



HIGH FIVE RECIPES

Thai Tofu Stir-fry with Peanut Sauce

Serves 4. Prep time: 40 minutes total.

The High Five

- 1 cup short-grain brown rice, uncooked
- 10 ounces extra-firm tofu, rinsed and patted dry
- 2 cups chopped cabbage
- 1 cup snap peas
- ¼ cup prepared Thai peanut sauce

Pantry and Kitchen Items

- 1 tablespoon canola oil

Preparation

Cook the brown rice: Put 2 cups water in a small pot and place over high heat. When the water boils, add the brown rice and return to a boil. Cover the pan and reduce heat to low. Cook for about 35 to 40 minutes, or until all the water is absorbed and the rice is tender.

While the rice cooks, slice the tofu into small cubes. Heat a large sauté pan or wok over high heat until hot, about 1 minute. Pour in the canola oil and swirl the pan to coat. Add the tofu and stir to coat with oil. Stir-fry the tofu until it is golden brown, about 4 minutes.

Add the cabbage and peas to the pan and keep stirring, tossing and moving the vegetables until the cabbage is softened and the peas are crisp-tender. Add the peanut sauce and stir to coat.

Serve stir-fry on top of a scoop of cooked brown rice.

Thai Tofu Stir-fry with Peanut Sauce

Ingredient checklist

PRODUCE

- Cabbage
- Snap peas

BULK

- Brown rice

GROCERY

- Canola oil
- Thai peanut sauce

REFRIGERATED/DAIRY

- Extra-firm tofu

Serving suggestion

This easy stir-fry is flexible. Try adding carrots, mushrooms, green beans or peas in place of the snap peas or in addition to them. Substitute chicken for the tofu. If you like a spicier sauce, add a pinch of red chili flakes when sautéing the vegetables or serve with a Sriracha-style hot sauce at the table.

Nutritional information per serving

390 calories	54 g. carbohydrate
13 g. fat	4 g. fiber
0 mg. cholesterol	18 g. protein
550 mg. sodium	

The nutritional values and information provided are approximations.

