

Curried Tofu

INGREDIENTS:

- 1 lb firm tofu, drained and cut into 16 cubes
- 2 T vegetable oil (preferable canola oil)
- 3 C grated carrots (about 4 medium carrots)
- 1 T curry powder
- ½ C chopped scallions

DIRECTIONS:

Over the sink, gently squeeze tofu but firmly, one cube at a time until it crumbles slightly and water drips out. Set aside in bowl. In a large skillet, heat oil over medium heat. Add carrots and cook stirring often for about 5 minutes or until tender. Stir in curry powder and cook an additional 1 minute. Add tofu, sprinkle with salt to taste and cook, stirring 3 minutes or until evenly golden and firm. Add scallions and cook stirring often, about 1 minute. Serve.

Makes 4 servings.
Calories: 191/serving

NUTRITIONAL INFORMATION PER SERVING:

10g protein
12g carbohydrates
13g fat,
68 mg sodium
0mg cholesterol
4g fiber