15-Minute Healthy Sautéed Asparagus and Tofu

Add this quick-and-easy vegetarian meal to your Healthiest Way of Eating this week. Prepared by using our Healthy Sautéed cooking method it has great flavor with a minimal number of ingredients and is prepared without the use of heated oils. Enjoy!

Prep and Cook Time: 20 minutes
1 medium onion, cut in half and sliced medium thick
4 medium cloves garlic, chopped
1 TBS vegetable broth
2 TBS minced fresh ginger
3 cups thin asparagus, cut in 2-inch lengths
1 medium red bell pepper, thin julienne in 1-inch lengths
4 oz extra firm tofu, cut in 1/2-inch cubes
1 TBS soy sauce
2 TBS rice vinegar
1 tsp toasted sesame seeds
salt and white pepper to taste

Slice onions and chop garlic and let both sit for at least 5 minutes to bring out their hidden health benefits.

Heat 1 TBS broth in a 10-12 inch stainless steel skillet. Healthy Sauté onion in broth over medium high heat for about 2 minutes, stirring constantly.

Add garlic, ginger, asparagus, and peppers and continue to healthy sauté for another 1 minute, stirring constantly.

Add tofu, soy sauce, and vinegar. Turn heat to low and cover for about 2 minutes, or until vegetables are tender, yet still crisp.

Season with salt and pepper and sprinkle with sesame seeds.
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