

Winter Grain Power Bowls

Makes 4 large bowls

The season for healthier dinners has arrived! Each January inspires a renewed energy and recommitment to healthier habits. Winter grain bowls are a delicious way to achieve those goals! This tasty bowl features baked tofu with quinoa, roasted beets, and arugula all dressed with a flavorful turmeric tahini dressing.

Winter Grain Bowl Ingredients:

1 block extra firm tofu
1 large purple beet (or two small beets),
peeled & diced into 1/2" cubes
1 large golden beet (or two small beets),
peeled & diced into 1/2" cubes
1 fennel bulb, stalks removed, cored, and thinly shaved
3 tablespoons olive oil, divided
1/2 teaspoon salt, divided
1/4 teaspoon pepper, divided
1 cup quinoa
2 cups vegetable stock
1 tablespoon cornstarch
1 red onion, thinly sliced with a mandoline
1 large carrot, shaved and rolled

4 cups arugula
1/3 cup shelled pistachios
Fresh mint leaves, torn for garnish

Turmeric Tahini Dressing Ingredients:

3 tablespoons olive oil
1/4 cup tahini
1 teaspoon fresh ginger, minced
2 tablespoons fresh lemon juice (about 1 large
lemon)
2 tablespoons water (as needed, to thin)
1/4 teaspoon of kosher salt
1/4 teaspoon cayenne pepper
1/2 teaspoon turmeric
1 clove garlic, minced

Directions:

1. Prepare the tofu by slicing it into 1" thick slices. Lay the slices on a paper towel-lined baking sheet, then cover the tofu with another layer of paper towels. Place a cutting board on top of the covered slices to press out the excess water from the tofu. (Place a cookbook or a heavy pot on top of the cutting board to help apply weight and pressure so that extra water is forced out of the tofu. This pressing and draining step will help the tofu achieve a better texture when baking.) Press and drain the tofu slices for about 20-30 minutes.
2. Preheat the oven to 400°F. In two separate bowls, prepare the beets and fennel. Toss the diced beets with 1 tablespoon olive oil, 1/8 teaspoon salt, and 1/8 teaspoon pepper. Toss the shaved fennel with 1 tablespoon olive oil, 1/8 teaspoon salt, and 1/8 teaspoon pepper. Place the prepared beets and fennel in a large roasting pan and roast for 15 minutes or until the fennel starts to turn golden brown. Remove the fennel and continue roasting the beets for another 15 minutes, or until the beets are fork tender.
3. Meanwhile, prepare the quinoa on the stovetop using a 2:1 liquid-to-grain ratio. Bring the vegetable stock to a boil and add the quinoa. Stir, cover, and turn down the heat to low. Check after 15 minutes to see if the quinoa is tender, or if more liquid is needed to finish cooking. The small kernels expand as they soak up the cooking liquid. When tender and ready, you'll see a tiny curlicue emerge; this is the beginning of a quinoa sprout, (and a sign of doneness.) Remove from the heat when done.
4. After the tofu has drained, remove the weights and paper towels and cut the tofu slices into 1" cubes. Gently toss the tofu cubes with 1 tablespoon olive oil, 1/4 teaspoon salt, and 1 tablespoon cornstarch until evenly coated. Spread the tofu cubes across a lined baking sheet and bake in the oven at 400°F for 30 minutes. Half way through baking, turn the tofu pieces. Bake until the tofu is baked and crisped on all sides.
5. Prepare the turmeric tahini dressing by whisking all of ingredients together until the dressing is combined.
6. Thinly slice the red onion using a mandoline. Shave the carrot into ribbons using a vegetable peeler. Tear the mint leaves for a garnish.
7. Once all of the ingredients are prepared, assemble the bowls. Add a scoop of cooked quinoa to each bowl, then add the roasted beets, roasted fennel, and baked tofu. Continue building the bowl by adding a few slices of red onion, a few ribbons of carrot, and a handful of arugula. Drizzle the bowl with the dressing and then garnish with pistachios and fresh mint leaves.