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## 10-Minute Poke Bowl

Serves 2

Poke bowls are one of those mysterious foods that people think they can never replicate at home, when, really, they're one of the easier dishes out there. In fact, they're commonly served at convenience stores and gas stations in Hawaii! Here you can choose to make a traditional poke bowl with tuna, swap in beets for the fish, or (my preference!) go half and half. The dressing and toppings are really what take it to the next level: miso injects a delicate funk with gut-healing probiotics, while the tamari umamis it up. Go crazy with the toppings—they all add nutritional benefits, and make the result more pleasing to the palate and eye. If you're making this dish with your partner, put one of you on toppings duty and have the other handle the dressing and main dish.

### FOR THE DRESSING

2 tablespoons tamari or soy sauce  
1 tablespoon white miso paste  
2 garlic cloves, minced  
½ teaspoon rice vinegar  
¼ teaspoon ground ginger  
½ teaspoon sesame seeds  
¾ teaspoon toasted sesame oil

### FOR THE POKE

½ pound sushi-grade ahi tuna cut into ½-inch cubes, or 2 golden or red beets, cut into ½-inch cubes, boiled, and chilled

### FOR SERVING (OPTIONAL)

2 cups cooked white rice or quinoa  
2 cups mixed greens  
1 cup thinly sliced purple cabbage  
1 avocado, peeled, pitted, and cubed  
4 green onions, white and light green parts only, thinly sliced  
2 tablespoons pickled ginger  
½ cup roughly chopped fresh cilantro  
2 teaspoons red pepper flakes  
1 teaspoon furikake\*

1. **Make the dressing:** In a large bowl, whisk together the tamari, white miso paste, minced garlic cloves, rice vinegar, ground ginger, sesame seeds, and toasted sesame oil.
2. **Make the poke:** Add the tuna and/or beets to the dressing and toss to coat. Marinate for 10 minutes. Serve the poke over your base of choice, topped as you'd like.

**\*Chef Donna's note:** *Furikake is a Japanese savory and crunchy seasoning; recipes to make your own are abundant on line as well as ideas for substitutions. Check ethnic grocers or well-stocked grocery stores.*

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