Be In Balance
National Nutrition Month

Tofu Jalfrezi in a whole wheat pita, with a cucumber yogurt sauce

INGREDIENTS
- Firm Tofu Drained (~1 cup in small cubes) (soaked in warm water to keep it soft)
- Bell Peppers, chopped, 2 cups
- Tomatoes, chopped, 1 cup (180 grams)
- White onion, chopped, 1 cup (160 grams)
- Olive oil, 2 tbsp
- Coriander powder, 1 tbsp
- Turmeric Powder, 1 tbsp
- Cumin powder, 1 tbsp
- Red chili powder, 1 tsp (adjust for your spice preferences)
- Black Pepper, 1 tsp
- Ginger, minced 1 tsp (2 grams)
- Whole wheat pita pockets, 3 whole pockets

Cucumber Yogurt Sauce
- Greek yogurt (no fat) 1 Cup diluted
- ¼ cup of cold water
- ¼ cup diced cucumber, peeled (33.25 grams; 1.17 oz)

Nutritional Information
- Serving size: 1 Whole pita
- Servings: 3

DIRECTIONS

1. Heat oil in a pan and add the white onion. Cook until they start to become translucent.

2. Add minced ginger and cook for 2 minutes on low.

3. Add diced tomatoes and all spice — turmeric powder, cumin powder, coriander powder, chilli powder, and black pepper.

4. Continue to cook mixture once tomatoes begin to get very soft (about 10-12 minutes)

5. Add bell peppers to the mixture and cook for 5 minutes. Add a ¼-½ cup of water and cover the pan.

6. Let mixture cool before adding about ½ of a cup of mixture into each half pita pocket.

7. Serve with ½ cup of cucumber yogurt sauce as a dip.

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