**Tofu Stir Fry**

*Hosted by: Christine McNamara, SHS Registered Dietitian*

Prep: 12 mins | Cook: 8 mins | Total: 20 mins
Yield: 4 servings

**Ingredients:**
- 1 clove garlic
- 1 package firm tofu, sliced into cubes
- ½ cup broccoli
- 1 cup sliced carrots
- 1 small onion, sliced
- ¾ cup vegetable broth
- 1 tbsp cornstarch
- 1 tbsp water
- 1 can water chestnuts
- 2 tbsp stir-fry sauce or soy sauce
- Cooking spray
- Brown rice (optional)

**Instructions**
1. Coat skillet with cooking spray and stir-fry garlic for 1 minute.
2. Add broccoli, carrots, and onion and stir-fry for 1 minute.
3. Stir in broth and add tofu. Cover and cook for 3 minutes.
4. Mix cornstarch and water in separate cup. Stir mixture into vegetable mix until thickened.
5. Add water chestnuts and stir-fry sauce or soy sauce. Cook for 2 minutes.
6. Serve alone or with brown rice.

**Notes**

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