

Ma Po Tofu

Serves 4

1 pound regular tofu (firm or extra firm)

2 Tbsp soy sauce

3 cloves garlic, crushed

1/2 tsp minced fresh ginger

1 leek or 3 green onions, cut into short, thin lengths

½ cup mushrooms, sliced

½ cup green peppers, sliced

½ Tbsp fermented black beans, rinsed and mashed (may substitute black bean paste)

1 Tbsp chili bean paste (sauce) with garlic (the one without garlic is also OK)

¼ cup water

2 Tbsp soy sauce

1 Tbsp cornstarch

2 Tbsp water

1 tsp granulated sugar (or to taste)

2 - 3 Tbsp oil for stir-frying, as needed

1 tsp Szechuan peppercorns, ground (use more or less to taste)

- Cut the tofu into 1/2 inch square cubes, sprinkle with 2 Tbsp. soy sauce. Set aside.
- Prepare vegetables. Set aside.
- In a separate bowl mix black beans, chili paste, and water. Set aside.
- Heat wok and add oil. Add in tofu, leave in high heat 1 minute, flip over and fry for another minute
- Add garlic, ginger, and vegetables. Stir fry for 1-2 minutes.
- Add black bean mixture.
- Turn down the heat. Cook for 3 - 4 minutes.
- While cooking, mix cornstarch, water, soy sauce and sugar together. Add to wok and stir gently until thickened. Serve with freshly ground Szechuan pepper.

Nutrition: 208 calories, 15 gm fat(2 gm saturated fat), 11 gm protein, 10 gm carbohydrates



Cornell University Wellness Program