

TOFU NOODLE BOWL

SERVES 4 • 15 MINUTES • VEGAN/GLUTEN

Ingredients:

8 ounces soba (buckwheat) noodles
2 teaspoons canola oil
3 teaspoons minced fresh ginger
3 cloves garlic, minced
8 ounces plain firm tofu, drained and cut into matchsticks
1 red bell pepper, cut into thin strips
1 yellow bell pepper, cut into thin strips
1 small zucchini, cut into thin strips
2 tablespoons naturally brewed gluten-free soy sauce
2 tablespoons rice vinegar
1 teaspoon toasted sesame oil
1/4 teaspoon freshly ground pepper

Per Serving:

Calories: 125
Fat: 5 g
Omega-3: 190 mg
Cholesterol: 0 mg
Sodium: 300 mg
Carbohydrates: 15 g
Fiber: 2 g
Sugar: 2 g
Protein: 8 g
Vitamin A: 28%
Vitamin C: 235%
Calcium: 13%
Iron: 11%
Magnesium: 10%
Zinc: 6%

Nutrition Notes:

Unfamiliar with soba noodles? These nutty noodles are made from buckwheat (no relation to wheat), a nutrient-rich grain. However, when you are shopping for your soba noodles, be sure to select one that is made from 100% buckwheat, as many manufacturers opt for white flour, reducing the nutritional benefit.

Preparation:

Bring a large pot of water to a boil. Cook noodles according to the package directions. Drain and rinse with cold water to prevent sticking. Set aside.

Heat a wok over medium heat. Add oil and swirl to coat. Add ginger and garlic. Cook, stirring until fragrant (about 30 seconds). Add tofu and cook while stirring (2 minutes). Add zucchini and red and yellow bell peppers and cook, while stirring, until the peppers soften (1 to 2 minutes).

Stir in the noodles, soy sauce, and vinegar. Cook, stirring occasionally, until the noodles are heated through (about 2 minutes). Stir in sesame oil and pepper. Toss to combine. Serve warm or cold.

