

Broccoli Tofu Stir-Fry - Plantricious

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving size: 4 ounces

Ingredients	Quantity	Measure
Vegetable broth	1	tablespoon
Sesame seeds	1	teaspoon
Broccoli, fresh, cut into florets	1	pound
*Tofu, extra-firm, drained, pressed, and cut into ½ inch cubes	1	14 ounce package
Low-sodium soy sauce or Tamari	¼	cup
Red pepper flakes	½	teaspoon
Ginger, fresh, minced	1	teaspoon
Cashews, raw	1	teaspoon

Preparation

*Please see separate page for tofu pressing instructions.

1. In a non-stick skillet, sear the tofu until lightly brown on both sides.
2. Add the broth and sesame seeds.
3. Add broccoli and sauté for 2 minutes.
4. Add soy sauce, red pepper flakes, fresh ginger and raw cashews. Mix well and sauté for 5 more minutes or until the broccoli is tender and all ingredients are mixed well.

Serving Information

Serve over steamed brown rice or quinoa.

Nutrition Information

*From USDA Nutrient Database

Calories: 85 Total Fat: 3.4g Saturated Fat: .7g Monounsaturated Fat: 1.2g Polyunsaturated Fat: 1.2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 6.5g Fiber: 2.4g Total Sugars: 1.7g Protein: 7.1g Sodium: 382mg Vitamin A: 21µg Vitamin C: 61mg Calcium: 140mg Iron: 1.7mg Folate: 55µg



THE HUMANE SOCIETY
OF THE UNITED STATES

forwardfood.org | 1