

Sweet & Sour Stir Fry

Recipe © Alexandra Caspero M.A.R.D., guest contributor

Servings: ~4

Ingredients:

- 1 lb. tofu, diced
- 2- to 3 cloves garlic, minced
- 3 cups sugar snap peas, halved
- 3 carrots, sliced
- 2 Tbl. oil or vegetable broth

Sweet and Sour Sauce:

- 2 Tbl. balsamic vinegar
- 1 Tbl. soy sauce
- 1 Tbl. corn starch
- 3 Tbl. Ketchup
- 3 Tbl. maple syrup or other liquid sweetener
- $\frac{1}{4}$ cup water



Directions:

1. Mix together the ingredients for the sweet and sour sauce and set aside.
2. Heat a large skillet or wok to medium heat. Add 2 Tbl. broth or oil. Once heated through, add the garlic and quickly toss for 1-2 minutes. Add a pinch of salt and stir.
3. Add the tofu to the garlic oil and fry for 5-6 minutes until the tofu is nicely browned. Remove tofu and set aside.
4. Add the carrots, stir and cook for 2 minutes. Add the sugar snap peas and cook for another minute. Turn the heat down to medium low and add the sauce and tofu. Stir and let cook for 5 minutes until the sauce has thickened.

Nutrition:

 (Serving size: $\frac{1}{4}$ th recipe)

calories: 332	protein: 14.5g	total carbohydrate: 29g	total fat: 13.1g
sugars: 19g	sodium: 245mg	dietary fiber: 5.5g	saturated fat: 0.5g