

Baked Tofu Stir-Fry with Cabbage & Shiitakes – Vegan

Prep Time: 20 minutes
Cook Time: 20 minutes
Total Time: 40 minutes

Serving Size: 4
Calories per serving: 361
Fat per serving: 12 grams

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Ingredients

- 2 (14-16 ounce) packages extra firm tofu, patted dry
- 2 1/2 tablespoons black bean-garlic sauce, divided
- 2 tablespoons toasted sesame oil, divided
- 2 teaspoons sesame seeds
- 10 cups chopped napa cabbage (1-inch pieces, from 1 medium head)
- 3 cups halved shiitake mushroom caps (about 4 ounces)
- 1 bunch scallions, cut into 1-inch pieces, plus chopped greens for garnish
- 2 tablespoons rice wine or dry sherry
- 2 teaspoons hot sauce, or more to taste
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Instructions

1. Position racks in upper and lower thirds of oven; preheat to 425°F. Coat 2 large rimmed baking sheets with cooking spray.
2. Cut tofu into 1-inch pieces and toss in a large bowl with 2 tablespoons black bean sauce, 1 tablespoon sesame oil and sesame seeds. Spread in a single layer on one of the prepared baking sheets. (Reserve the bowl.) Roast the tofu on the lower rack, stirring twice, until browned, 25 to 30 minutes.
3. Meanwhile, toss cabbage, mushrooms, scallion pieces, the remaining 1/2 tablespoon black bean sauce and the remaining 1 tablespoon sesame oil in the large bowl. Spread the vegetables on the second baking sheet. When the tofu has roasted for 10 minutes, place the vegetables on the upper rack and roast, stirring once or twice, until tender, about 20 minutes.
4. Spoon the tofu over the vegetables, drizzle with rice wine (or sherry) and hot sauce and stir until combined. Serve sprinkled with scallion greens, if desired.

Notes

Nutrition facts (per serving): Calories: 361, from fat: 109, total fat: 12g, cholesterol: 0mg, sodium: 1029mg, total carbohydrate: 33g, fiber: 11g, sugar: 2g, protein: 27g.