SAN DIEGO
ENVIRONMENTAL LEADERSHIP SUMMIT

5th Environmental Leadership Summit

Eat Like an Activist!

San Diego Activists Share Favorite

Climate-Earth-Animal-Health-Friendly

Lunch Recipes

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October, 2021

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Even though the Summit will be virtual again this year, we still wanted to encourage everyone to eat a climate-friendly, plant-based lunch.

Why eat plants? Cuz eating plants is

- Better for the planet
- Better for the climate
- Better for the animals
- Better for you!

If you want more reasons, check this poster out Why Eat Plants

Check out a few recipes that local San Diego activists eat for lunch.

Elizabeth Reid-Wainscoat is the Urban Wildlands Campaigner from the Center for Biological Diversity. The Center also hosts a "Take Extinction off Your Plate" website. If you like cooking videos, check this out Facebook video. But if you're lazy, and like easy, just make the Orange Julius below.

Dairy Free Orange Julius

Ingredients

- 2 medium sized orange peel removed
- 1/2 cup coconut milk
- 2/3 cup orange juice
- 1 tbsp honey (or 2 medjool dates soaked in hot water for 10 minutes)
- 1 tsp vanilla extract
- pinch salt
- 1 cup ice

Instructions

- Combine everything in a blender and blend into a chunky slush consistency.
- Pour into four glasses and serve with an optional orange slice.

https://www.everylastbite.com/2020/07/12/dairy-free-orange-julius/

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Maleeka Marsden is an amazing Co-Director of Policy with Climate Action Campaign and Chair of the San Diego Green New Deal Alliance. She offers the following delicious and healthful lunch recipe.

Cheezy Stuffed Poblanos

Ingredients

- 6 poblano peppers
- 1 Miyoko's cashew cheese wheel, chive flavored
- 1/2 pack frozen corn
- 1 pack of mushrooms, preferably from local mushroom farm
- 1/2 onion
- 5 cloves of garlic
- Small can diced tomatoes
- Olive oil
- Salt and pepper
- Homemade or a bottle of enchilada sauce

Instructions

- Saute the onion and garlic in olive oil, add mushrooms, tomatoes, corn.
- Add salt and pepper, and any other spices you like.
- When the mushrooms and corn are cooked, turn them off.
- Then, cut poblano chiles down the side, clean out the insides of the poblanos.
- Spread cheese on the inside of the poblanos, then fill with veggies.
- Preheat broiler, cook for 20-30 mins. Pour enchilada sauce on top.
- Check periodically to see when poblanos are lightly blackened and soft.

Enjoy!

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Lucero Sanchez is the Community Policy Coordinator for San Diego Coastkeeper. She is working hard for clean water every day and by eating this recipe for lunch!

Save the Oceans

Chickpea-of-the-Sea Tuna's Favorite Sandwich

Ingredients

- 1 can (14 oz) **chickpeas** (garbanzo beans), drained and rinsed
- juice of ½ **lemon** + some zest if you like
- ¼ – ⅓ cup vegan mayo (or 3 – 4 tbsps hummus with 2 – 3 tbsps water or tahini)
- ¼ cup **celery** (about 2 small stalks, leaves ok too), chopped
- ¼ cup **red onion** (about ½ small), chopped
- ¼ – ½ teaspoon **garlic powder**
- himalayan **salt & cracked pepper**, to taste
- dash of **cayenne**, optional

Other optional ingredients:

- crushed nori sheets or dulse **(**seaweed) to make it Phishier
- 1 tablespoon chia seeds or hemp hearts for some omega 3 & 6
- sweet or dill pickle relish
- Fresh dill

Instructions

- **Mash chickpeas:** Drain and rinse chickpeas, place in medium size bowl and roughly mash about ¾ of the chickpeas with the back of a fork or potato masher, until desired consistency.
- **Assemble salad:** Add the rest of the ingredients and mix well, adding any extra ingredients you like. Alternatively, you can use a food processor starting with the beans, pulse a few times, add remaining ingredients pulsing again a few times until desired consistency.
- Serve chilled or at room temperature.

Ways to serve:

- Serve on bread of choice, along with some leafy greens and the optional ¼ sheet of nori.
- You can also serve on bibb or romaine lettuce like a wrap, instead of using bread, you can also try serving with sliced fresh scoopable veggies like cucumber, red bell peppers, zucchini, or crackers.

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Masada Disenhouse is the amazing Executive Director of San Diego 350. She is always busy but here's what she makes for lunch when she's 'fancy'.

On-the-go 350 Tofurky Sandwich

Ingredients

- Bread of choice
- Spread like Vegannaise (I like the pesto one!) or mustard + veganaise.
- Tofurkey
- Sliced Kalamata olives
- Sliced tomato
- Sliced cucumber
- Sliced roasted pepper if I have some (in a jar in the fridge)

Instructions

- Make a sandwich
- Put potato chips + a pickle on the side.

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Ron Forster is a Board member of the Escondido Creek Conservancy. He says he could eat these every day.

Phish Tacos

Ingredients

- Corn tortillas either 1 for each taco or 2-3 small- steamed in the micro
- Gardein phish filets
- Vegetable oil for frying

Baja Slaw

- Red or white cabbage shredded finely with a mandolin, vegetable peeler, or cut very finely.
- Shredded carrotM1 Tbsp vegan Mayo. Best is *Just Mayo* if you can find it
- ½ tsp lime juice
- 3 radishes finely sliced (opt)

Creamy Sauce

- Use Chipotle Aioli (see below)

Toppings

- Chopped cilantro leaves
- Piece of fresh lime
- Regular chopped onion or lime pickled onion (thin slices of red onion soaked in lime juice in a ziplock in the fridge for 4 hours.

Instructions

1. Heat oil for frying in a flat skillet with sides
2. Get the tortillas warming on a dry skillet.
3. Make phish- Fry about 1-2 minutes on each side or heat in a toaster over. Once brown remove to a plate lined with a kitchen towel to drain. Keep going with the rest of your phish. Cut in half.

Assemble the Phish Tacos however you want to. A winning process is, tortillas, slaw, phish, onions, cilantro, squeeze of lime.

Note: You can use a lot of things for the phish like Banana Blossoms, Gardein fish filets, or soy fish product from the freezer section of any cool Asian grocery with vegan options.

Chipotle Aioli

- ½ cup vegan mayo (Pref. Just Mayo)
- 1 Tbsp chipotle sauce from a can of chipotle peppers (adobo sauce)
- 1 tsp lime juice, freshly squeezed

Mix all ingredients together and whisk until combined.

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Mary Clarke has been active with the Sierra Club for over 35 years. Along with Diane Nygaard she Co-Chairs the Sierra Club North County Multiple Species/Multiple Habitat Conservation Plans Task Force. If there is anything, and we mean **anything**, you want to know about the North County MSCP/MHCP, just call Mary. In the meantime, make this!

Cucumber salad

Ingredients

- 1 cup vegan mayonnaise
- 1/4 cup sugar (maybe a little less, so it's not too sweet)
- 4 tsp cider vinegar
- 1/2 tsp dill weed (or more fresh dill)
- 1/2 tsp salt (optional)
- 4 medium cucumbers, thinly sliced
- 3 green onions, chopped

Instructions for making

1. In a large bowl, combine Mayo, sugar, vinegar, dill, salt.
2. Mix well.
3. Add cucumbers and onions.
4. Toss.
5. Cover and chill for at least one hour.

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Cara Lacey is the Associate Director for the Cities Program for the Nature Conservancy. She is a local expert on wildlife corridors and pizza making!

Easy as Pie Pizza

- Get premade or make pizza dough.
- Spread out
- Use 1 and ½ bags of Biolife Vegan Mozzarella Shreds and spread all over.
- Top with fresh basil and tomatoes.
- Bake at 350-375 until it's how you like it!
- **NOTE:** When using a pizza stone, preheat the oven to 450° with the stone in it. Allow the stone to sit at that temperature for about 10-mins. Lower the oven to 375/400° (depending on oven), place pizza on stone and let it bake for at least 20/25-mins. It's best to go by aroma and when the crust near the stone is getting golden brown.

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Laura Hunter has been an activist a long time. She is most proud of the work she did leading Environmental Health Coalition's Clean Bay Campaign for 30 years. Because the best sandwich in the world, I think we can all agree, is a Banh Mi, she offers a vegan version here.

Climate-Friendly Bánh Mî

Marinated Tofu
8 ounces extra firm tofu, drained and pressed
1/4 cup soy sauce
1/4 cup rice vinegar
1/4 cup maple syrup
2 tbsp sesame oil
2 tsp fresh grated ginger
1 tbsp cooking oil

Creamy Bánh Mî Sauce
1/4 cup vegan mayonnaise
2 tsp hoisin sauce
1 tsp soy sauce
1 tsp maple syrup
1 tsp Sriracha

Pickled Vegetables
1/3 large carrot, cut into matchsticks
1/2 small cucumber, cut into matchsticks
1/2 jalapeño, seeded and cut into thin rings
1/4 cup rice vinegar
1 tsp granulated sugar
1/2 tsp salt

Everything Else
12 inches baguette, cut in half
a few fresh sprigs of cilantro
1/4 jalapeño, seeded and cut into thin rings

Instructions

- Combine all the ingredients for the tofu marinade EXCEPT the cooking oil in a large, shallow dish. Slice the tofu into (4) 1/4" slices and place in the marinade so that tofu is completely submerged. Marinate for at least 1 hour.
- Combine the ingredients for the pickled vegetables in a small bowl. Cover and refrigerate until ready to use.
- In a small bowl, whisk together the ingredients for the Creamy Banh Mi Sauce. Refrigerate until ready to use.
- Once tofu is marinated, heat oil in a large skillet over medium heat. Once the oil is hot, add the tofu. Cook for about 5 minutes per side, until the tofu is dark and crispy.
- Cut the baguette in half and then slice each baguette lengthwise to open. Generously spread the creamy Banh Mi sauce over both sides of each baguette. Add cooked tofu and a small handful of pickled carrots and cucumber. Top with fresh cilantro and jalapeño and start eating right away!

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And, finally, **Brad the Pig**, would like to share this great recipe with all of you from all of the animals!

Brad's Favorite BBQ 'Ribs'

Ingredients

- 2 cans jackfruit in brine or water
- 1 package Impossible or Beyond 'ground' beef
- ¼ cup onion, diced
- 1/8 c dark brown sugar
- 2 tsp granulated onion
- 2 tsp granulate garlic
- 1 tsp ground black pepper
- 2 tsp smoked paprika
- 2 tsp liquid smoke
- ½ cup BBQ sauce (or more!)

Instructions

1. Preheat the oven to 375
2. Drain and rinse jackfruit then shred with your hands into a middle-sized bowl and add Beyond Impossible meat.
3. Add the rest of the ingredients and mix well. Brad adds in about a 1/3 cup of BBQ sauce at this point.
4. Line a sheet pan with foil and spray with cooking spray.
5. Shape into a slab of ribs. You can make indentations along the length if you'd like.
6. Bake for 1 hour and 10 minutes.
7. Remove and pour over the rest (or more) BBQ and put back in oven for 30 more minutes.
8. Slice into 'ribs' and enjoy! Great on a sandwich too.

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Thank you for eating and caring
and for all the important work you do!