Garden Chef Vegetable Stir Fry with Tofu and Sesame Ginger Sauce

6 Tbsp	Canola oil
1 Package	Extra firm tofu, rinsed, and drained, cut into 1/2-inch cubes
2 Tbsp	Fresh ginger, peeled and minced
3 Cloves	Garlic, minced
1 lb	Fresh shiitake mushrooms, stems removed and caps sliced
2 Cups	Broccoli florets
1	Red bell pepper, cut into strips
1	Yellow bell pepper, cut into strips
2 Bunches	Green onions, cut into 1-inch pieces

Sauce:

1 Tbsp	Soy sauce
1 Tbsp	Dry sherry
1 Tbsp	Water
1 Tsp	Sugar
1 Tsp	Cornstarch
1 Tsp	Toasted sesame oil
1 Tsp	Fresh ginger, minced
¼ Tsp	Salt

Prepare the sauce by mixing the soy sauce, sherry and water together. Add sugar, cornstarch, ginger and toasted sesame oil along with the salt. Mix until totally combined. Set aside.

In a large deep-sided skillet or a wok, heat 3 tablespoons canola oil on high heat. Add tofu, toss gently until it pieces start to brown.

Use a slotted spoon to transfer to a plate lined with a paper towel. Add 3 more tablespoons oil, ginger and garlic to skillet; stir 1 minute. Add mushrooms; stir-fry until tender and juices are beginning to release. Add broccoli, bell peppers and green onions; stir-fry until vegetables are just tender.

Return tofu to skillet; add the sauce and toss gently. Serve immediately over noodles or rice.

ATLANTA BOTANICAL GARDEN

Recipe by Garden Chef Amanda Dew Manning