

Tofu and Veggie Stir Fry in Spicy Peanut Sauce over Glass Noodles



Ingredients:

- 1 package glass or cellophane noodles
- 1 package extra firm tofu
- 1 large sweet red pepper, thinly sliced
- 1 large carrot, cut into matchsticks
- 1 medium red onion, halved then thinly sliced
- 1 cup green cabbage, thinly shredded
- 1 cup uncooked sugar snap peas, sliced in thirds
- 1/4 cup creamy peanut butter
- 1/4 cup water
- 1/4 cup sambal oelek
- 2 tablespoons low sodium soy sauce
- 2 tablespoons dark brown sugar
- 2 cloves garlic, minced
- 2 tablespoons ginger root, minced
- 2 tablespoons rice wine vinegar
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- Non-stick cooking spray

Optional garnishes:

- 2 tablespoons cilantro, finely chopped
- 2 tablespoons unsalted toasted sesame seeds
- 2 tablespoons salted peanuts, finely chopped

Directions:

- 1) Place two-ply paper towels on a large cutting board and place the tofu on top. Cover the tofu with two additional sheets of paper towels and gently press down on the tofu to remove as much liquid as you can. Discard the paper towels and return the tofu to the cutting board.
- 2) Cut the tofu horizontally into three equal slices, then cut the tofu into one-inch sized pieces.
- 3) Preheat your oven to broil and line a baking sheet with aluminum foil.
- 4) Spray the foil with the vegetable spray then line the tofu pieces along the bottom of the baking tray. Spray the top of the tofu with the vegetable spray and place the pan under the broiler in the oven. Broil the tofu until the tops turn golden brown then turn them over until the other side is golden brown, about 5 to 8 minutes. Remove the baking sheet from the oven and set the tofu aside.
- 5) In a small bowl combine the peanut butter, soy sauce, water, sugar, garlic, ginger, vinegar, and sambal oelek.
- 6) Prepare the glass noodles according to package directions.

7) Coat a large nonstick pan with the vegetable spray and set your burner to medium-high heat. When the pan is hot, add the vegetables and stir-fry them for 3 to 5 minutes until they're crisp-tender. Season the vegetables with salt and pepper.

8) Stir in the peanut sauce and the tofu and cook for 1 minute until the tofu is heated through.

9) To serve, line the bottom of a serving bowl with the glass noodles followed by the tofu and vegetables. Garnish with the chopped cilantro, peanuts, and sesame seeds.