

# Buddha's Delight

**Serving size:** 1 ¼ cups; makes 6 servings

**Prep time:** 10 minutes

**Cook Time:** 30 minutes

**Total time:** 40 minutes

## Ingredients



- 1 (14-ounce) package extra firm tofu, drained and cut into cubes
- 3 Tbsp low-sodium soy sauce
- 1 Tbsp toasted sesame seed oil
- 2 tsp honey or brown sugar
- 1 Tbsp grated peeled fresh ginger
- 2 garlic cloves , minced
- 2 tsp cornstarch
- 1 Tbsp canola oil/olive oil/vegetable oil
- 1/4 cup sliced green onions
- 1 (14-ounce) can whole baby corn, drained and halved
- 1 (8-ounce) can sliced bamboo shoots, drained
- 4 cups mixed fresh vegetables (broccoli florets, snow peas, sliced carrots, shiitake mushrooms and baby bok choy)
  - (Can also add cremini mushrooms, sliced, canned sliced bamboo shoots, water chestnuts, sliced, bean sprouts, shredded Napa cabbage leaves)
- 8oz uncooked edamame spaghetti
- Cooking spray
- salt and pepper to taste

## Preparation

1. Preheat oven to 400 degrees. Line a sheet pan with foil and coat with cooking spray.
2. Place tofu cubes in a single layer on the sheet pan,
3. Bake for 20 minutes or until lightly browned.
4. Meanwhile, cook spaghetti according to box instructions. Set aside.
5. For the sauce: In a small bowl, mix together the soy sauce, sesame oil, honey, ginger and garlic. Mix the cornstarch with 1/4 cup of cold water and add to the soy sauce mixture; stir to combine.
6. Heat the oil in a large pan over medium high heat. Add the vegetables and season lightly. Cook for 3-4 minutes, stirring occasionally. Add 2 Tbsp of water to the pan and cook for 3-4 minutes more or until vegetables are tender.
7. Stir in the tofu cubes, baby corn and bamboo shoots.
8. Pour the sauce over the tofu mixture and bring to a boil; boil for one minute or until sauce has just thickened.
9. Top with sliced green onions and serve with 1/6<sup>th</sup> of edamame pasta prepared.

**Nutritional Information****Per serving**

Calories: 320

Total Fat: 10 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Total Carbohydrate: 33 g

Dietary Fiber: 12 g

Sugar: 12 g

Protein: 28 g

Sodium: 477 mg

Potassium: 155 mg

*Adjusted from:* <https://www.dinneratthetoo.com>