

Zesty Bok Choy and Tofu Stir Fry

Makes 4 servings

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

Ingredients

Sauce

- 3 tablespoons low sodium soy sauce or tamari
- 1 tablespoon maple syrup or honey
- 1 tablespoon rice wine vinegar or lime juice

Stir fry

- 1 14-ounce package extra-firm tofu, drained
- 1 tablespoon low sodium soy sauce or tamari
- 1 teaspoon sesame oil
- 2 tablespoons cornstarch
- 2 tablespoons olive or vegetable oil
- 1 inch piece fresh ginger, peeled and finely chopped
- 2 garlic cloves, peeled and finely chopped
- 1 red chile, seeds removed and thinly sliced (optional)
- 1 pound bok choy, cleaned and cut into 1-inch pieces
- ¼ cup cashews, toasted and chopped (optional)

Directions

1. Make the sauce: Add all the sauce ingredients and 1 tablespoon water to a small bowl. Whisk well and set aside.
2. Cut the tofu into 1-inch cubes and pat dry with a paper towel. Add the tofu to a large bowl with the soy sauce and sesame oil and let marinate for 5 minutes. Sprinkle on the cornstarch and gently toss with a large spoon to coat the tofu.
3. Heat 1 tablespoon of oil in a large pan or skillet set over medium-high heat. Add the tofu and cook until the bottom of the tofu is golden brown, about 3 minutes. Flip the tofu pieces over and cook until the other side is browned, about 2 minutes. Transfer the tofu to a plate lined with a paper towel.
4. Reduce the heat to medium and add the remaining 1 tablespoon of oil. Add the garlic, ginger, scallions and chile (if using) and cook until fragrant, about 1 minute. Add the bok choy and cook until tender, 2 to 3 minutes.
5. Add the tofu back into the pan. Add the sauce and toss to combine everything with the bok choy. Cook for another 1 minute. Remove from heat and top with cashews (if using).
6. Serve warm with brown rice.



Photo: NYT Cooking



Scan this code
with your
phone's camera
for more recipes
and healthy
eating tips