

# Green Beans and Tofu with Peanuts



## PREP TIME

5 mins

## COOK TIME

15 mins



## COURSE

Dinner, Gluten Free, Lunch, Side Dish,  
Vegetables



## SERVINGS

2 servings

## CALORIES

480 kcal

## INGREDIENTS

- ½ Tbsp sesame oil
- 16 oz extra firm tofu
- 2 c. green beans
- 1 5 oz can water chestnuts drained
- ½ tsp crushed red peppers
- 1½ Tbsp soy sauce or tamari
- 2 tsp rice wine vinegar
- 1 Tbsp agave
- ¼ c roasted peanuts chopped

## INSTRUCTIONS

1. Add your sesame oil to a large skillet over medium heat.
2. When oil is hot add tofu, turning until slightly brown on all sides, about 10 minutes total.
3. Add green beans, water chestnuts, and crushed red pepper to the pan. Stir often and cook for about 3 minutes.

4. In a small bowl, combine vinegar, soy sauce, and agave. Add the mixture to the pan and stir to coat. Cook for an additional 2 minutes.
5. Serve and top with peanuts.

NUTRITION

Nutrition Facts	
Green Beans and Tofu with Peanuts	
Amount Per Serving	
Calories 480	Calories from Fat 252
% Daily Value*	
Fat 28g	43%
Carbohydrates 28.3g	9%
Protein 30g	60%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?  
Let us know how it was!