

QUINOA AND BAKED TOFU BOWLS WITH ALMOND SAUCE

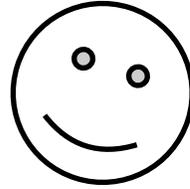
PRESENTED BY MARLOW HIGGINS

THIS DISH IS A PROTEIN-PACKED BOWL OF VEGGIES, QUINOA AND TOFU. THE SAUCE IS BASED OFF OF THE ALMOND-BASED "BITCHIN' SAUCE".

INGREDIENTS

- 3/4 CUP DRY QUINOA
- 1 1/2 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
- 1/2 TSP ONION POWDER
- 1/2 TSP CUMIN
- 1/2 TSP GARLIC POWDER
- 1/4 TSP SALT

SAUCE TIP!

SAUCE SHOULD BE FAIRLY LIQUID BUT NOT TOTALLY WATERY.

TO THICKEN: ADD MORE ALMOND BUTTER

TO THIN: ADD MORE WATER

DIRECTIONS (MAKES ABOUT 4 SERVINGS)

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 BROWNED.

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. MIX.

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

LET THIS COOK FOR 15 MINUTES.



WHILE THE QUINOA AND VEGGIES ARE COOKING ...

START COOKING THE TOFU!

CUT THE TOFU INTO BITE SIZED PIECES.

IN A BOWL, GENTLY TOSS WITH 1/2 TSP GARLIC POWDER, 1/2 TSP ONION POWDER, 1/2 TSP CUMIN, 1 1/2 TBS OLIVE OIL.

ADD 2 TBS POTATO STARCH AND GENTLY 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.

WHEN THE TOFU IS IN THE OVEN ...

MIX TOGETHER THE SAUCE!

IN A BOWL, COMBINE ALL SAUCE INGREDIENTS. IF YOU HAVE A BLENDER, YOU CAN GET A SMOOTHER SAUCE, BUT I FIND THAT HAND MIXING WORKS JUST FINE.

SAUCE REMINDER:

SAUCE SHOULD BE FAIRLY LIQUID BUT NOT TOTALLY WATERY.

TO THICKEN: ADD MORE ALMOND BUTTER

TO THIN: ADD MORE WATER

PLEASE NOTE: SAUCE THICKENS AS IT SETS.

WHEN THE QUINOA HAS COOKED 15 MIN:



REMOVE FROM HEAT AND STIR. THERE SHOULD BE LITTLE TO NO WATER LEFT.

ADD 1 CAN OF DRAINED CHICKPEAS AND 3/4 OF THE SAUCE.

COVER AND LET SIT FOR 10 MINUTES.

WHEN THE QUINOA HAS SAT 10 MIN. AND THE TOFU IS CRISP:

SERVE THE QUINOA WITH THE TOFU ON TOP AND DRIZZLE WITH SOME OF THE REMAINING SAUCE.

OPTIONAL: SERVE WITH SLICED AVOCADO

TIPS:

-IF YOU CAN'T USE POTATO STARCH, TRY ARROWROOT POWDER. DON'T USE POTATO FLOUR

-INSTEAD OF CHICKPEAS, TRY BLACK EYED PEAS OR LENTILS!

-GET CREATIVE WITH THE FLAVOR. I LIKE ADDING GINGER AND CHINESE FIVE SPICE.

ENJOY YOUR MEAL!