

SERVES 4

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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

