

Spicy Garlicky Sesame Tofu Dinner Bowl

Spicy Garlicky Sesame Tofu

- 1 lb Silken Tofu
- 1 large clove garlic, grated on a microplane, or pressed
- 2 T tamari sauce
- 2 t sesame oil
- 1 t chili oil sauce
- 1 t coconut sugar
- 2 scallions, thinly sliced
- 2 t toasted sesame seeds

Drain, then wrap tofu for a few minutes in a paper towel to remove excess moisture. Slice tofu a generous half-inch thick, and place in a single layer in a shallow ovenproof casserole.

Preheat oven to 350F.

In a small bowl, combine garlic, tamari, sesame oil, chili oil and sugar. Drizzle mixture on tofu and use a brush to spread into an even coat.

Bake tofu for about 20 minutes. Garnish with scallion and sesame before serving. Serves 4.

Scallion Sesame Spinach

- 1 lb baby spinach
- 2 scallions chopped
- 3 garlic cloves, grated on a microplane or minced
- 1 T soy sauce
- 2 t toasted sesame oil
- 1 t toasted sesame seeds

In a large covered saucepan, wilt spinach over medium-high heat with 1/4 cup of water. Toss with tongs to cook evenly. Drain and squeeze to remove all excess water.

In a medium-sized bowl, combine all remaining ingredients, add the spinach and toss well. Can be covered and stored in the refrigerator for up to 2 days.

Seasoned Bean Sprouts

- 1 lb bean sprouts, rinsed and strained
- 2 t kosher salt, divided
- 2 garlic cloves, grated on a microplane or minced
- 2 scallions, chopped
- 1 t chili garlic oil (or Korean hot pepper flakes)
- 1 t soy sauce
- 2 t toasted sesame oil
- 2 t toasted sesame seeds

In a large covered pan, cook bean sprouts with a cup of water and a teaspoon of salt for 5 minutes, just until wilted, over high heat, tossing occasionally with tongs to cook evenly. Strain and cool.

Combine all remaining ingredients in a medium-sized bowl. Add sprouts and toss well. Can be covered and stored in the refrigerator for up to 2 days.

Brown Rice Noodles

- 10 oz brown rice noodles

In a large pot of boiled water, soak noodles for 2 minutes until softened. Season in individual dinner bowls with the excess dressing from the bottom of the bowl of Chopped Salad.

Chopped Salad

- 1 orange bell pepper, chopped
- 2 ripe, juicy tomatoes, chopped
- 2 small cucumbers, chopped or sliced
- 2 scallions, sliced
- 1/2 avocado, chopped
- 1 T olive oil
- 3 T seasoned rice vinegar
- sea salt and freshly ground black pepper
- 2 T chopped parsley

In a medium-sized bowl, combine all ingredients. Season to taste.

Spicy Brussels Sprouts

- 1 lb Brussels sprouts, trimmed, halved if large
- 1 T olive oil
- kosher salt
- 1/2 t chili garlic oil (or 1/4 t Korean hot pepper flakes)

Preheat oven to 350F.

On a sheet pan covered with parchment paper, combine all ingredients and roast Brussels sprouts for 20 minutes until softened and browned. Serve hot.

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