

Dinner

4 SERVINGS PREP TIME: 10 MINUTES COOKING: 20 MINUTES

Tofu and Veggie Fried Brown Rice

This recipe uses fibre-rich brown rice, and tofu for protein and is great for incorporating any leftover vegetables.

INGREDIENTS

- 2/3 cup brown rice, uncooked*
- 1 tbsp olive oil*
- 1 medium carrot, peeled and diced*
- 1/2 cup edamame beans*
- 1 tbsp sesame oil*
- 2 cloves garlic, minced*
- 1 block tofu, firm, diced*
- 3 tbsp coconut aminos*
- 1 tbsp sesame seeds*
- 2 tbsp green onions, sliced*

PREPARATION

1. Prepare the brown rice as directed on the package. When ready, set aside to cool.
2. In a large non-stick skillet over medium heat, add the oil and carrots. Fry, stirring occasionally until they soften (5–7 minutes).
3. Add the cooked rice, edamame, sesame oil, and garlic to the skillet. Fry for 3–5 minutes.
4. Add the diced tofu and coconut aminos to the skillet. Stir until combined, and cook for 1–2 minutes.
5. Portion into bowls and garnish with sesame seeds and green onions.

NOTES

- Flavourful and customizable recipe with fresh or frozen vegetables such as bok choy, carrots, corn, mushrooms, peas, zucchini, or cabbage. Everything goes! And more vegetables bring more fibre to the meal.
- Add ginger or chili flakes for extra taste. Dried spices last up to 6 months and are PKD-friendly.
- Plant-based version skips egg, but it can be added if desired.
- Tofu is a complete protein, rich in iron and calcium, low in saturated fat, and versatile in cooking.
- Firm tofu works well for stir-fries and baking; pressing improves texture but isn't required.
- Tofu absorbs marinades and can be frozen for meal prep.
- Uses coconut aminos, a lower-sodium alternative to soy sauce, supporting PKD-friendly, low-sodium diets.
- Find more info about low sodium cooking in the first edition of *Love Your Kidneys*.

NUTRITION FACTS PER SERVING: 1/4 of recipe / Calories: 322 / Fat: 16 g / Carbohydrate: 35 g / Fibre: 4 g / Sugars: 4 g / Protein: 13 g / Sodium: 229 mg