



Sautéed Tofu and Broccoli

Tofu takes on a savory and sweet blend of flavors in this Asian-inspired recipe.

Makes: 6 servings **Prep time:** 10 minutes
Cook time: 16 minutes

the INGREDIENTS

- 1 cup** water
- 3 ounces** spaghetti noodles, whole-wheat, uncooked
- 20 ounces** tofu, firm, drained, cubed $\frac{1}{2}$ "
- $\frac{1}{4}$ cup** soy sauce, low-sodium
- 1 teaspoon** sesame oil
- 1 tablespoon** brown sugar, packed
- 4 cloves** garlic, fresh, minced
(1 clove is about $\frac{1}{2}$ teaspoon minced)
- 1 tablespoon** ginger root, shredded
- $\frac{1}{8}$ teaspoon** red pepper flakes
- 2 teaspoons** canola oil
- 1 quart** broccoli, fresh, chopped
(about 8 oz)
- 1 $\frac{1}{2}$ teaspoons** sesame seeds

the DIRECTIONS

- 1.** Heat water to a rolling boil.
- 2.** Break spaghetti noodles in half. Slowly add noodles to boiling water. Stir constantly until water returns to a boil. Cook about 8 minutes or until al dente. Stir occasionally. Do not overcook. Drain well.
- 3.** Place tofu between two plates or between the bottom, flat surface of two pans. Apply slight pressure to squeeze out some of the liquid from the tofu.
- 4.** Cut tofu into $\frac{1}{2}$ " cubes.
- 5.** Make sauce: In a small bowl, combine soy sauce, sesame oil, brown sugar, garlic, ginger root, and red pepper flakes.
- 6.** Place tofu in a large bowl. Pour sauce over tofu. Carefully turn tofu several times to coat well. Set aside.
- 7.** Heat canola oil in a large nonstick skillet.
- 8.** Add broccoli, and sauté for about 3 minutes or until broccoli turns bright green and becomes tender.
- 9.** Remove broccoli from the skillet, and set aside.
- 10.** Place tofu and marinade in skillet on medium–high heat, and cook for 5 minutes on each side or until browned; turn gently.
- 11.** Gently stir in broccoli, and continue cooking. Heat to 140 °F for at least 15 seconds.
- 12.** Remove from heat, add sesame seeds, and stir gently.
- 13.** Serve 1 cup.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For 1 cup.

Nutrients	Amount
Calories	190
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	328 mg
Total Carbohydrate	20 g
Dietary Fiber	4 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	15 g
Vitamin D	N/A
Calcium	175 mg
Iron	3 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

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CACFP CREDITING INFORMATION

1 cup provides 1 ½ oz equivalent meat alternate, ¼ cup vegetable, and ½ oz equivalent grains.

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CHEF TIPS

Large broccoli and tofu pieces may be a choking hazard. For younger children, chop broccoli into smaller pieces, and tofu pieces should be no larger than ½".