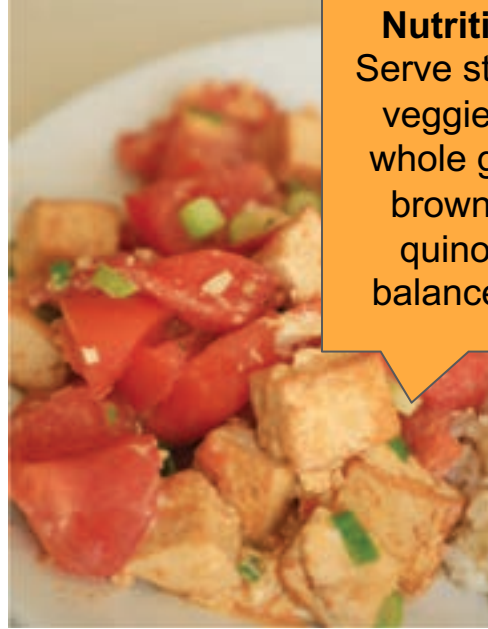


# Tomato Egg Tofu Stir Fry

## Ingredients

- 3 tomatoes, cut into wedges
- 16 oz tofu, cut into cubes
- 2 eggs, beaten
- 2 cloves of garlic, minced
- 1 tbsp oil
- 1 tbsp reduced- sodium soy sauce
- salt and pepper to taste
- optional: diced scallions



**Nutrition Tip:**  
Serve stir fry with veggies and a whole grain like brown rice or quinoa for a balanced meal.

## Directions

1. Add 1 tbsp of oil into a medium pan or wok. When the pan/wok is fully heated, fry the tofu until golden. Pour and mix in soy sauce once golden.
2. Mix in tomatoes, and let simmer for 5 minutes. In the meantime, crack 2 eggs into a small bowl and beat together. Set aside eggs, and mince your 2 garlic cloves.
3. After 5 minutes of simmering, sprinkle minced garlic and add in the beaten eggs.
4. Let everything simmer for 3 min
5. Add salt and pepper to taste
6. Sprinkle some scallions and serve the dish with a bowl of rice

Check out how the recipe video at [uhs.berkeley.edu/nutritionvideos](https://uhs.berkeley.edu/nutritionvideos)  
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