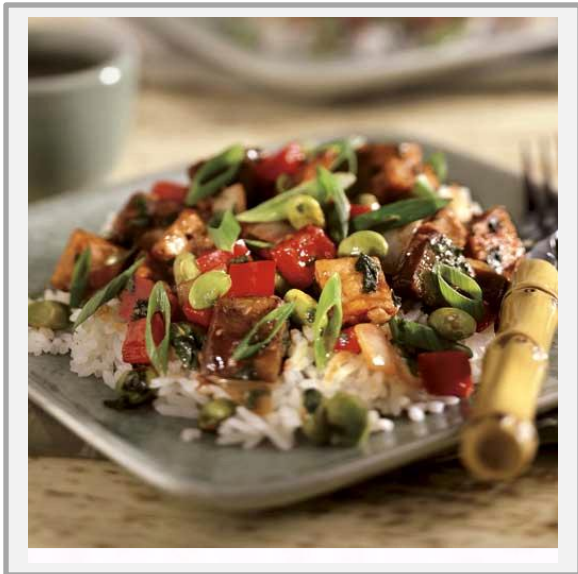


# Stir Fry with Mukimame

Makes: 4 servings



**Total Time: 25 minutes**

## Ingredients:

- ½ cup medium white onion, ¼ inch dice
- 1 lb. eggplant, peeled, ¾ inch dice
- 1 sweet red pepper, seeded, ½ inch dice
- 2 Tbsp. Wegman's Vegetable Oil
- 1 small clove garlic, chopped
- ½ tsp. peeled chopped fresh ginger root
- 1 pkg. (13 oz.) Wegman's Asian Classics Tofu, thawed per pkg. directions, ½ inch dice
- ½ cup Asian Classics Sesame Garlic Sauce
- ½ cup Food You Feel Good About Mukimame Shelled Soybeans, thawed
- 2 Tbsp. chopped cilantro
- 2 green onions, trimmed, and cut on bias

## PREPARATION

1. Blanch onion, eggplant, and red pepper 2-3 min. in large pot of boiling salted water until crisp tender. Drain; transfer to bowl of ice water. Drain and set aside.
2. Drizzle oil around sides of stir-fry pan; tilt pan to distribute evenly. Heat oil in pan on high until oil faintly smokes. (If oil smokes too much, pan is too hot.)
3. Add garlic, ginger, and tofu; stir fry 1 min. Add blanched vegetables; stir fry 2 min.
4. Add sesame garlic sauce; stir fry 3 min. Add mukimame; stir fry 2 min. Add cilantro. Transfer to serving platter; garnish with green onion.

**Nutrition:** 350 Calories; 22g fat ( 4g sat fat); 0mg cholesterol; 23g carbohydrates; 16g protein; 7g fiber; 940mg sodium