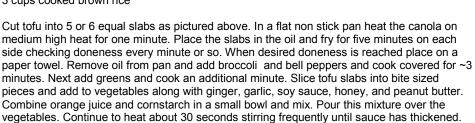
Tofu Stir Fry w/ Greens Makes 4 servings

- 3 T canola oil
- 2/3 14oz. brick extra firm tofu
- 1.5 cups fresh broccoli florets
- 1.5 cups bell pepper strips
- 3 cups fresh roughly chopped mustard greens
- 1 T chopped fresh ginger
- 2 T chopped fresh garlic
- 1 T light soy sauce
- 2 T honey
- 2 T natural peanut butter
- 1/4 cup orange juice (water can also be used)
- 1 T cornstarch
- 3 cups cooked brown rice

Serve over cooked rice.



Nutrition information: 420 calories, 16g fat (2g saturated fat), 15g protein, 310mg sodium, 6g dietary fiber. Excellent source of: vitamin A, vitamin C. Good source of Calcium and Iron.





