

Golden Bowl

Makes 4 servings

Ingredients:

2 tablespoons canola oil, divided
15oz extra firm tofu, drained and cut into 1/2" cubes
2 teaspoons low sodium soy sauce, plus more to taste
2 cups chopped steamed broccoli
8oz sliced white mushrooms
1 cup finely chopped onion
1 cup yellow squash, cut into half moons
1/2 cup shredded red cabbage
1/2 cup grated or shredded carrots
2 tablespoons nutritional yeast, plus more to taste
2 cups cooked brown rice



Heat 1 T oil in nonstick skillet over high heat. Add tofu and sauté 10-15 minutes, tossing with spatula, until golden brown all over. Sprinkle with soy sauce and sauté 2-3 more minutes. Transfer tofu to paper towel lined plate.
Drain skillet and wipe dry.

Heat remaining 1 T oil over high heat. Add tofu and veggies. Sauté 5-7 minutes or until tofu is browned and vegetables are tender, tossing constantly with spatula. Sprinkle with nutritional yeast and soy sauce to taste. Remove from heat and serve over brown rice.
Optional: top with shredded cheddar cheese

Recipe source: Vegetarian Times Online

Nutrition info: 370 calories, 14.7g fat, 255mg sodium, 42g carb, 6.6g fiber, 19g protein. Excellent source of vitamins A, C, and calcium. Good source of iron.



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