

Tofu and Vegetable Stir Fry

Ingredients:

- 6 oz. Asian style noodle
- 4 cups whole spinach leaves
- 4 cups Swiss chard leaves, coarsely chopped
- 2 tbsp. lime juice, fresh
- 2 tbsp. light soy sauce
- 1 tbsp. sugar
- Cooking spray
- 4 oz. egg substitute
- 1 tsp. canola oil
- 1 large red bell pepper, thinly sliced
- 2 medium cloves garlic, minced
- ½ tsp. crushed red pepper flakes
- 10.5 oz. light tofu, firm or extra firm, diced
- 2 green onions cut into 1" pieces
- 2 tbsp. unsalted peanuts, crushed



*DAIRY FREE



*CONTAINS NUTS

Nutrition Facts

Serving Size 1 1/2 cup (321g)			
Servings Per Container 6			
Amount Per Serving			
Calories 230	Calories from Fat 45		
<small>% Daily Value*</small>			
Total Fat 5g			8%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 70mg			23%
Sodium 370mg			15%
Total Carbohydrate 33g			11%
Dietary Fiber 5g			20%
Sugars 5g			
Protein 16g			
Vitamin A 50%	•	Vitamin C 150%	
Calcium 20%	•	Iron 35%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
		<small>Calories:</small>	<small>2,000 2,500</small>
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
<small>Calories per gram:</small>			
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>			

Directions:

1. Cook noodles using package directions. During last 2 minutes of cooking time, stir in spinach and Swiss chard. Drain well.
2. For sauce combine lime juice, soy sauce and sugar.
3. For egg shreds, heat a 12" nonstick skillet over medium heat. Remove from heat and lightly spray with cooking spray. Pour egg substitute into pan, tilting to cover bottom. Cook for 20-30 seconds, or until egg is set. Using a spatula and scramble egg substitute while cooking for 10 to 15 seconds, or until cooked through. Remove pan and set aside.
4. Increase heat to medium-high. Add oil and swirl to coat bottom.
5. Cook bell pepper, garlic and red pepper flakes for 1 minute, or until bell pepper is tender, stirring occasionally.
6. Add tofu and green onions; cook for 2 to 3 minutes, or until tofu is lightly browned and warmed through, stirring occasionally.
7. Add reserved sauce; cook for 15 seconds. Stir in noodle mixture and egg shreds; cook for 1 to 2 minutes, or until warmed through, stirring occasionally. Spoon mixture onto a large serving platter and top with peanuts.