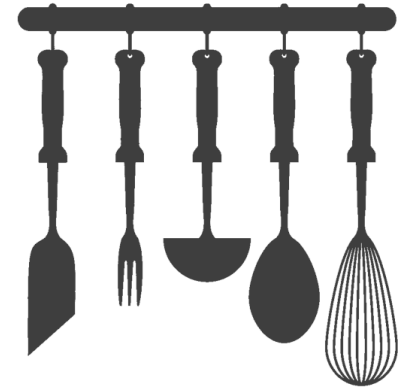


Tofu Stir-fry!

Serves: 4

Calories: 375 Fat: 25g Carbohydrate: 25g Protein: 15g



Ingredients:

- 1 14oz package of extra-firm tofu
- 2 TBS olive oil or coconut oil
- 2 cups chopped broccoli or asparagus
- 1 cup carrots (use a peeler to make long thin strips!) or slice into thin rounds
- 3 green onions, minced

Sauce:

- 3 cloves minced garlic
- 2 TBS fresh ginger, minced
- 2 TBS honey (agave or brown sugar for vegan)
- 1/2 cup low sodium soy sauce
- 1/4 cup water
- 1/4 cup rice wine vinegar
- 1/4 cup sesame oil

Directions:

Sauce: Blend ingredients together in blender or with whisk, may help to heat up in a saucepan

Tofu: Cut tofu into slices and press with a paper towel to remove moisture. It may help to have a plate on top to really squeeze out the water! Dehydrate for up to 30 minutes. Slice into cubes. Heat oil over medium heat; add tofu, 1/4 cup of the sauce, and a dash of chili powder. Sauté on each side for 5-7 minutes until browned and crispy. Remove from pan; pat with paper towel.

Veggies: Add broccoli to pan with 1/4 cup more sauce until bright green. Add carrots and toss together. Arrange veggies and tofu over cooked rice (GF) or farro wheat and sprinkle with green onions

