## 10 Minute Tofu Veggie Stir Fry



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Recipe by: Laura Vitale

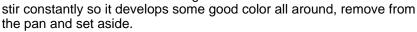
Serves 4

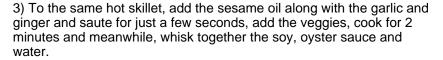
Prep Time: 5 minutes Cook Time: 10 minutes

## Ingredients

- \_\_14 oz Block of Extra Firm Tofu
- \_\_4 cups of Mixed Vegetables
- \_\_2 Cloves of Garlic, grated or minced
- \_\_2 tsp of Ginger, grated or minced
- \_\_2 Tbsp of Low Sodium Soy Sauce
- 1 Tbsp of Water
- \_\_1 Tbsp of Oyster Sauce
- \_\_1 tsp of Toasted Sesame Oil
- \_\_1 Tbsp of Vegetable Oil

- 1) Drain the tofu from its package, cut it into 4 thick slices and press both sides with a few sheets of paper towels to soak up as much liquid as possible. Cut the tofu in 1 cubes and use some paper towels pat down the cut sides of the cubes as much as you can.
- 2) In a very large skillet or a wok, add the vegetable oil and preheat it over high heat to get it nice and hot, add the tofu and saute for about 3 minutes making sure to





4) Add the sauce along with the cooked tofu, cook for 1 additional minute and immediately remove from the heat.

