

Stir-Fried Tofu and Bok Choy in Ginger Sauce

David Johnson

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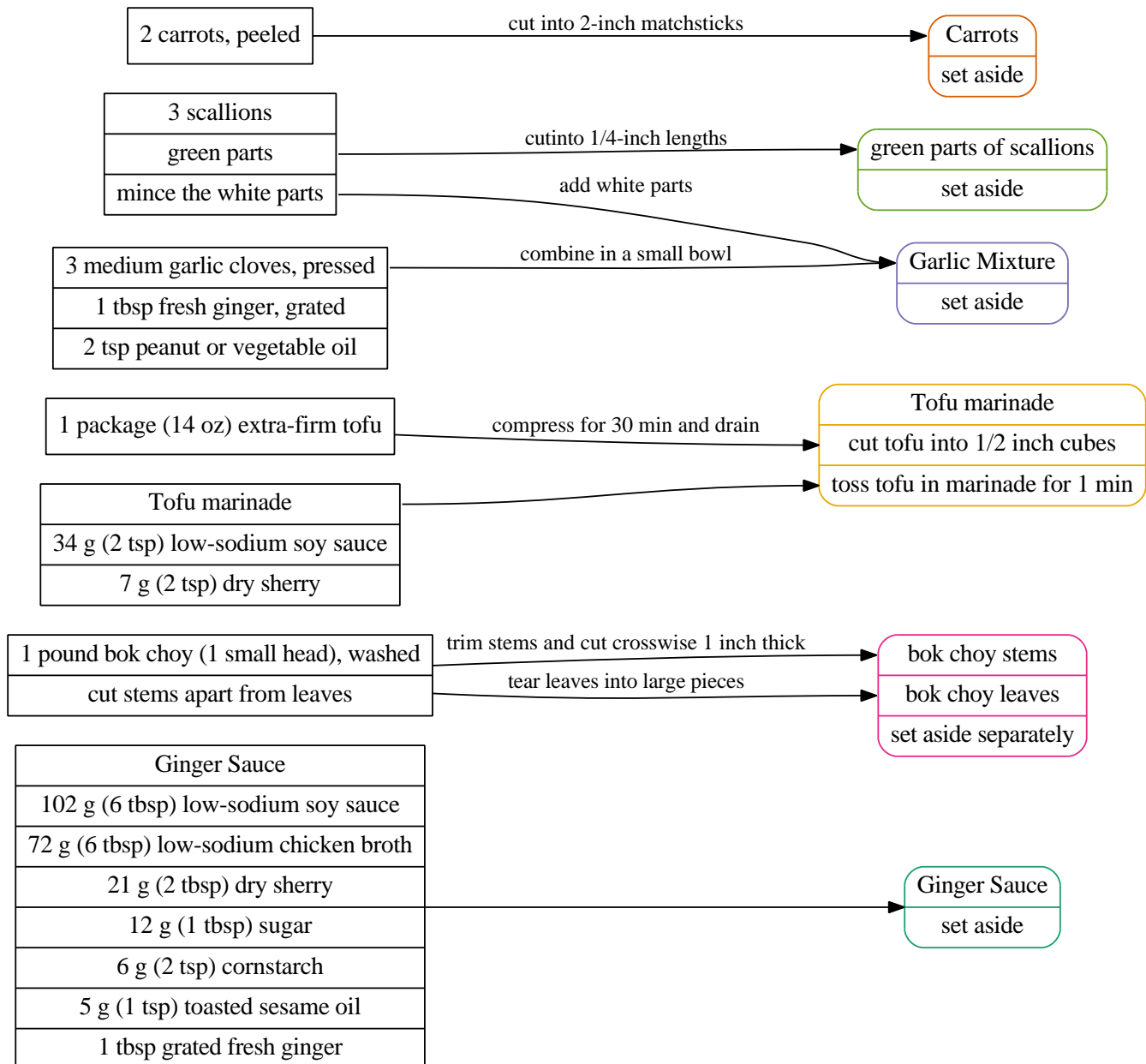
This recipe flowchart is based on a Cooks Illustrated recipe by the same name.

Makes 4 servings

Per serving: Cal 240; Fat 14 g; Sat fat 2 g; Chol 0 mg; Carb 16 g; Protein 15 g; Fiber 4 g; Sodium 1070 mg

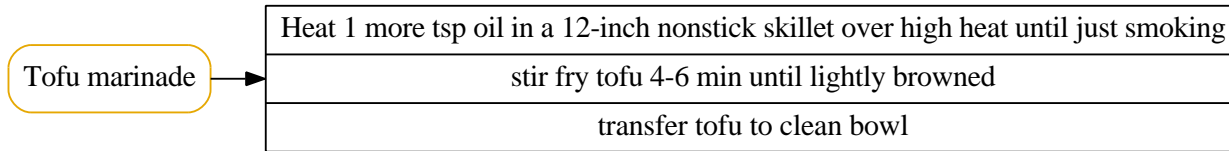
Note: peanut oil is strongly recommended to get high heat without burning. Vegetable (soybean) oil will also work, albeit not quite as well.

Ingredients and Preparation

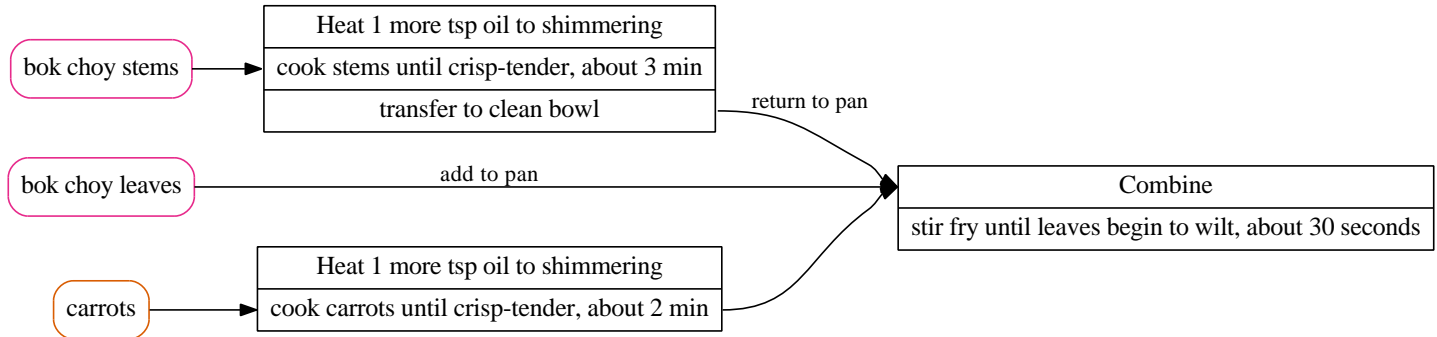


Stir Frying

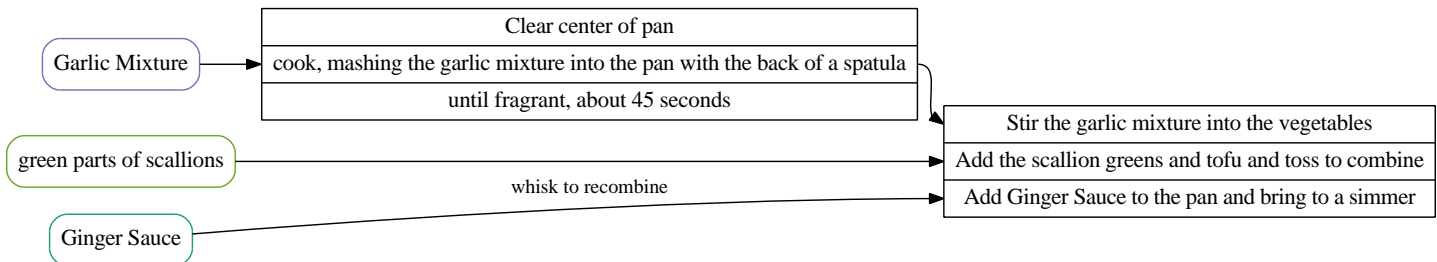
Begin by stir frying the tofu. High heat is important for browning.



Next, fry the vegetables.



Finally, fry the garlic and put it all together.



Remove the pan from the heat and toss until all the ingredients are well coated with sauce and sizzling hot. Serve immediately.