



Asian Peanut Tofu with Noodles

<u>U.S.</u>		<u>Metric</u>
1 (14oz) block	Tofu, firm	400g
8 ounces	Brown Rice Pad Thai Noodles	227g
1 cup	Edamame, frozen, shelled	155g
1/2 cup	Peanut Butter, smooth, no sugar added	128g
1/2 cup (about 1 bunch)	Cilanto Leaves, fresh	80g (about 1 bunch)
2 Tbsp	Rice Vinegar	30mL
3 Tbsp	Soy Sauce, reduced sodium	60mL
1 Tbsp	Honey	15mL
2 Tbsp	Water	30mL
1/4 tsp	Red Pepper Flakes	1 g
1 Tbsp	Sesame Oil	15mL
1 large	Carrot, peeled, shredded	1 large
2 stalks	Green Onion, sliced thin	2 stalks
2 Tbsp	Peanuts, dry roasted, unsalted, rough chopped	20g

Preparation:

1. Gather all ingredients and equipment.
2. 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 1-2 paper towels on the dish towel and place the tofu on top. Put 1-2 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.
3. 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.
4. While waiting for the water to boil and the noodles to cook, make the peanut sauce. Using a blender, blend the peanut butter, cilantro, rice vinegar, soy sauce, honey, water, and red pepper flakes until smooth.
5. After tofu is done being pressed, cut tofu into 1/2" cubes.
6. 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.
7. Once at least two sides of the tofu cubes are brown, add the sauce and remaining ingredients (carrot, green onion, noodles, edamame).
8. 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 Facts on Reverse**

Nutrition Facts

5 Servings

Serving size **1 1/2 cups**

Amount per serving

Calories **500**

Calories from Fat 210

Total Fat 23 g

 Saturated Fat 4 g

 Trans Fat 0 g

 Monounsaturated Fat 3 g

Cholesterol 0 mg

Sodium 480 mg

Total Carbohydrate 53 g

 Dietary Fiber 8 g

 Total Sugars 9 g

 Includes 3g Added Sugars

Protein 22 g

Vitamin D 0 %

Calcium 20 %

Iron 10 %

Potassium 417 mg

Phosphorus 120 mg
