

Tofu Stir Fry w/ Greens

Makes 4 servings

3 T canola oil
2/3 14oz. brick extra firm tofu
1.5 cups fresh broccoli florets
1.5 cups bell pepper strips
3 cups fresh roughly chopped mustard greens
1 T chopped fresh ginger
2 T chopped fresh garlic
1 T light soy sauce
2 T honey
2 T natural peanut butter
1/4 cup orange juice (water can also be used)
1 T cornstarch
3 cups cooked brown rice



Cut tofu into 5 or 6 equal slabs as pictured above. In a flat non stick pan heat the canola on medium high heat for one minute. Place the slabs in the oil and fry for five minutes on each side checking doneness every minute or so. When desired doneness is reached place on a paper towel. Remove oil from pan and add broccoli and bell peppers and cook covered for ~3 minutes. Next add greens and cook an additional minute. Slice tofu slabs into bite sized pieces and add to vegetables along with ginger, garlic, soy sauce, honey, and peanut butter. Combine orange juice and cornstarch in a small bowl and mix. Pour this mixture over the vegetables. Continue to heat about 30 seconds stirring frequently until sauce has thickened. Serve over cooked rice.

Nutrition information: 420 calories, 16g fat (2g saturated fat), 15g protein, 310mg sodium, 6g dietary fiber. Excellent source of: vitamin A, vitamin C. Good source of Calcium and Iron.

