



Sautéed Vegetables with Tofu and Brown Rice

Recipe Courtesy Chef Bryan Woolley

1 ½ cups brown rice
¼ cup diced onion
3 tbsp garlic, minced
1 tbsp extra virgin olive oil
3 cups low fat stock (chicken, beef or vegetable)

1. Heat a heavy bottom saucepan and add oil, onion and garlic. Sauté until fragrant.
2. Add stock, cover pan, reduce heat and allow to simmer until rice has cooked through. (About 45 minutes) Add more stock if needed.

6 cups assorted vegetables, cut into bite size pieces
2 cups firm tofu, cut into 1-inch cubes
6 garlic cloves, minced
1 tbsp freshly grated ginger
2 tbsp extra virgin olive oil
1 tbsp soy sauce
Freshly cracked pepper

1. In a large bowl, toss together, tofu, soy sauce and 1 tbsp olive oil. Sauté tofu in a large skillet for about 4 minutes or until a caramelization appears on the tofu. Remove from skillet and set aside.
2. Add remaining olive oil to hot skillet, garlic and vegetables. Sauté for about 5-7 minutes. Add tofu, and gently combine.
3. Serve vegetables over brown rice. Serves 4. ENJOY!

Nutrition Facts (per serving)

Serving Size: ¼ recipe (563 g)

| | |
|---------------|-------|
| Calories | 503 |
| Total Fat | 17g |
| Saturated Fat | 3g |
| Cholesterol | 0mg |
| Sodium | 388mg |
| Carbohydrate | 71g |
| Dietary Fiber | 6g |
| Protein | 20g |

Diabetic Exchanges

| | |
|--------------|-----|
| Protein | 3 |
| Fat | 3.5 |
| Carbohydrate | 5 |