

Crispy Rice with Tofu and Vegetables

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

Makes: 4 servings
 Prep Time: 20 minutes
 Cook Time: 50 minutes

Source: MyPlate Kitchen

Ingredients

For the rice:

- 2 cups water
- 1 cup brown rice

For the tofu and vegetables:

- 3 cups prepared rice
- 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.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 1/2 cups

Nutrients	Amount
Calories:	389
Total Fat:	13 g
Saturated Fat:	2 g
Cholesterol:	0 mg
Sodium:	215 mg
Total Carbohydrates:	54 g
Dietary Fiber:	8 g
Total Sugars:	6 g
Added Sugars:	0 g
Protein	17 g

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups and spoons
- Grater
- Saucepan with lid
- Large bowl
- Spatula
- Large skillet with lid

SHOPPING LIST

Average total cost without oil and seasonings: \$8.67

Average cost/serving: \$2.17

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Brown Rice (32 oz.)



Add 1 to Cart
Scallions (Green Onions)



Add 1 to Cart
Tofu (14 oz.)



Add 1 to Cart
Carrots (1 lb. bag)



Add 1 to Cart
Frozen Corn (12 oz.)



Add 1 to Cart
Basil



Add 1 to Cart
Frozen Peas (12 oz.)

My Cooking Notes