

# Joy of Living Cooking School

## April 2022 – Broccoli Bites

### **Broccoli Slaw (6 Servings)**

- 1/2 Cup Tahini
- 1 Orange
- 1 Lemon
- 1 Tablespoon Water
- 1 Bunch Broccoli (about 14 oz)
- 1 Carrot, grated
- 1/4 Red Cabbage, sliced thin
- 1/2 Red Onion, sliced thin
- 1/3 Cup Sliced Almonds
- 1/3 Cup Dried Cranberries



Nutrition Facts	
Servings: 6	
Amount per serving	
<b>Calories</b>	<b>203</b>
% Daily Value*	
Total Fat 13.7g	18%
Saturated Fat 1.7g	9%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 17.4g	6%
Dietary Fiber 6.2g	22%
Total Sugars 6g	
Protein 7.1g	
Vitamin D 0mcg	0%
Calcium 156mg	12%
Iron 3mg	15%
Potassium 476mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Add the tahini to a medium mixing bowl. Add the zest and juice from the orange and lemon. Whisk until combined. Add the water if needed to thin the dressing.

Trim the florets from the broccoli stems. Break them down into bite-sized pieces. Grate the remaining stalks.

Add the broccoli, carrot, cabbage, onion, almonds, and cranberries and stir to combine. Add the tahini dressing and toss to combine.

Serve chilled or at room temperature.

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### **B broccoli Stir-Fry (6 Servings)**

- 1 Tablespoon Fresh Ginger, grated
- 3 Tablespoons Nutritional Yeast
- 3 Tablespoons Liquid Aminos
- 1 16 oz block Tofu, extra firm, drained
- 5 Cloves Garlic, minced
- 1/2 Cup Vegetable Stock (low-sodium)
- 1/4 Cup Amino Acids
- 2 Teaspoons Agave
- 2 Teaspoons Cornstarch
- 1 Bunch Broccoli (about 14 oz)
- 1/2 Cup Water
- 1/2 Red Onion, sliced thin
- 1 Red or Orange Bell Pepper, sliced thin
- 1 Green Onion, Sliced
- 1 Tablespoon Sesame Seeds



Nutrition Facts	
Servings: 6	
Amount per serving	
<b>Calories</b>	<b>119</b>
% Daily Value*	
Total Fat 3.7g	5%
Saturated Fat 0.7g	3%
Cholesterol 0mg	0%
Sodium 607mg	26%
Total Carbohydrate 14.4g	5%
Dietary Fiber 4.4g	16%
Total Sugars 4.9g	
Protein 12g	
Vitamin D 0mcg	0%
Calcium 197mg	15%
Iron 3mg	16%
Potassium 513mg	11%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Preheat oven to 350°.

Dice the tofu into bite sized cubes. Combine the ginger, nutritional yeast, and liquid aminos in a large mixing bowl. Mix until it is a thick paste. Add the tofu and stir gently until all the tofu is evenly coated. Place a piece of foil or parchment paper on a large baking sheet. Pour out the tofu onto the sheet and spread the tofu into an even layer separating the crumbles from each other as much as possible. Place in the oven for 45 minutes, stirring the mixture about every 10 minutes for even browning. Remove from oven and set aside.

Combine the vegetable stock, the remaining aminos, agave, and cornstarch in a small bowl. Whisk until well combined. Set aside.

Cut off the broccoli florets and break them into bite-sized pieces. Thinly slice the broccoli stalk into rounds about 1/4-inch thick.

Preheat a large skillet that has a tight-fitting lid over medium high heat. Add 1/2 cup of water and bring to a hard boil. Add the broccoli stalks, cover, and cook until slightly softened (about 5 minutes). Remove the broccoli and reheat the skillet over high heat. Add the broccoli florets, onions, and bell pepper. Stir-fry until the vegetables are softened and slightly browned (5-7 minutes). Add the tofu cubes and broccoli stems and continue to cook for another minute.

Add the sauce mixture and reduce heat to medium. Stir frequently for 3 minutes until the sauce thickens. Remove from heat and stir in the green onions and sesame seeds.

Serve immediately.