



Teriyaki Tofu Bowl

Ingredients:

- 14 oz. package of firm tofu
- ¼ cup cornstarch
- ¼ cup vegetable oil
- 2 teaspoon ginger
- 1 onion
- 6 tablespoons soy sauce
- ½ head broccoli, chopped
- 4 tablespoon brown sugar
- 4 tablespoon sesame oil
- ½ cup warm water
- 3 cups steamed rice

Instructions:

1. Pat tofu dry and cut into 1-inch cubes. Add cornstarch to a bowl and place tofu pieces in for a light coating.
2. Heat vegetable oil in pan over medium heat. Add tofu to pan and fry until golden (set aside).
3. Add ginger to pan for one minute, add onions and stir fry for 2-3 minutes.
4. Add soy sauce, brown sugar, and sesame oil, and tofu to pan and stir for 1 minute until sauce is thick and tofu is coated in the sauce.
5. Serve teriyaki tofu over steamed rice.

Prep Time: 10 minutes

Cooking Time: 15 minutes

Equipment:

- Knife
- Cutting board
- Medium bowl
- Large bowl
- Measuring spoons/ cups
- Mixing spoon
- Pan

Servings: 3 serving

Serving Size: 1 bowl



Nutrition Facts:	130Calori	7g Fat,	1g Saturated Fat,	16g Carbohydrates,	4g Protein,	1g Fiber,
	es,					
	1g Sugar,	16 mg Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
 For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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Variations:

- Add chopped scallions on top

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