

Chinese Tofu Veggie Chow Mein {Gluten-Free, Vegan}

Yield: 5 min
Total Time: 27 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-tofu-recipe-easy>

Ingredients:

- 9 cups water
- 10 ounces gluten free brown rice spaghetti uncooked
- 1 tablespoon canola oil
- 9 ounces sugar snap peas
- 1 clove garlic minced
- 1 teaspoon fresh ginger minced
- 8 1/2 ounces tofu baked, cubes, made from 1 pack of 15 oz fresh firm tofu, see note
- 1/2 teaspoon red pepper
- 3/4 teaspoon cumin powder fresh ground preferred
- 1/2 teaspoon salt
- 1/2 tablespoon gluten free soy sauce
- 1 teaspoon chili oil see note, optional

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 5 grams
3. Fat: 6 grams
4. Fiber: 2 grams
5. Protein: 6 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 360 milligrams
8. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Chinese Tofu Veggie Chow Mein {Gluten-Free, Vegan} above. You can see more 17 chinese tofu recipe easy Prepare to be amazed! to get more great cooking ideas.