

Stir Fry Bok Choy and Tofu

- 1 1/2 Tbsp. canola or peanut oil, divided
- 3 tsp. peeled, grated ginger
- 2 garlic cloves, minced
- 8 oz. extra-firm, light tofu, cut into 1-inch cubes
- 1/2 medium onion, thinly sliced
- 1 small red pepper, thinly sliced
- 2 cups coarsely chopped bok choy

Sauce

- 1/3 cup fat-free, reduced-sodium vegetable broth
- 2 Tbsp. light soy sauce
- 2 Tbsp. rice wine or rice vinegar
- 2 tsp. sugar
- 2 tsp. arrowroot or cornstarch



4 servings
Preparation time: 25 minutes
Cooking time: 10 minutes

1. Combine the sauce ingredients and set aside.
2. Heat half the oil in a wok or heavy skillet over high heat. Swirl the oil to coat. Add the ginger and garlic and sauté for 30 seconds. Add the tofu and stir-fry for 4 to 5 minutes until browned. Remove the tofu from the wok and set it aside on a plate.
3. Heat the remaining oil and stir-fry the onion and red pepper for 3 to 4 minutes until vegetables are tender, but still crisp. Add the bok choy and stir fry for 2 minutes.
4. Give the sauce a quick stir and add it to the wok. Add the tofu back to the wok. Stir gently just until the sauce is thickened.

Nutrition

Serving Size: 1 cup
Vegetable exchanges: 2
Medium fat meat exchanges: 1

Amount Per Serving
Calories: 115
Calories From Fat: 52
Total Fat: 6 grams
Saturated Fat: .5 gram
Cholesterol: 0 milligrams

Sodium: 387 milligrams
Total Carbohydrate: 10 grams
Dietary Fiber: 1 gram
Sugars: 6 grams
Protein: 6 grams



Balsamic Veggie Kabobs

- 10 (10-inch) metal or wooden skewers
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 1 tsp. garlic powder
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1 medium-sized yellow squash, cut into 20 chunks
- 1 red onion, cut into 20 chunks
- 1 medium-sized zucchini, cut into 20 chunks
- 20 large mushroom

Serves 5
Serving size: 2 skewers

Nutrition:

Vegetable Exchanges 2
Fat Exchanges 1

Amount per serving

Calories 100
Calories From Fat 49
Total Fat 5 g (Saturated Fat 1 g)
Cholesterol 0 mg
Sodium 123 mg
Carbohydrate 12 g (Dietary Fiber 3 g, Sugars 7 g)
Protein 3 g

1. If using wooden skewers, soak them in water for 20 minutes. In a small bowl, combine the oil, vinegar, garlic powder, salt, and pepper; mix well.
2. Alternately thread 2 chunks each of the yellow squash, onion, and zucchini and 2 mushrooms onto each skewer. Place the skewers on a 10- x 15-inch rimmed baking sheet and pour the oil-and-vinegar marinade over the vegetables. Marinate for 30 minutes, turning after 15 minutes.
3. Preheat the grill to medium-high and grill kabobs for 8 to 10 minutes, or until fork-tender, basting occasionally with the marinade.

Courtesy of Helen Long, Nutritionist

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