



# *Sesame Tofu & Broccoli*

## **INGREDIENTS:**

*1/2 Cup Low-Sodium Soy Sauce*  
*2 Tbs. Sesame Oil*  
*Ginger, to Taste*  
*8 Oz. Extra-Firm Tofu, Cubed*  
*1/3 Cup Cornstarch*  
*1 Onion, Thinly Sliced*  
*1 Jalapeno Pepper, Seeded and Diced*  
*2 Garlic Cloves, Diced*  
*1 Bunch Broccoli Florets*  
*1/2 Tbs. Sesame Seeds*  
*3 Scallions, Chopped*

## **DIRECTIONS:**

1. Mix together soy sauce, sesame oil and ginger. Heat large skillet to medium-high heat. Toss cubed tofu in shallow bowl with cornstarch. Shake off excess pieces and set aside. Heat half soy sauce mixture in skillet. Cook tofu, stirring frequently, until blackened and crispy, about 4-5 minutes. Remove from pan and set aside.
2. Add remaining soy sauce mixture to hot pan. Add onion pepper, garlic and broccoli and cook until tender, about 4-5 minutes. Add tofu and toss together with sesame seeds and scallions. Serve with brown rice and enjoy!