

SOPHIA ROE'S PLANT BASED PICNIC

Tofu "Ground Beef" Lettuce Wraps. Mushroom Meatballs with Marinara Sauce. Roasted Zucchini Vegetable Skewers and Sweet Potato Salad



Tofu "Ground Beef" Lettuce Wraps

What You Need

14 oz package extra-firm tofu
1 tbsp paprika (maybe more for sprinkling)
1 tsp garlic powder
1 tsp onion powder
2 tbsp nutritional yeast
1 tsp chile flakes (optional)
2 tbsp coconut aminos or soy sauce
2 tsp Dijon mustard
1 tbsp olive oil
1 chipotle in adobo sauce (optional)
salt and pepper to taste
butter lettuce or radicchio leaves for eating
chopped cilantro or green onion for garnish

What You Do

1. Preheat oven to 400°F.
2. Whisk together all ingredients except tofu in a large bowl. Add tofu and mash to desired texture. The smaller you mash the tofu, the faster it'll get crispy, so keep that in mind. Add tofu to a lined or greased baking sheet. Make sure you evenly spread your tofu out on the sheet pan. You can sprinkle some more paprika or chile flakes on top (if you want) before putting in the oven.
3. Leave in oven for 20-25 minutes or until golden brown and crispy! It'll get even crispier once you take it out of the oven to rest.
4. To serve, place crispy tofu in lettuce, wrap, and enjoy!

Mushroom Meatballs with Marinara Sauce

What You Need

Mushroom Meatballs

1 cup cooked and cooled quinoa or grain of choice
2 cups mushrooms of choice
1 cup over-cooked/lightly mashed lentils or bean of choice
3 tbsp olive oil, separated
2 tbsp water
4 cloves garlic
½ cup onion, chopped
2 tsp dried oregano
1 tsp garlic powder
1 tsp onion powder
4 tbsp nutritional yeast
½ tsp red pepper flakes
¼ cup sundried tomatoes or tomato paste
3 tbsp chopped fresh basil or parsley
2 tbsp coconut aminos or Worcestershire sauce

Marinara Sauce

two 28 oz cans of whole peeled tomatoes
½ cup onion, finely diced
1 tsp oregano
4-5 cloves garlic, diced
1 ½ tsp kosher salt
¼ cup olive oil
1/3 cup basil leaves
2 tsp soy sauce/coconut aminos (optional)

What You Do

Mushroom Meatballs

1. Heat a skillet over medium heat. add olive oil, garlic, onion, and mushrooms of choice. Sauté for 3-5 minutes, or until slightly softened, stirring frequently. Remove from heat.
2. Add lentils along with cooked garlic, cooked onion, cooked mushrooms, quinoa, oregano, garlic powder, onion powder, and sea salt to food processor until mixed. Then add nutritional yeast, sundried tomatoes (or tomato paste), red pepper flakes, chopped basil (or parsley), and coconut aminos. Pulse to combine until a textured dough forms (you're not looking for a purée, but it should be semi-tacky).
3. Taste and adjust flavor as needed, adding more salt for saltiness/depth of flavor, red pepper flakes for heat, herbs for earthiness, or coconut aminos for more depth of flavor. If it's too tacky or wet, add more nutritional yeast.
4. Scoop out heaping 1 ½ tbsp amount of mixture, and gently form into small balls using your hands. Add to plate or platter and refrigerate for 15 minutes.
5. Heat a skillet over medium heat. Once hot, add a small amount of oil to prevent sticking, then add the meatballs. Sauté for a few minutes, gently turning the meatballs to get a slight crust on either side. Then transfer to the oven and bake for 20-30 minutes or until golden brown on the edges and slightly dry to the touch.
6. They're so delicious as is, but you can serve the meatballs with toothpicks on a platter with marinara as a dip, or cover the meatballs in marinara and add to a pita!

Marinara Sauce

In a heavy-bottomed pan on medium high heat, add olive oil, garlic, and onion. Let cook for 5-6 minutes until garlic and onion get golden brown. Add tomatoes, oregano, kosher salt, basil, and coconut aminos (if using), let cook for at least 45 minutes, stirring every 10 minutes or so. Don't let sauce come to boil, keep heat on low. Sauce will reduce, and become thicker.



Roasted Zucchini Vegetable Skewers with Basil Oil

What You Need

3 medium zucchini, chopped into ½ inch rings
2 bunches basil
½ cup olive oil, separated
2 cloves garlic, smashed
kosher salt to taste
black pepper to taste
skewers (if wooden, soak for at least 30 minutes)

Sweet Potato Salad

What You Need

8 oz plain coconut yogurt or vegan mayo of choice
2 tbsp lemon juice
2 tbsp red wine vinegar
1 tsp celery seed
1 tbsp dijon mustard
½ cup chopped celery
½ cup chopped onion
1 jalapeño, chopped
zest of 1 lime
3 cups steamed sweet potatoes, ½ inch cubes, cooled
1 tbsp dill, chopped
1 tbsp green onion, chopped
½ cup chopped parsley
1 tbsp capers
1 tbsp caper or pickle brine
½ tsp red chili flake
drizzle of olive oil

What You Do

Mix all ingredients together in a bowl, serve at room temperature.

What You Do

1. Preheat oven to 400 °F. Take zucchini rings and thread them on a wooden skewer. Lightly cover them in olive oil, and season with salt and pepper.
2. Roast them until lightly golden and caramelized, about 20-22 minutes.
3. For the basil oil, in a large skillet over low heat add the olive oil, basil, and two cloves of garlic. Let cook on low for about 5 minutes, making sure never to let the mixture boil. Transfer mixture to a blender, blend until smooth. You can strain the mixture if you want, but it's yummier if you don't.



Cocktail Pairing

Berry Bubbly Vodka Soda

What You Need

1 ½ ounces vodka
½ cup frozen berries, thawed
ice
one 12 oz can seltzer water
mint, rosemary, or herb of choice (optional)

What You Do

Combine vodka, berries, and ice in a cocktail shaker or mason jar. Cover and shake until chilled. Transfer to a glass and top with seltzer. Option to garnish with herb of choice.

