

Grain Bowl

Lunch/Dinner



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Makes Approx: 4 Grain Bowls

Ingredients:

- 1 package extra-firm tofu
- 2 Tbsp Olive Oil
- 1 avocado
- 2 cups of grains: Your choice, quinoa, brown rice, farro. . . just make sure you check the cook times for each when cooking. (If in a hurry you could easily use the quick cooking grain packs.)
- 4 cups of cooked veggies: Your choice, frozen blends work well or this is a good time to clean out the random produce in the fridge.
- Green Goddess Dressing: You can purchase this pre-made or there is a recipe below for a fresh version.
 - 2 Tbsp Vinegar (apple cider, red wine etc.)
 - ¼ cup Olive oil
 - ½ cup fresh herbs (parsley, basil, cilantro.)
 - ½ Avocado.
 - ½ tsp mustard
 - ½ tsp honey
 - Salt and pepper to taste



Directions:

1. Cook grains according to package. If you are looking to up the flavor, you can use stock in place of water to cook your grains.
2. Open and drain your tofu, wrap in paper towels or a kitchen towel and press excess water from the tofu, don't exert so much pressure that you crush the tofu, but lightly press until you feel water leaving the block.
3. Place a non-stick pan over medium heat and add 1 tbsp of olive oil to pan.
4. While the pan is coming to temp. unwrap the tofu and slice down the middle of the block lengthwise, then cut each half into slices, approximately ½ inch wide.
5. Place squares in pan and sprinkle with salt and pepper. Crisp on one side until golden brown and then flip for another 2-3 minutes to crisp the opposite side.

6. You may need to do this in 2 batches so you don't overcrowd the pan.
7. Heat Vegetables according to package or if using fresh, steam veggies in a pot on the stove.
8. Add all of the dressing ingredients into a blender and puree until smooth and creamy.
9. Season with a little salt and pepper.
10. Add grain to the bottom of each bowl, add cooked veggies, slice the other half of your avocado and add to the top of your bowl. Finish with any raw veggie you may have around, radish slices, cucumbers.
11. Finish with dressing and enjoy!