

Vegetable Stir Fry with Crispy Tofu



This quick cooking make-your-own takeout dish can be customized with your favorite veggies and proteins like shrimp or chicken.

| YIELD | PREP TIME | TOTAL TIME |
|------------|-----------|------------|
| 4 SERVINGS | 10 MIN | 30 MIN |

INGREDIENTS

For the Stir Fry Sauce:

| | |
|-------------|---------------------------|
| ½ cup | Water |
| 2 Tbsp + 1½ | Soy Sauce, low-sodium |
| 2 Tbsp | Rice Vinegar |
| 2 Tbsp | Brown Sugar |
| 2 tsp | Sesame Oil |
| ½ tsp | Ground Ginger |
| ¼ tsp | Crushed Red Pepper Flakes |
| 2 tsp | Cornstarch |

For the Stir Fry:

| | |
|----------|--|
| 1½ tsp | Olive Oil |
| ½ each | Red Onion, cut into 1" pieces |
| 1 each | Red Bell Pepper, cut into 1" pieces |
| 4 cups | Broccoli (from 1 crown), cut into bite sized florets |
| 2 cloves | Garlic, minced |
| 1 recipe | Crispy Baked Tofu (see separate recipe) |

CHEF'S NOTES

Short on time? Substitute a bag of frozen stir fry vegetables for the fresh and reduce the cooking time by a few minutes.

Making your own stir fry sauce allows you to control the quality of the ingredients in your meal, as well as the sodium and added sugar. Keeping a stocked pantry and spice rack ensures full flavored meals come together quickly.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Make the sauce by whisking the water, soy sauce, rice vinegar, brown sugar, sesame oil, ground ginger, red pepper flakes, and cornstarch in a small bowl. Set aside.
3. Heat a large nonstick skillet over medium high heat and once hot, add the olive oil, swirling to coat the bottom of the pan evenly. Add the onion and bell pepper and cook, stirring occasionally, until lightly browned on the edges and slightly softened, about 2 – 3 minutes.
4. Add the broccoli and cook, stirring occasionally, until lightly browned and just tender, about 2 – 4 minutes more. Add a few tablespoons of water to help add steam to the pan and soften the broccoli quicker.
5. Add the garlic and cook until just fragrant, about 30 seconds – 1 minute.

6. Add the reserved stir fry sauce to the pan and stir constantly, until thick and glossy and the mixture is fully coated, about 1 minute more.
7. Remove from the heat and stir in the crispy baked tofu. Enjoy!

| Nutrition Facts | |
|--|---------------------|
| 4 servings per container | |
| Serving size | 1 cup (307g) |
| Amount Per Serving | |
| Calories | 260 |
| % Daily Value* | |
| Total Fat 12g | 15% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 580mg | 25% |
| Total Carbohydrate 25g | 9% |
| Dietary Fiber 4g | 14% |
| Total Sugars 11g | |
| Includes 8g Added Sugars | 16% |
| Protein 15g | 30% |
| Vitamin D 0mcg | 0% |
| Calcium 200mg | 15% |
| Iron 2.7mg | 15% |
| Potassium 400mg | 8% |
| <small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |

CONTAINS: WHEAT, SOY, SESAME

