

Potato-Tomato-Tofu Dinner

Recipe of the Month – January 2015



A scrumptious skillet dinner has it all - vegetables, tofu and egg cooked in a quick meal.

Prep Time: 10 Min

Makes: 4 Servings

INGREDIENTS

1 tablespoon olive or canola oil
1/2 cup coarsely chopped red onion
5 small red potatoes, sliced (2 1/2 cups)
1 bag (12 ounces) frozen cut green beans
1/2 teaspoon Italian seasoning
1/2 teaspoon garlic salt
1 package (14 ounces) firm tofu, cut into 1/2-inch cubes
2 roma (plum) tomatoes, thinly sliced
1 hard-cooked egg, chopped

DIRECTIONS

1. Heat oil in 12-inch skillet over medium-high heat. Cook onion in oil 2 minutes, stirring frequently. Stir in potatoes; reduce heat to medium-low. Cover and cook about 10 minutes, stirring occasionally, until potatoes are tender.
2. Stir in green beans, Italian seasoning and garlic salt. Cover and cook about 6 minutes, stirring occasionally, until beans are tender and potatoes are light golden brown.
3. Stir in tofu and tomatoes. Cook 2 to 3 minutes, stirring occasionally and gently, just until hot. Sprinkle each serving with egg.

Recipe Provides: Fats & Oils 1tsp, Meat & Beans 4oz-equivalents, Vegetables 1c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Total Fat:	9 g	Saturated Fat:	2 g
Calories:	220	Calories from Fat:	80	Carbohydrates:	21 g
Cholesterol:	55 mg	Dietary Fiber:	4 g	Sodium:	160 mg
Sugars:	4 g	Protein:	12 g		



Recipe adapted from www.eatbetterearly.com