

Oyster Mushroom Noodle Stir Fry Makes 4 servings

This simple, flavorful noodle dish is a delicious way to serve oyster mushrooms. Your child can help by mixing the sauce and cutting the mushrooms and tofu.

Ingredients

Stir fry

- 1 14-ounce package extra-firm tofu, drained and cut into two 1-inch thick slabs
- 8 ounces soba, brown rice noodles, or whole wheat spaghetti
- 2 tablespoons olive or vegetable oil
- 2 scallions or green onions or 1 shallot, thinly sliced
- 1 inch piece fresh ginger, peeled and finely chopped
- 2 garlic cloves, peeled and finely chopped
- 6 ounces oyster mushrooms, thinly sliced
- 1 tablespoon sesame seeds (optional)
- 1 handful of cilantro, finely chopped

Sauce

- ¼ cup low sodium soy sauce or tamari
- 1 tablespoon maple syrup or honey
- 2 tablespoons rice wine vinegar or lime juice
- 1 tablespoon sesame oil
- ¼ teaspoon red pepper flakes (optional)

Directions

1. Make the sauce: Add all the sauce ingredients to a small bowl. Whisk well and set aside.
2. Pat the tofu slabs dry with a paper towel. On a large plate, coat the tofu slabs with 3 tablespoons of the sauce and marinate for 15 to 20 minutes.
3. Bring a pot of water to a boil. Add ½ teaspoon salt and cook the noodles according to the package's directions. Drain and set aside.
4. Heat 1 tablespoon of oil in a large pan or skillet set over medium-high heat. Add the tofu slabs and cook until the bottom of the tofu is golden brown, about 4 minutes. Flip tofu over and cook until the other side is browned, about 3 minutes. Transfer the tofu to a plate and let cool. Once cooled, cut the cooked tofu into 1-inch cubes.
5. Reduce the heat to medium and add the remaining 1 tablespoon of oil. Add the scallions, ginger, and garlic and cook until fragrant, about 1 minute. Add the sliced oyster mushrooms and cook until tender, about 5 to 7 minutes.
6. Add the remaining sauce and cooked noodles to the pan and toss to combine everything with the mushrooms. Cook for another 1 minute and then add in the tofu.
7. Remove from heat and top with sesame seeds (if using) and cilantro. Serve warm.

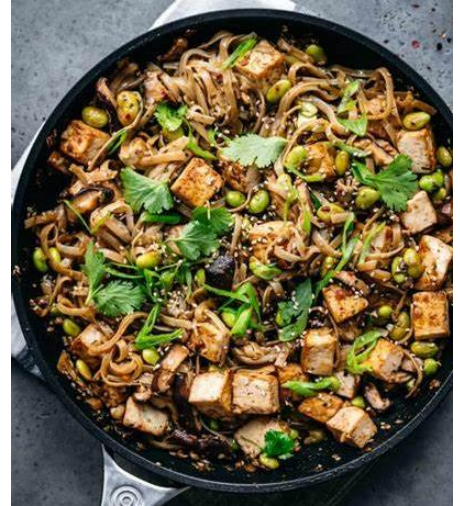


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