

## **Libby's Healthy Happy Hour**

**Presented by COPE**

**Menu for April 2, 2020, 5PM show time**

***Thai Inspired***

### **Ingredients:**

#### **Thai Marinated Nutty Nuggets (serves 4)**

8 ounces tempeh, chicken breast or lean beef or pork (I might be trying out extra firm or firm tofu, depending on what's available)

½ teaspoon red pepper flakes

2 teaspoons sesame seed oil

3 tablespoons nut or seed butter (cashew, almond, soy, peanut, etc.)

2 tablespoons low-sodium soy sauce

1 large lime (we'll need 2 tablespoons of the juice, and can save a cut wedge from the same lime for the beverage)

3 tablespoons maple syrup

#### **Ginger Pineapple Tall tail (serves 1)**

1 ounce fresh (peeled and cored), frozen or canned pineapple

1 sprig cilantro, mint or basil

½ ounce ginger root

1 small wedge of lime

1 teaspoon sugar or honey

2 ounces vodka (optional)

3-5 ounces club soda

#### **Other supplies:**

Parchment paper

One straw and tiki umbrella (optional)

Ice

Tall glass

## Recipes

### Thai Marinated Nutty Nuggets (serves 4)

Prep time: 20 minutes

Cook time: 20 minutes

Total time: 40 minutes

Sip time: kick back and take your time

#### **What you'll need.**

Ingredients	Equipment and Tools
<p>8 ounces tempeh, chicken breast or lean beef or pork (might be trying out extra firm or firm tofu, depending on what's available)</p> <p>½ teaspoon red pepper flakes</p> <p>2 teaspoons sesame seed oil</p> <p>3 tablespoons nut or seed butter (cashew, almond, soy, peanut, etc.)</p> <p>2 tablespoons low-sodium soy sauce</p> <p>2 tablespoons lime juice, save a wedge for the beverage</p> <p>3 tablespoons maple syrup</p>	<p>Baking tray with sides</p> <p>Parchment paper</p> <p>Cutting board</p> <p>Chef knife</p> <p>1 to 2-quart dish for marinating, a sealable plastic bag can also be used if marinating over night</p> <p>Teaspoon</p> <p>Tablespoon</p> <p>Spatula</p> <p>Paring knife</p> <p>Fork (optional for juicing)</p> <p>Tongs (optional for juicing)</p> <p>Whisk</p> <p>Oven or Toaster oven</p>

#### **Preparation steps:**

1. Preheat your oven to 375 F.
2. Prepare a baking she by covering it with a piece of parchment paper.
3. Cut your protein into nugget size triangles or pieces. Set aside.
4. In a 1 to 2-quart dish, whisk together the red pepper flakes, sesame seed oil, nut or seed butter, low-sodium soy sauce, lime juice and maple syrup.
5. Piece by piece add the protein, turning each in the marinade for a complete coating. Leave the pieces in the marinade for up to 24 hours covered in the refrigerator or place each piece onto the prepared baking tray for baking.
6. Before baking, drizzle the leftover marinade over each piece.
7. Bake for 20-30 minutes or until the marinade becomes a deep caramel colored.
8. Serve immediately.

## Ginger Pineapple Tall-tail (serves 1)

Prep time: 8 minutes

Cook time: 0 minutes

Total time: 8 minutes

Sip time: kick back and take your time

### **What you'll need.**

Ingredients	Equipment and Tools
1 ounce fresh (peeled and cored), frozen or canned pineapple 1 sprig cilantro, mint or basil ½ ounce ginger root 1 small wedge of lime 1 teaspoon sugar or honey Ice 2 ounces vodka (optional) 3-5 ounces club soda	High-ball or tall glass Shaker Muddler or long-handled utility spoon with a large grip handle Jigger (optional) Long handled stirring spoon One straw One tiki umbrella

### **Preparation steps:**

1. In the bottom of the highball glass, use a muddler or the handle of the utility spoon to muddle the pineapple, cilantro, ginger and lime together with the sugar or honey.
2. Fill the class with ice.
3. Add the vodka (optional) and top the drink with club soda.
4. Vigorously stir using a long-handled spoon to create a bit of frothy fizz on top.
5. Serve with any combination of a straw, tiki umbrella, wedge of pineapple or a sprig of cilantro.