

LEMON TAHINI TOFU GRAIN BOWL (POST-MATCH MEAL)

Ingredients

Farro:

- 1 cup **farro** (can substitute with brown rice or quinoa)
- 1 ½ cups **water**
- 1 cup **veggie stock**

Tofu:

- 1-16 ounce block of **extra firm tofu**
- 2 tbsp of **olive oil**
- 3 tbsp of **apple cider vinegar**
- 2 tbsp of **maple syrup**
- 2 cloves of **garlic**, grated
- 1/4 tsp of **salt**
- ¼ tsp **pepper**

Sweet Potato:

- 1 medium **sweet potato**, quartered and sliced into thin wedges
- 2 tbsp **olive oil**
- ¼ tsp **salt**
- ¼ tsp **pepper**

Balsamic Brussels:

- 16 oz **Brussel sprouts**, washed and halved
- ¼ cup **extra virgin olive oil**
- 1 ½ tbsp **pure maple syrup**
- 2 ½ tbsp **balsamic vinegar**, or balsamic glaze
- 2 ½ tbsp **soy sauce**
- 2-3 cloves **garlic**, minced
- ⅛ tsp **sea salt**
- ⅛ tsp **black pepper**

Tahini Dressing:

- ¼ cup **tahini**
- Juice of 1 small **lemon**
- 1 tbsp **maple syrup**
- ¼ tsp **salt**
- ¼ tsp **pepper**
- 2-3 tsp **warm water**

Other:

- 4 cups chopped **kale**, with stems removed
- 1 **avocado**, sliced

Instructions

To Make the Tofu & Sweet Potatoes:

1. In a large bowl, mix together olive oil, vinegar, maple syrup, garlic, salt, and pepper.
2. Drain and press tofu until most of the liquid is removed. Cut tofu into fillets or strips about 1 ½" wide and 3" long.
3. Place tofu in marinade and let sit for at 20 minutes.
4. Preheat oven to 425F.
5. To prep the sweet potatoes, quarter the potato and slice it into thin wedges.
6. Lay wedges on baking tray and coat in olive oil, salt, and pepper.
7. Lay the marinated tofu onto the same baking tray. Bake for 35 minutes, flipping halfway.

To Make the Brussel Sprouts:

1. In a large bowl combine olive oil, maple syrup, balsamic, soy sauce, garlic, salt and pepper.
2. Add the Brussel sprout halves and mix until coated. Cover and let sit for 30 minutes.
3. Set air fryer to 425F. Air Fry brussels for 15-20 minutes, tossing halfway.

To Make the Farro:

1. Place farro, water, and veggie stock in a medium-sized saucepan. Bring to a boil. Then cover with a lid and reduce heat to medium-low.
2. Simmer for about **15-20 minutes until tender**.
3. Remove from the heat and fluff with a fork.

To Make the Lemon Tahini Dressing:

1. In a small jar, combine the **tahini, lemon juice, maple syrup, salt, and pepper**.
2. Add **2-3 tsp of warm water** to thin the dressing.
3. Stir in additional salt or pepper to taste.

Assembling the Grain Bowl:

1. Scoop farro into large bowl. Add roasted sweet potatoes, tofu, Brussel sprouts, kale, and avocado.
2. Drizzle with 1-2 tbsp of tahini dressing.
3. Serve warm.