



Recipe: Tofu & Broccoli "Fried" Rice

File No:

Recipe Adapted From:

Project Bread & Chef Didi Emmons



Grade Group (s): K-8, 9-12	HACCP Process <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 25	
Portion Size: 1 cup	
Serving Utensil:	
Servings Per Pan:	

Ingredients	Weight	Measure	Procedure
Rice, Brown, Dry, USDA #100500	1½ lbs		1. See Tofu in a Nutshell for tofu preparation information. 2. Cook the rice per package directions. 3. Heat oil in a tilt skillet or steam-jacket kettle over medium-high heat. 4. Saute carrots and broccoli, stirring for 5 minutes. 5. Add onions, garlic, and ginger. Cook for 2-3 minutes. 6. Add cooked rice and corn. Stir well and cook until heated through. 7. Add diced tofu, soy sauce, and vinegar. Add water only if necessary to loosen any bits stuck to the pan. CCP: heat through to 165°F for 15 seconds. 8. Place in a hotel pans and cover.
Oil, Vegetable		¼ cup	
Onions, Raw, Chopped		1 large	
Garlic, Raw, Minced		¼ cup	
Ginger, Fresh, Minced		¼ cup	
Carrots, Raw, Diced		1 large	
Broccoli, Frozen, Thawed, Drained, Diced, USDA #110473	2⅔ lbs		
Corn, Frozen, No Salt Added, USDA #100348	1 lbs		
Tofu, Firm, Diced	5½ lbs		
Soy Sauce, Low-Sodium		½ cup	
Vinegar, Cider		¼ cup	
Water		½ cup	

Meal Component Contribution			Total Yield		
Meat/Meat Alternate: 1.5 oz eq			Weight:		
Vegetable Subgroups			Number of Pans:		
DG	RO	BPL	Pan size:		
¼ cup			Volume:		
S	O	A	Nutritional Analysis Based on Portion Size		
		¼ cup	Calories: 244 kcal		
Fruit:			Saturated Fats (g): 1.25 g		
Grains: 1 oz eq			Sodium (mg): 340.19 mg		
Based on USDA Food Buying Guide-RAW			Calculated using NutriKids		

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes
 S - starchy O - other A - additional