

TOFU AND GREEN BEAN STIR-FRY WITH CORN

Ingredients



2 tablespoons vegetable oil



14 oz firm tofu, drained, pressed*, and cut into cubes



2 garlic cloves, minced



1 jalapeño, seeded and minced



4 cups chopped green beans (fresh or frozen)



1 cup corn (fresh, frozen or no/low-sodium canned, drained and rinsed)



2 tablespoons chopped scallions



1 cup chopped cilantro



2 tablespoons low-sodium soy sauce



1 teaspoon honey



*Optional: 4 cups cooked brown rice

* Press tofu before cutting into cubes. Place on a cutting board with a heavy pan or pot on top. Prop one side of the board up slightly so liquid can drain into the sink. Let sit for 10 minutes to drain.

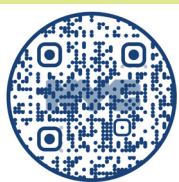
Per Serving (per serving, includes 1 cup brown rice):

Calories 450, Total Fat 13g, Saturated Fat 2g, Cholesterol 0g, Sodium 240mg, Carbohydrates 67g, Fiber 9g, Added Sugars 2g, Protein 17g

Makes 4 servings



- 1 Heat 1 tablespoon oil in a large pan over medium-high heat.
- 2 Add tofu and allow to cook until crispy for 3 to 4 minutes. Stir and repeat on all sides.
- 3 Remove tofu from pan and set aside.
- 4 Add 1 tablespoon oil to the pan over medium-high heat.
- 5 Add garlic and jalapeño and cook 1 minute. Stir often.
- 6 Add green beans, corn and scallions. Mix well.
- 7 Cook until green beans are soft, about 4 to 5 minutes. Stir often.
- 8 Reduce heat to medium. Add cilantro, soy sauce and honey. Stir well and cook 1 minute. Add cooked tofu and mix.
- 9 To make this a complete meal, serve each portion with 1 cup of brown rice or another whole grain such as millet or barley.



EAT A WHOLE LOT MORE PLANTS

For free recipes, resources and food assistance, call **311** or visit nyc.gov/nutrition.



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