



Asian Peanut Tofu with Noodles

A healthy alternative to what is served in most Chinese restaurants!

U.S.		Metric
6 ounces	Tofu, firm	170 g
3 Tbsp	Peanut Butter, smooth, no sugar added	45 g
1/4 cup	Cilantro Leaves, fresh	4 g
1 each	Lime, juiced	1 each
1 Tbsp	Soy Sauce, low sodium	15 mL
1 tsp	Honey	5 mL
2 Tbsp	Water	30 mL
1/4 tsp	Red Pepper Flakes	1 g
8 ounces	Whole Wheat Spaghetti	230 g
1 cup	Edamame, frozen	113 g
1 Tbsp	Olive Oil	15 mL
1 small	Carrot, peeled, shredded	1 small
4 Tbsp	Green Onion, sliced thin	60 g
2 Tbsp	Peanuts, dry roasted, unsalted	30 g

Preparation:

1. Gather all ingredients and equipment.
2. Drain tofu and place in a shallow hotel pan. Cover with paper towels and press to remove moisture. Set aside.
3. Using a blender, blend the peanut butter, cilantro, lime juice, soy sauce, honey, water, and red pepper flakes until mixture is smooth. If the sauce is too thick, add water 1 tablespoon at a time until sauce reaches desired consistency.
4. In a large pot, bring 3 quarts of water to a boil. Add the pasta and cook until al dente (8-10 minutes). Add edamame and cook 1 minute. Strain and set aside.
5. Cut tofu into 1" cubes.
6. Place a large saute pan over medium-high heat and add oil. When oil is hot, add the tofu cubes. Saute until even browned.
7. Add the sauce and remaining ingredients (carrot, green onion, pasta, edamame).
8. Garnish with chopped peanuts and serve warm.

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size **1/4 of the recipe**

Amount per serving

Calories **320**

Calories from Fat 140

Total Fat 16 g

 Saturated Fat 2.5 g

 Trans Fat 0 g

 Monounsaturated Fat 4.5 g

Cholesterol 0 mg

Sodium 180 mg

Total Carbohydrate 34 g

 Dietary Fiber 4 g

 Total Sugars 4 g

 Includes 1.5g Added Sugars

Protein 16 g

Vitamin D 0 %

Calcium 15 %

Iron 15 %

Potassium 450 mg

Phosphorus 220 mg