

# Tofu Vegetable Fried Rice

**PREP TIME: 10 min**  
**COOK TIME: 15 min**  
**SERVINGS: 4-5**  
**SERVING SIZE: 1 cup**



## INGREDIENTS

- Nonstick cooking spray
- 1 8-ounce container firm tofu, drained and cubed
- 1 tablespoon oil (canola or vegetable)
- 1/2 cup onion, chopped
- 1/2 teaspoon garlic powder
- 2 cups brown rice, cooked
- 3 cups frozen mixed vegetables, thawed
- 2 tablespoons soy sauce
- Ground black pepper

## DIRECTIONS

1. Spray a deep 12" skillet with cooking spray and place over medium heat.
2. Pour the cubed tofu into skillet. Let it cook without stirring until you hear light popping, about 5 minutes. Stir and continue to cook until it is firm, about 8 minutes. Put tofu in another container and set aside.
3. Return the skillet to the burner and add the oil. Heat to medium high and add the onion and garlic. Cook, stirring occasionally, until onion is softened, about 5 minutes.
4. Stir in the rice, vegetables, and soy sauce. Cook, stirring occasionally, until heated through and vegetables soften, about 5 minutes.
5. Add the tofu and heat through, about 2 minutes. Sprinkle with pepper.



Public Health

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This institution is an equal opportunity provider.

