

VEGETABLE *Stir Fry*

PREP
5 min

COOK
10 min

TOTAL
15 min

YIELD
2 servings

Ingredients

2 cups frozen or precooked brown rice
1 tablespoon extra virgin olive oil or other mild cooking oil, divided
8 ounces firm tofu, drained and cubed
½ tablespoon low-sodium soy sauce
1 garlic clove, minced
1 teaspoon ginger, minced
1 pinch of red pepper flakes
½ teaspoon brown sugar (optional)
2 cups frozen stir fry vegetables
½ teaspoon sesame oil, for garnish (optional)

Directions

- 1 Heat large pan over medium heat.
- 2 Add rice and 2 tablespoons water and cook, covered, for 5 minutes.
- 3 Heat 2 teaspoons of olive oil in a large skillet over medium-high heat and cook tofu cubes until browned on both sides, about 8 minutes. Set aside. If you have time, remove extra water from tofu by pressing it between 2 towels, topped with a cutting board or pan to press it down.
- 4 Combine the soy sauce, garlic, ginger, red pepper flakes, and sugar (if desired) in a bowl.
- 5 Add remaining oil to the hot pan, add vegetables, and cook for approximately 2-3 minutes or until heated through.
- 6 Add the tofu back into the pan, drizzle with sauce, and toss to combine.
- 7 Serve warm over rice. Drizzle with sesame oil, if desired.

Nutrition Facts: 404 calories, 14g fat, 2g saturated fat, 196mg sodium, 50g carbohydrate, 5g fiber, 4g sugar, 15g protein