

Vegan Crab Cakes

INGREDIENTS:

1 15 oz can garbanzo beans, drained
1 15 oz can artichoke hearts, drained
1/2 cup red onion, chopped
2-3 cloves of garlic, minced
Juice of one lemon
2 teaspoons Dijon mustard
1 stalk of celery, chopped
3 tablespoons Italian flat leaf parsley, chopped
3 tablespoons fresh dill, chopped
3/4 cup organic bread crumbs (or gluten-free)
1/4 cup organic yellow cornmeal
1 teaspoon vegan Worcestershire sauce (optional)
1 1/2 teaspoons Old Bay Seafood Seasoning
Freshly ground sea salt and black pepper to taste
4-5 cups baby greens
Oil for frying (or bake them on parchment paper)
Additional corn meal for coating
Lemon wedges

Remoulade:

1/2 cup vegan mayonnaise
2 teaspoons ketchup
1 teaspoons sweet or dill relish
1 teaspoon chopped fresh dill
1/2 tsp yellow mustard
1/4 tsp Old Bay seasoning
2 tablespoons lemon juice
1/2 teaspoon hot sauce
Freshly ground sea salt and black pepper to taste

DIRECTIONS:

Mix all ingredients together for the remoulade in a small bowl, set aside and chill.

In a medium mixing bowl mash the garbanzo beans with a fork or masher. Leave them partially intact for more texture. Drain all the liquid out of the artichoke hearts then chop them coarsely. Add the chopped artichokes, red onion, garlic, lemon juice, Dijon



New Options Food Group

mustard, celery, dill, bread crumbs, cornmeal, Old Bay Seasoning, salt and pepper. Mix well then shape into sixteen patties.

Heat a large skillet or flat grill to medium high. Add 2-3 tablespoons of grape seed or high heat oil then place a single layer of the crab cakes on the hot surface and cook 3-4 minutes on each side or until they begin to turn golden brown.

Place a handful of baby greens on a salad plate, top with the crab cakes and remoulade dressing. Garnish with lemon wedges and a sprig of fresh dill.

To bake vegan crab cakes heat an oven to 400 degrees. Line a baking sheet with parchment paper. Lightly oil them on both sides then bake for 20 minutes removing them half-way through the baking time to flip them for even browning. Serve hot.

Poke Bowl with Coconut Jasmine Rice

Cook Time: 20 Minutes

INGREDIENTS:

The Poke:

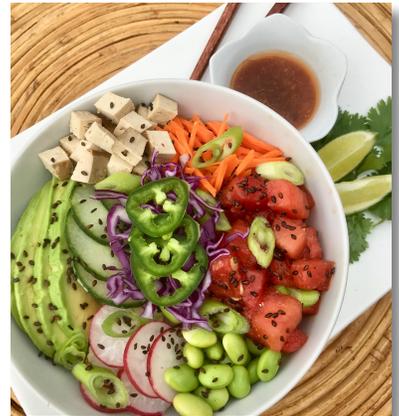
- 1/2 small watermelon, cubed
- 1/4 cup rice vinegar
- 1/3 cup tamari or low sodium soy sauce
- 2 tablespoons olive oil
- 1 tablespoon sesame oil
- 2 teaspoons agave syrup
- 1 1/2 teaspoons grated ginger
- 1-2 teaspoons siracha to taste

The Veggies and Protein:

- 2-3 Persian cucumbers, sliced
- 1 bunch radishes, trimmed and sliced
- 1/4 small purple cabbage, sliced thin
- 1 avocado, sliced or cubed
- 1 cup frozen shelled edamame
- 2 carrots, peeled and shaved thin
- 8 oz. San Diego Soy Dairy Teriyaki Baked Tofu, cubed

Coconut Rice:

- 2 cups Jasmine rice
- 1 15 oz. can coconut milk
- 2 cups filtered water
- 1 teaspoons agave syrup
- 1/4 teaspoon pink Himalayan salt



New Options Food Group

Extra Accompaniments:

- 2-3 green onions, sliced thin
- 2 tablespoons black sesame seeds
- ¼ bunch cilantro, stems removed
- 1 jalapeño, sliced thin
- 1 lime, cut into wedges

DIRECTIONS:

Divide a small watermelon into two halves, reserve one half and cut the other into ½-inch slices. Cut away the rind then slice the watermelon into cubes. Place the watermelon cubes in a medium glass or non-metallic bowl and set aside.

Combine the rice vinegar, tamari, olive oil, sesame oil, agave, ginger, and siracha in a small bowl, whisk to combine. Pour the mixture over the cubed watermelon, cover it and refrigerate until ready to serve.



Place two cups of rice in a medium mixing bowl, add 4-6 cups of water to rinse it. Stir the rice to release the excess starch. When the water becomes milky and cloudy drain it and transfer it to a medium saucepan. Pour the canned coconut milk into a 2-cup liquid measuring cup, add enough water to equal two cups then pour it into the rice. Add an additional 2 cups of water, the agave syrup, and salt. Bring it to a boil, cover, and simmer 20 minutes or until the water is absorbed.

Prepare the remaining vegetables while the rice is cooking. When the rice is done remove the poke from the refrigerator, drain off the excess marinade and set it aside.

When ready to serve place a generous cup of the hot rice in a bowl, top it with a serving of the poke and each of the additional vegetables and tofu. Garnish it with a sprinkle of black sesame seeds, sliced green onion, sliced jalapeño, cilantro, and a wedge of lime. Serve with additional siracha and a drizzle of the remaining marinade.

