


ASIAN SHIITAKE, KALE, & RICE BOWLS

Kale is a member of the cancer-fighting cruciferous family of vegetables and is packed full of fiber and antioxidants. That, in combination with common Asian ingredients like soy sauce, wasabi paste, red pepper flakes, and shiitake mushrooms, makes for a balanced and unique lunch or dinner in a bowl.



 5 minutes

 20 minutes

 4–6 servings

 $\frac{3}{4}$ cup

4 cups cooked brown rice
 $\frac{1}{4}$ cup vegetable broth or water
1 small onion, chopped
2 cloves garlic, minced
2 tablespoons low-sodium soy sauce
2 teaspoons agave syrup or maple syrup
1 tablespoon sesame seeds
 $\frac{1}{2}$ teaspoon wasabi paste (*optional*)
 $\frac{1}{2}$ teaspoon red pepper flakes
1 cup shiitake mushrooms, sliced
 $\frac{1}{2}$ (16 ounce) package firm tofu, drained and cubed
 $\frac{1}{3}$ cup water
4 cups packed kale, ribs removed and chopped (about 1 bunch)

- 1 Cook the rice according to package directions.
- 2 While the rice is cooking, pan fry the tofu with vegetable broth or water in a deep pan or wok.
- 3 Add the onion and garlic and sauté for 3 minutes.
- 4 Add the soy sauce, agave syrup or maple syrup, sesame seeds, wasabi paste, red pepper flakes, and mushrooms and stir well. Sauté for an additional 5 minutes.
- 5 Then, stir in $\frac{1}{3}$ cup water and the kale and sauté until the kale is slightly wilted and crisp-tender, about 4 minutes.
- 6 Portion the rice into 2–4 bowls and top with the kale mixture.

Per $\frac{3}{4}$ cup (without rice): 122.8 calories, 3.5g fat (0.6 saturated fat), 0mg cholesterol, 395.9mg sodium, 19.5g carbohydrates, 4.5g fiber, 6.9g sugar, 7.5g protein

