

Tofu Egg Roll Bowl FIT

Serving size: 1 each

Makes 4 bowls

TERIYAKI MISO GLAZE

makes 4 servings

- 3/8 cup Water
- 1/2 tsp White Miso Paste
- 1 tsp Low Sodium, Gluten Free Soy Sauce
- 1/2 tsp Ginger Root, minced
- 1 tsp Granulated Sugar
- 1 tsp Cornstarch
- 1 tsp Water

FOR ASSEMBLY

- 1 TBSP Canola Oil
- 4 cups Shredded Cabbage
- 1 cup Carrots
- 1 cup Chinese Long Beans
- 1 cup Edamame
- 1 cup Shiitake Mushrooms
- 1/4 cup Jalapeno
- 4 each Lime Wedge

STIR FRIED TOFU, SOY SCALLIONS

- 13 oz Extra Firm Tofu
- 3/4 tsp Scallions
- 2 tsp Sesame Oil
- 2 tsp Canola Oil
- 3/8 cup Yellow Onion, chopped fine
- 3 tsp Garlic Cloves, minced
- 1 tsp Ginger Root, minced
- 3 tsp Sriracha Hot Chili Sauce
- 1 1/2 TBSP Low Sodium, Gluten Free Soy Sauce
- 2 1/2 tsp Rice Vinegar

Preparation:

Teriyaki Miso Glaze

1. In a small saucepan, bring water, miso, soy sauce, minced ginger, and sugar to a boil. Lower to a simmer and cook for 10 minutes.
2. In a separate small bowl, mix cornstarch and water into a slurry then slowly add to the simmering sauce while stirring. Let cook for 5 more minutes to thicken. Keep warm.

Stir Fried Tofu, Soy Scallions

1. Drain tofu. Place tofu in a mesh strainer to push out all excess water. Once pressed, break tofu into crumbles.
2. Remove tops of scallions. Thinly slice green part of onion and reserve for garnish. Thinly slice white part of scallions and reserve for sauteing.
3. Heat sesame and canola oil in a pan. Add onion and white part of scallion. Cook until translucent. Stir in garlic and ginger. Cook until fragrant.
4. Stir in crumbled tofu and cook for 1 – 2 minutes.
5. Add sriracha, soy sauce and rice vinegar. Continue cooking until sauce is reduced/absorbed by tofu. Fold in green portion of scallion.

Assembly

1. To sauté pan, add 1 TBSP oil and water as needed.
2. To pan add, 1 cup shredded cabbage, let wilt.
3. Add 1/4 cup shredded carrots, 1/4 cup Chinese long beans, 1/4 cup edamame, 1/4 cup shiitake mushrooms, 1/4 cup snow peas, 1 TBSP jalapeno, 1/2 cup soy scallion tofu mix, 1 fluid ounce prepared teriyaki miso glaze. Garnish with lime wedge.



Registered Dietitian Approved!



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NUTRITION FACTS PER SERVING

calories	390
total fat (g)	26
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	500
total carbohydrate (g)	26
dietary fiber (g)	7
sugar (g)	9
protein (g)	16