

The Healthy Cook

What's healthier—or tastier—than takeout or delivery? Pair these two dishes for my veggie-rich spin on Chinese food.

Shiitake Tofu Stir-Fry



- 2 Tbs. dry sherry
- 2 Tbs. reduced-sodium soy sauce
- 2 tsp. maple syrup
- ½ tsp. grated ginger
- 1 tsp. cornstarch
- 1 tsp. mild red chile flakes (optional)
- 1 Tbs. + 2 Tbs. grapeseed oil
- 8 oz. high-protein (or extra-firm) tofu, cut into triangles
- ½ lb. shiitake caps, quartered
- ½ tsp. toasted sesame oil
- 1 scallion, sliced



1. In a small bowl, mix together the sherry, soy sauce, maple syrup, ginger, cornstarch, and chile flakes with ¼ cup of water.
2. In a large non-stick pan, heat 1 Tbs. of the grapeseed oil over medium heat until shimmering hot. Sauté the tofu until browned, 3-5 minutes. Remove from the pan.
3. Increase the heat to high and add the remaining 2 Tbs. of grapeseed oil. Stir-fry the mushrooms until browned, 4-5 minutes.
4. Add the soy sauce mixture to the pan and cook until the sauce thickens, 1-2 minutes.
5. Remove from the heat and stir in the tofu and sesame oil. Top with the scallions.

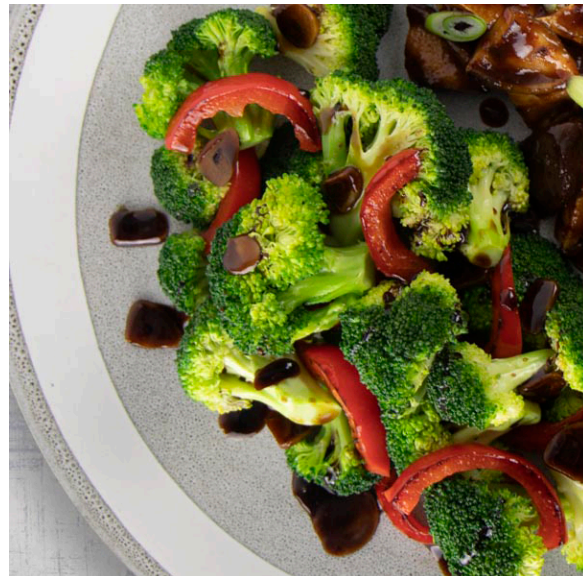
PER SERVING (2½ cups): calories 410 | total fat 28 g | sat fat 3.5 g | carbs 22 g | fiber 5 g | total sugar 7 g | added sugar 4 g
protein 23 g | sodium 650 mg

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Broccoli with Garlic Sauce

 SERVES 2

- 1 Tbs. balsamic vinegar
- 2 tsp. reduced-sodium soy sauce
- 3 cloves garlic, thinly sliced
- 1 tsp. molasses
- ¼ tsp. cornstarch
- 1 tsp. grapeseed oil
- 4 cups broccoli florets
- ½ red bell pepper, sliced



1. In a small bowl, mix together the vinegar, soy sauce, garlic, molasses, and cornstarch with ¼ cup of water.
2. In a large non-stick pan, bring the oil and ⅓ cup of water to a simmer over medium heat. Add the broccoli and peppers. Stir-fry until the water has evaporated and the vegetables start to brown in spots, 2-3 minutes. Remove from the pan.
3. Add the vinegar mixture to the pan. Cook, stirring constantly, until the mixture is a syrup, 1-2 minutes. Spoon over the vegetables.

PER SERVING (2 cups): calories 100 | total fat 3 g | sat fat 0 g | carbs 15 g | fiber 4 g | total sugar 7 g | added sugar 2 g
protein 5 g | sodium 240 mg