

Five-Spice Tofu Stir Fry

Servings: 4

Serving Size: 1 cup stir fry, ½ cup rice

Ingredients

1 cup water
1 cup uncooked jasmine rice
¼ cup stir-fry sauce or sesame sauce
2 tablespoons orange juice
1 tablespoon honey
¾ teaspoon five spice powder
1 14oz package firm tofu, cut into ¾ -inch cubes
1 small red onion, cut into thin wedges
¾ cup snap peas
¾ cup carrots
¼ cup water

Instructions

In saucepan, heat water to boiling. Stir in rice; reduce heat to low. Cover; simmer 10 minutes.

Meanwhile, in medium bowl, mix stir-fry sauce, orange juice, honey and five-spice powder. Press tofu between paper towels to absorb excess moisture. Stir tofu into sauce mixture; let stand 10 minutes to marinate.

Remove the tofu from sauce mixture and transfer the tofu on the baking sheet in a single layer. Save the sauce mixture for later. Bake the tofu in a preheated oven 350° F for 15 minutes. Turn tofu and bake about 15 minutes until the tofu turns golden brown color. Remove the tofu from the oven.

Cook onion in skillet 2 minutes, stirring constantly. Add vegetables and 3 cups water. Heat to boiling; reduce heat to medium. Cover; cook 6 to 8 minutes, stirring occasionally, until vegetables are crisp-tender.

Stir in reserved sauce mixture and tofu. Cook 2 to 3 minutes, stirring occasionally, until mixture is slightly thickened and hot. Serve over rice.

Nutrition

Calories	290 kcal
Protein	15g
Total fat	7g
Saturated fat	0g
Cholesterol	0g
Sodium	580 mg
Fiber	6g