

Fried Rice with Tofu

Servings: 6

Ingredients:

- 6 c. cooked cold rice (basmati, jasmine, long grain brown)
- 3 Tbl. peanut or canola oil
- 8 cloves/2 Tbl. minced garlic
- 4 green onions, sliced thin
- 2 Tbl. low-sodium soy sauce
- 1 c. broccoli (fresh or frozen)
- 1 c. celery, diced
- 1 c. bell pepper, diced
- 2 eggs
- $\frac{1}{4}$ c. chopped fresh cilantro
- 1 can pineapple tidbits, undrained
- 1 cucumber, peeled and diced
- 1 lb. firm tofu, cut into 1-inch cubes
- $\frac{1}{2}$ Tbl. canola oil
- 3 Tbl. tamari (or soy sauce)
- 3 Tbl. maple syrup

Directions:

1. To prepare tofu, add oil, tamari, and maple syrup to medium skillet over medium heat.
2. Add tofu and cook, turning cubes, until liquid is absorbed. Remove from heat, and set aside.
3. Heat oil in a large skillet (or wok) over medium heat.
4. Use your hands to break the cold rice up removing any clumps.
5. Add garlic to heated pan, and cook for 1- to 2-minutes.
6. Add green onions, broccoli, celery, and bell pepper, and cook for another 2- to 3 minutes.
7. Add the rice, eggs, cilantro and cook for another 2- to 3-minutes.
8. Mix in the pineapple tidbits.
9. Remove from heat and garnish each serving with tofu and fresh cucumber.

Nutrition:

Fried rice: 1½ cups [without tofu]

calories: 342 *protein:* 7.1g *total carbohydrate:* 54g *total fat:* 9.5g
sugars: 5.9g *sodium:* 174mg *dietary fiber:* 2.2g *saturated fat:* 1.8

Tofu: ($\frac{1}{6}$ th recipe [4 oz.])

calories: 118 *protein:* 7.6 *total carbohydrate:* 11.4g *total fat:* 5g
sugars: 8g *sodium:* 504mg *dietary fiber:* 1g *saturated fat:* <1g