

Tofu Quinoa Bowl

2 servings

20 minutes

Ingredients

1/2 cup Quinoa (uncooked)
227 grams Tofu (extra-firm, pressed, cubed)
2 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Nutritional Yeast
1 tsp Garlic Powder
1/2 tsp Paprika
Sea Salt & Black Pepper (to taste)
1 Orange Bell Pepper (large, sliced)
2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	426
Fat	22g
Carbs	39g
Fiber	7g
Protein	22g
Calcium	385mg

Directions

- 1 Cook the quinoa according to the package directions. Set aside.
- 2 Add the tofu cubes to a bowl and gently toss with half of the oil, nutritional yeast, garlic powder, paprika, salt, and pepper.
- 3 Heat the remaining oil in a pan over medium heat. Add the bell peppers and sauté for three to four minutes. Add the spinach and sauté for another one to two minutes or until slightly wilted.
- 4 Make room in the middle of the pan to add the marinated tofu and any remaining marinade from the bowl. Cook the tofu for two to three minutes or until browned on the top and bottom. Add a splash of water if needed.
- 5 Divide the quinoa, tofu, and sautéed veggies into bowls. Season with salt and pepper if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 3/4 cup quinoa and one cup of sautéed veggies with tofu.

Additional Toppings: Top with fresh herbs like cilantro.

Pomegranate & Chickpea Spinach Salad

1 serving**15 minutes**

Ingredients

1/3 cup Walnuts (chopped)
2 cups Baby Spinach
1/3 cup Chickpeas (cooked)
2 tbsps Pomegranate Seeds
1 tbsp Extra Virgin Olive Oil
2 tsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	509
Fat	41g
Carbs	28g
Fiber	9g
Protein	13g
Calcium	131mg

Directions

- 1 Heat a pan over medium-high heat. Add the walnuts and cook for three to five minutes or until they become slightly golden brown, stirring frequently. Let them cool for a few minutes before chopping
- 2 Add the spinach, chickpeas, pomegranate seeds, chopped walnuts, oil, vinegar, salt, and pepper to a bowl. Toss to combine. Enjoy!

Notes

Leftovers: Refrigerate the salad in an airtight container for up to three days. Add the dressing when ready to eat.

More Flavor: Add onions and other greens like arugula.