Veggies with Tofu in Peanut Sauce

Makes 4 servings

Ingredients

1 tablespoon sunflower oil
1 cup broccoli flowerets
1 cup chopped yellow bell pepper
1 cup chopped red bell pepper
1 cup sliced brown mushrooms
1 pound firm tofu, cut into ½-inch cubes
½ cup creamy peanut butter
½ cup hot water
2 tablespoons white vinegar
2 tablespoons low-sodium soy sauce
1 ½ tablespoons molasses

Directions

1. In a large skillet or wok, heat oil over medium-high heat. Sauté broccoli, peppers, mushrooms and tofu for 5 to 7 minutes.
2. In a small bowl, combine peanut butter, hot water, vinegar, soy sauce and molasses. Stir.
3. Pour liquid mixture over vegetable and tofu in skillet. Simmer for 3 to 5 minutes, until vegetables are tender but still crisp.
4. Serve warm.

Allina Health

MAIN DISH

TIP

You can substitute other veggies such as cauliflower, red onion and pea pods, if you don't like or don't have all of the ones used in this recipe.

= low sodium

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Nutrition Facts

Serving Size 1 1/4 cup (316g)
Servings Per Container 4

Amount Per Serving

Calories 370	Calories from Fat 220
	% Daily Value*
Total Fat 25g	38%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 19g	

Vitamin A 30% • Vitamin C 230%
Calcium 25% • Iron 15%

*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: nuts, wheat
Carb choices per serving: 1