



Crispy Tofu Bowl

(Modified Recipe from Prevention)

Serves 2

Ingredients:

- 1 14-oz block extra-firm tofu
- 3 Tablespoons cornstarch
- 2 Tbsp avocado oil
- 1 cup quinoa, cooked
- ½ seedless cucumber chopped
- 1 Tbsp roasted cashew halves
- 2 Tbsp Thai sweet chili sauce

Steps:

1. Slice tofu into ¼ inch thick slices and place them between paper towels on a rimmed baking sheet. Sandwich with a second baking sheet and place a cast-iron skillet or heavy cans on top to weight it down; press tofu for 10 minutes.
2. Sprinkle tofu both sides with the cornstarch. Heat oil in large pan on medium-high until hot. Carefully add the tofu and cook until deep golden brown, 2 to 3 minutes. Drain on paper towels.
3. Divide quinoa between two bowls. Top with tofu, chopped cucumber and drizzle with Thai sweet chili sauce. Sprinkle with cashew halves.

505 calories, 54 gm carb, 27 gm fat, 12.5 gm protein

