodium version contains 570 mg sodium per cup—less than the original, but still much too high! Some low-sodium broths in cartons contain as little as 70 mg sodium per cup.

Nutrition Facts

4 servings per container
Serving size about 1 1/2 cups

Amount per serving

Calories **160**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 240mg **10%**

Total Carbohydrate 26g **9%**

Dietary Fiber 4g **14%**

Total Sugars 16g

Includes 0g Added Sugars **0%**

Protein 12g

Vitamin D 2mcg 10%

Calcium 304mg 25%

Iron 2mg 10%

Potassium 449mg 10%

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