Michele Sodon

NUTRITION PER SERVING:

CALORIES	389
PROTEIN	17 G
CARBOHYDRATE	54 G
TOTAL FAT	13 G

PREP TIME:	20 MINUTES
COOK TIME:	50 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1½ CUP

FOR THE RICE:

2 C	WATER
1 C	BROWN RICE

FOR THE TOFU AND VEGETABLES:

3 C	PREPARED RICE
1 POUND	TOFU
1 C	FROZEN CORN (UNTHAWED)
1 C	FROZEN PEAS (UNTHAWED)
6	SCALLIONS (SLICED INCLUDING WHITE AND GREEN PARTS)
1	CARROT (SHREDDED)
¼ C	FRESH BASIL LEAVES
¼ TSP	SALT
2 TBSP	VEGETABLE OIL

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CRUSTY RICE
WITH TOFU, VEGETABLES

THIS BLEND OF TOFU AND COOKED RICE COMBINES CORN, PEAS, CARROTS AND SEASONINGS PRESSED INTO A SKILLET AND COOKED INTO "CRISPY" GOODNESS.

01 To make the rice, cook rice according to the directions on the package. Set aside to cool and dry out.

02 Put the tofu, corn, scallions, carrot, basil and salt in the bowl and mix well.

03 When the rice has fully cooled, add it to the bowl with the tofu and mix well.

04 Put the skillet over medium high heat and when it is hot, add the oil.

05 Add the rice and tofu mixture; reduce heat to low and press down the rice mixture with a spatula. Cover and cook 10 minutes. Press down again to help form a crust. Flip portions of the rice so that you get chunks of crispy rice. Cook until crispy, up to 20 minutes.