Lentil Tabbouleh Salad with Flaxseed Crackers

Serves 3-4

**Flaxseed Crackers**
1 cup Flaxseed meal, brown or golden
2 teaspoon Onion Powder
1 teaspoon Garlic powder
1/2 teaspoon salt
¼ cup oat flour, more as needed
2 teaspoon zaatar
2 tbsp chia seeds
1/2 cup water, more as needed

**Tabbouleh Salad**
1 ½ cups cooked lentils
1-2 Roma tomatoes, cut into bite-size pieces
1 Persian cucumber, cut into bite-size pieces
1 bunch of Italian parsley, chopped, about 1 cup
½ bunch of cilantro chopped, about ½ cup, or use all parsley
½ bunch of mint leaves, chopped
1 shallot, diced, or ½ red onion, finely diced
1 large lemon, zested and juiced
2 tablespoons olive oil, more as desired
Salt and pepper

Preheat your oven to 350 degrees.

In a mixing bowl, combine all the ingredients except for water, mix well. Stir in water and then form a dough with the mixture adding more water if dry and more oat flour or flaxseed meal to form a dough. Roll the dough out between parchment paper to about 1/16-1/8” thick; the thinner, the crispier the cracker will be.

Lightly score the cracker dough into cracker size pieces with a pizza cutter or sharp knife and then bake for 20-25 minutes. Remove crackers from the oven and then recut the scored lines with a sharp knife to form crackers. You can return the separated crackers into the oven for about 5 minutes if you want a crispier texture.

To make tabbouleh salad, combine all the ingredients, mix well, taste and adjust seasoning to your liking, adding more lemon juice, salt, or pepper to your preference.

Serve tabbouleh salad with crackers.

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**Miso Tofu Brown Rice Bowl with Spinach and Mushrooms**
Serves 4

**For Tofu**
14-16 oz firm tofu cut into bite-size squares
1 tablespoon soy sauce
1 tablespoon sesame oil
Optional; garlic, ginger, mirin

**For Miso Sauce**

¼ cup mirin
2 tablespoons sake
1 tablespoon sugar
2-4 tablespoons water, as needed to thin
¼ cup miso, red or a red, white combo (aka or awase miso)

2 cups short-grain rice rinsed well
1 tablespoon olive oil or other mild oil
1 shallot diced, or ¼ cup diced onion
2-3 cloves of minced garlic, about 1 tablespoon
8 oz cremini mushroom
3 cups baby spinach, loosely packed
1 tablespoon soy sauce
1 teaspoon sesame oil

Garnish (optional)
Scallions
Sesame seeds

1. Preheat your oven to 375 degrees and line a baking sheet with parchment paper or foil.
2. Toss tofu with soy sauce, sesame oil, and desired optional ingredients. You can marinate the tofu overnight for more flavor if desired.
3. Arrange tofu on the prepared baking sheet and bake for 20-30 minutes, flipping the tofu halfway through the cooking process. You can bake it for a longer or shorter amount of time, depending on your desired texture.
4. Meanwhile, make your miso sauce, combine all the ingredients except water and miso in a small pot, mix well and bring to a boil. Turn off the flame and stir or whisk in the miso, thin the sauce with water to your desired consistency, set aside.
5. For brown rice, bring a large pot of water to boil, at least 8 cups of water, pour rinsed rice in the pot and reduce the flame to a simmer, cook rice for 40 minutes uncovered, making sure to stir every 5-8 minutes. Taste the rice, and it should be tender, drain well, and set aside.
6. Heat your oil in a pan and coat the pan well with oil, add shallot or onion and garlic with mushrooms in the pan and cook until mushrooms have released their liquid and are soft, stir in rice, mix well, then stir in spinach, soy sauce, and sesame oil, cook just until spinach wilts and then remove from heat.
7. Assemble bowls by placing spinach mushroom rice on the bottom, then top with tofu and miso sauce, garnish with scallions and sesame seeds if desired.