

# Plant-Based Woman Warrior Demo for Michiana VegFest

## Teriyaki Tofu or Tempeh

### Ingredients:

14-ounces [extra firm tofu](#), cubed, **OR** 8-ounces [tempeh](#), cubed  
½ cup tamari  
¼ cup maple syrup  
3 tablespoons ketchup, or tomato paste  
1 tablespoon minced ginger  
¼ cup toasted sesame seeds  
1 cup cooked brown rice  
1 cup shelled edamame, thawed

### Instructions:

In a bowl combine the tamari, maple syrup, ketchup, ginger, and sesame seeds. Stir and add the tofu or tempeh cubes. Right now, set aside about ¼ cup teriyaki sauce to save to use as a sauce on top! Allow the cubes to soak up the teriyaki sauce for anywhere from 2 to 20 minutes. Into a frying pan over medium high heat, pour the cubes and sauce. Allow the cubes to cook on all sides. Keep an eye on the heat, and turn it down as the sauce starts to bubble and burn off. Add teaspoons of water if needed to lift any teriyaki sauce off the bottom of the pan. The cubes are ready once browned and warmed to your liking; we usually cook them for around 4+ minutes.

## Lick the Bowl Peanut Curry Sauce

### Ingredients:

1 tablespoon ginger, minced  
3 cloves garlic, minced  
1 cup water  
½-2/3 cup peanut butter  
2 teaspoons curry powder (optional)  
2 tablespoons rice vinegar  
2 tablespoons tamari  
2 tablespoons maple syrup  
1 teaspoon hot sauce; we use Sriracha

### Instructions:

In a small sauce pan over medium heat add the ginger and garlic and stir for about 2 minutes until the ingredients get fragrant and stick to the bottom of the pan. Add the water and continue to stir, lifting anything sticking to the bottom of the pan. Add the peanut butter, curry (if using), rice vinegar, tamari, maple syrup and hot sauce and continue stirring until everything gets warm, smooth and sauce-y. Use immediately over rice, whole wheat pasta, potatoes, sweet potatoes, or greens! Or refrigerate until ready to use.

## Better Board – a ‘hosting’ and ‘what-to-bring’ solution

Here is our "Better Board" Strategy. It can vary however you wish!

### Ingredients:

8 ounces hummus – with no added oil. [We prefer CAVA brand](#) – or at Whole Foods Market  
One bottle liquid smoke  
1 teaspoon smoked paprika  
1 head Romaine lettuce, chopped  
1 large onion, caramelized  
4 ounces sweet peas, thawed  
1 large sweet potato (wrapped and roasted in tin foil for 1 hour at 400°), cubed  
½ cup toasted walnut pieces  
6-8 dried apricots, small-diced  
¼ cup dried cherries. [We prefer Sunrise brand](#).  
½ cup Pomegranate Arils  
½ cup microgreens or broccoli sprouts  
1 bottle balsamic glaze, [here is an option from Whole Foods](#) (it is the cheapest)  
2 boxes Mary's Gone Crackers (GF)

### Instructions:

On a clean and handsome cutting board spread the hummus and build all the other ingredient layers on top.  
Serve with crackers.

## Darn Good Cookies

### Ingredients:

1 cup raw walnuts  
6 large dates, pitted  
1 tablespoon vanilla extract  
dash sea salt (optional)  
1 tablespoon water (if needed for texture)  
¼ cup mini dark chocolate chips, we prefer [Enjoy Life brand](#)  
3 Tablespoons old fashioned oats  
Small (wee little) cupcake papers

### Instructions:

In a food processor or high-speed blender combine the nuts until crumbled uniformly. To the food processor or blender, add the dates, chocolate chips, oats, vanilla, water (if needed) and blend until mixture turns in to a clump. Scrape the sides down a few times, if needed, and blend again. From the clump of dough, take a spoonful of dough and press and roll into a ball – about the size of a large marble and place on serving plate into wee cupcake-like paper wrappers (if you have them). Serve immediately!