

Broccoli and Tofu Stir Fry

Makes 4 servings

This stir fry is a simple and flavorful way to serve broccoli. Your child can help by mixing the sauce and cutting the tofu.

Ingredients

Sauce

- 1 tablespoon cornstarch
- 3 tablespoons low sodium soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon maple syrup or honey
- 1 tablespoon rice wine vinegar or lime juice
- ¼ cup water or low sodium vegetable broth

Stir fry

- 1 14-ounce package extra-firm tofu, drained
- 2 tablespoons cornstarch
- ½ teaspoon salt
- 2 tablespoons olive or vegetable oil
- 2 garlic cloves, finely chopped



Photo: Plant Based RD

- 1 inch piece fresh ginger, finely chopped
- 1 head of broccoli, cut into small florets
- 1 tablespoon sesame seeds (optional)

Directions

1. *Make the sauce:* Add all the sauce ingredients to a small bowl, whisk well, and set aside.
2. Cut the tofu into 1 inch cubes and pat dry with a paper towel.
3. Add the tofu to a large bowl with the cornstarch and salt and gently toss with a large spoon to coat the tofu.
4. Heat 1 tablespoon of oil in a large pan or skillet set over medium-high heat. When the oil is hot, add the tofu.
5. Cook until the bottom of the tofu is brown, about 3 minutes.
6. Toss the tofu and cook until the other side is brown, about 2 minutes. Transfer the tofu to a plate lined with a paper towel.
7. Reduce the heat to medium and add the remaining 1 tablespoon of oil. Add the garlic and ginger and cook until fragrant, about 30 seconds.
8. Add the broccoli and cook until the florets turn bright green and starting to brown, about 5 minutes.
9. Add the sauce to the pan and cook until it is thickened, 2 to 3 minutes.
10. Add the tofu back into the pan, add the sesame seeds (if using), and toss to combine with the broccoli and sauce.
11. Remove from heat and let cool for about 5 minutes. Serve warm with brown rice.

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