GREEN GARDEN

GREEN GARDEN WITH COCONUT-PEANUT SAUCE
(from Nava Atlas, *Vegan Express*)

2 broccoli crowns, in florets
1/2 head of cauliflower, in florets
2 cups green beans, halved
1 zucchini, halved and sliced
1 red or orange pepper, cut in strips
Several carrots, bias-cut in chunks
Steamed potato (optional)
Roasted Marinated Tofu (optional)
Brown Rice (optional)

Coconut-Peanut Sauce
1/2 cup almond or peanut butter, whisked with 1/2 cup water
1/4 can regular coconut milk (not coconut beverage)(opt.)
Juice of one lime
2 tsp agave syrup or maple syrup
Hot sauce (optional and to taste)

The vegetables can be served either lightly steamed or raw, however you prefer them, except for the potato and rice, which must be cooked if you decide to use them.

If you are particular about the crispness of your steamed veggies, cook each vegetable separately so they are done as you like. Add other fresh vegetables if you wish.

For the sauce: Whisk together the nut butter and water with a spoon, and then add the other ingredients. Add more water if you want a thinner result; whisk in a little more nut butter if the sauce is too thin.

Coconut milk: When you open the can, carefully stir the contents to homogenize them. Use coconut milk sparingly because of its high fat content. I suggest using 1/4 can; freeze the rest in three 1/4 cup portions, to be used another time in this or another recipe. (Canned coconut milk does not keep well in the refrigerator.)
VARIATION: To avoid using coconut, leave out the coconut milk and add some coconut extract.

ROASTED MARINATED TOFU
1 lb firm or extra-firm tofu (not silken)
1 or 2 tbsp soy sauce or Bragg's Aminos
1 or 2 tbsp rice vinegar or cider vinegar
1/2 tsp garlic powder
1/2 tsp ground ginger (optional)
1 tsp toasted sesame oil

Dice the tofu or cut it into strips. Lay the tofu on a lightly-oiled cookie sheet. In a separate small bowl, mix together the sauce ingredients, and pour them over the tofu. Preheat oven to 350 degrees. Bake the tofu 10-12 min. on each side, turning once.

BROWN RICE Use 1 cup brown rice + 2 2/3 cups water. In a large pot, bring the rice and water to a boil; lower the heat to "Low," cover, and cook about 45 min. (If you have an electric stove, cover partially until temperature lowers, then completely cover pot.) At the end of cooking time, if the rice sticks to the pan, take the pot off the heat, add 1⁄2 c water, and cover. In a few minutes, the rice will spoon easily even from the bottom of the pan. This is a good ratio of rice to water. For a larger crowd you can cook 1½ cups of rice in 4 cups of water.




