



## 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

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 1\***

**Purple Plan [SmartPoints](#)® value 1\***

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



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

## 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

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.