

RECIPE

Tofu & Cucumber Salad Rice Bowl

🕒 15 minutes / 1 serving

THE STAR OF THIS WARM, protein-packed bowl is a simple quick-pickled salad. Just toss thinly sliced cucumbers and green onions with rice vinegar, sesame oil, and salt for a satisfyingly tangy crunch!

INGREDIENTS

- 1 Persian cucumber, thinly sliced
- 1 tbsp chopped green onions
- 1 tbsp rice vinegar
- 1 tsp toasted sesame oil
- salt to taste
- $\frac{2}{3}$ cup cooked brown rice
- 5 oz tofu, sliced
- 1 large hard-boiled egg, halved



INSTRUCTIONS

- 1 **TOSS** cucumber and green onions with vinegar, oil, and salt to taste.
- 2 **LET STAND** 5 minutes, or until cucumber slightly wilts.
- 3 **SPOON** rice into a bowl.
- 4 **TOP** with tofu, egg halves, and cucumber salad.

NUTRITIONAL INFO PER SERVING

CALORIES

405

PROTEIN

22 g

FIBER

4 g