



COUNTY OF LOS ANGELES
Public Health



eat your best

plant-based recipes for every institution


**EAT YOUR BEST.
LESS SALT.
MORE PLANTS.**

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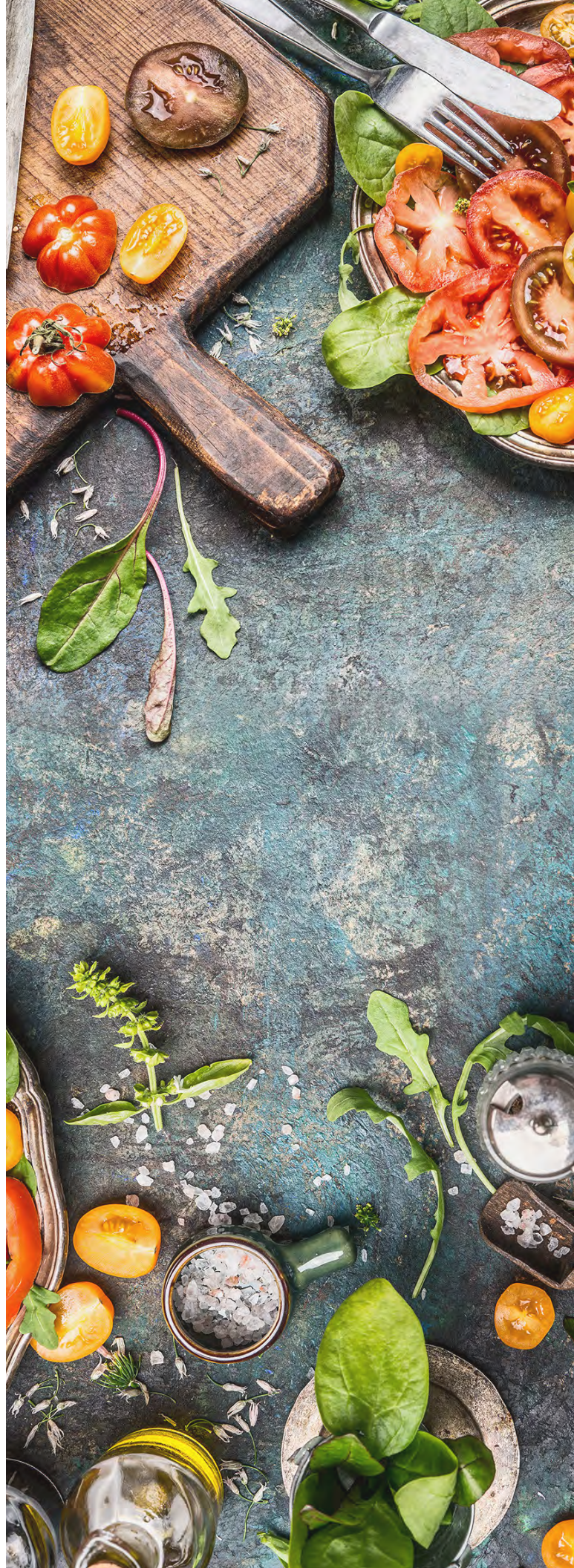
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For more on the Eat Your Best Initiative, go to:

<http://www.choosehealthla.com/eat/eatyourbest/>



ENTREES

Charred Cauliflower Tostada

Jackfruit Carnitas Bowl

Mediterranean Beet Burger

Mighty Chickpea Bowl

Mushroom Melt Beet Burger

Super Tofu "Egg" Salad

Zucchini Pasta





CHARRED CAULIFLOWER TOSTADA

WITH ROMESCO, BLACK BEANS, & HERBS

MAKES 6 SERVINGS

INGREDIENTS

- 1 cauliflower, medium
- 1/4 cup olive oil
- 1 tsp smoked paprika
- 1/2 tsp kosher salt
- 2 tbsp of Eat Your Best Romesco (p. 24)
- 1 15-oz can low-sodium black beans
- 1/2 cup cilantro leaves, chopped
- 1/2 cup scallions, chopped

METHOD

- 1** Preheat oven to 375°F. Trim the cauliflower, leaving 2 inches of the stem intact. Trim the ends of either side of the head, and cut into 6 even slices. Place on a sheet tray, drizzle with olive oil and sprinkle with 1 teaspoon smoked paprika.
- 2** Roast cauliflower for 25 minutes, then broil for 4 minutes and set aside.

ASSEMBLY

Top each cauliflower slice with black beans, 2 tbsp of Eat Your Best Romesco (p.24), scallions, and cilantro.



JACKFRUIT CARNITAS BOWL

WITH FARRO, RED CABBAGE, & MUSTARD GREENS

MAKES 6 SERVINGS

INGREDIENTS

- 2 cups dry farro
- 3 20-oz cans jackfruit in brine or water
- 2 tbsp grapeseed oil, divided
- 1 12-oz can unsalted diced tomatoes
- 3 tsp paprika
- 2 tsp cumin
- 1 1/2 tsp garlic powder
- 1 1/2 tsp chili powder
- 1/2 large head red cabbage
- 3 cups white vinegar
- 3 cups water
- 1/4 tsp sugar
- 8 cups mustard greens, washed
- 5 cloves garlic, thinly sliced

METHOD

- 1 Add 1-part farro to 2-parts boiling water, reduce heat to a simmer and cover. Cook for 20 minutes.
- 2 Strain and rinse jackfruit. Clean it by removing the core and the seeds from each chunk, and shredding into chunks.

- 3 Sauté the jackfruit in 1 tbsp grapeseed oil, adding diced tomatoes, paprika, cumin, garlic and onion powders until the jackfruit is well-coated and sauce is no longer wet. Remove from heat and serve warm.
- 4 Cut the red cabbage into thin strips with a knife or mandoline and place in a heatproof bowl. Heat the vinegar with equal parts water, 1/4 tsp sugar; bring to a boil. Remove the liquid from heat and pour over the cabbage. Allow to pickle at room temperature until liquid cools. Store in liquid.
- 5 Sauté the mustard greens over medium heat with 1 tbsp grapeseed oil and the sliced garlic.

ASSEMBLY

Add 3/4 cup of cooked farro to a bowl. Top with equal parts pickled cabbage, sautéed mustard greens, and pulled jackfruit.



MEDITERRANEAN BEET BURGER

WITH RAITA, PICKLED ONION, BUTTER LETTUCE

MAKES 5 SERVINGS

INGREDIENTS

- 2 beets, roasted
- 1/4 yellow onion, minced
- 1 15-oz can unsalted chickpeas
- 1/2 cup cooked quinoa
- 2 tsp cumin
- 1 tbsp dill
- 1 tsp kosher salt
- 1 tsp black pepper
- 6 tbsp oat flour (as needed)
- 5 whole grain buns, toasted
- 1/2 red onion, shaved
- 1 cup white vinegar
- 1 tsp olive oil
- 1 cup Eat Your Best Raita Sauce (p.23)
- 1/2 head butter lettuce

METHOD

- 1 Process yellow onions finely, add beets, pulse until they are a small dice. Process any remaining large pieces a second time. Move to a mixing bowl. Process chickpeas roughly, and add to bowl.

- 2 Add quinoa, cumin, dill, salt, black pepper to bowl, and mix with a spatula. Add oat flour until mixture comes together. Shape mixture into "1 1/2" thick patties using a ring mold or by hand, refrigerate at least 4 hours before cooking.
- 3 Cut red onions into thin strips. Heat vinegar with 1 cup of water until just boiling. Remove from heat and pour over the shaved onion, allow to cool completely.
- 4 Sauté beet patties in pan with 1 tsp of olive oil for 3-4 minutes per side.

ASSEMBLY

Place cooked patties on the burger buns, top each with 3 tablespoons of Eat Your Best Raita sauce (p.23), a pinch of pickled onions, and 2 leaves of butter lettuce.



MIGHTY CHICKPEA BOWL

WITH FARRO, RED CABBAGE, & MUSTARD GREENS

MAKES 6 SERVINGS

INGREDIENTS

- 2 cups dry farro
- 2 cups dry chickpeas
- 2 tbsp grapeseed oil
- 1 12-oz can no salt added tomato sauce
- 3 tsp paprika
- 2 tsp cumin
- 1 1/2 tsp garlic powder
- 1 1/2 tsp chili powder
- 3/4 tsp kosher salt, divided
- 1 tsp sugar
- 1 tsp liquid smoke
- 1/2 large head red cabbage
- 3 cups white vinegar
- 3 cups water
- 8 cups mustard greens, washed
- 5 cloves garlic, thinly sliced
- Bay leaf as needed

METHOD

- 1 Soak chickpeas overnight. To cook, cover beans with 3 inches of water add bay leaves if desired, bring water to a boil, then reduce to a simmer and cook for 75 minutes.

- 2 Add 1-part farro to 2-parts boiling water, reduce heat to a simmer and cover. Cook for 20 minutes.
- 3 Sauté the chickpeas in 1 tbsp oil, adding tomato sauce, paprika, cumin, 1/2 tsp salt, garlic and chili powders until the chickpeas are well-coated and sauce is no longer wet. Remove from heat and stir in the liquid smoke. Serve warm.
- 4 Cut the red cabbage into thin strips with a knife or mandoline and place in a heatproof bowl. Heat the white vinegar with equal parts water, sugar and 1/4 tsp salt; bring to a boil. Remove the liquid from heat and pour over the cabbage. Allow to pickle at room temperature until liquid cools.
- 5 Sauté the mustard greens over medium heat with 1 tbsp oil and the sliced garlic.

ASSEMBLY

Add 3/4 cup of cooked farro to a bowl. Top with equal parts pickled cabbage, sautéed mustard greens, and 1/2 cup of sautéed chickpeas.



MUSHROOM MELT BEET BURGER

WITH CREMINIS, CARAMELIZED ONIONS, & "CHEDDAR"

MAKES 6 SERVINGS

INGREDIENTS

- 1 beet, roasted
- 2 garlic cloves, sliced
- 1/4 onion, finely chopped
- 1 15-oz can low sodium black beans, rinsed and drained
- 1/2 cup cooked brown rice
- 5 small cremini mushrooms, chopped
- 5 tablespoons oat flour (as needed)
- 1 teaspoon black pepper
- 1 tablespoon fresh thyme
- 4 tsp of olive oil, divided
- 6 whole grain buns, toasted
- 1 8-oz box mushrooms, sliced
- 1 yellow onion, caramelized
- 1 cup Eat Your Best Cauliflower "Cheddar" (p. 12)

METHOD

- 1 Add garlic, onion, thyme, mushrooms to a pan with 1 tsp of olive oil. Cook gently until softened.
- 2 Add to food processor, pulse with beets until a vegetable meal forms, and transfer to a mixing bowl.

- 3 Pulse black beans in a food processor until mashed, add to veggie mixture, and stir in the brown rice. Add black pepper, oat flour as needed and mix together with a spatula.
- 4 Cut the mushrooms into thin slices and saute on medium heat with 1 tsp of olive oil.
- 5 Cut the yellow onion into thin slices on medium heat with 1 tsp of olive, stirring occasionally until they brown and caramelize.
- 6 Cook burgers by pan frying on medium heat with 1 tsp of olive oil for 3 minutes per side.

ASSEMBLY

Place cooked patties on the burger buns, top each with 2-3 tablespoons of Eat Your Best (p.12) cauliflower cheddar, caramelized onions, and sautéed mushrooms.



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SUPER TOFU "EGG" SALAD

USE AS A DELI SALAD OR SANDWICH FILLING!

MAKES 6 SERVINGS

INGREDIENTS

- 1 lb. block firm tofu, pat dry
- 1/2 tbsp olive oil
- 1 cup celery, diced
- 2 tbsp scallions, finely chopped
- 3 tbsp red onion, small diced
- 1 tbsp of Dijon mustard
- 1/2 cup mayonnaise
- 3 tbsp low fat buttermilk or reduced fat milk
- 2 tbsp rice vinegar
- 1/2 tsp ground turmeric
- 1/2 tsp curry powder
- Ground black pepper as needed*
- Kosher salt as needed*
- Sandwich bread (optional)*

METHOD

- 1** Liberally brush the tofu with olive oil. Place on a baking sheet, preferably on top of a silicon baking mat and bake in a preheated 375°F oven for 15 minutes or until the tofu just begins to take on a slight bit of color. Remove and cool.
- 2** Break up the tofu into medium-sized chunks and place in a bowl along with the celery, scallions and diced red onion.
- 3** In a separate bowl whisk together the Dijon mustard, mayonnaise, buttermilk, rice vinegar, turmeric and curry until smooth. Add salt and pepper to taste if needed and pour over tofu mixture.
- 4** Gently combine with a spatula.

* Nutrition facts do not include sandwich bread, salt and pepper.

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NUTRITION FACTS: **Calories 220** **Total Fat 19g** **Sodium 190mg** **Fiber 1g** **Protein 8g**

ZUCCHINI PASTA

SUNFLOWER SEED ROMESCO WITH TOMATO

MAKES 6 SERVINGS

INGREDIENTS

- 4 large red bell peppers
- 2 cloves garlic
- 3 tbsp unsalted sunflower seeds
- 1/2 cup grated Parmesan
- 1 tbsp red wine vinegar
- 1 tsp paprika
- 5 tbsp olive oil, divided
- 1 1/2 cups cherry tomatoes
- 2 tbsp lemon juice
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 6 medium zucchini

METHOD

- 1 Blacken the red bell peppers over an open flame until they are charred all over. Immediately add them to a bowl and cover tightly with plastic wrap to steam.

- 2 After 10 minutes remove the bell peppers from the bowl and rub off the burnt skins; remove the stem and seeds. Place the cleaned bell peppers in a food processor with the garlic, sunflower seeds, Parmesan, red wine vinegar, paprika, and 1 tbsp of olive oil.

- 3 Slice cherry tomatoes in half and set aside.

- 4 Wash zucchini and trim the ends. Grate the zucchini with a box grater (or use the grate fixture on a mandoline). Toss the zucchini with 4 tablespoons of olive oil, lemon juice, salt and pepper.

ASSEMBLY

Spoon the romesco sauce onto your dish. Add the dressed zucchini noodles, and top with cherry tomatoes.

SIDES

Cauliflower "Cheddar"

Dill Marinated Beets

Marinated Beets & Pear

Red Curried Carrots

Roasted Roots in Lemon Dressing





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CAULIFLOWER "CHEDDAR"

NACHO AVERAGE PLANT-BASED CHEESE

MAKES 1 1/4 CUPS

INGREDIENTS

- 2 cups cauliflower, chopped
- 3 cloves peeled garlic
- 1/2 tsp paprika
- 1/4 tsp dry mustard
- 1/4 tsp turmeric
- 1/4 cup nutritional yeast
- 1/2 tsp kosher salt
- 1 tbsp lemon juice
- 1 tsp reduced soy sauce
- 1/2 cup hot water, as needed
- 1 1/2 tbsp cornstarch

METHOD

- 1** Boil the cauliflower and cloves of garlic together in water until they are tender. While hot, add softened vegetables to a blender.
- 2** Add seasonings, lemon juice, soy sauce, hot water and cornstarch, blend again until the sauce is smooth.
- 3** Store with plastic wrap pressed against the surface of the cheese. Heat gently before each use.



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DILL MARINATED BEETS

WITH TOASTED FARRO, SCALLION, EDAMAME & FETA

MAKES 6 SERVINGS

INGREDIENTS

- 5 large beets
- 1 large orange or 2 small oranges
- 1 ½ cup dry farro
- 1 cup edamame, cooked
- ½ cup dried cherries or blueberries
- 6 tbsp crumbled feta
- 1 cup sliced scallions
- 2 tsp orange juice concentrate

MARINADE

- ½ cup extra virgin olive oil
- 3 tbsp sherry vinegar
- 2 tsp fresh dill, chopped
- 2 tsp fresh parsley, chopped
- 1 teaspoon black pepper

METHOD

- 1 Roast beets in pan with water just covering the bottom, quarter orange(s), shave peels and then juice the orange(s) into the pan. Cover pan tightly with foil. Cook 1 hour 15 minutes until fork tender, and peel beets with towel while still hot.

- 2 Cut beets into quarters, then into eighths depending on their size. Spread evenly in a shallow pan.
- 3 Combine marinade ingredients, stir well, and pour over the beets while they are still warm. It is best to marinate them in a shallow pan so that as many beets as possible are in contact with the marinade. Allow the beets to remain in the marinade overnight.
- 4 Toast the dry farro in a sheet tray at 350°F for about ten minutes. Bring 4 cups of water to a boil, add farro, reduce heat to a simmer, cover and cook for 25 minutes. Strain any remaining liquid.

ASSEMBLY

To serve, add farro to a bowl as the salad base. Top with marinated beets, then edamame, dried fruit, crumbled feta and scallions.



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MARINATED BEETS & PEAR

WITH CHERMOULA, GREEN LENTILS & PEPITAS

MAKES 6 SERVINGS

INGREDIENTS

- 5 large beets
- 6 tbsp olive oil, divided
- 3 tbsp red wine vinegar
- 1/2 tsp kosher salt
- 1/2 tsp ground black pepper
- 1 bunch parsley
- 2 1/4 cups water, plus extra
- 3/4 cup dried green lentils
- 1 bunch cilantro
- 3 cloves garlic
- 5 tbsp lemon juice
- 1 tsp cumin
- 1 tsp cayenne
- 1 tsp paprika
- 30 g pepitas
- 2 bartlett pears

METHOD

- 1 Wash and trim beets; add to a roasting pan. Fill pan with 1/2 inch of water; cover tightly with foil. Roast for 400°F for 45 minutes-1 hour. Peel beets with towel while hot, allow to cool and slice into bite-size pieces.

- 2 Toss beets with 2 tbsp olive oil, red wine vinegar, salt and pepper. Refrigerate in marinade at least 2 hours before serving.
- 3 Add water to pan and bring to a boil; add green lentils, cover and reduce heat to a simmer for 15-20 minutes. Strain and run lentils under cold water when done cooking.
- 4 Combine cilantro, parsley, garlic, lemon juice, cumin, cayenne, paprika in a food processor and blend. Add 4 tbsp olive oil and pulse until well-combined to make the Chermoula sauce.
- 5 Wash and cut pears into bite-sized pieces.

ASSEMBLY

To serve, add optional greens (e.g., watercress, arugula) as a salad base. Add green lentils, beets, pears. Top with Chermoula sauce and pepitas.



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RED CURRIED CARROTS

WITH CUMIN YOGURT, SMOKY CHICKPEAS, ALMONDS, & FRUIT

MAKES 3 SERVINGS

INGREDIENTS

- 6 medium - large carrots
- 2 1/2 tbsp olive oil
- 2.5 tsp red curry paste
- 1 cup plain low fat Greek yogurt
- 1 tbsp lemon juice
- 1 tsp cumin
- 1 15-oz can unsalted chickpeas, strained and rinsed
- 1 tbsp paprika
- 1 tsp liquid smoke
- 3 tbsp shaved almonds
- 3 tsp dried cranberries or blueberries

METHOD

- 1 Wash and trim the carrots lengthwise. Slice them into halves or quarters depending on their size. Cut them so the pieces are similarly sized.

- 2 Mix 2 tbsp olive oil with the red curry paste in a large bowl. Coat the carrots evenly in the paste and add to a roasting pan. Roast for 30 minutes at 375°F.
- 3 Combine the lemon juice, cumin, and yogurt. Set aside.
- 4 Toss the chickpeas in 1/2 tbsp of olive oil and roast at 375°F for 20 minutes. When done baking, drain oil, sprinkle liquid smoke and paprika evenly over the chickpeas, toss to coat.

ASSEMBLY

To serve, place a dollop of cumin yogurt on a plate. Top with carrots, smoky chickpeas, shaved almonds, and dried fruit.

NUTRITION FACTS: Calories 440 Total Fat 19g Sodium 230mg Fiber 11g Protein 21g



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ROASTED ROOTS

IN LEMON DRESSING

MAKES 6 SERVINGS

INGREDIENTS

- 2 lbs parsnips
- 1 lb carrots
- 6 tbsp olive oil, divided
- 1 1/2 tsp black pepper
- 1/2 tsp kosher salt
- 1/2 tsp finely grated lemon zest
- 2 tbsp lemon juice
- 1 tsp sugar
- 1/2 tsp Dijon mustard

METHOD

- 1 Preheat the oven to 400°F. If the parsnips and carrots are very thick, cut them in half lengthwise. Slice each diagonally in 1-inch thick slices. Place the cut vegetables on a sheet pan.

- 2 Add 3 tbsp olive oil and pepper and toss well. Roast for 30 minutes, checking to see if they are tender. Chill the vegetables when done roasting.

- 3 Whisk together the lemon zest, juice, sugar, and mustard before adding the other 3 tbsp oil in a slow stream whisking until fully blended, then taste and season if needed.

ASSEMBLY

Toss the parsnips and carrots with lemon dressing and salt.

SAUCES & DRESSINGS

Beets & Balsamic Vinaigrette

Carrot Ginger Vinaigrette

Chipotle Buttermilk Ranch Dressing

French Dressing

Italian Dressing

Raita Sauce

Red Pepper Romesco

Sesame Ginger Dressing

Tahini Miso Dressing





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BEETS & BALSAMIC VINAIGRETTE

INGREDIENTS

- 1 cup roasted beets
- 1 tbsp lemon juice
- 2 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1/4 cup olive oil
- Kosher salt (optional)*

METHOD

- 1 Blend all ingredients together until the dressing is smooth except oil. Add oil last, pouring in slowly while blender is on.
- 2 Taste the dressing before adding any salt. Add a little at a time if needed, tasting before adding more.

*Serving Size 30g (2 tbsp)

*Nutrition facts do not include salt

NUTRITION FACTS: Calories 50 Total Fat 4.5g Sodium 20mg Fiber 0g Protein 0g



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CARROT & GINGER VINAIGRETTE

INGREDIENTS

- 1 cup shredded carrots
- 1" peeled ginger, chopped
- 3 tbsp rice vinegar
- 1 tbsp honey
- 2 tsp white miso paste
- 1/4 cup olive oil
- Kosher salt (optional)

METHOD

- 1 Blend all ingredients together until the dressing is smooth except oil. Add oil last, pouring in slowly while blender is on.
- 2 Taste the dressing before adding any salt. Add a little at a time if needed, tasting before adding more.

*Serving Size 30g (2 tbsp)

*Nutrition facts do not include salt

CHIPOTLE BUTTERMILK RANCH DRESSING

INGREDIENTS

- 1/2 cup plain low-fat Greek yogurt
- 1/2 cup sour cream, low-fat
- 1/2 tbsp roasted chipotles
- 1/2 cup low-fat buttermilk
- 3 tbsp lime juice
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp fresh dill, chopped
- 1 tsp fresh chives, chopped
- Kosher Salt (optional)

METHOD

- 1 Blend yogurt, sour cream, buttermilk, lime juice and chipotles. Add garlic and onion powders and blend again, fold in fresh herbs.
- 2 Taste the dressing before adding any salt. Add a little at a time if needed, tasting before adding more.

*Serving Size 30g (2 tbsp)

*Nutrition facts do not include salt

FRENCH DRESSING

INGREDIENTS

- 6 tbsp Dijon mustard
- 2 1/2 tbsp sugar
- 1/2 cup white wine vinegar
- 1 tbsp tarragon
- 1/2 tsp black pepper
- 1/4 cup shallots, chopped
- 2 tbsp garlic, chopped
- 2/3 cup olive oil
- 2/3 cup grapeseed oil
- Kosher salt (optional)

METHOD

- 1 Puree the mustard, sugar, vinegar, tarragon and pepper in a processor.
- 2 Sweat the shallots and garlic and add to the puree. Emulsify the oils into the puree.
- 3 Taste the dressing before adding any salt. Add a little at a time, tasting after adding more.

*Serving Size 30g (2 tbsp)

*Nutrition facts do not include salt

ITALIAN DRESSING

INGREDIENTS

- 1 cup store bought Italian dressing
- 1/2 cup plain low-fat Greek yogurt
- 1/3 cup lemon puree (approximately 2 lemons)
- 6 tbsp balsamic vinegar
- 1 tbsp dried basil
- 1 cup olive oil

METHOD

- 1** For lemon puree, wrap 2 lemons in foil and roast at 275°F until soft. Then puree the 2 lemons in a blender.
- 2** Whisk the Italian dressing and other ingredients together adding the olive oil in a slow drizzle at the end.

*Serving Size 30g (2 tbsp)

RAITA SAUCE

INGREDIENTS

- 1 cup plain low-fat Greek yogurt
- 1/2 English cucumber, peeled and deseeded
- 2 tbsp lemon juice
- 2 tbsp fresh dill
- 2 tbsp fresh mint
- 1 tsp cumin
- Kosher salt (optional)

METHOD

- 1** Grate the cucumber and use a spatula to mix it into the yogurt before adding the lemon juice, cumin, and fresh herbs, stir to combine.
- 2** Taste the dressing before adding any salt. Add a little at a time if needed, tasting before adding more. Makes about 1.5 cups.

*Serving Size 57g (1/4 cup)

*Nutrition facts do not include salt

RED PEPPER ROMESCO

INGREDIENTS

- 3 red bell peppers
- 3 tbsp parmesan cheese
- 3 tbsp shaved almonds
- 1/2 tsp kosher salt

METHOD

- 1 Blacken the peppers over an open flame until they are charred all over. Immediately put them into a bowl, and cover tightly with plastic wrap.
- 2 After 10-15 minutes remove the bell peppers from the bowl, and peel off the burnt skins, removing the stem and seeds. Place the peppers in a food processor with the cheese, almonds, and salt. Process until the mixture is chunky but even. Makes about 1 1/4 cups.

*Serving Size 30g (2 tbsp)

SESAME GINGER DRESSING

INGREDIENTS

- 1/2 cup store bought Italian dressing
- 4 tsp low-sodium soy sauce
- 1 1/2 tbsp sesame oil
- 1/4 cup ginger juice
- 1/4 cup rice vinegar
- 2 tbsp garlic
- 2 tbsp shallot
- 1 tbsp sugar
- 1/4 cup orange paste (approximately 2 oranges)

METHOD

- 1 For orange paste, wrap 2 oranges in foil and roast at 275°F until soft then puree the 2 oranges in a blender.
- 2 Chop and sweat the garlic and shallot. Whisk the Italian dressing with the sweat vegetables and other ingredients in a bowl.

*Serving Size 30g (2 tbsp)

TAHINI & MISO DRESSING

INGREDIENTS

- 1/3 cup tahini
- 1 tbsp miso paste
- 2 garlic cloves
- 2 tbsp lemon juice
- 1/3 cup water, as needed

METHOD

- 1 Blend all ingredients together. Add water a little at a time until the dressing is smooth. It makes about 1 cup.

*Serving Size 30g (2 tbsp)

