

## SKILLET TOFU WITH BROCCOLI AND PEPPERS

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This month, I'm featuring recipes from my new book, [\*Food: What the Heck Should I Eat?\*](#) which is out on February 27th! This is a tasty and super-easy meal that can be on the table in less than 20 minutes. You can easily use 1 pound of chicken or beef in place of the tofu as well as different vegetables depending on what's available and in season.

Serves: 4

Ready in: 25 minutes

Ingredients:

- 2 teaspoons sesame oil
- 1 large red bell pepper, stemmed, seeded, and julienned
- 2 large broccoli heads (about 1 pound total), cut into small florets
- ½-inch piece fresh ginger, peeled and minced
- 1 pound non-GMO firm tofu, drained and crumbled
- 2 tablespoons wheat-free tamari
- 1 tablespoon rice wine vinegar
- ½ cup vegetable broth or filtered water
- 1 tablespoon arrowroot
- 2 tablespoons filtered water
- 1 tablespoon white sesame seeds
- ¼ cup loosely packed cilantro leaves, roughly chopped

Step 1: Heat the sesame oil in a large skillet or wok over medium-high heat until shimmering. Add the peppers and broccoli, toss to combine, and cook, stirring occasionally, until soft, 3 to 4 minutes. Stir in the ginger and cook for 1 minute. Then add the crumbled tofu and stir until the tofu is well combined.

Step 2: Add the tamari, vinegar, and broth, and bring to a simmer. While the tofu cooks, combine the arrowroot with the water and pour the mixture into the pan. Stir well and simmer for another 2 to 3 minutes to allow the liquid to thicken.

Step 3: Divide the tofu among four bowls and serve immediately, garnished with the sesame seeds and cilantro. This dish serves up nicely with the Cauliflower Rice.

**Nutritional analysis per serving:** calories 176, fat 9 g, saturated fat 1 g, cholesterol 0 mg, fiber 4 g, protein 14 g, carbohydrate 13 g, sodium 382 mg