



Crispy Tofu Stir-Fry

Serves: 4 servings

Preparation time: 40 minutes

Ingredients

16 oz extra-firm tofu, cut into cubes
½ red bell pepper, cut into strips/cubes
1 clove garlic, minced
1 ½ tbsp low sodium soy sauce
1 ½ tbsp lemon juice
2 tsp brown sugar
2 tbsp cornstarch
½ cup breadcrumbs
1 ½ tbsp olive oil
1 tbsp sesame oil
1 cup fresh broccoli florets
1/8 tsp cayenne pepper
½ tsp sesame seeds
2 cups steamed rice
1 cup soy milk



Directions

- Place cornstarch, breadcrumbs and soy milk in three separate bowls. Dip the tofu cubes first in cornstarch, then soymilk and coat with breadcrumbs.
- Fry tofu until golden brown and set aside
- In the pan, add sesame oil and heat, stir-fry broccoli and red bell pepper strips until tender-crisp. Add the garlic, black pepper and cayenne. Cook for 1 minute.
- Add the tofu and toss with the vegetables. Pour soy sauce and lemon juice, sprinkle with sesame seeds and stir.
- Serve with rice.

NUTRITIONAL DATA PER SERVING (1 serving): calories 400 | fat 16g | saturated fat 0g | cholesterol 0mg | sodium 584mg | carbohydrates 45g | fiber 2.7g | protein 19g | potassium 317mg | phosphorus 177 mg