

Leafy Tofu



**GREATER
CHICAGO**
- **FOOD** -
DEPOSITORY.

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Serves: 6

Prep: 10 minutes | **Cook:** 20 minutes

INGREDIENTS

- 1 package firm tofu (14 ounces)
- 1 tablespoon oil
- 4 cups fresh spinach (2 bunches)
- 2 tablespoons soy sauce, reduced sodium
- 1/3 tablespoon sesame seeds (1 teaspoon, toasted)

DIRECTIONS

1. Wash hands with soap and water.
2. Drain tofu.
3. Dice tofu into 1-inch cubes.
4. Tear spinach into bite-sized pieces.
5. In large pan, heat oil and sauté tofu cubes for 10 minutes, or until golden brown. Move the tofu to the middle of the pan.
6. Add spinach and soy sauce. Mix.
7. Cover pan and cook spinach for 5 minutes or until it is wilted.
8. Sprinkle sesame seeds.



Nutrition Information	
<i>Serving Size: 1/6 of recipe (217g)</i>	
Calories	77
Total fat	5 g
Saturated Fat	1 g
Trans fat	
Cholesterol	0 mg
Sodium	216 mg
Carbohydrates	2 g
Fiber	1 g
Sugars	1 g
Protein	7 g

Recipe adapted from: Myplate.gov