



*Presents*



## **Baked Tofu with Chard & Forbidden Rice**

Presented May 17, 2014 by Thomas Stratton

### Ingredients:

3 tablespoons olive oil

3 tablespoons fresh basil, chopped

2 garlic cloves minced, 1 sweet onion chopped

2 tablespoons balsamic vinegar (I like Giovanni fig balsamic)

1 lb. Swiss chard Baked tofu, in bite sized pieces (I like savory tofu teriyaki works well too. Grate fresh ginger in lieu of basil for a different taste) Pinch of sea salt

### Instructions:

#### Directions:

Sauté onions and garlic in olive oil until tender, remove the spines from chard and chop in 1 inch strips, slowly add chard to onion mixture, add balsamic and tofu.

Continue to sauté until chard is soft. Serve atop rice and sprinkle with fresh basil.

1 cup forbidden rice

Follow instructions for cooking. Use vegetable broth instead of water.

### Nutritional Content per serving:

Calories - 512cal, Carbs- 58g, Fat - 24g, Protein - 20g, Sodium - 847mg, Sugar - 16g