

Recipe: Tofu Stir-Fry

Compliments of: **Glendale Memorial Heart Center** *Serves:* 2

Ingredients:

- 1/2 pound extra-firm tofu
- 1/4 pound snow peas (about a cup)
- 4 tablespoons reduced-sodium soy sauce
- 1 cup small broccoli florets
- 2 tablespoons water
- 1 bunch scallions, sliced
- 1 clove garlic, minced
- 1 teaspoon fresh ginger, peeled and chopped fine
- 1 tablespoon vegetable oil
- 1 large onion, cut in half and sliced
- 1 red bell pepper, cut in matchstick strips
- 1/2 cup sliced mushrooms

Please turn over for directions >



**Glendale Memorial
Hospital and Health Center**

A member of CHW

Directions:

You can make this dish in a wok or a large frying pan. If you're not feeling vegetarian, you can add shrimp. It can be served over brown rice or rice noodles. It takes only minutes to prepare. Drain and dry tofu with paper towels. Cut into 1/2-inch cubes. Combine soy sauce, water, garlic, and ginger in wok (or frying pan). Add tofu chunks and cook over medium high heat for about five minutes, stirring gently, until all liquid is gone. Put tofu in a bowl and set aside. Wipe wok and heat oil. Stir-fry onion and pepper until the mix is translucent. Add mushrooms, snow peas, and broccoli, stirring constantly, until vegetables are bright and still crisp. Return tofu to wok and heat thoroughly. Garnish with sliced scallions and serve.

Each Serving Contains: approximately 283 calories, 22 grams carbohydrate, 19.5 grams protein, 13 grams fat, 1174 milligrams sodium, 6 grams fiber