**15-Minute Healthy Sautéed Asparagus and Tofu**

**Prep and Cook Time: 20 minutes**

**Ingredients:**

* 1 medium onion, cut in half and sliced medium thick
* 4 medium cloves garlic, chopped
* 1 TBS vegetable broth
* 2 TBS minced fresh ginger
* 3 cups thin asparagus, cut in 2-inch lengths
* 1 medium red bell pepper, thin julienne in 1-inch lengths
* 4 oz extra firm tofu, cut in 1/2-inch cubes
* 1 TBS soy sauce
* 2 TBS rice vinegar
* 1 tsp toasted sesame seeds
* salt and white pepper to taste

**Directions:**

1. Slice onions and chop garlic and let both sit for at least 5 minutes to bring out their hidden health benefits.
2. Heat 1 TBS broth in a 10-12 inch stainless steel skillet. Healthy Sauté onion in broth over medium high heat for about 2 minutes, stirring constantly.
3. Add garlic, ginger, asparagus, and peppers and continue to healthy sauté for another 1 minute, stirring constantly.
4. Add tofu, soy sauce, and vinegar. Turn heat to low and cover for about 2 minutes, or until vegetables are tender, yet still crisp.
5. Season with salt and pepper and sprinkle with sesame seeds.

**Serves 4**