



Plant Power!

OUTPOST
CO-OP SINCE 1970

Protein is the hidden superpower in an array of plant-based foods.

Plant-based eating emphasizes meals where meat is not the main attraction, and goes well beyond salads and veggie burgers. Along with fruits and vegetables, plant-based foods put the focus on whole grains, legumes, nuts and seeds.

It may be surprising to learn that plant-based dishes can be a powerful source of protein — especially when the ingredients include beans, quinoa or tofu — in addition to fiber, antioxidants, vitamins and minerals. And who couldn't use more vegetables in their diet?

Whether you're trying to reduce the amount of meat in your diet, exploring the "flexitarian" style of eating, or enthusiastically vegan, give these flavorful, protein-rich recipes a try.

Jerk Tofu with Pineapple

Serves: 4. Prep time: 1 hour.

1 pound extra firm tofu, pressed to remove water and cut into 1- to 2-inch cubes
1 pound fresh pineapple, cut into 1- to 2-inch cubes
½ cup diced red pepper

Jerk Sauce
¼ cup fresh lime juice
2 tablespoons red wine vinegar
2 tablespoons tamari
1 tablespoon brown sugar
1 tablespoon hot sauce or habañero sauce
2 tablespoon fresh chives, minced (reserve 1 tablespoon for garnish)
1 tablespoon dried thyme
1 tablespoon Dijon mustard
1 teaspoon ground allspice
Pinch of salt and pepper

1. To press tofu: Wrap it in a clean, lint-free towel or place it between two plates, then add a 2 to 3 pound weight on top (a cookbook works well) and let it sit for 15 minutes or more to remove excess water.
2. In a medium-sized mixing bowl, combine the jerk sauce ingredients. Reserve 4

tablespoons of the sauce for dressing the tofu when cooked.

3. Marinate the pressed, cubed tofu in the jerk sauce for 30 to 60 minutes or overnight.
4. Preheat the oven to 350°F.
5. Place the tofu and marinade onto an oiled sheet pan and bake for 20 minutes; then gently stir or flip the tofu and bake for another 15 to 20 minutes until the tofu is firm and the sauce is absorbed. On a separate oiled sheet pan, bake the pineapple cubes for 20 to 25 minutes until they just start to brown.
6. Toss the pineapple and tofu together. Drizzle with the remaining 4 tablespoons of jerk sauce and garnish with chives and diced red pepper. Serve over a bed of greens, crisp lettuce or rice noodles.

Marinated tofu soaks in the full-flavored sauce and pairs wonderfully with the sweet, baked pineapple. Each serving gives you 10 grams of protein.



Curried Chickpeas in Coconut Milk

Serves 6. Prep time: 30 minutes.

2 teaspoons vegetable oil or ghee (clarified butter, frequently used in Indian cooking)
1 inch ginger root, peeled and sliced
2 cloves garlic, peeled
2 teaspoons ground cumin
½ teaspoon ground turmeric
2 teaspoons ground coriander
¼ teaspoon cayenne
1 cup coconut milk (or light coconut milk)
1 teaspoon brown sugar
1 tablespoon tomato paste
½ teaspoon salt
2 15-ounce cans chickpeas, rinsed and drained
¼ cup cilantro, chopped

1. Heat a large skillet over high heat. When hot, add the vegetable oil or ghee, the ginger, garlic, cumin, turmeric, coriander and cayenne and stir until the spices are fragrant.
2. Add the coconut milk, brown sugar, tomato paste and salt, and mash and stir to incorporate the tomato into the sauce as it comes to a simmer. Add chickpeas and stir. Reduce heat as needed to maintain a simmer, stirring often, until thick.
3. Sprinkle with cilantro just before serving.

With 8 grams of protein in each serving, this simple chickpea dish is silky with coconut milk and flecked with spices and fresh cilantro.



Egg Roll Bowl with Brown Rice

Serves: 5. Prep time: 25 minutes.

½ block extra-firm tofu, drained and patted dry
1 teaspoon vegetable oil
2 cups shredded cabbage
1 large carrot, halved and thinly sliced
4 ounces button mushrooms, sliced
1 large yellow onion, slivered
1-inch piece fresh ginger, minced
2 cloves garlic, chopped
1 tablespoon tamari soy sauce
2 teaspoons toasted sesame oil
3 cups cooked medium-grain brown rice
2 large scallions, diagonally sliced

1. Slice the drained tofu into cubes.
2. In a large saute pan, over medium-high heat, drizzle the vegetable oil. Add the tofu and stir, and then add the cabbage, carrots, mushrooms and onions. Stir frequently, scraping the pan to keep the vegetables from sticking, for about 4 minutes, until the cabbage is browning and the vegetables are crisp tender.
3. Add the ginger, garlic, tamari and sesame oil and stir for a minute, until the pan is nearly dry. Serve over brown rice, topped with scallions.

In this flavorful bowl, tofu and brown rice combine with crisp-tender stir-fried veggies to provide 11 grams of protein per serving.

SUPPORT ORGANIC FARMERS

CALL YOUR REPRESENTATIVES!

The proposed Domestic Organic Investment Act supports U.S. organic agriculture by investing in the infrastructure needed to get organic food from farms to stores.

Here are a few talking points:

This is a bipartisan bill that supports small organic farms + co-ops

It helps expand U.S.-grown organic food by investing in processing + distribution

Organic farming reduces reliance on synthetic fertilizers + pesticides

Strong domestic organic supply chains reduce reliance on imported organic food



Call your reps at 202-224-3121 or visit Congress.gov to find your representatives.

Learn more and get an easy script by visiting outpost.coop/CallToAction

FEBRUARY SOUP MENU

ALL OF OUR CO-OP MADE SOUPS ARE MADE FROM SCRATCH USING OUR FROM-SCRATCH STOCK, FRESH ORGANIC OR ALL-NATURAL INGREDIENTS

YOU'LL TASTE THE DIFFERENCE!

01	CHEF'S CHOICE
02	GINGER CHICKEN NOODLE
03	RED LENTIL COCONUT CURRY V + WF
04	CHEESY POTATO SOUP WF
05	PERUVIAN QUINOA V + WF
06	CHICKEN MULLIGATAWNY
07	MUSHROOM MISO V + WF
08	CHEF'S CHOICE
09	GINGER CHICKEN NOODLE
10	POTATO FLORENTINE WF
11	SPINACH COCONUT V + WF
12	CHICKEN WILD RICE WF
13	BROCCOLI CHEDDAR CHEESE WF
14	GOLDEN SPLIT PEA V + WF
15	CHEF'S CHOICE
16	GINGER CHICKEN NOODLE
17	SPINACH LENTIL V
18	CORN + SWEET POTATO CHOWDER V + WF
19	CHICKEN MULLIGATAWNY
20	PUMPKIN MINESTRONE
21	TOMATO PARMESAN WF
22	CHEF'S CHOICE
23	GINGER CHICKEN NOODLE
24	BEAN + BARLEY V + WF
25	PERUVIAN QUINOA V + WF
26	CHICKEN WILD RICE WF
27	BROCCOLI CHEDDAR CHEESE WF
28	RED LENTIL COCONUT CURRY V + WF

MAMA'S VEGGIE CHILI SERVED DAILY

WF = WHEAT FREE | V = VEGAN



SAVE THE DATE!

February 14th

11 am - 4 pm

Art!
Food!
Kids Craft!

VISIT OUR FOUR NEIGHBORHOOD LOCATIONS:

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

LET'S OWN A GROCERY STORE TOGETHER

WWW.OUTPOST.COOP

