**Broccoli Tofu Stir Fry**

1 pkg extra firm tofu, cut in ½ inch pieces

3 T. reduced sodium soy sauce

2 t. vegetable oil

½ c onion, cut into thin strips

2 c broccoli florets

1 c green or red pepper, cut in 1 inch chunks

½ c sliced water chestnuts

½ t ground ginger

**Instructions**

1. Place tofu in single layer in pie dish or baking pan. Pour soy sauce over tofu, tossing to coat all pieces. Marinate 10-15 min.
2. Heat wok or large, non stick skillet over medium high heat.
3. Add onion and oil. Stir fry for 1 min.
4. Push onion to sides of pan and add broccoli to center. Stir fry 5 min.
5. Push broccoli to sides of pan. Add green pepper, water chestnuts, and ginger. Stir fry 1-2 min. until all vegetables are tender crisp.
6. Add tofu. Stir fry to 1-2 min. or until hot.