

RECIPE

Garden Protein Bowl

🕒 15 minutes / 1 serving

A GARDEN FRESH, FIBER-PACKED BOWL that balances plant protein, crunch, and brightness—quick to make, deeply satisfying, and light enough to fuel you without slowing you down.

INGREDIENTS

- 6 oz extra-firm tofu
- 2 tsp extra virgin olive oil, divided
- 2 tsp fresh lime juice, divided
- 1 tsp soy sauce
- Salt and pepper to taste
- 2 cups mixed greens
- 1 cup baby kale
- ½ cup, black beans, rinsed
- ¼ cup cooked quinoa
- ¼ cup diced cucumber
- ¼ cup sliced cherry tomatoes
- 1 tbsp pepitas



INSTRUCTIONS

- 1 PRESS** tofu on a plate between a several layers of paper towels for 15 minutes. Remove paper towels.
- 2 WHISK** olive oil, lime juice, and soy sauce in a large bowl; season with salt and pepper. Pour 2 tsp of dressing onto tofu; turn to coat.
- 3 GRILL** tofu over medium until charred in spots, 3 to 5 minutes per side.
- 4 ADD** mixed greens, kale, beans, quinoa, cucumber, and cherry tomatoes to large bowl with remaining dressing; season and toss to coat.
- 5 TOP** with tofu and pepitas.

NUTRITIONAL INFO PER SERVING

CALORIES

480

PROTEIN

31g

FIBER

15g

CALCIUM

53mg