



Honey Ginger Tofu and Veggie Stir Fry

Yield: 6 servings

Source: www.pinchofyum.com

Ingredients:

- 2 cups cooked brown rice
- 2 tablespoons canola oil
- 14 oz extra firm tofu
- 2 cups chopped asparagus
- 2 cups shredded carrots
- 3 green onions, minced, optional

Sauce

- 3 cloves garlic
- 2 tablespoons minced fresh ginger or 2 teaspoons ground ginger
- 2 tablespoon honey
- ½ cup low sodium soy sauce
- ¼ cup water
- ¼ cup rice wine vinegar
- ¼ cup canola oil

Directions:

1. In a food process or blender combine all sauce ingredients and blend until smooth. Set aside.
2. Cut tofu into slices and press with paper towel to remove excess moisture. Press a second time if excess liquid remains. Cut slices into cubes. Heat 2 tablespoons canola oil in medium pan. When oil is heated add tofu and ¼ cup sauce. (caution sauce and oil can splatter, cover to prevent). Pan-fry tofu until golden brown, remove from pan and drain on paper towel lined plate. Remove excess oil.
3. In the same pan add asparagus, carrots and ¼ cup stir fry sauce. Cook 8-10 minutes or until vegetables are tender. Arrange cooked vegetables over rice and top with tofu and additional sauce to taste. Sprinkle with green onions.

NOTE: replace fresh vegetables with a bag of frozen stir-fry vegetables.

Nutrition information:

Serving size: 1/8 of recipe

Calories: 295

Fat: 13g

Sodium: 599mg

Carbohydrates: 27g

Fiber: 4g

Protein: 9g