

Vietnamese Tofu and Vegetable Bowls Makes 4 to 6 servings

This build-your-own bowl is inspired by Vietnamese banh mi and is a great way to have children try new vegetables and flavors.

Ingredients

For the bok choy

- ½ pound bok choy, cleaned and cut into 2-inch pieces
- ½ tablespoon sesame oil
- 1 garlic clove, peeled and finely chopped
- ½ inch piece fresh ginger, peeled and finely chopped

For the tofu

- 1 14-ounce package extra-firm tofu, drained, cut into two 1-inch thick slabs, and dried with paper towels
- 1 tablespoon olive or vegetable oil
- 2 tablespoons low sodium soy sauce or tamari
- 1 teaspoon sesame oil
- ½ teaspoon red pepper flakes (optional)

For the bowls

- 1 cup brown rice, rinsed and cooked according to the package's directions
- 2 radishes, thinly sliced
- 1 lime, cut into wedges
- 2 scallions or green onions, thinly sliced
- 2 tablespoons sesame seeds
- 2 tablespoons hot sauce (optional)

Directions

1. *Make the pickled carrots:* In medium bowl, combine the vinegar, sugar, and salt and mix until dissolved. Add the carrots and set aside to marinate.
2. *Make the bok choy:* Heat ½ tablespoon of sesame oil in a large pan or skillet set over medium heat. Add the garlic and ginger and cook until fragrant, about 30 seconds. Add the bok choy and cook until tender, 2 to 3 minutes. Transfer cooked bok choy to a plate.
3. *Make the tofu:* Add the soy sauce, sesame oil, red pepper flakes, and 1 tablespoon water to a small bowl and whisk well.
4. Turn the heat up in the skillet to medium-high heat. Add the tofu slabs and cook until the bottom of the tofu is golden brown, about 4 minutes. Flip each piece of tofu over and cook until the other side is browned, about 3 minutes. Add the sauce and flip the tofu so that each piece is coated with the sauce and cook for another 2 minutes until the sauce is thickened and absorbed into the tofu. Transfer the tofu to a plate and let cool. Once cooled, cut the cooked tofu into 1-inch cubes.
5. Portion brown rice into individual bowls and top with the bok choy, tofu, pickled carrots, radishes, green onions, sesame seeds, lime wedges, and hot sauce as desired and serve.



Photo: Cilantro and Citronella

For the pickled carrots

- ½ cup apple cider or rice vinegar
- ½ teaspoon sugar
- ½ teaspoon salt
- 1 to 2 carrots, thinly sliced