



Makes 16 cups
Preparation Time: 25 minutes

INGREDIENTS:

2 teaspoons yellow miso paste

½ teaspoon ground turmeric

12 oz. firm tofu, drained

1 small head cauliflower (1½ lb.)
or store-bought fresh riced
cauliflower (see tip, recipe intro)

2 cups cooked brown rice (2
8.8-oz. pouches)

2 cups cooked shelled edamame
(12 oz.)

1 cup shredded carrots

1 cup chopped red bell pepper

½ cup very thinly sliced celery

⅓ cup thinly sliced scallions

3 tablespoons reduced-sodium
soy sauce or reduced-sodium
tamari

2 tablespoons brown rice vinegar

1 tablespoon finely chopped
fresh ginger

4 cloves garlic, minced

½ teaspoon crushed red pepper

Miso Tofu Rice Bowl with Crunchy Veggies

This hearty grain bowl is wonderfully satisfying and perfect as a **main meal** when the weather is warm. Chewy grains of brown rice are mixed with lighter cauliflower rice, with tender cooked edamame dotted throughout. (Be sure to have cooked brown rice on hand or use store-bought cooked brown rice.) Tofu, dredged in a yellow miso–turmeric slurry, provides extra protein and pairs well with a medley of colorful, crunchy vegetables. The garlic- and ginger-infused soy sauce dressing is made with everyday ingredients and can be prepared in just a few minutes, giving every bite a zesty flavor without the need for added oil.

Tips

How to rice cauliflower without a food processor: If you don't have a food processor, in step 2, leave the cauliflower head intact and carefully grate the cauliflower using the coarse shredding side of a box grater.

Stupid simple version: Use microwaveable pouches of parcooked brown rice instead of cooking the brown rice from scratch. Buy fresh riced cauliflower instead of ricing your own. (Frozen won't work here, as it will go soggy.).

Where to find shelled edamame: Look for cooked shelled edamame in the produce section of the supermarket. Melissa's is a common brand. Trader Joe's also carries cooked shelled edamame.

Gluten-free version: To make this gluten-free, use tamari instead of soy sauce.

For more inspiration, check out these tasty ideas:

- [Hollywood Bowl Brown Rice Salad](#)
- [Rainbow Cauliflower Rice Salad](#)
- [Veggie Burrito Bowl with Cilantro-Lime Rice](#)
- [Hearty Szechwan Coleslaw with White Beans](#)

By Laura Marzen, RD, LD

- 1 In a medium bowl whisk together miso, turmeric, and 3 tablespoons water until combined. Press tofu with a clean kitchen towel or between paper towels until well dried. Coarsely crumble tofu into bowl with turmeric mixture; toss to coat.
- 2 Remove leaves and cut out core from cauliflower. Cut cauliflower into florets. (See tip, recipe intro.) Add half of the florets to a food processor. Pulse until cauliflower is very finely chopped and resembles rice. Transfer riced cauliflower to an extra- large bowl. Repeat with the remaining cauliflower.
- 3 Add the next six ingredients (through scallions) to cauliflower; stir to combine. In a small bowl whisk together the remaining ingredients. Drizzle over cauliflower mixture; stir until well combined. Gently fold in tofu.