

BOK CHOY WITH TOFU

INGREDIENTS

- 1 (14 ounce) container **firm tofu**
- 2 pounds **bok choy**
- 1 clove **garlic**
- 1 tablespoon **vegetable oil**
- ½ teaspoon **sesame oil**
- 3 tablespoons **less sodium soy sauce**
- 1 teaspoon toasted **sesame seeds**


DIRECTIONS


Always practice food safety when cooking.


- 1) Drain tofu. Cut the block in half horizontally. Press out the water with clean paper towels until most of the liquid is absorbed.
- 2) Cut tofu into 1 inch cubes. Set aside.
- 3) Chop bok choy into 2 inch pieces. Set aside.
- 4) Mince garlic.
- 5) In a large pan, heat vegetable oil and sesame oil on medium heat. Add garlic and sauté until lightly browned.
- 6) Add tofu cubes to the pan and sauté for a few minutes. Move tofu to the center of the pan.
- 7) Add bok choy and soy sauce. Stir gently.
- 8) Cover pan and cook until bok choy stems are tender but not limp.
- 9) Sprinkle toasted sesame seeds over mixture.

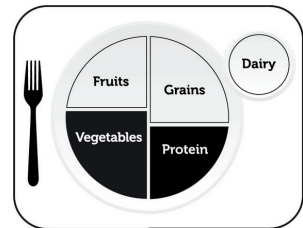
NOTES

- Spinach or other leafy vegetables can be used.
- Chicken, pork, or beef can be used in place of the tofu.

 25 minutes

 5 servings
(1 serving = 1 cup)

 low fat



Nutrition Facts	
5 servings per container	
Serving size	1 cup (279g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 690mg	30%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 302mg	25%
Iron 3mg	15%
Potassium 500mg	10%

*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.