

carolina harvest protein bowl

Makes 4 servings

PREP TIME: 20 minutes

COOK TIME: 30 minutes

3 medium sweet potatoes, scrubbed and cut into 1-inch cubes
2 Tbsp avocado oil, divided
1 tsp smoked paprika
½ tsp salt
1 (14-oz) block extra-firm tofu, pressed and cubed
3 Tbsp soy sauce or tamari, divided
2 cups cooked or canned black-eyed peas
1 small onion, sliced
1 bunch collard greens, stems removed and leaves chopped
2 cloves garlic, minced
¼ cup natural peanut butter
2 Tbsp tahini
2 Tbsp lemon juice or apple cider vinegar
1-3 Tbsp warm water
Green onions or cilantro (optional)

NOTES:

- This affordable, high fiber plant-based bowl features about 30g of protein per serving. It's filling, flavorful, and designed to be both budget-friendly and environmentally smart - without being fussy.
- Beans, tofu, and peanut butter provide protein at a low cost and lower greenhouse gas footprint per serving than animal proteins.
- Sweet potatoes, onions, and collards are among the most affordable vegetables per pound - especially when bought in-season and locally.
- Keeps well in the fridge for 3-5 days. Store sauce separately.
- No tahini? Use extra peanut butter and a bit more water.

ROAST THE SWEET POTATOES

PREHEAT oven to 425°F (220°C). Toss sweet potato cubes with 1 Tbsp avocado oil, smoked paprika + salt.

SPREAD on a baking sheet and roast for 25-30 minutes, flipping once, until tender and lightly caramelized.

COOK THE TOFU + WARM THE BLACK-EYE PEAS

WHILE the potatoes roast, heat 1 Tbsp avocado oil in a large skillet over medium-high heat.

TOSS the cubed tofu in 1 Tbsp soy sauce or tamari, then add to skillet and cook 8-10 minutes, turning occasionally, until golden on most sides.

ADD canned or cooked black-eye peas and soy sauce; cook 3-4 minutes until heated through. Remove from pan and set aside.

SAUTE THE COLLARDS

ADD onion and garlic to the same skillet. Cook 2-3 minutes until fragrant.

ADD collards along with a splash of water, cover, and cook 5-7 minutes until tender but still bright green.

MAKE THE PEANUT SAUCE

WHISK peanut butter, tahini, remaining 2 Tbsp soy sauce or tamari, and lemon juice or apple cider vinegar until smooth.

ADD warm water gradually until it reaches a drizzle-able consistency.

ASSEMBLE THE BOWLS

DIVIDE roasted sweet potatoes, tofu-pea mixture, and collards among four bowls.

DRIZZLE generously with peanut sauce. Top with optional green onion or cilantro.

