

Sesame Tofu Stir-Fry over Rice

2 tablespoon sesame seeds
1/2 teaspoon salt, divided
1 (1-pound) package firm or extrafirm tofu, drained and cut into 1-inch cubes
2 teaspoons peanut oil
2 teaspoons dark sesame oil
Cooking spray
3 cups thinly sliced mushroom caps
3 cups (2-inch) slices asparagus (about 1 pound)
1/4 cup thinly sliced green onions
1/2 cup vegetable broth
2 tablespoons hoisin sauce
1 1/2 tablespoons low-sodium soy sauce
1 teaspoon cornstarch
1 teaspoon chili garlic sauce (such as Lee Kum Kee)

Combine sesame seeds and 1/4 teaspoon salt in a large bowl. Add the tofu cubes; toss gently to coat. Combine oils in a large nonstick skillet over medium-high heat. Add tofu; stir-fry 5 minutes or until tofu is golden. Remove tofu from pan; keep warm.

Return pan to heat; coat with cooking spray. Add mushrooms; stir-fry 3 minutes or until mushrooms begin to brown. Add asparagus; stir-fry 4 minutes or until asparagus is crisp-tender. Reduce heat to medium; stir in green onions.

Combine broth and next 4 ingredients (broth through garlic sauce). Add broth mixture to pan; remove from heat (sauce will thicken). Add tofu and remaining 1/4 teaspoon salt; toss gently to combine. Serve over rice.

Yield: 4 servings (serving size: 1/2 cup rice and 1 1/2 cups mushroom mixture)

CALORIES 423 (38% from fat); FAT 18g (sat 2.7g,mono 5.4g,poly 8.8g); PROTEIN 26.3g;
CHOLESTEROL 0.0mg; CALCIUM 853mg; SODIUM 737mg; FIBER 8.5g; IRON 15.4mg;
CARBOHYDRATE 43.1g

Altered recipe: original from *Cooking Light*, MARCH 2004