

RECIPE



Peanut-Ginger Tofu & Vegetables

The EatingWell Diet Program

Sauce

5 T water
4 T smooth natural peanut butter
1 T rice wine vinegar
2 tsp reduced sodium soy sauce
2 tsp honey
2 tsp minced ginger
2 cloves minced garlic

Tofu & Vegetables

14 oz of extra-firm tofu
2 tsp extra virgin olive oil
4 cups baby spinach
4 scallions, sliced (1 cup)
4 oz sliced mushrooms

To prepare sauce: Whisk the sauce ingredients in a small bowl.

To prepare tofu: Drain and rinse tofu; pat dry. Slice the block cross-wise into eight ½-inch-thick slabs. Coarsely crumble each slice into smaller uneven pieces.

Heat oil in large nonstick skillet over high heat. Add tofu and cook in a single layer, without stirring, until pieces begin to turn golden brown on the bottom, about 5 minutes. Then gently stir and continue cooking, stirring occasionally, until all sides are golden brown, 5 to 7 minutes. Add spinach, mushroom, scallions and the peanut sauce and cook, stirring, 1-2 minutes until the vegetables are just cooked.

Makes 4 servings @ ¾ cups each. Per serving: 221 calories, 14 g fat, 0 mg cholesterol, 15 g carbs, 12 g protein, 4 g fiber, 231 mg sodium, 262 mg potassium

SERVE WITH ½ cup brown rice. Throw in your favorite veggie that isn't in the recipe! Red pepper, broccoli or snow peas make a nice addition.