

Recipe Courtesy of INDIANA SOYBEAN ALLIANCE



Facts

- Indiana ranks 4th in the nation for acres of soybeans planted.
- The soybean plant is a legume related to peas, clover and alfalfa.
- A bushel of soybeans weighs 60 pounds (27.22 kg) and produces about 12 pounds of oil and 47 pounds of protein-rich meal.
- Each soybean plant produces 60 to 80 pods, each holding three pea-sized beans.



INDIANA
STATE FAIR



Roasted Tofu and Veggie Fried Rice



INGREDIENTS

- 14 oz extra firm tofu, pressed and cubed
- 5 cups broccoli florets
- 5 carrots, sliced
- 3 tablespoons vegetable oil, divided
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 2 cloves garlic, minced
- ½ onion, diced
- 3 cups cooked rice (white or brown)
- 3 large eggs
- ½ cup frozen peas
- 2-3 tablespoons low sodium soy sauce
- 1 tablespoon sesame oil

INSTRUCTIONS

1. Preheat the oven to 425 degrees.
2. Line two baking sheets with parchment paper. Spread out the broccoli and carrots on one baking sheet and the tofu on the other baking sheet. Drizzle 1 tablespoon vegetable oil over the veggies and 1 tablespoon of vegetable oil over the tofu and sprinkle salt and pepper on both. Toss to coat.
3. Roast for 25-30 minutes or until the vegetables are tender and the tofu is golden.
4. Heat the oil in a large skillet over medium heat. Add the garlic and onion and cook until translucent, about 2 minutes. Add the rice and stir to combine.
5. Create a hole in the center of the pan and add the eggs. Cook them as scrambled eggs in the center of the rice, then stir to combine. Add the roasted vegetables, tofu and peas and stir to combine. Remove from the heat.
6. Drizzle the top with soy sauce and sesame oil and stir to combine.

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