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SEASONED TOFU STEAKS AND VEGETABLE STIR-FRY WITH GINGER SAUCE

Advanced Lifestyle

Ingredients

Tofu Steaks:

1 (12.3 oz.) package reduced fat firm silken tofu, drained
1/4 cup all-purpose flour
2 TBS dry bread crumbs
1/2 TSP dried thyme
1/4 TSP dried dill
1/4 TSP Morton's Lite salt
1/4 TSP paprika
1/4 TSP freshly ground black pepper
1 large egg, lightly beaten
2 TSP vegetable oil

Ginger Sauce:

1/2 cup rice vinegar
1/3 cup Splenda
1/2 cup water
2 TBS low-sodium soy sauce*
1 TBS cornstarch
1/4 cup water
1 TBS minced peeled fresh ginger

Vegetable Stir-Fry:

1 TSP vegetable oil
1 cup yellow bell pepper strips
1 cup snow peas
1/2 cup chopped plum tomatoes
2 cups cooked angel hair pasta or Somen (wheat noodles)
— [4 oz. uncooked pasta]

Instructions

To prepare the tofu steaks, cut tofu lengthwise into 4 (1/2" thick) slices. Place the tofu steaks on several layers of heavy-duty paper towels. Cover the steaks with additional paper towels, and let stand 5 minutes.

Combine flour and next 6 ingredients (flour through black pepper). Dredge each tofu steak in flour mixture. Dip into egg. Dredge again in flour mixture. Heat 2 TSP oil in a large nonstick skillet over medium-high heat. Add tofu steaks and cook 6 minutes, turning after 3 minutes. Remove from skillet. Cut each tofu steak into 4 wedges. Keep warm.

To prepare the ginger sauce, combine vinegar, Splenda, 1/2 cup water, and soy sauce in a small saucepan. Bring to a boil over medium-high heat. Reduce heat, and simmer 3 minutes or until Splenda is dissolved. Combine cornstarch and 1/4 cup water. Stir into Splenda mixture. Bring to a boil, and cook 1 minute or until thick. Remove from heat. Stir in ginger. Keep warm.

To prepare vegetable stir-fry, heat 1 TSP oil in skillet over medium-high heat. Add bell pepper and snow peas, and stir-fry 2 minutes. Add tomato, and stir-fry 1 minute. Serve over pasta, and top with ginger sauce and tofu wedges.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 4 tofu wedges, 1/2 cup pasta, 1/2 cup vegetable stir-fry, 1/4 cup ginger sauce = 1 P, 1 V, 1 G

*We recommend you substitute the low-sodium soy sauce with Bragg's Liquid Aminos (which you can get at any health food store and which tastes just like soy sauce); 1 TSP = 220 mg. sodium vs. lite soy sauce which = 575 mg. sodium.