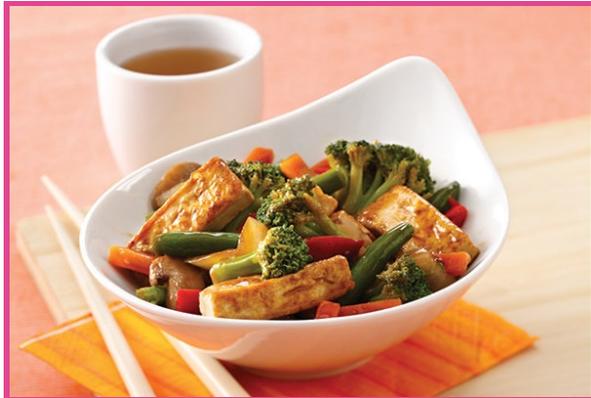




Turbo Tofu Stir-Fry



1/4th of recipe (about 1 1/3 cups): 189 calories, 6.5g total fat (0.5g sat. fat), 768mg sodium, 16.5g carbs, 4g fiber, 7g sugars, 13g protein

Prep: 10 minutes **Cook:** 15 minutes

More: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#), [30 Minutes or Less](#)

Ingredients

One 12-oz. package block-style extra-firm tofu, drained
2 tbsp. reduced-sodium/lite soy sauce
2 tbsp. vegetarian-friendly oyster sauce
2 tsp. cornstarch
1 tsp. sesame oil
Dash ground ginger
Dash red pepper flakes
1/8 tsp. salt
4 cups frozen stir-fry vegetables
3 cups frozen broccoli florets
1/2 tsp. chopped garlic

Directions

Lay tofu block on a dry surface with the shorter sides on the left and right. Vertically cut into 1/2-inch-wide pieces. Horizontally cut each piece into 4 smaller pieces.

In a medium bowl, combine soy sauce, oyster sauce, cornstarch, sesame oil, ginger, and red pepper flakes. Whisk until cornstarch has dissolved.

Bring a skillet sprayed with nonstick spray to high heat. Add tofu and sprinkle with salt. Cook until golden brown, about 6 minutes, gently flipping to evenly brown.

Transfer tofu to a large bowl and cover to keep warm.

To the skillet, add stir-fry veggies, broccoli, and garlic. Cover and cook until hot, about 5 minutes.

Give the sauce mixture a stir and add to the skillet, along with the tofu. Cook and stir until sauce has thickened slightly and tofu is hot, about 3 minutes. Dig in!

MAKES 4 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

