

# GLORY BOWL

[https://whitewatercooks.com/portfolio\\_page/glory-bowl/](https://whitewatercooks.com/portfolio_page/glory-bowl/)

This recipe is the most popular recipe from Whitewater cooks (Whitecap, 2008) by BC chef Shelley Adams. It was named after the Whitewater Ski Resort in Nelson, BC. It makes more dressing than you will need therefore can be used on leftover chicken, rice, noodles or salad. **Serves 8.**

## The Bowl

8 cups cooked brown rice	2 cups almonds, toasted
2 cups beets, grated	2 cups spinach leaves
2 cups carrots, grated	2 cups tofu, cubed

## Glory Bowl Dressing

1/2 cup nutritional yeast flakes*	2 cloves garlic, crushed
1/3 cup water	1 1/2 cups vegetable oil
1/3 cup tamari or soy sauce	2 tbsp tahini paste
1/3 cup apple cider vinegar	

**Prepare** your favorite brown rice and set aside. **Saute** tofu cubes in a skillet.

**Combine** nutritional yeast flakes, water, tamari or soy sauce, apple cider vinegar, tahini and crushed garlic in blender to prepare the dressing. **Add** oil in a steady stream. You will have leftover dressing to use again.

**Assemble** the bowls by placing cooked brown rice into 8 bowls, top with beets, carrots, spinach leaves, almonds and sauteed tofu cubes. **Drizzle** bowls with dressing.