

Teriyaki Tofu Rice Bowls



Use ingredients from your local specialty grocery store and prepare a whole week's worth of high-fiber meals in about 15 minutes. Precooked wild rice packets and topping with prebaked tofu also cuts down on the prep time.

Ingredients

- 2 (10 ounce) packages frozen wild rice
- 1 tablespoon extra-virgin olive oil
- 1 (18 ounce) package fresh Asian stir-fry vegetables
- 3 tablespoons teriyaki sauce
- 1 (7 ounce) package teriyaki-flavor baked tofu, cubed

Instructions

1. Prepare wild rice according to package directions (this will take approximately 6 minutes). Transfer the rice from the pouches to a shallow bowl to cool.
2. Heat oil in a medium nonstick skillet over medium heat. Add vegetables and sauté until crisp-tender, 4 to 5 minutes. Add teriyaki sauce; toss well to coat the vegetables. Remove from heat; set aside.
3. Divide the cooled rice among 4 single-serving containers. Top each with one-fourth of the vegetables. Divide tofu among the containers. Seal and refrigerate for up to 4 days. Vent the container and microwave until steaming before serving.

From ***Skinny Taste*** (skinnytaste.com)