



Celery and Five Spiced Tofu

PREP TIME

10 min

TOTAL TIME

14 min

Nutrition Information Per Serving

Makes 4 (1/2 Cup) servings

FAT

8g

PROTEIN

3g

CARBS

3g

CALORIES

92

Ingredients

2 Tbs canola oil

4 ounces five spice marinated tofu, cut into bite-sized rectangles

2 cups Chinese celery, cut ¼ inch thick at a 45 degree angle

2 garlic cloves, minced

¼ C water

Salt, to taste

Instructions

1. Heat a large pan to medium high. Add the canola oil and then the tofu and let it brown on both sides, about 2 minutes on the first side and 1 min on the other. Remove them from the pan with a slotted spoon.
2. Add the Chinese celery, garlic cloves, and water. Cover this until it is cooked, about 4 minutes. You'll want the celery to retain some of its crunch and green color.
3. Uncover, taste, and add salt if needed. Serve immediately.

Substitutions:

- This pressed, five spice marinated tofu is readily available at Chinese grocery stores and is a lot firmer than the conventional tofu you can find in grocery stores. If you cannot find this type of tofu, extra firm tofu can be used in place of it.
- In addition, conventional celery can also be used in place of Chinese celery.

Recipe courtesy of Virta Employee, Eva S.