



Bitter Melon Tofu Stir-Fry (Vegan, Gluten-Free)

Dinner

Prep Time: 25 minutes **Cook Time:** 13 minutes **Servings:** Yield: 4 servings **Source:** sharonpalmer.com

INGREDIENTS

- 1 bitter melon
- 1 tablespoon sesame oil
- 1 small onion, sliced
- 2 carrots, sliced
- 2 cloves garlic, minced
- 1 teaspoon minced ginger
- 1 bell pepper, sliced
- 8 ounces mushrooms, sliced
- 1/2 15-ounce package extra firm tofu, cubed
- 3 tablespoons reduced sodium soy sauce
- 1 tablespoon agave syrup
- 1 tablespoon rice wine vinegar
- 1 teaspoon sriracha sauce (may adjust per spice preference)
- 3 tablespoon water
- 1 tablespoon corn starch
- 1 tablespoon toasted sesame seeds

DIRECTIONS

Slice bitter melon in half horizontally, scoop out seeds, and slice.

Bring a small pot of lightly salted water to boil, place sliced bitter melon in water, cover, and boil for 1 minute. Drain and place in ice water bath until cool.

Heat sesame oil in a large skillet or wok and add onions, carrots, garlic, ginger, and bell pepper, sautéing for 6 minutes.

Add mushrooms and sauté for 2 minutes.

Add cooked bitter melon and tofu, and sauté for an additional 2 minutes, until heated through and vegetables are crisp-tender.

While vegetables are cooking, prepare the sauce by combining soy sauce, agave syrup, rice wine vinegar, sriracha sauce, water, and corn starch in a small bowl, mixing until smooth. Pour into skillet, and stir fry until sauce is thickened, about 1-2 minutes

Sprinkle with sesame seeds.

Serve over cooked whole grains, such as brown rice, quinoa, or farro.

NUTRITION

Serving Size: 1 serving Calories: 183 Sugar: 1 g Sodium: 457 mg Fat: 8 g Saturated Fat: 1 g
Carbohydrates: 20 g Fiber: 5 g Protein: 9 g