Southern Style Tofu Stir-fry
This recipe originally called for twelve ounces of chicken, but adapts well to the use of tofu. Use firm, calcium fortified tofu. It holds up well when stir-fried. Fresh herbs can make a world of difference to give a dish bright, fresh flavor! Thyme is easy to grow in our Southern Arizona climate, so consider adding it to your herb garden. Growing herbs in containers can give you a longer season with them as they can be moved to a shadier spot in the summer. I make a large "batch" of brown rice on the weekend and keep one or two cup portions of the cooked rice in my freezer. You can also purchase frozen or vacuum-packed pre-cooked brown rice. This recipe is an excellent source of fiber, iron, calcium, and folic acid!
Send me your comments about the recipe or questions about container gardening to jcharvoz@email.arizona.edu.

Ingredients (Serves 4)
- 12 oz. firm, calcium-fortified tofu
- 1 T. olive oil
- ½ tsp. paprika
- ¼ tsp. garlic powder
- 1 cup cold cooked brown rice
- 1 cup frozen whole kernel corn
- 1 ½ - 2 tsp. chopped fresh thyme leaves
- ¼ tsp. salt
- 1 can (15 to 16 ounces) black-eyed peas, rinsed and drained (can substitute another bean if preferred)
- 2 cups packed fresh spinach leaves

Slice or cut tofu into bite-sized pieces and sprinkle with paprika and garlic powder. Heat olive oil in non-stick skillet over medium-high heat. Add tofu and stir until lightly browned and heated. Stir in remaining ingredients except spinach. Cook, stirring occasionally, until hot. Stir in spinach. Heat until spinach begins to wilt. Serve. (If the recipe seems dry - add in a 15 ounce can of low sodium diced tomatoes with their juice.)

Nutrient analysis per serving:
- 333 calories
- 21 grams protein
- 40 grams carbohydrate
- 8 grams fiber
- 12 grams fat
1 gram saturated fat
600 mg calcium
5 mg iron
303 mg sodium