

VEGETABLE FRIED RICE

1 cup uncooked brown rice cooked in 2 cups water
2 tablespoons peanut oil, divided
1 pound firm or extra firm tofu, rinsed, dried and cut into 1/8" pieces
2 garlic cloves
1 teaspoons minced ginger
1 red bell pepper
1 cup snow peas or green beans and 1 cup mushrooms, thinly sliced
3 scallions, chopped (both white and green)
2 tablespoons tamari or soy sauce
½ - 1 tablespoons pure maple syrup
1teaspoons toasted sesame oil

Cook rice until tender, 30 to 40 minutes. Heat 1tablespoon peanut oil in wok. Add the tofu and cook, stirring frequently until the tofu is very dry, 6-8 minutes. Remove and set aside. Heat the remaining tablespoon of peanut oil. Add the garlic and ginger, and stir for a minute, then add the red bell pepper, snow peas an mushrooms and cook, stirring until the vegetables are crisp tender, about 5 minutes. Add the cooked rice, scallions, tamari, syrup, sesame oil and reserved tofu. Stir gently but thoroughly and cook until heated through. Serve immediately.

Makes 4 servings. Each serving has 0mg cholesterol, 296 calories, 11 grams fat, 37 grams carbohydrates and 12 grams protein.