
SPICY TOFU RICE BOWL

(Gluten-Free, Dairy-Free, Nut-Free, Egg-Free, Vegetarian, Vegan)

Yield: 4 servings **Total time:** 30 minutes



D'LISH

Ingredients

- 28 oz extra firm tofu, drained
- 2 tbsp GF low sodium soy sauce, divided
- 1 tbsp sriracha, divided
- 2 tbsp sesame oil, divided
- 2 scallions, chopped, divide white and green parts
- 2 cups multigrain rice, cooked
- 1 cup cherry tomatoes, chopped
- 1 small seedless cucumber, chopped
- 1 bell pepper, chopped
- 1 small apple, chopped
- 1 cup shredded cabbage
- 1 tbsp sesame seeds

Directions

1. **Prep tofu:** place extra firm tofu block between paper towels and press down to absorb excess water. Repeat until tofu feels dry and no more water comes out. Then, slice tofu across in half lengthwise and then into cubes.
2. **Marinate tofu:** In a large bowl stir together 1 tbsp soy sauce, ½ sriracha, 1 tbsp sesame oil and scallion whites. Add tofu and let marinate for 5-10 minutes.
3. **While tofu is marinating:** Preheat oven to 450°F and prep other ingredients: chop cherry tomatoes, bell pepper apple, and seedless cucumbers, place in a medium bowl with the shredded cabbage.
4. **Bake tofu:** Place marinated tofu on a baking sheet lined with foil. Bake for 15 minutes, turning halfway, until outside is slightly golden and crisp.

Grocery List

- Extra firm tofu
- GF soy sauce
- Sriracha
- Sesame oil
- Scallions
- Multigrain rice
- Cherry tomatoes
- Cucumber
- Apple
- Bell pepper
- Shredded cabbage
- Sesame seeds

Kitchen Equipment

- Cutting board
- Chef's knife
- Large, Medium & Small bowls
- Measuring cups and spoons
- Spatula
- Baking sheet
- Serving bowls

5. **While tofu is baking:** Prepare multigrain rice: follow package instructions.
6. **Make saucy rice:** In a small bowl, mix the remaining sriracha, soy sauce and sesame oil. Mix sauce over the cooked rice.
7. **When tofu is ready, prepare bowls:** divide saucy rice into 4 bowls, top with cherry tomato, bell pepper, cucumber and slaw mixture and finish with tofu, scallion greens and sesame seeds.

Serving size: 1 bowl

Per serving: Calories 374; Total Fat 18g; Saturated Fat 2g; Sodium 470mg; Total Carbohydrates 27mg; Fiber 5g; Protein 22g

Nutrition Information

- Tofu is a soy product that is a healthy alternative to meat. It is an excellent source of protein, fiber, vitamins and minerals- without the cholesterol and saturated fat found in animal proteins.
- Tofu also contains several anti-inflammatory, antioxidant phytochemicals. Incorporating tofu into a well-balanced diet may aid in protecting against a variety of healthy conditions, such as heart disease, diabetes, and weight management.
- Like multigrain bread, multigrain rice is much healthier than plain white or brown rice. Whole grain products contain about three times more fiber. Plus, more protein, vitamins and minerals, making it more filling, satisfying and a healthier option.

Notes