

SAUTÉED TOFU

YIELD: 10 SERVINGS, 2.2 OZ. PORTIONS (1 oz. equivalent M/MA)

Chef Sam Icklan

While this preparation of tofu is quite simple, the possibilities are endless when it comes to flavor. Because tofu takes on whatever flavors you introduce into the recipe, you can be as creative as you want and customize the dish to your students' tastes. Sautéed tofu can be served plain, hot or cold. If serving cold, use as a topping for salads, or in wraps and sandwiches. Make this into a tofu teriyaki by using teriyaki sauce, adding broccoli, carrots, peppers, onions, snow peas or green beans, and serve over brown rice. Make this into curried tofu by using a curry-based sauce, adding vegetables such as broccoli, carrots and onions and serve over rice or along side flatbread. Create BBQ tofu by cutting into slices and brushing with BBQ sauce; serve with corn on the cob, or in a sandwich.

INGREDIENTS

- 22 oz. extra firm tofu, drained and pressed to remove excess water
- ¼ cup vegetable oil
- ½ tsp salt

DIRECTIONS

1. Press extra firm tofu for at least 15 minutes to remove excess water and cut into ½" cubes.
2. Heat a non-stick skillet over medium high heat and add oil (if cooking in batches, only use half of the oil, reserving the rest for the following batch), heat until oil is hot and begins to shimmer. Carefully add tofu in a single layer, season with salt and cook until golden brown on one side, about 4 minutes. Turn tofu and continue cooking an additional 5 minutes until browned on both sides.
3. Add sauce of choice (if using) to pan and allow tofu and sauce to cook until sauce is heated through. Add vegetables to tofu and sauce and cook until vegetables are tender (the amount of time will vary depending on type of vegetables being used).

RECIPE NOTES

Nutritional information*: 107 calories; 0.78 g sat. fat; 82.4 mg sodium; 1.13 g carbohydrate

* *nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*