

# The Healthy Cook

*Want to eat like a flexitarian? These plant-forward recipes are flexible in more ways than one. Try Mexican tonight, Thai tomorrow. And the sauce—it keeps for three days in the refrigerator—is also great on fish, chicken, or shrimp.*

## Cilantro Lime Sauce

 MAKES 1 CUP

- 1 bunch cilantro, chopped
- 2 serrano or jalapeño peppers (or ¼ green bell pepper)
- ¼ cup extra-virgin olive oil
- juice of 1 lime, more to taste
- 1 tsp. kosher salt

Combine all the ingredients in a small food processor. Blend until a sauce forms, about 1 minute.

## Thai-Flex

 SERVES 2

- 10 oz. extra-firm tofu, cubed
- 1 tsp. grapeseed or peanut oil
- 3 cups shredded cabbage
- 1 cup cooked brown rice
- 1 cup shelled edamame
- ½ cup Cilantro Lime Sauce
- ½ cup diced mango
- ¼ cup roasted peanuts

1. In a large non-stick pan, sauté the tofu in the oil over medium high heat until browned, 3-5 minutes.
2. Divide the cabbage into two bowls. Toss the tofu, rice, and edamame with the Cilantro Lime Sauce. Spoon over the cabbage. Sprinkle with the mango and peanuts.



PER SERVING (3½ cups with sauce): calories 630 | total fat 35 g | sat fat 5 g | carbs 52 g | fiber 13 g | total sugar 10 g | added sugar 0 g  
protein 32 g | sodium 580 mg

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## Mex-Flex

 SERVES 2

- 4 cups chopped romaine
- 1 cup cooked quinoa
- 1 15 oz. can no-salt-added black beans, drained and rinsed
- ½ cup Cilantro Lime Sauce
- ¼ white onion, thinly sliced
- ½ cup halved cherry tomatoes
- ½ avocado, sliced
- a few tortilla chips



1. Divide the romaine into two bowls. Toss the quinoa and the beans with the Cilantro Lime Sauce. Spoon over the romaine.
2. Top with the onion, tomatoes, avocado, and chips.

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PER SERVING (3½ cups with sauce): calories 580 | total fat 26 g | sat fat 3.5 g | carbs 71 g | fiber 19 g | total sugar 5 g | added sugar 0 g  
protein 20 g | sodium 580 mg