

ASIAN BROCCOLI BOWLS

(adapted from peasandthankyou.com)

(from *The Cooks Next Door*)

Cooked Quinoa or Brown Rice (use half broth for the cooking liquid)

1-1/2 lbs broccoli florets

1/2 lb mushrooms, cut into chunks

1-2 onions, cut into chunks

sesame oil and/or olive oil for drizzling

season to taste

1/2 lb extra-firm tofu, cut into small cubes

sesame oil and tamari sauce for drizzling

season to taste

Sauce

1/4 c. tamari

1/4 c. vegetable broth

1 Tbsp maple syrup or agave nectar

1 Tbsp sweet red chili sauce, such as Thai Kitchen Brand (opt.)

1/4 tsp ginger powder

1-2 cloves garlic, minced

1 Tbsp ground flax seed

1/2 tsp red pepper flakes

Cook the quinoa or brown rice according to package instructions.

Cut the tofu into cubes. Lay a clean towel on a cutting board and place the tofu on top. Either fold over that towel to cover or lay a second towel on top. Place another cutting board or baking sheet on top and stack a few heavy items to create a tofu "press." (Cookbooks work well.) Leave the tofu to press for 30-60 minutes.

Cut up veggies.

Preheat the broiler.

Arrange mushrooms and onions on a medium baking sheet and drizzle with a little sesame oil or olive oil; if desired, sprinkle with a little salt, red pepper flakes, and garlic powder, if desired. Arrange pressed tofu cubes onto another medium baking sheet, drizzle with a little sesame oil and tamari sauce; if desired, season with a little salt, ginger powder, garlic powder, and red pepper flakes. Arrange broccoli florets on a large baking sheet and drizzle with a little sesame oil.

If your oven size allows, broil the mushrooms and onions alongside the tofu for 10-15 minutes, stirring once. Then place on the bottom rack to keep warm while you broil the broccoli for 6-9 minutes, stirring once and making sure not to burn.

While the veggies and tofu are broiling, make the sauce. In a small saucepan, combine all of the sauce ingredients. Bring to a boil over medium-high heat, stirring constantly. Lower heat and simmer for a minute or two, until thickened. Remove from heat.

Scoop quinoa or rice into each bowl, top with the roasted veggies and tofu, drizzle with the sauce and sprinkle sesame seeds on top.