

Vegetable Stir Fry with Sesame Ginger Tofu

Prep time:

10 minutes

Cooking time:

10 minutes

Yields:

2 servings

Ingredients:

½ block tofu, drained well, diced into 1" cubes
¼ cup yellow onion, sliced
¼ cup red bell pepper, sliced
¼ mushrooms, sliced
¼ cup carrots, sliced
1 tablespoon garlic, minced
1 tablespoon ginger, minced
2 cup broccoli florettes, blanched
2 oz. tamari
8 oz. water
1 tablespoon sesame oil
1 tablespoon corn starch

Directions:

Preheat the oven to 425 F

In a small mixing bowl whisk together tamari, sesame oil, garlic and ginger. Add tofu and let marinate 20-30 minutes. Lightly grease a baking sheet and carefully place each piece of tofu on the baking sheet and sprinkle with sesame seeds. Reserve marinade to use for stir fry sauce. Bake tofu 12-15 minutes. Spray large saute pan, add onions, peppers, mushrooms, carrots. Saute 3-5 minutes. Add cornstarch to liquid ingredients and pour into saute pan. Sauce will immediately thicken. Add broccoli and tofu and continue to stir 1-2 minutes and remove from heat. Serve over cauliflower rice.