

College Vegetarian Cooking

College Vegetarian Cooking is a cookbook that features recipes that highlight many concerns for college students: simple, inexpensive, and healthy. This cookbook organizes its 90 recipes into categories that are interesting to college students such as “avoiding the freshman fifteen,” “just like mom makes,” and “dinner for one.” Each category has different recipes with color pictures of most recipes. The cookbook also includes a “kitchen basics” section which includes ingredients that should be in every college student’s kitchen for easy preparation as well as basic kitchen equipment that make cooking even more quick and simple.

Tempeh Stir-Fry (Makes 4 servings)

1 (8 ounce) package tempeh	1 tablespoon cornstarch
1 onion	4 cups broccoli florets
2 cloves garlic	1 tablespoon canola oil
1 cup water	2 cups bean sprouts
¼ cup soy sauce	2 cups cooked white or brown rice

Directions:

1. Cut tempeh into bite size pieces. Peel onion and cut into thin slices. Peel and finely chop the garlic. Combine water, soy sauce, and cornstarch in a small bowl, stir until smooth, and set aside.
2. Place a large saucepan with 1 inch of water over high heat and bring to a boil. Add broccoli to pan, cover, and cook for 4 to 5 minutes. Drain water and set aside.
3. Heat the oil in a large skillet over medium-high heat. Add the onion and cook, stirring frequently, for 10 minutes. Add garlic, bean sprouts, and tempeh and cook, stirring frequently, for 2 to 3 minutes. Add soy sauce mixture to pan and cook, stirring constantly, for 2 to 3 minutes or until sauce begins to boil. Remove from heat and stir in broccoli. Spoon rice into center of each plate and top with the stir fry.

Soba Noodle Salad (Makes 2 servings)

4 ounces soba noodles	1 tablespoon water
1 tablespoon soy sauce	1 tablespoon lime juice
1 ½ teaspoons brown sugar	1 cup snow pea pods
½ teaspoon canola oil	1 red bell pepper
¼ teaspoon curry powder	1 tablespoon finely chopped red onion
1 tablespoon peanut butter	salt and pepper
1 carrot	

Directions:

1. Bring a large saucepan of salted water to a boil and add soba noodles. Cook over medium-high heat for 10 minutes, drain in a colander, and rinse with cold water.
2. While noodles are cooking, place the soy sauce, brown sugar, canola oil, and curry powder in a bowl and stir until the sugar is dissolved. Stir in the peanut butter, water, and lime juice and mix until well combined.
3. Cut the snow pea pods into 1-inch pieces on the diagonal. Cut the bell pepper into very thin slices and cut the slices in half lengthwise. Peel the carrot and cut into matchstick-sized pieces.
4. Place the soba noodles in a large bowl and add the pea pods, bell pepper, carrot, and red onion. Add the sauce and toss until combined. Season with salt and pepper and refrigerate until ready to serve.

Pizza (Makes 10 servings)

4 cups all-purpose flour	2 tablespoons sugar
1 cup whole wheat flour	1 teaspoon salt
2 packages active dry yeast	¼ cup canola oil
2 cups warm water	1 teaspoon Italian seasoning
3 cloves garlic	1 cup chopped red/green peppers
1 (15 ounce) can tomato sauce	1 cup chopped onion
4 cups grated mozzarella cheese	1 cup fresh mushrooms

Directions:

1. Preheat oven to 375°F.
2. Stir together flour, sugar, yeast, and salt in a bowl. Make a well in the center and add the water and oil. Stir until completely combined. Spread half of the dough in a 8 by 14-inch rectangle in the center of each of the two large ungreased baking sheets. Or, use two prepared pizza crusts.
3. Peel and finely chop the garlic. Stir the garlic and Italian seasoning into the can of tomato sauce. Spread half of the sauce onto each crust. Spread the topping ingredients over the sauce and sprinkle with mozzarella cheese. Bake for 20 to 25 minutes, or until the crust is golden brown.

Vegetable Empanadas (Makes 4 servings)

2 zucchini	1 onion
2 potatoes	2 tablespoons canola oil
1 (15 ounce) can diced tomatoes	1 teaspoon crushed red pepper
Salt and pepper	2 prepared piecrusts

Directions:

1. Preheat the oven to 350°F.
2. Trim and discard the ends of the zucchini and cut into ½ inch pieces. Peel the onion and potatoes and cut into ½ inch pieces.
3. Place the oil in a large skillet over medium heat. Add the zucchini, onion, and potatoes, and cook, stirring occasionally for 10 minutes, or until the potatoes are tender. Drain the juice from the tomatoes and add them to the pan. Add the crushed red pepper and cook for 5 minutes or until the tomatoes are warm. Season with salt and pepper.
3. Lay the piecrusts on a flat surface and cut each one in half. Spoon one-fourth of the vegetable mixture into the center of one half circle of dough. Wet your finger and dampen the entire edge of the dough, then fold the dough over and press all around the edges with a fork to seal. Cut a slit in the top of the dough and place on an ungreased baking sheet. Repeat with the remaining ingredients. Bake for 30 minutes, or until golden brown.

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