

Teriyaki Tofu Stirfry

Yield: 4 side servings

Ingredients

1 Tbsp. (15 mL) vegetable oil	1 red bell pepper, cut into strips
2 cloves garlic, minced	1 package (454 g) teriyaki-flavoured tofu, made with calcium sulphate, cut into thin strips
1 head of broccoli, cut into bite-sized florets	1/4 cup (60 mL) bottled low-sodium teriyaki sauce
2 small carrots, cut into thin diagonal slices	1/2 cup (125 mL) roasted cashews
4 baby bok choy, sliced lengthwise	

Preparation

Heat oil in large frying pan or wok over high heat.

Add garlic, carrots and broccoli. Cook until tender-crisp, adding a little water if necessary to prevent sticking.

Add baby bok choy, pepper, tofu and teriyaki sauce. Stir until tofu is heated through.

Sprinkle with cashews.

PER SERVING

(approximate values)

Calories: 420

Calcium: 125 mg

Vitamin D: 0 IU