

Coconut Tofu and Brown Rice Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving: 10

Serving size: 1 cup

Ingredients	Quantity	Measure
Sweet potatoes, medium to large, peeled, cut into ½ inch cubes	2	each
Salt, divided	1	tsp.
*Tofu, extra-firm, drained, pressed, cut into ½ inch cubes	2	14 ounce packages
Coconut milk, light, divided	3 ¼	cups
Brown rice flour	½	cups
Unsweetened shredded coconut, ground	1	cup
Water	¼	cup
Onions, small dice	½	cup
Garlic, minced	2	cloves
Soy sauce, low sodium	¼	cup
Cinnamon	1	tsp.
Cardamom	1	tsp.
Cumin	1	tsp.
Onion powder	1	tsp.
Black pepper	1	tsp.
Macadamia nuts or peanuts, chopped (optional)	½	cup
Cilantro, chopped	½	cup

Preparation

*Please see separate page for tofu pressing instructions.

1. Preheat oven to 400 degrees Fahrenheit and line a sheet pan with parchment paper. Add sweet potato cubes to the baking sheet, sprinkle with ½ tsp of salt. Bake for 30-40 minutes until tender, flipping halfway through.



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Continued

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2. To prepare tofu, line a baking sheet with parchment paper and set aside. In a medium bowl, combine 1 cup of light coconut milk with brown rice flour and the remaining ½ tsp of salt. Mix well. In a second bowl, add the ground coconut shreds (place shredded coconut into food processor to grind). Dip each piece of cubed tofu into the liquid mixture, roll in the coconut shreds and place onto the sheet pan. Once all pieces are coated, bake at 400 degrees for approx. 30 minutes until slightly brown, flipping halfway through.
3. Make the sauce by heating water in a medium saucepan. Add the diced onions and sauté until translucent, stirring continuously. Once the onions are cooked, add the garlic and sauté until aromatic, stirring continuously. Add the rest of the coconut milk, soy sauce, cinnamon, cardamom, cumin, onion powder and black pepper. Stir and simmer for 10 minutes. Taste and adjust seasoning.
4. To assemble, add brown rice to bottom of bowl, top with fresh spinach, sweet potatoes, and baked coconut tofu. Drizzle sauce over all ingredients and top with macadamia nuts (or peanuts) and cilantro.

Serving Information

Serve on its own or on a bed of spinach or steamed greens.

Nutrition Information

*From USDA Nutrient Database

Calories: 454 Total Fat: 34.6g Saturated Fat: 23.2g Monounsaturated Fat: 8.3g Polyunsaturated Fat: 0.8g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 23.3g Fiber: 5.6g Total Sugar: 5.9g Protein: 12.4g
Sodium: 482.7mg Vitamin A: 187µg Vitamin C: 5mg Calcium: 175mg Iron: 4.1mg Folate: 36µg

