

PLANT POWERED BOWL WITH SUN DRIED TOMATO VINAIGRETTE

Bowl Ingredients:

- 2 cups lentils, cooked OR 1 can lentils, warmed in a microwave safe bowl in the microwave for 1 minute
- 1 cup rice, cooked
- 1 cup pickled onions
- 2 bell pepper, thin sliced (or other choice of veggie)
- 1 red onion, thinly sliced
- 3-4 Tbsp olive oil
- Salt and pepper, to taste
- 1 tsp chili powder
- 1 tsp garlic powder
- 2 blocks of tofu
 - If you do not like tofu, you can choose a different protein source

Dressing Ingredients:

- 1/4 cup sun dried tomatoes + oil from sun dried tomatoes
- 2 Tbsp olive oil
- Juice + zest of one lemon
- 1/2 cup fresh basil leaves
- 1 clove garlic
- Salt and pepper, to taste



PREP Time: 10-15 minutes
COOK Time: 20-25 minutes (additional when cooking rice and if cooking lentils)
TOTAL Time: 20-25 minutes
SERVES: 4-6



Directions:

1. Take tofu out of package and drain. Place tofu on to a plate or cutting board with paper towels under and on top. Stack heavy item (s) on top of tofu. Press for 10-15 minutes.
2. Preheat oven to 425. Prepare two sheet pans with oil or parchment paper.
3. Toss sliced peppers and onion with 1-2 Tbsp olive oil, salt and pepper in a medium sized bowl. Pour onto sheet pan.
4. Slice tofu. On a separate pan, spread out sliced tofu. Top with 1-2 Tbsp olive oil, chili powder, garlic powder, salt and pepper.
5. Bake for 20-25 minutes.
6. While veggies and tofu are baking, prepare dressing. Place all dressing ingredients into a food processor. Blend until smooth.
7. Prepare bowl: Begin with rice. Add lentils. Add pickled onions, tofu, pickled onions and additional toppings as desired.
8. Drizzle with dressing.
9. Enjoy!

