**Tofu Fried Rice**

**For the Rice**

1 c. long grain rice

2c. water

Combine rice and water in a medium pot. Bring to a boil over high heat, uncovered. Once the rice and water come to a boil, reduce the heat to medium-low and cover with the lid. Cook for 15 minutes, turn off the heat, and let sit with the lid on for 5 minutes.

**For the Tofu**

1/2 pound tofu, pressed and cut into 1 inch cubes

2 tbs. vegetable oil

1/2 tsp. black pepper

1/2 tsp. kosher salt

Preheat oven to 450 degrees. Line a cookie sheet with tinfoil. Spray the tinfoil with nonstick spray. Place tofu, oil, pepper, and salt on the cookie sheet and toss together with your hands to coat. Bake for 20 minutes, or until golden brown.

**For the Fried Rice**

2 Tbsp. vegetable oil

1/4 of an onion, diced

1 carrot, diced

1 clove garlic, minced

1/2 cup peas

Cooked rice

Cooked tofu

2 green onions, cleaned and sliced thinly

2-3 Tbs. soy sauce

Heat vegetable oil in a large pan. Add onion and carrot and cook, stirring with a wooden spoon, until onions and carrots are caramelized. Add minced garlic and peas and continue to cook for 1 minute. Add tofu and rice and mix thoroughly to combine. Add soy sauce and green onions and stir to combine. Serve.

Optional: Remove the cooked fried rice from the pan. Add 2 scrambled eggs to the pan and cook until set. Add fried rice back to the pan and stir to combine. Serve.