

Crispy Tofu & Cauliflower Rice Stir-Fry

INGREDIENTS:

STIR-FRY

- 12 ounces extra-firm tofu
- 1 Tbsp. sesame oil
- 1 head cauliflower
- 3 cloves garlic, minced (1 Tbsp.)

SAUCE:

- 1 3/4 Tbsp. reduced sodium tamari sauce or low sodium soy sauce
- 1 Tbsp. almond butter or peanut butter
- 2 Tbsp. maple syrup
- 2 clove garlic, minced
- 2 tsp chili garlic sauce

OPTIONAL EXTRAS

- Veggies: baby bok choy, green onion, red bell pepper, broccoli
- Toppings: fresh lime juice, cilantro



Servings: 6

INSTRUCTIONS:

1. Preheat oven to 400 °F and lightly grease a baking sheet with non-stick spray.
2. In the meantime wrap tofu in a clean, absorbent towel and set something heavy on top (such as a cast iron skillet) to press out the liquid.
3. Once the oven is preheated, dice tofu into 1/4-inch cubes and arrange on baking sheet. Bake for 25-30 minutes. You're looking for golden brown edges and a texture that's firm to the touch. The longer it bakes, the firmer and crispier it will become, so if you're looking for softer tofu remove from the oven around the 26-28 minute mark. For crispy tofu, bake the full 30 minutes. Once baked, remove from oven and let cool.
4. Prepare sauce by whisking together ingredients until combined. Taste and adjust flavor as needed.
5. Add cooled tofu to the sauce and stir to coat. Let marinate for a least 15 minutes to saturate the tofu and infuse the flavor.
6. In the meantime, shred your cauliflower into rice by using a large grater or food processor. You don't want it too fine, just somewhat close to the texture of rice. Set aside. Mince garlic if you haven't already done so, and prepare any veggies you want to add to the dish (optional).
7. Heat a large skillet over medium to medium-high heat, and if adding any veggies to your dish, cook them now in a bit of sesame oil and a dash of soy sauce. Remove from pan and set aside and cover to keep warm.
8. In a large skillet over medium heat, add a drizzle of sesame oil to the pan, then add garlic and cauliflower rice and stir. Put cover on to steam the "rice." Cook for about 5-8 minutes until slightly browned and tender, stirring occasionally. Then add a dash of sauce to season and stir.
9. Place cauliflower rice and top with veggies and tofu. Serve with any leftover sauce. Leftovers reheat well and will keep covered in the fridge for up to a couple of days.



*VEGAN



*GLUTEN-FREE

Nutrition Facts

6 servings per container
Serving size 1/2 cup (153g)

Amount per serving
Calories 140

% Daily Value*

Total Fat 7g 9%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 260mg 11%

Total Carbohydrate 12g 4%

Dietary Fiber 3g 11%

Total Sugars 7g

Includes 4g Added Sugars 8%

Protein 9g

Vitamin D 0mcg 0%

Calcium 150mg 10%

Iron 2mg 10%

Potassium 248mg 6%

*The % Daily Value 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.

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