

*Be sure all your prep work is complete before tossing ingredients into the wok: the stir-fry method requires constant, brisk stirring once the ingredients have been added.*



## Vegetable and Tofu Stir-Fry

*Yields 4 servings*

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| 1½ cups instant brown rice               | 1 cup thinly bias-sliced carrot   |
| ½ cup vegetable broth or chicken broth   | 3 cloves garlic, minced   |
| ¼ cup dry sherry                         | 3 cups broccoli florets   |
| 1 tablespoon cornstarch                  | 6 ounces firm tofu, drained and cut into ½- to 1-inch cubes                       |
| 1 tablespoon reduced-sodium soy sauce    | 1 cup fresh or frozen shelled green sweet edamame, thawed if necessary (optional) |
| 1 teaspoon grated fresh ginger           |   |
| ½ teaspoon crushed red pepper (optional) |   |
| Nonstick olive oil cooking spray         |   |

Prepare the rice according to package directions. Cover and keep warm.

For sauce, in a small bowl stir together broth, dry sherry, cornstarch, soy sauce, ginger and, if desired, crushed red pepper. Set sauce aside.

Coat an unheated wok or large skillet with nonstick cooking spray. Preheat over medium-high heat. Add carrot and garlic to hot wok; stir-fry for 2 minutes. Add broccoli; stir-fry for 3-4 minutes more or until vegetables are crisp-tender. Push vegetables from center of wok.

Stir sauce; add to center of wok. Cook and stir until thickened and bubbly. Add tofu and, if desired, soybeans; gently stir together to coat all ingredients with sauce. Cook and stir gently for 1 minute more.

To serve, spoon vegetable mixture over hot cooked brown rice.

From "The Sonoma Diet Cookbook."