

## Ten-Minute Tofu Stir-Fry

Serves 2

1 tbsp cornstarch  
1 tbsp plus  $\frac{3}{4}$  cup water  
 $\frac{1}{4}$  cup low sodium soy sauce  
 $\frac{1}{4}$  tsp Asian chili sauce  
1 tbsp sesame oil  
1 tsp minced ginger  
2 cloves (1 tsp) minced garlic  
2 cups fresh sugar-snap peas  
1 large red pepper cut into thin strips  
1 (14 ounce) package extra-firm tofu, cut into  $\frac{3}{4}$  inch cubes

Combine the cornstarch with 1 tbsp water until dissolved  
Add the remaining water, soy sauce and chili sauce and set aside  
Heat the oil in a large non-stick skillet over medium-high heat  
Add the ginger and garlic and stir-fry 30 seconds  
Add the sugar-snap peas, pepper strips and tofu and cook, stirring 1 minute  
Stir the sauce and add it to the skillet  
Cook stirring constantly 5 minutes or until the sauce has thickened and the vegetables are crisp-tender

Per serving:  
296 calories  
28 g carbohydrates  
6 g fiber  
23 g protein  
11 g fat  
1.7 g sat fat  
0 mg cholesterol  
811 mg sodium

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