



Garden Stir-Fry Vegetables with Tofu

Ingredients:

- 1 10½-ounce package of 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, if desired

Directions:

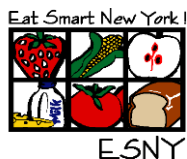
1. Wrap tofu in several layers of paper towels; press lightly to remove excess moisture. Cut tofu into cubes. Set aside.
2. Heat oil in large frying pan over medium heat.
3. Add garlic and cook for 2 minutes. Stir in tofu, broccoli or spinach, carrots, green pepper, celery, onion, and cabbage. Add 2 tablespoons of water.

Cover and cook 10 to 15 minutes until tender. Add small amounts of water as needed throughout the cooking period.
4. Add soy sauce (if desired).

Yields 4 servings (1 cup each)

Source: Cornell University Cooperative Extension in New York City

| Nutrition Facts | | | |
|---|-------------|-------------------|---------|
| Serving Size: 1 cup | | | |
| Servings Per Recipe: 4 | | | |
| Amount Per Serving | | | |
| Calories | 156 | Calories from Fat | 53 |
| % Daily Value * | | | |
| Total Fat | 6g | | 10% |
| Saturated Fat | 1g | | 6% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 92mg | | 4% |
| Total Carbohydrate | 18g | | 6% |
| Dietary Fiber | 6g | | 25% |
| Sugars | 7g | | |
| Protein | 11g | | |
| Vitamin A | 304% | Vitamin C | 112% |
| Calcium | 26% | Iron | 13% |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | | |
| | Calories: | 2000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| 34% calories from fat | | | |
| Analysis based on recipe without soy sauce. | | | |
| Analysis based on recipe with broccoli not spinach. | | | |



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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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