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Asian Tofu and Vegetable Salad with Brown Rice

This recipe serves: 6

Preparation time: 20 mins

Cooking time:

Ingredients

3 cups leftover, cooked, short-grain brown rice
 1 small red pepper, diced
 2 stalks celery, diced
 4 scallions, white and green part, thinly sliced
 1 cup dried currants
 1 firm tofu cutlet
 1 tablespoon low-sodium soy sauce
 1 tablespoon canola oil
 2 tablespoons chopped parsley
 freshly ground black pepper

Cooking Instructions

1. Combine the rice, red pepper, celery, scallions and currants in a medium bowl. Set aside.
2. Cut the tofu into 1/2-inch cubes. Add to the rice and mix well.
3. Add the soy sauce, canola oil, parsley and fresh pepper to the tofu and rice mixture. Mix well and taste for seasoning.
4. Spoon into four, 8-ounce containers and refrigerate. This recipe can be made in advance and stored in the refrigerator for 3 days.

Nutrition Facts

Serving Size: 1 1/2 cups

Amount Per Serving

Serving Size 0

Calories 238

Protein 5 g

Total Carbohydrate 46 g

Dietary Fiber 4 g

Soluble Fiber 1 g

Insoluble Fiber 2 g

Sugar 21 g

Total Fat 4 g

Saturated Fat 2 g

Monounsaturated Fat 2 g

Polyunsaturated Fat 1 g

Trans Fatty Acid (tfa) 0 g

Omega-3 Fatty Acid 0 g

Omega-6 Fatty Acid 0 g

Cholesterol 0 mg

Percent Calories from Fat 15 %

Percent Calories from Protein 8 %

Percent Calories from Carbohydrate 77 %

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