

Tofu, Broccoli & Brown Rice

10 ingredients · 1 hour · 3 servings



Directions

1. In a small saucepan, bring the water to a boil and add the brown rice. Reduce heat to a gentle simmer, cover, and cook for 40 minutes.
2. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
3. Toss the broccoli florets with olive oil. Sprinkle with salt and pepper, and add to the baking sheet.
4. In a medium bowl, combine the tamari, miso, and sesame oil. Add the tofu and toss to coat. Add the tofu to the baking sheet with the broccoli. Bake in the oven for 30 minutes, turning at the halfway point.
5. Divide the rice between bowls or containers. Top with roasted broccoli and tofu, and a sprinkle of sesame seeds. Enjoy!

Notes

No Tofu

Use chicken, shrimp or chickpeas.

Leftovers

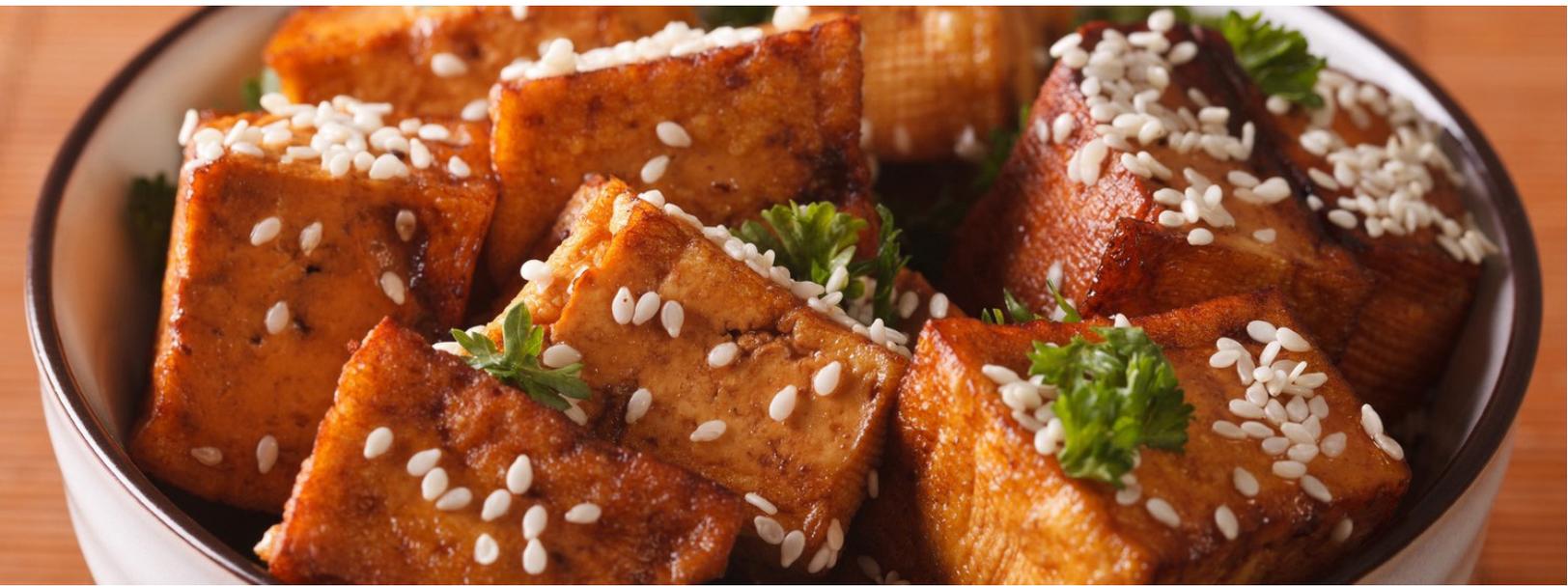
Keeps well in the fridge for 3 to 4 days.

Ingredients

- 1 cup Brown Rice (uncooked, rinsed)
- 2 cups Water
- 4 cups Broccoli (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Tamari
- 2 tbsps Miso Paste (optional)
- 1 tbsp Sesame Oil
- 12 1/3 ozs Tofu (sliced into cubes)
- 3 tbsps Sesame Seeds (optional)

Sticky Tofu

12 ingredients · 20 minutes · 4 servings



Directions

1. Cube tofu
2. Heat 1 tbsp. sesame oil in pan on medium high heat.
3. Begin to sauté tofu, letting it sear for 2-3 minutes each side. You want the cubes to begin to brown. Make sure they start to look crispy.
4. Mince 2 garlic cloves and 1 chili pepper. In a bowl mix together tamari or soy, vinegar, honey, garlic, and spices.
5. Pour sauce over browned tofu and let simmer for 1-2 minutes. Top with sesame seeds (optional). Remove from heat and serve with veggies of choice and rice or quinoa . Option to serve with curly parsley on top.

Ingredients

- 10 1/2 ozs Tofu
- 2 tbsps Sugar Free Ketchup
- 2 tbsps Tamari
- 1 tbsp Raw Honey
- 1 tbsp Apple Cider Vinegar
- 2 tbsps Sesame Oil
- 2 Garlic
- 1 Red Hot Chili Pepper
- 1/2 tsp Cumin
- 2 stalks Green Onion
- 1 tbsp Sesame Seeds
- 1/4 cup Parsley

Mango, Edamame & Cabbage Salad with Peanut Sauce

9 ingredients · 15 minutes · 2 servings



Directions

1. In a large salad bowl, whisk together the peanut butter, olive oil, rice vinegar, tamari and honey until well combined.
2. Add remaining ingredients and toss until evenly coated. Enjoy immediately or let marinate overnight.

Notes

Nut-Free

Use tahini instead of peanut butter. Top with sesame seeds or hemp hearts instead of peanuts.

No Cabbage

Use coleslaw mix, mixed greens, kale or spinach instead.

No Rice Vinegar

Use apple cider vinegar instead.

Extra Flavour

Add lime juice, red pepper flakes, minced garlic, grated ginger, sliced carrots and/or chopped cilantro.

Leftovers

Refrigerate in an air-tight container up to 3 to 4 days.

Ingredients

- 2 **tbps** All Natural Peanut Butter
- 2 **tbps** Extra Virgin Olive Oil
- 1 **tbps** Rice Vinegar
- 1 **1/2 tsps** Tamari
- 2 **tbps** Raw Honey
- 2 **cups** Purple Cabbage (finely sliced)
- 1 **cup** Frozen Edamame (thawed)
- 1 **cup** Frozen Mango (thawed)
- 1/4 **cup** Raw Peanuts (roughly chopped)

Peanut Tempeh with Purple Cabbage Slaw

9 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Combine 2/3 of the sesame oil, the tamari, peanut butter, maple syrup and water in a large mixing bowl. Add the tempeh and toss well to coat.
3. Transfer the tempeh to the baking sheet and bake for 20 minutes, turning halfway through.
4. While the tempeh is baking, make the slaw by adding the cabbage to your large mixing bowl with the remaining sesame oil, lime juice, sea salt and black pepper. Massage until slightly softened.
5. Divide slaw between bowls and top with the tempeh. Enjoy!

Notes

Leftovers

Keeps in the fridge for 3 to 4 days. Tempeh can dry out over time, so freshen it up with a drizzle of sesame oil or tamari.

Save Time

Use bagged coleslaw mix instead of purple cabbage.

No Tempeh

Use chicken or shrimp.

No Peanut Butter

Use almond butter, tahini or sunflower seed butter instead.

Ingredients

- 3 **tbps** Sesame Oil (divided)
- 2 **tbps** Tamari
- 2 **tbps** All Natural Peanut Butter
- 2 **tbps** Maple Syrup
- 2 **tbps** Water
- 8 **1/16 ozs** Tempeh (diced into cubes)
- 4 **cups** Purple Cabbage (thinly sliced)
- 1 Lime (juiced)
- Sea Salt & Black Pepper (to taste)