

# Healthy Vegetable Grain Bowl w/ Tofu

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

## Step 1: Preparing the Grains

- 1 cup cooked quinoa\*
- 1 cup cooked red rice\*
- 1 cup cooked kamut\*

\*Note: Any grain or combination of grains can be used for this dish.

Cook the grains by following the instructions in the lesson How to Cook Grains.

If you have previously cooked the grains, reheat them with steam prior to assembling the dish. Refer to the lesson for instructions.

## Step 2: Preparing Your Mise en Place

- 2 cups kale
- 1 bunch asparagus
- 1/4 cup sun-dried tomatoes, sliced or diced (unsalted, dry, not packed in oil)
- 1 cup fresh or frozen corn
- 1/3 cup pumpkin seeds
- 2 cups extra-firm tofu (or tempeh)

To prepare your mise en place, wash and spin dry the kale. Remove the stem and tear the leaves into bite-size pieces.

Wash and trim the asparagus. Cut into 1" -inch pieces. Chop the sun-dried tomatoes and measure out the corn. Gather the pumpkin seeds and set aside.

Drain, pat dry and cut the tofu into cubes.

## Step 3: Cooking & Assembling the Dish

- 1 cup diced onion
- freshly ground black pepper (to taste)
- sea salt to taste, optional

Heat a large skillet over medium heat. Add onion and sauté a few minutes until the edges of the onions start to become translucent. Add the tofu and sauté, adding a bit of vegetable stock or water now and then to prevent sticking.

Once done, remove onion and tofu from the pan and set aside.

Next, add the corn to the same pan and let cook for a few minutes to warm through. Next, add the asparagus, kale and sun-dried tomatoes. Toss until the kale just begins to wilt. Add the heated grains and toss again to combine. Add the onions and tofu and toss gently to combine. Season to taste. Serve and enjoy.