

MIO FAIRVIEW TEACHERS PROFESSIONAL WELLNESS DAY

Plant-Based Filipino Pancit with Tofu

Ingredients (Serves 4–6)

- 8 oz (225 g) pancit bihon (rice noodles)
- 2 tablespoons avocado oil (or a splash of water for oil-free cooking)
- 1 block (14 oz/400 g) firm tofu, pressed and cubed
- 4 cloves garlic, minced
- 1 medium onion, thinly sliced
- 2 carrots, julienned
- 1½ cups green beans, sliced diagonally
- 2 celery stalks, thinly sliced
- 3 cups cabbage, shredded
- ¼ cup soy sauce (or to taste)
- ½–1 teaspoon cayenne pepper (adjust to your preferred level of heat)
- 1–1½ cups vegetable broth or water



Optional Garnishes

- Sliced green onions
- Lemon or calamansi wedges

Instructions

- 1. Prepare the noodles.** Soak the pancit bihon according to the package directions until just softened. Drain and set aside.
- 2. Cook the tofu.** Heat 1 tablespoon of oil in a large wok or skillet over medium-high heat. Add the tofu cubes and cook until golden brown on all sides, about 6–8 minutes. Remove from the pan and set aside.
- 3. Sauté the aromatics and vegetables.** Add the remaining oil to the pan. Sauté the onion for 2–3 minutes until translucent, then add the garlic and cook for 30 seconds until fragrant. Stir in the carrots, green beans, celery, and cabbage. Cook for 4–5 minutes, just until the vegetables are crisp-tender.
- 4. Set the vegetables aside.** Transfer the cooked vegetables to a bowl and set aside with the tofu.
- 5. Cook the noodles.** Pour the vegetable broth (or water) into the same pan. Stir in the soy sauce and cayenne pepper, then bring to a gentle simmer. Add the soaked noodles and toss until they absorb the flavorful broth and become tender, about 3–5 minutes.
- 6. Combine everything.** Return the cooked tofu and vegetables to the pan. Gently toss everything together until evenly combined and heated through. Taste and add more soy sauce or cayenne pepper if desired.
- 7. Serve.** Garnish with sliced green onions and serve with lemon or calamansi wedges for a bright, fresh finish.

Plant-Based Filipino Lumpia (Spring Rolls)

Ingredients (Makes 18–20 Lumpia)

- 18–20 lumpia (spring roll) wrappers
- 2 medium potatoes, peeled and diced into small cubes
- 2 medium carrots, finely diced or julienned
- 1 cup green beans, finely chopped • 2 cups cabbage, finely shredded
- 4 cloves garlic, minced
- 1 medium onion, finely diced
- ¼ cup fresh cilantro, chopped
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt, or to taste
- Water or a flour-and-water paste for sealing the wrappers



Optional Dipping Sauces • Sweet chili sauce • Garlic vinegar (Filipino-style suka with minced garlic) • Soy sauce with calamansi or lemon juice

Instructions

1. Sauté the vegetables. Heat a large skillet over medium heat. Add a few tablespoons of water (or a small amount of oil, if preferred). Sauté the garlic and onion until fragrant and the onion is translucent, about 2–3 minutes. Add the green beans and cook for 2–3 minutes. Stir in the carrots and cook for another 2–3 minutes. Add the diced potatoes and cook, stirring occasionally, until they begin to soften. If needed, add a few tablespoons of water and cover the skillet for a few minutes to help the potatoes cook through without sticking.

2. Add the cabbage and season. Fold in the cabbage and cook just until slightly wilted. Season with the garlic powder, onion powder, and salt, stirring well to evenly coat the vegetables. Finally, stir in the chopped cilantro and mix until combined.

3. Cool the filling. Remove the filling from the heat and allow it to cool completely before wrapping. This helps keep the lumpia wrappers crisp.

4. Wrap the lumpia. Lay a lumpia wrapper on a clean surface with one corner facing you. Place about 2 tablespoons of filling near the bottom corner. Fold the bottom corner over the filling, tuck it in tightly, fold in both sides, and roll toward the top corner. Seal the edge with water or a flour-and-water paste. Repeat with the remaining wrappers.

5. Bake the lumpia. Preheat the oven to **425°F (220°C)**. Arrange the lumpia in a single layer on a parchment-lined baking sheet. Lightly brush or spray with oil, if desired, for extra crispness. Bake for **15–20 minutes**, turning halfway through, until golden brown and crispy. **OR Air Fry the lumpia.** Preheat the air fryer to **390°F (200°C)**. Arrange the lumpia in a single layer, leaving space between each roll. Lightly spray with oil, if desired. Air fry for **10–12 minutes**, turning halfway through, until crispy and golden brown.

6. Serve. Serve hot with sweet chili sauce, garlic vinegar, or soy sauce with calamansi or lemon juice.

Fresh Vietnamese-Style Spring Rolls

(with Peanut Dipping Sauce)

Serves: 4–6 (about 8–10 rolls, depending on size) Portion: 1–2 rolls per person for an appetizer



Ingredients:

- 8–10 rice paper wrappers
- 1–2 cucumbers, cut into thin match sticks
- 2–3 carrots, peeled and cut into thin matchsticks
- 1 small head lettuce (romaine, green leaf, or butter), leaves torn into strips
- 1 small bunch cilantro, roughly chopped or left as small sprigs
- 2–3 ripe avocados, sliced
- Optional adds (if you choose later): rice vermicelli noodles, bell peppers, baked tofu.

Instructions: 1. Prep vegetables: Wash and dry vegetables. Cut cucumbers and carrots into thin sticks. Tear lettuce into strips. Slice avocados just before rolling to avoid browning.

2. Set up rolling station: Fill a large shallow dish or pan with warm water. Prepare a clean cutting board or damp towel for rolling.

3. Soften wrapper: Dip one rice paper wrapper into the warm water for 5–10 seconds until just pliable (it will soften more on the board). Lay it flat.

4. Fill: Place a small handful of lettuce near the bottom third of the wrapper, then add a few sticks of cucumber and carrot, a slice or two of avocado, and some cilantro on top.

5. Roll: - Fold the bottom edge over the filling, - Fold in the sides, - Then roll tightly away from you, like a burrito. - Set aside seam-side down.

6. Repeat: Continue until all wrappers and fillings are used. Keep finished rolls covered with a slightly damp clean towel to prevent drying.

Peanut Dipping Sauce

Makes: about 1 cup

Ingredients:

- ½ cup peanut butter (smooth)
- ½ cup water (start with ⅓ cup and thin as needed)
- 2–3 tbsp soy sauce (to taste)
- 1–2 tbsp honey (to taste; or maple/agave for vegan)
- ½ tsp garlic powder
- ½ tsp onion powder

Instructions:

1. Combine: In a bowl, whisk peanut butter and about ⅓ cup water until smooth.

2. Season: Add soy sauce, honey, garlic powder, and onion powder. Whisk until fully combined.

3. Adjust: Add more water, a tablespoon at a time, until you reach a smooth, dipable consistency. Adjust soy sauce for saltiness and honey for sweetness.

Soba Salad

- Buckwheat soba noodle
- Romaine and/or spring mix and/or kale; finely chopped
- (any combo)
- shredded carrots
- red cabbage; finely chopped
- green onions; finely chopped
- Enari sushi skin; thinly sliced
- roasted almonds; chopped
- sesame seeds



Layer the above as follows: noodles, greens, cabbage, carrots and repeat. Top with green onions, tofu skin, almonds and sesame seeds.

Dressing:

- 1/4 to 1/2 parts of olive or grapeseed oil to equal parts of agave nectar and lemon juice (seasoned rice vinegar)
- example:
- 1/4 cup of oil
- 1/2 cup of agave nectar
- 1/2 cup of lemon juice or seasoned rice vinegar
- salt to taste

Fruit Salad

- Frozen mixed berries
- Canned sliced pineapple
- Canned mandarin oranges or...
- Canned peaches
- Chopped fresh grapes
- Sliced, dried or fresh mangoes
- Coconut flakes (optional)
- Toasted sliced almonds (optional)



Chia Pudding (Plant-Based) Ingredients (Serves 4)

Portion size: about ½ cup each

Ingredients:

- ½ cup chia seeds
- 2 cups plant-based milk (almond, soy, or oat)
- 2–3 tbsp honey (or to taste; use maple syrup or agave for fully vegan)
- 1 tsp vanilla extract (optional but recommended)
- Pinch of salt (optional, enhances flavor)



Instructions:

1. Mix liquids: In a bowl or container, whisk together the plant-based milk, honey, vanilla, and a pinch of salt until honey is fully dissolved.
2. Add chia seeds: Stir in the chia seeds, whisking well so they don't clump.
3. Rest and stir: Let sit for 10 minutes, then whisk again to break up any clumps.
4. Chill: Cover and refrigerate at least 2–3 hours, preferably overnight, until thick and pudding-like.
5. Adjust: If too thick, stir in a little more plant milk. Taste and add a bit more honey if needed.

Fruit Topping Options Use any of these, fresh or lightly sweetened:

- Mango: 1–2 ripe mangoes, diced small
- Peach: 2–3 ripe peaches, diced (peeled if desired)
- Strawberries or Blueberries: 1½ cups sliced or diced

You can:

- Serve the fruit on top of the chia pudding, or
- Layer fruit and pudding in clear cups for a parfait presentation.