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Chicken-Tofu Stir Fry

Ingredients

- 2 tablespoon oil, olive
- 2 tablespoon orange juice
- 1 tablespoon soy sauce, reduced-sodium
- 1 tablespoon Worcestershire sauce
- 1 tablespoon ginger, fresh, or 1 teaspoon ground ginger
- 1 teaspoon mustard, dry
- 1 teaspoon turmeric
- 8 ounce(s) chicken, breast (cooked), cubed
- 8 ounce(s) tofu, tub-style extra firm, drained and cubed
- 2 medium carrot(s), bias-sliced, or 2 stalks celery, thinly sliced
- 1 cup(s) mushrooms, fresh, sliced, and/or fresh or frozen, thawed pea pods
- 3 cup(s) rice, brown, cooked
- 3 scallion(s) (green onions), cut into 1/2-inch-long pieces
- 1 medium pepper(s), red, bell, or green bell pepper, cut into thin bite-size strips
- 2 cup(s) bok choy, baby, chopped, and/or fresh bean sprouts

Preparation

1. In a large bowl, stir together 1 tablespoon of the oil, the orange juice, soy sauce, Worcestershire sauce, ginger, mustard, and turmeric. Add cooked chicken and tofu cubes; stir to coat. Cover and marinate in the refrigerator for 1 to 4 hours.
2. In a very large nonstick skillet, heat remaining 1 tablespoon oil over medium-high heat. Add carrot or celery; cook and stir for 2 minutes. Add mushrooms and/or pea pods; cook and stir for 2 minutes. Add bok choy and/or bean sprouts, green onions, and sweet pepper; cook and stir for 2 minutes. Add undrained chicken mixture; heat through. Serve with hot cooked rice.

