

Tempeh Stir Fry with Brown & Black Rice and Millet

Tempeh Stir Fry

4 servings

8-10 ounces of tempeh (1 package), sliced thin in ½ inch pieces

1 teaspoon water or safflower oil

2 T ground flax meal

1-2 T safflower oil

½ cup onion, diced

1 bunch of Swiss chard (red or yellow), cleaned, stems chopped fine and leaves shredded

1 head of bok choy, washed, separated and, if large, cut into 2 inch pieces

½ red bell pepper, diced

¼ cup water

1 tablespoon spice mix (herbs de Provence, Mexican, Italian, curry, Greek)

Place sliced tempeh, oil and flax meal in a bowl. Mix together so that flax sticks to tempeh. Heat the oil in a wok and stir fry tempeh until golden brown, about 5 minutes. Remove from pan. Add a little more oil if the wok is dry. Add the chard stems and fry for 1-2 minutes. Add the bok choy, chard leaves and red pepper. Stir fry for 1 minute. Add tempeh and spices. Pour in ¼ cup water and cover. Steam for 1-2 minutes. Serve with brown rice pilaf, quinoa or noodles.

Brown and Wild Rice with Millet

4 servings

½ cup brown rice

¼ cup wild rice

¼ cup millet

2 cups water

Bring all ingredients to a boil in a stock pot, reduce heat and simmer with lid on for 45 minutes.

For more information see: www.e2se.org