

**SERVES 4**

**Lorraine Fullum-Bouchard, Dietitian**

*This recipe is great for someone who is trying tofu for the first time. It's easy to prepare and very tasty.*

**VARIATION**

Use any vegetables you like or have on hand, such as broccoli and cauliflower, snow peas, green beans, mushrooms, tomatoes or thinly sliced carrots.

**TIP**

Be sure to do your preparation — washing, chopping and dicing — ahead of time so that everything comes together when you are actually at the stove.

**DIETITIAN'S MESSAGE**

Teriyaki sauce is quite high in salt. So if you need to limit your salt intake, replace the teriyaki sauce with sodium-reduced soy sauce.

# Teriyaki Tofu Stir-Fry

|             |  |             |
|-------------|--|-------------|
| 1 1/3 cups  | diced firm tofu  | 325 mL      |
| 1/2 cup     | teriyaki sauce   | 125 mL      |
| 1 tsp       | brown sugar  | 5 mL        |
| 1 tsp       | cornstarch   | 5 mL        |
| 1 tbsp      | water  | 15 mL       |
| 2 tsp       | olive oil  | 10 mL       |
| 1/2 cup     | diced onion  | 125 mL      |
| 1 cup       | diced green bell peppers   | 250 mL      |
| 1 cup       | diced red bell peppers   | 250 mL      |
| 1 tsp       | minced garlic  | 5 mL        |
| 1 tsp       | grated ginger root   | 5 mL        |
| 2 cups      | roughly chopped vegetables (see Variation, at left, for suggestions) | 500 mL      |
| 3 cups      | cooked rice  | 750 mL      |
| 1 to 2 tbsp | chopped fresh cilantro or parsley (optional)                         | 15 to 25 mL |

1. In a medium bowl, gently toss tofu with teriyaki sauce and brown sugar until well coated. Cover and refrigerate for 10 minutes or for up to several hours.
2. In a small bowl, whisk together cornstarch and water. Set aside.
3. In a large nonstick skillet, heat oil over medium-high heat. Add onion, green peppers, red peppers, garlic and ginger; stir-fry for 3 minutes. Stir in vegetables of your choice and stir-fry for 3 to 4 minutes or until vegetables are tender-crisp.
4. Add tofu mixture and cornstarch mixture. Stir for 3 to 4 minutes or until thickened and heated through. Serve over rice. Sprinkle with cilantro, if using.

**PER SERVING**

|                    |                    |
|--------------------|--------------------|
| Calories: 287      |                    |
| Dietary Fiber: 3 g | Carbohydrate: 49 g |
| Fat: 5 g           | Protein: 12 g      |

