



TOFU & LENTIL BOWL

INGREDIENTS

ITEM

Cooked Lentils
Firm Tofu, cubed
Zucchini, diced
Spinach
Feta Cheese
Olive Oil
Garlic Powder, Salt, Pepper

QUANTITY

½ Cup
5 Oz.
½ Cup
½ Cup
2 Tbsp.
1 Tsp.

SERVING SIZE

1

PREPARATION

- Heat olive oil in a skillet over medium heat.
- Add tofu and cook for 4–6 minutes until lightly golden on the edges.
- Add zucchini and sauté until softened.
- Stir in lentils and spinach and cook until warmed through and spinach is wilted.
- Remove from heat and top with feta cheese.
- Season with garlic powder, salt, and pepper