



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

BLACK RICE STIR-FRY

Serves 4

WholeLiving.com

- 3 Tablespoons vegetable oil
- 12 ounces firm tofu, drained, cut into 1-inch pieces
- Coarse salt
- 1 Japanese eggplant, halved lengthwise and sliced into ½-inch pieces
- 2 Tablespoons minced fresh ginger
- 2 cloves of garlic, minced
- 3 scallions, thinly sliced (white and green parts separated)
- ¼ head red cabbage, sliced (4 cups)
- ½ bunch purple kale, torn into 2-inch pieces (3 cups)
- 2 cups cooked black rice (1 cup dry)
- 1 teaspoon Sriracha sauce
- 1 Tablespoon low-sodium soy sauce
- 2 Tablespoons fresh lime juice

- Preheat a wok over medium-high heat for 1 minute. Add 1 Tablespoon oil, swirling to coat. Season tofu with salt and cook until golden and crispy, about 5 minutes. Remove and set aside. Add 1 Tablespoon oil and cook eggplant, stirring until golden and tender, about 4 minutes. Remove and set aside.
- Add remaining Tablespoon of oil and cook ginger, garlic, and scallion whites, stirring, about 1 minute. Add cabbage, kale and ¼ cup water and cook, stirring, until kale is tender, about 3 minutes.
- Mix in rice. Once heated through, add tofu and eggplant. Stir in Sriracha and soy sauce.
- Remove from heat; stir in lime juice. Garnish with scallion greens.