

Dinner

Tofu Peanut Bowls

10 Mins
Prep Time

30 Mins
Cook Time

4
Servings

436 Calories **22g Fat** **43g Carbs** **19g Protein**



Ingredients

4 Servings 40 Mins Total Time Allergens: Soy, Gluten, FODMAPs, Nuts

1 Block Extra-Firm Tofu, pressed*

1 lb Green Beans, washed, ends trimmed

2 Tbsp Extra Virgin Olive Oil, divided

1 Tbsp Corn Starch

Salt and Pepper, to taste (omit if bothersome)

2 Cups White Rice, cooked

Peanut Sauce

½ Cup Smooth Peanut Butter ½ Tsp Garlic Powder

1½ Tbsp Honey (optional) 4 Tbsp Water

1 Tbsp Fresh Lime Juice 2 Tsp Fresh Ginger, peeled and minced

1 Tbsp Soy Sauce

Allergen Swap

Soy Replace the tofu with chicken; replace the soy cause with a soy-free version, such as tamari

Gluten Replace the soy sauce with a gluten-free version, such as tamari

FODMAPs Replace honey with maple syrup; omit garlic powder

Nuts Replace the peanut butter with a nut-free butter, such as tahini or sunflower seed butter

Nourishment Note



Green Beans

Green beans are a tolerable food for people with chronic digestive issues. They contain folate, vitamin C, and vitamin A, all important nutrients in irritable bowel disease.



Tofu

A plant-based meat alternative, tofu is packed with protein. It's low in cholesterol and fat which may help lower the risk for heart disease. Many brands are fortified with calcium to aid in bone health.



White Rice

Low in fiber, white rice is a flare-friendly grain. It also provides folic acid, a key nutrient in irritable bowel disease. Folic acid is a nutrient that may help grow new and healthy cells.



Peanut Butter

Smooth peanut butter is a flare-friendly source of protein. Peanut butter is also high in healthy monounsaturated fats and provides vitamin E, an important antioxidant.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat the oven to 375°F, and line baking sheets with aluminum foil.

3. Prepare Tofu

Cut the tofu into small, bite-sized pieces. Add to a large mixing bowl along with 1 Tbsp extra virgin olive oil, corn starch, and salt and pepper. Mix gently, evenly coating the tofu. Place on aluminum foil lined baking sheet.

4. Mix in Green Beans

Add the green beans to the same large mixing bowl and drizzle with remaining extra virgin olive oil. Gently mix, evenly coating the green beans. Add to the second aluminum foil covered baking sheet.

5. Bake

Place baking sheets in the oven. Bake for 30 minutes, or until tofu and green beans are crispy (flipping halfway through cooking).

6. Prepare Sauce & Rice

While baking, prepare the sauce and cook white rice according to directions.

7. Mix Dressing

Peanut Lime Sauce: In a bowl, whisk the dressing ingredients until smooth.

8. Assemble, Serve & Enjoy

Assemble bowls: add ¼ cup of white rice to each bowl, along with ¼ of the veggies and ¼ of the tofu. Drizzle with the sauce.

9. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Baking Sheets (2)



Aluminum Foil



Medium-Sized Saucepan



Cutting Board



Knife



Measuring Cup



Measuring Spoons



Spatula



Small Bowl



Whisk

Remission Remix

- Use brown rice or quinoa instead of the white rice to increase the fiber, whole grain, and nutritional value of the dish.
- Use minced garlic instead of garlic powder in the peanut sauce for a more robust garlic flavor and additional nutrients.
- Try steamed broccoli instead of green beans for an alternative high-fiber vegetable option.

*Note: If you cannot find tofu that is pre-pressed, press tofu before preparing. Discard water from packaging, and wrap tofu block in a clean towel. Place in the refrigerator for a few hours with a heavy object, such as a pan, on top. This will help remove most of the water allowing the tofu to crisp evenly during cooking.