



Tofu, Broccoli & Brown Rice

4 servings

1 hour

Ingredients

- 1 cup Brown Rice (uncooked, rinsed)
- 2 cups Water
- 4 cups Broccoli (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Tamari
- 2 tbsps Miso Paste (optional)
- 1 tbsps Sesame Oil
- 12 1/3 ozs Tofu (sliced into cubes)
- 3 tbsps Sesame Seeds (optional)

Nutrition

Amount per serving	
Calories	425
Fat	20g
Carbs	47g
Fiber	6g
Sugar	4g
Protein	18g
Cholesterol	0mg
Sodium	1208mg
Vitamin A	568IU
Vitamin C	81mg
Calcium	374mg
Iron	5mg

Directions

- 1 In a small saucepan, bring the water to a boil and add the brown rice. Reduce heat to a gentle simmer, cover, and cook for 40 minutes.
- 2 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 3 Toss the broccoli florets with olive oil. Sprinkle with salt and pepper, and add to the baking sheet.
- 4 In a medium bowl, combine the tamari, miso, and sesame oil. Add the tofu and toss to coat. Add the tofu to the baking sheet with the broccoli. Bake in the oven for 30 minutes, turning at the halfway point.
- 5 Divide the rice between bowls or containers. Top with roasted broccoli and tofu, and a sprinkle of sesame seeds. Enjoy!

Notes

No Tofu: Use edamame, lentils, tempeh, or chickpeas.

Leftovers: Keeps well in the fridge for 3 to 4 days.