

## **Tofu Stir-Fry**

This recipe is cooling and moistening to the lung. Great for a hot, dry summer day or when you are recovering from a cold with lingering cough.

1 lb tofu  
1 Tbsp soy sauce  
1 tsp sesame oil  
1 Tbsp Mirin or rice wine vinegar  
2 Tbsp vegetable oil  
½ Tbsp grated fresh ginger  
2 cloves fresh garlic, chopped  
½ lb green beans, ends trimmed and sliced into 1" pieces  
½ head bok choy, roughly chopped  
¼ lb shitake mushrooms  
¼ lb daikon, thinly sliced

Marinate the tofu in the soy sauce, sesame oil and rice wine vinegar for at least ½ hour.

Heat 1 Tbsp. vegetable oil in a non-stick frying pan over medium heat. When the oil is hot, remove tofu from the sauce and add it to the pan. Stir-fry the tofu over medium heat until lightly browned. Remove from the pan and set aside.

Place another 1 Tbsp. vegetable oil in the same pan, if needed. Add ginger and garlic, stir-fry for one minute, then add the green beans and bok choy. Stir-fry for 2-3 minutes and add the mushrooms and daikon.

Continue stir-frying until the veggies are bright green, but still slightly crispy (about 5 more minutes). Add the reserved tofu and toss together. Add salt to taste. Sprinkle with black sesame seeds and serve immediately, alone or over steamed rice.