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. hoisin 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.