

**MAKES 4 SERVINGS**

**Eileen Campbell**

*Stir-frying is a fast and easy way to prepare a meal without a lot of added fat. Vegetables and lean protein form the basis for this dish, with a little added sauce and seasoning for flavor. It's a flavorful way to introduce your family to tofu.*

# Sweet Chili Tofu Stir-Fry

• **Preparation time: 15 minutes / Cooking time: 12 minutes**

	Vegetable cooking spray	
5 oz	firm tofu, cut into thin strips	150 g
¾ cup	sliced Spanish onion	175 mL
1 cup	broccoli florets	250 mL
1 cup	baby carrots, cut into bite-size pieces	250 mL
¾ cup	sugar snap peas, trimmed	175 mL
½ cup	julienned red bell pepper	125 mL
½ cup	vegetable broth or water	125 mL
¼ cup	sweet chili sauce	50 mL
1 tsp	grated orange zest	5 mL
1 tbsp	chopped fresh cilantro (optional)	15 mL

1. Heat a wok or large skillet over medium-high heat. Spray with vegetable cooking spray. Brown tofu on both sides, then remove from pan and set aside.
2. Add onion to wok and sauté for 1 minute. Add broccoli, carrots, peas and red pepper; stir-fry until tender-crisp, about 5 minutes. Return tofu to wok and stir in broth, chili sauce and orange zest. Heat until bubbling.
3. Transfer stir-fry to serving platter and sprinkle with cilantro, if using.

✓ **KID APPROVED**

**SERVING IDEA:** Serve with brown rice and pour a glass of Mango Lassi (page 85).

## Diabetes Food Choice Values Per Serving

½ Carbohydrate

½ Meat & Alternatives

## NUTRIENTS Per Serving

Calories: 115      Carbohydrate: 17.1 g      Calcium: 118 mg

Fat: 2.6 g      Fiber: 3.0 g      Iron: 1.7 mg

Sodium: 265 mg      Protein: 6.0 g

**Very high in:** Vitamin A and vitamin C • **High in:** Folate and magnesium • **A source of:** Dietary fiber