



Ginger Sesame Stir Fry



Give your favorite veggies a flavorful punch with ginger, hoisin sauce, soy sauce and sesame seeds. Serve over a bed of fluffy quinoa for an extra dose of protein. This recipe was featured in The Kids Cook Monday pilot program with Columbia University's Teachers College.

Ingredients: (serves 4)

For the Veggies and Tofu

- 1 cup quinoa
- 16 ounces frozen veggies of choice, thawed
- 16 ounces firm tofu, cubed
- 2 tablespoons olive oil

For the Ginger Sauce

- 2 teaspoons fresh ginger, grated
- 6 tablespoons hoisin sauce*
- 1 tablespoon soy sauce
- 1/4 teaspoon salt
- 1 tsp. sesame oil*
- 1/2 cup sesame seeds

Instructions:

Kid: Rinse the quinoa several times

Adult: Boil the water in a medium saucepan over high heat. Add the quinoa and bring back to a boil. Turn heat down to low and let simmer for 15-20 minutes, or until the water absorbs.

Together: Press the tofu with paper towels to absorb moisture. Cut the tofu into strips about 1/2 inch wide and 1 inch long.

Adult: Place 1 tablespoon of the oil in a frying pan over medium-high heat. Add the vegetables and cook 5-7 minutes, stirring intermittently, or until the veggies are completely heated through and cooked to preference.

Adult: Heat the last tablespoon of oil in a separate frying pan over medium-high heat. Cook tofu 3-5 minutes, or until golden brown, flip and cook an additional 3 minutes, or until tofu has been cooked to preference on both sides.

Kid: Whisk the grated ginger, hoisin sauce, soy sauce, water, salt and sesame oil together in a medium bowl.

Together: Pour the ginger sauce over the sautéed veggies and tofu.

Adult: Turn the oven to broil. Spread the sesame seeds onto a baking sheet and place the baking sheet under the broiler for 2-4 minutes, or until the seeds are golden-brown and fragrant.

Together: Serve the quinoa into equal portions, top with sauce coated veggies and tofu.

Kid: Sprinkle the toasted sesame seeds over the veggies and tofu and enjoy.

Food For Thought!



"Open sesame!" is a phrase from the story Ali Baba and the Forty Thieves. In the story, saying the phrase opens a magical cave full of treasure! Sesame seeds aren't magical, but they sure are delicious. The seeds come from a short flowering plant and are often used to add flavor to bagels, hamburger buns and Asian dishes like stir fries. They're also a healthy source of calcium and other minerals.

Cooking Tip of the Week

Like butter, sesame oil can spoil quickly, becoming rancid. Spoiled oil both tastes bad and isn't good for your health. Store sesame oil in the refrigerator to keep it fresh for as long as possible.

Conversation Starter

What would you do if you found hidden treasure? Would you keep it or give it away?



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