

## Tofu, Portobello Mushroom and Vegetable Stir-Fry

*Vegetarians need about twice as much iron as non-vegetarians and Tofu is a good source of iron. A serving of this tasty dish will provide 20% of the recommended daily intake.*

### Ingredients

2 large portobello mushrooms  
2 Tbsp (30 mL) of vegetable oil  
1/2 sweet onion, chopped  
3 cloves garlic, minced  
1 pkg (425 g) firm tofu, cubed  
1 Tbsp (15 mL) each soy sauce and Asian chili sauce  
2 Tbsp (30 mL) hoisin sauce  
1 green pepper, coarsely chopped  
2 cups (500 mL) lightly packed Napa cabbage, sliced  
1/2 cup (125 mL) water  
1 green onion, thinly sliced  
1 tsp (5 mL) sesame oil

### Directions

Cut stems off mushrooms; and trim the hard ends. With spoon, scrape dark gills from bottom of caps. Slice caps and stems crosswise into 1/3-inch (8 mm) thick slices. Set aside.

In wok, heat oil over high heat; stir-fry chopped onion for 30 seconds. Add garlic; stir-fry for 10 seconds. Add mushrooms; stir-fry until softened, 1 to 2 minutes.

Add tofu and soy sauce; stir-fry until dry. Stir in hoisin and chili sauce; stir-fry for 30 seconds. Add green pepper and cabbage; stir-fry until coated.

Stir in 1/2 cup water; cover and cook, stirring once, until vegetables are tender-crisp, about 3 minutes. Uncover and cook until no liquid remains, about 5 minutes. Stir in green onion and sesame oil. Serves 4.

Adapted from:

[http://www.canadianliving.com/food/tofu\\_portobello\\_mushroom\\_and\\_vegetable\\_stir\\_fry.php](http://www.canadianliving.com/food/tofu_portobello_mushroom_and_vegetable_stir_fry.php)

## Easy White Bean Salad

*Beans and pumpkin seeds are very good vegetarian sources of iron. This yummy bean salad provides 20-25% of the recommended daily intake. Double the recipe for a delicious next-day lunch.*

### Ingredients

1 – 14.5 oz (398mL) can white beans, drained  
2 Tbsp (30mL) chopped red onion  
Squeeze of lemon juice  
2 tsp (10mL) white or red wine vinegar  
1 Tbsp (15mL) extra virgin olive oil  
1 tsp (5ml) finely chopped fresh thyme, tarragon or rosemary  
Salt and pepper to taste

### Directions

Chop onion and sprinkle with lemon juice and let sit. Combine all ingredients in a bowl (add onions last) and refrigerate for a couple of hours to allow flavours to blend. Salad will keep for a few days, refrigerated. Serves 4 as a side dish or 2 as a vegetarian main.

Source:

[http://www.simplyrecipes.com/recipes/quick\\_and\\_easy\\_white\\_bean\\_salad/#i](http://www.simplyrecipes.com/recipes/quick_and_easy_white_bean_salad/#i)