



## Tofu and Broccoli Stir Fry

SERVES: Hearty tasting portion for 6

Pillar(s) of Nutrition: Eat the Rainbow & All in for Whole Grains

### Ingredients

#### Tofu and Broccoli

- 8 ounces **extra firm tofu** cut into 1 inch cubes and patted dry
- ¼ teaspoon **salt**
- ¼ cup **cornstarch**
- ¼ cup **olive oil**
- 1 large head of **broccoli** cut into florets
- 2 **carrots** cut into coins

#### Stir Fry Sauce

- 1 inch piece of **ginger**, grated
- 2 cloves of **garlic**, minced
- ¼ cup **low sodium soy sauce**
- 2 tablespoons **rice vinegar**
- 1 tablespoon **cornstarch**

#### For serving

- 3 cups steamed **brown rice** (pre-make per instructions)
- 1 tablespoon **sesame seeds**
- 2 **green onions**, finely chopped

### Variations to Try

- ❑ Try substituting the tofu with 1 pound of flank steak sliced thin
- ❑ Add extra vegetables with the broccoli like sliced zucchini and snap peas
- ❑ Try seasonal vegetables like purple cabbage in fall or asparagus in the springtime
- ❑ Use Vietnamese Vermicelli rice noodles, quinoa, or farro as a substitute for brown rice

### Directions

1. Cut the **tofu** into cubes, chop the **broccoli** and **carrots**.
2. Grate the **ginger** and mince the **garlic**.
3. Toss the **tofu** with ¼ cup **cornstarch** and **salt** in a bowl until it is well coated.
4. Heat half of the **olive oil** in a sauté pan over medium high heat.
5. Saute the **tofu** in the hot oil in a single layer until nicely browned. Transfer to a plate and repeat with any additional **tofu**.
6. Heat the rest of the **oil** in the same pan and sauté the **broccoli** and **carrots** until they are slightly tender and then place them on the plate with the **tofu**.
7. Mix the **ginger**, **garlic**, **soy sauce**, **rice vinegar**, and **cornstarch** in a small bowl and pour into the sauté pan.
8. Cook the **sauce** until it boils and starts to thicken; stir.
9. Mix the cooked **tofu**, **broccoli** and **carrots** into the sauce until they're coated.
10. Spoon the **tofu** and **broccoli** over the **brown rice**; garnish with **sesame seeds** and **green onions**.