



## 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 (1.5 cup each)*

**Source:** Cornell University Cooperative Extension in New York City

## Nutrition Facts

servings per container  
**Serving size 1 1/2 cups (330g)**

Amount per serving  
**Calories 150**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>

<b>Protein</b> 9g	
Vitamin D 0mcg	0%
Calcium 162mg	10%
Iron 2mg	10%
Potassium 821mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

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