

Arugula Pesto Tofu, Broccoli, Cauliflower, Quinoa, Lemon Herb Dressing Bowl FIT

Serving size: 1 each

Makes 1 servings

Lemon Herb Dressing

- ¼ cup Olive Oil
- ¾ cup Lemon Juice, fresh
- 2 TBSP Oregano, fresh chopped
- 2 TBSP Basil, fresh chopped
- ¾ tsp Salt
- 1 tsp Black Pepper

Arugula Pesto

- 2oz Arugula, slightly steamed
- 1/3 cup Pesto Sauce, jarred

Bowl

- ½ cup Quinoa, cooked
- 4oz Grilled Tofu, diced
- ¼ cup Roasted Broccoli
- ¼ cup Roasted Cauliflower

Preparation:

1. In a bowl, whisk together olive oil, lemon juice, oregano, basil, salt and pepper and set aside.
2. In a blender, combine arugula and pesto, pulsing until completely mixed (consistency will be thick). Set aside.
3. To assemble bowl, layer:
 - ½ cup quinoa
 - ¼ cup broccoli
 - ¼ cup cauliflower
 - 4oz tofu
 - 1 TBSP Lemon Herb Dressing
 - 2 TBSP Arugula Pesto

RD TIP: Dressing will remain fresh in fridge for 7-10 days. Use as a marinade on chicken & fish or top your favorite salads.



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NUTRITION FACTS PER SERVING

calories	400
total fat (g)	24
saturated fat (g)	3
trans fat (g)	0
sodium (mg)	490
total carbohydrate (g)	29
dietary fiber (g)	7
sugar (g)	2
protein (g)	20