

Low-Sugar General Tao Tofu



This revamped version of General Tao tofu is perfect for those watching their sugar intake. It stands out with a burst of flavors and the addition of various vegetables, making it a fuller and more delicious option. High in fiber and made with plant-based protein, this recipe is ideal for a balanced and tasty meal. Serve with a side of quinoa or brown rice for a complete meal.

Preparation 15 min

Cooking 30 min

Servings 3

Nutrition Facts (per serving)

Calories 380

Fat 17

Carbohydrates 33

Fibre 5

Protein 28

Sodium 780

Ingredients

- 454 g (1 lb) extra-firm tofu
- 15 ml (1 tbsp) cornstarch
- 7.5 ml (½ tbsp) sesame oil

- Pepper, to taste

Sauce:

- 250 ml (1 cup) low-sodium vegetable (or chicken) broth
- 45 ml (3 tbsp) light soy sauce
- 30 ml (2 tbsp) tomato paste (or sugar-free ketchup)
- 30 ml (2 tbsp) maple syrup
- 15 ml (1 tbsp) cornstarch
- 15 ml (1 tbsp) rice vinegar
- 10 ml (2 tsp) paprika
- 10 ml (2 tsp) hot sauce (such as Sriracha or Red Hot)
- 5 ml (1 tsp) garlic powder
- 5 ml (1 tsp) onion powder

Sauté:

- 5 ml (1 tsp) sesame oil
- 30 ml (2 tbsp) fresh ginger, minced
- 1-2 garlic cloves, finely chopped
- 2 bell peppers, sliced
- A handful of mushrooms, sliced
- 1 zucchini, diced
- 1 onion, sliced
- Pepper, to taste

Garnish (optional) :

- Green onion
- Sesame seeds

Preparation

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper or a silicone mat.
2. In a bowl, using your hands, break the tofu into bite-sized pieces. Add cornstarch, oil, salt, and pepper, mix well, and place the tofu on the baking sheet. Bake for 25 minutes, stirring once or twice during cooking.
3. In a small bowl, mix all the sauce ingredients. Set aside.
4. In a skillet over medium-high heat, warm the oil. Add ginger, garlic, and vegetables and cook for 3-5 minutes. Season with pepper to taste.
5. Pour the sauce into the skillet and stir. Allow to reduce for 3 minutes.
6. Add the tofu and cook for another 3 to 4 minutes, until the sauce is thick, and the tofu is well-coated.
onions and sesame seeds, if desired.

Notes

Keeps for 7 days in the refrigerator in an airtight container or 1-2 months in the freezer.

For truly crispy tofu, it's best to cook it in the oven or an air fryer if available. You can still use just a skillet and roast the tofu directly, but the texture may not be the same.



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