**TOFU DRAGON BOWL**

**DRAGON BOWL BASICS**

Base of fresh greens

Grains and/or noodles

Vegetables and fruits

Protein (such as tofu cubes, cooked

Toppings

Dressing

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Brown rice, quinoa, farro or any other grain

Tofu cubes, cooked (see Grit Tofu recipe)

6 cups mixed salad greens

½ cup canned mandarin oranges

½ avocado, cut into wedges

(opt) wonton or ramen noodles uncooked

½ cup shredded carrot

½ cup shredded beets

(opt) 1 cup alfalfa sprouts

Toasted Sesame/sunflower seeds

**Dragon Bowl Dressing**

½ cup rice vinegar 2 T orange juice

1 T finely minced ginger 2 T sesame oil

1 T finely minced garlic ¼ cup chopped scallions

¼ teas pepper 1 T honey

1/3 cup soy or tamari sauce 2 T mango chutney

1/3 cup light oil 2 T peanut butter

**To assemble dragon bowls**:

first place a hefty serving of grain in the bottom of the bowl. Toss the salad greens, oranges and avocado with a little of the dressing. Add the salad on top of the grain. Then add small amounts of carrot, beets, Top with small amounts of grated carrots, beets, alfalfa sprouts and/or any other vegetable you like, such as radishes, cucumbers. Add tofu. Sprinkle with sesame/sunflower seeds. Drizzle on more Dragon Bowl Dressing.