

豆腐蔬菜炒麵



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。

豆腐蔬菜炒麵

份量: 1

準備時長: 10 分鐘 | 烹飪時長: 25 分鐘 | 總時長: 35 分鐘

食材:

- 8 杯 - 水，煮開
- 4 盎司 - 米做的麵條
- 4 盎司 - 硬豆腐，切成粒狀
- 1 茶匙 - 芝麻油
- 3/4 茶匙 - 低鈉醬油
- 1 茶匙 - 米醋
- 1/2 茶匙 - 白胡椒粉
- 1 茶匙 - 新鮮磨碎生薑粒
- 2 瓣 - 蒜頭，剁碎
- 1/4 杯 - 紅色燈籠椒，切片
- 1/4 杯 - 黃色燈籠椒，切片
- 1/4 杯 - 胡蘿蔔絲
- 1/2 杯 - 荷蘭豆

營養成分

份量: 1

- 卡路里: 486
- 碳水化合物: 46 克
 - 纖維素: 5.6 克
 - 糖: 7.1 克
- 總脂肪: 23.1 克
- 蛋白質: 25.2 克
- 鈉: 508.9 毫克

步驟:

1. 將2誇脫 (8杯) 水煮開，水開後將用米做成的麵條加入水中。
2. 麵條烹煮5分鐘直到變軟，瀝乾熱水，馬上用冷水過冷河，瀝乾冷水，將麵條放在碗中備用。
3. 用廚房紙輕壓豆腐吸走多餘的水分，將豆腐切成1/4 大小的立方體。
4. 開中高火加熱平底鍋，將 1/2 茶匙麻油和豆腐塊加入熱鍋中，待豆腐煎至微微金黃後轉移到碗裡，放在一邊備用。
1. 使用同一個平底鍋，開中高火繼續倒入剩餘的芝麻油，加入蒜頭，生薑，燈籠椒，胡蘿蔔以及荷蘭豆，翻炒3至4分鐘。
2. 然後將煮熟瀝乾的麵條以及煮好的豆腐放入有蔬菜的鍋中。
3. 將剩餘的調味料 - 低鈉醬油，米醋，以及白胡椒，和蔬菜及麵條混合，翻炒均勻。
4. 煮大約1至2分鐘，在表面撒上香菜或香蔥 (加或不加均可) 就可以享用啦！



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Veggie Noodle Stir Fry with Tofu



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.

Veggie Noodle Stir Fry with Tofu

Serving: 1

Prep Time: 10 mins | Cook Time: 25 mins | Total Time: 35 mins

Ingredients:

- 8 cups of water to boil
- 4 oz rice noodles
- 4 oz of extra firm tofu, cubed
- 1 Tbsp sesame oil
- 3/4 Tbsp low-sodium soy sauce
- 1 Tbsp rice vinegar
- 1/2 tsp white pepper, ground
- 1 tsp fresh ginger, grated
- 2 garlic cloves, minced
- 1/4 cup red bell pepper, sliced
- 1/4 cup yellow bell pepper, sliced
- 1/4 cup shredded carrots
- 1/2 cup snow peas

Nutrition Facts

Servings: 1

- Calories: 486
- Carbohydrates: 46 g
 - Fiber: 5.6 g
 - Sugar: 7.1 g
- Total Fat: 23.1 g
- Protein: 25.2 g
- Sodium: 508.9 mg

Instructions:

1. Bring 2 quarts (8 cups) of water to boil. Once the water is boiling, add rice noodles into water.
2. Cook the noodles for 5 minutes until tender to bite. Drain hot water and immediately rinse with cool water. Drain cool water and transfer noodles in a bowl. Set aside.
3. Prepare tofu by gently pressing it with a paper towel to remove excess water. Cube tofu into 1/4 inch pieces.
4. Place a frying pan on a medium-high heat. Add 1/2 Tbsp of sesame oil to heated pan with cubed tofu. Fry tofu until it turns to a slightly golden brown. Transfer to bowl and set aside.
5. Using the same pan, set heat on medium-high and add remaining sesame oil. Add garlic, ginger, peppers, carrots, and snow peas. Stir fry for 3-4 minutes.
6. Then, pour the drained rice noodles and cooked tofu into the pan with the vegetables.
7. Coat the vegetables and noodles with the remaining ingredients - low-sodium soy sauce, rice vinegar, and ground white pepper. Stir to coat.
8. Cook for an additional 1-2 minutes. Add cilantro or scallions for topping (optional) and serve. Enjoy!



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