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
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.

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

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.

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

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.