



Baked Tofu with Peanut Sauce and Black Rice

Easy Hint: Prepare Rice, Sauce, Peppers, and Beets ahead of time

Black Rice:

- 1 cup whole grain purple rice
- 2-1/4 cups water or vegetable broth

Peanut Sauce

- 2 Tablespoons (each) lime juice; lemon juice
- 1 cup smooth or chunky peanut butter
- 1 Tablespoon (each) white miso; grated ginger
- 1 Tablespoon fish sauce
- 1 to 2 teaspoons hot sauce, optional
- 2 Tablespoons liquid coconut oil
- 2 Tablespoons honey
- Water as needed

Pickled Red Peppers and Golden Beets:

4 Tablespoons (each) lime juice; lemon juice

1 teaspoon salt

8 small red bell peppers, stemmed; thinly slice lengthwise

2 golden beets, peeled; trimmed; thin sliced; blanch until tender

6 dried apricot halves, slice into thin strips

Cracked black peppers as desired

Tofu

1 (14 oz.) package extra firm tofu

Salt as desired

Spray canola oil as desired

1 Tbsp. (each) lime juice; honey as desired

3 to 4 cups greens like spinach or arugula

2 scallions, trimmed; thinly sliced

Celery sprigs as desired

Prepare Rice: Combine ingredients in a medium saucepan and bring to a boil. Stir once; cover; reduce heat. Simmer for 45 minutes or until rice is tender and has absorbed all the liquid. Remove from heat; let stand covered for 5 to 10 minutes. Set aside.

Prepare Peanut Sauce: In medium bowl, whisk 2 Tablespoons (each) lime and lemon juice with peanut butter, miso, ginger, fish sauce, hot sauce, oil, honey and about $\frac{1}{2}$ to $\frac{3}{4}$ cup water until thick sauce consistency. Stir until smooth; season to taste with salt.

Pickled Red Peppers and Golden Beets:

Use two small bowls. Place half of the lime juice, lemon juice and salt into each small bowl. Stir both bowls to dissolve salt. Add red peppers to one bowl. Add thin sliced beets and sliced apricots to the other bowl. Sprinkle both bowls with black pepper.

Before Baking:

Preheat oven to 450°F; Lightly grease a large, rimmed baking sheet with oil.

Slice Tofu: Remove tofu from package, drain, slice crosswise into $\frac{1}{4}$ inch thick slices; cut each piece in half, creating 8 slices.

Bake Tofu Pieces: Arrange tofu pieces in a single layer in prepared baking sheet and season with salt. Spoon about 2 Tablespoons of the peanut sauce over each, covering the top and allowing sauce to run down, coating the sides. Drizzle or spray oil over the tofu; roast in preheated oven until glaze is set, deep brown; caramelized along edges, about 18 to 20 minutes.

Form Peanut Dressing: Add about 1 Tablespoon remaining lime juice and 1 Tablespoon honey to leftover peanut sauce in the bowl for a dressing. Set aside.

To Serve: Serve in individual bowls. Divide greens among bowls. Spoon black rice in bowls, top with about 2 slices tofu, Drizzle tofu with peanut dressing, Arrange pickled red peppers and pickled golden beets to bowls; garnish with sliced scallions and celery sprigs if desired. Serves 4

Recipe Inspired by: Yewande Komolafe – NY Times/recipes

About the Recipe: Since Tofu pairs well with strong flavored sauces and seasoning, peanut sauce is a perfect partner, flavored with miso, fish sauce, ginger, and some spicy seasoning. It is a stunning dish accompanied with black rice, pickled red peppers, sweet pickled golden beets, and fresh greens. Preparing some of the side recipes ahead of time, makes it an easy recipe to prepare.