

Brown Rice with Tofu

Adapted from *Power Foods*, by Whole Living Magazine

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14 ounces tofu

1 ½ cups medium-grain brown rice

2 ¾ cups water

½ ounce dried shitake mushrooms (broken if large)

1 tablespoon finely chopped peeled fresh ginger

4 cloves of garlic, minced

1 dried red chili, stemmed, seeded and crumbled

Coarse salt

1 ½ teaspoon toasted sesame oil, separated

5 tablespoons plus one teaspoon low-sodium tamari soy sauce, separated

3 ounces baby spinach

6 scallions, white and pale green parts only, finely chopped

¼ cup finely chopped cilantro

1 ½ tablespoons unseasoned rice vinegar

Place tofu on a plate lined with a paper towel, cover with another paper towel and place a weighted plate on top of the tofu to press the tofu and remove excess water. Press the tofu for about 30 minutes.

In a large saucepan, stir together rice, water, mushrooms, ginger, garlic, chile and salt. Bring to a boil and then reduce heat to a simmer. Cover and cook until the rice is tender and has absorbed all liquid, 45 to 50 minutes. Remove from heat.

In the mean time, mix together 3 tablespoons tamari soy sauce and ½ teaspoon sesame oil. Remove pressed tofu from plate and cut tofu crosswise into ½ inch slices. Dip tofu slices into the tamari mixture and brown in a skillet over medium high heat. Cut browned tofu into cubes, set aside.

Gently stir tofu cubes, spinach, scallions, cilantro, 2 tablespoons tamari soy sauce, vinegar and 1 teaspoon of sesame oil into the rice mixture, let stand for 2 or 3 minutes and serve.