Tofu and Vegetable Stir Fry

Ingredients:

6 oz Asian style noodle
4 cups whole spinach leaves
4 cups Swiss chard leaves, coarsely chopped

-Sauce-
2 tbsp lime juice, fresh
2 tbsp light soy sauce
1 tbsp sugar
1 tbsp dry sherry
-Egg Shreds-
Vegetable oil spray
4 oz egg substitute

1 tsp canola oil
1 large red bell pepper, thinly sliced
2 medium cloves garlic, minced
½ tsp crushed red pepper flakes
10.5 oz light tofu, firm or extra firm, diced
2 green onions cut into 1" pieces (green and white part)
2 tbsp unsalted peanuts, crushed

Nutrition Facts

Serving Size 9.5 oz
Servings Per Container 10

Amount Per Serving

Calories 160   Calories from Fat 45

% Daily Value*

Total Fat 5g	**8**%
Saturated Fat 0.5g	**3**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 290mg	**12**%
Total Carbohydrate 23g	**8**%
Dietary Fiber 4g	**16**%
Sugars 9g	
Protein 9g	

Vitamin A 110%	•	Vitamin C 110%
Calcium 20%	•	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300 mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
    Fat 9 • Carbohydrate 4 • Protein 4

Directions:

Cook noodles using package directions, omitting salt and oil; if using rice sticks. During last 2 minutes of cooking time, stir in spinach and Swiss chard. Drain well.

For sauce, in a small bowl, combine all ingredients. Set aside.

For egg shreds, heat a 12" nonstick skillet over medium heat. Remove from heat and lightly spray with vegetable oil spray. Pour egg substitute into pan, tilting to cover bottom. Cook for 20-30 seconds, or until egg is set. Using a spatula, "scramble" egg sub-stitute while cooking for 10 to 15 seconds, or until cooked through. Remove pan and set aside.

Increase heat to medium-high. Add oil and swirl to coat bottom.

Cook bell pepper, garlic and red pepper flakes for 1 minute, or until bell pepper is tender, stirring occasionally. Add tofu and green onions; cook for 2 to 3 minutes, or until tofu is lightly browned and warmed through, stirring occasionally. Add reserved sauce; cook for 15 seconds. Stir in noodle mixture and egg shreds; cook for 1 to 2 minutes, or until warmed through, stirring occasionally. Spoon mixture onto a large serving platter and top with peanuts.

Living Whole

Chilled Japanese Cucumber Salad

Ingredients:

2 medium cucumbers

¼ cup rice vinegar

1 tsp sugar

¼ tsp salt

¼ tsp chili garlic sauce

2 tbsp sesame seeds, toasted

1 medium bell pepper, seeded and cut julienne style

Nutrition Facts

Serving Size 5 oz
Servings Per Container 4

Amount Per Serving

Calories 50	Calories from Fat 20

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 2g	

Vitamin A 20%	•	Vitamin C 70%
Calcium 2%	•	Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

Peel cucumbers to leave alternating green stripes. Slice cucumbers in half lengthwise: scrape the seeds out with a spoon. Using a food processor or sharp knife, cut into very thin slices. Place in double layer of paper towel and squeeze gently to remove any excess moisture. Combine vinegar, sugar, chili garlic sauce and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesames; toss well to combine. Top with bell pepper slices.

Living Whole

Brown Rice

Ingredients:

1 cup brown rice, dry

2 ½ cup low sodium vegetable broth

Nutrition Facts

Serving Size 1 cup (226g)
Servings Per Container 4

Amount Per Serving

Calories 210	Calories from Fat 15

% Daily Value*

Total Fat 1.5g		**2%**
Saturated Fat 0g		**0%**
Trans Fat 0g		
Cholesterol 0mg		**0%**
Sodium 105mg		**4%**
Total Carbohydrate 43g		**14%**
Dietary Fiber 3g		**12%**
Sugars 2g		
Protein 4g		

Vitamin A 0%	•	Vitamin C 0%	
Calcium 2%	•	Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300 mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
    Fat 9 • Carbohydrate 4 • Protein 4

Directions:

Boil 2 ½ cup low sodium vegetable broth in saucepan. Add 1 cup brown rice. Cover pan and simmer for 40 minutes, stirring occasionally making sure rice does not stick. If vegetable both evaporates before rice is tender add more water, ½ cup at a time. Check every 5 minutes after 40 minutes until rice is chewy but not mushy.