

Garden Stir-Fry Vegetables with Tofu

Try this delicious recipe with any combination of veggies you have available, and enjoy the extra protein boost from the tofu! Also great if served over cooked rice.

Makes: 4 Servings

Source: Cornell University Cooperative Extension in New York City
Image: pexels.com



Small Changes,
BIG Difference!

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Ingredients

- 10½-ounce package of firm tofu
- 2 teaspoons vegetable oil
- 1 clove garlic, minced
- 2 cups fresh broccoli or spinach, cut up
- 6 medium carrots, sliced ¼-inch thick
- 1 medium green pepper, chopped
- 3 stalks celery, cut into ¼-inch pieces
- 1 medium onion, chopped
- 2 cups cabbage, shredded
- 1 tablespoon light soy sauce, optional

Directions

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

Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	156
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	92 mg
Total Carbohydrates:	18 g
Dietary Fiber:	7 g
Total Sugars:	6 g
Added Sugars:	0 g
Protein	11 g
Vitamin D	0 mcg
Calcium	260 mg
Iron	2.34 mg
Potassium	0 mg

Utensils Needed

- Frying Pan (large)
- Knife/ Cutting Board
- Measuring Cups and Spoons
- Serving Plate

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Average total cost of ingredients without oil and seasonings: \$6.34

Average cost/serving: \$1.58

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
10.5 oz Package Firm Tofu



Add 1 to Cart
Medium Onion



Add 1 to Cart
Fresh Garlic



Add 1 to Cart
Red or Green Cabbage



Add 1 to Cart
Fresh Broccoli Bunch



Add 1 to Cart
Light Soy Sauce



Add 6 to Cart
Fresh Carrots



Add 1 to Cart
Medium Green Bell Pepper



Add 3 to Cart
Fresh Celery Stalks

My Cooking Notes