

SPOTLIGHT RECIPE

THAI TOFU VEGGIE NOODLE BOWL

This noodle bowl recipe boasts a rich Thai flavor profile, thanks to hearty additions of red curry, coconut and peanut butter. The ingredients are also packed with antioxidant and anti-inflammatory compounds. Plus, this simple recipe for Noodle Bowl with Thai Tofu and Vegetables is gluten-free, as well as vegan.

SERVES 6



INGREDIENTS

- 12 cups water
- 24 ounces uncooked Pad Thai rice noodles
- 3 teaspoons sesame oil
- 3 red bell peppers, diced
- 4 1/2 cup sliced mushrooms
- Three 15-ounce package, extra-firm tofu, drained
- 9 tablespoons water
- 3 teaspoons minced garlic
- 3 teaspoons minced ginger
- 6 tablespoons red Thai curry paste
- 1 1/2 teaspoons turmeric
- 1 1/2 teaspoons cumin
- 6 tablespoons reduced-sodium, gluten-free soy sauce
- 3 cups canned light coconut milk (stir well before measuring)
- 6 tablespoon creamy peanut butter
- 24 ounces greens (mustard, spinach, kale, chard), chopped
- 9 green onions, chopped
- 1 1/2 cups fresh cilantro, chopped
- 3/4 cup peanuts, chopped

DIRECTIONS

Bring the water to a boil and add the rice noodles, cooking according to package (about 4 minutes). Do not overcook. Rinse, drain and set aside.

Heat the sesame oil in a large skillet or wok and sauté the peppers, mushrooms and tofu for 2 minutes over medium heat. Add the water, and sauté for an additional 3 minutes.

Add the garlic, ginger, curry paste, turmeric and cumin, and stir to combine.

Stir in the soy sauce, coconut milk and peanut butter, and combine well.

Add the greens on top of the pan and cook for 2-3 minutes. Stir in the cooked, drained noodles, and cook just until the noodles are heated through and the greens are barely wilted (1-2 minutes).

Garnish the noodles with the green onions, cilantro and peanuts.

