

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.