

Tofu with Broccoli

Tofu cooked until golden brown, and broccoli sautéed in a soy and scallion sauce make up this one-skillet meal. Serve with a side of brown rice for a quick meal.

Makes: 4 servings
 Prep Time: 20 minutes
 Cook Time: 35 minutes

Source: Tofu with Broccoli | MyPlate

Ingredients

- 1 pound firm tofu
- 4 teaspoons vegetable oil
- 2 cloves garlic (peeled and minced)
- 2 scallions (green and whites portions chopped)
- 1 head broccoli (broken into florets, stems chopped)
- 1/4 cup water
- 1 tablespoon low-sodium soy sauce
- 1/2 teaspoon crushed red pepper flakes
- 1 tablespoon chopped fresh cilantro (or basil leaf)

Directions

1. Put the tofu on a cutting board and cut it in half and then cut each half into 4 equal pieces (8 pieces total).
2. Put 2 layers of paper towels on a cutting board and put the tofu on top. Let drain at least 20 minutes (and up to 2 hours).
3. Place a skillet over medium heat and when hot, add 2 teaspoons of oil. Add the tofu, one piece at a time, cook until golden, about 3 minutes per side. Remove the tofu to a plate and set aside.
4. Reheat the skillet and when it is hot, add remaining 2 teaspoons oil. Add garlic and scallions and cook just until golden, about 2 minutes. Add the broccoli, soy sauce, and water and raise the heat to high. Cook until the broccoli is tender, about 4 minutes. Gently toss in the cooked tofu and turn off the heat.
5. Sprinkle with red pepper flakes and cilantro.
6. Serve with a side of brown rice.
7. Refrigerate leftovers within 2 hours.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/2 cup or 4 ounces	
Nutrients	Amount
Calories:	151
Total Fat:	10 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	173 mg
Total Carbohydrates:	8 g
Dietary Fiber:	3 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	12 g

Utensils Needed

- Cutting board
- Knife
- Skillet
- Measuring cups
- Measuring spoons
- Spatula

SHOPPING LIST

Average total cost without oil and seasonings: \$ 6.78

Average cost/serving: \$1.69

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to cart
Firm Tofu, 1lb.



Add 1 to cart
Low-sodium Soy Sauce



Add 1 to cart
Cilantro



Add 1 to cart
Broccoli Head



Add 1 to cart
Scallions



Add 1 to cart
Brown Rice - Optional

My Cooking Notes