

## Yin-Yang Rice Balls

Makes 6 servings; 3 rice balls per serving

### Brown Rice Mixture

- 4 cups water
- 3 black tea bags
- 1 ½ cups spinach leaves or other leafy greens
- 1 tablespoon extra-virgin olive oil
- ½ cup baked tofu, minced, any flavor
- ¼ cup carrots, minced
- 1 teaspoon fresh chile pepper, minced
- 2 green onions, green part only, minced
- 2 cups cooked sweet brown rice
- 2 tablespoons soy sauce
- 2 teaspoons sesame oil
- 1 teaspoon freshly ground black pepper

### White Rice Mixture

- 2 cups cooked warm sweet white rice
- ¼ cup dried cherries, minced
- ¼ cup dried dates, minced
- ¼ cup dried currants
- Honey or maple syrup
- 1 ½ cups black sesame seeds, toasted
- 1 ½ cups white sesame seeds, toasted

1. **To make the brown rice mixture:** In a small pot, bring the water to a boil. Add the tea bags and spinach leaves. Blanch until the spinach leaves are soft, about 15 seconds; be careful not to overcook. Drain and rinse under cold running water. Squeeze out excess water and mince.
2. Heat the olive oil over medium-high heat in a wok or nonstick skillet. Add the tofu, carrots, and chile pepper and sauté until the tofu browns, about 2 minutes. Add the spinach and green onions and stir-fry for 1 minute. Stir in the brown rice, soy sauce, sesame oil, and black pepper. Mix thoroughly and let the rice heat through. Transfer the mixture to a bowl and set aside to cool slightly.
3. **To make the white rice mixture:** In a large mixing bowl, combine the white rice, dried fruit, and honey to taste.
4. Put the black and white sesame seeds into two separate shallow bowls. Line a serving plate with banana leaves. If you don't have banana leaves, lightly oil the serving plate.
5. With wet hands, tightly pack about ¼ cup of the brown rice mixture into a ball. Roll it in the black sesame seeds until coated. Repeat with the remaining brown rice mixture. In the same manner, form the white rice mixture into balls and roll in the white sesame seeds.
6. Artistically arrange the spicy and sweet rice balls on the serving plate. Serve at room temperature.