

Grain Salad with Tofu and Raw Vegetables
(serves 4)

3 C couscous (set aside 1 1/2 C cooked for dinner)
3 C chicken stock or water
1 C Wild Rice (whole grain)
1 T olive oil
1 package firm tofu (chopped)
2 T chopped white onion
2 garlic cloves sliced
2 T fennel seed
1 T oregano (dried)
1 lemon zested + juice
2 C raw vegetables in your frig - chopped (ie. peppers & zucchini)
S and P to taste

1. Place couscous in bowl and bring chicken stock or water to a boil. Pour over couscous, cover with plastic and let stand for 15 minutes.
2. Add wild rice and 1 1/2 C. water to a pot and bring to a boil. Reduce heat and simmer for 45 minutes covered or until cooked.
3. In large sauté heat 1 T olive oil over medium heat. Stir in onion and garlic and cook for 3 minutes. Add fennel seed, lemon zest, and stir for 1 minute longer. Add tofu and cook for 2 more minutes. TASTE.
4. Mix together the couscous, wild rice, tofu mixture, raw vegetables and TASTE. Squeeze some fresh lemon juice over and serve warm.