

Tofu and Garlic-Olive Patties

10-12 oz firm tofu

8 oz jar garlic-stuffed green olives

5 oz drained weight

1 ½ cups cooked short grain brown rice

room temperature or cold

black pepper to taste

2 tablespoons olive oil (less or more for frying)

- 1.) Press tofu to squeeze the water out
- 2.) Drain olives and place in a food processor. Pulse until coarsely chopped. Crumble pressed tofu into food processor and process until just blended.
- 3.) Transfer to a large mixing bowl. By hand mix in brown rice and add black pepper.
- 4.) In a large nonstick skillet, cook patties in olive oil until nicely browned.
- 5.) Vegan, per 4 inch patty: 158 Cal, 5 g Protein, 10g Fat, 12g Carbohydrate, 571 sodium, 0 mg Cholesterol, 2 g fiber.