

## Quinoa-tofu fajita bowls

Serves 4

### Ingredients

#### Quinoa

- 1.5 cups dry quinoa
- 3 cups vegetable broth or water (or a mixture of the two)
- ½ tsp. salt
- 1 tsp. paprika
- ½ tsp. chipotle chili pepper
- ¼ to ½ tsp. ground cayenne pepper

#### Tofu

- 1 lb. firm or extra firm tofu, pressed
- 1 tbsp. oil
- 1 tsp. paprika
- ½ tsp. chipotle chili pepper
- ¼ tsp. ground cayenne
- ¼ tsp. salt

#### Fajita veggies

- 1 head broccoli, cut into small florets
- 8 oz. button mushrooms, sliced
- 1 medium bell pepper, cut into thin strips
- ¼ medium red onion, sliced
- 1 small or ½ large zucchini, sliced
- 1 tbsp. olive oil
- Salt and pepper to taste

#### Kale salsa

- 1.5 cups packed kale
- 2 tbsp. olive oil
- 2 tbsp. lime juice
- ½ tsp. agave nectar
- ½ small Jalapeño
- Salt and pepper

### Directions

- 1) For the quinoa: bring all ingredients to a boil. Stir, reduce to a simmer, and cook for about 20 minutes, or until quinoa is tender and liquid has been absorbed.
- 2) For the tofu: heat up oil in medium sauté pan or skillet. Add the spices and tofu and cook for 10-15 minutes over medium-high heat, stirring every minutes, until the tofu is crisp and golden.
- 3) For the fajita veggies: toss veggies with oil, salt, and pepper in a large bowl. Heat up a large sauté pan, skillet, or wok over high heat. Add the veggies and cook over high heat for 5-10 minutes, or until tender and slightly charred.
- 4) For the salsa: puree all ingredients in food processor or blender until smooth.
- 5) To serve, scoop quinoa into bowls and top with tofu and veggies. Drizzle with salsa and enjoy!

