



Asian Peanut Tofu With Noodles

Yield: 5 servings

Ingredients

8 ounces brown rice
stir fry noodles
½ cup peanut butter,
only peanuts
3 tablespoons soy sauce,
low sodium
2 tablespoons rice vinegar
1 tablespoon lime juice
1 tablespoon sweetener, honey
or maple syrup
¼ teaspoon red pepper flakes,
optional
1 tablespoon sesame oil
16 ounce block tofu, super firm,
cut into ½ inch cubes
1 cup edamame beans, thawed

½ cup shredded carrot
¼ cup sliced green onions
½ cup fresh cilantro
2 tablespoons chopped peanuts

Instructions

1. Cook noodles according to package directions. Set aside.
2. In a small mixing bowl whisk together peanut butter, soy sauce, rice vinegar, lime juice, sweetener, red pepper flakes and 2 tablespoons water. Set sauce aside.
3. Heat a large nonstick pan over medium heat, add sesame oil and sear tofu until golden brown.
4. Add noodles, sauce, edamame, carrots, and green onions. Toss together and cook until everything is heated through.
5. Top with cilantro and peanuts

Note: if there is peanut allergy, the peanut butter can be exchanged for tahini and the peanuts can be exchanged for sesame seeds (all in the same amounts).

Nutrition Information

Serving Size: ⅓ of recipe
Calories: 485
Total Fat: 23.5 g
Saturated Fat: 3.2 g
Monounsaturated Fat: 9.5 g
Polyunsaturated Fat: 7.5 g
Sodium: 413 mg
Total Carbohydrate: 52 g
Dietary Fiber: 6.5 g
Sugars: 5.8 g
Protein: 23 g

Source: Adapted from Health meets Food

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