

RED CURRY VEGETABLES AND ROASTED TOFU

NUTRITION FACTS

Serving size: 8 oz vegetables, 4 oz tofu; Amount per serving: Calories 393, Protein 11.8g, Carb. 15.4g, Fiber 5.2g, Fat 32g, Sodium 313mg

INGREDIENTS

Vegetables

- 3 T canola oil, separated
- 1 c fresh green beans, snapped and halved
- 1 medium red onion, diced
- 1 medium green pepper, diced
- 1 medium red pepper, diced
- 1 medium carrot, diced
- 1 small eggplant, diced
- 1 medium potato, diced
- 1 pt red curry sauce

Red Curry Sauce

- 1 T canola oil
- 1-inch piece fresh ginger
- 3 cloves garlic
- 1 T sambal chili sauce
- ¼ c red curry paste
- 1 T lemongrass paste
- ½ c vegetable broth
- ¼ c coconut milk

- 1 T cornstarch
- 1 T water
- 6 leaves fresh basil
- 2 T lime juice

Tofu

- 14 oz firm tofu, cut into ½-inch cubes
- ¼ c canola oil
- 1 T basil
- 1 T cilantro

DIRECTIONS

Vegetables

1. Pre-heat oven to 350 degrees.
2. Coat the carrots, potatoes and eggplant with 2 T of canola oil; roast until tender.
3. Coat the pepper, green beans and onions with 1 T canola oil; roast for 10 minutes.
4. Mix all roasted vegetables with red curry sauce.

Red curry sauce

1. In a pot on medium heat, add oil and sauté ginger and garlic.
2. Add red curry paste and sambal chili sauce; cook for 1 minute.
3. Add lemongrass paste, vegetable broth, coconut milk and simmer.
4. Mix cornstarch and water to make a slurry. Add to pot.
5. Cook until slightly thickened and add basil and lime juice.

Tofu

1. Pre-heat oven to 400 degrees.
2. Coat tofu with oil and toss it with basil and cilantro.
3. Roast until golden.

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