

Quinoa Tofu Veggie Stir-Fry

DESCRIPTION:

Use your favorite vegetables to create a tasty Asian inspired stir-fry.

INGREDIENTS:

- 1 ½ cups quinoa, uncooked
- 2 Tbsp. rice vinegar
- 2 Tbsp. low sodium soy sauce
- 2 Tbsp. dark sesame seed oil
- Pinch crushed red pepper flakes
- 1 Tbsp. extra virgin olive oil
- ⅓ cup red onion, chopped
- 3 garlic cloves, minced
- 1 block (12.3 oz.) extra-firm tofu, drained and cubed
- 6 cups vegetable of choice
 - 2 cups red pepper strips
 - 2 cups mushrooms
 - 2 cups broccoli, asparagus or sugar snap peas

DIRECTIONS:

1. Cook quinoa according to directions on package, set aside.
2. Whisk together rice vinegar, soy sauce, sesame seed oil and red pepper flakes, set sauce aside.
3. In a wok or large skillet, heat olive oil over medium-high heat. Add onions and garlic, sauté until fragrant. Add cubed tofu and sauté 2 minutes or until lightly golden. Add chopped vegetables and cook for 5-7 minutes or until tender crisp. Add sauce and toss to coat. Serve on top of warm quinoa.



NUTRITION INFO

Serving Size	1 ½ cups
Servings per recipe	6
Calories	353
Fat	14g
Saturated Fat	1g
Sodium	252mg
Carbohydrates	39g
Fiber	5g
Sugar	6g
Protein	18g

FACT(s): A diet high in fiber from vegetables will keep you full for longer and aid in weight loss. Quinoa is a seed, not a grain! It dates back to the Inca Empire and is a gluten-free option for pasta or couscous. It also contains all the essential amino acids making it an excellent source of protein!