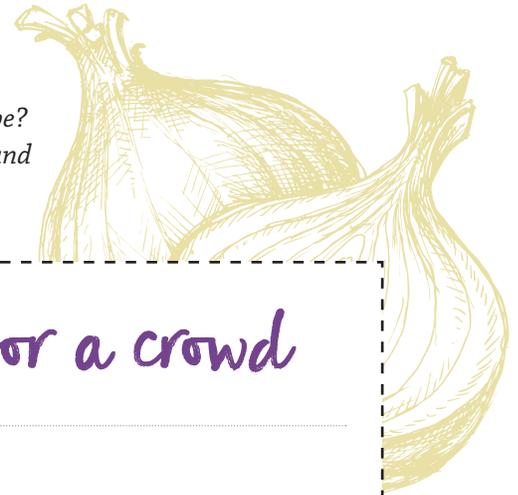




Having some friends over and looking for a healthy recipe? This one will hit the spot! Find your **RECIPE CARD** below and your **SHOPPING LIST** on the next page.



Asian stir fry for a crowd

INGREDIENTS

- 1½ cups uncooked long-grain brown rice
- 18 ounces extra-firm tofu, drained, patted dry, and diced to equal 3 cups
- 1½ cups yellow onion, chopped
- 1 Tbsp garlic, minced or pressed
- 1 Tbsp fresh ginger, finely chopped, or 1½ teaspoons if grated
- 1 cup long beans or green beans cut into 2-inch lengths
- 1½ cups zucchini cut into ¾-inch chunks
- 1½ cups eggplant, preferably Asian eggplant, diced
- 1½ cups red bell pepper, seeded and diced
- ¼ cup basil, chopped (optional)

FOR STIR FRY SAUCE

- 1/3 cup hoisin sauce
- 1 Tbsp unseasoned rice vinegar
- 1 Tbsp chili garlic sauce
- 1½ tsp lime juice

DIRECTIONS

- 1 In a large, heavy-bottomed pot over medium heat, sauté onion, red pepper,
- 2 Line a sheet pan with paper towels and spread out diced tofu. Press down on tofu periodically with paper towels to help release any extra moisture.
- 3 To make the stir fry sauce, in a medium bowl, whisk together ⅓ cup hoisin mixed with two tablespoons water, the rice vinegar, chili garlic sauce, and lime juice. Set aside.
- 4 In a wok or large saute pan, combine onion, garlic, and ginger with ½ cup water. Bring to a boil over high heat. Reduce heat to a simmer and cook until onions are tender and liquid has evaporated—about 8–10 minutes.
- 5 Add ½ cup water and the long beans. Raise heat to high and cook for 3 minutes.
- 6 Then, add the zucchini, eggplant, and bell peppers. Cook for 5 minutes, stirring frequently, until vegetables are tender and liquid has evaporated. Add a little more water if necessary.
- 7 While veggies are cooking, you may add the tofu into the stir fry sauce and gently stir to coat. (Alternately, you may also just add each individually to the stir fry.) Finally, add the sauce and tofu into the vegetables. Stir until incorporated and cook until tofu is warmed through—about 3 minutes.
- 8 Remove from heat and fold in basil. Season to taste with more chili garlic sauce if desired. Serve hot over cooked brown rice. Enjoy!

Source: Ornish Lifestyle Medicine



Cut out this handy **SHOPPING LIST** and take it with you to the grocery store to make sure you don't miss any crucial ingredients!



Asian stir fry for a crowd **SHOPPING LIST**

PRODUCE

- 18 ounces of extra-firm tofu
- 1 medium to large yellow onion
- 1 head of garlic
- 1 small piece of fresh ginger
- 1/2 pound of fresh long beans or green beans
- 2 medium zucchini
- 2 medium Asian eggplants*
- 2 red bell peppers
- 1 lime
- fresh basil

PANTRY

- long-grain brown rice
- hoisin sauce
- unseasoned rice vinegar
- chili garlic sauce

*TIP

When selecting Asian eggplants, look for eggplants with smooth, glossy skin that feel heavy for their size. Look for Asian eggplants about the same size as zucchini. If you can't find Asian eggplants, a regular eggplant will work just fine.