

Soba Noodles with Tofu and Broccoli

This entrée pairs easily with any vegetable side dish and is a great addition to stir-fry recipes.

<u>U.S.</u>		<u>Metric</u>
1 lb	Tofu, firm	453.59 g
2 tsp	Cornstarch	11 g
4 oz	Shitake Mushrooms	113.4 g
2 cups	Broccoli, cut into florets	176 g
6 oz.	Soba Noodles, dry	170.1 g
1 tsp	Sesame Oil, toasted	5 ml
6 Tbsp	Water	90 ml
2 each	Garlic Cloves, thinly sliced	2 each
1 tsp	Fresh Ginger, minced	4.725 g
2 each	Scallions, sliced thin, white and green parts separated	2 each
1.5 Tbsp	Reduced-Sodium Soy Sauce	22.5 ml
4 Tbsp	Rice Wine Vinegar	60 ml
1 tsp	Granulated Sugar	4.31 g
2 Tbsp	Tahini	30 ml
1/2 tsp	Red Pepper Flakes	0.9 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 350°F (180°C).
3. In a medium pot, bring 2 quarts of water to a boil.
4. Drain tofu on paper towels for roughly 5 minutes and cut into ½ inch thick triangles. Toss the tofu in cornstarch and place onto a parchment lined sheet pan with the mushrooms. Bake in the preheated oven for 20 minutes or until the tofu is golden brown turning once during cooking. Set aside.
5. Once the water is boiling, blanch the broccoli for roughly 3 minutes, or until bright green. Remove from the pot using a spider strainer and place into an ice bath. Set aside.
6. In the same pot of water boil soba noodles for roughly 3-5 minutes. Drain and toss with sesame oil. Set aside.
7. In a medium sauté pan, heat the olive oil over medium-high heat, add the chicken to the pan and cook until the chicken reaches an internal temperature of 160F.
8. In a small bowl whisk together the water, garlic, ginger, scallions, soy sauce, rice wine vinegar, sugar, tahini, and red pepper flakes. Toss with chicken, tofu, broccoli, and buckwheat noodles.

****Nutrition Facts on Reverse**

Nutrition Facts**Serving size** **197 g**
Servings **4****Calories** 410
Calories from Fat 140

Total Fat	16 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	2.5 g
Cholesterol	0 mg
Sodium	510 mg
Carbohydrates	49 g
Dietary Fiber	5 g
Sugars	5 g
Protein	28 g
Vitamin A	25 %
Calcium	80 %
Vitamin C	60 %
Iron	25 %
Phosphorus	231 mg
