

Cashew Ginger Stir-fry with Tofu

INGREDIENTS

- » 1/2 cup teriyaki sauce, reduced sodium
- » 2 tsp grated fresh ginger
- » 3 tbsp soy sauce, reduced sodium
- » 1 tbsp brown sugar
- » 2 tbsp cornstarch
- » 1/4 cup water
- » Nonstick vegetable cooking spray
- » 1 tbsp vegetable oil
- » 2 cloves garlic, minced
- » 3 green onions, diagonally sliced into 2" lengths
- » 2 cups mushrooms, sliced
- » 2 cups snow peas, sliced in half
- » 1 cup carrots, diagonally sliced thin
- » 2 cups small broccoli florets
- » 1 (10 1/2-oz) package firm tofu, drained and cut into 1" cubes
- » 3/4 cup (3 oz) cashews
- » 1 cup long-grain white rice, cooked according to directions, without salt or fat

Nutritional Content

Per Serving

Calories	481 cal	Cholesterol	0mg
Protein	17g	Sodium	999mg
Carbohydrate	60g	Calories from Fat	32%
Fat	17g	Fiber	6g
Saturated Fat	3g		

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INSTRUCTIONS

In a medium bowl, combine teriyaki sauce, fresh ginger, soy sauce, brown sugar, cornstarch, and water. Set aside. In a large skillet or wok sprayed with nonstick vegetable cooking spray, over medium-high heat, add vegetable oil. Add garlic and onions and stir-fry 1 minute. Add mushrooms, snow peas, carrots, and broccoli. Stir-fry vegetables 5 to 10 minutes adding a small amount of water if needed to cook them until they are tender but still crisp. Add teriyaki mixture. Stir well to thicken the liquid and coat the vegetables. Add tofu and cashews; heat thoroughly. Serve over rice. Serves 4.

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