GENERAL TSO’S TOFU

Ingredients:
• 5 - 12 oz. boxes firm tofu, cubed
• Flour
• 15 tablespoons vegetable oil
• 15 green onions, chopped
• 5 tablespoons ginger, minced
• 5 tablespoons garlic, minced
• 3 1/3 cup vegetable stock
• 1 ¼ cup granulated sugar
• 10 tablespoons soy sauce
• 5 tablespoons white vinegar
• red pepper, to taste
• steamed broccoli

Time: 30 min
Servings: 12-15 people

Directions:
• Cube the tofu and sprinkle with flour
• Heat oil in pan and fry tofu piece until golden. Drain the oil.
• Heat 3 tablespoons of oil and add green onions, ginger, and garlic.
• Add vegetable stock, sugar, soy sauce, vinegar, and red pepper to the mix.
• Serve with steamed broccoli.

Did you know? General Tao’s Tofu is a vegetarian version of General Tao’s Chicken. This dish is named after General Tao Tsung-tang, or Zuo Zongtang, a Qing dynasty general and statesman, although this connection is tenuous. He is said to have enjoyed it, and perhaps helped create a dish, but there are no recorded recipes.

Benefits: It’s a good way for vegetarians to obtain enough protein, dietary fiber and iron to meet their daily needs!

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