

# Peanut Noodles with Tofu



Whip up your own takeout inspired noodles with tofu and a creamy peanutty sauce. This dish makes great leftovers and tastes just as good eaten cold!

|                                   |                                   |                                    |
|-----------------------------------|-----------------------------------|------------------------------------|
| <b>YIELD</b><br><b>8 SERVINGS</b> | <b>PREP TIME</b><br><b>15 MIN</b> | <b>TOTAL TIME</b><br><b>45 MIN</b> |
|-----------------------------------|-----------------------------------|------------------------------------|

## INGREDIENTS

*For the Noodles:*

|           |                            |
|-----------|----------------------------|
| 1 package | Tofu, Extra Firm (14 oz)   |
| 12 oz     | Whole Wheat Spaghetti      |
| 1 ½ cup   | Edamame, shelled           |
| 1 tsp     | Olive Oil                  |
| 1 each    | Carrot, grated             |
| 3 each    | Green Onions, chopped      |
| 3 Tbsp    | Peanuts, unsalted, chopped |

*For the Peanut Sauce:*

|        |  |
|--------|--|
| ½ cup  | Peanut Butter, natural, no sugar added |
| 1 each | Lime, juiced                           |
| 3 Tbsp | Soy Sauce, reduced-sodium              |
| 2 tsp  | Honey                                  |
| ¼ cup  | Water                                  |
| ½ tsp  | Crushed Red Pepper Flakes              |
| ¼ cup  | Cilantro, chopped                      |

## CHEF'S NOTES

This recipe is a great example of using a recipe as a guide or a template but customizing with ingredients that you have on hand or like best. We use whole wheat spaghetti noodles, but you can also use rice or soba noodles. Chicken can be substitute for the tofu and you can add any of your favorite vegetables.

For a nut-free version, substitute sunflower seed butter or tahini for the peanut butter and sesame seeds for the chopped peanuts.

Try this recipe served with our Sesame Ginger Broccoli on the side or mixed in for even more color, fiber, and flavor!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Drain the tofu from its package and cut the block into plank sized rectangles about 1-inch thick.
3. Press the extra brine from the tofu by placing the planks on a paper-towel lined plate or small sheet tray and cover with another layer of paper towels. Place another plate or tray on top. Use a large can or heavy pan to weigh down the tofu. Set aside and let sit for about 5-10 minutes.
4. Meanwhile, bring a large saucepot of water to a boil over high heat. One boiling, add the spaghetti and in the last minute of cooking the spaghetti, add the edamame, cooking the pasta for a total time of about 7-8 minutes. Drain the pot and rinse under cold water. Pour the rinsed noodles and edamame back into the pot and set aside, away from heat.
5. Heat a medium non-stick sauté pan over medium heat. Once hot, add the oil and then the tofu pieces in an even layer. Cook until lightly browned on the first side, about 2 minutes, then use

tongs or a spatula to flip each piece to finish cooking, about 2 more minutes. Set aside to cool slightly and then chop into bite size cubes.

6. Prepare the sauce by adding all sauce ingredients in a medium blender cup, and blend until smooth and creamy, about 1 minute. Add more water as needed to reach a pourable consistency.
7. Pour the sauce over the noodle edamame mixture and stir to coat evenly (off heat). Stir in the cubed tofu and grated carrot. Top with the sliced green onion and chopped peanuts and serve at room temperature or cold.

| <b>Nutrition Facts</b>  |                      |
|---|----------------------|
| 8 servings per container  |                      |
| <b>Serving Size</b>   | <b>1 cup (177 g)</b> |
| <b>Amount per serving</b>   |                      |
| <b>Calories</b>   | <b>390</b>           |
| <b>% Daily Value *</b>  |                      |
| <b>Total Fat 15g</b>  | <b>19%</b>           |
| Saturated Fat 2g  | 9%                   |
| <i>Trans Fat</i> 0g   |                      |
| <b>Cholesterol 0mg</b>  | <b>0%</b>            |
| <b>Sodium 340mg</b>   | <b>15%</b>           |
| <b>Total Carbohydrate 43g</b>   | <b>16%</b>           |
| Dietary Fiber 8g  | 27%                  |
| Total Sugars 5g   |                      |
| Includes 0g Added Sugars  | 0%                   |
| <b>Protein 19g</b>  | <b>37%</b>           |
| Vitamin D 0mcg  | 0%                   |
| Calcium 10mg  | 0%                   |
| Iron 0.78mg   | 4%                   |
| Potassium 84mg  | 0%                   |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |                      |

Recipe adapted from Health meets Food "Asian Peanut Chicken with Noodles" (12/2/16)

