

ROAD NOTES HEALTHY RECIPE
(Rvegan_life @ Instagram)

Baked Tofu with Citrus Salad & Green Pesto



Ready in 20 **minutes**

Serves **1 serving**

Ingredients

- 1/3 cup tofu
- 1 tbsp olive oil
- 2 tbsp cashew or almonds
- 1 tbsp hemp seeds
- 1 cup basil
- 1 clove garlic
- 1 tbsp nutritional yeast
- 1 tbsp lemon juice
- ¼ tsp Himalayan Sea Salt
- ¼ tsp black pepper
- 1 cup romana salad
- ½ tsp black sesame seeds
- ½ pcs zucchini

Preparation

1. Preheat oven to 360F.
2. Soak the cashews in hot water for 15 minutes.
3. Clean the veggies and the lemon.
4. Cut the salad leaves in half, slice the zucchini in thin long strips, peel the lemon and mix them in a bowl.
5. Cut the tofu in cubes, mix with ½ tbsp olive oil, spread it on a tray and bake in the oven for 10-15 minutes, until golden brown.
6. In a blender or food processor, add the soaked rinsed cashews, hemp seeds, basil, garlic, nutritional yeast, lemon juice, ½ tbsp olive oil, salt, pepper, and

blend for 1-2 minutes. Add some water until it becomes the consistency of a sauce.

7. Add the veggie mix, tofu and sauce to a place and sprinkle sesame seeds.
8. Enjoy your healthy meal!

Meal Information

Calories: 824.60

Protein: 1.18 oz

Fat: 1.34 oz

Carbs: 1.26 oz

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