

Team SOK

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TC Williams High School

MENU

Breakfast

Pancakes with Rice Paper Bacon and a side of Hashbrowns

Lunch

Pasta with Marinara Sauce and Meatballs

Dinner

Chicken with Spanish Rice and Green Beans

Recipes

Pancakes

Ingredients

- 2 cups flour
- 1 tbsp and 1 tsp baking powder
- ½ tsp salt
- 2 ¼ cups soy milk
- 1 ½ tsp apple cider vinegar
- ¼ cup coconut oil melted
- ¼ cup maple syrup
- 1 tsp vanilla extract
- Cooking spray

Directions

- Preheat a pancake griddle to 375
- In a small bowl combine soy milk and apple cider vinegar, whisk together and set aside to curdle (creating buttermilk)
- In a separate bowl stir together flour, baking powder, and salt
- Once soy milk is curdled, whisk in coconut oil, maple syrup, and vanilla extract
- Add the wet ingredients to the dry and whisk together until most of the lumps are gone
- Spray pancake griddle with cooking spray; with a ¼ cup or ice cream scoop, pour batter on griddle. It should spread into a 5" circle. Repeat until griddle is filled
- When pancakes begin to bubble on top, about 3 minutes or earlier), gently flip over and cook on the other side until the pancake has risen to about double in height and appears golden brown
- Remove pancakes and respray griddle before pan frying the 2nd batch. Repeat until all batter is gone
- Serve with maple syrup

Rice Paper Bacon

Ingredients

- 8-10 pieces rice paper
- 2 Tbsp olive oil
- 2 Tbsp nutritional yeast
- 3 Tbsp tamari (or soy sauce)
- ½ Tbsp garlic powder
- ½ tsp or 1Tbsp bbq sauce
- ½ Tbsp maple syrup
- ¼ tsp ground black pepper
- ¼ tsp hungarian paprika

Directions

1. Cut rice paper into thick strips, by laying two sheets on top of one another. Use a large, very sharp knife to cut the sheets into strips by placing the blade onto the paper and pressing firmly. The rice paper will crack a bit- but using a very sharp knife should eliminate major breakage.
2. Preheat the oven to 400F.
3. Prepare 2 baking sheets with sheets of parchment paper.
4. In a bowl, whisk together all the ingredients except the rice paper. This will become your marinade.
5. Prepare a second wide bowl filled partway with water.
6. Take two strips with similar length and shape and lay them side by side. Using a pastry brush, brush each sheet with water and stack them one on top of the other. They should start to stick together.
7. Brush water along the side facing you and, holding them together, flip the paper over and brush that side with water.
8. Lay on a piece of parchment or a cutting board and do this with as many pieces as you can until you run out of space.
9. Once you've run out of space or rice paper- whichever comes first- using dry pastry brush (do not using the one you used for water- it will dilute the marinade) and brush the marinade onto one side of the now fused rice paper strip, and lay marinade side down onto the baking pan.
10. Now brush the marinade onto the strip facing you, coat generously. Both side should now have marinade on them.
11. Repeat technique with remaining rice paper strips until the baking sheet is filled, whisking the marinade every so often to prevent separation.
12. Bake for about 7 to 8 minutes, until crisp.
13. The strips burn easily, so keep an eye on the baking sheet and remove from sheet right away.
14. You can store leftover rice paper bacon in an airtight container at room temperature for up to 3 days, or in the fridge for a few weeks.

Hashbrowns

Ingredients

- 2 medium onions, grated
- 700 grams potatoes, washed with skins and grated, making sure to squeeze out all the extra moisture
- 1 cup flour
- 1 tsp salt
- Oil for frying

Directions

- Combine the onions, potatoes, flour and salt in a large bowl. Mix well.
- In a frying pan, add enough oil to cover the pan for shallow frying. Wait for a few minutes for the oil to heat up on low-medium heat.
- With a tablespoon, scoop out a heaped spoon of the mixture and shape in a ball. If the mixture doesn't stick together, don't worry it will when it's in the frying pan. Press the mixture down with the back of the spoon to flatten in the frying pan to create a flat disk. Depending on the size of the pan, you can fry 3-4 hash browns at a time.
- Once one side turns golden brown and a little crispy (takes about 3-4 minutes), with a spatula flip it and press it down with the spatula a little. Fry for the same amount of time and then take off heat. Place on a paper towel lined plate to absorb all the extra oil.
- Continue frying the rest of the mixture. Make sure to add more oil when the oil is half gone.

Pasta and Pasta Sauce

Ingredients

- Whole Foods Organic Ziti - cook according to direction

Meatballs / Marinara Sauce / Cashew Parmesan

Ingredients

- For the Meatballs
 - 1 15 oz can kidney beans
 - 1/2 tablespoon olive oil
 - 1 large clove of garlic, minced
 - 1/2 onion, chopped
 - 1 teaspoon oregano
 - 1 teaspoon basil
 - 1 tablespoon tomato paste
 - 1 teaspoon soy sauce
 - 1/2 cup rolled oats
 - 1/3 heaped cup sunflower seeds
 - salt
 - black pepper
- For the Marinara Sauce
 - 1/2 tbsp olive oil
 - 1 small onion, chopped
 - 1 large garlic clove, minced
 - 1 carrot, cut into small pieces
 - 1 tbsp tomato paste
 - 1/4 cup dry red wine
 - 1 can diced tomatoes (14.5 oz)
 - 1 tsp oregano
 - Fresh basil leaves, cut into small pieces
 - Salt and black pepper to taste
- For the cashew Parmesan
 - 1/2 cup unsalted cashews
 - 2 tbsp nutritional yeast
 - 1/4 tsp garlic powder
 - Salt

Directions

- Cook the spaghetti according to the instructions on the package.
- Rinse and drain the kidney beans. Put them in a medium bowl and mash them well with a fork or a potato masher.
- In a medium pan, heat some oil and sauté the onions for 3 minutes. Add the minced garlic and cook for another minute.
- Put the sunflower seeds in a food processor and pulse until a fine meal is achieved.
- Use your hands to thoroughly mix everything. Then form about 12-14 vegan meatballs. (Please note that I doubled the recipe for the photos, so there are more meatballs).
- Preheat the oven to 350 °F bake the vegan meatballs for about 15 minutes. Carefully flip them halfway through the baking time.

- Add the sauteed onion and garlic to the mashed beans together with the spices, the tomato paste, the soy sauce, the ground sunflower seeds, and the oats. Season with salt and pepper.
- Alternatively you could also pan-fry them. In a medium pan, heat some olive oil over medium heat and gently roast the bean balls for about 4 minutes until they are golden. You'll achieve the best results with a cast iron pan. However, I would recommend the baking version. Not only is this version oil-free, the meatballs also become more crispier and firmer this way.
- Make the marinara sauce: In a medium pan, heat the olive oil over medium heat. Sauté the onions for 3 minutes, then add the garlic and the carrot. Cook for another 2-3 minutes. Stir in the tomato paste and cook for 2 minutes.
- Then deglaze with red wine and allow to evaporate. Add diced tomatoes and simmer for about 10 minutes. Season with oregano, salt, and pepper. Before serving add some fresh basil leaves.
- Make the cashew Parmesan: Put the cashews, nutritional yeast, salt, and garlic powder in a food processor and pulse until a fine meal is achieved.
- Serve the spaghetti with the marinara and vegan meatballs and sprinkle with Parmesan and fresh basil leaves.

Chicken Substitute

Ingredients

- 1 block firm or extra firm tofu
- 3 tbsp. Nutritional yeast
- 2 tbsp. flour
- 2 tsp. garlic powder
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 tbsp. olive oil

Directions

- Press the tofu to allow the tofu to absorb the most flavorings and seasonings
- Slice the tofu into 1/2 inch cubes
- In small bowl combine the tofu with the rest of the ingredients except the oil and toss gently to fully coat the tofu
- In a large skillet, heat the oil over medium heat and add the tofu. Cook for 4 to 6 minutes, turning occasionally, until golden brown and lightly crispy

Rice

Ingredients

- 1 box Goya Spanish Rice
- Ingredients included on the box except the butter

Directions

- Follow instructions on box
- Replace the butter with olive oil

Green Beans

Ingredients

- Fresh green beans from the local grocery store

Directions

- Steam green beans until cooked but not soggy, a nice bright green color



Post



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[project_green_sok](#) This is my menu of foods I would eat on a day to day basis and listed after are the recipes and directions to make these foods completely vegan! Vegan is a great option to reducing your meat intake and consumption of animal products. Just adopting a few vegan meals into your diet can help you live more sustainably and healthy, while still eatin good. Check out the video by [@sweetpotatosoul](#) on how to adopt a more vegan diet into your lifestyle [#pgc2018](#) [@turninggreenorg](#) [@amyskitchen](#)

