



## MEALS



# BALSAMIC GLAZED TOFU AND VEGGIE GRAIN BOWL

You've got everything in this grain bowl: crispy tofu and butternut squash, soft earthy kale, and crunchy tart apples on top. Everything in this simple grain bowl is kissed by a sweet and tangy balsamic dressing to really make all the flavors pop. This grain bowl is great for people who do and don't eat meat.

## SERVINGS:

4 people

## PREP TIME:

10 minutes

## COOK TIME:

30 minutes

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2 cups brown rice

### DRESSING:

- ☐ ¼ cup extra virgin olive oil
- ☐ 1/8 cup balsamic vinegar
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon Dijon mustard
- ☐ ½ teaspoon ground black pepper

### SALAD:

- ☐ 1 block extra firm tofu, patted dry
- ☐ 4 cups cubed butternut squash (cut into ¼ inch cubes)
- ☐ 4-6 large kale leaves
- ☐ 1 medium Cosmic Crisp apple

### INSTRUCTIONS:

1. Cook brown rice according to package directions. Mix dressing by whisking together olive oil, balsamic vinegar, salt, mustard, and black pepper in a small mixing bowl. Set aside.
2. Cut tofu into ½ inch cubes, remove kale stalks and chop leaves into bite sized pieces, and chop Cosmic Crisp apple into ½ inch cubes. Set aside.

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and turns bright green, about 3-4 minutes. Remove from heat.

5. Assemble the grain bowls by dividing the rice into 4 bowls, then add vegetable and tofu mixture and apples to each bowl. Serve with remaining dressing on the side. Enjoy.

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