

## Tofu in a Tasty Peanut Sauce

(Makes 5 servings)

(V) – This recipe is a vegan option recipe!

*This dish is one of my favorites! The extra firm tofu is an excellent substitution for meat, offering a nice "meaty" texture to the dish. The pea pods, cilantro and scallions offer color and flavor to the peanut sauce (which happens to be a great source of monounsaturated fat).*

### **Ingredients:**

#### *For pasta*

- 8 ounces soba or udon noodles
- 6 scallions, including a few inches of green, sliced on the diagonal
- 4 tablespoons chopped fresh cilantro
- 1 cup thinly sliced pea pods
- 1 cup mung bean sprouts

#### *For preparing peanut sauce*

- ¼ cup natural peanut butter or reduced fat smooth or chunky versions
- 1 garlic clove, minced
- 1 ½ tablespoons reduced sodium soy sauce
- 1 tablespoon balsamic vinegar
- 2 teaspoons sugar
- pinch of cayenne pepper, to taste
- ¼ cup hot water

#### *For preparing tofu*

- 1 carton extra firm tofu
- 2 garlic cloves, thinly sliced
- 2 Tablespoons fresh lemon juice
- 4 Tablespoons reduced sodium soy sauce
- 1 Tablespoon molasses
- 2 teaspoons dark sesame oil
- 3 Tablespoons chopped fresh cilantro
- Freshly ground black pepper, to taste

### **Directions:**

- 1) Bring 4 quarts of water to a boil for the noodles. While the water is heating, prepare the tofu, peanut sauce and garnishes.
- 2) Thinly slice pea pods with a sharp knife; dice scallions on a diagonal and finely chop the fresh cilantro. Set aside.
- 3) For the peanut sauce: Combine all ingredients in a food processor, except for the water, and puree until smooth. Gradually pour in the water. Taste and add more cayenne if needed.
- 4) For the tofu: Drain the tofu with a paper towel; cut into 1-inch cubes and blot again with paper towel. While tofu is draining, combine the next 6 ingredients in a small bowl. Season with pepper. Heat a large nonstick pan and spray lightly with cooking spray. When the pan is hot, add tofu and cook over medium-high heat (without turning) until slightly golden and crisp, about 7 minutes. Turn and cook on the other side. Pour in the marinade, bean sprouts and pea pods and coat entirely. Cook over medium heat until the tofu is glazed, pea pods are slightly crunchy, and the sauce is of a syrup consistency. Don't let it cook so long it gets sticky.
- 5) Add noodles to the boiling water and give a stir. Cook until tender but not mushy and drain.
- 6) Immediately put the pasta in the pan with the tofu and vegetables. Pour the peanut sauce over the noodles, tofu and vegetables and toss. If the sauce needs thinning, add a bit of hot water. Add the thinly sliced scallions and cilantro, reserving some for serving.
- 7) Divide among 5 bowls and garnish with the remaining cilantro and scallions. Enjoy!

### **Nutritional Analysis:** (per serving)

- Calories: 390 (34% calories from fat)
- Fat: 15 g
- Saturated Fat: 2.5 g
- Cholesterol: 0 mg
- Sodium: 680 mg
- Carbohydrates: 49 g
- Fiber: 3 g
- Protein: 19 g

### **Source:**

*Recipe provided by Melissa Stevens, MS, RD, LD, Nutrition Program Coordinator, Preventive Cardiology and Rehabilitative Services.*