

# Cooking with the DIETITIANS

## 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.
- 6.

#### 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



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