



Turbo Tofu Stir-Fry



1/4th of recipe (about 1 1/3 cups): 189 calories, 6.5g total fat (0.5g sat. fat), 768mg sodium, 16.5g carbs, 4g fiber, 7g sugars, 13g protein

Prep: 10 minutes **Cook:** 15 minutes

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Ingredients

One 12-oz. package block-style extra-firm tofu, drained
2 tbsp. reduced-sodium/lite soy sauce
2 tbsp. vegetarian-friendly oyster sauce
2 tsp. cornstarch
1 tsp. sesame oil
Dash ground ginger
Dash red pepper flakes
1/8 tsp. salt
4 cups frozen stir-fry vegetables
3 cups frozen broccoli florets
1/2 tsp. chopped garlic

Directions

Lay tofu block on a dry surface with the shorter sides on the left and right. Vertically cut into 1/2-inch-wide pieces. Horizontally cut each piece into 4 smaller pieces.

In a medium bowl, combine soy sauce, oyster sauce, cornstarch, sesame oil, ginger, and red pepper flakes. Whisk until cornstarch has dissolved.

Bring a skillet sprayed with nonstick spray to high heat. Add tofu and sprinkle with salt. Cook until golden brown, about 6 minutes, gently flipping to evenly brown.

Transfer tofu to a large bowl and cover to keep warm.

To the skillet, add stir-fry veggies, broccoli, and garlic. Cover and cook until hot, about 5 minutes.

Give the sauce mixture a stir and add to the skillet, along with the tofu. Cook and stir until sauce has thickened slightly and tofu is hot, about 3 minutes. Dig in!

MAKES 4 SERVINGS

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