

Tofu with Broccoli

Prep time: 20 minutes

Cook time: 35 minutes

Makes: 4 Servings

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 dish.

Ingredients

- 1 pound** firm tofu
- 4 teaspoons** vegetable oil
- 2 cloves** garlic (peeled and minced)
- 2** scallions (green and whites 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 leave)

Directions

1. Put the tofu on a cutting board and cut it in half and then cut each half into 4 equal pieces.
2. Put 2 layers of paper towel 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 oil. Add the tofu, one piece at a time, and 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 until



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	151	
Total Fat	10 g	15%
Protein	12 g	
Carbohydrates	8 g	3%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	173 mg	7%

MyPlate Food Groups

Vegetables	1 cup
Protein Foods	2 ounces

just golden, about 2 minutes. Add the broccoli and water and raise the heat to high. Cook until the broccoli is tender, about 4 minutes.

5. Return the tofu to the pan and add the remaining ingredients. Stir well.

6. Serve with a side of brown rice.

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