

炒花椰菜飯拌焗脆皮豆腐



豆腐：豆腐是蛋白質的優秀來源，富含所有九種主要的氨基酸。它也是鐵，鈣，礦物質錳，和磷的重要植物來源。除此之外，它還富含鎂、銅、鋅和維生素 B1。

炒花椰菜飯伴焗脆皮豆腐

份量: 1

準備時長: 10 分鐘 | 烹飪時長: 45 分鐘 | 總時長: 55 分鐘

食材:

- 3 盎司 - 硬豆腐，切成1/4 英吋的立方體
- 1/2 瓣 - 新鮮蒜頭，剁碎
- 1/4 個 - 中等大小白洋蔥，切丁
- 1/8 杯 - 青豆切丁，新鮮或冷凍均可
- 1/8 杯 - 胡蘿蔔切丁，新鮮或冷凍均可
- 1/8 杯 - 冷藏的豌豆
- 2 杯 - 花椰菜米 (碎花椰菜粒)，冷凍
- 1/4 杯 - 香蔥，切碎的
- 1/2 茶匙 - 低鈉醬油

醬汁:

- 1/2 瓣 - 新鮮蒜頭，剁碎
- 1/2 茶匙 - 天然無糖花生醬
- 1/2 茶匙 - 低鈉醬油
- 1 茶匙 - 芝麻油

營養成分

份量: 1

- 卡路里: 385
- 碳水化合物: 31.7 克
 - 纖維素: 9.3 克
 - 糖: 10.3 克
- 總脂肪: 20.5 克
- 蛋白質: 24.8 克
- 鈉: 655.8 毫克

步驟:

1. 將豆腐放在一個光滑的表面如砧板上，使用廚房紙溫柔地擠壓，吸乾多餘的水分，在不弄碎豆腐的情況下盡可能瀝乾豆腐的水分，瀝乾後將豆腐切成1/4英吋的立方體，預熱焗爐到400華氏度。
2. 將錫紙或烘焙紙鋪在烤盤上，將豆腐排成單層，放入焗爐焗15分鐘。
3. 一旦豆腐變乾和變脆，就將其從焗爐中取出晾涼。
4. 將醬汁配料放入碗中混合，倒入焗好的豆腐中拌勻，讓豆腐沾上醬汁後，讓豆腐靜置15分鐘，在一旁備用。
1. 在平底鍋或鍋上用中火加熱芝麻油。加入蒜頭，洋蔥，青豆，切碎胡蘿蔔，豌豆，花椰菜飯 (碎花椰菜粒)，低鈉醬油，翻炒拌勻，當蔬菜軟變時，轉移到盤子裡備用。
2. 用同一個鍋開中火，放入調過味的豆腐，煮2至3分鐘直到豆腐變成金黃色，將豆腐裝盤。
3. 將煮好的花椰菜飯 (碎花椰菜粒) 和蔬菜放入碗中，加入脆片豆腐及香蔥 (可加可不加) 就可以享用啦！



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Fried Cauliflower Rice with Baked Crispy Tofu



Nutrition Facts

Servings: 1

- Calories: 385
- Carbohydrates: 31.7 g
 - Fiber: 9.3 g
 - Sugar: 10.3 g
- Total Fat: 20.5 g
- Protein: 24.8 g
- Sodium: 655.8 mg

Tofu: Tofu is a good source of protein and contains all nine essential amino acids. It is also a valuable plant source of iron and calcium and the minerals manganese and phosphorus. In addition to this, it also contains magnesium, copper, zinc and vitamin B1.

Fried Cauliflower with Baked Crispy Tofu

Serving: 1

Prep Time: 10 mins | Cook Time: 45 mins | Total Time: 55 mins

Ingredients:

- 3 oz extra firm tofu, cubed into 1/4 inch pieces
- 1/2 fresh garlic clove, minced
- 1/4 of medium white onion, diced
- 1/8 cup cut green beans, fresh or frozen
- 1/8 cup diced carrots, fresh or frozen
- 1/8 cup frozen pea
- 2 cups riced cauliflower, frozen
- 1/4 cup scallions, finely chopped
- 1 tsp sesame oil
- 1/2 Tbsp low-sodium soy sauce

Sauce:

- 1/2 fresh garlic clove, minced
- 1/2 Tbsp natural unsweetened peanut butter
- 1/2 Tbsp low-sodium soy sauce
- 1 tsp sesame oil

Instructions:

1. Use a paper towel and gently press tofu against a smooth surface such as a cutting board, to remove excess water. Drain as much moisture as possible without breaking tofu. Once drained, cube tofu into 1/4-inch pieces. Preheat oven to 400° F.
2. Line a baking sheet with foil or parchment paper. Arrange tofu into a single layer and place in oven for 15 minutes.
3. Once tofu begins to dry and crisp, remove from oven and allow it to cool.
4. Combine sauce ingredients into a bowl and mix. Stir in tofu and coat evenly to marinate. Let tofu sit for at least 15 minutes. Set aside.
5. Heat sesame oil on a skillet or pan on medium-heat. Add garlic, onion, green beans, diced carrots, peas, cauliflower rice to pan. Add low-sodium soy sauce. Stir to combine. Transfer to plate and set aside when vegetables are tender.
6. Use the same pan on medium-heat and pour in tofu with marinade. Cook for 2- 3 minutes until tofu browns. Plate tofu.
7. Add cooked cauliflower rice and vegetables to a bowl and serve with crispy tofu and scallions (optional). Enjoy!



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