

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!