

# Inquiry Recipe Plan

<p><b>Mediterranean:</b></p> <p><b>Chopped</b></p> <p><b>Mediterranean Salad</b></p>	<p><b>Ingredients</b></p> <ul style="list-style-type: none"><li>● 2 heads romaine lettuce, chopped (about 6 cups)</li><li>● 1 pint Roma tomatoes, quartered</li><li>● 1 cup cucumbers, chopped</li><li>● 15-ounce can of chickpeas, drained and rinsed</li><li>● ¼ cup red onions, finely chopped</li><li>● ¼ cup pitted Kalamata olives, sliced</li><li>● ¼ cup crumbled feta cheese</li><li>● 1 tbsp. parsley, chopped</li></ul> <p><b>For the Dressing</b></p> <ul style="list-style-type: none"><li>● ¼ cup olive oil</li><li>● 3 tbsp. lemon juice</li><li>● 2 teaspoons dijon mustard</li><li>● 1 garlic clove, pressed</li><li>● ½ tsp. oregano</li><li>● ¼ tsp. Salt</li><li>● ¼ tsp. black pepper</li></ul> <p><b>Instructions</b></p> <ol style="list-style-type: none"><li>1. Assemble the salad in a large bowl, starting with the lettuce.</li><li>2. To prepare the dressing, whisk together all the ingredients for the dressing in a jar until emulsified.</li><li>3. Pour the dressing over the salad and mix thoroughly.</li></ol> <p>From: Feelgood Foodie</p>
<p><b>Mediterranean:</b></p> <p><b>Grilled Eggplant</b></p> <p><b>“Steak”</b></p>	<p><b>Ingredients</b></p> <p><b>Topping</b></p> <ul style="list-style-type: none"><li>● 4 organic roma tomatoes (seeded and diced)</li><li>● 1 cucumber (peeled, seeded and diced)</li><li>● 1 cup red onion (diced)</li><li>● ½ cup kalamata olives (or green olives, sliced)</li><li>● ½ cup flat-leaf parsley (chopped)</li><li>● 2 tsp dried oregano</li><li>● ½ tsp salt (optional)</li><li>● ¼ tsp ground black pepper (optional)</li></ul> <p><b>Eggplant</b></p> <ul style="list-style-type: none"><li>● 2 eggplants (stem removed, sliced lengthwise into ½” wide “steaks” (you should get 8-10 “steaks”))</li></ul>

- ¼ cup balsamic vinegar
- ½ tsp chilli powder
- ½ tsp garlic powder
- ¼ tsp salt (optional)
- ¼ tsp ground black pepper (optional)
- 1 batch of vegan feta (link in Chef's Notes, optional)
- 1 medium lemon (sliced in half)

### Directions

1. Make your topping: Add the tomatoes, cucumber, onion, olives, parsley, oregano, salt and pepper, if using, to a large mixing bowl. Mix well and set aside.
2. Make the eggplant: With a pastry brush, brush each side of each steak with balsamic vinegar.
3. Sprinkle the steaks with chilli powder, salt and pepper, if using.
4. Heat a large stovetop pan over medium heat. Grill the eggplant steaks until tender, about 3–4 minutes per side.
5. Transfer the steaks to a serving platter and top with the vegan feta (if using), tomatoes, cucumber, red onion, olives, parsley and salt and pepper, if using.
6. Squeeze lemon juice over the top.

From: The mediterranean dish

### Mediterranean:

### Spinach Ravioli with Artichokes and Olives

### Ingredients

- 2 (8 ounce) packages frozen or refrigerated spinach-and-ricotta ravioli
- ½ cup oil-packed sun-dried tomatoes, drained (2 tablespoons oil reserved)
- 1 (10 ounce) package frozen quartered artichoke hearts, thawed
- 1 (15 ounce) can no-salt-added cannellini beans, rinsed
- ¼ cup Kalamata olives, sliced
- 3 tablespoons toasted pine nuts
- ¼ cup chopped fresh basil

### Directions

1. Bring a large pot of water to a boil. Cook ravioli according to package directions. Drain and toss with 1 tablespoon reserved oil; set aside.
2. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium heat. Add artichokes and beans; sauté until heated through, 2 to 3 minutes.
3. Fold in the cooked ravioli, sun-dried tomatoes, olives, pine nuts and basil.

From: Eatingwell

**Japanese:**

**Yasai Itame Stir-Fry**

**Ingredients**

- 10 snow peas
- 1/4 onion
- 1/4 green cabbage
- 1/2 carrot
- 1 clove garlic
- 2-3 slices ginger
- 1 tbsp neutral oil
- 2 cups bean sprouts

**Seasoning**

- 1 tsp oyster sauce
- 1 tsp soy sauce
- 1/2 tsp kosher salt
- Ground black pepper to taste
- 2 tsp toasted sesame oil

**Directions**

1. Prepare the vegetables and mince the garlic & ginger
2. Heat a large frying pan or wok on medium-high heat. Once it's hot, add **1 Tbsp neutral oil**. Then, add the garlic and ginger and coat in the oil using tongs or a spatula.
3. Next, add the onion and stir-fry until almost tender. Then, add the carrot and toss
4. Once the carrot starts to get tender, add the cabbage and snow peas. Continue to stir & cook the ingredients
5. Add the bean sprouts and toss again. Next, add the oyster sauce and soy sauce. Stir well.
6. Season with the kosher salt and black pepper. Finally, drizzle in the sesame oil. Toss one last time, then remove the pan from the heat.

From: [justonecookbook.com](http://justonecookbook.com)

**Japanese:**

**Teriyaki Tofu**

**Ingredients**

**For the Tofu**

- 1 block medium-firm tofu
- 1/3 cup cornstarch
- 2 tbsp neutral oil

**For the Homemade Teriyaki Sauce**

- 2 tbsp sake
- 2 tbsp mirin

- 2 tbsp soy sauce

### For the Toppings

- 1 green onion
- 1 pickled red ginger

### Directions

1. About 30 minutes before cooking, drain the tofu. Wrap the tofu with a paper towel and place it between two plates. Place a heavy object on top to press out the liquid for 20-30 minutes. Alternatively: wrap with a paper towel and microwave for 2-3 minutes
2. To make the teriyaki sauce, combine the sake, mirin, and soy sauce in a measuring cup or small bowl. Set aside.
3. Remove the paper from the drained block of tofu and discard the water. Cut the block lengthwise in half, then crosswise into squares about 1/2 inch thick.
4. Chop 1 green onion and set aside for the garnish. Heat a nonstick frying pan on medium-high heat. When hot, add the neutral oil
5. When the oil is hot, put the cornstarch in a bowl and coat the tofu in starch.
6. Shake off the excess and gently place the tofu in the pan to fry. Cook until the bottom side is golden brown. Flip and cook the other side.
7. When both sides are nicely brown, pour the teriyaki sauce into the pan.
8. Flip the tofu and shake the pan to evenly coat the tofu in sauce. The sauce will thicken a bit as it cooks.
9. Transfer the tofu to a serving plate and garnish with the green onion.

From: justonecookbook.com

### Jamaican:

### Jerk Tofu with Sweet Pineapple Salsa

### Ingredients

#### Jerk Seasoning

- 1 tsp garlic powder
- 1 tsp onion granules
- 1 tsp oregano
- ½ tsp smoked paprika
- ½ tsp allspice
- ¼ tsp red pepper flakes (optional)
- 2 dashes nutmeg
- 2 dashes cinnamon
- ¼ tsp salt (optional)
- ¼ tsp ground black pepper (optional)
- ⅛ tsp cayenne (optional)
- ⅓ cup vegetable broth (unsalted, preferably homemade)

- 14 oz organic tofu (extra firm or firm, pressed and drained)
- Sweet and Savory Pineapple Salsa

## Directions

1. Preheat oven to 400 degrees and line a baking sheet lined with parchment paper.
2. Cut the tofu lengthwise into 6–8 pieces, about ¼” wide, and place the 6–8 pieces on the parchment-lined baking sheet.
3. Make the Jamaican Jerk seasoning: In a small bowl, mix all the ingredients together.
4. Add the vegetable broth to the Jamaican Jerk seasoning and mix well.
5. With a pastry brush, brush the jerk seasoning to both sides of each piece of tofu until the tofu is completely coated.
6. Bake for 25–30 minutes, turning the tofu over halfway in between
7. In the meantime, make your Sweet and Savory Pineapple Salsa, if you did not prepare it ahead of time, and set aside.
8. Once the tofu is finished cooking, add to your plates.
9. Top with the Sweet Pineapple Salsa. Enjoy alongside black or brown rice.

From: [foodrevolution.org](http://foodrevolution.org)

## Jamaican: Curried Jamaican Stew

## Ingredients

- 1 tbsp coconut oil (or a few tsps of water)
- 1 white or yellow onion, diced
- 1 green bell pepper, finely diced
- 1 jalapeno chile
- 2 tomatoes chopped, or 1 (14.5oz, 411g) can diced tomatoes
- 1 tbsp red curry paste
- 1 tsp salt
- 1 tap ground allspice
- 3/4 tsp red pepper flakes
- 1/2 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cloves
- 3 cups (540g) cooked kidney beans, or 2 15 oz cans, drained & rinsed
- 4 medium sweet potatoes, peeled and cut into 1/2 inch cubes
- 3 cups (710ml) low-sodium vegetable broth
- 1 small or 1/2 medium bunch collard greens or other greens, stemmed and cut into thin strips
- 1 cup (240ml) full-fat coconut milk
- 1/4 cup (25g) chopped scallions, green and white parts, plus more for topping

## Directions

1. Heat the oil (or water) in a large pot over medium heat. Add the onion, bell pepper, and jalapeno and cook, stirring occasionally, for 5 to 7 minutes, until the onion is tender and translucent. Add the tomatoes and red curry paste and cook, stirring frequently, for about 5 minutes, until the tomatoes have released their juices and cooked down a bit.
2. Stir in the salt, allspice, red pepper flakes, cumin, cinnamon, cloves, beans, and sweet potatoes, then pour in the broth. Bring to a boil over medium-high heat, then lower the heat and simmer, stirring occasionally, for 20 minutes.
3. Use an immersion blender to partially puree the soup so that about half of the sweet potato cubes and kidney beans are still visible and whole, or puree about half of the soup in a standard blender and return it to the pot. Add the collard greens and simmer for 5 to 10 minutes, until the greens have wilted. Stir in the coconut milk and scallions. If the soup is thicker than you'd like, stir in more broth to achieve the desired consistency. Taste and adjust seasonings if desired. Serve with extra chopped scallions.

From: the vegan8.com

**Italian:**  
**Lentil Soup**

### Ingredients

- extra-virgin olive oil
- 1 medium yellow onion, finely chopped
- 4 large garlic cloves, minced
- 2 carrots, chopped
- 1 celery rib, chopped
- Kosher salt
- black pepper
- 1 (28-ounce) can whole tomatoes (I like San Marzano)
- 5 cups vegetable broth
- 1 dried bay leaf
- 1 tablespoon Italian seasoning
- ½ to 1 teaspoon red pepper flakes
- 1 cup green lentils, rinsed (or brown lentils)
- 2 cups baby spinach
- 1 cup chopped parsley leaves
- Splash red wine vinegar
- Freshly grated parmesan cheese, for garnish (optional)

### Directions

1. In a large Dutch oven, heat about 2 tablespoons olive oil over medium-high heat. Add the onions, garlic, carrots, and celery. Season with a big pinch of salt and pepper. Cook, stirring

occasionally until the veggies are fragrant and somewhat tender, about 5 minutes.

2. Simmer: Add the tomatoes and lightly crush with a potato masher or the back of a fork. Stir in the vegetable broth, bay leaf, Italian seasoning, red pepper flakes, and lentils. Season with another pinch of kosher salt and black pepper. Bring the soup to a boil, then lower the heat and partly cover the Dutch oven, leaving a little opening. Simmer for about 20 to 30 minutes or until the lentils are very tender and cooked through, but still intact.
3. Turn off the heat and stir in the baby spinach, parsley, and a splash of red wine vinegar. Taste and season with more vinegar, salt, and pepper to your liking. Transfer to serving bowls and finish with a drizzle of olive oil and Parmesan cheese, if using.

## Italian: Eggplant Rollatini

### Ingredients

- 1 large eggplant
- 1 tbsp salt

### For the Sauce

- 1 small onion, chopped
- 1/4 cup olive oil
- 2 garlic cloves, mined
- 1 can (15 ounces) tomato sauce
- 1/2 cup chicken broth
- 1/4 cup tomato paste
- 2 tbsp fresh parsley, minced
- 2 tsp sugar
- 1/s tsp salt
- 1/s tsp dried basil
- 1/4 tsp pepper
- 1/8 tsp crushed red pepper flakes

### Filling

- 1 carton (15 ounces) ricotta cheese
- 1 cup part-skim mozzarella cheese, shredded
- 1/2 cup parmesan cheese, grated
- 1/4 cup fresh parsley, minced
- 1 large egg, lightly beaten
- 1/8 tsp pepper

### Coating

- 3 large eggs, lightly beaten
- 1 cup seasoned bread crumbs
- 1 cup parmesan cheese, divided



- 2 garlic cloves, minced
- Dash of salt and pepper
- Oil for frying

## Directions

1. Peel and slice eggplant lengthwise into fifteen 1/8 inch-thick slices. Place in a colander over a plate, sprinkle with salt and toss. Let stand for 30 minutes
2. For sauce, in a large saucepan, sauté onion in oil. Add garlic; cook 1 minute longer. Stir in the remaining sauce ingredients. Return to a boil. Reduce heat; simmer, uncovered, until flavors are blended, stirring occasionally for 20-25 minutes. Rinse and drain eggplant.
3. In a large bowl, combine filling ingredients, and set aside
4. Place eggs in a shallow bowl. In another bowl, combine bread crumbs, 1/2 cup parmesan, garlic, parsley, salt and pepper. Dip eggplant in eggs, then into the breadcrumb mixture.
5. In an electric skillet, heat 1/2 in. of oil to 375 degrees. Fry eggplant in batches until golden brown, 2-3 minutes on each side. Drain on paper towels.
6. Preheat oven to 375 degrees. Spoon 1 cup sauce into an ungreased 13x9 in. baking dish. Spread two rounded tbsp. filling over each eggplant slice. Carefully roll up and place the seam side down on the baking dish. Spoon remaining sauce over roll-ups. Sprinkle with remaining parmesan cheese, cover and bake for 30-35 minutes.

From: [tasteofhome.com](http://tasteofhome.com)

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