

# Tofu Curry

## Ingredients:

- 1 lb. firm tofu, cut into 1" thick slabs
- 1 ½ tsp. extra-virgin olive oil
- 4 tsp. minced garlic (4 cloves)
- 4 tsp. minced peeled ginger root
- 1 tsp. red-pepper flakes (optional)\*
- 1 tsp. each ground turmeric and fennel seeds
- 1 tsp. each oregano and ground coriander
- ¼ tsp. ground cumin\*
- 1 ½ cups coarsely chopped onions (2 medium)
- 4 tomatoes, peeled, seeded and diced, or 1 28-oz. can drained, seeded and diced
- 2 Tbsp. unsweetened light coconut milk
- 3 ½ cups cauliflower florets (1/2 lb.)
- 2 cups fresh or frozen (not thawed) peas
- ¼ cup plain nonfat yogurt
- 1/8 tsp. salt
- 1 Tbsp. chopped fresh cilantro (optional)



**Servings: 6**

## Instructions:

1. Press tofu slabs between paper towels to remove excess moisture. Cut into ½ inch cubes. Set aside.
2. In a large saucepan or stockpot, heat oil over medium heat. Add garlic, ginger, red pepper flakes, turmeric, fennel, oregano, coriander and cumin and sauté for 20 seconds, or until fragrant.
3. Reduce heat to low, add onions and cook, stirring, for 4 -5 minutes, or until softened. Stir in tomatoes, coconut milk and 2 Tbsp water; cook, stirring, for 5-7 minutes, or until most of the liquid has evaporated.
4. Add tofu and cauliflower and cook, covered for 12-15 minutes, or until cauliflower is almost tender. Add peas, cover and cook for 3 minutes, stirring once, or until the peas are tender.
5. Remove from heat, stir in yogurt and season to taste with salt. Garnish with cilantro. Serve over brown rice.

## Nutrition Facts

6 servings per container  
Serving size 1 cup (352g)

Amount per serving  
**Calories 200**

	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 12g	
Vitamin D 0mcg	0%
Calcium 214mg	15%
Iron 3mg	15%
Potassium 332mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.