

Thai Tofu Pumpkin Curry

Serves 4

- 2 tablespoons canola oil
- 3 tablespoons red or yellow curry paste*
- 1-2 Thai chilies*, minced
- 1 can coconut water*
- 1 1/2 tablespoons sugar
- 3 kaffir lime leaves*
- 1/2 cup green beans, cut into 1 inch pieces
- 1/4 cup bell pepper, cut into 1 inch pieces
- 1/4 cup Fresno peppers, cut into 1 inch pieces
- 1/2 8 ounce block extra firm tofu, cubed
- 3/4 cup pumpkin, peeled and cubed
- 1 cup low sodium vegetable broth
- 1/2 cup Thai basil leaves*
- 1 lime, cut into wedges



**Found in Asian markets or the Asian section of some grocery stores.*

Place the oil into a large wok over medium-high heat. Season with the curry paste and Thai chilies. Cook for 1-2 minutes, or until the spices become fragrant.

Whisk the coconut water, sugar and lime leaves into the wok. Cook for 2-3 minutes more.

Add the green beans, bell peppers, Fresno peppers, tofu, pumpkin and vegetable stock to the wok. Bring to a boil, reduce heat to medium and cook, stirring occasionally, for about 25 minutes, or until the vegetables are cooked through.

Add the Thai basil to the wok. Stir and remove from heat. Divide into 4 portions, top with a squeeze of lime and enjoy!

Nutrition Information (Servings per Recipe: 4)

Amount per Serving:

- **Calories:** 139
- **Calories from Fat:** 76
- **Total Fat:** 8.4g
- **Saturated Fat:** .9g
- **Cholesterol:** 0mg
- **Sodium:** 174.7mg
- **Total Carbohydrates:** 14.4g
- **Dietary Fiber:** 2.9g
- **Protein:** 4.7g
- **Sugars:** 9.5g