

## INGREDIENTS

### CC Provided Items:

- 1 (14-ounce) packages extra-firm
- 1 head baby Bok choy or ½ Bok choy head, cut into 1-inch slices
- 2 cups cooked rice
- 3 tablespoons low-sodium soy sauce divided, plus additional to taste

### Not Provided Items:

- 1 tablespoon oil
- 2 tablespoons toasted sesame seeds
- 2 teaspoons sesame oil
- 1 tbsp garlic powder
- 1 tbsp ginger powder

## DIRECTIONS

1. Cook the rice according to package instructions.
2. Drain the tofu. Wrap each block in a double layer of paper towels and pat dry, pressing down on the tofu lightly to squeeze out excess moisture. Cut the tofu into 3/4-inch cubes.
3. In a large nonstick skillet or wok, heat the canola oil over medium-high heat, add the tofu and drizzle with 1 tablespoon soy sauce. Sauté, about 8 to 10 minutes. Add the garlic, ginger, and the remaining 2 tablespoons soy sauce. Stir and cook until fragrant, about 1 minute.
4. Add Bok choy, stirring as you go so that it wilts. Stir in the sesame seeds. Stir in the sesame oil. Remove from the heat. Serve hot, with brown rice. Enjoy!



## BOK CHOY STIR FRY w/ tofu

*Clyde's Cupboard*

*Gluten Free | High Protein | Vegetarian |*

Yield:  
4 Servings

Prep Time:  
10 Min

Cook Time:  
15 Min

## NUTRITION FACTS

Calories:	Fat:	Carbohydrate:	Fiber:	Protein:
297 kcal	17 g	12 g	5 g	22 g