**D-Hall Hacks: Tasty Tofu**

Plain, raw tofu can be kind of boring... But not when slathered in soy sauce! Try this protein-rich, water-conscious D-Hall Hack!

1. Cut tofu into manageable pieces
2. Spread evenly on small plate
3. Drizzle with soy sauce and/or olive oil
4. Microwave 1:30-2:00
5. Enjoy on salad, rice, or by itself!

How can you make non-meat taste good? It's easy: drizzle stuff on it. And I don't mean just salad dressing. I'm thinking Yummus sauce: usable on anything, deliciously Mediterranean, and super high in protein!

**D-Hall Hacks: Yummus Sauce**

- 1/4 cup hummus (a big scoop)
- 2 Tbsp lemon juice (2 BIG squirts)
- garlic powder, dill, pepper flakes, other spices (whatever you can find/like)

1. Mix everything together in a small bowl.
2. Drizzle over salad, rice bowl, veggies (use your imagination). Suggested pairing: anything with olives. Mmmm....
Plant Strong

Reducing animal consumption isn’t necessarily about fewer calories. Athletes can still get the calories they need from delicious, plant-based sources like peanut butter!

1. Mix everything together (vigorously, so that the PB is incorporated).
2. Enjoy over salad, veggies, rice bowl, or tofu!

Reducing animal consumption isn’t necessarily about fewer calories. Athletes can still get the calories they need from delicious, plant-based sources like peanut butter!

Calories

<table>
<thead>
<tr>
<th></th>
<th>2 Tbsp PB</th>
<th>3 oz Pork</th>
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<tbody>
<tr>
<td>0</td>
<td>44</td>
<td>88</td>
</tr>
<tr>
<td>1</td>
<td>132</td>
<td>176</td>
</tr>
<tr>
<td>2</td>
<td>220</td>
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D-Hall Hacks: PB&Soy SAUCE

- 2 Tbsp peanut butter
- 1 Tbsp lemon juice
- 1 Tbsp soy sauce
- Hot water, to thin
- Honey (optional)

1. Mix everything together (vigorously, so that the PB is incorporated).
2. Enjoy over salad, veggies, rice bowl, or tofu!

Indie Indian Beans and Rice

Plain chickpeas are healthy and all, but how to make them taste a little more exciting? Add some Indian flair, of course!

1. Mix equal parts chickpeas and rice.
2. Toss in everything else to taste and enjoy!

Gallons per Calorie

<table>
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<tr>
<th>Tanks Per Calorie</th>
<th>Beans</th>
<th>Pork</th>
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<tr>
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<td>0.2</td>
</tr>
<tr>
<td>0.1</td>
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<td>0.4</td>
</tr>
<tr>
<td>0.2</td>
<td>0.5</td>
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</table>
**D-Hall Hacks: DIY Burrito**

- 1 large tortilla
- 2 small tomato wedges
- Lemon juice
- Sprinkle of trail mix
- Cumin
- 1/2 cup black beans
- Small handful spinach
- Cheddar, yogurt, etc.

1. Mash beans, cheddar, spices, and lemon juice in a bowl.
2. Spread bean mash on tortilla, followed by spinach, tomatoes, and everything else, and fold!

**D-Hall Hacks: Quinoasome!**

- Quinoa
- Optional: veggies, Yummus Sauce, PB&Soy Sauce, trail mix

1. Notice that HUDS has quinoa.
2. Dance around.
3. Use quinoa like rice! Put it in a bowl and adorn with veggies, trail mix, Yummus Sauce, PB&Soy Sauce, or whatever your heart desires.
D-Hall Hacks: DIY Refry

Refried beans can be made from more than one kind of bean. HUDS may not always have black or pinto beans, but there’s always something available for a DIY refry in the microwave.

- 1 big scoop beans (kidney, pinto, etc.)
- Garlic powder
- Cayenne Pepper
- Cumin
- 1/2 Tbsp Olive oil
- 1/4 cup hot water
- Shredded cheese (optional)

1. Mix all ingredients except cheese in a large bowl.
2. Microwave for 1:00, then continue microwaving 30 seconds at a time, to your liking, and then mix in cheese.
3. Eat on a tortilla, toast, lettuce and chips (taco salad-style), or use as a dip!

D-Hall Hacks: The Oat Bowl

A bowl of oatmeal is a protein powerhouse in itself, but the key is to make it actually taste good. What you have to do is be a topping fiend—this way, you can maximize flavor and add protein (from seeds and nut butter)!

- Steel cut oatmeal
- 1 banana or apple
- Cinnamon and/or nutmeg
- Sunflower Seeds
- Peanut/sunflower seed butter
- Honey

1. Scoop oats into a bowl.
2. Slice banana or apple (or maybe both?) and add to oats.
3. Sprinkle everything else on.
4. Microwave for 1:00-1:30. Enjoy!
**D-Hall Hacks: Plant Strong**

**Caffeine Fiend**

- 1 bag black tea (or 2!)
- Soy milk
- Cinnamon, nutmeg, other spices
- Sugar/honey (optional)

1. Fill a mug 1/4-1/2 full of soy milk.
2. Microwave for 1:30-2:00.
3. Drop in tea bag(s) and spices and/or sugar/honey.
4. Add hot milk to thin and enjoy!

Black tea can provide a caffeine boost without the big water cost of coffee. Every time you sub a cup of tea for your morning cup of joe, you save around 26 gallons of water. Try earl grey for extra flavor!

**How Have You Bean?**

- Chopped onion
- Light-colored vinegar
- Herbs (mint, parsley, cilantro, dill)
- Olive oil
- ~1/2 cup beans (white ones)
- Red pepper flakes
- Salt
- 1 slice toast

1. Mix everything (except toast) in a bowl.
2. Toast the bread.
3. Top toast with beans and enjoy!

Toast isn't just a breakfast food! Things get fancy fast when it's topped with savory things and eaten as an appetizer. This recipe does all that, and provides a carb-protein combo!
**Plant Strong**

**D-Hall Hacks: Bean There, Done That**

Tired of HUDS's Caesar Salad mix? Try a more protein-rich DIY mixed bean salad with tangy, lemon-y vinaigrette!

- A couple tomato slices
- Sliced onion
- Lemon juice
- Olive oil
- Salt
- 1 cup mixed beans
- Herbs and spices (parsley or cilantro recommended)

1. Combine all ingredients in a bowl.
2. Allow to marinade for a couple minutes and enjoy!

**Water Use (gal) per Calorie**

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**D-Hall Hacks: A Cry for Hemp**

HUDS ingredient highlight: hemp granola—it’s got no animal products, it’s organic, and it’s locally made! Plus, it has 6 grams of protein per 1/2 cup thanks to hemp, which—by the way—is one of the least water-intensive crops out there!

- About 2 cups spinach
- Dressing: lemon juice, olive oil, cider vinegar, honey, flaxseeds
- 1/2 cup fruit (grapes, sliced apples, berries, etc.)
- Tofu (optional)
- Hemp granola

1. Mix together dressing ingredients in a small bowl.
2. Toss spinach and fruit with dressing, and top with a large scoop of granola. Enjoy!