

Seared Tofu with Bok Choy (Light & Delicious, Main Courses)

- 1 (14 oz.) package extra firm tofu
- ½ cup cornstarch
- 3 Tbsp. rice wine vinegar
- 2 Tbsp. low sodium soy sauce
- 1 Tbsp. honey
- 1 Tbsp. Halladay's Garlic Chipotle Seasoning
- 2 heads bok choy, quartered lengthwise and steamed
- 2 Tbsp. sesame oil
- 1 cup red onion, sliced

Cut tofu in half horizontally and place halves on a dish towel on a plate; let sit 15 minutes. Cut tofu into ¾-inch pieces and toss with cornstarch to coat; shake off excess. Heat a large nonstick skillet over medium high. Add oil and cook tofu until all sides are browned, about 5 minutes. Remove tofu and add onion; cook slightly, about 4 minutes. Combine vinegar, soy sauce, honey and seasoning; toss with tofu, onion and bok choy.