

# Tofu Indian Stir Fry

## Ingredients:

- 1 tsp. extra virgin olive oil
- 1 cup white onion, chopped
- 2 tbsp. cilantro, chopped
- 1 tsp. curry powder
- 1 tsp. ground ginger
- 1 tsp. fresh garlic, minced
- ½ cup red bell pepper, chopped
- ½ cup green bell pepper, chopped
- ½ cup mushrooms, sliced
- 1 tsp. lemon juice
- ½ tsp. salt
- 13 ½ ounces extra firm tofu



<b>Nutrition Facts</b>	
Serving Size	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 130	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 290mg	<b>12%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 10g	
Vitamin A 20%	Vitamin C 80%
Calcium 20%	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	



## Directions:

1. Heat oil in sauce pan.
2. Add onion and stir until caramelized.
3. Add cilantro and stir until incorporated into onions and liquid has evaporated.
4. Add ginger & garlic, stirring ingredients until incorporated into previous ingredients.
5. Add curry powder, mushrooms & bell pepper and stir fry for a few minutes.
6. Add tofu
7. Once the tofu is golden brown add lemon juice and simmer for a few minutes.
8. Serve on top of cooked brown rice.