



The Enlightened Cook | EVERYDAY VEGETARIAN

When Rice Met Veggies...

... a wonderful marriage happened. Savor the world's most popular grain in a quick-and-easy stir-fry, a cheesy casserole, and a Korean favorite.

Tempeh and Broccolini Stir-Fry

Hands-on time: 30 min.

Total time: 30 min.

Streamline your stir-frying process by prepping all ingredients before you start cooking. For a whole-grain base, use brown rice.

Satisfy bitter yearnings with a broccoli rabe swap.

- 1/2 pound Broccolini
- 6 tablespoons chopped green onions, divided
- 4 1/2 tablespoons rice vinegar
- 3 tablespoons lower-sodium soy sauce
- 2 tablespoons hoisin sauce
- 2 teaspoons honey
- 1/4 teaspoon crushed red pepper
- 5 teaspoons canola oil, divided

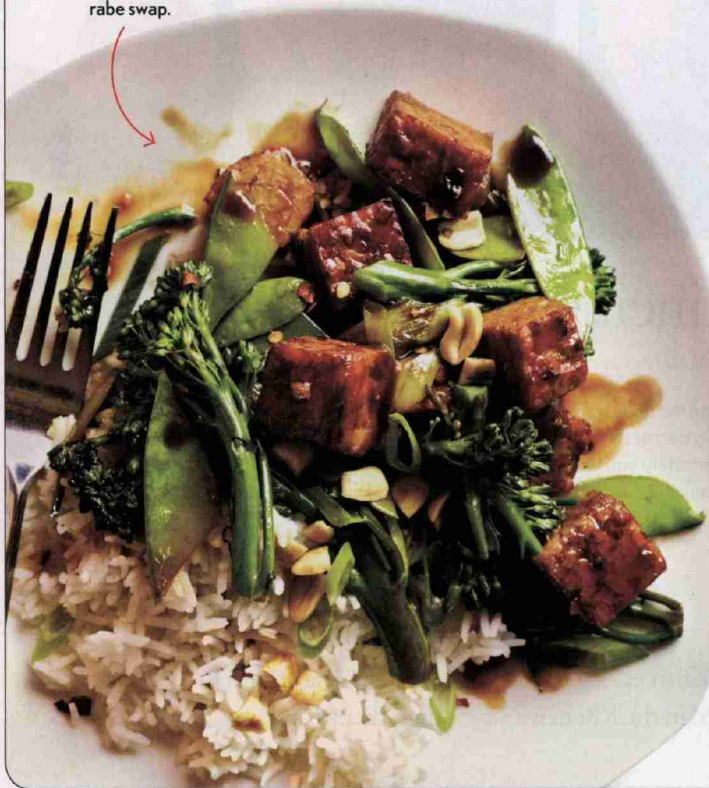
- 1 (8-ounce) package organic tempeh, cut into 1/2-inch cubes
- 1 cup diagonally cut snow peas
- 2 2/3 cups hot cooked long-grain white rice
- 3 tablespoons chopped unsalted, dry-roasted peanuts

1. Cook Broccolini in boiling water for 2 minutes or until crisp-tender. Drain and plunge Broccolini into ice water; drain. Squeeze dry. Cut into 1-inch pieces.
2. Combine 3 tablespoons green onions and the next 5 ingredients (through red pepper) in a bowl.
3. Heat a large, heavy skillet or wok over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add tempeh; stir-fry for 5 minutes or until golden brown on all sides. Remove tempeh from pan; keep warm. Add remaining 2 teaspoons oil to pan; swirl to coat. Add Broccolini and snow peas; stir-fry 2 minutes, stirring occasionally. Add tempeh and vinegar mixture to pan; bring to a boil. Divide rice evenly among 4 bowls; top with tempeh mixture. Sprinkle with remaining 3 tablespoons green onions and peanuts.

SERVES 4 (serving size: 2/3 cup rice, 1/4 cups tempeh mixture, and about 2 teaspoons peanuts)

CALORIES 410; **FAT** 16g (sat 2.3g, mono 7.3g, poly 5.1g);
PROTEIN 18.6g; **CARB** 50.6g; **FIBER** 7.5g; **CHOL** 0mg;
IRON 4.4mg; **SODIUM** 558mg; **CALC** 140mg

—Recipes by Sidney Fry, MS, RD



PHOTOGRAPHY: JOHNNY AURY; FOOD STYLING: CHARLOTTE AURY; PROP STYLING: CINDY BARR



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Cheesy Brown Rice Gratin with Zucchini and Eggplant

Hands-on time: 45 min. Total time: 1 hr. 15 min.

The walnuts in this gratin offer a crunchy contrast to the roasted vegetables and cheesy rice mixture, while the splash of half-and-half adds creamy richness. The rice mixture can be made ahead and refrigerated. When ready to prepare, bring to room temperature, spoon into the baking dish, and proceed as directed at the end of step 5.

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| $\frac{3}{4}$ cup uncooked long-grain brown rice | 3 garlic cloves, minced |
| 1 pound eggplant, cut into 1-inch cubes | 4 ounces Parmigiano-Reggiano cheese, grated and divided (1 cup) |
| 1 pound zucchini, halved lengthwise and cut into 1-inch pieces | $\frac{1}{4}$ cup half-and-half |
| $\frac{3}{4}$ teaspoon salt, divided | $\frac{1}{4}$ teaspoon freshly ground black pepper |
| 2 tablespoons extra-virgin olive oil, divided | 2 large eggs, lightly beaten |
| Cooking spray | 2 ounces French bread, cut into 1-inch cubes |
| 1 cup chopped onion | $\frac{1}{2}$ cup chopped walnuts |
| | 2 tablespoons chopped fresh parsley |



PHOTOGRAPHY: JOHNNY AURY; FOOD STYLING: BLAKESLEE WRIGHT; PROP STYLING: LEIGH ANN ROSS



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1. Cook rice according to package directions, omitting salt and fat.
2. Preheat oven to 400°.
3. Combine eggplant, zucchini, ¼ teaspoon salt, and 1 tablespoon olive oil in a bowl; toss to combine. Place eggplant mixture evenly on a large baking sheet coated with cooking spray. Bake at 400° for 15 minutes. Place vegetables in a large bowl.
4. Reduce oven temperature to 375°.
5. Heat a large nonstick skillet over medium heat. Add 2 teaspoons olive oil to pan, and swirl to coat. Add onion and garlic; cook for 12 minutes or until tender. Add onion mixture to eggplant mixture. Add cooked rice, remaining ½ teaspoon salt, ¼ cup cheese, and the next 3 ingredients



Wine Match

Pick a smooth, midweight red like **Vietti Barbera d'Asti Tre Vigne**, Piedmont, Italy, 2009 (\$16). With its vibrant fruit and acidity, this soft-tannin wine stands up to the rich cheese without overpowering the tender veggies.

—Scott Jones

(through eggs), and stir well to combine. Spoon rice mixture into an 11 x 7-inch glass or ceramic baking dish coated with cooking spray. Cover with foil, and bake at 375° for 15 minutes.

6. Place bread in a food processor;

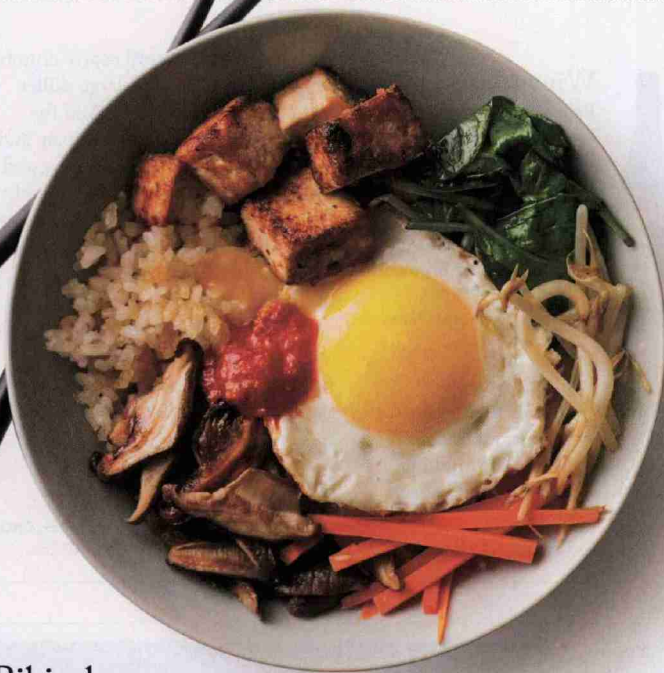
pulse 10 times or until coarse crumbs measure 1 cup. Heat a large skillet over medium-high heat. Add the remaining 1 teaspoon oil to pan, and swirl to coat. Add breadcrumbs, and cook for 3 minutes or until toasted, stirring frequently. Remove pan from heat; stir in remaining ¼ cup cheese, walnuts, and parsley.

7. Remove foil from rice mixture. Top evenly with breadcrumb mixture. Bake, uncovered, at 375° for 15 minutes or until vegetables are tender and topping is browned.

SERVES 6 (serving size: about 1½ cups)

CALORIES 354; **FAT** 18.7g (sat 5g, mono 6.6g, poly 5.9g); **PROTEIN** 14.1g; **CARB** 35.5g; **FIBER** 5.6g; **CHOL** 86mg; **IRON** 2mg; **SODIUM** 596mg; **CALC** 215mg

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Bibimbop

Hands-on time: 50 min. Total time: 66 min.

A delicious combination of rice and vegetables, this signature Korean dish is worth the effort. As you prepare each component, place hot food on a jelly-roll pan and keep in a warm oven.

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| 8 ounces extra-firm tofu, drained | 4 large eggs |
| 1/3 cup water | 4 teaspoons gochujang (Korean chili paste, such as Annie Chun's) |
| 1/4 cup apple cider vinegar | 1/4 teaspoon kosher salt |
| 2 teaspoons sugar, divided | |
| 2 teaspoons minced garlic, divided | |
| 1 teaspoon minced peeled fresh ginger, divided | |
| 1/4 teaspoon crushed red pepper | |
| 1 cup julienne-cut carrot | |
| 2 tablespoons lower-sodium soy sauce | |
| 3 tablespoons plus 2 teaspoons dark sesame oil, divided | |
| 3 cups hot cooked short-grain rice | |
| 1 cup fresh bean sprouts | |
| 1 (5-ounce) package sliced shiitake mushroom caps | |
| 1 (9-ounce) package fresh baby spinach | |
| 1 teaspoon unsalted butter | |

1. Cut tofu into 3/4-inch-thick slices. Place tofu in a single layer on several layers of paper towels; cover with additional paper towels. Let stand 30 minutes, pressing down occasionally.
2. Combine 1/3 cup water, vinegar, 1 teaspoon sugar, 1/2 teaspoon garlic, 1/2 teaspoon ginger, and crushed red pepper in a small saucepan. Bring to a boil. Add carrot, and remove from heat; let stand 30 minutes. Drain.
3. Remove tofu from paper towels; cut into 3/4-inch cubes. Place tofu in a medium bowl. Combine remaining 1 teaspoon sugar, 1/2 teaspoon garlic, remaining 1/2 teaspoon ginger, soy

sauce, and 1 tablespoon oil, stirring with a whisk. Add 1 tablespoon soy sauce mixture to tofu; toss gently. Let stand 15 minutes.

4. Heat a 10-inch cast-iron skillet over high heat for 4 minutes. Add 1 tablespoon sesame oil; swirl to coat. Add rice to pan in a single layer; cook 1 minute (do not stir). Remove from heat; let stand 20 minutes.

5. Heat a large nonstick skillet over medium-high heat. Add 1 teaspoon oil; swirl to coat. Add 1 1/2 teaspoons soy sauce mixture and bean sprouts to pan; sauté 1 minute. Remove sprouts from pan; keep warm. Add 1 teaspoon oil to pan; swirl to coat. Add mushrooms to pan; sauté 2 minutes. Stir in 1 1/2 teaspoons soy sauce mixture; sauté 1 minute. Remove mushrooms from pan; keep warm. Add 2 teaspoons oil to pan; swirl to coat. Add tofu to pan; sauté 7 minutes or until golden brown. Remove tofu from pan; keep warm. Add remaining 1 teaspoon oil to pan; swirl to coat. Add remaining 1 teaspoon garlic and remaining 1 tablespoon soy sauce mixture; sauté 30 seconds. Add spinach to pan; sauté 1 minute or until spinach wilts. Remove spinach from pan; keep warm. Reduce heat to medium. Melt butter in pan. Crack eggs into pan; cook 4 minutes or until whites are set. Remove from heat.

6. Place 3/4 cup rice in each of 4 shallow bowls. Top each serving evenly with carrots, sprouts, mushrooms, tofu, and spinach. Top each serving with 1 egg and 1 teaspoon chili paste. Sprinkle evenly with salt.

SERVES 4 (serving size: 1 bowl)

CALORIES 502; **FAT** 23.4g (sat 4.5g, mono 9.9g, poly 7.1g); **PROTEIN** 20.9g; **CARB** 56.4g; **FIBER** 6.1g; **CHOL** 214mg; **IRON** 6.8mg; **SODIUM** 698mg; **CALC** 199mg

PHOTOGRAPHY: IAIN BAGWELL; FOOD STYLING: ANA KELLY; PROP STYLING: CINDY BARR