

Mushroom Tofu Stir Fry

Source: <https://www.eatingwell.com/recipe/277158/mushroom-tofu-stir-fry/>

List of Ingredients:

- 4 tablespoons peanut oil or canola oil, divided
- 1-pound mixed mushrooms, sliced
- 1 medium red bell pepper, diced
- 1 bunch scallions, trimmed and cut into 2-inch pieces
- 1 tablespoon grated fresh ginger
- 1 large clove garlic, grated
- 1 (8 ounce) container baked tofu or smoked tofu, diced
- 3 tablespoons oyster sauce or vegetarian oyster sauce

Directions:

1. Heat 2 tablespoons oil in a large flat-bottom wok or cast-iron skillet over high heat. Add mushrooms and bell pepper; cook, stirring occasionally, until soft, about 4 minutes. Stir in scallions, ginger, and garlic; cook for 30 seconds more. Transfer the vegetables to a bowl.
2. Add the remaining 2 tablespoons oil and tofu to the pan. Cook, turning once, until browned, 3 to 4 minutes. Stir in the vegetables and oyster sauce. Cook, stirring, until hot, about 1 minute.

Nutrition Facts:

Serving Size: 1 ½ cups
Servings per Recipe: 5
Calories: 171
Total Carbohydrates: 9g
Total Fat: 13g

Dietary Fiber: 2g
Saturated Fat: 2g
Sugar: 4g
Cholesterol: 0mg
Protein: 8g

Dinner Makes a Difference

Friday 11:00 a.m. - 12:00 p.m. via Zoom
Meeting ID: 926 3324 7356
Passcode: HealthEd1!

For more information, please contact:

SCF Health Education

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