

\$10 dinner!

\$2/
serving

TOFU POKE BOWL

SERVINGS: 5 TOTAL TIME: 45 MINUTES

Ingredients

- 16 oz hard tofu
- 3 cups brown rice
- 3 cups water
- 1 cucumber
- 1 onion
- 1 cup edamame
- 1 avocado
- 1 cup julienned carrots
- 2 tablespoons poke sauce

DID YOU KNOW?

tofu is an excellent source of calcium and 1 serving contains about 45% of the daily recommendations!

Make it your own!

Here are some other ingredients you can add based on your preferences! Get creative with it!

tomatoes
bell pepper
pineapple
radishes
cabbage
jalapeno
spinach
mandarin oranges

Method

1. Drain the tofu and cut in into cubes. Place the tofu into a bag with 2 tablespoons of poke sauce and let it marinate for 30 minutes
2. While the tofu is marinating, combine 3 cups of brown rice with 3 cups of water in a pot
3. Bring the water to a boil, then reduce to medium heat and simmer covered for about 30 minutes, or until all of the water has been absorbed
4. Place the tofu into a skillet and cook over medium heat for about 15 minutes or until desired tenderness
5. Cut cucumber, onion, and avocado to desired size
6. Combine all ingredients into a bowl and add a dash of poke sauce to taste
7. Enjoy!

VEGAN • GLUTEN FREE • DAIRY FREE



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