

Quinoa Tofu Burrito Bowl

Swick

Makes 1 bowls | Active Time: 35 minutes | Total Time: 35 minutes

Chef's Notes

Nutrition per serving: Calories 541; Fat 21g; Carbs 70g; Fiber 20g; Sugar 9g; Protein 25g; Cholesterol 0mg; Sodium 1631mg; Vitamin A 4189IU; Vitamin C 86mg; Calcium 292mg; Iron 8mg

Step 1: Method

- 1/4 cup Quinoa, uncooked (45 grams)
 - 2 oz Tofu, extra firm, crumbled
 - 1 1/2 tsp Extra Virgin Olive Oil (~22 mL)
 - 1 1/4 tsp Chili Powder (10 grams)
 - 3/4 tsp Cumin (4 grams)
 - 1/2 tsp Oregano (~1.5 grams)
 - 1/2 tsp Garlic Powder (5 grams)
 - 1/4 tsp Sea Salt (1.25 grams)
 - 1/2 cup Organic Salsa, divided (129 grams)
 - 1 1/2 tsp Lime Juice (7 mL)
 - 1/2 tsp Nutritional Yeast (5.5 grams)
 - 1/2 Red Bell Pepper, sliced
 - 1/4 head Romaine Hearts, chopped
 - 1/2 cup Black Beans, cooked (38 grams)
 - 1/4 Avocado, diced
1. Cook quinoa according to package directions.
 2. Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
 3. Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine. Add tofu and stir.
 4. Spread the quinoa and tofu mixture into a flat even layer in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
 5. To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!