

# Lean & Green

We make healthy eating second nature

## TOFU POWER BOWL



**No. of servings:** 1

**Per serving:** 1 lean | 3 green |  
1 healthy fat | 3 condiments

**Total Time:** 30 minutes

**Cuisine:** American

**Contains:** Gluten, Soy

### INGREDIENTS

425g extra-firm tofu, cubed into 2-3cm pieces (see Step 1)

2 tbsp soy sauce

1 tsp rice vinegar

1 tsp sesame oil

Cooking spray

½ cup (40g) cubed eggplant

½ cup (50g) grated cauliflower

½ cup (35g) chopped kale

### DIRECTIONS

1. Press tofu: Place tofu strips onto multiple layers of paper towel or a clean dishcloth on top of a plate or cutting board. Place another layer of paper towels or another clean dish towel on top of the tofu. Place a weight on top of this second layer (this could be a large plate with canned foods on top or a stack of plates or hardcover books). Let sit for at least 15 minutes, and then cut the tofu into 2-3cm cubes.
2. Combine the soy sauce and vinegar in a small bowl and whisk together.
3. Heat sesame oil in a large skillet. Place cubed tofu on one half of the skillet and the cubed eggplant on the other half. Cook both until lightly browned and tender, about 10 to 12 minutes. Remove from skillet, and set aside. Add kale, and sauté until wilted, about 3 to 5 minutes.
4. Microwave the grated cauliflower in a small bowl with 1 tsp of water for 3 to 4 minutes or steam on the stovetop until tender.
5. Arrange cauliflower "rice" with tofu, eggplant, and kale in a bowl.

**\*Note:** To make cauliflower "rice", trim and chop a head of cauliflower into rice-like pieces using a knife. Alternatively, you may grate the cauliflower with a box grater or cut cauliflower into florets and lightly pulse in a food processor.

**Per serving:** 310 calories, 35g protein,  
18g carbohydrate, 13g fat



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