

National Rice Month

Mushroom, Kale, and Brown Rice Bowl

Ingredients:

- 2 cups cooked brown rice
- 1 tablespoon extra-virgin olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon sesame seeds
- ½ teaspoon wasabi paste
- ½ teaspoon red pepper flakes
- 1 cup sliced shiitake mushrooms
- 7 ounces firm tofu (about half of a 16-ounce package), drained and cubed
- 4 cups packed chopped kale (about 1 bunch)

Directions:

Cook the rice according to package directions. Heat the olive oil in a large skillet or wok. Add the onion and garlic and sauté for 3 minutes. Add the soy sauce, sesame seeds, wasabi paste, red pepper flakes, mushrooms, and tofu and stir well. Sauté for an additional 5 minutes. Stir in ⅓ cup water and the kale and sauté until the kale is slightly wilted and crisp-tender, about 4 minutes. Spoon ½ cup cooked rice into each of four individual bowls and top with about 1½ cups of the shiitake- kale mixture.



Source: <https://wholegrainscouncil.org/recipes/asian-shiitake-and-kale-bowl-brown-rice>

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