



BE HEALTHY & SPREAD THE LOVE

ASIAN-STYLE BUDDHA BOWL

SERVES 1

INGREDIENTS:

2 oz. SoyBoy Tofu Lin, sliced
¾ cup cooked Farro (or another grain)
2 cups Kale, de-stemmed, massaged and julienned
½ cup Cucumber, quartered and sliced
¼ cup Mung Bean Sprouts
2 oz. Carrots, slivered
2 oz. Red pepper, de-seeded and sliced thin
Thai-Style Peanut Dressing (We used Wegmans brand.)

OPTIONAL:

For more crunch and protein, add crushed cashews, almonds, sesame seeds, or any nuts or seeds you have on hand.

For added flavor, toss in sliced green onion or cilantro.

Add cooked shelled edamame for even more plant-based protein.

PROCEDURE:

Cook farro according to package instructions. If you want more flavor use vegetable stock instead of water. Set farro aside to cool.

Remove the stems from the leaves and massage the kale with your hands. This will make a squeaking noise that subsides when the kale has been softened enough. This makes it less bitter and easier to eat. Cut the massaged leaves into strips.

Prepare cucumbers, carrots, red pepper, and Tofu Lin.

Arrange ingredients in a large bowl, starting with your grain and kale, then following with the remaining vegetables. Top with sliced tofu.

Drizzle with peanut dressing and enjoy!

HINTS:

We like the texture of farro, but you can swap it out for your favorite gluten-free grain if you need to.

Season the farro or other grain to your liking before you build your bowls. Cooking with vegetable stock instead of water adds to the savory flavor.

Use the leftover veggies to make a stir-fry.

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