



BROWN JASMINE RICE WITH PECANS & ORANGE HONEY GLAZED TOFU

QUICK INFORMATION

TIME	SERVES	CALORIES	GLUTEN FREE	VEGAN	VEGETARIAN
					
1 HR 30 MINS	4	450	RECIPE	RECIPE	RECIPE

INGREDIENTS

- 1 cup Lundberg Family Farms Brown Jasmine Rice
- 1 ¾ cups low sodium, low fat vegetable broth
- 2 medium carrots peeled and chopped
- 1 pound extra- firm tofu
- 2 tsp. each cracked pepper & dried thyme
- 1 tsp. salt
- 1 tablespoon olive oil
- 1/3 cup honey
- ¼ cup fresh orange juice
- ½ cup toasted pecans, chopped

NUTRITIONAL FACTS

Serving Size: 1 cup of rice and 2 tofu triangles

AMOUNT PER SERVING

Calories 450 Calories from Fat

Total Fat 17g
Saturated Fat 2g

Cholesterol 0mg

Sodium 740mg

Total Carbohydrates 66g
Fiber 5g
Sugar 28g

Protein 14g

PREPARATION

Bring vegetable broth to boil in a medium saucepan and add Lundberg Brown Jasmine rice and carrots. Reduce to simmer, cover, and cook for 40 minutes. Remove from heat and steam, still covered, for 10 minutes.

While rice is cooking, press extra liquid from tofu by placing between plates and setting a heavy skillet or pot on top. Drain for 10 minutes, pat dry, and slice tofu once horizontally to make thin slices. Cut diagonally across to make triangles, and place on a dry plate. Blend dried thyme, cracked pepper and salt in a small bowl. Sprinkle herb mixture over tofu, pressing into each side. Discard any leftover herb mixture. Heat olive oil in a large skillet over medium high heat and cook tofu until golden on each side. Remove from skillet and set aside. Mix honey and orange juice in a small bowl; add honey mixture to skillet and deglaze the pan. Add tofu triangles to skillet and bring honey mixture to a boil. Turn over tofu, cooking for 2-3 minutes.

To serve: Stir pecans into reserved cooked rice. Spoon one cup rice each onto 4 plates; top with two honey glazed tofu triangles per plate. Drizzle orange honey glaze over all and serve.