

Veggie Bowl with Marinated Tofu and Avocado



Serves 4

Ingredients

Vinaigrette/Marinade

Juice of half a lemon
30 ml (2 tbsp.) seasoned rice vinegar
10 ml (2 tsp.) maple syrup
1 small garlic clove, chopped
2.5 ml (½ tsp.) grated fresh ginger
5 ml (1 tsp.) soy sauce
80 ml (⅓ cup) oil

Veggie Bowl

1 block of tofu (about ⅔ lb.), cubed
1 L (4 cups) cooked rice and/or quinoa, farro, beans, etc.
1 L (4 cups) greens (watercress, lettuce, arugula, etc.)
500 ml (2 cups) cherry tomatoes, quartered
3 mini cucumbers, sliced into rounds
6 radishes, sliced into rounds
250 ml (1 cup) green beans (or snow peas, etc.), blanched
2 carrots, sliced
2 avocados, peeled, pitted, and quartered

Preparation

1. In a bowl, use a whisk to combine all ingredients for the vinaigrette.
2. In another bowl, toss ⅓ of the vinaigrette together with

