



Lifestyle Wellness Academy

NUTRITION PER SERVING:

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

PREP TIME:	20 MINUTES
COOK TIME:	50 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1½ CUP

FOR THE RICE:

2 C	WATER
1 C	BROWN RICE

FOR THE TOFU AND VEGETABLES:

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.

