

Cashew Ginger Stir-fry with Tofu

INGREDIENTS

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

Nutritional Content

Per Serving

Calories	495 cal	Cholesterol	0mg
Protein	17g	Sodium	966mg
Carbohydrate	61g	Calories from Fat	33%
Fat	18g	Fiber	6g
Saturated Fat	3g		

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INSTRUCTIONS

In a small bowl, combine teriyaki sauce, fresh ginger, soy sauce, brown sugar, cornstarch, and water. Set aside. In a skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add vegetable oil, garlic, and onions and stir-fry 1 minute. Add mushrooms, snow peas, carrots, and broccoli. Stir-fry vegetables 4 to 6 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 1.

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