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

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

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