

Broccoli Tofu Stir Fry

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8 Serving Size: 4 ounces

Ingredients	Quantity	Measure
Sesame oil	1	tablespoon
Fresh broccoli, cut into florets	1	pound
Firm tofu, drained, cut into small squares	14	ounces
Soy sauce	1/4	cup
Red pepper flakes	1/2	teaspoon

Preparation

1. Warm oil in skillet over medium heat.
2. Add broccoli, sauté for 2 minutes.
3. Gently fold in tofu, sauté for 3 more minutes.
4. Add soy sauce and red pepper flakes. Sauté for 5 more minutes.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 50 Total Fat: 2 g Saturated Fat: 0 g Carbohydrate: 3 g Protein: 6 g Sodium: 1201 mg Vitamin A: 0%
Vitamin C: 27% Calcium: 11% Iron: 5%

