



## *Vegetarian Poke Bowl*

Prep time: 20 minutes

Servings: 4

- 5 cups cooked brown or white jasmine rice
- 2 packages (6 ounces each) extra-firm tofu, cubed
- 2 cups red California grapes, halved
- 1 avocado, pitted, peeled and thinly sliced
- 1 large golden beet, peeled and shredded
- 1 large carrot, peeled and shredded
- 2 scallions, thinly sliced
- sprinkle of toasted sesame seeds
- 6 ounces light Asian ginger-sesame salad dressing

Divide rice between four bowls and arrange tofu, grapes, avocado, beets and carrots on top. Sprinkle with scallions and sesame seeds; serve with dressing.

Nutritional information per serving: 620 calories; 19 g protein; 101 g carbohydrates; 17 g fat (25% calories from fat); 2.5 g saturated fat (4% calories from saturated fat); 450 mg sodium; 11 g fiber.

Source: California Table Grape Commission

<https://www.grapesfromcalifornia.com/>

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