

## Bok Choy and Tofu Stir-Fry

Serves 4

### Cooking Spray

1 large garlic clove minced

1T. ginger root, grated

4 cups bok choy, coarsely chopped

1 cup shiitake mushrooms, slice caps only and discard stems

12 oz. low-fat extra firm tofu, drained and cut into ½ inch cubes

2 T. low-sodium soy sauce

2 T. hoison sauce

¼ cup scallions, chopped green tops only

¼ tsp. pepper (optional)

2 cups cooked brown rice

Coat a nonstick wok or skillet with cooking spray. Add ginger, garlic, bok choy and mushrooms, stir-fry over medium-high heat until bok choy is wilted, about 3 minutes. Add tofu cubes and brown for 1 minute.

Stir in soy sauce, hoisin sauce, scallions and pepper; heat through, about 1 minute. Spoon ½ cup of rice onto each of 4 plates and top each with about 1 cup of tofu mixture.