

serves 4

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	1 Tbsp (15 mL) each soy sauce and Asian chili sauce	2 cups (500 mL) lightly packed Napa cabbage, sliced
2 Tbsp (30 mL) of vegetable oil	2 Tbsp (30 mL) hoisin sauce	½ cup (125 mL) water
1/2 sweet onion, chopped	1 green pepper, coarsely chopped	1 green onion, thinly sliced
3 cloves garlic, minced		1 tsp (5 mL) sesame oil
1 pkg (425 g) firm tofu, cubed		

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.

Recipe adapted from: www.canadianliving.com

serves 2-4

Easy White Bean Salad

Beans and pumpkin seeds are very good vegetarian sources of iron. This yummy bean salad provides 20% to 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	1 Tbsp (15mL) extra virgin olive oil
2 Tbsp (30mL) chopped red onion	1 tsp (5ml) finely chopped fresh thyme, tarragon or rosemary
Squeeze of lemon juice	Salt and pepper to taste
2 tsp (10mL) white or red wine vinegar	

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.

Recipe adapted from: www.simplyrecipes.com