

ONE BITE

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Vegan Magazine

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VEGAN EATS
IN LISBON,
PORTUGAL



VEGAN
JERKY UP
FOR GRABS
from
VITAL EATS



VEGAN
SALAD RECIPES
that DON'T SUCK!



VEGAN
ICE CREAM
& POPSICLE
RECIPES



SUMMER FRUIT
» Recipes «

FOOD THAT
LOVES YOU!

Fermentation 101

+ RECIPES

Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY



Mediterranean Quinoa Salad

By Melissa Huggins

INGREDIENTS:

- Olive oil
- Extra firm tofu
- Quinoa
- Red onion
- Cucumber
- Jarred roasted red pepper
- Kalamata olives
- Fresh basil

FOR THE DRESSING:

- Olive oil
- Red wine vinegar
- Lemon juice
- Dijon mustard
- Maple syrup
- Dried oregano
- Garlic
- Sea salt
- Fresh-cracked pepper
- Crushed red chile pepper

INSTRUCTIONS

1. Press and crumble the tofu. Lightly sprinkle it with salt and pour 1-2 tablespoons of dressing on top. Gently work it in with your fingers to coat. If you'd like a tangier flavor, add a small amount of lemon juice.
2. Now cook the quinoa, dice the red onion and cucumber, cut the red pepper into short strips, slice the olives and chop the basil.
3. In a large bowl, add the cooled quinoa, onion, cucumber, olives, roasted pepper and basil.
4. Pour the dressing over everything and gently toss to combine.
5. Top with the marinated tofu crumbles when you're ready to serve.

INSTRUCTIONS

1. In a small-medium bowl, whisk all the dressing ingredients together.
2. The dressing is easily adjusted by personal taste, so just add more or less of the listed ingredient amounts as needed.



Melissa Huggins

Melissa is a vegan blogger and creator of veganhuggs.com. Melissa has been creating vegan recipes for over ten years, for both vegans and meat-eaters to enjoy. Her recipes have been featured on BuzzFeed, Huffington Post, and Live Kindly just to name a few.

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