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

INGREDIENTS

1 cup water
3 ounces spaghetti noodles, whole-wheat, uncooked
20 ounces tofu, firm, drained, cubed ½”
¼ cup soy sauce, low-sodium
1 teaspoon sesame oil
1 tablespoon brown sugar, packed
4 cloves garlic, fresh, minced
(1 clove is about ½ teaspoon minced)
1 tablespoon ginger root, shredded
½ teaspoon red pepper flakes
2 teaspoons canola oil
1 quart broccoli, fresh, chopped
(about 8 oz)
1 ½ teaspoons sesame seeds

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 ½” 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.
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.
12. Remove from heat, add sesame seeds, and stir gently.
13. Serve 1 cup.

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

For 1 cup.

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<th>Nutrients</th>
<th>Amount</th>
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<tbody>
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<td>Calories</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
<td>1 g</td>
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<tr>
<td>Cholesterol</td>
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</table>

N/A = data not available.

*Source: Team Nutrition CACFP Multicultural Recipe Project.*

https://teamnutrition.usda.gov

### CACFP CREDITING INFORMATION

1 cup provides 1½ oz equivalent meat alternate, ¼ cup vegetable, and ½ oz equivalent grains.

### 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".