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15-Minute Asparagus Tofu Stir-Fry

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

Prep and Cook Time: 20 minutes



Ingredients:

- 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 [tamari](#)
- 2 TBS rice vinegar
- 1 tsp toasted sesame seeds
- salt and white pepper to taste

Directions:

1. Slice onions and chop garlic and let both sit for at least 5 minutes to [bring out their hidden health benefits](#).
2. Heat 1 TBS broth in a wok or 10-12 inch stainless steel skillet. [Healthy Stir-Fry](#) onion in broth over medium high heat for about 2 minutes, stirring constantly.
3. Add garlic, ginger, asparagus, and peppers and continue to stir-fry for another 2 minute, stirring constantly.
4. Add tofu, soy sauce, and vinegar. Turn heat to low and cover for about 2 minutes, or until vegetables are tender, yet still crisp.

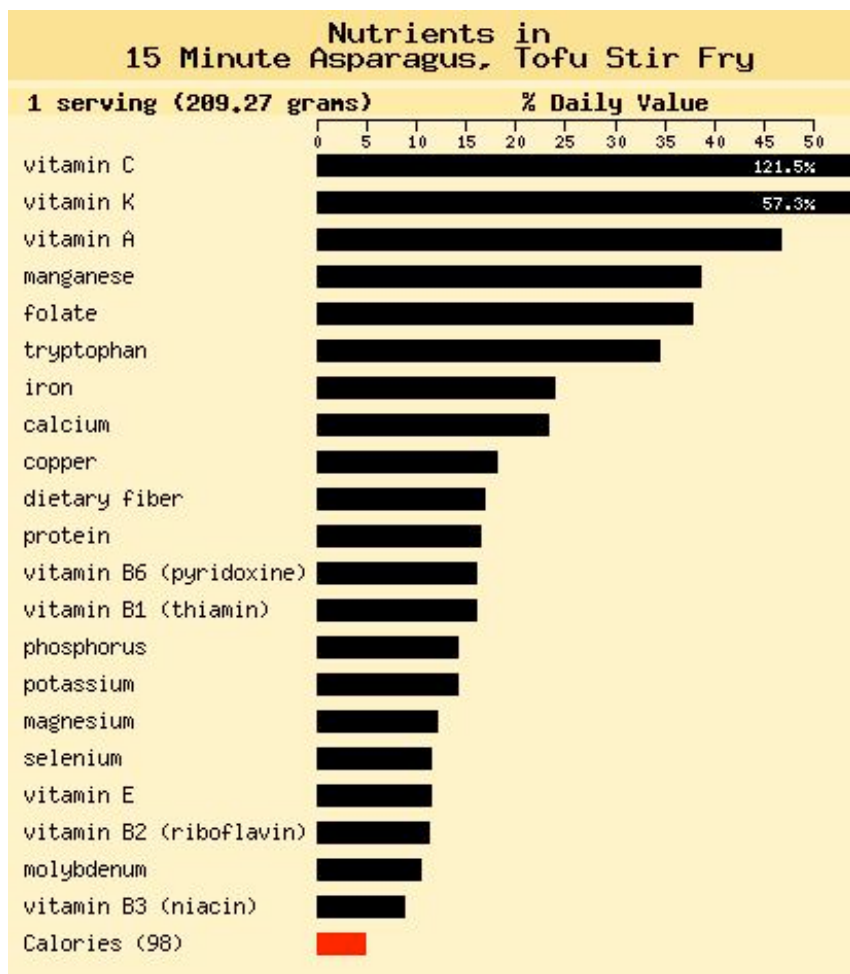
5. Season with salt and pepper and sprinkle with sesame seeds.

Serves 4

Healthy Cooking Tips:

Make sure all your ingredients are cut and ready before you start to stir-fry. Once you begin, this recipe cooks quickly and it would be easy to overcook your vegetables if you are still chopping. Also, for quick cooking, make sure you choose thin asparagus and cut the peppers thin. That way, they will cook fast, and your dish will taste fresh and alive.

Nutritional Profile



Introduction to Recipe Rating System Chart

In order to better help you identify recipes that feature a high concentration of nutrients for the calories they contain, we created a Recipe Rating System. This system allows us to highlight the recipes that are especially rich in particular nutrients. The following chart shows the nutrients for which 15-Minute Asparagus Tofu Stir-Fry is either an excellent, very good, or good source (below the chart you will find a table that explains these qualifications). If a nutrient is not listed in the chart, it does not necessarily mean that the recipe doesn't contain it. It simply means that the nutrient is not provided in a sufficient amount or concentration to meet our

rating criteria. (To view this recipe's in-depth nutritional profile that includes values for dozens of nutrients - not just the ones rated as excellent, very good, or good - please use the link below the chart.) To read this chart accurately, you'll need to glance back up to see the ingredients used in the recipe and the number of serving sizes provided by the recipe. Our nutrient ratings are based on a single serving. For example, if a recipe makes 4 servings, you would be receiving the nutrient amounts listed in the chart by eating 1/4th of the combined ingredients found in the recipe. Now, returning to the chart itself, you can look next to the nutrient name in order to find the nutrient amount it offers, the percent Daily Value (DV%) that this amount represents, the nutrient density that we calculated for this recipe and nutrient, and the rating we established in our rating system. For most of our nutrient ratings, we adopted the government standards for food labeling that are found in the U.S. Food and Drug Administration's "Reference Values for Nutrition Labeling." [Read more background information and details of our rating system.](#)

15 Minute Asparagus, Tofu Stir Fry

1.00 serving

209.27 grams

98.83 calories

Nutrient	Amount	%DV	Nutrient Density	World's Healthiest Foods Rating
vitamin C	72.92 mg	121.5	22.1	excellent
vitamin K	45.81 mcg	57.3	10.4	excellent
vitamin A	2329.17 IU	46.6	8.5	excellent
manganese	0.77 mg	38.5	7.0	very good
folate	151.11 mcg	37.8	6.9	very good
tryptophan	0.11 g	34.4	6.3	very good
iron	4.29 mg	23.8	4.3	very good
calcium	231.47 mg	23.1	4.2	very good
copper	0.36 mg	18.0	3.3	good
dietary fiber	4.21 g	16.8	3.1	good
protein	8.26 g	16.5	3.0	good
vitamin B6 (pyridoxine)	0.32 mg	16.0	2.9	good
vitamin B1 (thiamin)	0.24 mg	16.0	2.9	good
phosphorus	142.50 mg	14.3	2.6	good
potassium	492.79 mg	14.1	2.6	good
magnesium	48.34 mg	12.1	2.2	good
selenium	8.02 mcg	11.5	2.1	good
vitamin E	2.29 mg	11.4	2.1	good

vitamin B2 (riboflavin)	0.19 mg	11.2	2.0	good	
molybdenum	7.89 mcg	10.5	1.9	good	
vitamin B3 (niacin)	1.76 mg	8.8	1.6	good	
World's Healthiest Foods Rating	Rule				
excellent	DV >= 75%	OR	Density >= 7.6	AND	DV >= 10%
very good	DV >= 50%	OR	Density >= 3.4	AND	DV >= 5%
good	DV >= 25%	OR	Density >= 1.5	AND	DV >= 2.5%

In-Depth Nutritional Profile for [15-Minute Asparagus Tofu Stir-Fry](#)



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