



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Sesame Ginger Tofu Stir Fry

Enjoy take out made at home that can be easily paired with any side dish.

U.S.		Metric
1 lb.	Tofu, firm (substitute with chicken)	454 g
2 tsp	Cornstarch	11 g
4 oz	Mushrooms, crimini	113 g
2 cups	Broccoli, cut into florets	176 g
1 tbsp	Sesame Oil, toasted	15 mL
1/4 cup	Water	60 mL
2 each	Garlic Cloves, thinly sliced	2 each
1 tsp	Ginger, minced	5 g
2 each	Scallions, sliced	2 each
1.5 Tbsp	Tamari	23 ml
1 tbsp	Rice Wine Vinegar	15 mL
2 tsp	Swerve, sugar substitute	10g
1/4 tsp	Red Pepper Flakes	.25 g
1 tbsp	Peanut butter, natural, unsalted	15 mL

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 400°F (200°C).
3. Drain tofu and remove from package. Place between clean kitchen towel and fold into the shape of the tofu. Place a half sheet pan or a plate on top for about 25 minutes. Once tofu is dry, cut into ½ inch cubes. Place tofu onto one half sheet pan lined with parchment paper sprayed with cooking spray. Place mushrooms and broccoli on a half sheet tray and spray with cooking oil. Bake tofu for 30 minutes or golden brown. Bake mushrooms and broccoli for 10-12 minutes and set aside.
4. In a small bowl whisk together the water, cornstarch, garlic, ginger, scallions, soy sauce, rice wine vinegar, swerve (sugar substitute), sesame oil, peanut butter and red pepper flakes.
5. In a medium size pan pour sauce, bring to a simmer and add tofu, mushrooms and broccoli.

****Nutrition Facts on Reverse**

8/13/17

Nutrition Facts**Serving size** **4 oz.**
Servings **4****Calories** 180
Calories from Fat 90Total Fat 10 g
Saturated Fat 2 g
Trans Fat 0 g
Monounsaturated Fat 3 g
Cholesterol 0 mg
Sodium 75 mg
Carbohydrates 14 g
Dietary Fiber 3 g
Sugars 4 g
Protein 13 gVitamin A 30 %
Calcium 30 %
Vitamin C 70 %
Iron 15 %
Potassium 532 mg
Phosphorus 212 mg
