

Asian Peanut Tofu With Noodles

Yield: 5 servings

Ingredients

1 (14 ounces) block Tofu, firm
 8 ounces brown rice pad thai noodles
 or whole-grain spaghetti noodles
 1 cup edamame, frozen, shelled
 ½ cup peanut butter, smooth,
 no sugar added
 ½ cup (about 1 bunch) cilantro
 leaves, fresh
 2 tablespoons rice vinegar
 3 tablespoons soy sauce,
 reduced sodium
 1 tablespoons honey
 2 tablespoons water
 ¼ teaspoon red pepper flakes
 1 tablespoons sesame oil
 1 large carrot, peeled, shredded
 2 stalks green onion, sliced thin
 2 tablespoons peanuts, dry roasted,
 unsalted, rough chopped

Instructions

1. Open the package of tofu and drain the water from it. In order for the tofu to hold its shape when it is cooked, as much moisture as possible will need to be removed in a process called 'pressing' the tofu. Fold a dish towel in half and lay on a baking sheet. Place 1 to 2 paper towels on the dish towel and place the tofu on top. Put 1 to 2 more paper towels on the tofu and place another baking sheet or cutting board on top. Weigh down with heavy objects such as cans of food, a cast iron pan, or cookbooks. Press for at least 15 minutes, or up to 1 hour.
2. In a large pot, bring 3 quarts of water to a boil. Add the noodles and cook according to package directions (the cook time varies depending on the brand you use). Add edamame to the noodles when there is 1 minute left of cooking time. The noodles should be tender, but not mushy. Strain and set aside.
3. While waiting for the water to boil and the noodles to cook, make the peanut sauce. Using a blender or whisking in a bowl, blend the peanut butter, cilantro, rice vinegar, soy sauce, honey, water, and red pepper flakes until smooth.
4. After tofu is done being pressed, cut tofu into ½" cubes.
5. Place a large nonstick saute pan over medium-high heat and add the sesame oil. When oil is hot, arrange the tofu cubes in a single layer in the pan. Do not stir. Allow the tofu to brown, then flip.
6. Once at least two sides of the tofu cubes are brown, add the sauce and remaining ingredients (carrot, green onion, noodles, edamame).
7. Allow ingredients to heat through and then turn off the heat. If you leave on the heat for too long the sauce will dry out. Garnish with chopped peanuts and serve warm.

Note: If there is a peanut allergy, the peanut butter can be exchanged for tahini, and the peanuts for sesame seeds in the same amounts.

Nutrition Information

Serving Size: 1½ cups

Calories: 500
 Total Fat: 23 g
 Saturated Fat: 4 g
 Monounsaturated Fat: 3 g
 Sodium: 480 mg
 Total Carbohydrate: 53 g
 Dietary Fiber: 8 g
 Sugars: 9 g
 Protein: 22 g

Source: Health Meets Food



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