

Resources WFPB OLLI class – SESSION 3

BASIC INFORMATION

1. 20 Meal-Prep Tips from People Who've Been Doing It For Years:

<https://www.forksoverknives.com/how-tos/vegan-meal-prep-tips/>

2. Food Swaps and Substitutions: <https://www.forksoverknives.com/how-tos/vegan-ingredient-substitutions-swaps-alternatives/>

3. How to Save Time Cooking Plant-Based: <https://simplyplantbasedkitchen.com/how-to-save-time-cooking-plant-based/>

OVERALL SIMPLE INFO ON BEING PLANT-BASED

- Food Revolution Network: <https://foodrevolution.org/about/>
- Plant-Based University: <https://www.plant-baseduniversity.com/about-plant-based-university.php>

NO-TUNA SALAD

1 can chickpeas drained & rinsed

1/4 red onion diced small

1 stalk celery diced small

1 dill pickle, diced small (Optional: Finely diced sweet pickle)

1 tablespoon capers drained & chopped

2-4 salted seaweed snacks

1/2 cup (healthy, homemade) vegan mayo

freshly ground black pepper

Coarsely mash chickpeas. Add all ingredients and mix. For added flavor or moisture, add pickle juice and/or more mayo.

HOMEMADE VEGAN MAYO

Soak a half cup of raw, unsalted cashews in very hot water for at least 30 minutes. In small blender cup (or smoothie blender), add 1 tbs lemon juice, 2 cloves of garlic, 1/2 tsp salt, and drained cashews. Puree until very smooth. If you need more liquid, use whatever is going into your recipe (for example, above, I added pickle and caper juice for flavor). You can use tofu, as well, especially if you are allergic to nuts.