



Tofu Vegetable Stir-Fry

Makes: 5 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
2 tbsp	vegetable oil	30 mL
1 (1 lb) block	firm tofu	1 (454 g) block
½	head of broccoli, cut into small florets	½
1	carrot, peeled and sliced	1
½	red or green pepper, sliced	½
1	green onion, sliced	1
Marinade & Sauce		
3 tbsp	reduced-sodium soy sauce	45 mL
¼ cup	water	60 mL
1 clove	garlic, minced	1 clove
1 tsp	fresh ginger, grated	5 mL
Thickener		
2 tbsp	water	30 mL
1 tsp	cornstarch	5 mL
Optional:	mushrooms bok choy celery cauliflower snow peas	

Instructions

1. Combine Marinade/Sauce ingredients.
2. Cut tofu into child-size pieces. Pour half of the Marinade/Sauce onto tofu.
3. Cover, refrigerate and marinate for 2 – 3 hours or overnight. Drain and discard liquid.

Note 1: Instructions are continued on page 2.

Note 2: Nutrition Information is on page 2.

4. Heat half of oil in a large frying pan over medium-high heat. In small batches, brown tofu. Reserve in a covered stainless steel bowl in the oven, until all tofu is cooked.
5. Meanwhile, heat remaining oil in a wok or large frying pan/pot. Add broccoli and sauté for 5 minutes. Add sauce and distribute.
6. Add carrots, green onion, and pepper and continue to cook until broccoli is bright green and tender.
7. In a small bowl, combine cornstarch/water. Add to pot and stir until thickened.
8. Add tofu and toss to coat with sauce.

Note 3: For Teriyaki Stir-Fry, add 2 tbsp (30 mL) of honey or maple syrup to marinade.

Nutrition Information	
Serving 180 g	
Calories	140
Fat	8 g
	Saturated 1 g
	+ Trans 0 g
Sodium	420 mg
Carbohydrates	9 g
	Fibre 2 g
	Sugars 3 g
Protein	8 g
Calcium	50 mg
Iron	1.5 mg

Food Guide Servings
1 Vegetable & Fruit
1 Meat & Alternative