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## Greener Day 12

Since I was small, I've been learning how to cook, primarily from my mom who's taught me the tips and tricks of the trade. Through a lot of experimentation, several questionable dishes, and at least one ruined pot, I've learned a good deal about what makes a dish taste good. Texture, composition, insert several other fancy-sounding culinary vocabulary words, they all matter. But what also matters is peace of mind. Some that you eat that wholesome, delicious, and *also* good for the planet— it's one thing to keep yourself healthy, and a whole new level of awesome when you're keeping the planet healthy too. - Yours Truly

### **A MUSELI RECIPE~** *Serves an unknown number, depends on how big of a bowl of cereal you eat*

Every day that I have school, I typically make my own breakfast. On most days, that means a quickly slapped together Flax Plus and milk. My father is German though, and when I was in Europe we had muesli, a cereal made from rolled oats, nuts, and dried fruit. It was awesome. No-sugar muesli is hard to come by in America however, so I made my own :) Feel free to adapt the recipe to whatever fruits or nuts you have on hand.

#### INGREDIENTS

3 cups rolled oats  
½ cup walnuts, chopped roughly  
½ cup almonds, sliced or chopped roughly  
¾ cup dried cranberries, cherries, or blueberries  
½ cup coconut chips  
½ cup chia seeds  
1 tsp cinnamon, optional  
Soy milk, or some other plant-based milk

1. Toasted the walnuts and almonds in a pan, stirring to make sure they don't burn.
2. Mix together every else, and put it into a sealed container. (Here's a tip— I actually made up all the measurements that I listed above— it's really more based on personal preference of what ratio you want oats to everything else!)

3. Eat it like cereal with a plant-based milk of your preference!

## JAPANESE SOBA NOODLES | SERVES 5

As my mom is Taiwanese, we often experiment with various Asian cuisines in our house. Typically when we have cold Japanese soba noodles, we top it with thinly sliced eggs, shredded meat (such as chicken or pork), sliced cucumber, and lightly sauteed carrot strips. Turns out, this meal is pretty easy to make vegan though! The buckwheat noodles are already vegan, as is the light sauce on it. The small dishes that we pair with it are easily exchanged for plant-based alternatives.

### INGREDIENTS

5 bundles of buckwheat noodles, or soba noodles  
5 tsp Tempura sauce  
1 medium cucumber  
2 medium carrots  
A good number of shitake mushrooms  
1 block of smoked tofu  
Roasted seaweed sheets, cut into strips  
Scallions (garnish)  
White sesame seeds (garnish)

1. Pre-cooking preparation: thinly slice the cucumber into strips, not unlike the soba noodles themselves. Shred the carrots as well, and cut the shitake mushrooms and tofu.
2. Cook the soba noodles according to package directions (boil in water for a couple of minutes). Once they are done, rinse them with cold water.
3. In addition, prepare the sauce in a bowl. Dilute the tempura sauce with water, using the ratio of one part sauce to four parts water.
4. Lightly saute the carrots (with a bit of oil, as my mother taught me to— it helps with beta-carotene digestion), and do the same with the mushrooms and tofu.
5. Now, assembly! For each person, toss soba noodles mixed with the sauce in a bowl, and top with carrots, cucumber, mushrooms, and the tofu.
6. Garnish with roasted seaweed strips, sliced scallions, and white sesame seeds.

Best on a hot summer day, with all of your family :)

## *A Very Excellent Salad | Serves 5*

Recently, I've been really getting into salads and all the ways you can have them. In the summer months, some sliced fruit on top is really delicious as well, but when none is available, dried fruit is good too! There's just so much that you can do with salads, and below is my favorite one so far.

### INGREDIENTS

1 pack salad mix (eg arugula, baby spinach, baby chard)  
1 red onion  
1 can chickpeas  
2 pears  
Dried cranberries  
Vegan feta cheese  
Walnuts

Dressing (yes, we're making it from scratch!)

- 3 tbsp Olive oil
- 3 tbsp Balsamic vinegar
- 1 tbsp Dijon mustard
- 2 tsp Italian seasoning

1. Preheat the oven to 200 degrees Celsius, or 400 degrees Fahrenheit if you're an American and like to be different.
2. As it preheats, slice the onion into wedges, and put the wedges with the chickpeas on a baking sheet. Toss both with a little oil, salt, and pepper. Bake for about 30 minutes.
3. Slice the pears into slices (duh).
4. Prepare the dressing by mixing together all the dressing ingredients in a bowl. Toss with the salad until it is evenly coated.
5. Once the chickpeas and onion are done, plate everything: put some salad, and place on roasted onion and pear slices in a spiral (for the aesthetic), and then scatter chickpeas, crumbled feta, walnuts, and cranberries around it.  
Bon appetit!



sixalligators



sixalligators A great plant-based breakfast idea is European style museli! Just toss together rolled oats, dried fruits, and nuts, and eat like cereal with a plant-based milk! MMMMmm yes! Also tried out plant based salad and some all vegan Japanese soba! #TurningGreenOrg #MeatlessMonday

1 MINUTE AGO

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