



Crusty Rice with Tofu and Vegetables

Prep time: 20 minutes

Cook time: 50 minutes

Makes: 4 Servings

This blend of tofu and cooked rice combines corn, peas, carrots and seasonings pressed into a skillet and cooked into "crispy" goodness.

Ingredients

For the rice:

2 cups water

1 cup brown rice

For the tofu and vegetables:

3 cups prepared rice

Nutrition Information

Nutrients	Amount
Calories	389
Total Fat	13 g
Saturated Fat	2 g
Cholesterol	0 g
Sodium	215 mg
Total Carbohydrate	54 g
Dietary Fiber	8 g
Total Sugars	6 g
Added Sugars included	0 g
Protein	17 g
Vitamin D	0 mcg
Calcium	279 mg
Iron	4 mg
Potassium	486 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1 cup
 Grains	1 1/2 ounces
 Protein Foods	2 ounces

1 pound tofu

1 cup frozen corn (unthawed)

1 cup frozen peas (unthawed)

6 scallions (sliced including white and green parts)

1 carrot (shredded)

1/4 cup fresh basil leaves

1/4 teaspoon salt

2 tablespoons vegetable oil

Directions

1. To make the rice, cook rice according to the directions on the package. Set aside to cool and dry out.
2. Put the tofu, corn, scallions, carrot, basil and salt in the bowl and mix well.
3. When the rice has fully cooled, add it to the bowl with the tofu and mix well.
4. Put the skillet over medium high heat and when it is hot, add the oil.
5. 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.

Source: USDA Center for Nutrition Policy and Promotion