



Northeast Georgia Medical Center  
BARIATRIC WEIGHT LOSS CENTER



Recipe adapted from: [www.froedtert.com/bariatric-surgery/recipes](http://www.froedtert.com/bariatric-surgery/recipes)

### Thai Tofu Quinoa Bowl

Serves: 6 Serving Size: 1 cup

#### Ingredients:

- 1 package extra firm tofu
- 2 Tbsp soy sauce
- 1 Tbsp sesame oil
- 1 cup uncooked quinoa
- 1 ½ cups vegetable broth
- ½ cup slivered almonds
- 1 cup shredded carrots
- 2/3 cups chopped scallions
- 1/2 cup fresh cilantro

#### Sauce:

- 1 Tbsp creamy peanut butter
- ½ Tbsp sriracha sauce
- 2 Tbsp rice wine vinegar
- 3 Tbsp coconut milk
- ½ Tbsp brown sugar
- 1 garlic clove, minced
- ½ lime, juiced
- 1 teaspoon grated ginger

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#### Steps:

1. 30 minutes before cooking, drain and rinse tofu. Wrap in clean dish towel and place on rimmed dinner plate. Place another plate on top and weigh down with something heavy to press out excess liquid.
2. Preheat oven to 350 degrees.
3. Toss tofu, soy sauce, and sesame oil in bowl. Place tofu in a single layer on lined baking sheet.
4. Bake for 35-40 minutes tossing every ten minutes to crisp tofu on all sides.
5. Place a medium sized sauce pan on medium low heat. Add in dry quinoa and toast for 5 minutes, stirring occasionally. Add broth to quinoa and bring heat to a low simmer. Cover and cook for 15 minutes or until liquid is all absorbed. Fluff with a fork and set aside.
6. Make the sauce: Add ingredients and whisk well to combine.
7. Toast the almonds: place almonds in small sauce pan. Cook on medium low heat, stirring occasionally until almonds are golden brown.
8. Toss together quinoa, vegetables, herbs, tofu, and nuts. Pour sauce over everything and toss to combine. Serve approximately ½ cup of tofu and ¼ cup of quinoa.

#### Nutrition Facts (per serving):

Calories: 313, Protein: 18g, Fat: 16g, Saturated Fat: 2g, Carbohydrates: 19g, Sugars: 1.8g, Sodium: 473 mg

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