

## SEITAN AND EDAMAME STIR-FRY

### Ingredients

- 3 Tbsp. maple syrup
- 9 Tbsp. orange juice
- 1 Tbsp. low sodium soy sauce
- 2 Tbsp. plus 1 tsp. toasted sesame oil
- 1 (12 oz) package seitan, shredded and drained
- ¾ c. cashews
- 1 red bell pepper, cut into ¼ inch strips
- 1 cup frozen shelled edamame
- 1 Tbsp. minced ginger
- 1 Tbsp. minced garlic
- ½ tsp. crushed red pepper flakes
- 1 Tbsp. arrowroot

### Directions

Combine maple syrup, 3 Tbsp. orange juice and soy sauce in small bowl. Heat 1 Tbsp. sesame oil in nonstick skillet over medium-high heat. Add seitan and stir-fry 4 minutes or until golden brown. Add maple syrup mixture and simmer 3 minutes or until seitan is coated with glaze. Transfer to bowl and wipe out skillet. Toast cashews in dry skillet over medium-high heat 3 minutes or until fragrant. Transfer to bowl. Heat 1 Tbsp. sesame oil in skillet over medium-high heat. Add bell pepper and edamame and stir-fry 2 minutes. Move vegetables to sides of skillet and pour remaining 1 tsp. oil in center. Add ginger, garlic and red pepper flakes and stir-fry 1 min. Stir in 2 Tbsp. water, glazed seitan and cashews. Cover and cook 2 minutes or until pepper is tender. Combine 6 Tbsp. orange juice and arrowroot powder. Stir into vegetable mixture. Bring to a simmer then remove from heat and serve.

Yields: 4 servings

Calories: 421

Fat: 19 g

Protein: 32 g

## POACHED PEARS

### Ingredients

- 2 cups light cranberry juice cocktail
- 3 Tbsp. Splenda
- 4 small Bartlett pears, peeled
- 1 Tbsp. Chinese five-spice powder

### Directions

In a large saucepan, add Splenda to juice cocktail and bring mix to a boil. Add the pears, and Chinese five-spice powder. Lower the heat and simmer for 30-35 minutes, turning pears occasionally, until tender. Remove pears from the saucepan. Increase the heat to boil the juice mixture until reduced by more than half. Drizzle onto pears.

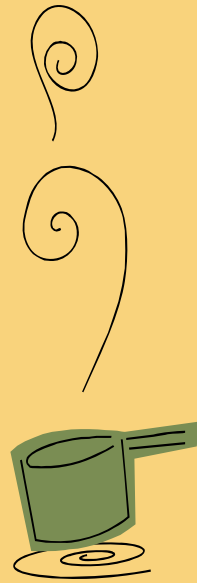
Yields: 4 servings

Calories: 97

Fat: 0 g

Protein: 1 g

## RECIPES



*For eating well  
after bariatric  
surgery*

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