

# *Food is Health* • Community Recipe Challenge

## Mushroom & Tofu Stir-Fry

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### Ingredients

- 4 tablespoons peanut oil or neutral oil (canola or avocado) divided
- 1 pound mixed mushrooms, sliced
- 1 medium red bell pepper, diced
- 1 bunch scallions, trimmed and cut into 2-inch pieces
- 1 tablespoon grated fresh ginger
- 1 large clove garlic, grated
- 1 (8 ounce) container tofu (baked or smoked), diced
- 3 tablespoons oyster sauce or vegetarian oyster sauce



Recipe from [eatingwell.com](https://www.eatingwell.com) (adapted)



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## Instructions

1. Heat 2 tablespoons oil in a large flat-bottom wok or cast-iron skillet over high heat. Add mushrooms and bell pepper; cook, stirring occasionally, until soft, about 4 minutes.
2. Stir in scallions, ginger and garlic; cook for 30 seconds more. Transfer the vegetables to a bowl.
3. Add the remaining 2 tablespoons oil and tofu to the pan. Cook, turning once, until browned, 3 to 4 minutes.
4. Stir in the vegetables and oyster sauce. Cook, stirring, until hot, about 1 minute.

### Tips:

- Serve over brown rice.
- Tofu is a good source of complete plant-based protein and iron.
- Mushrooms provide B vitamins, fiber and antioxidants, and certain varieties have shown anti-inflammatory effects in studies. These properties are associated with potential benefits for overall health, including reduced risk of chronic conditions such as heart disease and cognitive decline.

## Nutrition Information per Serving Serves 5

<b>Calories</b>	171
<b>Protein</b>	8g
<b>Carbohydrates</b>	9g
<b>Total Fat</b>	13g
<b>Saturated Fat</b>	2g
<b>Fiber</b>	2g
<b>Sugar</b>	4g
<b>Sodium</b>	309mg

*The information shown is an estimate.*



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For questions, please email [FoodisHealth@elcaminohealth.org](mailto:FoodisHealth@elcaminohealth.org).

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