



Sweet and Sour Veggies With Seared Tofu



Makes 4 servings

Ingredients

1 pound low-fat extra-firm tofu, cut into ½-inch pieces
 1 cup water
 2 teaspoons red wine vinegar
 ½ teaspoon ground ginger
 1 tablespoon honey
 ¼ teaspoon freshly ground black pepper

1 tablespoon corn starch
 3 tablespoons extra-virgin olive oil, divided
 3 garlic cloves, minced
 ⅓ cup diced green onions
 12 ounces snow pea pods
 1 medium bell pepper, cut into thin strips
 1 cup grated carrots

Directions

1. Line a plate with several layers of paper towels. Lay tofu pieces on lined plate and set aside.
2. In a small bowl, whisk together water, vinegar, ginger, honey, black pepper and corn starch. Set aside.

(directions continued on back)



MAIN DISH



Directions (continued)

3. In a large skillet, heat 2 tablespoons oil over medium-high heat. Add garlic, onions, snow pea pods, bell pepper and carrots. Stir while cooking for 3 to 4 minutes. Push the vegetables to one side of the pan and add the remaining oil and tofu to the other side of the pan. Cook for 4 to 5 minutes or until tofu is lightly browned. Mix the vegetables and tofu together, and pour the sauce (made in step 2) over the top. Stir while continuing to cook for 1 to 2 minutes or until the sauce has thickened.
4. Enjoy warm!

♥ = heart smart

⊗ = low sodium

Ⓞ = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

© 2020 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM. OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS

nutr-ah-59114 (1/20)

Nutrition Facts

Serving Size 2 cups (346g)
Servings Per Container 4

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Value*

Total Fat 14g 22%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 75mg 3%

Total Carbohydrate 23g 8%

Dietary Fiber 5g 20%

Sugars 10g

Protein 13g

Vitamin A 170% • Vitamin C 150%

Calcium 50% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: soy
Carb choices per serving: 1 ½