

**NUTRITION PER SERVING:**

<b>CALORIES</b>	389
<b>PROTEIN</b>	17 G
<b>CARBOHYDRATE</b>	54 G
<b>TOTAL FAT</b>	13 G

<b>PREP TIME:</b>	20 MINUTES
<b>COOK TIME:</b>	50 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	1½ CUP

**FOR THE RICE:**

<b>2 C</b>	WATER
<b>1 C</b>	BROWN RICE

**FOR THE TOFU AND VEGETABLES:**

<b>3 C</b>	PREPARED RICE
<b>1 POUND</b>	TOFU
<b>1 C</b>	FROZEN CORN (UNTHAWED)
<b>1 C</b>	FROZEN PEAS (UNTHAWED)
<b>6</b>	SCALLIONS (SLICED INCLUDING WHITE AND GREEN PARTS)
<b>1</b>	CARROT (SHREDDED)
<b>¼ C</b>	FRESH BASIL LEAVES
<b>¼ TSP</b>	SALT
<b>2 TBSP</b>	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.

