



TOFU CABBAGE STIR FRY

By Dr. Cindy Tanzar

(Updated – Standard, Maintenance & Vegan/ Vegetarian Plans)

A stir fry is always a great choice to get your protein, vegetables and fat all in one easy dish. Plus, you can use the leftovers for an easy lunch or dinner another day. If cabbage hasn't been one of your favorite vegetables in the past, give this recipe a try. Shredding the cabbage and stir frying brings out a whole new flavor profile.

There are 4 servings in this recipe. One serving covers your protein, vegetable and 1/2 fat for one meal.



INGREDIENTS

- 2 Tbsp. organic coconut or avocado or oil (divided)
- 1/2 onion, diced
- 1 14-oz pkg organic extra firm tofu, cut into bite sized pieces
- 3 cloves garlic, minced
- 8 cups cabbage, shredded (can buy pre-shredded coleslaw mix in bags-there is very little shredded carrot for color, but not enough to matter)
- 1/2 a Red bell pepper, diced
- 1/4 cup Coconut Aminos or Tamari (gluten-free soy sauce) (found in condiment or Asian section)



3/4-1 tsp. ground ginger, to taste

Pink Himalayan salt & freshly-ground pepper, to taste

INSTRUCTIONS

Drain tofu and wrap in 1 or 2 dishtowels. Balance a cutting board on top of the tofu and weigh it down with heavy items (like a skillet/pan filled with cans, etc.) Let it drain for 30 minutes.

Cut into 1-inch cubes.

Heat a large skillet over medium heat. Once hot, add the oil and tofu. Sauté for 5 minutes, shaking/flipping occasionally to cook on all sides, until the tofu has a slight crust on each side and has begun to brown. Add garlic and cook 30 seconds.

Add the cabbage, bell pepper and Coconut Aminos. Season with ground ginger, Pink Himalayan salt and pepper. Stir fry for 5-7 minutes or until the cabbage is tender.