

Veggie Stir-fry

5-oz extra firm tofu, cubed
½ cup orange juice
1 Tbsp light soy sauce
¼ cup ground fresh ginger or 2 tsp ground ginger
2 cloves garlic, minced
1 Tbsp sesame seeds
2 Tbsp sesame oil
1 medium red pepper, sliced
1 cup edamame, soybeans only
½ medium yellow onion, sliced
2 cups cooked brown rice

Combine tofu, orange juice, soy sauce, ginger, garlic and sesame seeds in a large food storage bag and marinate in refrigerator for 30 minutes. Heat a wok or a skillet to medium high. Add sesame oil, bell pepper, edamame and onion. Cook until tender but crisp. Add tofu and marinade to wok. Cook for 5-7 minutes or until tofu is cooked. Serve over brown rice.

Serves 4.

Calories 270 Fat 9g Carbohydrate 36g Fiber 4g Protein 13g Sodium 200mg