

Sweet & Sour Tofu & Vegetables

INGREDIENTS:

1 tsp	peanut oil
2 ea.	garlic cloves, minced
1 tsp	grated fresh ginger
2 oz	baby corn or cooked corn
2 oz	snow peas
1 ea.	medium carrot, cut into thin strips
1 ea.	green bell pepper, cutting to thin strips
8 ea.	scallions, chopped
2 oz	canned bamboo shoots
2 T	dry sherry
2 T	honey
2 T	seasoned rice vinegar
12 oz	baked tofu (teriyaki style), cut into cubes
1 T	low sodium soy sauce
4 oz	vegetable stock
1 T	corn starch

DIRECTIONS:

Heat oil in large skillet or wok. Add garlic and ginger and stir fry for about 30 seconds. Add corn, snow peas, carrot and bell pepper, stir fry for about 5 minutes or until vegetables are tender. Add scallions, bamboo shoots and tofu and cook for 2 minutes. Then stir in sherry, rice vinegar, honey, soy sauce, vegetable stock and cornstarch and bring to a boil. Reduce the heat and simmer for 2 minutes. Serve immediately.

Makes 4 servings
Calories: 172/serving

NUTRITIONAL INFORMATION PER SERVING:

9g protein
23g carbohydrates
6g fat
319mg sodium
0mg cholesterol
6g fiber