

# Stir-fried Tofu

Canada's Food Guide recommends choosing at least 1 dark green and 1 orange vegetable each day. This stir-fry combines carrots, green pepper, bok choy and other vegetables with tofu and a homemade sauce for a quick and healthy meal.



## Ingredients:

1 lb	Firm tofu	454 g
5 Tbsp	Soy sauce, divided	75 mL
3 Tbsp	Rice vinegar	45 mL
¼ tsp	Sesame oil	1 mL
1 cup	Water	250 mL
3 Tbsp	Cornstarch	45 mL
2 Tbsp	Oyster sauce	30 mL
2 Tbsp	Canola oil	30 mL
1 medium	Onion, diced	1 medium
3 cloves	Garlic, minced finely	3 cloves
½ inch piece	Fresh ginger, minced finely	1 cm piece
2 cups	Carrot, sliced thin	500 mL
2 cups	Green pepper, diced	500 mL
1 cup	Mushrooms, diced	250 mL
4 cups	Chinese cabbage, shredded	1 L
3 cups	Bok choy, shredded	750 mL
6 cups	Brown rice, cooked	1.5 L

## Directions:

1. Cut tofu into small strips (about 1 inch/ 2.5 cm). In a bowl, add tofu to 1 Tbsp (30 mL) soy sauce, 1 Tbsp (30 mL) rice vinegar, and half of sesame oil. Mix well and set aside.
2. In a small bowl, mix water with cornstarch. Add oyster sauce and remainder of soy sauce, rice vinegar and sesame oil. Mix well and set aside.
3. In a deep frying pan, heat the canola oil; add the tofu and sauté until golden brown. Add the onion, garlic and ginger and sauté for 1 minute.
4. Add the carrots and peppers and sauté on high heat until soft.
5. Add the mushrooms and cook for a few minutes, then add the Chinese cabbage and bok choy; sauté until soft.

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6. Add the prepared soy sauce mixture and bring to boil; add more water if the sauce is too thick. Adjust seasoning if desired.
7. Serve hot over steamed brown rice.

**Makes 8 servings (425 mL/ 1 ¾ cups/ 404 g)**

<b>Nutrition Facts</b>	
Per 1/8 of recipe (425 mL / 1 ¾ cup / 404 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 320	
<b>Fat</b> 9 g	<b>14 %</b>
Saturated 1 g	<b>5 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 520 mg	<b>22 %</b>
<b>Carbohydrate</b> 47 g	<b>16 %</b>
Fibre 4 g	<b>16 %</b>
Sugars 4 g	
<b>Protein</b> 14 g	
Vitamin A	85 %
Vitamin C	70 %
Calcium	15 %
Iron	20 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
High in fibre	4 g
Low in saturated fat	1 g
High in potassium	506 mg
High in calcium	182 mg
Very high in magnesium	108 mg
Very high in folate	71 mcg
High in iron	2.5 mg

<b>Canada's Food Guide Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	2 ½
Grain Products	1 ½
Milk and Alternatives	0
Meat and Alternatives	¼

This is a Choose Most Often recipe (Mixed Dish –Vegetarian) according to the Alberta Nutrition Guidelines.