

BRYANNA'S VEGAN "CHICK'N STRIPS" FATTEH (WW CORE PLAN COMPATIBLE)

Servings: 5

I used white basmati rice because I was in a hurry-- cooked 15 minutes in 1 1/2 cups water with a little salt. You could use brown basmati if you have more time (45 minutes). This sounds odd, but it was nice and garlicky, but comforting at the same time. I might add more herbs next time. My husband loved it! The crunchy pita was good.

1 large wholewheat pita bread, cut in little squares

1/2 Tbs olive oil

1 cup (dry) basmati rice, cooked (see recipe text above)

1 cup vegetarian "chicken-style" broth

1 clove garlic, crushed

1/2 Tbs olive oil

200 g vegan "chicken" strips (It's All Good; Yves; Morningstar Farms; Lightlife; or President's Choice)

OR use about 2 cups reconstituted [Soy Curls](#) (2 oz. dry) (NOTE: read more about [Butler Foods Soy Curls™ here.](#))

1 pinch nutmeg

freshly-ground black pepper to taste

1 1/2 cups tofu sour creme (can be commercial or [homemade](#))

2 large cloves garlic, crushed

Garnish:

1/2 cup toasted pine nuts or chopped cashews

fresh parsley or mint, or dried mint

Heat oven to 400°F. Heat the first 1/2 Tbs of oil in a nonstick skillet and fry the pieces of pita until golden.

Place in a 10" round casserole. Pour 1/2 the broth over the bread, and add 1/4 of the cooked rice and the one clove of garlic. Mix well.

Heat the second Tbs of oil in the skillet and brown the strips in it, adding some broth to keep from sticking. Add the nutmeg and pepper to taste. Set aside. Spread the rest of the rice over the pita mixture and drizzle the remaining broth over it. Mix the 2 cloves crushed garlic with the Tofu Sour Creme and spread that over the rice.

Top with the Chick'n Strips. Cover and place in the oven for 15-20 minutes, just to heat. Garnish.

Nutrition (per serving): 320.9 calories; 25% calories from fat; 9.7g total fat; 0.0mg cholesterol; 483.3mg sodium; 440.4mg potassium; 38.7g carbohydrates; 1.3g fiber; 2.4g sugar; 37.4g net

carbs; 21.4g protein; 7.0 points.