

Black Bean, Squash & Chimichurri

INGREDIENTS

ROASTED VEGGIES

- 1 TBL olive oil
- 1 small butternut squash, peeled, seeded and diced into 1-inch pieces
- 2 cups Brussels sprouts, ends trimmed, halved and any beat up outer layers removed

CHIMICHURRI SAUCE

- 1/4 cup red wine vinegar
- 1/2 tsp. salt
- 2 cloves garlic, peeled
- 1 shallot, peeled and roughly chopped
- 1 jalapeno, seeded
- 1 cup cilantro, lightly packed
- 1/2 cup parsley, lightly packed
- 1/2 cup olive oil

BLACK BEANS

- 2, 15oz cans black beans, drained and rinsed
- 3/4 cup salsa
- 2 tsp. chili powder
- 1 tsp. cumin
- Salt and pepper, to taste

- Cooked grain of choice

DIRECTIONS

1. **ROAST THE SQUASH AND BRUSSELS SPROUTS:** Heat oven to 400 degrees F. Add the diced squash and halved Brussels sprouts to a baking sheet and toss with a generous 1 tablespoon of olive oil. Sprinkle with salt. Roast for about 20-30 minutes, until lightly browned and easily pierced with a fork.
2. **MAKE THE CHIMICHURRI:** combine the vinegar, salt, garlic, shallot, jalapeno, cilantro, and parsley in the bowl of the food processor. Place the lid on top and lock into place. Pulse a few times to chop the veggies. Turn the food processor on and drizzle the oil through the feeding tube, stopping as needed to scrape down the sides.
3. **MAKE THE BLACK BEANS:** in a skillet, combine the salsa, black beans, chili powder, and cumin. Bring to a bubble, reduce heat and simmer. Taste and season with salt and pepper.
4. **To build the bowl:** make a layer of grain at the bottom and place the veggies on one side of the bowl and the beans on the other. Drizzle with plenty of chimichurri.

TIPS FOR QUICK WEEKNIGHT COOKING

- Prepare and refrigerate grains ahead of time. Or, use frozen rice.
- Prepare the chimichurri sauce up to 5 days ahead. Store in an airtight container and refrigerate.
- Buy pre-chopped butternut squash



Sushi Bowl

INGREDIENTS

SUSHI RICE

- 2 cups short grain white rice, washed well
- 2 cups water
- 1/4 cup rice vinegar
- 2 TBL sugar
- 1 tsp. salt

TOFU

- 1 block extra firm tofu, pressed for at least 30 minutes and patted dry
- 1 TBL olive oil
- 2 tsp. soy sauce or tamari
- 2 TBL cornstarch
- Teriyaki, after it's cooked

TOPPINGS

- 1 large carrot, cut into matchsticks or peeled into ribbons
- 1 cucumber, cut into half-moons
- 1 avocado, sliced
- Several sheets nori snack, cut into ribbons
- Sesame seeds
- Crispy fried onions

SRIRACHA MAYO

- 1/2 cup mayonnaise
- 1-3 TBL sriracha
- 1-2 tsp lemon or lime juice
- 1-2 tsp water, if needed
- Crispy tofu: <https://frommybowl.com/vegan-cashew-chicken-tofu/>

DIRECTIONS

1. **MAKE THE TOFU:** Heat oven to 425 degrees F. In a medium-sized bowl, combine the soy sauce and olive oil. Tear the tofu into bite-sized chunks and drop into the bowl. Gently stir to coat with a spatula. Sprinkle the cornstarch on top and stir again to coat. Place on a parchment lined baking sheet and bake 30 minutes, flipping halfway through. Once cooked, toss the tofu in teriyaki sauce.
2. **PREPARE THE RICE:** Rinse the rice well and drain for several minutes. In a medium sauce pot, combine the rice and water. Let sit for 30 minutes. Bring to a boil, reduce heat to low, cover and simmer for 10 minutes. Then, turn off the heat, leave the lid on, and let sit for 15 minutes. Combine the vinegar, sugar and salt in a small bowl and whisk until the sugar is dissolved. Using a wooden spoon or spatula, pour the vinegar mixture into the rice while gently stirring.
3. **MAKE THE SRIRACHA MAYO:** whisk together the mayonnaise and sriracha and lime juice. Taste and adjust. Add water if needed to thin. Set aside.
4. Slice the vegetable toppings for your bowls. Set aside.
5. To build the bowl: make a layer of grain at the bottom and place the veggies side by side, along with the tofu. Sprinkle with nori, sesame seeds and crispy fried onions. Drizzle with the sriracha mayonnaise.

TIPS FOR QUICK WEEKNIGHT COOKING

- Use store bought teriyaki sauce
- Use store bought baked teriyaki tofu or sub frozen, shelled edamame that you've reheated

