Chili-Glazed Tofu over Asparagus and Brown Rice

Makes 3 Servings. 3 tofu pieces and 2 cups rice veggie mixture per serving.

Prep time: 20 minutes  
Cook time: 50 minutes

Ingredients

- 4 cups water
- 1 cup extra long-grain brown rice
- 2 ¼ cups chopped asparagus (about 1 pound)
- 1 tablespoon peanut oil
- 1 tablespoon sugar
- 2 tablespoons rice vinegar
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon minced ginger
- 1 teaspoon hot chili sauce with garlic
- 1 pound extra firm tofu, drained and cut lengthwise into 9 pieces
- ½ teaspoon salt, divided
- ¼ teaspoon black pepper
- ¾ cup pre-shredded carrot
- 1 teaspoon dark sesame oil

Preparation

1. Cook 1 cup brown rice as indicated in package (usually 2 cups of water per 1 cup rice).
2. While rice cooks, bring 4 cups of water to boil in a 2-quart saucepan. Add asparagus to saucepan; cook 1 minute. Drain.
3. Combine sugar, vinegar, soy sauce, ginger, and chili sauce in a small bowl.
4. Heat peanut oil in a large skillet over medium-high heat. Sprinkle tofu with ¼ teaspoon salt and pepper. Add tofu to pan; cook 3 minutes on each side or until browned. Add soy sauce mixture; cook 20 seconds, stir constantly. Remove from heat.
5. Combine brown rice, asparagus, ¼ teaspoon salt, carrots, and sesame oil. Serve tofu over rice mixture.

Nutrition Facts

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<tr>
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<th>Serving Size: 3 tofu pieces and 2 cups rice veggie mixture</th>
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<tbody>
<tr>
<td>Calories</td>
<td>448</td>
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<tr>
<td>Total Fat</td>
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Adapted from MyRecipes