



VEGGIE AND TOFU FRIED BROWN RICE

This is a good recipe to use leftover rice in your fridge and make use of extra vegetables in your crisper drawer. Try adding the chopped green beans, broccoli, peppers, or celery. You might also add chicken, ground pork or diced ham for extra protein and peanuts or cashews to add crunch. Enjoy!

Yield: 6, 1-cup servings

Ingredients

- 4 tbsp **vegetable oil**, divided
- 2 large **eggs**, lightly beaten
- 1 cup **extra firm tofu**, diced
- 2 **carrots**, peeled and diced small
- 1 medium **onion**, diced
- 1 cup **cauliflower**, grated
- 1 cup **frozen peas**
- 1 cup shredded Napa or green **cabbage**
- ¼ cup **pineapple chunks**
- 4 cups cold cooked **brown rice**
- 3 tbsp. lower-sodium **soy sauce**
- ½ tsp **salt**, divided
- 2 tsp **ground ginger powder**, divided
- 3 tbsp **water**
- 1 tbsp toasted **sesame seeds** (optional)
- 3 **green onions**, chopped

Instructions

1. Heat a large skillet over medium-high heat. Once the pan is hot, add 2 tbsp of oil and the eggs. Cook, stirring until they are lightly scrambled but not dry. Transfer the eggs to a plate and set aside.
2. Return the pan to heat, add 1 tbsp of oil, add tofu let it cook for 2 minutes. Add 1 tsp ground ginger powder and ¼ tsp salt, cook until all tofu is lightly brown. Transfer the tofu to the plate with the eggs.
3. Return the pan to heat, add the remaining 2 tbsp oil. Add the carrots and onion to the pan. Cook, stirring occasionally, until the veggies are slightly tender, about 5 minutes. Stir in the grated cauliflower and cook for 1 minute. Add peas, Napa or green cabbage. Cook briefly, about 1 minute.
4. Add the rice to the pan and stir, breaking up the clumps. Add the eggs, tofu, and pineapple chunks to the pan, stir until incorporated. Add the soy sauce, salt, 1 tsp ground ginger powder, and water. Continue to cook, stirring occasionally until water is evaporated. Add sesame seeds (if using) and green onions and mix well.

Per Serving: Calories 410, Protein 11 g, Saturated Fat 3.5 g, Sodium 490 mg, Fiber 6 g, Sugars 6 g

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