



## Black-Eyed “Peacardillo” Salad

**Ingredients (Serves 6. Prep time: 15 minutes active; 30 minutes total.)**

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|--|------------------------------------|
| 2 cups cooked black-eyed peas, drained               | 2 garlic cloves, minced            |
| ½ cup green bell pepper, diced                       | 2 tablespoons olive oil            |
| 2 green onions, trimmed and thinly sliced            | 1 lime, juiced                     |
| 1 jalapeño pepper, seeded and minced                 | 2 tablespoons red wine vinegar     |
| 1 cup corn kernels, cooked                           | 1 ½ teaspoons ground cumin         |
| 1 medium tomato, diced                               | 1 teaspoon chili powder            |
| ¼ cup pimiento-stuffed green olives, roughly chopped | Pinch of cayenne pepper (optional) |
| ¼ cup raisins  | ¾ teaspoon sea salt                |
|  | ¼ teaspoon ground black pepper     |

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### Preparation

In a large bowl, mix all of the ingredients together. Let stand for about 15 minutes before serving to allow the flavors to meld. Serve cold or at room temperature.

# Black-Eyed “Peacardillo” Salad

## Ingredient checklist

### PRODUCE

- Green bell pepper
- Jalapeño pepper
- Tomato
- Lime
- Green onions
- Corn
- Garlic

### BULK

- Dried black-eyed peas  
(if cooking from scratch)
- Raisins

### GROCERY

- Black-eyed peas (if using canned)
- Olive oil
- Pimiento-stuffed green olives
- Red wine vinegar

### SPICES/SEASONINGS

- Ground cumin
- Cayenne pepper (optional)
- Black pepper
- Chili powder
- Sea salt

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## Serving suggestion

Serve this zingy bean salad with vegetarian bean and rice burgers, fried green tomatoes or cornbread studded with jalapeño peppers and cheese.

## Nutritional information per serving

211 calories	8 g. fat
0 mg. cholesterol	532 mg. sodium
32 g. carbohydrate	2 g. fiber
7 g. protein	

*The nutritional values and information provided are approximations.*



## Raw Beet Salad

**Ingredients (Serves 4. Prep time 15 minutes active; 30 minutes total.)**

- 1 pound red beets, trimmed and peeled
- 3 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- ½ teaspoon Dijon mustard
- 1 tablespoon minced shallots
- 2 tablespoons fresh mint, chopped
- 2 ounces crumbled goat cheese

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### Preparation

In a small bowl, whisk together the balsamic vinegar and mustard. Slowly whisk in the olive oil to make the dressing. Add the chopped mint and shallots and mix well.

Using a mandoline, grater or the shredding blade of a food processor, shred the beets. Add the beets to the dressing and toss well to coat. Let the beets marinate at least 15 minutes. Garnish with crumbled goat cheese before serving.

# Raw Beet Salad

## Ingredient checklist

### PRODUCE

- Red beets
- Mint
- Shallots

### GROCERY

- Balsamic vinegar
- Dijon mustard
- Olive oil

### REFRIGERATED/DAIRY

- Goat cheese

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## Serving suggestion

This sweet and tangy salad complements hearty main dishes like steaks and burgers (veggie or not). Add shredded carrots or Granny Smith apple for a sweeter salad.

## Nutritional information per serving

125 calories	10 g. fat
0 mg. cholesterol	50 mg. sodium
6 g. carbohydrate	1 g. fiber
4 g. protein	

*The nutritional values and information provided are approximations.*



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**RUSH HOUR RECIPES**

# Grilled Tofu with Cilantro Ginger Pesto

## Ingredients (Serves 4. Prep time: 30 minutes.)

14-ounce block extra-firm tofu	½ teaspoon toasted sesame oil
¼ cup wheat-free tamari	1 teaspoon white sugar
1 bunch cilantro, washed and dried	⅛ teaspoon sea salt
⅓ cup fresh ginger, peeled and chopped	1 teaspoon lime juice
2 tablespoons vegetable oil	¼ cup black or white sesame seeds

## Preparation

Preheat grill to medium-high heat.

Beginning at the short end, slice the block of tofu into 8 even rectangles. Lay the tofu on a baking sheet and sprinkle with tamari. Let sit, flipping once while preparing the pesto.

Cut the stems off of the washed cilantro and puree the leaves in a blender or food processor with the fresh ginger, oils, sugar, salt, and lime juice. The resulting pesto should resemble a vibrant green smoothie.

Lightly oil the grill. Using a metal spatula, place the tofu on the grill and cook for 2 minutes. Flip and grill for 2 minutes on the other side. Remove to a plate and let cool, then toss with the cilantro pesto and garnish with ½ cup sesame seeds, black or white. Serve at room temperature or refrigerate until ready to use.

Tip: Remove excess water from the tofu before slicing it by either pressing it with a weight for 30 minutes, or freezing it overnight, then thawing and wringing it out. It will soak up more tamari and sauce.

# Grilled Tofu with Cilantro Ginger Pesto

## Ingredient checklist

### PRODUCE

- Cilantro
- Lime
- Ginger

### BULK

- Sugar
- Black or white sesame seeds

### GROCERY

- Wheat-free tamari
- Toasted sesame oil
- Vegetable oil

### REFRIGERATED/DAIRY

- Extra-firm tofu

### SPICES/SEASONINGS

- Sea salt

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## Serving suggestion

This flavorful tofu sets the scene for an Asian-themed cookout, accompanied with spears of grilled pineapple and mango, chilled coconut water with wedges of lime, and plantain chips. Make extra cilantro pesto and serve over hearty soba noodles with shredded carrots and green onions for a quick and easy main course.

## Nutritional information per serving

240 calories	17 g. fat
0 mg. cholesterol	777 mg. sodium
7 g. carbohydrate	3 g. fiber
20 g. protein	

*The nutritional values and information provided are approximations.*



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# Cantaloupe Carpaccio

## Ingredients (Serves 4. Prep time: 15-20 minutes.)

½ medium-large cantaloupe  
2 tablespoons shallots, peeled  
and minced  
½ lemon, juice and zest  
2 tablespoons balsamic vinegar

3 tablespoons olive oil  
1 tablespoon honey  
Pinch of salt and black pepper  
2 ounces Parmesan cheese

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## Preparation

Remove the rind and seeds from the cantaloupe. Cut into 3 or 4 wedges, and then, using a sharp knife or vegetable peeler, cut each wedge into long, thin slices. Lay the slices out on a large plate or platter or divide evenly between small salad plates.

In a small bowl, whisk together the shallots, lemon juice and zest, balsamic vinegar, olive oil, honey, salt, and pepper. Drizzle the dressing over the sliced cantaloupe. Using a vegetable peeler, shave Parmesan cheese into thin curls or slices. Top the dressed cantaloupe with the shaved Parmesan cheese and serve immediately.

# Cantaloupe Carpaccio

## Ingredient checklist

### PRODUCE

- Cantaloupe
- Shallots
- Lemon

### GROCERY

- Balsamic vinegar
- Olive oil
- Honey

### REFRIGERATED/DAIRY

- Parmesan cheese

### SPICES/SEASONINGS

- Sea salt
- Black pepper

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## Serving suggestion

Accompany melon carpaccio with bowls of chilled gazpacho for a special warm weather lunch. Or add thinly-sliced prosciutto or Serrano ham for an authentically Mediterranean appetizer.

## Nutritional information per serving

194 calories	14 g. fat
12 mg. cholesterol	263 mg. sodium
11 g. carbohydrate	1 g. fiber
6 g. protein	

*The nutritional values and information provided are approximations.*