

BBQ Tofu & Roasted Veggie Bowl

INGREDIENTS

Spice Blend

- 1 tsp. chili powder
 - 1 tsp. garlic powder
 - 1 tsp. smoked paprika
 - ½ tsp. paprika
 - ½ tsp. cumin
 - ½ tsp. onion powder
 - ¼ tsp. salt
 - ¼ tsp. black pepper
 - 1/8 tsp. cayenne
-
- 16oz block extra-firm tofu, drained and patted dry
 - 1 ½ TBL avocado oil or olive oil
 - ¼ - ½ cup BBQ sauce
-
- 4-5 cups diced vegetables to roast like sweet potatoes, red bell pepper, red onion, etc.
 - 2 TBL avocado or olive oil
-
- Grain of choice

DIRECTIONS

1. Drain the tofu-- Lay out some paper towels and place tofu on top. Cover with more paper towels and a tray or plate. Place a heavy book or a pot on top to press the water out. Leave to drain for 30 minutes to 2 hours, changing the towels every so often. Tear into bite-sized pieces.
2. Heat oven to 425. Line a baking sheet with parchment.
3. Prepare whatever grain you are using according to package directions.
4. In a medium-sized bowl, whisk together the spices for the tofu. Add the torn tofu and toss gently to coat. Pour in the oil and gently toss again to evenly coat. Lay the tofu in a single layer on the prepared baking sheet.
5. Bake the tofu stirring occasionally until the tofu is crisp all over, 30-35 minutes total. Drizzle the tofu with the BBQ sauce and gently toss.
6. While the tofu is baking, add the veggies to a baking sheet and toss with the oil. Bake until caramelized and lightly browned, about 25-30 minutes.

- Recipe inspiration: <https://www.thekitchn.com/sheet-pan-bbq-tofu-recipe-256176>



Cilantro Slaw

INGREDIENTS

- 1 clove garlic, quartered
- Juice from 1 lime
- ½ cup cilantro, tightly packed
- ½ cup mayo
- ¼ cup plain Greek yogurt, (or sub ¼ cup mayo)
- ½ tsp. ground cumin
- ½ tsp. salt
- ¼ tsp. pepper
- Optional: a couple teaspoons of sweetener
- 3 green onion, sliced
- Cabbage, sliced thin with a knife (about 6 cups)
- 1-2 large carrot, shredded (about 1 cup)

DIRECTIONS

1. In a food processor, combine the garlic, lime juice, cilantro, mayonnaise, yogurt, cumin, salt and pepper. Process until smooth. Taste and add sweetener, if you'd like.
2. Add the cabbage, carrots and green onion to a bowl. Drizzle the dressing over top and toss thoroughly to coat.
3. Let sit for 10 minutes and taste. Season with extra salt, pepper or lime juice as needed.

- Recipe modified from: <https://www.gimmesomeoven.com/cilantro-lime-slaw>



Cilantro Dressing

INGREDIENTS

- 2 cups fresh cilantro
- 1 garlic clove
- ¼ cup lime juice
- 2 teaspoons maple syrup or honey
- ½ teaspoon ground coriander
- ½ teaspoon sea salt
- ½ cup extra-virgin olive oil

Make it creamy (optional):

- 1 avocado or ½ cup plain whole milk Greek yogurt

DIRECTIONS

1. In a food processor, combine the cilantro, garlic, lime juice, maple syrup, coriander, and salt.
2. Turn the food processor on and drizzle in the olive oil through the feed tube and process until smooth.
3. If you want to make it creamy, blend with 1 avocado or 1/2 a cup plain Greek yogurt.

- Recipe:

