

Eat More Vegetables!

Skillet Zucchini with Tomatoes, Rice, and Tofu



Bethany Small,

Mike Niemchak,

George Reese

Ingredients:

- 1 package of tofu
- 2 cups of rice
- 1 teaspoon olive oil
- 1 cup onion, chopped
- 1 clove garlic, minced
- 4 small zucchini, thinly sliced
- 2 medium tomatoes, chopped
- ¼ teaspoon salt
- 1/8 teaspoon pepper

Nutrition Information:

Sample Size: Calories – 70
Serving Size around 300
Calories

Fat – 1.5g

Carbohydrate – 12g

Protein – 3g –about 8g for
full serving size

Fiber – 3g

Sodium – 170mg

Cholesterol – 0mg

Directions:

1. Cook rice in a separate pot to a boil for approximately 10 minutes. Then let cool.
2. Take package of tofu and cook on separate skillet from vegetables.
3. In a large nonstick skillet, heat olive oil over medium heat. Add onion and garlic. Cook, stirring until softened.
4. Add zucchini and cook for two minutes.
5. Add tomatoes and cook for 3 to 5 minutes.
6. Season to taste with salt and pepper

*Be sure to cook tofu and rice before vegetables. Then mix in once vegetables have begun to sizzle.