

Tofu & Bok Choy Stir Fry



1. Pat 1 package of **Extra Firm tofu** dry with paper towel and then cut into bite-size pieces.
2. In a frying pan on medium heat, add:
2 tablespoons oil
tofu pieces
3. Stir fry until tofu pieces are light brown. It takes about 6 minutes.
4. Add to pan:
5 baby Bok choy stalks, washed and chopped
(or 4 cups chopped vegetables of your choice such as carrots, celery, broccoli)
2 cloves garlic, peeled and chopped
5. Stir fry on medium for about 2 minutes or until bok choy begins to wilt. (harder vegetables will take longer - up to 10 minutes)
6. Mix the following ingredients in a bowl and add to the pan:
1/3 cup soy sauce
1/8 teaspoon ginger powder (or 1/2 tablespoon fresh ginger)
1 tablespoon brown sugar or honey
7. Stir in sauce and mix well.

Try serving over brown rice or whole wheat pasta or noodles.