



Tofu and Vegetable Stir Fry

MyPlate2Yours - Lynn Dugan

Ingredients

2 tablespoons vegetable oil
1 medium onion
1-1/2 tablespoons minced garlic
2 tablespoons minced ginger
2 packages (16-ounces each) firm tofu, drained and cubed
1 large carrot, sliced
2 cups broccoli, cleaned and cut into small florets
1 yellow squash, cut lengthwise and sliced
1 cup sugar snap peas (or pea pods), trimmed
1 can baby corn, drained (in the picture above, I didn't have any baby corn so I used sliced red bell pepper and mushrooms instead.)
1/2-1 teaspoon crushed red pepper (how spicy hot do you like it?)
2 medium green onions, thinly sliced diagonally

Sauce:

1/2 cup water, 1/2 cup rice wine vinegar, 1/4 cup honey, 1/4 cup light soy sauce
1 tablespoon cornstarch dissolved in 1/4 cup water

Directions

In a small bowl, combine sauce ingredients. Set aside.

In large skillet or wok, heat oil over medium-high heat. Stir in onions and cook for one minute. Stir in garlic and ginger, and cook for 30 seconds. Stir in tofu, and cook until golden brown. Remove with a slotted spoon to a separate plate.

Stir in carrots, broccoli, squash and peas. Add crushed red pepper. Cook until veggies are tender, 5 minutes. Return tofu to skillet.

Add sauce and bring to a simmer. Add cornstarch/water mixture. Simmer until sauce thickens. Garnish with scallions. Enjoy!

