



NUTRITION PER SERVING:

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| CALORIES | 389 |
| PROTEIN | 17 G |
| CARBOHYDRATE | 54 G |
| TOTAL FAT | 13 G |

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| PREP TIME: | 20 MINUTES |
| COOK TIME: | 50 MINUTES |

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| YIELD: | 4 SERVINGS |
| SERVING SIZE: | 1½ CUP |

FOR THE RICE:

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| 2 C | WATER |
| 1 C | BROWN RICE |

FOR THE TOFU AND VEGETABLES:

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| 3 C | PREPARED RICE |
| 1 POUND | TOFU |
| 1 C | FROZEN CORN (UNTHAWED) |
| 1 C | FROZEN PEAS (UNTHAWED) |
| 6 | SCALLIONS (SLICED INCLUDING WHITE AND GREEN PARTS) |
| 1 | CARROT (SHREDDED) |
| ¼ C | FRESH BASIL LEAVES |
| ¼ TSP | SALT |
| 2 TBSP | VEGETABLE OIL |



CRUSTY RICE WITH TOFU, VEGETABLES

THIS BLEND OF TOFU AND COOKED RICE COMBINES CORN, PEAS, CARROTS AND SEASONINGS PRESSED INTO A SKILLET AND COOKED INTO "CRISPY" GOODNESS.

- 01** To make the rice, cook rice according to the directions on the package. Set aside to cool and dry out.
- 02** Put the tofu, corn, scallions, carrot, basil and salt in the bowl and mix well.
- 03** When the rice has fully cooled, add it to the bowl with the tofu and mix well.
- 04** Put the skillet over medium high heat and when it is hot, add the oil.
- 05** Add the rice and tofu mixture; reduce heat to low and press down the rice mixture with a spatula. Cover and cook 10 minutes. Press down again to help form a crust. Flip portions of the rice so that you get chunks of crispy rice. Cook until crispy, up to 20 minutes.

