



## *Healthy Eating & Weight Loss*

### **Pan Fried Tofu with Asian Garlic Sauce**

- 1 pkg extra firm tofu
- 2 tbsp vegetable oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 tsp minced gingerroot (or 1/2 tsp dried ground ginger)
- 1/4 tsp pepper
- 3/4 cup vegetable stock
- 1/4 cup soy sauce
- 1 tbsp cornstarch
- 2 green onions, diagonally sliced

Pat tofu dry and cut crosswise into 4 slices. In a large non-stick skillet, heat half the oil over medium high heat and fry tofu until golden (approx 4 minutes per side) Remove and keep warm.

Add remaining oil to pan and fry onion, garlic, ginger and pepper over medium heat until onion is soft (approx 3 mins)

Add stock and soy sauce and bring to a boil. Stir in cornstarch with 1 tbsp water. Bring to a boil, stirring until thickened. Pour over tofu and sprinkle with onions.

Makes 4 servings.

**181 calories per serving, 11 g protein**

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