

Kung Pao Peppers & Tofu Stir-Fry

[recipe sauce](#)



Nutrition Facts;

PER SERVING	
Kung Pao Peppers and Tofu Stir-Fry	
Makes: 4 servings	
Serving Size: 1 1/4 cups stir-fry	
Calories	230
Fat	14 g
Saturated Fat	2 g
Trans Fat	0 g
Carbohydrate	16 g
Fiber	4 g
Sugars	6 g
Cholesterol	0 mg
Sodium	460 mg
Potassium	500 mg
Protein	14 g
Phosphorus	200 mg
Choices: Nonstarchy Vegetable 2, Medium-Fat Protein 1, Fat 2	

PER SERVING	
Asian Stir-Fry Sauce	
Makes: 4 servings	
Serving Size: 3 Tbsp	
Calories	30
Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Carbohydrate	3 g
Fiber	0 g
Sugars	1 g
Cholesterol	0 mg
Sodium	250 mg
Potassium	10 mg
Protein	1 g
Phosphorus	0 mg
Choices: Fat 0.5	

Preparation Time;

20 minutes (stir-fry) 5 minutes (sauce) 25 minutes (total)

Cook Time;

5 minutes

Servings;

4 (stir-fry) 4 (sauce)

Serving Size;

1 ¼ cups (stir-fry) 3 tbsp (sauce)

Ingredients;

Stir-Fry:

- 1 tbsp canola or peanut oil
- 3 large bell peppers, various colours, diced
- 1 small serrano chili with some seeds, thinly sliced
- 1 tbsp freshly grated ginger
- 3 large garlic cloves, very thinly sliced
- 4 scallions, green and white parts, sliced diagonally
- 3 tbsp salted dry-roasted peanuts, coarsely chopped
- 6 oz Asian flavoured ready-to-eat baked tofu, cubed
- ¾ cup Asian stir-fry sauce

Asian Stir-Fry Sauce:

- ½ cup low-sodium vegetable broth
- 2 tbsp no-sugar-added applesauce or apple-peach sauce
- 1 tbsp brown rice vinegar
- 1 tbsp naturally brewed soy sauce
- 1 ½ tsp toasted sesame oil
- 2 tsp cornstarch

Directions;

Asian Stir-Fry Sauce:

1. Whisk together all ingredients until smooth

Stir-Fry:

1. Heat the oil in a wok (or large, deep skillet) over high heat. If desired, prepare 4 cups soba noodles according to the package directions. Carefully add to the wok the bell peppers, serrano chili, ginger, and garlic. Stir-fry until the bell peppers are al dente, about 3 minutes. Add the stir-fry sauce and scallions, and stir-fry until the sauce is slightly thickened, about 30 seconds. Add the peanuts and stir-fry until the sauce is fully thickened, about 30 seconds.
2. Immediately stir in the tofu, cooking until heated through, about 30 seconds. Serve over cooked soba noodles (1 cup, Total Carbohydrate 24 g), if desired.

With Seafood;

Replace the tofu with 32 fresh medium shrimp, cleaned, deveined, and poached. (Frozen shrimp have more sodium.) Add into the stir-fry along with the peanuts in step 1.

Per Serving: Calories 180, Total Fat 10 g (Sat. Fat 1 g), Cholesterol 60 mg, Sodium 370 mg, Potassium 430 mg, Total Carbohydrate 14 g (Fiber 3 g, Sugars 6 g), Protein 11 g, Phosphorus 180 mg