

Stir-Fried Tofu with Ginger Broccoli (serves 4)

FLT (per serving): 1 protein, 2 oils, unlimited category 1 vegetables
232 calories, 8 g carbohydrates, 15 g protein, 17 g fat

1 pound extra firm tofu
2 tbsp. tamari (low sodium soy sauce)
3 tbsp. olive oil
2 tsp. peeled and minced fresh ginger
2 minced garlic cloves
2 cups broccoli florets
2 cups sliced mushrooms
1 red bell pepper cut into thin strips
1 tbsp. arrowroot or cornstarch
1 tbsp. dry sherry
½ tsp. cayenne or ¼ tsp. hot-pepper flakes
1 tsp. sesame oil

1. Slice tofu into cubes.
2. Toss with tamari soy sauce and set aside for 5-10 minutes.
3. In a wok or large non-stick skillet, heat 1 tbsp. oil over high heat.
4. When oil is hot, lower heat to medium high and add scallions, ginger, and garlic; stir-fry for 30 seconds.
5. Drain tofu, reserving tamari, and add tofu, stir-frying for 2 more minutes.
6. Remove from pan and set aside.
7. Using a fork or small whisk, mix reserved tamari with arrowroot or cornstarch, sherry and cayenne in a small bowl. Set aside.
8. Heat another 1 tbsp. oil in wok over high heat.
9. Add broccoli, mushrooms, and bell pepper, and stir-fry for 2 minutes.
10. Add ¼ cup water and bring to boil.
11. Cover wok and reduce heat to medium, steaming vegetables about 5 minutes until slightly tender.
12. Return tofu to wok.
13. Stir reserved tamari mixture into wok and cook over medium heat until thickened and thoroughly heated; do not overcook vegetables.
14. Add sesame oil, salt and pepper to taste and adjust seasonings if you desire a spicier dish.
15. Serve immediately or make ahead and refrigerate until ready to serve.
16. Reheat carefully; flavors are enhanced when the dish sits overnight.