

Curried Brown Rice Salad



6 cups short-grained steamed brown rice cooled and fluffed.
 $\frac{1}{2}$ medium sized red onion, diced
2 tablespoons ginger, minced or grated
3 cloves garlic, chopped
2 tablespoons mild (or spicy) Indian curry
10 ounces pressed seasoned tofu (or extra firm tofu), diced
1 large apple or a firm pear chopped
1 cup celery, chopped
 $\frac{1}{2}$ cup dried apricots or raisins, chopped
1 cup sliced bananas, added at last minute and sprinkled with lemon juice to prevent browning
 $\frac{1}{2}$ cup almonds (or your favorite nut)

toasted and chopped
1 lemon, the zest and juice

$\frac{1}{2}$ c. Nasoya™ tofu mayo

$\frac{1}{2}$ c. yogurt (if Vegan, just double the Nasoya™ Mayo)

A handful of fresh herbs like mint, basil or cilantro, green onions, chopped

Salt and pepper to taste

MAKES 8-10 SERVINGS

In a large bowl toss the rice, tofu and the remaining ingredients until all mixed up (if you are doing this in advance, which only makes it better, save the herbs, bananas and nuts until the last minute). Taste the salad for seasonings; make it as sweet, spicy or tart as your family likes. We pass around chutney to up the flavor even more!