

Orange-Ginger Tofu Stir-Fry

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Ingredients

- 1 pkg (14 oz. or 350 g) extra-firm tofu
- 3 tbsp (45 mL) cornstarch
- ¼ tsp (1 mL) salt
- 3 tbsp (45 mL) canola oil, divided
- 1 zucchini
- 1 red bell pepper
- 8 oz. (250 g) fresh snow peas
- 2 green onions
- ½ cup (125 mL) water chestnuts
- 2 cups (500 mL) cooked brown rice
- ¼ cup (50 mL) whole roasted cashews, chopped (optional)
- 1 1" (2.5 cm) piece fresh gingerroot, peeled
- 1 orange
- 3 tbsp (45 mL) reduced-sodium, gluten-free soy sauce
- 3 tbsp (45 mL) agave nectar or honey
- ¼ cup (50 mL) red wine vinegar
- 2 garlic cloves, pressed
- ¼ tsp (1 mL) red pepper flakes

Method

-Cut the tofu into 1" (2.5 cm) squares. Line a Flexible Cutting Mat with paper towels. Place the tofu on the mat and top with another paper towel. Place something heavy, like a sheet pan on top to drain excess moisture.

-For the sauce, use the Microplane® Adjustable Fine Grater to grate the ginger to measure 2 tsp (10 mL). Grate the orange to measure 1 tbsp (15 mL) of orange zest. Juice the orange with the Juicer. Add the ginger, orange zest, juice, and remaining sauce ingredients to a Small Batter Bowl and whisk until combined; set aside.

-Uncover the tofu and place it in a shallow bowl. Sprinkle with cornstarch and salt; toss to coat.

-Heat 1 tbsp (15 mL) of oil in the 12" (30-cm) Stainless Steel Nonstick Skillet over medium-high heat for 3–5 minutes. Add all the tofu and sear for 2–3 minutes. Flip and sear for an additional 2–3 minutes, or until it's browned on two sides. Remove the tofu from the skillet.

-Trim the ends off the zucchini and cut the zucchini in half lengthwise. Cut the top off of the bell pepper, and remove the seeds and veins with the Scoop Loop®. Cut the pepper into quarters. Slice the zucchini, bell pepper, and snow peas with the Quick Slice.

-Thinly slice the green onions; set aside the greens for the garnish.

-Heat the remaining oil in the pan. Add the whites of the green onions, zucchini, bell pepper, and snow peas; saute for 4–6 minutes, or until crisp-tender. Add the water chestnuts, tofu, and sauce and stir to coat. Cook for 2–3 minutes, or until the sauce is slightly thickened.

Serve the stir-fry over cooked rice. Top with the reserved green onions and cashews.

Yield:

4 servings

Nutrients per serving:

U.S. Nutrients per serving: Calories 330, Total Fat 6 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 440 mg, Carbohydrate 55 g, Fiber 6 g, Sugars 19 g, Protein 15 g

Cook's Tips:

You can substitute the tofu with 1 lb. (450 g) of chicken tenderloins cut into 1" (2.5-cm) pieces.



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