

Veggie Noodle Stir Fry with Tofu



Tofu: Tofu is a good source of protein and contains all nine essential amino acids. It is also a valuable plant source of iron and calcium and the minerals manganese and phosphorus. In addition to this, it also contains magnesium, copper, zinc and vitamin B1.

Veggie Noodle Stir Fry with Tofu

Serving: 1

Prep Time: 10 mins | Cook Time: 25 mins | Total Time: 35 mins

Ingredients:

- 8 cups of water to boil
- 4 oz rice noodles
- 4 oz of extra firm tofu, cubed
- 1 Tbsp sesame oil
- 3/4 Tbsp low-sodium soy sauce
- 1 Tbsp rice vinegar
- 1/2 tsp white pepper, ground
- 1 tsp fresh ginger, grated
- 2 garlic cloves, minced
- 1/4 cup red bell pepper, sliced
- 1/4 cup yellow bell pepper, sliced
- 1/4 cup shredded carrots
- 1/2 cup snow peas

Nutrition Facts

Servings: 1

- Calories: 486
- Carbohydrates: 46 g
 - Fiber: 5.6 g
 - Sugar: 7.1 g
- Total Fat: 23.1 g
- Protein: 25.2 g
- Sodium: 508.9 mg

Instructions:

1. Bring 2 quarts (8 cups) of water to boil. Once the water is boiling, add rice noodles into water.
2. Cook the noodles for 5 minutes until tender to bite. Drain hot water and immediately rinse with cool water. Drain cool water and transfer noodles in a bowl. Set aside.
3. Prepare tofu by gently pressing it with a paper towel to remove excess water. Cube tofu into 1/4 inch pieces.
4. Place a frying pan on a medium-high heat. Add 1/2 Tbsp of sesame oil to heated pan with cubed tofu. Fry tofu until it turns to a slightly golden brown. Transfer to bowl and set aside.
5. Using the same pan, set heat on medium-high and add remaining sesame oil. Add garlic, ginger, peppers, carrots, and snow peas. Stir fry for 3-4 minutes.
6. Then, pour the drained rice noodles and cooked tofu into the pan with the vegetables.
7. Coat the vegetables and noodles with the remaining ingredients - low-sodium soy sauce, rice vinegar, and ground white pepper. Stir to coat.
8. Cook for an additional 1-2 minutes. Add cilantro or scallions for topping (optional) and serve. Enjoy!



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