

Leafy Tofu

Rating: ★★★★★

Makes: 6 servings

Ingredients

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

Directions

1. Drain tofu.
2. Dice tofu into 1-inch cubes.
3. Tear spinach into bite-sized pieces.
4. In a large pan, heat oil and saute tofu cubes for a few minutes. Move tofu to the center of the pan.
5. Add spinach, and soy sauce. Mix.
6. Cover pan and cook until spinach is wilted.
7. Sprinkle toasted sesame seeds.

Notes

May use other dark green leafy vegetables.

University of Hawaii at Manoa, Cooperative Extension, Lifeskills in Food Education, Food Skills CookbookFood Stamps Nutrition Education Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	120	
Total Fat	7 g	11%
Protein	12 g	
Carbohydrates	6 g	2%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	440 mg	18%