TOFU PINEAPPLE STIR FRY

Time: 30 minutes / Servings: 12

INGREDIENTS

2 cups brown rice, uncooked
4 cups water
1 cup sliced almonds
1 cup raisins
1 yellow onion, chopped
1 Tbsp garlic, minced
1 (12oz) bag of broccoli slaw
2 bell peppers, chopped
1 (8oz) bag of snow peas
1 (8oz) can of pineapple chunks
2 Tbsp sweet chili sauce
1 block of firm tofu, cut into chunks

DIRECTIONS

Rice:
1. Bring water to boil
2. Add rice and lower heat
3. Cover and simmer until liquid is absorbed (about 8-10 min)
4. Remove from heat and let sit for 5-10 minutes
5. Fluff with fork. Add raisins and almonds.

Stir-Fry:
1. Heat oil to medium-high
2. Add onion, garlic, broccoli slaw and peppers. Stir-fry for 2-3 minutes
3. Add snow peas. Cook for 2 more minutes
4. Add pineapple and sweet chili sauce. Reduce heat and let cook for 2 minutes
5. Add tofu. Toss to mix. Cook until heated through
6. Place on top of rice. Enjoy!

NUTRITION FACTS (PER SERVING):

Calories: 316 Total Fat: 10g Saturated Fat: 1g Cholesterol: 0mg Sodium: 99mg Potassium: 387mg Carbohydrates: 49g Dietary Fiber: 7g Sugars: 23g Protein: 9g Vitamin A: 17% Vitamin C: 12% Calcium: 30% Iron: 11%

Recipe adapted from: Tofu, Pineapple, Vegetables, Sweet Chili Sauce Sauté – USF Dining

A collaboration with USF Dining