

TEMPEH, MUSHROOM, & ASPARAGUS STIR FRY

GF & VEGAN • TIME: 20-30 MIN • ABOUT 4 SERVINGS

Recipe by Rebecca Rich, MSCN

Ingredients:

- 1 cup brown rice (dry, rinsed)
- 2 tablespoons sesame oil
- 16 ounces tempeh (cut into cubes)
- 2 cups mushrooms (sliced)
- 2 cups asparagus (chopped)
- 4 cloves of garlic (minced)
- 1/4 cup tamari or soy sauce
- 1/2 cup cilantro (chopped)
- 2 stalks green onion (chopped)
- 2 teaspoons sesame seeds

Directions:

1. Cook the rice according to the package directions. Set aside
2. Meanwhile, heat the oil in a large pan over medium heat. Add the tempeh to the pan and cook for five minutes or until lightly browned.
3. Add the mushrooms and asparagus to the pan. Cook for another three to four minutes or until tender. Add the garlic and cook for one more minute, stirring.
4. Stir in the cooked rice, tamari or soy sauce, cilantro, and green onions. Cook for an additional two to three minutes or until the rice is heated through.
5. Garnish with sesame seeds before serving. Enjoy!

NUTRITION NOTE:

Have leftover rice or another grain you need to use up? Substitute 2 cups cooked grains for the 1 cup brown rice. Previously cooked and cooled grains are higher in resistant starch which helps lower glycemic response and feed beneficial gut bacteria.