



THE UNIVERSITY OF ARIZONA

Center for Integrative Medicine

Curried Pea Pods & Tofu

Ingredients

- 1 lb sugar snap peas or snow peas or a mixture, strings removed
- ½ lb firm or pressed tofu, sliced, and dried on a towel
- 2 Tbsp canola oil
- 1 onion, sliced
- 1-2 Tbsp curry powder
- ½ cup vegetable broth
- salt to taste
- 1 tsp sugar
- ¼ cup chopped cilantro

Method

Heat 1 Tbsp oil in a nonstick skillet. Sauté tofu slices until golden non both sides. Remove from pan.

Heat the remaining oil in a skillet large enough to hold the peas. Sauté onion until translucent. Add curry powder, salt, and sugar and stir-fry for 1 minute, then add broth and tofu and mix well. Add peas. Cover and let peas steam until just crunchy-tender. Remove cover and boil off excess liquid if desired.

Garnish with chopped cilantro. Serve with rice if you wish.