

# WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



*DR. SINATRA'S*

## TOFU-VEGGIE STIR FRY

This wholesome and nourishing vegetarian meal is both healthy and satisfying! Rich in isoflavones and protein, tofu compliments a colorful variety of fresh vegetables, which are packed with [phytonutrients](#), vitamins, minerals and fiber. Try to use [organic](#) tofu and veggies (especially red peppers and carrots) when possible to avoid [GMOs](#) and pesticides. Brown rice is always a better choice than white rice, as it has more fiber and vital minerals like selenium and manganese. Serves 4

- 12-oz package extra firm tofu, cut into ½-inch cubes
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp [olive oil](#)
- 2 teaspoons finely chopped garlic
- 2 teaspoons finely chopped ginger root
- ½ red bell pepper, chopped
- 1 to 2 [carrots](#), peeled and sliced diagonally into thin rounds
- 1 cup chopped shitake/maitake/reishi mushrooms
- ½ bunch [asparagus](#), ends removed and sliced into 1-inch rounds
- 1 to 2 cups broccoli florets
- 1 can sliced water chestnuts, drained and rinsed
- 2 teaspoons arrowroot powder (or cornstarch)
- ½ cup unsweetened apple juice
- 1 Tbsp honey
- 1 teaspoon instant bouillon dissolved in ¼ cup filtered hot water
- 1 to 2 Tbsp pumpkin seeds
- 2 cups cooked brown rice or Miso-Edamame Rice

While rice is cooking, soak tofu in a marinade of soy sauce and 1 teaspoon each chopped ginger and garlic for up to 25 minutes, then remove from marinade and set aside.

Heat olive oil and remaining garlic and ginger in a large saucepan or wok over medium heat for a few minutes, then add all the fresh veggies and mushrooms, and sauté them on medium-high heat for about 3 minutes. Add tofu and water chestnuts, and stir frequently over the next few minutes until vegetables are tender, but not mushy. Remove tofu and vegetables from pan or wok.

In a small bowl, whisk together remaining soy sauce marinade, arrowroot powder, apple juice, honey, and bouillon-water. Pour this mixture into empty saucepan and cook until bubbly, then add veggies and tofu and stir until heated through. Serve over brown rice or Miso-Edamame Rice (also in Miso Soup recipes) and sprinkle with pumpkin seeds.