

Suitland Dine & Learn

June 2018: Farmer's Markets 101

Tofu and Vegetable Stir-fry

Courtesy of Jessica Yamamoto, M.S.

Ingredients

- 1 cup brown rice
- 2 medium celery stalks
- 1 small jalapeno or other chili pepper
- 6 ounces firm tofu
- 1 Tablespoon brown sugar
- 2 Tablespoons canola oil
- ½ pound of broccoli
- 1 medium carrot
- 1 clove of garlic
- ¼ cup low-sodium soy sauce
- 1 Tablespoon cornstarch
- ½ teaspoon ground ginger

Cost per serving: \$1.37

Directions

1. Preheat oven to 400 degrees
2. Cook rice according to packaging. Cover and keep warm while preparing the recipe.
3. Rinse the vegetables
4. Chop broccoli and celery. Peel and cut up the carrots and mince the jalapeno and garlic.
5. Drain, dry and cube the tofu and arrange on a lightly greased, parchment lined baking sheet. Cook in the oven 25-35 minutes. Flip the cubes over half way through.
6. Mix the soy sauce, cornstarch and brown sugar. Add in jalapenos.
7. Heat oil in a medium-sized skillet under medium heat. Add in ground ginger and stir. Add in tofu. Heat through and stir occasionally until tofu is slightly browned, approximately 2 minutes.
8. Add in vegetables and stir. Cook until vegetables are tender, for about 5-7 minutes.
9. Add in the mixture made in step 6, boil and reduce heat. Simmer until the sauce has thickened, about 2 minutes.
10. Serve over brown rice.

Nutrition Information

Amount Per Serving

Number of Servings: 4

Serving Size: 1 1/2 cup

Calories: 330

Total Fat: 9 g
Cholesterol: 20 mg
Sodium: 490 mg

Total Carbs: 50 g
Dietary Fiber: 4 g
Protein: 13 g

HEALTH TIP:

You can use any vegetables that you find at the farmers market, your local grocery store, or even in your own freezer for this heart healthy recipe. Yet, be sure to cut the vegetables into similar size pieces so the vegetables can cook evenly.

