



# Seared Tofu With Miso Mushrooms

**Yield: 4 servings**

## Ingredients

16 ounces super firm tofu  
2 tablespoons whole wheat flour  
1 tablespoon sesame oil  
3 cups sliced shitake mushrooms  
2 tablespoons rice vinegar  
2 tablespoons miso paste  
2 teaspoons minced garlic  
2 teaspoons minced ginger  
½ teaspoon red pepper flakes  
10 ounces baby spinach  
1 cup sliced green onions  
1 cup cherry tomatoes, halved

## Instructions

1. Slice the tofu into 8 slices, coat the wet tofu with flour.
2. Heat a large nonstick saute pan over medium heat. Add ½ tablespoon oil. Sear tofu slices until golden brown, about 3 to 4 minutes per side.
3. Remove tofu from pan and set aside. In the same pan add ½ tablespoon oil and heat over medium high heat. Add mushrooms, vinegar, miso, garlic, ginger and red pepper flakes and cook about 4 minutes until mushrooms are tender.
4. Lower heat to medium low and add spinach and green onions. Cook for about 1 minute until spinach is wilted.
5. Top tofu slices with mushroom mixture and garnish with cherry tomatoes.

## Nutrition Information

**Serving Size:** ¼ of recipe  
Calories: 211  
Total Fat: 9 g  
Saturated Fat: 1.5 g  
Monounsaturated Fat: 2.7 g  
Polyunsaturated Fat: 3.6 g  
Sodium: 401 mg  
Total Carbohydrate: 20 g  
Dietary Fiber: 6.5 g  
Sugars: 4.9 g  
Protein: 16 g

Source: Adapted from The Blue Zones Cookbook

Presented by  
**Culinary Medicine**

Contact Us: [spectrumhealth.org/culinarymedicine](https://spectrumhealth.org/culinarymedicine)

X26112 © Spectrum Health 09.2021

