

MEATLESS STIR FRY WITH TOFU & CASHEWS



YIELD **4** SERVINGS
Serving Size: 1/4th recipe

NUTRITION FACTS PER SERVING

Calories:	241	Saturated Fat:	2.8 g
Carbs:	16.9 g	Cholesterol:	0 mg
Fiber:	3.7 g	Protein:	14 g
Sugars:	5.4 g	Sodium:	204 mg
Fat:	15.3 g	Potassium:	585 mg

INGREDIENTS

- 1 package Extra Firm Tofu
- ½ cup Cashew Nuts
- 2 tsp Light Soy Sauce
- 1 tsp Sesame Oil
- 1 tsp Korean Hot Pepper Flakes (optional)
- 2 tsp Ground Ginger (or 2 tbsp Ginger Paste)
- 4 cloves Garlic, minced (2 tsp)
- 1 tsp Canola Oil
- 1 cup sliced Mushrooms
- 1 cup sliced Bell Peppers
- 1 cup sliced Carrots, sliced thin
- 1 cup sliced Broccoli Florets
- 2 cups cooked Brown Rice
- ¼ cup sliced Green Onion for garnish

DIRECTIONS

1. Cut the tofu into cubes. Marinate it with soy sauce, sesame oil, Korean red pepper, ginger, and garlic.
2. Chop all the veggies.
3. Heat the wok over high with canola oil. Stir fry the tofu until golden. Remove from pan. Add more oil if necessary. Stir fry the veggies.
4. Add the tofu with the veggies and stir fry together briefly to make sure everything is hot.
5. Serve with ½ cup cooked brown rice. Garnish with sliced scallions.