

## Tasty Fried Rice



### INGREDIENTS

#### RICE & VEGETABLES

- 8 oz. extra-firm tofu
- 1 cup brown rice
- 4 cloves garlic (minced)
- 1 cup chopped green onion
- 1 bag frozen peas and carrots
- 8 oz. sliced mushrooms

#### SAUCE

- 3 Tbsp. low sodium soy sauce  
(plus more as desired to taste)  
(\*use GF soy sauce)
- 1 Tbsp. natural peanut butter
- 2 Tbsp. honey
- 1 clove garlic (minced)
- 1-2 tsp. chili garlic sauce  
(more or less depending on preferred spice)
- 1 tsp. toasted sesame oil



### NUTRITION FACTS *4 servings*

Calories: 240	Total Carbohydrate: 35 g
Fat: 6.25 g	Dietary fiber: 5.75 g
Sodium: 497 mg	Protein: 12.5 g

### DIRECTIONS

1. Preheat oven to 400 degrees and line a baking sheet with parchment paper (or lightly grease with non-stick spray).
2. Wrap tofu in a clean, absorbent towel and set something heavy on top (such as a cast iron skillet) to press out the liquid. Once the oven is preheated, dice tofu into ¼ inch cubes and arrange on baking sheet. Bake for 26-30 minutes. Look for golden brown edges and a texture that's firm to the touch for the tofu. The longer it bakes, the firmer and crispier it will become. Set aside.
3. Prepare your rice according to package directions. While rice and tofu are cooking, prepare sauce by adding all ingredients to a medium-size mixing bowl and whisking to combine.
4. Once the tofu is done baking, add directly to the sauce and marinate for 5 minutes, stirring occasionally. Heat non-stick pan. Once hot, use a slotted spoon to scoop the tofu into the pan leaving most of the sauce behind. Cook for 3-4 minutes, stirring occasionally, until deep golden brown on all sides. Lower heat if browning too quickly. Remove from pan and set aside.
5. To the still hot, pan add peas and carrots along with mushrooms. Sauté for about 4 minutes. Add garlic and green onion and sauté for additional 3-4 minutes, stirring occasionally.
6. Add cooked rice, tofu, and remaining sauce into veggies and stir. Cook over medium-high heat for 3-4 minutes, stirring frequently. Serve immediately with extra chili garlic sauce or Sriracha for heat (optional). Crushed salted, roasted peanuts or cashews make a lovely additional garnish.