

Plant-based Picnic Fare

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Sandwiches - Chick Pea Salad & Tofu Egg Salad

Veggie Sticks with Easy Ranch Dressing

Brazil Sliced Cheez on Multi-grain Crackers

Almond Honey Cookies

Easy Ranch Dressing

1 cup	Vegenaise or tofu mayonnaise
1 Tbsp	dried parsley
1 tsp	dried dill weed
1 tsp	granulated onion
1 tsp	granulated garlic
1 tsp	lemon juice
¼ cup	water

Tofu Mayonnaise (optional)

1 pkg	Mori-Nu Silken Tofu, firm (12.3 oz)
3 Tbsp	raw cashews, soaked and drained
3 Tbsp	lemon juice
½ tsp	honey
¼ tsp	salt

Blend everything in a blender until smooth and creamy.

1. Mix all ingredients thoroughly. Add more water as necessary.
2. Serve as vegetable dip or salad dressing.

Yield: 1 ½ cups

Chick Pea Salad

1 15-oz can	chick peas, rinsed and drained
½ cup	easy ranch dressing
½ cup	cucumber or celery, diced
1 tsp	dried dill
1 tsp	lemon juice
½ tsp	honey
½ tsp	salt

1. Pulse chick peas in food processor a few times until coarsely processed. You want chunks to remain.
2. Mix in the rest of the ingredients until well combined.
3. Serve in sandwiches or on crackers.

Yield: 2 cups

Tofu Egg Salad

1 pkg	firm tofu, water-packed (14oz)
½ cup	Vegenaise
½ cup	celery, diced small
1 Tbsp	veggie chik seasoning (McKay's or other)
2 tsp	granulated onion
1 tsp	granulated garlic
1 tsp	dried parsley
½ tsp	salt
¼ tsp	turmeric (for color)

1. Rinse tofu and remove excess water.
2. Crumble tofu into a mixing bowl.
3. Add remaining ingredients and combine well.
4. Serve in sandwiches or on crackers or on a bed of lettuce!

Yield: 2 cups

Brazil Sliced Cheez

2 ¼ cup	water
2 Tbsp	agar agar powder
1 cup	Brazil nuts, soaked and drained
1 clove	garlic
¼ cup	lemon juice
3 Tbs	sesame seeds
2 tsp	salt
¼ tsp	granulated onion

1. Mix water and agar powder in a small saucepan. Bring mixture to a boil stirring constantly for about 5 minutes. Mixture should slightly thicken.
2. Allow to cool for a minute, then add to blender with rest of ingredients.
3. Blend well for 2-3 minutes until smooth and creamy. Pour into a dish of choice to form a mold for the cheese.
4. Cover and chill for about 6 hours.
5. This cheese can be sliced or shredded and is great on crackers, salads, or to enjoy on its own!

Yield: 4 cups

Almond Honey Cookies

2 cups	almonds, slivered, unsalted
1 cup	rolled oats
1/3 cup	honey
1 tsp	vanilla
1 tsp	salt

1. Place almonds, oats, and salt in food processor and process until flour-like consistency.
2. Add honey and vanilla and pulse until dry and wet ingredients combine into dough-like consistency. Dough will be sticky.
3. Transfer to mixing bowl and with wet hands work dough until evenly combined. Keep your hands wet to keep dough from sticking.
4. Form into approximately 2-inch cookies, flatten, and shape on parchment-lined cookie sheet.
5. Bake at 350 for 10 minutes. Watch as they can burn easily!

Yield: 20 cookies

***Variation: Can substitute almonds for raw peanuts to make peanut cookies.