Food Revolution Network

REFRESHING CORN AND TOMATO SALAD
(Nicole Dandrea-Russert, MS, RDN)

1 cup organic cherry or grape tomatoes (halved)
2 cups organic corn (frozen and thawed or fresh)
1 cup organic arugula
½ cup purple cabbage (thinly sliced)
¼ cup basil (chopped)
¼ cup green onion (sliced)
2 tbsp lime juice (freshly squeezed)
1 firm avocado (cut into 1" cubes)
½ cup Vegan Feta (optional)
¼ cup jalapeño (optional; seeded and diced)
Salt (optional to taste)
Ground black pepper (optional to taste)
Lime wedges

Add the tomatoes, corn, arugula, cabbage, basil, and green onion to a large salad bowl and toss to combine. Add the lime juice and avocado and toss to combine again. Add the optional Vegan Tofu Feta and jalapeño and toss. Taste for salt and pepper. Serve corn salad with lime wedges.

Variations: Substitute arugula with spinach, kale, or other greens; substitute purple cabbage with green cabbage; substitute lime with lemon; substitute basil with cilantro or parsley.

Food Revolution Network (FRN) is the site of John Robbins, author of Diet for a New America and founder of EarthSave, and his son Ocean. You can find recipes at FRN in the extensive blog archive; all are plant-based and all appear to be WFPB.

VEGAN FETA (Deena Burton, *Plant-Powered Families*)

12 oz organic tofu (extra-firm, cut into ½–¾" cubes)
1 cup water
1/4 cup red wine vinegar
1/2 tsp salt (optional)
2 garlic cloves (fresh, sliced/chopped)

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1 tbsp organic miso
1 tsp dried oregano
2 tbsp lemon juice
1½ tbsp red wine vinegar (+½ as desired)
1/2 tsp pure maple syrup (optional)
1/4 to 1/3 cup green olives (or Kalamata)

In a large saucepan, add the tofu, water, red wine vinegar, sea salt, and garlic. Bring to a boil, then reduce heat and let simmer for 15–20 minutes, uncovered. If some of the tofu is not covered in the brine, gently stir through occasionally. Meanwhile, in a medium/large bowl or baking dish, combine the miso, oregano, lemon juice, vinegar, and maple syrup if using. Whisk through, then stir in the olives. After cooking the tofu, strain it, discarding the boiling liquid (it's okay to keep the garlic). While still warm, transfer tofu to the bowl with the marinade. Stir through to coat the tofu; combine well. Cover and refrigerate. Keeps for 5 to 6 days.

Notes: It's okay if the tofu breaks up into uneven pieces rather than uniform cubes (it's quite good that way). Serving ideas: Also try this tofu in a Greek salad with romaine lettuce, tomatoes, olives, and cucumbers. Or try it alongside baked potatoes (regular or sweet); atop pizzas; tossed into pasta; or combined with hummus or another spread in a lunch wrap.