



Tofu Stir-Fry



SERVING
2 PEOPLE



COOK TIME
25 MINUTES

Instructions

Ingredients

- 1 tablespoon sesame oil
- ½ block firm tofu, cubed
- 1 cup mixed vegetables (such as red peppers, carrots, and snap peas)
- 1 tablespoon reduced-sodium soy sauce
- 1 teaspoon rice vinegar
- 1 teaspoon grated ginger
- 1 cup cooked brown rice
- Sesame seeds (optional)

1. In a skillet over medium, heat the oil. Add the tofu, and saute until golden.
2. Add the vegetables and cook, stirring constantly, until tender-crisp.
3. Stir in the soy sauce, vinegar, and ginger.
4. Add the rice, and toss to combine. Sprinkle with sesame seeds (if using).

