



TOFU CURRY WITH LEMONGRASS AND CHILE

Active: 25 min. Total: 25 min. You don't need to press the tofu to drain the water for this recipe; a slow pan-fry achieves the same effect and gets the exterior extra crispy. For a vegetarian dish, swap the fish sauce for reduced-sodium soy sauce or the liquid from soaked dried porcini mushrooms.

- 1 (14-oz.) block extra-firm tofu, drained
- 2½ Tbsp. canola oil, divided
- 1 tsp. reduced-sodium soy sauce
- ¼ cup water
- ¼ cup canned coconut milk
- ⅓ cup finely chopped shallots
- 1 to 2 Thai chiles, finely chopped
- 1 lemongrass stalk, trimmed and finely chopped
- ½ tsp. kosher salt
- 12 green beans, cut diagonally into 2-in. pieces
- ½ red bell pepper, cut into ¼-in. strips
- 2 tsp. Madras curry powder
- ½ tsp. sugar
- 1½ tsp. fish sauce
- 3 to 4 fresh cilantro sprigs, coarsely chopped

1. Halve tofu lengthwise. Cut each half crosswise into 4 pieces.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high. Add tofu to pan; cook, without stirring, until lightly browned, 4 to 5 minutes. Turn over; cook 2 minutes. Carefully add soy sauce to pan; cook 2 minutes. Turn tofu; cook

- 1 minute. Remove tofu from pan; cool. Cut each piece diagonally into triangles.
3. Combine ¼ cup water and coconut milk in a bowl. Heat remaining 1½ tablespoons oil in a large skillet or wok over high until oil is hot but not smoking. Add shallots, chiles, and lemongrass; cook 1 minute or until fragrant, stirring constantly. Add salt, green beans, and bell pepper; cook 2 minutes or until vegetables have softened slightly. Add curry and sugar; cook 1 minute, stirring constantly. Add tofu, milk mixture, and fish sauce; cook 2 minutes or until thoroughly heated. Arrange tofu mixture on a platter. Sprinkle with cilantro.

▶ SERVES 4 (serving size: 3 oz. tofu and about ¾ cup vegetables)
CALORIES 246, **FAT** 16.6g (sat 4g, mono 7.1g, poly 5.2g), **PROTEIN** 11g, **CARB** 15g, **FIBER** 3g, **SUGARS** 4g (est. added sugars 1g), **CHOL** 0mg, **IRON** 3mg, **SODIUM** 461mg, **CALC** 198mg



STIR-FRIED WATER SPINACH WITH GARLIC

Active: 5 min. Total: 15 min. Look for water spinach (called rau muong or ong choy) in Asian markets. Regular spinach is a fine substitute, though it won't have the same silkiness.

- 1 lb. fresh water spinach, wide parts of stems trimmed
- 4 tsp. canola or other neutral oil, divided
- 1 Tbsp. oyster sauce
- 1 tsp. fish sauce
- ½ tsp. sugar
- 1 Tbsp. minced fresh garlic, divided
- 2 tsp. water
- 1 tsp. cornstarch

1. Cut spinach into 3- to 4-inch pieces. Rinse and drain well. Bring a large Dutch oven filled with water to a boil over high heat. Add spinach; cook 30 seconds or until wilted. Drain; rinse with cold water. Drain well.
2. Combine 1 teaspoon oil, oyster sauce, fish sauce, and sugar in a small bowl; stir with a whisk. Stir in 1 teaspoon garlic. Combine 2 teaspoons water and cornstarch, stirring with a whisk.
3. Heat remaining 1 tablespoon oil in a large skillet or wok over medium-high until hot but not smoking. Add remaining 2 teaspoons garlic; cook 15 seconds or until fragrant, stirring constantly. Pour off excess water from spinach; add spinach to pan. Cook 3 minutes or until thoroughly heated, stirring constantly. Stir in oyster sauce mixture. When spinach begins to release juices, add cornstarch mixture. Cook, stirring constantly, 1 minute or until sauce thickens and spinach takes on a silky finish.

▶ SERVES 4 (serving size: about ½ cup)
CALORIES 76, **FAT** 5.1g (sat 0.4g, mono 3g, poly 1.5g), **PROTEIN** 4g, **CARB** 6g, **FIBER** 3g, **SUGARS** 1g (est. added sugars 1g), **CHOL** 0mg, **IRON** 3mg, **SODIUM** 267mg, **CALC** 117mg



BUTTERNUT AND GINGER CONGEE

Active: 15 min. Total: 1 hr. 30 min. Shredded butternut squash will melt beautifully into the congee; use a box grater or the shredding disc of a food processor.

- ⅓ cup uncooked long-grain white rice
- 2½ tsp. canola or other neutral oil, divided
- 12 oz. butternut squash, peeled and shredded
- 4 cups unsalted chicken stock (such as Swanson)
- 1 cup water
- 1½ tsp. fish sauce
- ¼ tsp. kosher salt
- 1 (1-in.) piece fresh ginger, very thinly sliced
- ½ tsp. sugar
- ¼ tsp. ground white pepper
- 2 Tbsp. coarsely chopped fresh Thai basil
- 1 to 2 Tbsp. coarsely chopped fresh cilantro

1. Place rice in a bowl; cover with water. Stir vigorously for 10 seconds to release starch; drain well. Place rice in a food processor; pulse until very finely chopped.
2. Heat 1½ teaspoons oil in a medium saucepan over medium. Add rice and squash; cook 1 to 2 minutes. Add stock, 1 cup water, fish sauce, and salt; bring to a boil. Reduce heat to medium-low, partially cover, and simmer 1 hour and 15 minutes or until congee is creamy, stirring occasionally.
3. Heat remaining 1 teaspoon oil in a skillet over medium. Add ginger; cook 8 minutes or until golden and crisp, stirring frequently. Place ginger on a paper towel-lined plate; cool.
4. Stir sugar and pepper into congee. Divide among 4 bowls; top evenly with basil, cilantro, and ginger.

▶ SERVES 4 (serving size: about 1¼ cups)
CALORIES 149, **FAT** 3.1g (sat 0.3g, mono 1.9g, poly 0.9g), **PROTEIN** 7g, **CARB** 24g, **FIBER** 2g, **SUGARS** 4g (est. added sugars 1g), **CHOL** 0mg, **IRON** 2mg, **SODIUM** 397mg, **CALC** 68mg