Quinoa Salad with Chipotle Tofu

Recipe by: Chef Jonathan Poyourow, RD, LD
Yield: 4-6 servings

Ingredients

5 teaspoons olive oil, divided
½ teaspoon kosher salt, divided
¼ teaspoon chipotle chile powder
¼ teaspoon freshly ground black pepper
2 packages extra firm tofu, drained and patted dry
2 tablespoons fresh orange juice
2 tablespoons red wine vinegar
1 tablespoon adobo sauce from canned chipotle chiles in adobo sauce
½ teaspoon ground cumin
¼ teaspoon honey
1 ½ cups cooked quinoa
1 cup unsalted cooked black beans, rinsed and drained
¾ cup red bell pepper, chopped
¼ cup fresh cilantro, chopped
¼ cup green onions, thinly sliced
1 ½ cups baby spinach leaves
1 ounce crumbled feta cheese (about a ¼ cup)
½ cup avocado, peeled and sliced

Method of Preparation

1. Cut the tofu diagonally into equal slices or cubes, and set aside on paper towel to drain.
2. In a small bowl, add one teaspoon of the oil along with a quarter teaspoon salt, all of the chipotle chile powder and all of the black pepper. Mix together and then rub the mixture evenly over the tofu. (If you have cubed your tofu, use a larger bowl for the spice blend and gently toss the tofu cubes until coated equally.
3. Heat a grill pan over medium-high heat. Place the tofu int the pan; cook four minutes on each side or until desired degree of crispiness, then allow tofu to rest for 2-3 minutes.
4. Combine the remaining four teaspoons oil, remaining quarter teaspoon salt, orange juice, vinegar, adobe sauce, cumin and honey in a large bowl, stirring with a whisk. Stir in the cooked quinoa, beans, bell pepper, cilantro, green onions, and spinach; toss to coat. Sprinkle with feta. Divide evenly among four shallow bowls; top evenly with tofu and avocado.

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