

# Peanut Tofu Bowl

Serves 3-4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



## Ingredients

- 1 package (14 oz.) firm or extra firm tofu, pressed and drained, cubed
- 2 cups sweet potatoes, chopped
- 2 cups broccoli florets
- 2-3 tablespoons olive oil
- 1 tablespoon canola oil
- 2 cups fresh spinach

## Peanut sauce:

- $\frac{1}{4}$  cup creamy peanut butter
- $\frac{1}{4}$  cup low sodium soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon chili garlic or sriracha sauce, optional

## Directions

1. Preheat oven to 400°F.
2. Oil a baking sheet and place tofu in a single layer on one half. Toss sweet potatoes and broccoli with remaining olive oil and place sweet potatoes on other half of sheet with tofu and broccoli on a separate baking sheet.
3. Bake, stirring broccoli and sweet potato halfway through, until all are tender and lightly browned, about 25 minutes.
4. Meanwhile, combine peanut sauce ingredients in a blender or food processor, add up to  $\frac{1}{4}$  cup water to thin if necessary. Once tofu has baked, place in a medium bowl and pour half of sauce over it.
5. Heat canola oil in large skillet or wok over medium heat. Add tofu in peanut sauce. Cook, stirring occasionally, until crispy and golden brown, about 5 minutes.
6. To assemble, divide sweet potatoes, broccoli, tofu and spinach in 3-4 bowls or containers. Drizzle with remaining sauce.

## Notes

Try cooked brown rice instead of sweet potatoes.

Recipe from Meals to Boost Energy, Fall 2016