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Our Heart "Beets" Plant Strong

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Golden Buddha Bowl

Golden Sauce:

- 1 small lemon, juiced
- 1 Tbsp Dijon mustard
- 2-3 Tbsp low sodium tamari
- 1 Tbsp tahini
- 2 tsp rice vinegar
- 1 tsp sriracha
- 3-4 cloves of garlic
- 1/3 cup soy milk
- 1-2 Tbsp nutritional yeast
- 1 tsp onion powder
- ½ tsp turmeric
- Water to thin

Place all ingredients in a high speed blender, blending until smooth. Sauce does not need to be heated prior to serving unless preferred. Add to individual bowls when serving and enjoy!

Golden Shake 'n' Bake Tofu Seasoning:

- 1 Tbsp tapioca flour
- 2 Tbsp flour of your choosing
- 1 tsp garlic powder
- ½ tsp onion powder
- ¼ tsp turmeric
- ¼ tsp cayenne pepper
- 1 block of organic, extra firm tofu

Directions:

1. Preheat oven to 375°F and line baking sheet with parchment paper
2. Cut the block of tofu into cubes
3. Put all ingredients into either a Tupperware container that has a lid or a gallon Ziplock bag and mix
4. Add tofu to container of seasonings and seal – shake it up!
5. Place seasoned tofu on baking sheet – bake for 25-30 minutes (until crispy)

Make your bowl complete with steamed carrots, onion, mushrooms, zucchini, colorful bell pepper, and cabbage over rice!