

## **QUINOA AND BAKED TOFU BOWLS WITH ALMOND SAUCE**

### **INGREDIENTS:**

- 3/4 CUP DRY QUINOA**
- 1 ½ CUP WATER**
- 1 SMALL RED ONION**
- 1 BUNDLE LACINATO KALE**
- 1/4 LB CRIMINI OR PORTABELLA MUSHROOMS**
- 1 TSP “NO CHICKEN” BROTH POWDER, OR EQUIVILANT BOUILLON/BROTH**
- 1 PACK SUPER FIRM TOFU**
- 1/2 TSP ONION POWDER**
- 1/2 TSP GARLIC POWDER**
- 1/2 TSP CUMIN**
- 1/4 TSP SALT**
- 2 TBS POTATO STARCH**
- 1 CAN CHICKPEAS**
- JUICE OF 1 LEMON**
- 1 AVOCADO (OPTIONAL)**

### **SAUCE INGREDIENTS:**

- 1/3 CUP ALMOND BUTTER**
- 1/3 CUP WARM WATER**
- JUICE OF 1 LEMON**
- 1 TBS LIQUID AMINOS OR SOY SAUCE**
- 3 TBS NUTRITIONAL YEAST**
- ½ TSP ONION POWDER**
- ½ TSP CUMIN**
- ½ TSP GARLIC POWDER**
- ¼ TSP SALT**

## **INSTRUCTIONS:**

PREHEAT OVEN TO 425 F

PRESS THE TOFU BY PUTTING IT BETWEEN TWO PLATES WITH A HEAVY BOOK ON TOP. THIS PUSHES OUT THE MOISTURE, LEADING TO A CRISPIER TOFU.

CHOP ONION AND ADD TO A POT WITH A DRIZZLE OF OIL. LET COOK ON MEDIUM UNTIL TRANSLUCENT AND LIGHTLY BROWNEED.

SLICE MUSHROOMS AND ROUGHLY CHOP LACINATO KALE, LEAVING THE STEMS ON THE KALE.

ADD MUSHROOMS AND KALE TO POT AND LET COOK UNTIL KALE IS SLIGHTLY WILTED.

ADD QUINOA, WATER, AND BROTH POWDER.

TURN HEAT UP TO HIGH, AND BRING TO A BOIL. THEN REDUCE TO SIMMER AND COVER.

LET THIS COOK FOR 15 MINUTES.

### **IN THE MEANTIME:**

CUT THE TOFU INTO BITE SIZED PIECES.

IN A BOWL, GENTLEY TOSS WITH ½ TSP GARLIC POWDER, ½ TSP ONION POWDER, ½ TSP CUMIN, 1 ½ TBS OLIVE OIL.

ADD 2 TBS POTATO STARCH AND GENTLEY TOSS TO COAT.

SPREAD OUT TOFU CHUNKS ON A BAKING SHEET WITH PARCHMENT PAPER ON IT.

BAKE FOR 30 MINUTES, FLIPPING TOFU CHUNKS HALFWAY THROUGH.

### **WHILE TOFU IS BAKING, MAKE THE SAUCE:**

IN A BOWL, COMBINE THE SAUCE INGREDIENTS.

YOU CAN USE A BLENDER IF YOU HAVE ONE BUT HAND MIXING WORKS TOO.

SAUCE SHOULD BE FAIRLY LIQUID BUT NOT TOTALLY WATERY.

TO THICKEN: ADD MORE ALMOND BUTTER

TO THIN: ADD MORE WATER

WHEN QUINOA AND VEGETABLES HAVE COOKED FOR 15 MINUTES, REMOVE FROM HEAT AND STIR. THERE SHOULD BE LITTLE TO NO WATER LEFT.

ADD 1 CAN OF DRAINED CHICKPEAS AND ¾ OF THE SAUCE. STIR.

**COVER AND LET SIT FOR 10 MINUTES.**

**WHEN TOFU AND QUINOA ARE BOTH DONE, SERVE THE QUINOA WITH THE TOFU ON TOP AND DRIZZLE WITH SOME OF THE REMAINING SAUCE.**

**OPTIONAL: SERVE WITH SLICED AVOCADO**