Garden Stir Fry Vegetables with Tofu
Makes 4 servings

Ingredients:
1. 14 ounce package of extra firm tofu
2. 2 teaspoons vegetable oil
3. 1 clove garlic, minced
4. 2 cups fresh broccoli or spinach, cut up
5. 6 medium carrots, sliced ¼ inch thick
6. 1 medium green pepper, chopped
7. 3 stalks celery, cut into ¼ inch pieces
8. 1 medium onion, chopped
9. 2 cups cabbage, shredded
10. 1 tablespoon light soy sauce, if desired

Directions:
1. Wrap tofu in several layers of paper towels; press lightly to remove excess moisture.
2. Cut tofu into cubes. Set aside.
3. Heat oil in large frying pan over medium heat.
4. Add garlic and cook for 2 minutes.
5. Stir in tofu, broccoli or spinach, carrots, green pepper, celery, onion, and cabbage.
6. Add 2 tablespoon of water. Cover and cook 10 to 15 minutes until tender.
7. Add small amounts of water as needed throughout the cooking period.
8. Add soy sauce (if desired).

Source: Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection, 2006