



HIGH FIVE RECIPES

Tofu Fried Rice

Serves 4. Prep time: 10 minutes total.

The High Five

- 10 ounces extra firm tofu, drained and cut in small cubes
- 2 cups thinly sliced carrots
- 2 large eggs
- 3 cups cooked brown rice (from 1 cup raw rice)
- ¼ cup teriyaki sauce

Pantry and Kitchen Items

- 1 tablespoon canola oil

Preparation

In a large wok or sauté pan, heat the oil for a few seconds over medium-high heat. Add the tofu and stir. Fry the tofu until crispy and browned, for about 4 minutes, scraping the bottom of the pan with a metal spatula.

After the tofu is golden, add the carrots and stir for 30 seconds.

Quickly add the eggs, then crumble the cooked rice on top, and pour the teriyaki sauce over that. Start stirring, coating the rice and carrots with egg and sauce. Stir until the eggs are cooked and no longer shiny and wet. Serve hot.

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Ingredient checklist

PRODUCE

- Carrots

BULK

- Brown rice

GROCERY

- Canola oil
- Teriyaki sauce

REFRIGERATED/DAIRY

- Extra firm tofu
- Eggs

Serving suggestion

You can make this dish with other grains, so if you love quinoa or barley, make it your own by frying them like rice.

Nutritional information per serving

400 calories	53 g. carbohydrate
13 g. fat	4 g. fiber
105 mg. cholesterol	20 g. protein
790 mg. sodium	

The nutritional values and information provided are approximations.



welcome to the table

welcometothetable.coop