



PHOTO CREDIT: Merri

Garden Stir-Fry Vegetables with Tofu

Source: Cornell FNEC

Serving size: 12.6 ounces Servings per recipe: 4

A simple delicious dish packed with nutrients

Ingredients

- 1 10.5 ounce package of extra-firm tofu
- 2 teaspoons vegetable oil
- 1 clove garlic, minced
- 2 cups fresh broccoli or spinach, cut up
- 6 medium carrots, sliced 1/4-inch thick
- 1 medium green pepper, chopped
- 3 stalks celery, cut into 1/4 pieces
- 1 medium onion, chopped
- 2 cups cabbage, shredded
- 1 tablespoon light soy sauce, if desired

Materials

cutting board and sharp knife, measuring cups and spoons

Directions

1. Wrap tofu in several layers of paper towels; press lightly to remove excess moisture.
2. Cut tofu into cubes. Set aside.
3. Heat oil in large frying pan over medium heat.
4. Add garlic and cook for 2 minutes.
5. Stir in tofu, broccoli or spinach, carrots, green pepper, celery, onion, and cabbage.
6. Add 2 tablespoon of water. Cover and cook 10 to 15 minutes until tender.
7. Add small amounts of water as needed throughout the cooking period.
8. Add soy sauce (if desired).

Nutrition Facts			
Serving Size ¼ recipe 12.6 ounces			
Servings Per Recipe 4			
Amount Per Serving			
Calories	180	Calories from Fat	60
% Daily Value *			
Total Fat	7g		11%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	280mg		12%
Total Carbohydrate	21g		7%
Dietary Fiber	7g		28%
Sugars	9g		
Protein	10g		
Vitamin A	320%	Vitamin C	140%
Calcium	25%	Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300mg	300mg
Total Carbohydrate	Less than	2,400mg	2,400mg
Dietary Fiber		300g	375g
		25g	30g

Finger Lakes Eat Smart New York
1581 Route 88 North
Newark, NY 14513
(315) 331-8415



Cornell Cooperative Extension



<http://fingerlakeseatmartnewyork.org>

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