

Fried Cauliflower Rice with Baked Crispy Tofu



Tofu: Tofu is a good source of protein and contains all nine essential amino acids. It is also a valuable plant source of iron and calcium and the minerals manganese and phosphorus. In addition to this, it also contains magnesium, copper, zinc and vitamin B1.

Fried Cauliflower with Baked Crispy Tofu

Serving: 1

Prep Time: 10 mins | Cook Time: 45 mins | Total Time: 55 mins

Ingredients:

- 3 oz extra firm tofu, cubed into 1/4 inch pieces
- 1/2 fresh garlic clove, minced
- 1/4 of medium white onion, diced
- 1/8 cup cut green beans, fresh or frozen
- 1/8 cup diced carrots, fresh or frozen
- 1/8 cup frozen pea
- 2 cups riced cauliflower, frozen
- 1/4 cup scallions, finely chopped
- 1 tsp sesame oil
- 1/2 Tbsp low-sodium soy sauce

Sauce:

- 1/2 fresh garlic clove, minced
- 1/2 Tbsp natural unsweetened peanut butter
- 1/2 Tbsp low-sodium soy sauce
- 1 tsp sesame oil

Nutrition Facts

Servings: 1

- Calories: 385
- Carbohydrates: 31.7 g
 - Fiber: 9.3 g
 - Sugar: 10.3 g
- Total Fat: 20.5 g
- Protein: 24.8 g
- Sodium: 655.8 mg

Instructions:

1. Use a paper towel and gently press tofu against a smooth surface such as a cutting board, to remove excess water. Drain as much moisture as possible without breaking tofu. Once drained, cube tofu into 1/4-inch pieces. Preheat oven to 400° F.
2. Line a baking sheet with foil or parchment paper. Arrange tofu into a single layer and place in oven for 15 minutes.
3. Once tofu begins to dry and crisp, remove from oven and allow it to cool.
4. Combine sauce ingredients into a bowl and mix. Stir in tofu and coat evenly to marinate. Let tofu sit for at least 15 minutes. Set aside.
5. Heat sesame oil on a skillet or pan on medium-heat. Add garlic, onion, green beans, diced carrots, peas, cauliflower rice to pan. Add low-sodium soy sauce. Stir to combine. Transfer to plate and set aside when vegetables are tender.
6. Use the same pan on medium-heat and pour in tofu with marinade. Cook for 2- 3 minutes until tofu browns. Plate tofu.
7. Add cooked cauliflower rice and vegetables to a bowl and serve with crispy tofu and scallions (optional). Enjoy!



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