

LiveWell

Crispy baked chili lime tofu bowl

Yield: 4 servings



Ingredients:

- 14-ounce block extra firm tofu
- 3 Tablespoons cornstarch
- 2 Tablespoons olive oil
- 2 cups broccoli florets
- 1 large red, orange, or yellow bell pepper, chopped (about 1 cup)
- 2/3 cup uncooked instant brown rice
- 1/3 cup sweet chili sauce
- 1 Tablespoon low-sodium soy sauce
- 1 teaspoon lime juice
- 1 teaspoon grated or minced garlic
- 1/4 cup water
- 1/4 cup chopped green onion

Directions:

1. Preheat oven to 425° F.
2. Drain and press liquid out of tofu using a clean dish towel or paper towels. Cut tofu into half-inch cubes. Place tofu cubes in a bowl and add cornstarch, tossing gently until cubes are coated.
3. Place tofu on a baking sheet lined with parchment paper and brush with olive oil.
4. Place broccoli on a separate baking sheet.
5. Roast both tofu and broccoli for about 20-25 minutes or until tofu is crispy and broccoli is toasty. Note that broccoli may finish cooking before tofu.
6. While tofu and broccoli are roasting, cook rice according to package instructions but omit added salt.
7. Prepare sauce by combining sweet chili sauce, low-sodium soy sauce, lime juice, minced garlic, and water in a small bowl.
8. Toss cooked tofu in sauce.
9. Divide rice evenly between four bowls, then layer 1/4 of tofu, broccoli, and fresh bell peppers in each bowl.
10. Garnish each bowl with 1/4 of green onions and serve.

Nutrition information per serving:

Calories: 308

Fat: 13 grams

Saturated fat: 1.5 grams

Cholesterol: 0 mg

Sodium: 345 mg

Carbohydrates: 36 grams

Fiber: 3.5 grams

Protein: 14 grams

Food exchanges:

1 carbohydrate, 4 vegetable,

1 protein, 2 fat