

# Market District Demo Recipes

## Entrée



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

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## Tofu and Vegetable Stir Fry Freezer Pack

Serves: 4

Modified from: [www.DamnDelicious.net](http://www.DamnDelicious.net)

**Items Needed:** cutting board, knife, large mixing bowl, grater, measuring spoons, measuring cups, wooden spoon, gallon size Ziploc bag, large skillet

### Ingredients:

#### Sauce:

- 3 Tablespoons reduced-sodium soy sauce
- 2 Tablespoons water
- 1 Tablespoon rice wine vinegar
- 1 Tablespoon brown sugar, packed
- 1 Tablespoon freshly grated ginger
- 3 cloves garlic, minced
- 1 teaspoon sesame oil
- 1 teaspoon cornstarch
- 1 teaspoon Sriracha, optional

#### Stir Fry:

- 1 ½ pounds firm tofu, drained and cubed (2 12-ounce packages)
- 1 bell pepper, chopped
- 1 cup sugar snap peas
- 2 carrots, peeled and grated
- 3 cups broccoli florets

#### For Cooking:

- 1 Tablespoon olive oil
- 1 teaspoon sesame seeds
- 1 green onion, thinly sliced
- 4 cups cooked brown rice

### Directions:

1. In a large bowl, whisk together all sauce ingredients. Stir in cubed tofu and gently toss to combine.

2. In a gallon size Ziploc bag or large bowl, combine the tofu mixture, bell pepper, snap peas, carrots, and broccoli. Place in freezer for up to 1 month.
3. When ready to make, heat olive oil in a large skillet over medium high heat. Add stir fry mixture, and cook, stirring occasionally, until tofu is heated through and vegetables are tender, about 8 to 10 minutes.
4. Serve immediately with rice, garnished with sesame seeds and green onion, if desired.

**Nutrition Information (per ¼ of the recipe + 1 cup brown rice):**

Calories: 490 Fat: 12 g Carbs: 68 g Protein: 25 g Fiber: 8 g Sodium: 555 mg