

PORK TOFU WITH WATERCRESS

INGREDIENTS

- 1 small **round onion**
- 1 bunch **watercress** (about 1 pound)
- 1 (2 inch) piece **ginger**
- 1 (14 ounce) container **firm tofu**
- 1 pound **lean pork**
- ¼ cup **less sodium soy sauce**
- 1 tablespoon + 1 teaspoon **sugar**
- ½ teaspoon **salt**
- 1 tablespoon **vegetable oil**

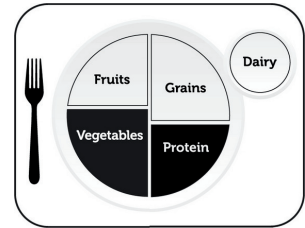
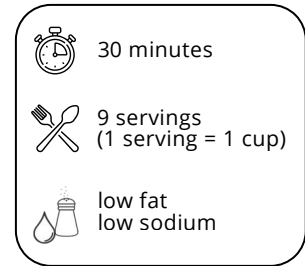
DIRECTIONS

Always practice food safety when cooking.

- 1) Cut onion into ¼ inch slices. Set aside.
- 2) Chop watercress into 2 inch lengths. Set aside.
- 3) Crush ginger. Set aside.
- 4) Add soy sauce, sugar, and salt into a small bowl. Mix. Set aside.
- 5) Drain tofu. Cut the block in half horizontally. Press out the water with clean paper towels until most of the liquid is absorbed.
- 6) Cut tofu into 1 inch cubes. Set aside.
- 7) Cut pork into ½ inch strips.
- 8) In a large pot, add oil and brown pork for a few minutes over medium high heat.
- 9) Reduce heat to medium and add onion and ginger to pork. Sauté for a couple of minutes.
- 10) Add tofu and soy sauce mixture in the pot. Stir gently and continue cooking until everything is heated through.
- 11) Add watercress and continue cooking for about 4 to 5 minutes or until watercress wilts.

NOTES

- Ground pork can be used.
- Can be served as a soup if reduced sodium chicken broth is added.



Nutrition Facts	
9 servings per container	
Serving size	1 cup (173g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 450mg	20%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 139mg	10%
Iron 2mg	10%
Potassium 429mg	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.