

## Decision Day 4 (Lunch)

### Blackened Tofu Salad with Lemon Rice and Greens (serves 4)

12 oz firm tofu (1 package)  
Blackening Spice (Paul Prudhomme's Blackened Red Fish Spice)  
1 T olive oil  
1 C wild rice blend  
1 lemon (cut in half with seeds removed)  
2 1/2 C chicken stock or water  
1 1/2 C broccoli florets  
1 1/2 C asparagus tips  
S and P to taste

1. Slice tofu 1/2 inch cubes and set aside on top of paper towel.
2. In small sauce pot over medium heat add stock, rice, and lemon (follow ratio of water to rice on package). Bring to a boil, reduce heat to low and simmer rice, covered until tender (approximately 45 minutes).
3. Heat a medium sauté pan over high heat with olive oil and sauté broccoli for 1 minute. Add asparagus and cook for 2 more minutes.
4. Dust tofu with blackening spice and in a separate pan, over high heat, add olive oil and wait until it begins to smoke.
5. Add tofu and cook 3-4 minutes until spice is dark (be careful not to burn).
6. Place rice on plate, top with tofu and garnish with green vegetables. (lemons cooked in rice can be eaten as well)