

Sofritas style tofu

Makes 4 servings

Ingredients:

16oz block firm or extra firm tofu
1 tablespoon olive oil
1 tablespoon cornstarch
1/4 teaspoon salt

For sauce:

1 chipotle pepper in adobo +2 tablespoons adobo sauce
3 cloves garlic
1.5 tablespoons lemon juice
2 tablespoons tomato paste
1 tablespoon sugar
1/2 teaspoon salt
1/2-3/4 cup water, divided



Instructions:

Press tofu to remove water. Cube tofu. Toss with olive oil, cornstarch and salt in ziplock bag to coat. Preheat medium size skillet, add tofu, and cook on high heat until browned, about 10 minutes.

While tofu cooks, add sauce ingredients to blender using 1/4 cup of the water and blend until smooth. Reduce stove heat to medium. Add sauce to pan and simmer for 5-10 minutes, adding more water if needed for desired thickness.

Modifications: Freeze tofu prior to pressing for chewier texture.

Nutrition info: 178 calories, 9g fat, 546mg sodium, 11.4g carb, 2.4g fiber, 11.7g protein. Excellent source of calcium. Good source of iron.



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