Fried Tofu with Swiss Chard and Rice

1 block extra firm tofu
1/2 cup nutritional yeast
1 head red swiss chard, washed and cut into 1/2" strips
2 tbsp coconut oil
salt to taste
brown rice (amount to your liking)

I use 1.5 cups dried brown rice (rinsed) and put in a large pot with 3 cups water (could substitute vegetable broth for more flavour if you wish.)  Bring to a boil then turn to simmer for 45min.  In the last 20min of the rice being finished:

Cut the tofu block into squares 1/4" thick and about 2" wide to create nice "patties".  Heat the oil in a wide frying pan.  Place the nutritional yeast on a plate and coat the tofu patties individually, placing them in the hot oil once coated.  Cook 7min per side then remove to a plate with the paper towel (to absorb the excess oil).  One the tofu is all aside, quickly add the swiss chard to the same pan and stir fry until wilted (about 2min).  Season with salt to taste.  Serve everything immediately while hot.