CRISPY TOFU SWEET POTATO BOWL

**INGREDIENTS:**

1. 1 Block Tofu Firm to Extra Firm
2. 1/3 cup Arrowroot Powder/Cornstarch
3. 1 cup Brown or Black Rice
4. 1 med-lrg. Sweet Potato/Yam
5. ½ cup Edamame Beans
6. 4 Tblsp. Vegan Mayo
7. 1-2 tsp. Chipotle Sauce
8. 1 tsp. Garlic Powder
9. 2 Tblsp. Rice Vinegar
10. 2-3 Green Onions
11. ½ cup Purple/Red Cabbage – Shredded
12. 1 Ripe Avocado
13. 2 tsp. Soy/Tamari Sauce
14. 1-2 Tblsp. Ginger-Sesame Spice Blend

**INSTRUCTIONS:**

 Preheat oven to 450

1. Get Rice Cooking – I use a rice cooker. I made more so I used 2 cups of water to 1 cup of rice.
2. Drain Tofu, Press with Paper towel to take out excess liquid.
3. Chop into bite size pieces, Season with Sesame-Ginger Spice, Salt & Pepper. Add a bit of oil to blend together. The oil and arrowroot powder will give the tofu it’s crunch.
4. Repeat #3 for Sweet Potatoes/Yam
5. Place Tofu on a lined parchment paper pan and spread out evenly.
6. Repeat #5 for Sweet Potatoes/Yam
7. Bake Tofu for 20-25 minutes on 450
8. Bake Sweet Potatoes/Yam for 15-20 minutes on 450

Chipotle Aioli:

1. To a small mixing bowl or mason jar, add the 4 Tblsp. of vegan mayo, ½ tsp garlic, pinch of salt, and about ½ tsp. of rice vinegar. You can add more – just taste
2. In bowl, whisk until smooth. In mason jar, shake shake shake! Until smooth. Set Aside

Edamame Beans & Cabbage:

1. In a medium pan over medium heat, add either 2 tsp + water or about 1 tsp. avocado oil and add the edamame beans and cabbage.
2. Saute until the cabbage is slightly translucent. I like mine with a bit of crunch. If your veggies are sticking to pan, add a bit more water or avocado oil.
3. Off heat, you can add about 1 tsp of soy/tamari sauce and blend slightly. Set Aside

Put it all together:

1. Add about ½-1 cup of rice in middle of bowl
2. Add Sweet Potatoes/Yam (I do this twice)
3. Add Edamame/Cabbage Mixture
4. Slice Avocado and Place on top
5. Sprinkle with Sesame-Ginger Spice (optional)
6. Sprinkle with Green Onions
7. Drizzle with Chipotle Aioli

WAH LAH!

Make this dish look as fancy as you’d like or add any other ingredients or spice to fit with it tasty like a sushi roll

ENJOY!

Have a Happy, Healthy & Balanced Day!

Trish 😊

The Let’s Eat Healthy Plant-Based Cooking Show!