



Get Ready for Your Check-Up

- Have a regular check-up with your doctor or nurse practitioner.
- Before you go, make a list of the questions you want to ask.
- Bring your medications and any tests or procedures from specialists you have seen.
- Before you leave, go over what you've discussed. Take notes if needed.



Tofu Stir Fry for Two

Serves: 2

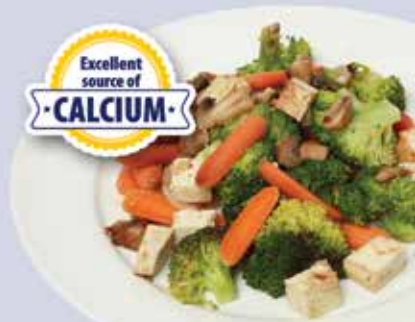
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| 1 | package of firm tofu, cubed | 1 |
| 1 tbsp | low sodium soy sauce | 15 mL |
| 1/2 tsp | cornstarch | 2 mL |
| 1 tsp | sesame oil (optional) | 5 mL |
| 1 | garlic clove, minced | 1 |
| 1/4 tsp | pepper | 1 mL |
| 1 tsp | fresh ginger, finely chopped | 5 mL |
| 3 cups | vegetables, thinly sliced or chopped | 750 mL |
| 1 tbsp | vegetable oil | 15 mL |
| 1 cup | whole wheat noodles or brown rice, cooked and hot | 250 mL |

Instructions:

- In small bowl stir together soy sauce, cornstarch, sesame oil (if using), garlic, salt, pepper, ginger. Set aside.
- Wash and chop or slice all vegetables. Set aside.
- Heat oil or broth in large skillet or wok. Stir in vegetables that take longer to cook (for example, carrots, celery, onions). Cook and stir over high heat until vegetables begin to soften.
- Stir in quick cooking vegetables (for example, snow peas, bean sprouts) and tofu. Cook and stir until all vegetables are crisp and tender.
- Add the reserved soy sauce mixture to the vegetables and stir until the sauce thickens.
- Spoon mixture over hot cooked brown rice or whole wheat noodles.

Nutrition Information:

Per serving: 490 calories, 18 g fat, 2.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 450 mg sodium, 55 g carbohydrate, 7 g fibre, 1 g sugars, 24 g protein, 45% DV vitamin A, 15% DV vitamin C, **35% DV calcium, 0% DV vitamin D.**



Adapted from "Pam Cooks - Favourite Recipes from the Trillium Cooking School".