

Shiitake and Tofu Stir Fry

Ingredients:

- 1 tsp. Cornstarch
- 2 tbsp. Sauce, soy, low sod
- 2 tsp. Spice, ginger root, fresh
- 2 tsp. Sauce, chili
- 2 ea. Garlic, cloves, fresh
- 2 ½ tsp. Oil, sesame
- 2 tsp. Oil, canola
- 14 oz. Tofu, extra firm
- 1 lb. bok choy
- 2 cup mushrooms, chopped
- 1 cup bean sprouts
- ¼ cup Water chestnuts, sliced
- ¼ cup grated carrot



*VEGAN



*GLUTEN-FREE

Nutrition Facts

Serving Size 1 1/2 cup
Servings Per Container

Amount Per Serving

Calories 180 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 320mg **13%**

Total Carbohydrate 13g **4%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 13g

Vitamin A 130% • Vitamin C 100%

Calcium 30% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Whisk together cornstarch and 1 teaspoon water in bowl. Whisk in soy sauce, ginger, chili sauce, garlic and sesame oil.
2. Heat 1 tsp. canola oil in large skillet over medium heat. Stir fry tofu 7 minutes or until golden; transfer to plate.
3. Add 1 tsp. canola oil to pan and stir fry bok choy 4 minutes; transfer to plate.
4. Add remaining oil to pan. Stir-fry mushrooms 2 minutes, or until tender. Return tofu and bok choy.
5. Stir in soy sauce mixture and stir fry 1 minute or until hot.