

balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

Sesame Barley with Greens and Teriyaki Tofu

Serves: 4

Ingredients:

3 cups water
½ cup uncooked pear barley
¼ cup rice wine vinegar
3 tablespoons brown sugar, divided
3 tablespoons soy sauce, divided
4 teaspoon dark sesame oil, divided
2 teaspoon fresh ginger, peeled and grated
2 garlic cloves, minced and divided
6 cups thinly sliced Swiss chard
14 ounces extra-firm tofu
¼ teaspoon crushed red pepper
Cooking spray
4 teaspoons toasted sesame seeds
2 green onions, thinly sliced

Directions:

1. Bring 3 cups of water to a boil in a medium, heavy saucepan. Add barley; reduce heat, and simmer 30 minutes or until barley is tender. Drain and cool slightly.
2. Combine vinegar, 1 tablespoon brown sugar, 1 tablespoon soy, 1 tablespoon oil, 1 teaspoon ginger and 1 teaspoon garlic in a large bowl, stirring well with a whisk. Add chard and barley; toss well to coat. Cover and chill 1 hour.
3. Preheat oven to 375 degrees F.
4. Cut tofu crosswise into 5 (1in thick) slices. Place tofu slices on several layers of paper towels; cover with additional paper towels. Let stand 20 minutes, pressing down occasionally.
5. Cut each tofu slice into ½ inch cubes. Combine remaining 1 teaspoon sesame oil, remaining 2 tablespoons brown sugar, 2 tablespoons soy sauce, 1 teaspoon ginger, garlic clove, and pepper in a medium bowl, stirring well with a whisk. Add tofu; toss to combine. Let stand 10 minutes.
6. Arrange tofu in a single layer on a foil-lined baking sheet coated with cooking spray. Bake for 30 minutes or until tofu is browned on all sides, stirring 3 times. Divide barley mixture evenly among 4 plates, and top evenly with tofu. Sprinkle with sesame seeds and onions