

Stir-fried Tofu with Snow Peas

24 oz. Sacramento Tofu Company tofu, cut into ½-inch pieces
1 T. sherry
1 T. light soy sauce
3 green onions, finely chopped
2 garlic cloves, finely chopped
1 T. freshly grated ginger
¼ c. Imagine chicken or vegetable stock
2 t. Eden toasted sesame oil
½ t. sugar
1½ t. cornstarch
2 T. peanut oil
1 c. sliced snow peas (remove tough string and cut in half)
½ c. sliced fresh water chestnuts (available in the Produce Department)
Sliced green onion for garnish

- 1) Combine the green onion, garlic and ginger and set aside.
- 2) In a small bowl, combine the soy, sherry, stock, sesame oil, sugar and cornstarch and mix to dissolve the cornstarch.
- 3) Heat 1 tablespoon of oil and swirl to coat bottom of the wok. Add the tofu and stir-fry for two minutes to brown the tofu. Push the tofu to the sides of wok and add the remaining oil in the center of the wok. Add the green onion mixture and mash with a spoon until fragrant, about 10 seconds. Stir mixture into the tofu.
- 4) Add the snow peas and the fresh water chestnuts and stir-fry for 15 seconds.
- 5) Add the liquid/stock mixture from step 2 and cook until sauce has thickened, about 30 seconds. Serve immediately.

Nutrition (per serving): 150.6 calories; 57% calories from fat; 10.1g total fat; 0.1mg cholesterol; 245.1mg sodium; 238.0mg potassium; 8.6g carbohydrates; 1.4g fiber; 2.0g sugar; 7.2g net carbs; 7.9g protein.