

Simple Pan-Fried Tofu with Mixed Vegetables

Focus Keyword: *Tofu Benefits and Disadvantages*

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Servings: 2–3

Ingredients

- 1 block **firm or extra-firm tofu**, pressed
- 1 tbsp **soy sauce**
- 1 tsp **sesame oil**
- ½ tsp **ground ginger**
- ½ tsp **minced garlic**
- 1 tbsp **olive oil**
- 1½ cups **mixed vegetables** (broccoli, bell peppers, carrots)

Instructions

1. **Press tofu** well to remove excess moisture.
2. **Cut** it into cubes
3. **Marinate** tofu with soy sauce, sesame oil, ginger, and garlic for **15–20 minutes**.
4. Heat **olive oil** in a skillet over medium heat.
5. **Fry tofu** until golden brown and crispy.
6. Add **mixed vegetables** and stir-fry for about 4–5 minutes, until tender-crisp.
7. Serve hot with rice, quinoa, or noodles.

Health Focus: Tofu Benefits and Disadvantages

Benefits:

- High-quality **plant protein** with all essential amino acids.
- **Low in calories**, ideal for weight management.
- Contains **isoflavones**, which may support heart and bone health.
- Rich in **iron, calcium, and omega-3s** (especially when cooked in sesame or olive oil).

Disadvantages:

- Overconsumption can cause **hormonal imbalance** in sensitive individuals due to phytoestrogens.
- **Processed tofu** varieties may contain added sodium or preservatives.
- People with **soy allergies** should avoid it.

Nutrition Information (per serving)

Nutrient	Amount
Calories	~210 kcal
Protein	14 g
Fat	13 g
Carbohydrates	8 g
Fiber	3 g
Sodium	320 mg
Calcium	180 mg
Iron	2 mg

 Cooking & Nutrition Tips

- **Press tofu well** before frying to make it crispier.
- **Add chili flakes or lemon juice** to brighten flavor.
- **Pair it smartly:** Serve with brown rice or soba noodles for a balanced meal.
- To offset disadvantages, **buy organic tofu** and **limit portions to 2–3 times per week**.
- Sprinkle **flaxseed powder** for added omega-3s and texture.