

featured recipe

Tofu with Broccoli

Source: Modified from USDA's What's Cooking?

Serving size: 1/2 cup veggies & 2 pieces tofu

Servings per recipe: 4

Instructions

1. Cut tofu block into 8 slices. Pat slices dry.
2. Heat 2 tsp oil in skillet. When hot, add tofu slices in a single layer. Cook tofu until golden, about 3 minutes per side. Set tofu aside on a plate.
3. Add 2 more tsp of oil. When hot, add garlic and scallions and sauté about 2 minutes. Then add broccoli and water and cook until the broccoli is tender.
4. Return tofu to pan and add remaining ingredients. Stir well.
5. Serve with brown rice.



Ingredients

- 1 pound firm tofu
- 4 tsp vegetable oil
- 2 cloves garlic minced
- 2 scallions, chopped
- 1 head broccoli, cut into florets
- 1/2 cup water
- 1 Tbsp low-sodium soy sauce
- 1/2 tsp crushed red pepper flakes
- 1 Tbsp chopped parsley
- 2 cups cooked brown rice



Did you know
some 20 oz sodas
contain up to 74 grams,
or almost 19 teaspoons
of sugar per bottle?
These folks were
shocked to learn this
at a Finger Lakes Eat
Smart New York event!

For more tips and recipes, or to sign up
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Join Finger Lakes Eat Smart New York in celebrating National Nutrition Month! How?

By rethinking your drink and drinking water instead of sugary beverages. Water is easy on the wallet. Plus, drinking water helps you think clearly, maintain a healthy weight, and prevent tooth decay.

So how do you support your family in reaching for water instead of sugary drinks? Try starting out with these simple changes:

- **When you're thirsty, drink water instead of sugary drinks.** Drinking water will quench your thirst and is a great way to reduce the amount of calories you take in.
- **Make water an easy option in your home.** Fill and place clean, reusable water bottles in the refrigerator, so they are ready to grab and go!

For more ideas to rethink your drink, go to flesny.org.

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