

Stir Fried Rainbow Vegetables

This delicious stir fry pairs well with a side of jasmine rice and the red onion, yellow bell pepper, carrot, cauliflower, and green onion give you a taste of the rainbow!

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

For the Sauce:

2 Tbsp	Oyster Sauce
2 Tbsp	Soy Sauce
2 Tbsp	Water
2 Tbsp	Sugar
1 Tsp	Cornstarch

For the Tofu:

1 block (14 oz)	Tofu, firm
1 tsp	Toasted Sesame Oil
1/8 tsp	Kosher Salt
To Taste	Black Pepper

For the Vegetables:

2 Tbsp	Olive Oil
1 each	Red Onion, diced
1 each	Yellow Bell Pepper, sliced thinly
2 each	Carrots, sliced thinly
1 each	Cauliflower, medium head, cut into bite-size florets
2 Tbsp	Water
4 cloves	Garlic, sliced thinly
To taste	Black Pepper
2 each	Green Onions, diced small

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Mix oyster sauce, soy sauce, water, granulated white sugar, and corn starch together into small bowl. Set aside.
3. Prep the tofu: Open the package and drain. Using your hands, crumble tofu into large chunks and set aside in bowl. Add the salt and black pepper to taste, stirring to combine.



CHEF'S NOTES

This versatile stir fry can be made with any combination of vegetables you like. Try any of the following ideas:

- Bean Sprout
- Broccoli
- Bok Choy
- Green Beans

Did you know cauliflower is packed with Vitamin C? When cold and flu season hits, reach for a head of cauliflower and make a delicious stir fry or creamy soup. 1 cup contains about 75% of your recommended daily intake of Vitamin C!

3. Place a large sauté pan over medium heat. Once hot, add the toasted sesame oil. Add the crumbled tofu and let cook for 2 minutes without stirring. Stir fry for another 2 minutes or until tofu is golden and crispy on the edges. Remove the cooked tofu to a bowl and set aside.
5. Place the same sauté pan back on medium heat and add the olive oil. Add the red onion and cook until it is translucent, about 1-2 minutes.
6. Add the bell pepper and continue to cook for 1-2 minutes. Toss in carrots and cauliflower and cook for 1-2 minutes, adjusting the heat as needed to ensure that the vegetables aren't getting too dark.
7. Add 2 Tbsp water and cover pan with lid, allowing the vegetables to steam for about 2-3 minutes.
7. Remove the lid and add the sliced garlic. Whisk the reserved sauce to break up any lumps then add to the pan and cook, stirring constantly for about 1-2 minutes.
8. Add the reserved tofu, black pepper to taste and stir to combine. Garnish with the green onion and serve over rice.

Nutrition Facts	
6 servings per container	
Serving Size	1 1/3 cup (251 g)
Amount per serving	
Calories	190
	% Daily Value *
Total Fat 9g	12%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 590mg	25%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 4g Added Sugars	8%
Protein 10g	20%
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 0.65mg	4%
Potassium 400mg	9%
*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.	

