



LEAFY TOFU

Number of servings: 6

Ingredients:

- 1 (14-ounce) container tofu
- 2 bunches spinach
- 1-2 tablespoons oil
- 2 tablespoons less sodium soy sauce
- 1 teaspoon toasted sesame seeds

Directions:

1. DRAIN tofu.
2. DICE tofu into 1-inch cubes.
3. TEAR spinach into bite-sized pieces.
4. In a large pan, HEAT oil and SAUTÉ tofu cubes for a few minutes. MOVE tofu to the center of the pan.
5. ADD spinach and soy sauce. MIX.
6. COVER pan and COOK until spinach is wilted.
7. SPRINKLE toasted sesame seeds over mixture.

Variation:

May use other dark green leafy vegetables or cabbage.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



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